



A FEW GRAY HAIRS

National
Classical Music
Month

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

Vol. 14/Iss. 3

September 2012

Website: www.georgetownma.gov

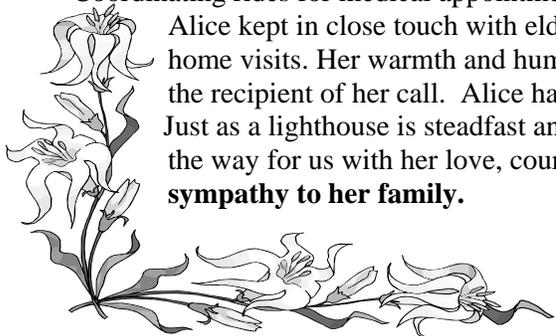
Director's Notes... As quickly as summer arrives in New England, it seems that it is just as quick to depart. Although August days may still be as hot and humid as earlier days in July, the nights start to cool and other tale-tell signs of fall are evident that September and fall is not far away. The lawn no longer needs to be cut, geese begin their migration and stores begin to feature their fall collections. No matter our age, the start of September always brings recollections of our own back-to-school years. Since I walked to school in Ontario (two-miles and up hill), the requisite back-to-school shopping trip always featured a new book bag and a new winter coat! Except for July, winter was never too far away up there! To start off the school year, the book bag would include a pack of freshly sharpened yellow Number 2 pencils; a rainbow collection of colored pencils, a jar of paste, compass and protractor, fountain pen, ink and blotter paper! There was never enough blotter paper! The start of the school year signaled the end of dreamy summer days, but it brought the excitement of new classrooms, resumed friendships and the possibility of new projects and activities. As September arrives, the start of fall can still bring the excitement of new opportunities and resumed activities. Drop by the COA meal site at the First Congregational Church for coffee and a game of cards or take in a COA yoga or a strength training class at Trestle Way. Join us as we celebrate National Senior Center week with the return of Rockin' Ron Toleos on Wednesday Sept. 12 and be sure to mark your calendars for Delvena Theater's newest production – *Meet Julia Child!* on Monday September 24. The fall is here and we look forward to seeing you soon!

Precious Memories, How They Linger...

It is with great sadness, that we share the news of our dear friend Alice Girrior's passing in July. A friend to so many in the community, Alice was an invaluable member of the COA team for the past 12 years. Following her retirement from security work at the Anna Jaques Hospital, Alice brought the skills she gained from that work along with her high level of compassion and care for others to her position as Outreach Worker with the COA. She instinctively knew where she was needed and never hesitated to offer her support to others. Coordinating rides for medical appointments and fielding calls and visits to the office,



Alice kept in close touch with elders who were at home through telephone calls and home visits. Her warmth and humor always drew a laugh and never failed to cheer the recipient of her call. Alice had a special appreciation of New England lighthouses. Just as a lighthouse is steadfast and true in its work of lighting waters for travelers, Alice continues to light the way for us with her love, courage and never-ending support. **We will miss her deeply and we send our sympathy to her family.**



**The COA and all activities
will be closed for
Labor Day on Sept. 3**



A BBQ Thanks to All! Featuring a wonderful morning and delicious lunch, the COA's 3rd Annual Chicken Barbeque in July was a fabulous success. Serving more than 60 people, very special thanks go to the Over the Hill Band, the Georgetown Cultural Council for sponsoring the band, Director Bill Cutler and the staff at the Merrimack Valley Nutrition Project and the wonderful volunteers who pitched in at a moment's notice to make the day a success for all. Thank you!!!

September Activities

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



CALL US AT 978-352-5726



SEPTEMBER VAN SCHEDULE 2012

Shopping Date	Location	Recreation Date	Location
Sept. 4	NO VAN – Brown Bag Only	Sept. 6 9:30	Super WalMart/Salem, NH
Sept. 11 9:30	Newburyport	Sept. 13 10:30	Kittery, ME
Sept. 18 9:30	Rowley	Sept. 20 10:30	Plaistow, NH
Sept. 25 9:30	Seabrook, NH	Sept. 27 10:30	Haverhill

GOT THE “SUMMER’S OVER BLUES”? 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 reconnect with friends or make new ones!

MEN’S BREAKFAST: Thurs. Sept. 6, 9:30 a.m. at Trestle Way. Discussing local history, President of the Georgetown Historical Society **Chris Comiskey** will be our guest speaker. 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. October Men’s Breakfast date change (October only): **Thursday, October 11, 9:30 a.m.**

ESMV CASE MANAGER: Mon., Sept. 10, 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., Sept. 10, 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.



VISITING NURSE DATE CHANGE: Tues., Sept. 11, 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. **Oct. Blood Pressure Clinic returns to Wednesday Oct. 3 10-11 a.m.** 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.

ROCKIN’ RON RETURNS: Wednesday Sept. 12, 10 a.m. Join us as we celebrate National Senior Center Week. See page 3 for details.

AWARENESS PROGRAM & ICE CREAM SOCIAL: Tues. Sept. 18, 10 a.m.

The Georgetown Municipal Light Department will present an important program on **Scams and Fraud Prevention** along with **safety and energy conservation**. An Ice Cream Social will follow. See page 3 for details.

MEET JULIA CHILD: Monday Sept. 24, 2 p.m. at the Trestle Way Community Building. Delvena Theater Company will perform the play “**Meet Julia Child.**” See page 3 for details.

SEPT. BIRTHDAY PARTY: Wed. Sept. 26, 11:30 a.m. Join us at the First Congregational Church to send best wishes to our friends who were born in September. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 9/19/12.** To make reservations, please call the COA office at (978) 352-5726.

Community Events

FRIENDS OF THE COA: Mon. Sept. 17, 3 p.m. at the Peabody Library. **Open to the public. New members welcome.**

FRIENDS OF THE PEABODY LIBRARY is sponsoring a quilt exhibition showcasing 30 quilts created by Georgetown quilters at the Georgetown Peabody Library. The exhibit has been extended until October and can be viewed during regular library hours.

Northern Essex Elder Transport, Inc.

The NEET Program is collecting used cell-phones as a fundraiser for the volunteer driver elder medical transportation program. By partnering with Cellular Recycler, the National Council on Aging either recycles used cell phones for their metals or refurbishes the phones for use in developing countries. Funds raised by the local collection will benefit the NEET program. The fundraiser will continue through February. A collection box for used cell-phones is available at the COA office. For further information, please call the COA office at 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	Walking Club will return to the Penn Brook School Mondays & Wednesdays 3:30-5:30 p.m. starting Monday Oct. 1.
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



Rockin' Ron Toleos

Returns to Georgetown for a National Senior Center Week Celebration

Wednesday, September 12th
10 a.m.



We'll have a rockin' good time enjoying a mix of Golden Oldies, Pop Tunes, and maybe even a little Elvis!

And what kind of celebration would it be without FOOD!? Refreshments will be provided by our friends at Ashland Farms at North Andover.

To assist with planning, please RSVP before Sept. 5. Call the COA at 978-352-5726.



Delvena Theater Company

To perform the play "Meet Julia Child"
Monday Sept. 24, 2 p.m.

Trestle Way Community Building.

- ★ Gaze into the life of Julia Child, the beloved "French Chef"
- ★ Educational and entertaining live performance
- ★ 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).



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.



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.

Georgetown Municipal Light Department Presents Important Safety & Fraud Information & Ice Cream Social



Tues. Sept. 18, 10 a.m.
First Congregational Church

Discussions will include:

- ★ Scams targeting utilities as a way to illegally gain Social Security information;
- ★ Staying safe from scams & fraud;
- ★ Safety tips regarding indoor & outdoor electricity;
- ★ Conservation tips & ways to save money related to utility costs.
- ★ Door prizes will be presented
- ★ An ice cream social will follow the event.



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

Medicare Open Enrollment Oct. 15 – Dec. 7

If you have Medicare, you will soon receive important information from your Prescription Drug Plan, your Medicare Health Plan, and/or Prescription Advantage (if you are a member). It is important to read and understand these letters. Do not ignore any letters from your plans. Save all letters from your plans.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to change your coverage for next year. **Susan Cripps, ESMV will present a forum on open enrollment and changes in Medicare Wednesday Oct. 17, 10 a.m. at Town Hall.**

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call the COA at 978-352-5726 and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

COA & School Dept. Programs Resume

The COA & Georgetown School Department are planning to continue the **Perley Pal Readers Program** & the **Indoor Walking Program** at Penn Brook School (see top of page 3) as well as other programs. Now in its fifth year, the intergenerational **Perley Pal** guest reader program links Georgetown elders with early elementary classrooms at the Perley School. The program brings joy to both the volunteers and the students. As one previous volunteer said, "Perley Pals enhances my life in countless ways." In the past, interested elders were asked to donate approximately ½ hour each month to read. Although details are not finalized, interested volunteers are asked to call the COA at (978) 352-5726. Watch for more details!

Coming Soon...

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.

Is that a chorus of "That's Amore" you hear?
Don't worry! It's not Dean Martin's Ghost.
It's...

PIZZA NIGHT!

**Sunday, September 9,
4-7:30 p.m.**

**At Niki's Roast Beef & Pizza
7 Central Street**

**Sponsored by the Friends of the
Georgetown COA**



Details:

- Includes any food purchased during the specified time**
- When ordering, please state that you are supporting the Georgetown Friends of the Council on Aging.**

Thank you for your support!



Music at Eden's Edge offers Free Summer Concerts

Music at Eden's Edge concludes its Senior/Family Series of free concerts in **September** at the Northshore Unitarian Universalist Church in Danvers.

"**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.



Heating Assistance Program

Application Packets are now available. Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971 or the COA office at (978) 352-5726 **AFTER September 10.** Maximum gross income is \$31,271 for one-person or \$40,893 for a two-person household. The application can be completed as outreach at the COA office. For more information, call the COA at (978) 352-5726.

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 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

Board Members:

Claire Maimone, Chair

Esther Palardy, Vice Chair

Chandler Noyes, Treasurer

Jean Perley, Secretary/Clerk

Jeannine DesJardins, Dianne Prescott,

Corona Magner, Cynthia Tardif

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.

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 Sept. 25, 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.

September 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>
3 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED: Labor Day</div>	4 Cheese Lasagna/Marinara, Carrots and Turnips	5 Meatloaf, Red Bliss Whip Pot, Sweet Peas
10 Cranberry Juice, Chicken/Broccoli/Ziti Gelatin	11 Grape Juice, Stuffed Shells with Marinara, Carrots and Peppers	12 Shepherd's Pie: Ground Beef, Whip Pot, and Corn
17 Honey Curry Chix, Whip Pot, Green and Gold Beans	18 Grape Juice, Mac and Cheese, Zucchini and Stewed Tomatoes	19 Hamburger, Potato Wedges, Kernel Corn
24 High Sodium Meal LS Hot Dog, Baked Beans, Coleslaw	25 Cranberry Juice, American Chop Suey, Peas and Carrots	26 Rotisserie Chix, Whip Pot, Green Beans and Tomatoes



Silly September Celebrations:

Nat'l Peanut Day 9/13
 Nat'l Blueberry Popsicle Month
 Better Breakfast Month
 Honey Month
 Cheese Pizza Day 9/5
 Chocolate Milk Shake Day 9/12
 Fortune Cookie Day 9/13

Nat'l Cream-Filled Donut Day 9/14
 Nat'l Apple Dumpling Day 9/17
 Nat'l Cheeseburger Day 9/18
 Nat'l Butterscotch Pudding Day 9/19

SEPTEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED: Labor Day</div>	4 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training	5 9:00 Yoga 11:30 Lunch	6 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 10:45 Strength Training <hr style="border-top: 1px dashed black;"/> Sunday, 9/9 4 pm-7:30 pm Pizza Night Fundraiser
10 9:00 SHINE appts 9:30 Dolls 10:00 Jen Cook, ESMVappts. 10:30 Yoga 11:30 Lunch 12:00 Bingo	11 9:30 VAN: Newburyport 10:00 Visiting Nurse 11:30 Lunch 12:30 Strength Training	12 9:00 Yoga 10:00 Rockin' Ron 11:30 Lunch	13 10:30 VAN: Kittery, ME 10:45 Strength Training
17 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:00 COA Friends/Library	18 9:30 VAN: Rowley 10:00 Awareness Program & Ice Cream Social 11:30 Lunch 12:30 Strength Training	19 9:00 Yoga 11:30 Lunch	20 10:30 VAN: Plaistow, NH 10:45 Strength Training
24 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:00 "Julia Child"/Tr. Way	25 9:30 Van: Sebrook, NH 11:30 Lunch 12:00 COA Board Mtg 12:30 Strength Training	26 9:00 Yoga 11:30 Birthday Lunch	27 10:30 VAN: Haverhill 10:45 Strength Training <hr style="border-top: 1px dashed black;"/> 10/4 NO Men's Breakfast Rescheduled to 10/11

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.