



# A FEW GRAY HAIRS



June is  
National  
Iced Tea  
Month

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

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

**Director's Notes...** My parents shared many of the tasks that come with parenthood. They worked together in our gardens, cooked holiday meals together, checked homework and attended all of our concerts, and school plays. But, as most parents do, they divided some tasks that resonated with their individual talents. My mother taught me how to bake melt-in-your-mouth shortbread, how to remove candle wax from a table cloth and the value of patience. My father taught me how to swim, to paddle a canoe, and to properly clean a paint brush. Although my mother took me for some driving lessons, I remember her gritting her teeth, holding on to the door handle and frantically pumping an imaginary brake. The responsibility for teaching me how to drive became my father's task. First lessons involved backing out of the driveway, parking and driving back into the driveway. Driving in and out of the garage came later. Finally, I was able to drive out into the neighborhood and throughout town. During one lesson, my Dad directed me down a steep hill. Cars were parked on either side and an oncoming car suddenly appeared, driving towards us. I was terrified. "What do I do now?" I gasped as I took my hands off the wheel and turned to my father. "First, you keep your hands on the wheel!" he yelled as he dove across the bench seat to grab the steering wheel. After plenty of practice, my skills improved and I passed my drivers' test with my father grinning in the back seat. When life presents a surprising challenge, I still think of my father and that sage piece of advice. Just keep your hands on the wheel. As we celebrate our families with Mother's Day and Father's Day this spring, we honor the people we are fortunate to have in our lives who have provided us with so many important lessons. We are not alone as we keep our hands on the wheel.

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

The April 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 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 willing assistance. Volunteers enrich the lives of elders and deepen the connections within our community. Our community is stronger and healthier because of their care and compassion.



Once a year the  
COA is  
honored to  
celebrate the  
dedication &  
hard work of  
our many  
volunteers  
during  
Volunteer  
Appreciation  
Month.



# June Activities

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



CALL US AT 978-352-5726.



## JUNE VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
June 3	NO VAN – Brown Bag Only	June 5 9:30	SuperWalmart/Salem, NH
June 10 10:30	Poets' Inn/Whittier Tech/Haverhill	June 12 10:30	Rowley
June 17 9:30	Newburyport	June 19 10:30	Christmas Tree Shop & Market Basket/Salem, NH
June 24 9:30	Seabrook, NH	June 26 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 snacks are a great way to reconnect with friends!

**SHINE OFFICE HOURS: Mon. June 2, 9:00 – 11 a.m.**

**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., June 4, 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. June 5, 9:30 a.m.**

Trestle Way Community Building

**Celebrate Father's Day. Enjoy breakfast and go home with a special treat!** Local historian **Pastor Bill Boylan** will be speaking. 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. **No Men's Breakfast in July.** **Members of the Georgetown Fire Department will speak when breakfasts resume on Thurs. August 7.**

**FRIENDS OF THE COA UPCOMING Meetings:**

**Tues. August 19, 2:30 p.m.** at the Peabody Library. **There will be no meeting in June or July.** Open to the public. New members welcome.

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**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: Thurs. June 17 12-2 p.m.**

**Rep. Lenny Mirra: Mon. June 16 9 a.m.**

**READING IS FOR EVERYONE: Tues. June 10, 10:00**

First Congregational Church See page 3 for details.

**BYFIELD LUNCHEON: Tues. June 17, 11:45 a.m.** Call the church if you plan to attend. 978-352-2022.

**SILK PAINTING CLASS: Tues. June 24, 10:00**

First Congregational Church Registration is limited. Details page 3.



**JUNE BIRTHDAY PARTY: Wed. June 25, 11:30**  
First Congregational Church

Join us as we send best wishes to our friends who were born in June. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 6/18/14 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.



**Special Van Trip to Poet's Inn**  
**Tuesday June 10**

Join us for a van trip to enjoy lunch at the **Whittier Regional Technical High School's well-known Poets' Inn Restaurant.** The Poets' Inn is a full-service restaurant which provides "real-world" experience to the school's Culinary Arts students. **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.

**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

Last chance to walk will be  
Wed. June 11.

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: GHA (978) 352-6331	
2	29	45	50	72

**Reading is for Everyone**

Presented by Gayle Yarnell



**Tues. June 10, 10 a.m.**

First Congregational Church

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

Topics include:

- ★ Audio & large print books available through the library
- ★ How to access over 200 newspapers & audio-described DVDs that contain movies & TV shows over the phone.



- ★ Demonstration of the free, easy to use digital player
- ★ Explain how all these services can be delivered to your home at no cost.
- ★ Applications for the digital player will be available during the presentation & assistance completing the application will be provided.
- ★ Information about how I Pads can be used by someone who is visually impaired to access the NLS program.



- ★ As an individual who lives with total blindness, Gayle will also talk about her life after blindness.



The library is part of the federally funded National Library Service.

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

**Free Silk Painting Class**



**Tuesday June 24**  
10 a.m.

**First Congregational Church**

- Taught by local artist Sandra Golbert
- Complete a round light-catcher using cold water dyes.
- Choice of designs
- All materials will be provided.
- Limited to 10 participants.



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

For further information and to register for the class, please call the COA at 978-352-5726.

**Celebrate**



**Flag Day**

June 14

2014

## Get Free Tips to Live Healthier!

Living with arthritis, heart disease, diabetes, or another chronic condition? The Healthy Living Center of Excellence and the National Council on Aging have a FREE program for you! Log in from your own computer for just two hours a week and learn how to reduce pain, eat well, and talk with your doctors—so you can live healthier.

Register today by visiting:

[www.restartliving.org/Massachusetts.php](http://www.restartliving.org/Massachusetts.php).

## Coming soon...



### **July 15: COA Annual Chicken Barbeque, 11:30**

Provided by the Merrimack Valley Nutrition Project at the First Congregational Church.

⇒ Music with the Over the Hill Band beginning at 10 a.m.

⇒ The musical program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

⇒ Cost is \$2 & menu includes: \*BBQ chicken breast  
\*corn on the cob    \*baked beans    \*potato salad  
\*roll                    \*watermelon    \*lemonade

To make reservations, please call the COA at (978) 352-5726 by July 8.



### **July 22: COA Annual Ice Cream Social, 11:30**

Join us at the First Congregational Church for plenty of toppings and plenty of fun.

**Fall 2014: A Matter of Balance-Fall Prevention program** Wednesdays Sept. 10-Oct. 29, 10 a.m.-noon at the First Congregational Church. An award-winning program designed to manage falls and increase activity levels.

- ★ learn to view falls as controllable;
- ★ set goals for increasing activity;
- ★ make changes to reduce fall risks at home;
- ★ exercise to increase strength and balance.



## **Permanent and Substitute Meals On Wheels Drivers Needed Merrimack Valley Nutrition Project**

MVNP is in need of a permanent driver to deliver Meals on Wheels in Georgetown. Substitute drivers are also needed to deliver Meals on Wheels in Georgetown and Groveland. For more information, please call MVNP Program Director Bill Cutler at 978-686-1422.

## **IRS warns taxpayers about Identity Theft and Taxes**

The Internal Revenue Service (IRS) warns taxpayers that identity thieves sometimes use personal information to file a tax return to claim a tax refund. When the taxpayer attempts to file their own tax return, the IRS will not accept it and will notify the taxpayer that a return was already filed using their name and social security number. Frequently, learning that a tax return was not accepted or receiving a contact from the IRS about a problem with a tax return is the first time a taxpayer becomes aware that they are a victim of identity theft. To avoid becoming an identity theft victim, the IRS offers the following tips:

- **Guard your personal information.** Identity thieves can access personal information by stealing your wallet or purse, posing as someone who needs information about you, looking through your trash, or stealing information you provide to an unsecured website or in an unencrypted e-mail.
- **Watch out for IRS impersonators.** The IRS does not initiate contact with taxpayers by email or social media channels to request personal or financial information or notify people of an audit, refund or investigation. Scammers may also use phone calls, faxes, websites or even in-person contacts. If you're suspicious that it's not really the IRS contacting you, don't respond.
- **Protect information on your computer.** While preparing your tax return, protect it with a strong password. Once you e-file the return, take it off your hard drive and store it on a CD or flash drive in a safe place, like a lock box or safe. If you use a tax preparer, ask how information is protected.

Your identity may have been stolen if the IRS notifies you that:

- You filed more than one tax return or someone has already filed using your information;
- You owe taxes for a year when you were not legally required to file and did not file; or
- You were paid wages from an employer where you did not work.

Using the contact information in the letter you received from the IRS, respond quickly to the IRS so that they can begin to correct and secure your tax account. If you think you may be at risk for identity theft due to a lost or stolen purse or wallet, questionable credit card activity, an unexpected bad credit report or any other way, contact the IRS Identity Protection Specialized Unit toll-free at 1-800-908-4490. The IRS will then take steps to secure your tax account.

## Happy Father's Day!



# **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

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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**  
**@ 1<sup>st</sup> 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 4<sup>th</sup> Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday June 24, 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](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 COA Meal Site located at the First Congregational Church.

## June 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> Chicken, Whip Pot, Peas & Carrots, Fresh Apple, Oatmeal Bread	<b>3</b> Apple Juice, Broccoli/Egg/Cheese, Roll, Bake, Green Beans Almandine, Fruit Jello	<b>4</b> Ground Beef Stroganoff/Ziti, Carrot Coins, Peaches, Wh Wh Bread
<b>9</b> Sweet/Sour Meatballs, Rice, Dark Rye Bread, Scandinavian Blend Veg, Peaches	<b>10</b> Orange Glazed Chix, Baked Pot, California Veg, Tapioca, White Bread	<b>11</b> Lasagna/Meat Sauce, Green Beans, Orange, Italian Bread
<b>16</b> Salisbury Steak/Gravy, Whip Red Bliss Pot, Mix Veg, Pears, Wh Wh Bread	<b>17</b> <b>Byfield Luncheon</b>	<b>18</b> Chix Breast Fillet, Whip Chive Pot, Tuscany Veg, Butterscotch Pudding, White Bread
<b>23</b> Apricot Glazed Chix, Rice, Mixed Veg, Peaches, Wh Wh Dinner Roll	<b>24</b> Mac & Cheese, Zucchini & Stew Tom, Fruit Jello, Multigrain Bread	<b>25</b> Cheeseburger/Roll, Corn, Toss Salad, Orange
<b>30</b> Chix Morney, Rice, California Veg, Pears, Light Rye Bread	<b>July 1</b> Stuffed Shells/Meat Sauce, Peas, Toss Salad, Orange, Italian Bread	<b>July 2</b> Maple Glazed Salmon, Scallop Pot, Green/Gold Beans, Chocolate Pudding, Wh Wh Roll

### **Celebrate National Pink Day (6/23/14) with a Pink Lady Punch**

**Serves: 4**

Ingredients: 1 quart ginger ale, chilled    4 c cranberry juice cocktail, chilled    4 c pineapple juice, chilled    1 c white sugar

Directions: Mix ginger ale, cranberry juice, and pineapple juice together in a punch bowl or pitcher; stir in sugar until dissolved.

## **JUNE VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>2</b> 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>3</b> <b>No Shopping Van - Brown Bag</b> 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 <b>Men's Breakfast</b> 9:30 <b>VAN:</b> Walmart/Salem NH 10:45 Strength Training
<b>9</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>10</b> 10:30 <b>Van: Poets' Inn</b> 10:00 Talking Books 11:30 Lunch 12:30 Strength Training	<b>11</b> 9:00 Yoga 11:30 Lunch 3:30 Walking Club	<b>12</b> 10:30 <b>VAN:</b> Rowley 10:45 Strength Training
<b>16</b> 9:00 Rep. Mirra/Office hrs 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>17</b> 9:30 <b>Van: Newburyport</b> 11:30 Byfield Lunch 12:30 Strength Training 12-2 Sen. Tarr's Office Hrs	<b>18</b> 9:00 Yoga 11:30 Lunch	<b>19</b> 10:30 <b>VAN:</b> Christmas Tree Shop & Market Basket/Salem, NH 10:45 Strength Training
<b>23</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>24</b> 9:30 <b>Van: Seabrook, NH</b> 10:00 Silk Painting Craft 11:30 Lunch 12:30 Strength Training	<b>25</b> 9:00 Yoga 11:30 Birthday Lunch	<b>26</b> 10:30 <b>VAN:</b> Haverhill 10:45 Strength Training
<b>30</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>July 1</b> <b>No Shopping Van - Brown Bag</b> 11:30 Lunch 12:30 Strength Training	<b>July 2</b> 9:00 Yoga 11:30 Lunch	<b>July 3</b> <b>NO Men's Breakfast</b> 9:30 <b>VAN:</b> Walmart/Salem NH 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.