



A FEW GRAY HAIRS



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

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Website: www.georgetownma.gov

Director's Notes... One of the joys of summer has to be the food of the season! As we planned last month's annual chicken barbecue, I found myself thinking about the chicken barbeques of my childhood in Ontario. The little stone church in the country that my great-grandfather helped to build would host the most wonderful summer barbecues. In the churchyard, crocks of beans were buried in a large fire-pit that crackled with coals while rows of chickens roasted on the grill that covered the fire-pit. Red and white checkered tablecloths covered rows of picnic tables that would quickly fill with families of all ages, sitting and visiting over plates heaped with chicken, beans, buttery corn on the cob and glossy potato salad. If you still had room, dessert featured slabs of home-made apple pies served with thick slices of aged cheddar cheese and steaming mugs of coffee, milky with the sort of cream that is only possible in an area filled with dairy farms. Far off in the evening sky, the Milky Way would begin to appear as people called their goodbyes and headed home. In that part of Ontario if you were lucky, the night sky would sometimes dance with the colors of the Northern Lights, providing a magical backdrop for sleepy children looking out from their parents' car windows. What could be a better end to any meal? So this summer, enjoy that hot dog or lobster roll. Taste that tomato straight from the garden and don't forget the ice cream! After all it's a short season with so much delightful food!



Summer Heat Safety: ~~~~~

A Message from Fire Chief Al Beardsley

Summer Concert Series
Sponsored by the Georgetown Cultural Council, the Georgetown 2012 Summer Concert Series will continue through August **Sundays, 5-7 p.m. at the American Legion Park, Rear Prospect Street.** The schedule includes:

- 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**

With summer weather in full swing, Fire Chief Al Beardsley recently reminded us of tips and strategies to help us stay safe in the summer heat. Some simple, and basic, measures to reduce your risk of a heat-related emergency include frequent hydration with water, said Chief Beardsley. Other tips that he suggested include:

- Stay away from the sugar-laden drinks as much as possible.
- Coffee, tea and alcoholic beverages have a negative effect on hydration, so try to limit your intake.
- Wear clothing that's comfortable and loose fitting.
- Limit your time outside in the direct sunlight, especially between the hours of 11 a.m. to about 3 p.m.
- Exercise such as jogging should be limited and better done after the sun goes down.
- Try to stay where it's air conditioned.
- Watch nutritional input by eating light meals such as salads.

Medical ailments such as heat cramps, heat exhaustion, and heat stroke can be potentially fatal if medical assistance isn't brought in soon enough. Be safe, be alert to potential medical problems and try to stay cool!

August Activities

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

OTHERWISE NOTED. CALL US AT 978-352-5726



AUGUST VAN SCHEDULE 2012

Shopping Date	Location	Recreation Date	Location
		August 2 9:30	Super WalMart/Salem, NH
August 7	NO VAN – Brown Bag Only	August 9 10:30	Seabrook, NH
August 14 9:30	Newburyport	August 16 10:30	North Shore Mall, Peabody
August 21 9:30	Rowley	August 23 9:30	Peabody Essex Museum, Salem
August 28 9:30	Plaistow, NH	August 30 10:30	Haverhill

NEED AN ESCAPE FROM THE HEAT? 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! It is a c-o-o-l place to spend some time!

VISITING NURSE: Wed., Aug. 1, 10:00 – 11:00 a.m. Public Health Nurse **Pam Lara** will be available to provide blood pressure checks, heart assessments, & medication information & to discuss any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12:00-2:00 p.m.

MEN'S BREAKFAST: Thurs. Aug. 2, 9:30 a.m. at Trestle Way. Rosalyn Frontiera, Constituent Representative to Congressman John Tierney will introduce herself and discuss her work along with providing a legislative update which will include video remarks from Congressman Tierney. 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., Aug. 6, 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., Aug. 6, 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.

TASTY SUMMER DISCUSSION GROUP: August 8, 10 a.m. Join us on Wednesday August 8 for seasonal fruit cobbler and summer discussion. Bring photos, stories and memories. For reservations, please call the COA at 978-352-5726.

AUGUST BIRTHDAY PARTY: Tuesday August 21 at 11:30 Join us at the First Congregational Church to send best wishes to our friends who were born in August. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 8/14/12.** To make reservations, please call the COA office at (978) 352-5726.

VAN TRIP TO PEABODY ESSEX MUSEUM: Ansel Adams' "At the Water's Edge" Thursday, August 23 The van will leave at 9:30 a.m. Cost for seniors is \$13 includes all admissions. See page 3 for details.

FRIENDS OF THE COA: Tues., Aug. 21, 3 p.m. at the Peabody Library. **Open to the public. New members welcome.**



Rockin' Ron Returns Sept. 12, 2012!



Thank you for cards and well-wishes!

My family and I would like to thank you all for the cards and warm wishes on the birth of our lovely, little granddaughter. Joyfully, Madelyn Elyse Kate arrived safely on Monday June 11! She weighed 7.5 pounds and was 19 inches at birth. She has already grown and has lots of wispy little curls at the base of her neck! Madelyn, her Mom, Dad, grandparents and aunts are all well and looking forward to lots of new adventures together!

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	The Club is on summer hiatus until school resumes. Watch newsletters for more 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	10:45 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: GHA (978) 352-6331	
2	29	45	50	72

Free Bank Accounts Teens & Seniors

The Massachusetts "18-65" law allows anyone who is 65 years or older or 18 years of age or younger to have a savings account and a checking account at a Massachusetts state-chartered savings bank, cooperative bank or trust company without having to pay a service, maintenance or similar charge. Bank accounts that are covered by the 18-65 law are not subject to minimum balance requirements, a charge for a deposit or withdrawal or fees for the initial order or subsequent refills of the basic line of checks offered by the bank. The benefits of an 18-65 bank account also include a limited insufficient funds fee. A list of Massachusetts state-chartered savings banks, cooperative banks and trust companies which are subject to the 18-65 law and their branch locations may be found at www.mass.gov/dob. For further information, contact the Division of Bank's Consumer Assistance Unit at (617) 956-1501.



VAN TRIP TO PEABODY ESSEX MUSEUM: "At the Water's Edge" ANSEL ADAMS

Thursday, August 23

Come and join us! Well-known landscape photographer **Ansel Adams** was drawn to the subject of water in all its form including rain, fog, mist, clouds, ice and snow. The new show at the Peabody Essex Museum *At the Water's Edge* combines famous with lesser known of Adams' work.

- The van will leave at 9:30 a.m.
- Cost for seniors is \$13 includes all admissions.
- Lunch is on your own.
- **Seats are limited.**

To make a reservation, please call the COA at (978) 352-5726.



The COA and the doll-making group wish to thank everyone who donated lace and material to help sustain the on-going doll-making program which provides dolls for children living with need.

TASTY SUMMER DISCUSSION GROUP

Wednesday, August 8, 10 a.m.
First Congregational Church

- ◇ **Enjoy a seasonal fruit cobbler**
- ◇ **Reminisce with friends**
- ◇ **Share photos, stories and memories.**



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





On The Horizon...

Rockin' Ron will be on hand
Wednesday Sept. 12, 10 a.m. to help
Us celebrate National Senior Center Week.

Delvena Theater Company

To perform the play "Julia Childs"

Monday Sept. 24, 2 p.m. at the Trestle Way
Community Building.

An educational and entertaining live performance with a look at the life of well-known and beloved chef and cookbook author Julia Childs. 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. The program is offered **free** to the public. Light refreshments will be served. The Delvena Theater Company was founded in 1992. The company was nominated for five Independent Reviewers of New England awards. For more information, please call the Georgetown Council on Aging (978-352-5726).



Save the Date - Sunday, September 9,

4-7:30 p.m. for a **Pizza Night** at

Niki's Roast Beef and Pizza, 7 Central
Street, sponsored by the Friends of the

Georgetown COA. The fundraiser will include any food purchased at Niki's Roast Beef and Pizza during that time. When ordering, please state that you are supporting the Georgetown Friends of the Council on Aging. Thank you for your support!

K-9 (Canine) Unit Demonstration



Georgetown TRIAD will present a **K-9 Unit demonstration** by the Essex County

Sheriff's Department as well as a File of

Life program **Thurs. Oct. 18, 1-2 p.m.** at Trestle Way. The File of Life organizes emergency contact and medical information that can be available for emergencies in an accessible magnetized holder that can be attached to a refrigerator. Volunteers will be available to update previously completed File of Life cards at the event. Light refreshments will be served.

Music at Eden's Edge offers Free Summer Concerts

Music at Eden's Edge continues to offer free concerts in **August** and **September** as part of the Senior/Family Series at the Northshore Unitarian Universalist Church in Danvers. "**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.



Shared Medical Rides to Boston & Peabody

The Merrimack Valley Regional Transit Authority (MVRTA) provides one day per week of shared medical transportation for MVRTA Special Services customers to Lahey Clinic in Peabody and several Boston hospitals. In Georgetown, a van will pickup and drop-off clients on Monday at their homes. If you need a ride on another day, please call the MVRTA's Office of Special Services and they will do their best to accommodate your needs. At Lahey Clinic, customers should make medical appointments between 10:30 a.m.-2 p.m. The van will depart Lahey Clinic no later than 3:30 p.m. Customers with medical appointments in Boston should make appointments between 11 a.m.-1:30 p.m. The van will depart Boston no later than 3:30 p.m. Boston hospitals include Massachusetts General Hospital, Mass Eye and Ear Infirmary, Shriners' Burn Institute, Spaulding Rehabilitation Hospital, Boston Medical Center, Tufts New England Medical Center, Tufts Floating Hospital for Children, Beth Israel/Deaconess Medical Center, Brigham and Women's Hospital, Harvard School of Dental Medicine, Children's Hospital, Dana-Farber Cancer Institute, Joslin Diabetes Center and VA Medical Center in Jamaica Plain. Rates are \$8 cash one-way or \$16 cash round trip. Reservations and applications will be necessary. Reservations may be made 1-2 weeks in advance by calling the MVRTA's Office of Special Services at (978) 469-6878, selecting Option 3. For further information, call the COA at (978) 352-5726 or the MVRTA at (978) 469-6878, selecting option 3.

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
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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:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Mealsite Coordinator: Mickie Locke

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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.

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 **First Congregational Church Andover Street, Georgetown**

**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.

August 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>
		1 Meatballs/Ziti/Sauce, Tuscany Veg, Tossed Salad/LS Dressing
6 Fish a la Ritz, Roast Red Pot, Peas & Carrots	7 NO MEAL TODAY Volunteer/Employee Appreciation Day	8 Cranberry Juice, Thai Chix, White Rice, Mixed Veg
13 Hamburger, Baked Beans, Kernel Corn	14 Cranberry Juice, Chix Tetrizzini, California Blend Veg	15 Krunch Lite Fish, Roasted Red Pot, Peas & Carrots
20 Grilled Chix, Whip Pot, Carrots & Turnips	21 Sweet & Sour Meatballs, Dirty Rice, Peas & Carrots	22 Cranberry Juice, Macaroni/Cheese, Zucchini & Stewed Tomatoes
27 High Sodium Meal LS Hot Dog, Baked Beans, Coleslaw	28 Stuffed Shells/Sauce, Mixed Veg, Tossed Salad/LS Dressing	29 Chix Fillet, Whip Pot, Tuscany Blend Veg

Easy Summer Salad

Serves 4

4 Tomatoes, cut into bite-sized pieces ~ 1 large Bell Pepper, cut into bite-sized pieces ~ 2 Tbls Olive Oil
Dried Oregano to taste ~ Garlic Powder to taste ~ Salt to taste if needed

Combine tomatoes and bell pepper in a large bowl. Pour in the olive oil; stir gently to coat the vegetables. Sprinkle with the oregano, garlic powder & salt to taste. Cover & refrigerate (several hours) before serving.

AUGUST VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	2 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
6 9:30 Dolls 9:00 SHINE appts 10:00 Jen Cook, ESMVappts. 10:30 Yoga 11:30 Lunch 12:00 Bingo	7 No Van-Brown Bag No Lunch Today 12:30 Strength Training	8 9:00 Yoga 10:00 Summer Discussion 11:30 Lunch	9 10:30 VAN: Seabrook, NH 10:45 Strength Training
13 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	14 9:30 VAN: Newburyport 11:30 Lunch 12:30 Strength Training	15 9:00 Yoga 11:30 Lunch	16 10:30 VAN: North Shore Mall 10:45 Strength Training
20 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	21 9:30 Van: Rowley 11:30 Birthday Lunch 12:30 Strength Training 3:00 COA Friends/Library	22 9:00 Yoga 11:30 Lunch	23 9:30 VAN: Peabody Essex Museum 10:45 Strength Training
27 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	28 9:30 Van: Plaistow, NH 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	29 9:00 Yoga 11:30 Lunch	30 10:30 VAN: Haverhill, MA 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.