



# A FEW GRAY HAIRS

July is National  
Ice  
Cream  
Month



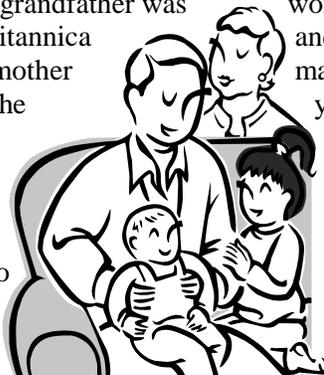
A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

Vol. 16/Iss. 1

July 2014

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

**Director's Notes...** The summer of my ninth birthday, my grandfather asked me what I would like for my birthday. I ran through the typical list of any child noting things such as a new jump rope, books and board games. My grandfather looked at me carefully and asked "but what would you really like?" "I would really like a horse," I replied without any hesitation. I did not get a horse for my birthday but I know that if my grandfather could have managed it, a horse would have been in our backyard that July morning. My grandfather was wonderful. He fixed my singing bear when he stopped singing, shared his set of Encyclopedia Britannica and invited me for special lunches at his office on Parliament Hill. Equally wonderful, my grandmother made Halloween costumes, played the piano year. She stewed a chicken just to make my day. They were special people and I loved them very much. Now that I am a grandparent, I have gained a perspective of the depth of the relationship between grandparents and grandchildren. With her grandparents and aunts all on hand to welcome her, our second little granddaughter was safely born the last day of May. Her amazing big sister turned two years in June. We are so grateful and blessed to have both of these little girls in our lives. Our hearts are full and we are over the moon with love for these children. If either of them were to ask us for a horse, our only response would be "how many and what color?" We would move heaven and earth for our grandchildren, and are experiencing the same strong emotions that many of you told me we would experience as grandparents. It is so moving to hold these dear children in our arms and realize the connection to the past that they bring to the future. Everything in our world has changed and we couldn't be happier!



## Georgetown Summer Concert Series Celebrates 20<sup>th</sup> Season

Sponsored by the Georgetown Cultural Council, the Georgetown 2014 Summer Concert Series will be held **Sundays beginning July 13, 5-7 p.m. at the American Legion Park, Rear Prospect Street.**

### The schedule includes:

- ★ July 13: Studio Two (Early Beatles)
- ★ July 20: Rust Never Sleeps (Credence Cover Band)
- ★ July 27: Jenny Dee & the Deelinquents (60's influenced girl pop)
- ★ August 3: Renowns (Doo Wop)
- ★ August 10: Paul Rishell & Annie Raines (blues/roots)
- ★ August 17: Allie Stoetzel & the Goodtime String Band
- ★ August 24: Courage & the Bear (indie pop)
- ★ More information regarding the concert series can be found at [www.gtownculture.org](http://www.gtownculture.org)



## "Medicare Simplified"

Presented by Groveland COA  
With SHINE Counselors  
**Jerry Goldberg & Lynne Stanton**

**Wed. July 16 6:30-7:30 p.m.**

**Groveland Council on Aging  
Town Hall- Center Meeting Room  
183 Main Street ~ Groveland  
(978) 372-1101**

### Learn about:

- Enrollment Timing
- Medicare Alphabet (A, B, C and D) & what each covers
- Supplements
  - Medigap Plans in Essex County
  - Mass. Rx Advantage Program Info

Light refreshments will be served.

For more info, contact the Groveland COA.

**The COA & all activities will be closed on  
Thurs. July 3 for the Independence Day holiday.**

# July Activities

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



CALL US AT 978-352-5726.



## JULY VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
July 1	NO VAN – Brown Bag Only	July 3	NO VAN-Closed for July 4 <sup>th</sup> Holiday
July 8 9:30	Rowley	July 10 9:30	SuperWalmart/Salem, NH
July 15 9:30	Newburyport	July 17 10:30	North Shore Mall/Peabody
July 22 9:30	Plaistow, NH	July 24 10:30	Park Lunch-Boardwalk/Newburyport
July 29 9:30	Seabrook, NH	July 31 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!

**VISITING NURSE:** **Wed., July 2, 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:** **No Men's Breakfast in July.** Members of the Georgetown Fire Department will speak when breakfasts resume on **Thurs. August 7, 9:30.** 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.

**SHINE OFFICE HOURS:** **Mon. July 7, 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.

**FRIENDS OF THE COA UPCOMING Meetings:**  
**Tues. August 19, 2:30 p.m.** at the Peabody Library.  
**There will be no meeting in July.** Open to the public.  
New members welcome.

**OVER THE HILL BAND:** **Tues. July 15, 10:00**  
First Congregational Church Lead in to the Annual BBQ.

**ANNUAL CHICKEN BBQ:** **Tues. July 15, 11:30**  
First Congregational Church See page 3 for details.

**ANNUAL ICE CREAM LUNCHEON:** **Tues. July 22, 11:30**  
First Congregational Church See page 3 for details.

**FREE LEGAL ADVICE:** **Tues. July 22, 10:00**  
**Atty. Elaine Dalton** will be at the First Congregational Church by appt. only. See page 3.



**JULY BIRTHDAY PARTY:** **Wed. July 30, 11:30**  
First Congregational Church

Join us as we 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 7/23/14 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.



### August Craft

Create your own work of art! This "mock" shadow box supports many variations to express your individuality.

**Tues. August 12 10 a.m.**  
First Congregational Church

**Seats limited.**  
**RSVP before 8/5/14.**  
Call 978-352-5726.

### 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. July 22 11 a.m.-12:30 p.m.**

**Rep. Lenny Mirra: Mon. July 21 9 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

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



Celebrate National Ice Cream Month at our

**ICE CREAM SOCIAL LUNCHEON**

**Tues. July 22 ~ 11:30 a.m.**

First Congregational Church.

After lunch, indulge your cravings and soothe your soul...



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

Lunch reservations are required.  
 The cost is \$2.

Please RSVP before Tues. July 15.  
 978-352-5726

**Join us for the Annual Summer BBQ**

Provided by the M.V. Nutrition Project  
 Tuesday July 15, 11:30 a.m.  
 First Congregational Church

Music will be provided by the Over the Hill band starting at 10 a.m. Come & hear a local favorite as the band sets 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 8  
 (978-352-5726)  
 COST: \$2.00

**Attorney Elaine Dalton Offers Free Legal Help**

**Tues. July 22, 10 a.m.**

by appointment only

Assistance available for:

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



This 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.



Happy Birthday, America!

## Music at Eden's Edge Summer Series

Music at Eden's Edge Senior/Family Series: free summer concerts at the North Shore Unitarian Universalist Church, 323 Locust Street, Danvers. NSUUC offers ample parking, shade and is fully handicapped accessible. Guests are always invited to stay for refreshments and conversations with the artists following the concerts. It is an enjoyable time for all – and it is all still *free!*

Concert dates are on Tuesdays as follows: **July 15:** Summer in A Parisian Garden (French woodwind quintets), **August 19:** Treble Treasures of August (voice, flute, violin and piano), and **September 16:** September in Venice (Venetian Baroque masterpieces played on period instruments).

## Coming this fall...

**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.



**Delvena Theater Company returns Sept. 29** to perform the play “**Louisa's Girls**”

- Look into Louisa Mae Alcott's family life & literary work.
- A special tea is planned for the audience.
- Free to the public.
- This program is supported by a grant from the Georgetown Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



## **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.



The COA welcomed a new volunteer on June 10. Unfortunately, he had other commitments that only allowed him a brief sojourn in our office. Thanks, Steve, for brightening our day!

## Microsoft Phone Support Scam

Several people in the local area have reported receiving calls from Microsoft support. Microsoft does not make unsolicited phone calls to charge you for computer security or software fixes. If you receive a call like this, hang up the phone immediately. If you have received a call from an unknown person claiming to be from Microsoft, and stating that multiple issues have been detected on your computer, it is a scam. The purpose of these calls is to scam you out of money by scaring you into thinking there's something wrong with your computer and suggesting they can fix it for you. Cybercriminals often use publicly available phone directories so they might know your name and other personal information when they call you. They might even guess what operating system you're using. Once they've gained your trust, they might ask for your user name and password or ask you to go to a website to install software that will let them access your computer to fix it. Once you do this, your computer and your personal information is vulnerable.

**When they have access to your computer, these scammers can do the following:**

- ✦ **Trick you** into installing malicious software that could capture sensitive data, such as online banking user names and passwords. They might also then charge you to remove this software.
- ✦ **Take control** of your computer remotely and adjust settings to leave your computer vulnerable.
- ✦ **Request credit** card information so they can bill you for phony services.
- ✦ **Direct you** to fraudulent websites and ask you to enter credit card and other personal or financial information there.

If you receive a call like this, simply hang up the phone!



## Computer Virus Reported in Area

**The Georgetown Police Department has alerted us that an extremely dangerous computer virus has been reported in our area.** The virus is called the “Crypto Virus”. The virus arrives in the form of an email. The email states your package was not delivered, open the attached pdf file to fill out a form or to get directions. The attachment is the virus. The virus then takes all your information on your computer and encrypts all your files, making your computer useless. Virus protections cannot clean or detect this Virus. If you receive an email or something similar, delete it and then empty the waste basket. Do not open the email at all!

# **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**

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

Presort Standard  
U. S. Postage

**PAID**

PERMIT #39  
Haverhill, MA



**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**

**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:**

Jeannine Desjardins, Chair

Claire Maimone, Vice Chair

Chandler Noyes, Treasurer

Jean Perley, Secretary/Clerk,

Susan Gardiner, Esther Palardy,

Diane Prescott, Corona Magner, Nancy

Thompson, Caroline Sheehan-alternate

Ann Stewart-alternate

**Town of Georgetown:**

Michael Farrell, Town Administrator

Stuart Egenberg, Chair, Board of Selectmen

Stephen Smith, Board of Selectmen

David Surface, Board of Selectmen

Gary Fowler, Board of Selectmen

Philip Trapani, 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.

**PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held 1st Tuesday of each month at the First Congregational Church, Andover Street, Georgetown.

**No Board Meeting in July**

**NEXT BOARD MEETING:**  
**Tuesday August 26, 2014**

## 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>
	<b>1</b> Stuffed Shells/Meat Sauce, Peas, Toss Salad, Orange, Italian Bread	<b>2</b> Maple Glazed Salmon, Scallop Pot, Green/Gold Beans, Chocolate Pudding, Wh Wh Roll
<b>7</b> Cheeseburger/Roll, Corn, Baked Pot Chips, Pineapple	<b>8</b> Pineapple Ginger Chix, Rice, Broccoli & Cauliflower, Apple, Rye Bread	<b>9</b> American Chop Suey, Peas/Carrots, Peaches, Italian Bread
<b>14</b> Sweet Italian Sausage/Ziti/Marinara, Green Beans, Peaches, Italian Bread	<b>15</b> <u>Annual BBQ</u> : Chix Breast, Baked Beans, Corn/Cobb, Pot Salad, Lemonade, Watermelon, Roll	<b>16</b> Meatball Stroganoff, Rice, California Veg Blend, Orange, Wh Wh Bread
<b>21</b> Chix Cacciatori, Rice, Peas/Carrots, Pineapple, Wh Wh Bread	<b>22</b> BBQ Pork Patty/Roll, Sweet Potato Wedges, Cole Slaw, Lorna Doones	<b>23</b> Mild Chili/Tortilla Chips, Shred Cheese, Sour Cream, Toss Salad, Apple
<b>28</b> Meatloaf/Gravy, Whip Chives Pot, Corn, Fruit Cocktail, Oatmeal Bread	<b>29</b> Potato Fish Fillet, Florentine Rice, Italian Blend Veg, Peaches, Italian Bread	<b>30</b> Chix Marsala, Rice, California Blend Veg, Orange, Wh Wh Roll

### July is National Picnic Month

Take along this easy, healthier Cool & Creamy Veggie Dip

1 pkg. (8 oz.) Reduced Fat Cream Cheese, softened \* 1 c Reduced Fat or Light Sour Cream \* 1/3 c Miracle Whip Light  
2 Tbsp. dry vegetable soup mix \* 1 tomato, chopped \* 6 c cut-up fresh vegetables (carrot sticks, red pepper strips, celery sticks)

**MIX** first 4 ingredients until well blended. **TOP** with tomatoes. **SERVE** as a dip with vegetables or crackers.  
(Can be made 24 hours ahead without tomatoes-add these before serving).

## JULY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>1</b> No Shopping Van– Brown Bag 11:30 Lunch 12:30 Strength Training	<b>2</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	<b>3</b> <b>Closed: July 4<sup>th</sup> holiday</b>
<b>7</b> 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>8</b> 9:30 Van: Rowley 11:30 Lunch 12:30 Strength Training	<b>9</b> 9:00 Yoga 11:30 Lunch	<b>10</b> 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
<b>14</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>15</b> 9:30 Van: Newburyport 10:00 OTH Band 11:30 Annual BBQ/Lunch 12:30 Strength Training	<b>16</b> 9:00 Yoga 11:30 Lunch	<b>17</b> 10:30 VAN: North Shore Mall 10:45 Strength Training
<b>21</b> 9:00 Rep. Mirra/Office hrs 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>22</b> 9:30 Van: Plaistow, NH 10:00 Free Legal Help by appt 11:30 Ice Cream Luncheon 12:30 Strength Training 11-12:30 Sen. Tarr's Off. Hrs	<b>23</b> 9:00 Yoga 11:30 Lunch	<b>24</b> 10:30 VAN: Park Lunch & Boardwalk/Newburyport 10:45 Strength Training
<b>28</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>29</b> 9:30 Van: Seabrook, NH 11:30 Lunch 12:30 Strength Training	<b>30</b> 9:00 Yoga 11:30 Birthday Lunch	<b>31</b> 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.

