



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging
Email: cfiorello@georgetownma.gov

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August 2008

Website: www.georgetownma.gov

Director's Notes...

Growing up in Ontario, comments about summer weather would often prompt the saying "Well, you know, we have two seasons here – winter and July." After a long cold winter, summer never seemed to last long enough – especially to small children who relished swimming, wooden row boats and summer fairs. Knowing the season would be short, the two months of summer vacation would be filled with outdoor fun, visits to summer cottages, and maybe a longer vacation to magical places such as Prince Edward Island where our tires would turn red from the soil. It was a time for young and old to rest and relax before the September return to school.

Here in New England, summer seems to be almost as fleeting. A cool rainy spring often seems to give way to the quick arrival of summer heat, closely followed by the ads for the return to school and upcoming holiday season. But while it's here, summer allows us a brief reprieve from our busy schedules. There are visits to and from out-of-town relatives, days at the beach and summer gardens to enjoy. There is time to relax, restore and recharge our batteries. In order to take care of others, it is important to take good care of ourselves. Enjoy a good book in the shade, an outdoor band concert, or take a drive to the beach or boardwalk for a drippy ice cream cone. Let the lazy, hazy days of summer be a respite from an otherwise busy schedule and enjoy the joys that only a New England summer can offer.



U V S a f e t y



The sun's rays, also called ultraviolet or UV rays, damage your skin. The short-term results of unprotected exposure to UV rays are sunburn and tanning. Long-term exposure may cause early wrinkles, loss of skin elasticity, dark patches and skin cancer. It can also lead to potentially blinding conditions such as cataracts and macular degeneration. Reflected sunlight -- light that bounces off water or even snow, for example — can be the most dangerous type of UV (ultraviolet) light because it is intensified. Your eyes can also receive a sun burn known as photokeratitis, which can cause pain, redness and tearing. The sun is not the only source of UV rays. Welding lamps and tanning booths can also harm your eyes.

To protect your skin & reduce your risk of skin cancer the State Office of Elder Affairs & other sources suggest using these safe-sun guidelines:

- 1. AVOID THE SUN.** The sun can do the most damage to your skin between 10 a.m. and 6 p.m. when it is the strongest. The more damage the sun does to your skin, the more likely you are to get early wrinkles, skin cancer and other skin problems.
- 2. PUT ON SUNSCREEN.** Use a sunscreen/block with a sun protection factor (SPF) of at least 30, even on cloudy days. Apply a lot of sunscreen & rub it in well 30 minutes before you go into the sun. Apply sunscreen everywhere the sun's rays might touch you, even on your ears, the back of your neck & bald spots. Apply sunscreen every hour or so if you're sweating or swimming.
- 3. WEAR A WIDE-BRIMMED HAT, PROTECTIVE CLOTHING AND SUNGLASSES.** If you have to be out in the sun, cover up your skin. Wear protective clothing: loose-fitting long-sleeved shirts & long pants. A wide-brimmed (6" recommended) hat will help protect your face, neck and ears from the sun. Baseball caps don't protect the back of your neck or the tops of your ears. Wear sunglasses to protect your eyes from the sun. Sunglasses should block 99-100% of UVA & UVB rays.
- 4. DON'T TRY TO GET A TAN.** Don't use tanning booths. They damage your skin just like real sunlight does.

Learn the signs of skin cancer. Talk to your doctor to see if you would benefit from monthly skin checks or if you notice changes in your skin. Early detection is the key to a higher chance of a cure.

August Activities

ACTIVITIES ARE HELD AT THE SENIOR CENTER UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726

AUGUST VAN SCHEDULE 2008

Shopping Date	Location	Recreation Date	Location
August 5	Brown Bag Only-No Van	August 7	Super WalMart/Salem, NH
August 12	Rowley	August 14	Starboard Galley/Tannery, Newburyport
August 19	Middleton	August 21	Antiquing in Essex, MA/Lunch
August 26	Newburyport	August 28	Lunch & Shop at Liberty Tree Mall

SHINE Office Hours: Do you have health insurance questions? **SHINE Counselor, Marilyn Diehl** will be available **Mon., Aug. 4th from 9:00 a.m. to 11:30 a.m.** If you cannot come to the Senior Center, contact the COA and we can arrange a phone or home visit for you. Call (978) 352-5726.

ESMV CASE MANAGER: **Jennifer Cook** will hold office hours at the Senior Center on **Mon. Aug. 4th at 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).

VISITING NURSE: **Wed., Aug. 13th, 10:00 – 11:00 a.m.** The visiting nurse will be available to take blood pressure, check blood glucose levels & discuss any medical concerns seniors may have. A visiting nurse is also available for Trestle Way residents in their Community Building on Wed. Aug. 6, 1:00-3:00 p.m.

 **MEN'S BREAKFAST** **Thurs. Aug. 7th, 9:30 a.m. at Trestle Way.** Guest speaker is Captain Jason Ebacher, TRIAD Director with the Essex County Sheriff's Dept. To assist with planning for the event, please call the COA office at (978) 352-5726 to register for the event. With great appreciation, the Council on Aging thanks Crosby's Market for their sponsorship of & the Georgetown Housing Authority for their partnership in offering our monthly program.

MVRTA (RING & RIDE) INFORMATIONAL PROGRAM: Representatives from the Merrimack Valley Regional Transit Authority (MVRTA) will present details on the Ring and Ride curb-to-curb transportation program **Wednesday August 13th, 10 a.m.** See page 3 for details.

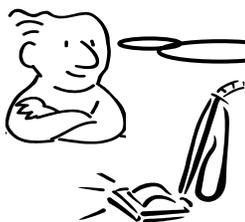
AUGUST BIRTHDAY PARTY: Join us on **Tuesday, August 19th at 11:30 a.m.** to celebrate! Birthday celebrants will receive a free lunch (everyone else is \$2) and there is cake and ice cream for all. Lunch reservations are required. **RSVP before 8/13/08 to assist with planning.**

DISCUSSION GROUP: Remember the days of wooden roller coasters, picnics and concerts in the bandstand when volunteer Ed Barrett leads a discussion group **"Remember the Lazy, Hazy Days of Summers Past"** on **Wednesday Aug. 20, 10 a.m.** To assist in planning for the program, please call the COA office at (978) 352-5726.

WRITING WORKSHOP: Join Colleen on **Tues., August 26th at 10 a.m.** as you write about your favorite **Labor Day Celebrations.** Please sign-up by calling the COA at (978) 352-5726.

Medical Transportation for Elders

Through Northern Essex Elder Transport, Inc. (NEET), the Georgetown Council on Aging provides local elders with rides to medical appointments. Staffed by volunteer drivers, a donation of 43 cents per mile is now requested to help support the program and defray the increased cost of gasoline for volunteer drivers. However, donations are only suggested and no one will be denied a ride if unable to give a donation. A minimum of two days is required to schedule a ride. Drivers call clients prior to the appointment to finalize travel arrangements. Additional volunteer drivers are needed to support the program. For more information or to volunteer as a driver, call (978) 352-5726.



"I'm not going to vacuum 'til Sears makes one you can ride on." (Roseanne)

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	With the arrival of summer vacations and warming weather, the Walking Club is on hiatus until September. Watch the newsletter for further information.
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
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1st & 3rd 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

MVRTA Ring & Ride Program

Representatives from the Merrimack Valley Regional Transit Authority (MVRTA) will present an informational program on the **Ring and Ride curb-to-curb transportation program Wednesday August 13, 10 a.m.** Offered through the MVRTA, the shared ride service is available without charge to Georgetown residents and allows residents to commute within Georgetown as well as provides service to Haverhill, Lawrence General Hospital, Anna Jaques Hospital in Newburyport and the Rowley Commuter Rail Station.

Coming in September

Georgetown Senior Center Celebrates 15 Years!

Join us on Tuesday, September 9th for the festivities! We will start at 10:00 a.m. with a program by ROCKIN' RON. A mixture of golden oldies & pop tunes with a bit of Elvis thrown in, Rockin' Ron promises fun and smiles for all. A celebratory reception at 11:00 a.m. segues into lunch at 11:30 a.m. To assist us with planning, RSVP before 9/2/08 by calling the COA at (978) 352-5726.



The Council on Aging has been invited to develop a partnership with the Georgetown School System. Although in its early stages of planning, an intergenerational program is on the table for Perley School students. Interested seniors would be asked to donate approximately ½ hour each month to read or do some kind of activity in the classroom. The long-term goal would be to incorporate this program all the way from pre-K to 12th grade. Similar programs have been very successful in other towns. It benefits the seniors by allowing them to share their knowledge, talents & support to young spirits and in return benefits the children by opening their world to history, experiences and perspectives that they may not otherwise encounter. We would like to thank school committee member Anne Donahue for her interest and leadership in this project and for her invitation to the COA to be a part of such a plan. We will keep you informed as soon as details become available.

GEORGETOWN COA NEEDS YOU!

Seniors, Town Residents & Local Businesses... The COA plans to reorganize & revitalize their "Friends" group and we need YOU! A Friends group allows fundraising for the COA which can provide services that can enrich and expand the COA's regular budget and raise awareness for the COA's mission. **There will be an informational meeting held on Monday, Sept. 22nd at 6:30 p.m. at the Georgetown Public Library.** For more information, call (978) 352-5726.

GEORGETOWN (FREE) SUMMER CONCERT SERIES

August 2008

Sundays 5-7 p.m.

American Legion Park ~ Georgetown, MA

Rain Location: Penn Brook School

8/3 Simons & Goodwin – Folk, rock

8/10 Rte 97 North – Beatles

8/17 Battle of the Bands – Local Talent!

Sponsored by the Georgetown Cultural Council.

Georgetown Women's Club Seeks New Members

Women of all ages are invited to attend the Georgetown Women's Club monthly meetings this fall. The group will meet Fridays Oct. 3, Nov. 7 and Dec. 5, noon at the First Congregational Church. Spring meetings will be held on the first Friday in April, May and June. Participants bring a lunch and the club provides dessert and beverage. Monthly programs may include local authors, history, or health/wellness topics. Underway since 1895, the group is an opportunity for women of all age groups to meet, socialize and exchange thoughts and ideas. For further information, call Norine Cronin (978-352-2386).

Are you reaching the donut hole?

This year thousands of seniors in Massachusetts have already reached the gap in their prescription drug coverage (Medicare Part D) often known as the "donut hole." They reached this gap when their total (retail) prescription drug costs reached \$2,510. From that point on, the next \$3,200 in prescription drug costs are not covered by Medicare!

This doesn't have to happen to you. **Prescription Advantage** can help. **Prescription Advantage**, the state's pharmacy assistance program, can help to pay for your prescription drugs if you reach that donut hole. Call Prescription Advantage today at: 1-800-AGE-INFO (1-800-243-4636) or speak to your local SHINE Counselor to learn how Prescription Advantage can keep you out of that donut hole! SHINE Counselor Marilyn Diehl is available to answer health insurance questions on Monday Aug. 4, 9-11:30 a.m. at the COA meal site located at the First Congregational Church. For further information, call the COA at (978) 352-5726.

BINGO CALLER NEEDED ASAP! Are you free an average of one Monday per month at noon? If you are, the COA could use your help. For more information, call (978) 352-5726.

Not Happy with Your Medical Care? You Have Rights.

By Ellen Pothier, MS, RN, CPHQ ~ Masspro

Healthcare professionals try to provide the best care possible to their patients. However, sometimes Medicare beneficiaries or their family members are concerned or unhappy with the quality of care given (i.e., a delay in services, treatment that was not ordered but should have been, unnecessary care, or a change in condition that was not properly evaluated and/or treated).

The Complaint Process

If you are a Medicare beneficiary and are not satisfied with the quality of care you have received, call **Medicare** at **1-800-MEDICARE** (1-800-633-4227), or call the **Masspro helpline** at **1-800-252-5533**. Trained complaint specialists are available to help you with your concern.

Masspro will ask you to describe your complaint and will then send you a written summary. You have the right to add to or change the words in the summary to accurately describe your concerns. Masspro provides callers with referral information when it receives complaints that are outside of its review authority (e.g., billing questions).

Your medical records will be obtained and reviewed by a doctor and a nurse, and the entire process can take up to 165 days. If Masspro finds that your care did not meet professionally recognized standards, it will work with your medical provider to develop a plan to improve the quality of care.

Alternative Dispute Resolution

Sometimes, Masspro may not be able to find information about your concern in the medical record, or your concern may not be about the medical care you received. In these cases, alternative dispute resolution, such as mediation or facilitated resolution, may be an option.

Mediation brings you and your healthcare provider together to talk about your concern. The goal is to meet face-to-face to reach a conclusion that you both agree on. An unbiased person trained in mediation leads these discussions.

Facilitated resolution does not involve direct contact between the healthcare provider and beneficiary. Instead, an unbiased expert acts as the "go-between," with all communication happening by phone. The goal is to provide an opportunity for you to voice your concerns and for your healthcare provider to improve the quality of care.

Masspro wants to make sure that Massachusetts healthcare providers deliver care that meets professional standards. Your complaint helps Masspro identify problems and then improve the quality of care provided to Massachusetts Medicare beneficiaries.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

VISITING NURSE

On the first Wednesday of each month, from 10:00AM – 11:30 AM, Judy Anderson, 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, 1:00 PM-3:00PM.

TRANSPORTATION: SHOPPING

The Van is available 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: NORTHERN ESSEX ELDER TRANSPORTATION PROGRAM

This program provides rides for senior citizens 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.

Meals on Wheels Available to eligible seniors.

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.

Ring & Ride Ring & Ride is a free bus service to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA. The bus can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, area hospitals & trains). For a detailed brochure contact the COA.

S.H.I.N.E. Serving Health Information Needs of Elders will help you understand your health insurance concerns. Call COA to set up an appointment with their representative.

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.

HANDICAP PLACARDS

Are you in need of a HANDICAP placard for your car? The Council on Aging has a number of applications available from the Registry of Motor Vehicles.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE

Handy folder which serves as a summary record of Financial Information, Investments and Insurance, Legal Documents and Estate Management information.

FOOD PANTRY

For more information, contact Trestle Way at (978) 352-6331.

Updated 7/14/08

**Georgetown Council on
Aging
Memorial Town Hall
1 Library Street**

Presort Standard
U. S. Postage

PAID

PERMIT #39
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 – 1 pm**

**Georgetown Senior Center
@ 1st 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 4th Tuesday of each month at the **Georgetown Senior Center Andover Street, Georgetown**

**NEXT BOARD MEETING:
Tuesday August 26, 2008**

Town of Georgetown:

Stephen Delaney, Town Administrator
Matt Vincent, Board of Selectmen
Philip Trapani, Board of Selectmen
Evan O'Reilly, Board of Selectmen

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Alice Girrior, Senior Aide

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Mealsite Coordinator: Ginny Ryder

Board Members:

Barbara Morehouse, Chairman

Corona Magner, Vice Chairman

Bertha Foster, Treasurer

Barbara Miller, Secretary/Clerk

Marian Jordan ~ Claire Maimone

Rosemary Morse ~ Diane Prescott

Ginny Ryder ~ Chandler Noyes (Alternate)

Joe Young (Alternate)

**Georgetown COA
Webpage**

is located on the town's official website www.georgetownma.gov. the COA webpage now includes links to recent newsletters, along with information regarding volunteer opportunities, outreach, transportation, and health and wellness services. From the town's website, users can access the COA webpage by selecting the link to Town Departments and then the link to the COA webpage.

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.

August Van & Activities Calendar

Monday	Tuesday	Wednesday	Thursday
4 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV Hrs 10:30 Yoga 11:30 Lunch 12:00 Bingo	5 VAN: Brown Bag Only 11:30 Lunch 12:30 Strength Training	6 9:00 Yoga No Lunch Today	7 VAN: WalMart/Salem 9:30 Men's Breakfast 11:00 Strength Training
11 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	12 VAN: Rowley 11:30 Lunch 12:30 Strength Training	13 9:00 Yoga 10:00 Visitng Nurse 10:00 MVRTA/Ring&Ride 11:30 Lunch	14 VAN: Starboard Galley Tannery/Newb'port 11:00 Strength Training
18 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	19 VAN: Middleton 11:30 Birthday Lunch 12:30 Strength Training	20 9:00 Yoga 10:00 Ed Barret/Discussion 11:30 Lunch	21 VAN: Antiques/Lunch Essex, MA 11:00 Strength Training
25 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	26 VAN: Newburyport 10:00 Writing Workshop 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	27 9:00 Yoga 11:30 Lunch	28 VAN: Lunch/Shopping Liberty Tree Mall 11:00 Strength Training
Sept. 1 <hr/> CLOSED: LABOR DAY	9/2 VAN: Brown Bag Only 11:30 Lunch 12:30 Strength Training	9/3 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	9/4 VAN: WalMart/Salem 9:30 Men's Breakfast 11:00 Strength Training

Van Trips: The cost is \$2.00 roundtrip. The Shopping Van (includes Super Wal-Mart) will start picking up at 9:30 a.m. Recreation trips will vary; confirm pick-up time when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.



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August Lunch Menu

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley

Lunch is served Monday through Wednesday at the Senior Center at 11:30 a.m. Cost is \$2.00.

Make reservations 3 days in advance. Call (978) 352-5726.

Monday

Tuesday

Wednesday

<p style="text-align: center;">4 Beach Day Lunch</p> <p>Hamburger/Roll, Three Bean Salad, Potato Chips, Fruited Gelatin</p>	<p style="text-align: center;">5</p> <p>Honey Curry Glazed Chicken Breast, Cranberry Sauce, Rice Pilaf/Almonds, Mixed Vegetables, Chilled Pineapple, Whole Wheat Bread</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">CLOSED: VOLUNTEER APPRECIATION COOKOUT</p>
<p>11</p> <p>Chicken Dippers/Sweet & Sour Sauce Oven Roast Potatoes, Wh Wh Bread, Broccoli/Cauliflower, Fruit Smoothie</p>	<p>12</p> <p>Apple Juice, American Chop Suey, Peas and Carrots, Fresh Fruit Multigrain Bread</p>	<p>13</p> <p>Chef's Choice, Whipped Potatoes, Oregon Blend Veggies, Applesauce, Low Fat Cranberry Muffin</p>
<p>18</p> <p>Pier 17 Fish, Baked Potato/Sour Cream Green and Gold Beans, Fresh Fruit Dark Rye Bread</p>	<p>19</p> <p>Low Salt Hot Dog/Roll, Baked Beans, Kernel Corn, Chilled Peaches</p>	<p>20</p> <p>Swedish Meatballs, Chive Whip Pot., California Blend Vegetables, Fruit Cocktail, Multigrain Bread</p>
<p style="text-align: center;">25</p> <p>Baked Macaroni/Cheese, Zucchini & Stewed Tomatoes, Mandarin Oranges, Multigrain Bread</p>	<p style="text-align: center;">26</p> <p>Salmon Boat/Dill Sauce, Whip Pot., Green Beans, Tossed Salad/Dressing Lorna Doones, Low Fat Muffin</p>	<p style="text-align: center;">27</p> <p>Baked Turkey Ham/Raisin Sauce, Whipped Sweet Pot., Wh Wh Bread, Italian Blend Veggies., Diced Pears,</p>



Enjoy these "mocktails" around the pool, at the beach or that coming Labor Day cookout. They are alcohol-free for those who enjoy a drink, but for any number of reasons choose not to imbibe.

SAN JUAN CAPISTRANO MOCKTAIL

Serves: 1

Ingredients

- 2 ounces grapefruit juice
- 2 ounces coconut cream
- 1 ounce lime juice
(or juice of 1/2 lime)



Directions

- Combine ingredients & ice in a blender.
- Blend thoroughly.
- Pour into a large wine glass.

BRILLIANT SUNSET

Serves: 1

Ingredients

- crushed ice
- 1 tablespoon grenadine, divided (or mar. cherry juice)
- 1 cup orange juice, divided
- 1 maraschino cherry
- 1 orange slice

Directions

- Add ice to glass.
- Pour 1 tablespoon grenadine over ice. Slowly add orange juice to produce sunset affect.
- Garnish with an orange slice and a cherry. Stir if desired before drinking.



SOFT BREEZE

Serves: 1

Ingredients

- 3 ounces cranberry juice
- 3 ounces grapefruit juice
- splash lime juice

Directions

- Serve in hi-ball glass over ice.
- Garnish with a lime wedge.



W A N T E D : YOUR FAVORITE RECIPES

We would like to feature recipes from our readers. Send us your favorites and we will do our best to publish them. Remember that space is limited when choosing a recipe. We look forward to some good eating in the future!