



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... As quickly as the summer arrives, it seems as quick to depart! The grass no longer needs to be mowed as often, evenings arrive a little earlier each day & spots of color appear at the top of trees shading the back yard. Circulars advertise back-to-school supplies & sweaters in fall colors take the place of sundresses & shorts in department stores. The end of summer was always a little bittersweet for us as children. It meant the end of leisurely days spent with friends at the municipal pool or on long bike rides down dirt roads surrounded by acres of tasseled corn. It was time to put down the latest Nancy Drew mystery or Black Stallion book & finish any required summer reading! But, there was also a bit of excitement in the air as we would huddle over the Sears catalog discussing what to wear on the first day of school & wonder who would be sitting next to us in our classroom. Would this be the year that we would be able to use a fountain pen for homework? Could we join the school chorus so that we could bring our lunches to school & eat in the gymnasium with the kids from the outlying farms (who were the only kids bussed to our school – the rest of us were walkers, trudging home for lunch at 11:45 a.m. & back to school by 12:45 p.m.) There was some wistfulness as the easy days of summer came to a close but we looked forward to the start of school and the routines of autumn – most of which involved more time with friends! As September arrives, the start of fall still brings the excitement of new opportunities & resumed activities. Drop by the COA meal site at the First Congregational Church for coffee & a game of cards, sign-up for A Matter of Balance or take in a COA yoga or a strength training class at Trestle Way. Join us as we celebrate National Senior Center week with a performance of Patriotic music by Russ McQueen on Tuesday Sept. 9 & be sure to keep your calendars open for Delvena Theater's newest production – *Louisa's Girls* featuring a special tea on Monday September 28. The fall is here & we look forward to spending more time with you!

"A Matter of Balance"

Fall Prevention program

Weds. Sept. 10-Oct. 29, 10 a.m.-noon
First Congregational Church



As a foremost cause of unintentional & serious injury in older adults, falls can impact all aspects of wellbeing. The National Council on Aging reports that an older adult is seen every 15 seconds in an emergency department for fall related-injuries. Many falls can be prevented by making safety changes at home, talking with health care providers, reviewing medications & having regular vision & hearing checks. A key strategy in preventing fall-related injuries is to participate in a good balance & strength program. In partnership with Elder Services of Merrimack Valley, the COA is pleased to offer A Matter of Balance. The award-winning program is designed to manage falls & increase activity levels. Learn to view falls as controllable, set goals for increased activity, make changes to reduce fall risks at home & exercise to increase strength & balance. For more information or to register for the program, please call the COA at 978-352-5726.



Featuring a wonderful morning and delicious lunch, the COA's 5th 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, Darren Swimm, Outreach Coordinator with U.S. Rep. John Tierney, 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 all!

★ State Primary ★

Tues Sept. 9 ~ 7 a.m. to 8 p.m. ~ Penn Brook School

COA will provide limited van service to the polls from
12:00 p.m. to 1:00 p.m.

Please call ahead. (978) 352-5726

The COA and all activities will be closed on Monday, September 1 for Labor Day.

September Activities

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



CALL US AT 978-352-5726.



SEPTEMBER VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
Sept. 2	NO VAN – Brown Bag Only	Sept. 4 9:30	SuperWalmart/Salem, NH
Sept. 9 9:30 Noon – 1 p.m.	Ipswich Limited van service to the polls	Sept. 11 10:30	North Shore Mall/Peabody
Sept. 16 9:30	Newburyport	Sept. 18 10:30	Target & Mann's Orchard/Methuen
Sept. 23 9:30	Plaistow, NH	Sept. 25 10:30	Park Lunch & v Boardwalk/Newburyport
Sept. 30 9:30	Seabrook, NH	Oct. 2 9:30	SuperWalmart/Salem, NH

JOIN US MONDAY – WEDNESDAY MORNINGS from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

SHINE OFFICE HOURS: Mon. Sept. 15, 9:00 – 11 a.m.

Date change this month only.

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: Wed., Sept. 3, 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. Sept. 4, 9:30.

Trestle Way Community Building

State Rep. Lenny Mirra will speak.

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. **Next Breakfast: Thurs. Oct 2. Guest Speaker will be Bill Cutler, Civil War Re-enactor with memorabilia & history.**

FRIENDS OF THE COA UPCOMING Meetings:

Mondays Sept. 15, Oct. 20, and Nov. 17, 2:30 p.m. at the Peabody Library. Open to the public. New members welcome.

A MATTER OF BALANCE: Wed., Sept. 10, 10 a.m.–noon

First Congregational Church See page 3 for details.

RUSS MCQUEEN TO PERFORM: Tues. Sept. 9, 10:00

First Congregational Church See page 3 for details.

DELVENA THEATRE RETURNS: Mon. Sept. 29, 1 p.m.

Trestle Way Community Room See page 3 for details.

FREE LEGAL ADVICE: Tues. Sept. 23, 10:00

Atty. Elaine Dalton will be at the First Congregational Church by appt. only. See page 3.



SEPTEMBER BIRTHDAY PARTY:

Wed. Sept. 24, 11:30

First Congregational Church

Join us as we 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 9/17/14 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

OLDER WISER DRIVER PROGRAM: Tues. Sept. 30, 10:00

First Congregational Church See page 3.



SEPTEMBER CRAFT

Tues. Sept. 16, 10 a.m.

Welcome fall with a decorative swag. RSVP before Sept. 9. Space is limited. Contact the COA at 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. Sept. 23 11 a.m.-12:30 p.m.

Rep. Lenny Mirra: Mon. Sept. 15 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.

Walking Club

Walking Club should be resuming in October. Watch here for more information.

B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 st & 3 rd Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

Celebrate National Senior Center Month

Russ McQueen In Concert
Tuesday Sept. 9, 10 a.m.

First Congregational Church

- A concert of Patriotic Favorites
- Light refreshments will be served.



For more information or to let us know that you plan to attend, contact COA at (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.

The Older Wiser Driver

Presented by

Eleanor Baker

AAA of Southern New England

Tuesday Sept. 30, 10 a.m.

First Congregational Church

Topics include:

- ★ an overview of issues that face today's elder drivers;
- ★ discussion of changes elders need to consider in maintaining safe driving skills;
- ★ exploring the reasons driving skills often change w/age;
- ★ ways to accommodate or overcome these changes.

For more information or to register for the program, please call the COA at 978-352-5726.

Delvena Theater Company presents
"Louisa's Girls"

Monday Sept. 29, 1 p.m.

Trestle Way Community Room

- 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 in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Attorney Elaine Dalton
Offers Free Legal Help

Tues. Sept. 23, 10 a.m.

by appointment only

Assistance available for:

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



Music at Eden's Edge Summer Series

♪ ♪ ♫ The final free concert, "September in Venice" (Venetian Baroque masterpieces played on period instruments), will be held on **Tues. September 16**. For more details, contact the COA at 978-352-5726. ♪ ♪ ♫

Home Improvement Applicants Sought



Rebuilding Together is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday, April 25, 2015. The application **deadline is Tuesday Dec. 31**.

Applicant eligibility:

- Own and occupy your home for at least 4 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH)
- Meet Federal HUD low-income guidelines (Call for info)
- Are elderly, disabled, or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

If you or someone you know needs help with home repairs, modifications (such as grab bars or a wheelchair ramp), energy efficiency, please ask for an application by calling: 978-469-0800 or email RTogether@verizon.net

October Notes:

National Fire Prevention week is Oct. 5-11. Join the Georgetown Fire Dept. as they present a program dealing with kitchen & electrical safety and safe home oxygen use on Tues. Oct. 14 at 10 a.m. Watch for more details.

No lunches will be served & no activities scheduled at the First Congregational Church Oct. 20-22 due to Church Fair preparations.

COA Program & Service Survey Underway

As we plan for the future, we are seeking your input on our programs and services. Please take a moment and complete our Program and Service Survey. We value your feedback and look forward to your thoughts and ideas as we move into autumn and the future together. All responses are confidential. Please return your response by Tuesday Sept. 30 to the COA office located at Town Hall, 1 Library Street, Georgetown, MA 01833.

Need help with food costs? SNAP may be able to help.

The **Supplemental Nutrition Assistance Program (SNAP)**, assists more than 4 million older Americans to buy healthy food. People who participate in the program can buy food from most grocery stores and other retailers that sell food. Elders who meet program guidelines, receive a special debit card which is also called an EBT Card. The EBT card comes with a certain amount of money already on it to pay for food. The amount of money on the card depends on household income, the number of people in the household and where you live. Just like a regular debit card, groceries can be purchased using the EBT card and the cost is taken out of the total amount on the card. More money is added to the EBT card each month. To learn more about the SNAP program, visit <http://bit.ly/1puCSF9> or call the COA office at 978-352-5726. Applications and application assistance are available.

U.S. Census to Hire Temporary Interviewers

The United States Census Bureau has temporary openings for interviewers in Essex County for the American Housing Survey which will be conducted in 2015.

- Job requirements include:
 - ⇒ Valid Driver's License, Reliable Working Vehicle & Telephone needed
 - ⇒ Day, Evening & Weekend Work required
 - ⇒ Must be a US Citizen and at least 18 years old
- Training & work to start early 2015
- Hourly Salary plus Mileage Reimbursement
- Part-time and Flexible Hours
- Over 10+ field positions available!

To register for a test this fall email:

New.York.Recruit@Census.gov

An equal opportunity employer, the Bureau of the Census does not discriminate on the basis of race, color, religion, national origin, marital status, age, or any non-disqualifying physical handicap. This agency provides reasonable accommodations to applicants with disabilities. For more information, visit:

www.census.gov/regions/new_york/www/jobs/



IRS Scam Alert: According to the Georgetown Police Department, several local residents have reported receiving telephone calls from someone claiming to be an IRS agent and demanding money. This is a scam. Do not send any information or money.

Be safe and just hang up!

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.

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

Open:

Monday – Wed. 9 am – noon

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 September 23, 2014

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.

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.

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>
1 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED: Labor Day</div>	2 High Sodium Meal LS Hot Dog/Roll, Baked Beans, Cole Slaw, LS Chips, Jello	3 Oven Roast Chix, Whip Pot, Peas & Carrots, Apple, Multigrain Bread
8 Sweet/Sour Meatballs, Rice, Scandinavian Blend Veg, Peaches, Dk. Rye B0read	9 Orange Glazed Chix, Baked Pot, California Blend Veg, Tapioca Pudding, White Bread	10 Lasagna/Meat Sauce, Green Beans, Pineapple, Italian Bread
15 Salisbury Steak/Gravy, Whip Red Bliss Pot, Mixed Veg, Pears, Wh Wh Bread	16 Macaroni/Cheese, Zucchini & Stewed Tomato, Fruit Jello, Multigrain Bread	17 Chix Breast Fillet, Whip Chive Pot, Tuscany Blend Veg, Apple, White Bread
22 Cheeseburger/Roll, Corn, Toss Salad/LS Dressing, Pineapple	23 Stuffed Shells/Meat Sauce, Peas, Toss Salad/LS Dressing, Orange, Italian Bread	24 Baked Chix/Gravy, Whip Pot, Mixed Veg, Peaches, Wh Wh Roll
29 Chix Mornay, Whip Pot, California Blend Veg, Pears, Lt. Rye Bread	30 Beef Meatloaf/Gravy, Whip Red Bliss Pot, Veg Medley, Peaches, Wh Wh Bread	

“Families are like fudge: mostly sweet with a few nuts.” ~Unknown

Two Ingredient Chocolate Fudge: 1 (16 oz.) can chocolate frosting & 1 (12 oz.) bag chocolate chips

*Spray 9x9 baking dish * Melt chocolate & remove from heat * Stir in frosting evenly * Spread in pan. * Let set for 30 mins. in fridge. * Cut into squares or shapes. (You can also use strawberry frosting/white chocolate.)

SEPTEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED: Labor Day</div>	2 No Shopping Van– Brown Bag 11:30 Lunch 12:30 Strength Training	3 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	4 9:30 VAN: Walmart/Salem NH 9:30 Men’s Breakfast/Tr. Way 10:45 Strength Training
8 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	9 9:30 Van: Ipswich 10:00 Russ McQueen Concert 11:30 Lunch 12-1 Limited Van to Polls 12:30 Strength Training	10 9:00 Yoga 10:00 Matter of Balance 11:30 Lunch	11 10:30 VAN: North Shore Mall 10:45 Strength Training
15 9:00 Rep. Mirra/Office hrs. 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:30 COA Friends/Library	16 9:30 Van: Newburyport 10:00 Craft: Autumn Swag 11:30 Lunch 12:30 Strength Training	17 9:00 Yoga 10:00 Matter of Balance 11:30 Lunch	18 10:30 VAN: Target/Mann’s Orchard 10:45 Strength Training
22 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	23 9:30 Van: Plaistow, NH 10:00 Free Legal Help by appt. 11-12:30 Sen. Tarr’s Off. Hrs 12:00 COA Board Meeting 12:30 Strength Training	24 9:00 Yoga 10:00 Matter of Balance 11:30 Birthday Lunch	25 10:30 VAN: Park Lunch & Newburyport Boardwalk 10:45 Strength Training
29 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 1:00 “Louise’s Girls”/Tr. Wy.	30 9:30 Van: Seabrook, NH 10:00 AAA/ Driver Safety 11:30 Lunch 12:30 Strength Training	Oct. 1 9:00 Yoga 10:00 Visiting Nurse 10:00 Matter of Balance 11:30 Lunch	Oct. 2 9:30 VAN: Walmart/Salem NH 9:30 Men’s Breakfast/Tr. Way 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.

