



# A FEW GRAY HAIRS



Father's Day

June 2011

A Newsletter of the Georgetown Council on Aging

Vol. 12/Iss. 12

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**Director's Notes...** Early summer mornings along the Ottawa River, mist often rises from the water and catches in the pink and violets of the morning's sunrise. As the night sky lifts, the pine trees and rocks that line the shore stand as dark sentinels watching over a quiet river. It is a good time to fish for large-mouthed bass or northern pike. When I was young, my father and I would go out each summer at our cottage for a few mornings of early fishing in our wooden row boat with its three-horse power motor. Preferring a book and a cup of coffee over a cold morning on the water, my mother would wave from the dock as we headed out. My dad would row us past the weeds and lily pads that filled the bay, and then start our little motor so that we could troll from the boat. The thrill of the first time he allowed me to run the motor so that he could fish is still clear. "Pick a point on the shore and hold the tiller steady," he said, guiding my hand so that our boat stayed straight as we pattered down the river. Once the sun rose into the sky, we would head back into the bay sometimes with fish, sometimes without fish. With coffee and oatmeal on the stove, my mother welcomed us home for breakfast. As we celebrate our families on Mother's Day and Father's Day this spring, I am grateful for the people in our lives that have helped us to steady our tiller so that we can remain on course but have also been ready to welcome us home - even when the fish failed to bite!

## Growth of Aging Population in Massachusetts

Data recently released from the 2010 Census shows that growth of the aging population in Massachusetts continues to occur at a rapid pace. In Massachusetts, the number of people over 60 years is 1.3 million, a 16 percent increase from 2000. People who are 60 years or older currently represent 19.5 of the total population in Massachusetts. As a result, one in five Massachusetts residents is now 60 years or older and 14 percent is 65 years or older. In Essex County, 13.9 percent of the population are 65 years or older. One-quarter of all household in Massachusetts includes at least one individual who is 65 years or older. Eleven percent of all Massachusetts households which are composed of a person 65 years or older are elders who live alone. The data provides formal evidence that older Americans represent a significant social demographic in the structure of our communities.



## MassMedLine:

### A Free Resource for Residents

Do you have questions regarding or trouble paying for your medications? The Pharmacy Outreach Program's MassMedLine can help. A community service program of the Massachusetts College of Pharmacy and Health Sciences, MassMedLine is a free resource for all Massachusetts residents. Case managers and Pharmacy Outreach Program pharmacists with MassMedLine are available to help determine eligibility for prescription medication programs and a review of your medications is available. For further information, call **MassMedLine at 1-866-633-1617** or visit **[www.massmedline.com](http://www.massmedline.com)**.

Funny-man, **Tony Maimone**, performs "That's Amore" with Members of **The Music Masters** at their "Older Americans' Month" Concert in May.



**The COA & Sr. Center will both be closed for Independence Day on Monday, July 4, 2011.**

# June Activities

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

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



## JUNE VAN SCHEDULE 2011



Shopping Date	Location	Recreation Date	Location
		June 2 <sup>nd</sup> 9:30	Super WalMart/Salem, NH
June 7 <sup>th</sup> 9:30	NO VAN – Brown Bag Only	June 9 <sup>th</sup> 10:30	Over the Hill Band/NECC, Haverhill
June 14 <sup>th</sup> 9:30	Newburyport	June 16 <sup>th</sup> 10:30	Plaistow, NH
June 21 <sup>st</sup> 9:30	Rowley	June 23 <sup>rd</sup> 9:30	Kittery, Maine
June 28 <sup>th</sup> 9:30	Seabrook, NH	June 30 <sup>th</sup> 10:30	North Shore Mall/Peabody, MA

**VISITING NURSE:** Wed. June 1, 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.

**FATHER'S DAY MEN'S BREAKFAST:** Guest speaker **Jim Vanderpol** will discuss his recently published book that details his experiences **living in Holland during World War II** at the **Men's Breakfast** scheduled **Thursday June 2, 9:30 a.m. at Trestle Way. Enjoy a good breakfast and go home with a special treat.** 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.

**ESMV CASE MANAGER:** **ESMV Case Manager Jennifer Cook** will hold office hours at the Senior Center on **Mon. June 6, 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., June 6, 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.

**OSTEOPOROSIS PROGRAM:** Discussing the importance of maintaining good bone health, Merrimack Valley Nutrition Project Nutritionist **Pauline Provencher, R.D.** will present a program on **Osteoporosis Tuesday June 7, 10 a.m.** at the First Congregational Church. Osteoporosis is a condition in which the bones become weak and can break more easily. Approximately 34 million people are at risk for developing the disease. It is estimated that one in four men, as well as half of all women over the age of 50 years, will break a bone because of osteoporosis. Come learn important information about prevention and the need to maintain good bone health. Refreshments will be served. For further information, call the COA office at (978) 352-5726.

### COA Friends to hold Hoe-Down at Camp Dennison

**Family Country Festival** at Camp Denison on **Saturday, June 11, Rain or Shine, 12 noon to 4.** It will be co-sponsored by Friends of Council on Aging and Friends of Camp Denison. Denison's Friends group has donated the hall, will provide guides for trail walks and direct traffic. Outdoors Shuffle Board and Horse shoes will be offered. **There is no admission charge.** Food available for purchase: Hot dogs and burgers with chips, beverages, ice cream bars and cookies. **Over the Hill band will play.....perhaps there will be some dancers.**

**BREATHING DISORDERS PROGRAM:** Join us for an important program on **breathing disorders** when **Christine Dube RRT** from Academy Manor in Andover presents **"It Ain't Easy Being Wheezy" Tuesday June 14, 10 a.m.** at the First Congregational Church. Light refreshments will be provided by Academy Manor. For further information, please call the COA at (978) 352-5726.

**BYFIELD PARISH LUNCHEON:** **Tuesday, June 21, 11:30 a.m.** This will be the last luncheon until fall. Call the church if you plan to attend. 978-352-2022.

**NATIONAL CHOCOLATE ÉCLAIR DAY:** **June 22** ~ Join us for lunch and enjoy a sweet treat! RSVP required.

**JUNE BIRTHDAY PARTY:** Join us on **Wednesday, June 29 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. **2** **RSVP before 6/22/11.** Call 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	Mondays & Wednesdays 3:30-5:30 p.m. at Penn Brook School  Last day to walk is Wed., June 15.
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

### Classic Movies at the Library

Next Showing: Friday June 24, 1 p.m.



in the library's function room.

*"On Golden Pond"*

Starring Henry Fonda & Katherine Hepburn



Movies are free and open to everyone.  
For more info, call the COA at (978) 352-5726.

### OSTEOPOROSIS PROGRAM

**Tuesday June 7 at 10 a.m.**

First Congregational Church.

Presented by

**Pauline Provencher, R.D.**

Merrimack Valley Nutrition Project Nutritionist

- Discuss the need to maintain good bone health
- Important information about prevention
- Refreshments will be served.

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

### "It Ain't Easy Being Wheezy"

**A BREATHING DISORDERS PROGRAM**

Presented by

**Christine Dube RRT**

Academy Manor in Andover

**Tuesday June 14 ~ 10 a.m.**

First Congregational Church

- COPD
  - Asthma
  - Self-management
  - Bring your questions.
  - Light refreshments by Academy Manor.
- For info, please call COA at (978) 352-5726.

### **VAN TRIP TO HEAR THE OVER THE HILL BAND**

**Thursday, June 9 @ 2 p.m.**

The van will leave at 10:30 a.m.  
Admission price is \$2.



Join us as we settle in for some good, homespun country music. Come and hear locals Charlie & Mickie Locke, Leo Buchika, Al Miller and John Cavanaugh as they set toes to tappin' and hands to clappin'. The Band always provides great entertainment. **Seats are limited.** A stop for lunch is planned. To make a reservation, please call the COA at (978) 352-5726.

### **Coming in July...**

Join us for the MVNP Chicken Barbeque  
**Tuesday July 12, 11:30 a.m. at the First Congregational Church. Music will be provided by the Over the Hill band.**

Cost \$2; RSVP required by July 5



## Diabetes Self-Management Program

Presented by Elder Services of Merrimack Valley, Inc., a **free six-week Diabetes Self-Management Program** will begin **Monday June 6, 9:30 a.m.-noon** at **Atria Merrimack Place in Newburyport**. The program incorporates diet, exercise, lifestyle changes and overall management of diabetes. Sharing with other participants, the program highlights how to prevent and delay complications, how to prevent low blood sugar and manage stress and difficult emotions along with how to administer foot care, healthy eating, physical activities, increase energy, set goals, relaxation techniques and effective communication strategies with health care providers. To register, call (978) 462-7324.

## O s - t e - o - p o - r o - s i s

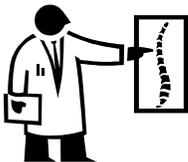


Osteoporosis is a complex disorder of the skeletal system. Bone loss characterizes osteoporosis which only becomes apparent when there is a fracture, usually of the wrist, hip or vertebrae. Osteoporosis affects about 24 million Americans, 80% of whom are women.

Factors impacting the disease include, ethnic and genetic differences, decreased physical activity, smoking, alcohol intake, overweight, reproductive history, low bone calcium reserves, and for women, menopause directly affects bone mass reduction as well as lowering calcium absorption.

Many Americans consume diets insufficient in calcium to maintain bone health. Lifestyle changes and reduction in weight-bearing physical activity also lead to loss of bone mass. We can't alter genetics but we can plan to provide protection from osteoporosis. Mature adults can conserve acquired bone mass by consuming enough calcium and Vitamin D daily and by altering our lifestyles. The current dietary guidelines recommend that individuals over age 51

consume 1200 mg of calcium and 400 IU of Vitamin D daily and people over age 71 increase Vitamin D to 600 IU daily. Good sources of calcium include dairy products, and calcium-fortified juice or cereal.



## ESMV Golf Classic scheduled June 9

Elder Services of the Merrimack Valley, Inc. will hold their **Annual Golf Classic Thursday June 9 at the Meadow Creek Golf Club in Dracut**.

Registration opens at 6:30 a.m. with a Shotgun

Start scheduled for 8 a.m. Cost is \$165

Per player or \$600 per foursome.

Registration deadline is June 2. To register for the event, visit [www.esmvgolf.com](http://www.esmvgolf.com).



## **My Life, My Health**

### Chronic Disease Self-Management Program

Developed by Stanford University

Workshops will meet

**Tuesdays, June 7-July 12, from 1-3:30 p.m.  
at Boxford COA ~ 4 Middleton Road ~ Boxford.**

Offered **free** to people with chronic conditions and/or their caregivers (limit 14). **Chronic conditions** include, but are not limited to, Arthritis, Asthma, Cancer, Chronic Back Pain, Chronic Fatigue Syndrome, COPD, Diabetes, Fibromyalgia, Heart Disease, High Blood Pressure, Parkinson's Disease & Stroke. **Workshops will cover** how to: Eat Well, Control Pain, Start an Exercise Program, Deal with Fatigue & Frustration, Handle Stress & Relax, Increase Energy Level, Solve Problems & Meet Personal Goals, and Communicate effectively w/Healthcare Providers. Manage your chronic disease with group support! **Contact Pam Blaquiére @ Boxford COA 978-887-3591.**



Cut & return with membership request.

## **Friends of the Georgetown Council on Aging**

**In partnership with the Georgetown COA,  
working to enhance the quality of life for  
elders.**

**Annual Membership: \$10**

**Make checks payable to:  
"Friends of the Georgetown COA"**

**Mail to:  
P.O. Box 111  
Georgetown MA 01833**

**Name: \_\_\_\_\_**

**Address: \_\_\_\_\_**

**Telephone: \_\_\_\_\_**

**Friends of the Georgetown COA is a tax  
deductible 501C3 non-profit organization.**

**A father carries pictures  
where his money used to be.**  
~Author Unknown

# 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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Haverhill, MA

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 June 28, 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  
David Surface, Board of Selectmen  
Gary Fowler, Board of Selectmen  
Philip Trapani, Board of Selectmen  
Stephen Smith, 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 Senior Center.

## June 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>1</b> Chix Breast Fillet, Baked Pot, Peas/Carrots Cutie Pie, Oatmeal Bread
<b>6 BRUNCH</b> OJ, French Toast Stix, Sausage Links, Home Fries, Diced Pears, LF Muffin	<b>7</b> Apple Juice, Chix Parmesan/Ziti/Marinara Mixed Veg, Tapioca Pudding, Italian Brd	<b>8</b> Sliced Turkey, Pot Salad, Tossed Salad, Oatmeal Cookie, Wh Wh Bread
<b>13</b> Grape Juice, Chix Marsala, Whip Pot, Carrots, Vanilla Pudding, Oatmeal Bread	<b>14</b> Sweet/Sour Meatballs, Dirty Rice, Cauliflower/Red Peppers, Fruit Jello, Dark Rye Bread	<b>15</b> Fish Cakes, NE Baked Beans, Chuck Wagon Corn, Fresh Orange, Wh Wh Bread
<b>20</b> Potato Crunch Fish, Whip Pot/Chives, Harvard Beets, Apple, Light Rye Bread	<b>21</b> <b>NO LUNCH: Byfield Parish Luncheon</b>	<b>22</b> Grape Juice, Mac/Cheese, Zucchini & Stewed Tomato, Peaches, Wh Wh Bread
<b>27</b> LS Hot Dog/Bun, NE Baked Beans, Coleslaw, Applesauce	<b>28</b> Baked Fish Florentine, Peas/Carrots, Apricots, Multigrain Bread	<b>29</b> Cranberry Juice, Chix Salad, Lettuce, Tomato, Mac Salad, Banana, Oatmeal Brd

### Simple Snacks...100-calories or less. (Source: Myrecipes.com)

2/3-cup 1% cottage cheese \* 0.6 oz almonds, cashews, peanuts, or pistachios \* 1 large apple \* 2 cups strawberries  
1 medium banana \* 1 whole-wheat English muffin \* 1 tablespoon peanut butter \* 1 cheese stick

## **JUNE VAN & ACTIVITIES CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<b>1</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	<b>2 9:30 Men's Breakfast</b> 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
<b>6</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>7 No Van-Brown Bag</b> 10:00 Osteoporosis Program 11:30 Lunch 12:30 Strength Training	<b>8</b> 9:00 Yoga 11:30 Lunch 3:30 Walking Club	<b>9</b> 10:30 VAN: Over the Hill Band/NECC, Haverhill 11:00 Strength Training
<b>13</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>14</b> 9:30 VAN: Newburyport 10:00 Breathing Disorders Program 11:30 Lunch 12:30 Strength Training	<b>15</b> 9:00 Yoga 11:30 Birthday Lunch 3:30 Walking Club (Last Day)	<b>16</b> 10:30 VAN: Plaistow, NH 11:00 Strength Training
<b>20</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>21</b> 9:30 VAN: Rowley 11:30 Byfield Parish Lunch 12:30 Strength Training	<b>22</b> 9:00 Yoga 11:30 Lunch w/ <b>National Chocolate Éclair Day</b>	<b>23</b> 9:30 VAN: Kittery, ME 11:00 Strength Training
<b>27</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>28</b> 9:30 VAN: Seabrook, NH 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	<b>29</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Birthday Lunch	<b>Friday, 6/24</b> 1 PM Movie @ Library
			<b>30</b> 10:30 VAN: North Shore Mall 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.