



A FEW GRAY HAIRS



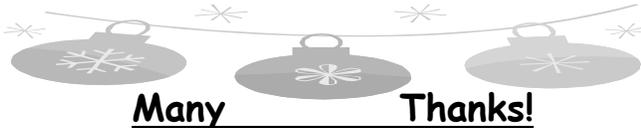
A Newsletter of the Georgetown Council on Aging
Email: cfiorello@georgetownma.gov

Vol. 11/Iss. 7

January 2010

Website: www.georgetownma.gov

Director's Notes... In a photo album that dates back to the early years of their marriage, I have a black and white photo of my parents sitting with a group of friends as they prepared to go out for a New Year's Eve party. My father and the other men are handsome in their suits while my mother and her friends sit, glamorous in the silk and taffeta gowns that typified the elegance of the early 1950s. That evening, they welcomed the New Year in a dinner club where they sat at candlelit tables and danced to big band music performed by musicians wearing white dinner jackets. Fifty years later, a photo of my family at New Years is more likely to show us dressed in layers of fleece and wool preparing for an evening at home with family, friends and animals. Rather than dancing the night away, the evening's entertainment usually features various efforts to keep each other awake until midnight. But, still the elements of the night remain the same, good friends and family gathered to say goodbye to the old year and ready to usher in the new. The future remains unwritten and limitless. So, no matter how you chose to celebrate the arrival of the New Year, may it be a year of joy and peace with limitless possibilities to explore with good friends.



With the holidays behind us, the Council on Aging would like to thank the many people and organizations that made them merry and bright!

Thanksgiving Dinner	Kiwanis
Centerpieces: Holiday Party & Kiwanis Dinner	Country Gardeners
Christmas Concert & Breakfast	GMHS Music Dept. & Food Service
Music for Holiday Party & Christmas Cabaret	Chandler Noyes

COA Annual Holiday Party	
Facility	Housing Authority
Desserts	COA Board Members
Favors	Elizabeth & Tracy Woods
Cake	Trestle Way Club

Safe Winter Driving Tips

With winter weather now here, the Massachusetts Department of Transportation offers the following tips for safe winter driving:

- o **Check all fluids**; winterize radiators, maintain half-full gas tank and keep additional windshield washing fluid on hand
- o **Keep an ice scraper**, shovel, flashlight, jumper cables, flares, sand for traction, extra clothing, blanket, first aid kit, non-perishable food and water on hand in the car
- o **Use the brake and gas pedal** lightly when driving in icy conditions; do not use cruise control in icy conditions
- o **Stay a safe distance** behind snowplows
- o **Drive with headlights on**; observe posted speed limits and wear seatbelts
- o **Obey warning signs**, keep a safe distance between vehicles and use four-way flashers when stopped in traffic or traveling slowly.

Wanted:

The COA needs four-prong canes in good condition.

Call us at 978-352-5726.

The Council on Aging & Senior Center will be closed on Monday, January 18, 2010 Martin Luther King Day

January Activities

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

JANUARY VAN SCHEDULE 2010

Shopping Date	Location	Recreation Date	Location
Jan. 5 th	NO VAN – Brown Bag Only	Jan. 7 th 9:30	Super WalMart/Salem, NH
Jan. 12 th 9:30	Seabrook, NH	Jan. 14 th 10:30	North Shore Mall
Jan. 19 th 9:30	Newburyport	Jan. 21 st 10:30	Seabrook, NH
Jan. 26 th 9:30	Rowley	Jan. 28 th 10:30	Plaistow, NH

ESMV CASE MANAGER: ESMV Case Manager Jennifer Cook will hold office hours at the Senior Center on **Mon. Jan. 4, 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).

SHINE Office Hours: Do you have health insurance questions? SHINE Counselor Jerry Goldberg will be here on **Mon., Jan. 4, 9:00 – 11 a.m.** If you cannot come to the scheduled hours, contact the COA and we will contact our SHINE counselor for you. Call (978) 352-5726.

GARDEN CLUB CRAFT: Join us at **9:30 a.m. on the first Tuesday of each month** for fun and crafts. **Classes are always free, but it is extremely helpful for planning if you would sign-up a week in advance.**

January 5, 2010 Glass Plate Fabric Design **RSVP before 12/29/09**
February 2, 2010 Fresh Flower Arrangements **RSVP before 1/26/09**

VISITING NURSE: **Wed., Jan. 6, 10:00 – 11:00 a.m.** Public Health Nurse Judy Anderson will be available to take blood pressure, check blood glucose levels & discuss any medical concerns seniors have. A visiting nurse is also available for Trestle Way residents in their Community Building from 1:00-3:00 p.m.

MEN'S BREAKFAST: Join us for **Men's Breakfast on Thursday Jan. 7, 9:30 a.m.** at Trestle Way. **Fire Chief Al Beardsley** will be on hand to discuss fire safety. To make reservations please call the COA at (978) 352-5726. Next breakfast: Feb. 4, 2010. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

CRAFTERS' SHOWCASE: **January 12 at 10 a.m.** (Displays should be set up at 9:30 a.m.) Come and share your talents with others. In addition to viewing your projects, you will have the opportunity to talk about them. The crafts are available for anyone to view and discuss that morning. Please join us. Call the COA if you would like to participate or attend. (978) 352-5726.

JANUARY BIRTHDAY PARTY: Join us on **Tues. Jan. 19 at 11:30 a.m.** for the celebration! Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 1/12/09 to assist with planning.**

ELDER LAW FORUM: Elder Law Attorney Margot Birke will answer your questions on **Wednesday Jan. 20, 10 a.m.** at First Congregational Church. Advance notice of your questions would be helpful with program planning. If planning to attend, please call the COA at (978) 352-5726.

COMPUTER CLASSES will continue on **Wednesdays, January 6 & 13 at 3:15 p.m.** at Penn Brook School. For more information, contact the COA at (978) 352-5726.

AARP Tax Aide Carl Much to Assist in Tax Preparations



When: Thursday Mornings February 4 through April 8
(4 one-hour sessions available each Thursday starting at 9:30 a.m.)

NOTE: Appointments are required. To reserve a time, call the COA office at (978) 352-5726.

Open to: Elders and other moderate-income individuals

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.

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.			<u>*WALKING CLUB*</u> Monday & Wednesday 3:30 – 6 p.m. Penn Brook School Walkers are asked to sign in and out in the COA log book at the school's front desk.
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	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

ELDER LAW FORUM

Elder Law Attorney Margot Birke will answer your questions on **Wednesday Jan. 20, 10 a.m.** at First Congregational Church. If planning to attend, please call the COA at (978) 352-5726.

Crafters' Showcase

Do you have a talent for a special craft?
 (paint, sew, needlework, wood working, etc.)
Then we are looking for YOU!

Bring your crafts to the First Cong. Church to be viewed & shared with others.

If you are not a crafter, please join us for the displays and light refreshments.

January 12, 2010
Crafters Set-up at 9:30 a.m.
Viewing & Discussion starts at 10:00 a.m.

Call 978-352-5726 to sign-up for displays or viewing.

2010 Census Cautions

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data. The big question is - how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

- o **If a U.S. Census worker** knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.
- o **Census workers** are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census. While the Census Bureau might ask for basic financial information, such as a salary range, it will not ask for Social Security, bank account, or credit card numbers nor will employees solicit donations.
- o **Eventually, Census workers** may contact you by telephone, mail, or in person at home. However, they will not contact you by Email, so be on the lookout for Email scams impersonating the Census. Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau.

For more advice on avoiding identity theft and fraud, visit www.bbb.org

Oral Health-Body Connection

By Dr. Steven Rinaldi, Guest Columnist

The treatment, management, and prevention of oral diseases in seniors will improve not only the conditions of their mouths, but also their overall health and well-being. According to the Mayo Clinic, **the following conditions may be linked to poor oral health:**

- **Heart Attacks**
- **Strokes**
- **Diabetes**
- **Osteoporosis**
- **Pneumonia**

Brushing your teeth both in the morning and at night with fluoride toothpaste and flossing before bed are the best ways to keep your mouth healthy. Eating healthy foods such as **calcium-rich foods**, like milk and yogurt, will help keep your teeth strong. **Fiber-rich foods**, like apples, broccoli, and almonds, stimulate saliva production, which reduces the number of bacteria in the mouth. **Avoid sticky foods** like taffy, gummy candies, and caramel that cling to your teeth, providing the fuel that harmful bacteria need to multiply.

As we age, tooth enamel can become discolored and dull. A whitening toothpaste can add an extra brightening boost. Regular trips to your dentist are just as important as your daytime and nighttime oral routines. That's because seeing your dentist frequently gives him or her the opportunity to catch problems early – before they turn into major trouble.

Just develop these good dental habits, and you'll be well on your way to improving your ability to chew, eat, speak and ultimately, your quality of life. For more information, contact Dr. Steven Rinaldi at (978) 475-9141. Or visit www.snapsindenture.com

Prescription Advantage Benefit Change for 2010

Due to cuts in the state budget, Prescription Advantage was forced to make a change to its benefits. Starting January 1, Prescription Advantage will no longer help members pay their Medicare prescription drug plan premium. This premium assistance was not available to all members, only those at a certain income level. Members affected by this change were notified by mail.

With this change, Medicare drug plan will send you a premium bill each month. It is very important that you pay the bill or you could lose your Medicare prescription drug benefits. The elimination of premium assistance is the only change to Prescription Advantage benefits and the plan will continue to pay for prescription drugs when members reach that gap in the Part D coverage known as the "donut hole". As members in the S5 category reach their out-of-pocket spending limit of \$3,250, Prescription Advantage will still pay for covered prescription drugs.

For more information, call Prescription Advantage @ 1-800-AGE-INFO (1-800-243-4636) and press 3.

Circuit Breaker Tax Credit Available to Eligible Elders

The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Although the tax credit is based on local property taxes, the tax credit is paid by the state government. The credit is designed for senior homeowners and renters who meet income limits and other eligibility criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real taxes, including water and sewer charges. Renters can count 25 percent of their rent as real estate tax payments. To qualify for the credit:

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property's assessed value cannot exceed \$788,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- You must meet income limits of \$51,000 single; \$64,000 head of household; \$77,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the Circuit Breaker Tax Credit, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2009 is \$960. Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office. Appointments for tax preparation with AARP Tax Aide Carl Much are available beginning in February. To make an appointment, call the COA office at (978) 352-5726.



Out of the Mouths of Babes!

"My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 62. My Grandson was quiet for a moment, and then he asked, 'Did you start at 1?'"



Thanks to Barbara Morehouse for submitting this and several other quips that will be used at a later date.

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 (978-469-6878, option #3). The bus can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, area hospitals & trains). For a 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 RESOURCES

For more information, contact the COA office at (978) 352-5726.

Updated 5-6-09

Georgetown Council on
Aging
Memorial Town Hall
1 Library Street
Return Service Requested

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 **First Congregational Church Andover Street, Georgetown**

NEXT BOARD MEETING:
Tuesday January 26, 2010

Georgetown Council on Aging:
Director: Colleen Ranshaw-Fiorello
Office: Julie Pasquale, Newsletter
Alice Girrior, Outreach
Dave Hall, Van Driver
Jeannine DesJardins, Volunteer
Mealsite Coordinator: Mickey Locke
Board Members:
Claire Maimone, Chair
Corona Magner, Vice Chair
Chandler Noyes, Treasurer
Barbara Miller, Secretary/Clerk,
Diane Prescott, Ginny Ryder
Cynthia Tardif, Esther Palardy
Alt: Jeannine Desjardins, Suzanne Lind

Town of Georgetown:
Michael Farrell, Town Administrator
Philip Trapani, Board of Selectmen
Evan O'Reilly, Board of Selectmen
David Surface, Board of Selectmen
Steve Smith, Board of Selectmen
Gary Fowler, 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 Senior Center.

January Lunch 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>
4 Cranberry Juice, Chix Croquettes in Sauce, Florentine Rice, Green Beans, Peaches, Wh Wh Bread	5 Baked Ham/Fruit Sauce, Whip Swt Pot, Cauliflower, Ice Cream Cup, Dark Rye Br.	6 Tomato Tortellini Soup Shepherd's Pie (Ground Beef/Whip Pot, Corn), Fresh Apple, LF Cherry Loaf
11 Oven-fried Chix, Dirty Rice, Calif. Blend Veggies, Cherrie Cutie Pie, Wh Wh Roll	12 LS Hot Dog/Roll, New England Baked Beans, Coleslaw, Applesauce	13 Chicken Veg-Barley Soup Meatballs/Sw & Sour Sauce, White Rice, Mixed Veggies, Fresh Orange, Bread Stick
18 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED FOR MLK DAY</div>	19 Chix Grill Bites/Sw & Sour Sauce, Herb Roast Pot, Carrot Coins, Diced Pears, Multigrain Bread	20 Chicken Gumbo Soup Baked Fish Florentine, Whip Pot, Broccoli & Cauliflower, Fruit Jello, Oatmeal Bread
25 Meatloaf/Gravy, Red Bliss Whip Pot, Calif. Blend Veg, Apple, Multigrain Bread	26 Pier 17 Fish, Herb Whip Pot, Harvard Beets, Strawberry Cup, Oatmeal Bread	27 Tomato Basil Rice Soup Beef/Veal Sausage+Peppers/Onions on Sub Roll, Mixed Veggies, Sherbet

Wilted Spinach with Lemon & Pine Nuts

Serves: 4

- 1 Lg. bunch spinach (about 12 c.)
- 1 Tbs Extra Virgin Olive Oil
- 1 or 2 Garlic Cloves, finely chopped
- 2 tsp. Fresh Lemon Juice
- Salt and Pepper
- 1 Tbs Pine Nuts, toasted

- | *Sort through spinach, discarding stems & bruised or yellow leaves.
- | Wash spinach in plenty of cold water. If it's sandy, wash a second
- | time, then spin dry.
- | *Heat oil in a large sauté pan over med-high heat. Add garlic &
- | lemon juice; sauté 1 min. Turn heat to high; add spinach, ¼ tsp. salt,
- | pinch of pepper. Wilt spinach, toss w/tongs to coat leaves w/oil/garlic
- | Toss in pine nuts, salt/pepper to taste. Serve immediately.

JANUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	5 No Van-Brown Bag 9:30 Craft Class: Plates 11:30 Lunch 12:30 Strength Training	6 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:15 Computer Class 3:30-6 Walking/Penn Brook	7 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 11:00 Strength Training
11 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	12 9:30 VAN: Seabrook, NH 10:00 Crafter's Showcase 11:30 Lunch 12:30 Strength Training	13 9:00 Yoga 11:30 Lunch 3:15 Computer Class 3:30-6 Walking/Penn Brook	14 10:30 VAN: North Shore Mall 11:00 Strength Training
18 Closed: MLK Day	19 9:30 VAN: Newburyport 11:30 Birthday Lunch 12:30 Strength Training	20 9:00 Yoga 10:00 Atty. Margo Birke 11:30 Lunch 3:30-6 Walking/Penn Brook	21 10:30 VAN: Seabrook, NH 11:00 Strength Training
25 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	26 9:30 VAN: Rowley 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	27 9:00 Yoga 11:30 Lunch 3:30-6 Walking/Penn Brook	28 10:30 VAN: Plaistow, NH 11:00 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.