



A FEW GRAY HAIRS

A Newsletter of the Georgetown Council on Aging
Email: cfiorello@georgetownma.gov

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Website: www.georgetownma.gov

Director's Notes... Illustrating the value of volunteerism, author Erma Bombeck wrote “**volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.**” As we celebrate April's National Volunteer Week, we recognize the remarkable work contributed by so many Americans and the difference that service makes to our communities as well as the nation. From serving in town government to leading youth activities or filling roles in community organizations, volunteers are visible in every aspect of life in Georgetown. Volunteers are at the center of the Council on Aging's work in Georgetown. When I was called to jury duty this winter, I was deeply moved by the important role filled by our jurors coincided with our annual holiday fabulous volunteers, each call was “what can I do to help.” There was no hesitation as people stepped forward to help with the party and other programs and activities during that time. This year, more than 150 volunteers supported the COA in providing services to the 1,749 elders who live in our town. Volunteers served 1,200 lunches at the meal site. Our SHINE Counselor worked with more than 40 people on health insurance issues while our tax preparer assisted 63 people with income tax preparations. Six volunteer drivers drove elders to 108 medical appointments and a group of a dozen nimble-figured volunteers prepared almost 10,000 newsletters for mailing! Volunteers served as board members, assisted with programs, called bingo, sewed dolls for children, and provided office support and help during special events. Working more than 3,000 hours, COA volunteers provided a value of \$62,550 in donated services to the Town. The COA is humbled and grateful by the acts of caring and kindness that you provide as we work together in our community.



Free Oral Clinic for Uninsured Sat. Oct. May 3, 8 a.m.-2 p.m.

Seeking to serve local elders who are without dental coverage and living with need, **Georgetown Family Dentistry** will provide free cleanings, oral exams and digital x-rays to local elders on **Sat. May 3, 8 a.m.-2 p.m.** In the spirit of community, Dr. Shradha Sharma hopes to serve up to 18 elders who meet criteria for the practice's second “Giving Back to our Georgetown Community” Day. The program ties-in with a similar program underway by Parker River Dental in Byfield. By providing access to preventative dental care, Dr. Sharma said the program is designed to improve elder wellbeing. The program is open to Georgetown elders who meet specified income criteria & have no access to dental coverage from other sources. **Registration is limited. Registration, medical history and release forms will be available at the COA. Appointments with Georgetown Family Dentistry can be scheduled by the patient after the forms are completed. For further information, please call the COA at 978-352-5726.**

Annual Town Meeting Monday, May 5, 2014 7 p.m. at GMHS.



Annual Town Election Monday, May 12, 2014 8 a.m. - 8 p.m.

New polling location to be determined. Look for more information in the May newsletter.



99 YEARS YOUNG!

Ken Nunan enjoyed a piece of cake at the February birthday party as he celebrated his 99th birthday.

The COA and all activities will be closed for Presidents' Day on Monday, April 21. No lunches will be served & no activities scheduled at the First Congregational Church April 14-16 due to Church Easter preparations.

“A Few Gray Hairs” Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

April Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



APRIL VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
Apr. 1 9:30	No shopping van – Brown Bag Only	Apr. 3 9:30	Super WalMart, Salem, NH
Apr. 8 9:30	Rowley	Apr. 10 10:30	Seabrook, NH
Apr. 15 9:30	Plaistow, NH	Apr. 17 10:30	Poet's Inn/Haverhill
Apr. 22 9:30	Newburyport	Apr. 24 10:30	North Shore Mall/Peabody
Apr. 29 9:30	Haverhill	May 1 9:30	Super WalMart, Salem, NH

JOIN US MONDAY – WEDNESDAY MORNINGS from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and cookies (or other snacks) are a great way to reconnect with friends!

CHANGE IN SHINE OFFICE HOURS: There will be **NO SHINE** office hours in **April**. Call the COA office for assistance or further information. (978) 352-5726.

VISITING NURSE: **Wed. April 2, 10:00 – 11:00 a.m.** Public Health Nurse **Pam Lara** will be available to provide blood pressure checks, heart assessments, & medication information & to discuss any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12:00-2:00 p.m.

MEN'S BREAKFAST: Thurs. April 3, 9:30 a.m.

Trestle Way Community Building
Allyson Fiorello, Constituent Services Coordinator and Brittany Kaminsky, Administrative Assistant, Office of the Massachusetts Attorney General's Consumer Protection Division will be on hand for discussion and questions. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. For reservations, please call (978) 352-5726. **Thurs. May 1: Guest Speaker will be Lou Mammolette** continuing his discussion on Water Dept. issues.



Join us for this year's Garden Club Annual Tea on Wed. April 9. Come enjoy the food, tea & creative tablescapes. Hats optional!

EARTH DAY CRAFT: Tues. April 8, 10 a.m.
Decorated Clay Pot with planted bulb
See page 3 for details. Make a day of it! Stay for lunch.



GARDEN CLUB ANNUAL TEA: Wed. April 9, 1 p.m.
Seats are limited. See page 3 for details.

BYFIELD PARISH LUNCHEON: Tues. Apr. 15, 11:45
Call the church if you plan to attend. 978-352-2022.

SOCIAL SECURITY BENEFITS FORUM: Tues. Apr. 22, 10 a.m.
First Congregational Church See page 3 for details.



APRIL BIRTHDAY PARTY: Wed. April 30, 11:30
Join us at the First Congregational Church to send best wishes to our friends who were born in April. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 4/23/14 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE COA Next Meeting:
Tues. April 22, 2:30 p.m. at the Peabody Library.
Open to the public. New members welcome.



Special Van Trip to Poet's Inn
Thursday April 17

Join us for lunch at the Whittier Regional Technical High School's well-known Poets' Inn Restaurant. **The van will begin to pick people up at 10:30 a.m. Seating is limited.** For van reservations, please call the COA at 978-352-5726.

Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

Sen. Bruce Tarr: Tues. April 15 12 p.m. – 2:00 p.m.

Rep. Lenny Mirra: Mon. April 28, 2014 9:00 a.m.

Health & Wellness Classes Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.

WALKING CLUB

Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:00 a.m.
Strength Training	Tuesdays	12:30 p.m.
	Thursdays	10:45 a.m.

**Mondays
& Wednesdays
3:30-5:30 p.m.
at Penn Brook School**

B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 st & 3 rd Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

NO Walking Club on Wed. April 2 & 23

Social Security Benefits Forum

Presented by the Social Security Admin.
Tues. Apr. 22, 10 a.m.
First Congregational Church



Topics include: Social Security benefit programs
Retirement Disability Medicare

For more information, call the COA at 978-352-5726.



Van trip to Peabody Essex Museum

**“Golden Light”,
Selections from the Van Otterloo Collection
Friday April 25**

Come and join us for a special trip to the Peabody Essex Museum in Salem! “Golden Light, Selections from the Van Otterloo Collection” explores Dutch art and life in the 1600s through a selection of paintings from the internationally significant collection of Rose-Marie and Eijk van Otterloo. This new installation features 15 paintings by Jan Lievens, Emanuel de Witte, Pieter Claesz, Jan Brueghel the Elder and others. Explore the museum’s other collections which include African, American, Architecture, Asian Export, Chinese, Indian, Japanese, Korean, Maritime, Native American, and Oceanic Art as well as photography.

- The van will leave at 9:30 a.m.
- Cost for seniors is \$2 for the van and \$15 admission to the PEM
- Lunch is on your own.
- Joint trip with Merrimac COA
- Seats are limited.

To make a reservation, please call the COA at 978-352-5726.



EARTH DAY CRAFT

Tues. April 8, 10 a.m.

Decorate a clay pot & plant a bulb to enjoy later. RSVP before April 2. Space is limited. Contact the COA at 978-352-5726

Make a day of it! Stay for lunch. Lunch reservations must be made by Wed. April 2.

Garden Club Tea

Wed. April 9, 1 p.m.

First Congregational Church
Join us for a light lunch and dessert when the **Country Gardeners of Georgetown** host their **Annual Tea**. Seating is limited to 24 people. Please RSVP to the COA by calling 978-352-5726 before April 2.



“Though April showers may come your way,
They bring the flowers that bloom in May.
...So keep on looking for a blue bird,
And list'ning for his song,
Whenever April showers come along.”



AARP Tax Prep Assistance Available

Open to: Elders and other moderate-income individuals

Where: COA Office (Town Hall)-1 Library St.

When: Thursday mornings April 3 & April 10

Appointments are required.

8 one-hour sessions available each Thursday starting at 9 a.m.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.

**For further information, call the COA office
(978) 352-5726.**

Georgetown Municipal Light Department offers appliance rebates

The Georgetown Municipal Light Department offers several rebates on qualified appliances. The appliances must be purchased within 60 days of receipt of the rebate form available at the Georgetown Light Department. Eligible appliance must be Energy Star. Categories include washers, refrigerators, dishwashers, programmable thermostats and certain window air conditioners. One rebate is allowed in each category per year. For further information, please call the Georgetown Light Department at 978-352-5730.

Perley School Trustees Fuel Offer Assistance

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a limited fuel assistance program to local residents who are experiencing financial hardships with energy costs. In addition to the money that is used to fund scholarships for Georgetown graduates & alumnae, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.

Georgetown Peabody Library offers Technology Training Sessions

As a new service, the Georgetown Peabody Library now offers 30-minute technology training sessions at the library. Participants can either bring their own personal technological device or use the library's computers for the training session. To schedule a training session, please call the library at 978-352-5728 and ask for Sarah. For more information, visit the library's website at <http://georgetownpl.org>.



COMING IN MAY:

May is Older Americans' Month

Mother's Day Breakfast Tea

Wed. May 7 at 9:30 a.m. Deadline to sign up is April 30.

Kathy Devine, Outreach Coordinator for Prescription Advantage (Mass. State Prescription Drug Program), will speak on Rx Advantage & how it interacts with Medicare & other prescription drug plans.

Tues. May 13, 10 a.m.

Music Masters Concert

Mon. May 19 at 1:00 p.m.

Please sign up by May 12 to assist with planning.

The program is supported by a grant from the Georgetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Consumer Awareness Wed. May 14, 10 a.m.

Allyson Fiorello, Constituent Services Coordinator & **Brittany Kaminsky**, Administrative Assistant Office of the Massachusetts Attorney General's Consumer Protection Division

Free Legal Help Tues. May 27, 10 a.m.

Attorney Elaine Dalton will provide assistance with Health Care Proxies, Durable Power of Attorney and other elder law issues. To schedule a 15 minute appointment, call the COA at 978-352-5726.

All activities will meet at First Congregational Church.

Watch for more details in the May newsletter. For more information or to sign-up, please call 978-352-5726

Free Lung Cancer Screening Initial Evaluation

Sat. April 5 8 a.m. - 11 a.m.

Penn Brook School

Sponsored by Georgetown High School & district nurses Beverly Hospital & Beverly Radiology Associates are offering a free low-dose chest CT screening to individuals who meet the established National Comprehensive Cancer Network's (NCCN) high-risk criteria. Persons between the ages of 50 & 74 who have smoked at least an average of one pack of cigarettes per day for twenty-five years, may meet the criteria and qualify for a free screening. Appointments are not necessary for the **required initial assessment to be held on Saturday April 5 at Penn Brook Elementary School**. Those who meet the criteria will be provided a time, date & location for a CT screening appointment. It is not necessary to be a Georgetown resident to participate. All are welcome and invited to attend.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL:

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are not open on Fridays). After the ride is arranged, the DRIVER will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program. However, no one is turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

RING & RIDE: Medical, Shopping & General Purpose Transportation

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, Rowley Train Station & Market Basket. For a brochure, contact the COA.

HANDICAP PLACARDS

Are you in need of a HANDICAP placard for your car? The Council on Aging has applications available from the Registry of Motor Vehicles.

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

Congregate Meals

The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

FOOD AND HEAT RESOURCES

For more information, contact the COA office at (978) 352-5726.

VISITING NURSE

On the first Wednesday of each month, from 10:00 - 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

S.H.I.N.E.

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday of each month.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 4/24/12

Georgetown Council on Aging
Memorial Town Hall
1 Library Street
Georgetown, MA 01833

Return Service Requested

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726

Office Hours:
Monday – Thurs. 8 am – 4 pm

Georgetown COA Meal Site
@ 1st Congregational Church
Andover St. ~ Georgetown, MA
(978) 352-8443

Open:
Monday – Wed. 9 am – noon

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at noon on the 4th Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

NEXT BOARD MEETING:
Tuesday April 22, 2014

Georgetown Council on Aging:
Director: Colleen Ranshaw-Fiorello
Office: Julie Pasquale, Newsletter
Kirsten Klueber, Outreach
Dave Hall, Van Driver
Jeannine DesJardins, Volunteer
Mealsite Coordinator: Mickie Locke

Board Members:
Claire Maimone, Chair
Esther Palardy, Vice Chair
Chandler Noyes, Treasurer
Jean Perley, Secretary/Clerk
Jeannine Desjardins, Susan Gardiner,
Diane Prescott, Corona Magner, Nancy
Thompson, Caroline Sheehan-alternate
Ann Stewart-alternate

Town of Georgetown:

Michael Farrell, Town Administrator
Stephen Smith, Chair, Board of Selectmen
David Surface, Board of Selectmen
Gary Fowler, Board of Selectmen
Philip Trapani, Board of Selectmen
Stuart Egenberg, Board of Selectmen

Georgetown COA Webpage is located on the town's official website www.georgetownma.gov.

Council on Aging Mission Statement: The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy: The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the Senior Center.

April Menu - Make reservations 3 days in advance. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
	1 Stuffed Shells/Meat Sauce, Broccoli & Cauliflower, Butterscotch Pud, Italian Brd	2 BBQ Pork Riblet/Roll, Baked Beans, Corn, Peach Cup
7 LS Hot Dog/Roll, Baked Beans, Coleslaw, Orange	8 Soup: Italian Wedding Sliced Ham, Cheese, Lettuce, Tomato, Pickles, Condiments/Sub Roll, Chips, Cheesecake w/Strawberry Topping	9 American Chop Suey, Green Beans Almandine, Pineapple Cup, Italian Bread
14	15 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Byfield Parish Senior Lunch</div>	16
No lunches served at the Congregational Church due to Easter Preparations.		
21 <div style="border: 1px solid black; padding: 2px; display: inline-block;">NO LUNCH: Patriots' Day</div>	22 Baked Chix/Gravy, Whip Pot, Carrots, Mixed Fruits, Snowflake Roll	23 Soup: Chicken Vegetable Meatball Sub/Roll, Mixed Veg, LS Chips, Orange
28 Honey Curry Chix Breast, Whip Chive Pot, Mixed Veg, Ice Cream Cup, Snowflake Roll	29 Salisbury Steak/Gravy, Rice, California Blend Veg, Pears, Dinner Roll	30 Mild Chili/LF Sour Cream/Cheese, Pot Wedges, Fruit Jello, LF Muffin

APRIL VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 No Shopping Van– Brown Bag 11:30 Lunch 12:30 Strength Training	2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch NO Walking Club Today	3 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 10:45 Strength Training <u>Tax Preparation by appt. only</u> Sat. 4/5: Eval for Free Lung Cancer Screening
7 NO SHINE this month 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	8 9:30 VAN: Rowley 10:00 Earth Day Craft 11:30 Lunch 12:30 Strength Training	9 9:00 Yoga 11:30 Lunch 1:00 Garden Club Tea 3:30 Walking Club	10 10:30 VAN: Seabrook, NH 10:45 Strength Training <u>Tax Preparation by appt. only</u> Sat. 4/12: Free Oral Clinic for the uninsured
14 10:30 Yoga 3:30 Walking Club	15 9:30 Van: Plaistow, NH 11:30 Byfield Lunch 12:00 Sen. Tarr/ Office Hrs. 12:30 Strength Training	16 9:00 Yoga 3:30 Walking Club	17 10:30 VAN: Poets' Inn 10:45 Strength Training
No lunch or activities at the Congregational Church due to Easter Preparations.			
21 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED: Patriots' Day</div>	22 9:30 Van: Newburyport 10:00 Social Security/Medicare 11:30 Lunch 12:00 COA Board Mtg 12:30 Strength Training 2:30 COA Friends/Library	23 9:00 Yoga 11:30 Lunch NO Walking Club Today	24 10:30 VAN: North Shore Mall 10:45 Strength Training
28 9:00 Rep. Mirra/Office Hrs 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	29 Van: Haverhill 11:30 Lunch 12:30 Strength Training	30 9:00 Yoga 11:30 Birthday Lunch 3:30 Walking Club	5/1 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 10:45 Strength Training

Van Trips: The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.