



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... Growing up on a farm in Ontario, my grandmother learned to swim at an early age thanks to a set of "water wings" that my great-grandfather fashioned from cedar logs. He milled the logs to fit the length of her arms and created a flotation device that supported her as she learned to swim in the hand-dug irrigation canal that led to a small lake on the farm. Along with the gardening that would have earned her a medal if it had been an Olympic sport, my grandmother enjoyed swimming all of her life. Swimming was relaxing and often part of a summer outing, but became part of her regular exercise routine later in life when she moved to an apartment with an outdoor pool. Summer visits typically included a morning walk and an afternoon swim – granddaughters were always welcome! That lifetime commitment to outdoor activity and regular exercise was a model for me about how to remain healthy and active while aging gracefully. The theme of this year's Older Americans Month – "Safe Today. Healthy Tomorrow." recognizes the contributions made by older Americans and features a focus on safety and injury prevention. Research shows that remaining active both socially and physically has significant health benefits for older adults. As we remain active and engaged with others, studies also show that benefit is extended to all age groups in the community. In Georgetown, we are fortunate to have that model exemplified through elder participation in community and volunteer work. Last year, 55 of you joined us 1,464 times for yoga, strength training or walking while 144 of you joined us 586 times for a health screening or health education program. That represents a clear commitment to remaining healthy and active while aging gracefully! Through that model, you help shape our values, goals and life choices as a community. This national observation allows us to express our appreciation and gratitude to you. Join us on Monday May 19, 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. Tasty and healthy refreshments will be served!

Free Oral Clinic for Uninsured Sat. 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. Penn Brook School



Merrimack Valley Alzheimer's Conference

A conference for those who care for or work with those with Alzheimer's Disease

Northern Essex Community College
Tech Center ~ 100 Elliot St. ~ Haverhill, MA
Saturday, May 3, 2014 ~ 8:00 a.m. – 3:30 p.m.

Lunch will be provided.

Expert speakers, exhibitors with resources,
virtual dementia tour, caregiver conversations
and on-site Respite Care.

NO COST to the Caregiver

The COA and all activities will be closed for Memorial Day on Monday, May 26.

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

May Activities

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



CALL US AT 978-352-5726.



MAY VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
		May 1 9:30	Super WalMart, Salem, NH
May 6	No shopping van – Brown Bag Only	May 8 10:30	Seabrook, NH
May 13 9:30	Rowley	May 15 10:30	Target/Mann's Orchard, Methuen
May 20 9:30	Plaistow, NH	May 22 10:30	North Shore Mall, Peabody
May 27 9:30	Newburyport	May 29 10:30	Haverhill

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!

MEN'S BREAKFAST: Thurs. May 1, 9:30 a.m.

Trestle Way Community Building

Lou Mammolette from the Water Dept. will continue his discussion on Water Dept. issues. Bring your 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. June 5: Guest Speaker will be Pastor Bill Boylan, local historian.**

SHINE OFFICE HOURS: Mon. May 5, 9:00 – 11:00

SHINE Counselor Jerry Goldberg will be here to answer health insurance questions. **APPOINTMENTS 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 7, 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.

MOTHER'S DAY BRUNCH: Wed. May 7, 9:30.

See page 3 for details.

RX ADVANTAGE FORUM: Tues. May 13, 10:00

Kathy Devine from Prescription Advantage will speak.

See page 3 for details.

CONSUMER PROTECTION OFFICE STAFF TO SPEAK:

Wed. May 14, 10:00 See page 3 for details.

MUSIC MASTERS RETURN: Mon. May 19, 1 p.m.

See page 3 for details. Join us for lunch before the show.

(Reservations required.)

BYFIELD PARISH LUNCHEON: Tues. May 20, 11:45

Call the church if you plan to attend. 978-352-2022.

FREE LEGAL ADVICE: Tues. May 27, 10 a.m.

15 minute appointments available by calling the COA. See page 3 for details.



MAY BIRTHDAY PARTY: Wed. May 28, 11:30

Join us at the First Congregational Church 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 5/21/14 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE COA Upcoming Meetings:

Tues. May 20, Mon. June 16, & Tues. Aug. 19, 2:30 p.m. at the Peabody Library. **There will be no meeting in July.** Open to the public. New members welcome.

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. May 20, 2014 12:00 p.m. – 2:00 p.m.

Rep. Lenny Mirra: Mon. May 19, 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

The following activities are all held at First Congregational Church in Georgetown. For more information or to sign-up, please call COA at 978-352-5726.



Prescription Advantage Forum
Tues. May 13, 10 a.m.

Presented by

Kathy Devine, Outreach Coordinator
Prescription Advantage

(Mass. State Prescription Drug Program)

Topics include: How Prescription Advantage interacts with Medicare & other prescription drug plans.



Music Masters Return!

Monday, May 19 ~ 1:00 p.m.

First Congregational Church

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

- Broadway Melodies
- Comedic Renditions
- 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.



Mother's Day Breakfast Tea

Wednesday May 7, 9:30 a.m.

First Congregational Church.

Come, celebrate Mother's Day with us!

- ◇ Reminisce with stories and photos
- ◇ Variety of goodies, coffee and tea.
- ◇ A special gift for everyone.

To make reservations, please call the COA at (978) 352-5726 by Thurs. May 2.



Consumer Awareness Forum

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**

Discussion will include:

- Variety of Consumer Awareness Topics.
- Bring your questions.

Attorney Elaine Dalton

Offers Free Legal Help

Tues. May 27, 10 a.m. ~ by appointment only

Assistance available for:

- Health Care Proxies,
- Durable Power of Attorney
- Other elder law issues
- 15 minute appointments available



Safety Tips for staying *Safe Today* with a *Healthy Tomorrow*.

As the nation celebrates Older Americans Month with a theme of *Safe Today. Healthy Tomorrow*, the Administration for Community Living (AOC) recognizes that older adults are at higher risk of unintentional injury. To encourage people to protect themselves and remain active and independent, the AOC offers the following safety tips.

- Talk to your healthcare provider regarding appropriate physical activities. Regular exercise helps to improve endurance, strength, balance and coordination. Join us for a yoga or strength training class or take advantage of the indoor walking program at Penn Brook School!
- Have your vision checked on a regular basis.
- Manage medications noting possible interactions and how medications may make you feel unsteady or affect your ability to drive. Use a medication schedule or pill organizer and ask your pharmacist regarding large-print labels.
- Help to prevent falls with the installation of handrails and grab bars. Make sure that lighting is adequate both inside and outside your home. Use nightlights in the bedroom and bath room.
- Wear shoes with non-slip soles.
- Use a walking aid to improve balance and stability.
- Join us for a Matter of Balance in September and learn how to manage falls and increase activity!
- Help to prevent fires and burns by setting the water heater to 120 degrees.
- Test smoke detectors on a regular basis.
- Wear snug-fitting or short-sleeve clothes when cooking.
- Do not smoke in the home, especially if oxygen therapy is in use.
- Drive wisely by planning routes and driving in the daytime or good weather.
- Wear your seat belt!
- Know when it might be time to limit or stop driving and the options for transportation.

On the horizon...

Reading is for Everyone Tues. June 10, 10 a.m.

An informational program presented by Gayle Yarnell regarding the services and resources available through the Perkins Braille & Talking Book Library.

A Matter of Balance Wed. Sept. 10-Oct. 29, 10 -12

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. During the program, participants will learn to view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home and exercise to increase strength and balance.

Prescription Drug Drop-Off Continues

Following a recent nationwide initiative led by the Drug Enforcement Administration (DEA), that is designed to decrease prescription drug availability in our nation's homes, the **Georgetown Police Department will continue to provide a drop box for unused and/or unwanted prescription drugs.** The drop box is located in the Police Department's lobby and is available 24 hours per day, seven days per week. Prescription drug abuse has risen sharply amongst teens due to the ability to acquire it from the medicine cabinets in the home. This effort to reduce the amount of medications available will make for a safer environment for those who abuse and for young children who are curious and ingest by accident or for experimentation. Items for deposit include: prescription medications, pill, ointments, and patches as well as over the counter drugs, vitamins, samples and pet medications. Items **NOT** for deposit include: syringes, lancets, liquid medicines, thermometers, aerosol cans, inhalers, medications from businesses/clinics, and illegal drugs or substances. Visit the Georgetown Police Department website at: http://www.georgetownma.gov/Public_Documents/GeorgetownMA_Police/index for more information. The program is being monitored by Sgt. Scott Hatch and Officer Michael Broderick.

Warning: State Tax Lien Notices **Not issued by Department of Revenue**

Caution is advised regarding communications sent to taxpayers with outstanding tax liens from those who may have criminal intent. Although these notices show amounts from actual tax liens, the notices are not issued by the Massachusetts Department of Revenue. Any notice from the MA Department of Revenue would be clearly marked as being issued by the agency and would not suggest a settlement amount, as many of these questionable notices do. Taxpayers have alerted DOR, the Attorney General's Office and the Office of Consumer Affairs about the issue. The liens mentioned in the letters are real but the letters are not from the Department of Revenue or any other government agency. A warning has been posted on the DOR website with samples of some of the notices received from taxpayers. If a client receives a similar notice, please tell them to call DOR at 617-887-MDOR (6367) and learn the facts about what is owed and the options for resolving the situation.

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

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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 May 27, 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.

May 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>
5 Cheeseburger/Roll, Corn, LS Chips, Pineapple	6 Stuffed Shells/Marinara, Carrot Coins, Peaches, Italian Bread	7 Soup: Beef Rice Chix Marsala, Rice, California Blend Veg, Orange, Wh Wh Dinner Roll
12 Grilled Chix/Supreme Sauce, Whip Pot, Carrot Coins, Ice Cream Cup, Wh Wh Dinner Roll	13 Fishwich/Roll, Peas, Peaches	14 Soup: Chicken Gumbo Baked Pot/Broccoli/Cheddar Cheese, Sour Cream/Butter/Bacon Bits, Tossed Salad, Chocolate Chip Cookie
19 Meatloaf/Gravy, Whip Pot, Mixed Veg, Peaches, Wh Wh Bread	20 Byfield Parish Senior Lunch	21 Soup: Navy Bean Mac & Cheese, Zucchini/Stewed Tomato, Fruit Jello, LF Muffin
26 NO LUNCH: Memorial Day	27 Honey Curry Chix, Whip Chive Pot, Carrot Coins, Fruit Cocktail, Multigrain Bread	28 Soup: Cream of Broccoli Sweet/Sour Meatballs, Rice, Asian Blend Veg, Orange, Wh Wh Dinner Roll

Memorial Day “And I'm proud to be an American, where at least I know I'm free.
June 26, 2014 And I won't forget the men who died, who gave that right to me.” -Lee Greenwood

MAY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 10:45 Strength Training <hr style="border-top: 1px dashed black;"/> Sat. 5/3: Free Oral Clinic For the uninsured
5 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	6 No Shopping Van- Brown Bag 11:30 Lunch 12:30 Strength Training	7 9:00 Yoga 9:30 Mothers' Day Tea 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	8 10:30 VAN: Seabrook, NH 10:45 Strength Training
12 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	13 9:30 Van: Rowley 10:00 Prescription Advantage 11:30 Lunch 12:30 Strength Training	14 9:00 Yoga 10:00 Consumer Awareness 11:30 Lunch 3:30 Walking Club	15 10:30 VAN: Target/Mann's Orchard 10:45 Strength Training
19 9:00 Rep. Mirra/Office Hrs 9:30 Dolls 10:30 Yoga 11:30 Lunch 1:00 Music Masters <u>NO Bingo today</u> 3:30 Walking Club	20 9:30 Van: Plaistow, NH 11:30 Byfield Lunch 12:00 Sen. Tarr/ Office Hrs. 12:30 Strength Training 2:30 COA Friends/Library	21 9:00 Yoga 11:30 Lunch 3:30 Walking Club	22 10:30 VAN: North Shore Mall 10:45 Strength Training
26 CLOSED: Memorial Day	27 Van: Newburyport 10:00 Free Legal Help by appt. 11:30 Lunch 12:00 COA Board Mtg 12:30 Strength Training	28 9:00 Yoga 11:30 Birthday Lunch 3:30 Walking Club	29 10:30 VAN: Haverhill 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.