



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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May 2011

Website: [www.georgetownma.gov](http://www.georgetownma.gov)

## May is Older Americans Month

**Director's Notes...** In celebration of the vast contributions that older Americans make to our society, the federal Administration on Aging (AoA) has selected **"Older Americans: Connecting the Community"** as the theme of this year's **Older Americans Month**. In selecting this year's theme, the AoA recognizes and validates the many ways that older adults enrich and strengthen our communities and nation. In their role of providing continuity, shared experience, and individual expertise and skills, the contributions of older Americans make our culture what it is today. In Georgetown, it is clear that older Americans are committed to their role in community life. As a model and inspiration to others, you serve in town government, and participate in the many civic and non-profit organizations that are committed to community life. Caring for the world around us, you tend the town's trails and gardens and preserve local history. You work with our children and youth, mentoring the next generation. You connect with others, clearing walkways in winter and offering to drive friends and neighbors to medical appointments or to grocery stores. Sometimes you just sit and listen when friendship is the answer to what is needed. Last year, 181 of you gave 3,000 hours of time to support the Council on Aging and the 1,544 elders that we serve together. The role that you play in our community is vital and significant. Join us on Monday May 16, as we honor the contributions that you provide us all when we celebrate Older Americans Month with a 1 p.m. performance by the Music Masters at the First Congregational Church.

### **Dial 2 - 1 - 1 for Essential Community Services**

Reserved by the Federal Communications Commission (FCC), the 211 dialing code provides callers with free and confidential community information and referral services. The 211 center's referral specialists question callers, access databases of resources available from private and public health and human service agencies, match the callers' needs to available resources and link or refer them directly to an agency or organization that can help. Referrals offered by 211 include basic human needs resources, physical and mental health resources, work support, support for older Americans and persons with disabilities, children, youth and family support and emergency suicide prevention.

#### **Important Reminder!**

**Town Meeting is scheduled  
Monday May 2<sup>nd</sup> ~ 7:00 p.m.  
at GMHS**

**Annual Town Election is  
scheduled for Monday  
May 9<sup>th</sup> ~ 8:00 a.m.-8:00 p.m.  
Penn Brook School**

**ABSENTEE BALLOTS AVAILABLE  
- Must be returned by Thurs. May 5  
at noon. For more details, contact  
Town Clerk Jan McGrane at  
978- 352-5711.**

#### **Thank You to Our Volunteers & Sponsors Of The Volunteer Appreciation Breakfast**

Last month's Volunteer Appreciation Breakfast gave the Georgetown Council on Aging an opportunity to thank many of our volunteers, but we wish to offer our thanks to all of the volunteers who support our work within the community. We also thank Ashland Farm at North Andover, the Georgetown Kiwanis Club, Simple Greetings and Nunan's Plants and Greenhouses of Georgetown for their sponsorship of the Volunteer Appreciation Breakfast. By sharing their skills and knowledge, volunteers provide the Georgetown Council on Aging with invaluable support. We could not do the work that we do without their care and assistance. Volunteers enrich the lives of elders and deepen the connections within our community and our community is stronger and healthier because of the work that they do.

# May Activities

ACTIVITIES ARE HELD AT THE SENIOR CENTER LOCATED AT THE FIRST CONGREGATIONAL CHURCH

UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726



## MAY VAN SCHEDULE 2011

Shopping Date	Location	Recreation Date	Location
May 3 <sup>rd</sup>	NO VAN – Brown Bag Only	May 5 <sup>th</sup> 9:30	Super WalMart/Salem, NH
May 10 <sup>th</sup> 9:30	Newburyport	May 12 <sup>th</sup> 10:30	Holy Grail/Epping, NH
May 17 <sup>th</sup> 9:30	Plaistow, NH	May 19 <sup>th</sup> 10:30	Park Lunch, Newburyport
May 24 <sup>th</sup> 9:30	Seabrook, NH	May 26 <sup>th</sup> 9:30	Peabody Essex Museum/Salem, MA
May 31 <sup>st</sup> 9:30	Rowley	June 2 <sup>nd</sup> 9:30	Super WalMart/Salem, NH

**ESMV CASE MANAGER:** ESMV Case Manager Jennifer Cook will hold office hours at the Senior Center on **Mon. May 2, 10:00 a.m.** She will be available to meet with local elders to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV).

**SHINE OFFICE HOURS:** Do you have health insurance questions? SHINE Counselor Jerry Goldberg will be here on **Mon., May 2, 9:00 – 11 a.m.** **APPOINTMENTS ARE AVAILABLE AND MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

**VISITING NURSE:** **Wed. May 4, 10:00 – 11:00 a.m.** Public Health Nurse Jan Giles will be available to take blood pressure, check blood glucose levels & discuss any medical concerns seniors have. A visiting nurse is also available for Trestle Way residents in their Community Building from 12:00-2:00 p.m.

**MEN'S BREAKFAST:** Join us in welcoming Carol Jacobs, Superintendent of Georgetown Schools, at the **Men's Breakfast** scheduled **Thursday May 5, 9:30 a.m. at Trestle Way.** With great appreciation, the Council on Aging thanks Crosby's Markets for their sponsorship and the Georgetown Housing Authority for their partnership in offering the monthly program. To make reservations, please call (978) 352-5726.

**MOTHER'S DAY BREAKFAST TEA:** Come celebrate Mother's Day with us as we hold a special **Mother's Day Breakfast Tea Wednesday May 11, 10 a.m.** at the First Congregational Church. We'll reminisce with stories and photos over croissants, baked goodies, fruit, coffee and tea. Also, we have a special gift for you. To make reservations, please call the COA at (978) 352-5726.

**MUSIC MASTERS RETURN:** Music Masters return on **Monday, May 16 at 1 p.m.** in celebration of **Older Americans' Month.** Enjoy a variety of music from Broadway to Ireland with a bit of comedy thrown in for good measure. Funding provided by Georgetown Cultural Council. Please call 978-352-5726 to assist with planning.

**BYFIELD PARISH LUNCHEON:** **Tuesday, May 17, 11:30 a.m.** Call the church if you plan to attend. 978-352-2022.

**MAY BIRTHDAY PARTY:** Join us on **Wednesday, May 18 at 11:30 a.m.** to send best wishes to our friends who were born in May. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 5/11/11.** Call 978-352-5726.

**TEA, COFFEE & HEALTH CARE PROXIES:** In recognition of National Health Care Decisions Day, join us on **Tues. May 24, 10 a.m.** as Elder Attorney Margot Birke presents an **Advance Directive Day** at the First Congregational Church.

**MOVIES @ THE LIBRARY:** Now Showing: "**Father of the Bride**" starring Elizabeth Taylor, **Tues., April 31, 1 p.m.**

### Advance Directive Day presented by Elder Attorney Margot Birke Tues. May 24, 10 a.m.

First Congregational Church.

- Everyone should have a health care proxy. The best time to sign one is when you don't need it!
- Find out why this document is so important & what you need to know.
- Create one on the spot if needed.
- **Don't put off learning about this important decision.**

Refreshments provided by Margot Birke of Elder Law Solutions in Newburyport. For further information, please call the COA at (978) 352-5726.

<b>Health &amp; Wellness Classes</b> Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.			<b>*WALKING CLUB*</b>
Class	Meets on	Time	<b>Mondays &amp; Wednesdays 3:30-5:30 p.m.</b> at Penn Brook School
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.	
	Wednesdays	9:00 a.m.	
Strength Training	Tuesdays	12:30 p.m.	
	Thursdays	11:00 a.m.	

B	I	N	G	O
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: Bill Kittredge (978) 352-4968	
2	29	45	50	72

### VAN TRIP TO PEABODY ESSEX MUSEUM

**Thursday, May 26**

**“Golden: Dutch and Flemish Masterpieces from the Rose-Marie and Eijk van Otterloo Collection”**

The van will leave at 9:30 a.m.

The cost for seniors is \$13 which includes general & exhibit admissions.

Join us as we venture into Salem to the **Peabody Essex Museum**. This exhibit from the international Van Otterloo collection includes 70 paintings from artists such as Rembrandt, Frans Hals and Brueghel the elder along with examples of 17<sup>th</sup> century furniture and decorative arts. Lunch is on your own. **Seats are limited.** To make a reservation, please call the COA at (978) 352-5726.



**Donations needed:** Our Monday morning Dolls group is in need of lace (up to 1” wide) to trim clothes. Donations may be brought to the COA office. For more information on the group, contact us at 978-352-5726.

### Classic Movies at the Library

Next Showing: Tuesday May 31, 1 p.m.



in the library's function room.

**“Father of the Bride”**  
starring Elizabeth Taylor



As a new partnership with the Georgetown Peabody Library, a classic movie series is planned monthly beginning in May. The movie series is open to elders and other members of the public.

More classics are scheduled for 1 p.m. on

- Friday June 24
- Tuesday July 26
- Friday Aug. 26
- Tuesday September 30

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



### Music Masters Return!

Monday, May 17<sup>th</sup> ~ 1:00 p.m.

First Congregational Church

In honor of Older Americans Month, join us for an hour of song and humor.

- Broadway Melodies
- Irish Folk Tunes
- Old Time Favorites
- Always Fun! An annual favorite.



Refreshments will be served. Reservations are not required, but to help with planning, please call (978) 352-5726.

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



# 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 would ever be 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 AND GENERAL PURPOSE TRANSPORTATION

Ring & Ride is a free van service 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 its service area (Georgetown, Haverhill, Groveland, Newburyport, area hospitals & trains). 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 MV. 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 10:00AM – 11:30 AM, Jan Giles, RN is available at the Senior Center to perform Blood Pressure checks, shots, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00PM.

## 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 record of Financial Information, Investments and Insurance, Legal Documents and Estate Management information.

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

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

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

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

**Office Hours:**  
Monday – Thurs. 9 am – 4 pm

**Georgetown Senior Center**  
@ 1<sup>st</sup> Congregational Church  
Andover St. ~ Georgetown, MA  
(978) 352-8443

**Open:**  
Monday – Wed. 9 am – 1 pm

**PUBLIC NOTICE**

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

**NEXT BOARD MEETING:**  
Tuesday May 24, 2011

**Georgetown Council on Aging:**  
**Director:** Colleen Ranshaw-Fiorello  
**Office:** Julie Pasquale, Newsletter  
Alice Girrior, Outreach  
Dave Hall, Van Driver  
Jeannine DesJardins, Volunteer  
**Mealsite Coordinator:** Mickie Locke  
**Board Members:**

Claire Maimone, Chair  
Corona Magner, Vice Chair  
Chandler Noyes, Treasurer  
Cynthia Tardif, Secretary/Clerk  
Jeannine Desjardins, Esther Palardy,  
Dianne Prescott, Barbara Miller  
Alt: Jean Perley

**Town of Georgetown:**  
Michael Farrell, Town Administrator  
Philip Trapani, Board of Selectmen  
Evan O'Reilly, Board of Selectmen  
David Surface, Board of Selectmen  
Steve Smith, Board of Selectmen  
Gary Fowler, Board of Selectmen

**Georgetown COA Webpage** is located on the town's official website [www.georgetownma.gov](http://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.

## May Lunch 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>
<b>2</b> Meatloaf/Gravy, Wh Wh Bread, Loaded Whip Pot, Broccoli/Cauliflower, Sherbet	<b>3</b> Apricot Glazed Chix, Scalloped Pot, Carrots, Diced Pears, LF Muffin	<b>4 Soup: Cream of Spinach</b> Hamburger/Roll, Haystack Pot, Succotash, Fresh Orange
<b>9</b> LS Ham/Pineapple Ginger Sauce, Whip Sweet Pot, Cauliflower/Red Peppers, Butterscotch Pudding, Oatmeal Bread	<b>10</b> Cranberry Juice, Garlic Chix Brst, Parsley White Rice, Carrots/Turnips, Fruit Cocktail, Dark Rye Bread	<b>11 Soup: Minestrone</b> Baked Fish Florentine, Dirty Rice, Calif. Blend Veggies, Applesauce, LF Muffin
<b>16</b> Grape Juice, Stuffed Shells/Marinara, Mixed Veggies, Fresh Apple, Italian Bread	<b>17</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;"><b>No Lunch: Byfield Parish Luncheon</b></div>	<b>18 Soup: Chicken Corn Chowder</b> Baked Chix ¼, Red Bliss Whip Pot, Tuscan Blend Veggies, Mixed Fruit Cup, Oatmeal Bread
<b>23</b> Lasagna/Marinara, Cauliflower, Peaches, Italian Bread	<b>24</b> Chix/Broccoli/Ziti, Peas/Carrots, Mandarin Oranges, Multigrain Bread	<b>25 Soup: Beef Rice</b> Fish a la Ritz, Whip Pot/Chives, Green & Gold Beans, Apple, Oatmeal Bread
<b>30</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;"><b>Closed: Memorial Day</b></div>	<b>31</b> Fruit Punch, Creole Pork Chop, Whit Rice, Green Beans, Apricots, LF Muffin	<b>June 1 Soup – Discont'd for Summer</b> Chix Breast Fillet, Rice Florentine, Peas/Carrots, Cutie Pie, Oatmeal Bread

## MAY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>2</b> 9:00 SHINE (by appt.) 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>3</b> No Van–Brown Bag 11:30 Lunch 12:30 Strength Training	<b>4</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	<b>5</b> 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
<b>9</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>10</b> VAN: Newburyport 11:30 Lunch 12:30 Strength Training	<b>11</b> 9:00 Yoga 10:00 Mother's Breakfast Tea 11:30 Lunch 3:30 Walking Club	<b>12</b> 10:30 VAN: Holy Grail Epping, NH 11:00 Strength Training
<b>16</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 1:00 Music Masters (NO BINGO TODAY) 3:30 Walking Club	<b>17</b> 9:30 VAN: Plaistow, NH 11:30 Byfield Parish Lunch 12:30 Strength Training	<b>18</b> 9:00 Yoga 11:30 Birthday Lunch 3:30 Walking Club	<b>19</b> 10:30 VAN: Park Lunch/Nbpt 11:00 Strength Training
<b>23</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>24</b> 9:30 VAN: Seabrook, NH 10:00 Margot Birke 12:00 COA Board Meeting 12:30 Strength Training	<b>25</b> 9:00 Yoga 11:30 Lunch 3:30 Walking Club	<b>26</b> 9:30 VAN: Peabody Essex Museum/Salem 11:00 Strength Training
<b>30</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;"><b>Closed: Memorial Day</b></div>	<b>31</b> 9:30 VAN: Rowley 11:30 Lunch 12:30 Strength Training 1:00 Movie @ Library	<b>June 1</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	<b>June 2</b> 9:30 VAN: Walmart/Salem NH 11:00 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.