



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 14/Iss. 1

July 2012

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Director's Notes... By the time our July newsletter is published, my husband and I will have become grandparents for the first time. As I write my notes for the newsletter, my family is on baby-alert as we wait to hear from our eldest daughter and her husband that their daughter is ready to make her way into this world. Could any baby be more anticipated? The drawers of her dresser are already filled with wonderful little girl outfits – pinks and pastels with lace and trims. Both of her grandmothers and her three aunts cannot pass up a layette display without making one more purchase. A bookcase in her freshly painted nursery already features a shelf filled with sweet-faced stuffed animals along with must-read children's books such as "Goodnight Moon" and "The Hungry Caterpillar". A car seat is already in place in her parents' car and the directions to the hospital have all been memorized by her parents, grandparents and aunts. We are all more than ready for the arrival of this dear little girl but can any of us ever be ready for the changes in life that a child brings? Can we really anticipate the wonder and the depths of love we will feel when we look into her eyes or hold her in our arms for the first time? As the generations of four families come together in one little girl, she will gaze back at us with the wisdom of her own little soul and, happily, nothing will ever be the same again!

Summer Concert Series

Sponsored by the Georgetown Cultural Council, the Georgetown 2012 Summer Concert Series will be held **Sundays beginning July 8, 5-7 p.m. at the American Legion Park, Rear Prospect Street.** The schedule includes:

July 8: The Locals – Irish music;

July 15: Old Jack (Americana, folk rock);

July 22: Jenny Dee (1960s infused Rock & Pop);

July 29: Erin Harpe (Delta blues)

August 5: Miss Tess (jazz and swing)

August 12: Doo Wop (Lee Lewis and the Doo Wop All Stars).

August 19 – Shane Wood (American classics, ballads)

August 26 - True Zoos & Puddles of Joy – local band night with modern rock covers and originals

Preventing Tick Borne Diseases

With the summer in full swing and summer pests already making their presence known, the National Institute of Health (NIH) reminds us of the need to protect ourselves from tick-borne diseases. Tips recommended by the NIH include:

- Avoid walking in woody and bushy areas with high grass
- Stay on trails when hiking
- Wear long, light colored pants, sleeves and socks. Tuck your pant legs into your socks (and never mind what your children may say).
- Spray exposed body areas and clothing with tick repellent
- Search your entire body for ticks after being outdoors and wash your clothing
- Safely remove ticks by gently grasping the tick with tweezers and slowly pull upward to allow the tick to release its bite.
- Wash the bite area with alcohol or soap and water and contact your health care provider if you develop a fever, headache, fatigue or a bulls-eye rash.



The COA and all activities will be closed for Independence Day on July 4, 2012.

July Activities

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

OTHERWISE NOTED. CALL US AT 978-352-5726



JULY VAN SCHEDULE 2012

Shopping Date	Location	Recreation Date	Location
July 3	NO VAN – Brown Bag Only	July 5 9:30	Super WalMart/Salem, NH
July 10 9:30	Newburyport	July 12 10:30	Haverhill
July 17 9:30	Rowley	July 19 10:30	Middleton/Richardson's Ice Cream
July 24 9:30	Seabrook, NH	July 26 10:30	Newburyport Boardwalk
July 31 9:30	Plaistow, NH	Aug. 2 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 spend time with friends!

NEXT MEN'S BREAKFAST: Thurs. Aug. 2, 9:30 a.m. at Trestle Way. There will be **NO Men's Breakfast for the month of July.** More details to come in the next newsletter. 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. For reservations, please call (978) 352-5726.

ESMV CASE MANAGER: Mon., July 2, 10:00 – 11 a.m. **ESMV Case Manager Jennifer Cook** will be here to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV). **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** To schedule an appointment, call (978) 352-5726.

SHINE OFFICE HOURS: Mon., July 9, 9:00 – 11 a.m. **Note Date Change for July.** **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: Tues., July 10, 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.

FRIENDS OF THE COA: Mon., July 16, 3 p.m. At the Peabody Library. **Open to the public. New members welcome.**



COA CHICKEN BBQ: Tuesday July 17, 11:30 a.m. at First Congregational Church. **Music starts at 10:00 a.m.** Join us for our **Annual Chicken BBQ** with music by the Over the Hill Band. **RSVP by July 10.** Cost \$2. See pg. 3



JULY BIRTHDAY PARTY: Tues. July 24 at 11:30 a.m. Join us at the First Congregational Church to send best wishes to our friends who were born in July. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 7/17/12.** To make reservations, please call the COA office at (978) 352-5726. See page 3.



ICE CREAM SOCIAL: Tues. July 31, 10 a.m. at the First Congregational Church. Come celebrate **National Ice Cream Month** at our **Annual Ice Cream Social.** See page 3. **RSVP before 7/24/12.**

Doll Trimmings Needed!



The COA's weekly Doll Making Group needs lace (**up to 1" wide**) and other trims for hand-crafted dolls that are given to children who receive services through Emmaus, Inc. in Haverhill. For further information, please call the COA. 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.

The Club is on summer hiatus until school resumes. Watch newsletters for more information.

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



Celebrate National Ice Cream Month at our **ANNUAL ICE CREAM SOCIAL** Tues. July 31 ~ 10 a.m. First Congregational Church.

Sponsored by Home Instead Senior Care

Indulge your cravings and soothe your soul...

- Make your own sundaes
- Multiple Toppings
- Whipped Cream
- Cherries (of course!)



Make a morning of it!

Stay for lunch! (Lunch reservations are required three (business) days in advance and the cost is \$2.)

To help with event planning, please RSVP before Wed. July 24th 978-352-5726

Join us for the COA Chicken Barbeque

Provided by the M.V. Nutrition Project

Tuesday July 17, 11:30 a.m.

at the First Congregational Church.

Music will be provided by the Over the Hill band starting at 10 a.m. Come & hear locals Charlie & Mickie Locke, Leo Buchika, Al Miller, Dick Boucher & Dick Williams as they set toes to tappin' & hands to clappin'!

Enjoy a summer meal of

BBQ Chicken Breast
Baked Beans

Corn on the Cob

Potato Salad

Roll with Butter

Watermelon

Lemonade



RSVP REQUIRED by July 10

(978-352-5726)

COST: \$2.00

Our music is provided by a grant from the Georgetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.



OTH Band plays Annual Chicken BBQ 2011

COA Friends Internet Fundraiser Underway

Seeking to raise money that will be used to benefit elder programs with the Georgetown Council on Aging, the Friends of the Council on Aging have begun a new fundraising effort. Using a search engine on the internet, go to www.goodsearch.com. On the right side of the webpage, write in the Friends of the Georgetown MA Council on Aging. After entering the COA Friends name, search for whatever you want to search for and a penny will be dedicated to the COA Friends group. A penny may not sound like much, but if all of our friends do this, we can raise some money for the COA. The site also allows people to shop in stores that credit the COA Friends or to register a credit card with a restaurant with a percentage designated to the COA Friends. Please be sure to carefully read the terms of use. Invite friends and family to share in the fundraiser or to assist with the internet search. For further information, call Beverly Knapp at 978-352-8526, or email joebevkc@comcast.net.



Music at Eden's Edge offers Free Summer Concerts

Music at Eden's Edge offers three free concerts in **July**, **August** and **September** as part of the Senior/Family Series at the Northshore Unitarian Universalist Church in Danvers. "**July in the Garden of the Bach Family: The Musical Genius of J.S. Bach and His Amazing Family**" will feature a quartet with flute, violin, cello and harpsichord on **Tuesday July 24, 2 p.m.** "**August Forever Romantic: Trios of Brahms and Smetana, Dohananyi Sonata**" will feature a violin sonata, clarinet trio and piano trio on **Tuesday August 14, 2 p.m.** "**September's Spell: Flute and Strings Weave Magic for Summer's End**" will be featured as the program's summer finale **Tuesday Sept. 21, 2 p.m.** The Northshore Unitarian Universalist Church is located 323 Locust Street in Danvers. This program is supported by a grant from the Massachusetts Cultural Council, a state agency.

*"Those who expect to reap the blessings of freedom,
must, like men, undergo the fatigue of supporting it."*

~ Thomas Paine

Summer/Heat Safety

Although the past winter was almost balmy at times, the arrival of summer is always a delight! However, summer weather requires some caution and common sense so that we may fully enjoy the joys of summer. The Massachusetts Emergency Management Agency (MEMA) has recommendations to help reduce heat-related problems. To remain safe and cool during the summer, MEMA offers the following tips:

- Avoid strenuous activity
- Wear light-weight, loose-fitting clothing and a wide-brimmed hat
- Drink plenty of water – even when you do not feel thirsty
- Avoid alcohol (it can dehydrate your body)
- Eat well-balanced, light meals
- Use air conditioning or fans to cool your body.
- If you do not have air conditioning, visit air conditioned libraries, theaters or community facilities. Drop by the COA Meal Site at the First Congregational Church for lunch, a visit and a game of cards. Exercise in a cool setting with weekly COA yoga and strength training classes at Trestle Way. Always a cool place to be!
- Cover windows that receive morning or afternoon sun with drapes or shades.
- Avoid too much sunshine and always, always wear sunscreen with a high SPF.
- Never leave individuals or pets alone in a closed vehicle.
- Check on family, friends and neighbors.



Vacation Travels...



World War II Memorial, Washington, DC

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
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Office Hours:

Monday – Thurs. 8 am – 4 pm

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

Open:

Monday – Wed. 9 am – 1 pm

Georgetown Council on Aging:

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Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

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Georgetown COA Webpage is

located on the town's official website

www.georgetownma.gov.

PUBLIC NOTICE

**No Board Meeting
in July.**

**NEXT BOARD MEETING:
Tuesday August 28, 2012**

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.

July 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>
2 Hamburger/Roll, NE Baked Beans, LS Chips, Corn, Pineapple	3 Grape Juice, Pier 17 Fish, Whip Chive Pot, Carrots, Fruit Cocktail, Oatmeal Brd	4 CLOSED: Independence Day
9 Swedish Meatballs, Whip Pot, Green Beans, Peaches, Dried Mixed Fruit, Wh Wh Bread	10 Apple Juice, Baked Ham/Raisin Sauce, Whip Sweet Pot., Mixed Veg, Pears, LF Muffin	11 Rst Turkey/Gravy, Whip Pot, Peas & Carrots, Banana, Multigrain Bread
16 LS Hot Dog/Roll, NE Baked Beans, Coleslaw, Fruited Jello	17 MVNP Chicken BBQ	18 Cheese Lasagna, Green Beans, Salad, Orange, Scala Bread
23 Cranberry Juice, New Orleans Diced Chix, White Rice, Peas & Carrots, Orange, Multigrain Bread	24 Fishwich/Bun, Pot Wedges, Salad, Pineapple	25 Meatloaf/Gravy, Loaded Whip Pot, Peas & Carrots, Fruit Cocktail, Wh Wh Br
30 Apple Juice, Broccoli/Egg/Cheese Bake, Zucchini/Tomato, Pears, LF Muffin	31 Ziti/Meatballs, Tuscan Blend Veg, Salad, Apple, Multigrain Bread	

HINTS FOR BUSY COOKS:

Prep fresh vegetables, like onions, carrots, celery and bell peppers, packaging them in separate containers or bags. They'll come in handy when making soups, stews and chilies.

Use rotisserie chickens. One small chicken will yield about 4 cups of shredded meat. Freeze or chill unused meat.

Wash and spin-dry lettuces, then store in plastic bags lined with paper towels. They stay crisper longer!

Make your own vinaigrettes and salad dressings. It requires a little work up front, but they're a simple way to add a huge flavor boost to your meal.

JULY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 9:30 Dolls 10:00 Jen Cook, ESMVappts. 10:30 Yoga 11:30 Lunch 12:00 Bingo	3 No Van–Brown Bag 11:30 Lunch 12:30 Strength Training	4 CLOSED: Independence Day	5 NO Men's Breakfast today 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
9 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	10 9:30 VAN: Newburyport 10:00 Visiting Nurse 11:30 Lunch 12:30 Strength Training	11 9:00 Yoga 11:30 Lunch	12 10:30 VAN: Haverhill 10:45 Strength Training
16 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:00 COA Friends/Library	17 9:30 VAN: Rowley 10:00 OTH Band 11:30 Chicken BBQ 12:30 Strength Training	18 9:00 Yoga 11:30 Lunch	19 10:30 VAN: Middleton/ Richardson's Ice Cream 10:45 Strength Training
23 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	24 9:30 Van: Seabrook, NH 11:30 Birthday Lunch 12:30 Strength Training	25 9:00 Yoga 11:30 Lunch	26 10:30 VAN: Newburyport/ Boardwalk 10:45 Strength Training
30 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	31 9:30 Van: Plaistow, NH 10:00 Ice Cream Social 11:30 Lunch 12:30 Strength Training	8/1 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	8/2 9:30 Men's Breakfast 9:30 VAN: 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.