



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 summer's warmth gives way to the crisp days of fall, some of us gather seeds of plants that grew well in the garden during the past year, while others check that the storm windows are ready to be put in place and consider whether or not new tires should be purchased for the car. It is time to take stock of our pantries and consider what we might need for the months to come.

At the COA, we take a similar inventory of programs and services as the previous fiscal year ends and the new year begins. Looking back at the past year's statistics allows us to identify what has worked well and how else we might grow.

This year, the statistics show that COA staff answered 2,112 telephone calls for information, assistance and referrals, a 62 percent increase from last year. We served 960 lunches while 1,963 people enjoyed social and recreational activities. The van made 568 shopping trips and seven volunteers provided 226 rides to medical appointments. Topping off the inventory, 147 volunteers gave 3,000 hours of service, a value of \$37,000. Our pantries seem to be well stocked – filled with good friendships and warm hearts.

Accepting Home Repair Applications for 2009!!

Rebuilding Together Greater Haverhill is accepting applications for home repair assistance for the next **Annual Rebuilding Day** on Saturday April 25, 2009. **Application deadline is Saturday November 1, 2008.**

Applicant eligibility:

- Own and occupy your home for at least 4 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, Plaistow, NH)
- Meet Federal HUD low- income guidelines (Call for info)
- Are elderly, disabled, a family with young children
- Experiencing hardship that may cause you to leave your home

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, painting or yard work, please ask for an application by contacting:

Lynn Murphy, Program Manager, PO Box 5161, Haverhill, MA 01835, Tel: 978-469-0800
or online at www.RebuildingTogetherHaverhill.org or email RTogether@verizon.net.

Join us on **Tuesday Oct. 7th at 10:00 a.m.** at the Senior Center as we welcome **Lynn Murphy** to learn more about Rebuilding Together Greater Haverhill.

Ask about the NEW Energy Efficiency Program!! You may qualify for replacement windows, furnace conversions, weatherproofing, energy efficiency light bulbs and more!!

October Activities

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

OCTOBER VAN SCHEDULE 2008

Shopping Date	Location	Recreation Date	Location
Sept. 30	Seabrook, NH	October 2	Super Walmart, Salem NH
October 7	Brown Bag – NO VAN	October 9	NO VAN due to Topsfield Fair Trip on 10/6. See details below.
October 14	Rowley	October 16	North Shore Mall, shopping and lunch
October 21	Middleton	October 23	T- Bone's and Target, Salem, NH
October 28	Newburyport	October 30	Sylvan Street and Tom's Discount, Salisbury

Van Trip to Topsfield Fair: Topsfield Fair is America's Oldest Agricultural Fair (1818). There's something for everyone: animals, gardening, crafts...and food! Come & enjoy a day in the fresh autumn air. Join us on **Monday, October 6th**. Senior admission to the fair is \$7. Space is limited so sign-up early! Call (978) 352-5726 for more info.

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

NEW! LIFE TRANSITIONS DROP-IN GROUP: Bereavement Field Coordinator **Lucille Bonanno** will lead a Life Transitions Drop-in Group the first Wednesday of each month beginning **Wednesday Oct. 1st, 10 a.m.** On a drop-in basis, Lu will be available to discuss some of the transitions that arrive in life including retirement, grief and caregiving. For further information, call the COA office at (978) 352-5726.



MEN'S BREAKFAST **Georgetown Municipal Light Department Manager Wayne Snow** will be the featured guest speaker on **Thurs. Oct. 2nd, 9:30 a.m. at Trestle Way**. Please call the COA office at (978) 352-5726 to sign up. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

SHINE Office Hours: Do you have health insurance questions? **SHINE Counselor Marilyn Diehl** will be here on **Mon., Oct. 6th from 9:00 a.m. to 11:30 a.m.** If you cannot come to the Senior Center, contact the COA and we can arrange a phone or home visit for you. Call (978) 352-5726.

ESMV CASE MANAGER: **Jennifer Cook** will be on leave through the month of November, 2008. At this time, she plans to resume office hours on December 1st. Watch for more details. If you need assistance, please call the COA at (978) 352-5726.

GARDEN CLUB CRAFTS: **Georgetown Country Gardeners** invite seniors to a morning of fun & crafts on the **first Tuesday of the month at 9:30 a.m.** Crafts are free, but we do ask you to sign up ahead to help with planning.

October 7th Floral Baskets RSVP ASAP and November 4th Cornucopias RSVP by October 28th

REBUILDING TOGETHER INFORMATIONAL MEETING: Join Program Manager, **Lynn Murphy** on Tues., **Oct. 7th at 10:00 a.m.** to learn more about Rebuilding Together Greater Haverhill and what either the home repair or energy efficiency program might be able to do for you. To assist in planning for the event, please call (978) 352-5726.

GUITARS...BANJO...PIANO: "THE STRUMMERS": Join us for a morning of good music & company when **The Strummers** return for a performance **Wednesday Oct. 8, 10 a.m.** Funded by a grant from the Georgetown Cultural Council, the Haverhill-based group features guitars, banjo and piano music. Fall-related refreshments will be served. To assist in planning for the event, please call (978) 352-5726.

HEATING ASSISTANCE FORUM: Tuesday October 14th at 10:00 a.m. See page 3 for details.

BYFIELD PARISH CHURCH LUNCHEON: **Byfield Parish Church** is back with an invitation to their fall Senior Luncheons. The first will be Tuesday, **October 21st at 11:45 a.m.** Contact Minda at 978-352-2022 for reservations.

WRITING WORKSHOP: Tuesday October 28th at 10:00 a.m. Contact the COA for topic details or to sign up.

"LUNCH ON OUR OWN" DAY: Due to a training at MVNP, the COA has decided to host its own **lunch on Oct. 28th**. If you provide your own sandwich, we will provide everything else. **Cost: \$2.00. RSVP required by 10/22/08.**

HALLOWEEN/OCTOBER BIRTHDAY PARTY: Join us on **Wed., October 29th at 11:00 a.m.** for a dual celebration! A "Trick or Treat" Buffet & fun activities will precede lunch & birthday cake. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 10/22/08 to assist with planning.**

Health & Wellness Classes Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.			*WALKING CLUB*
Class	Meets on	Time	With the return of fall schedules, we hope to resume the Walking Club Tuesdays, 8 a.m. Please call the COA at (978) 352-5726 if you are interested in participating.
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

**Author and World War II Veteran
John Katsaros to speak**

Telling the story of how his plane was shot down over France during World War II, his capture by German Gestapo and his eventual escape through France, author **John Katsaros** of Haverhill will discuss his recently published book “**Code Burgundy, The Long Escape**” **Wed., Nov. 19 at 10 a.m.** Refreshments will be served. To assist in planning for the event, please call (978) 352-5726.

Elder Services Seeks Volunteers

Elder Services of the Merrimack Valley (ESMV) is seeking volunteers for the **Friends in Deed program**. Volunteers in the program help improve the daily lives of older adults in several ways such as companionship, food shopping, errands, outings and rides to medical appointments. ESMV is a private non-profit agency serving the 23 cities and towns of the Merrimack Valley, providing older adults with in-home services, basic necessities, emergency assistance, programs and education which allow them the choice to remain in their homes. Volunteers are provided with an orientation, training and on-going support along with mileage reimbursement. For further information, call 800-892-0890, ext 1445.

Heating Assistance Forum

Join **Representative Barbara L’Italien** as she leads a **Heat Assistance Forum** for residents **Tuesday Oct. 14, 10 a.m.** **John Condon** of Community Action’s Heating Assistance Program will be on hand to answer questions regarding fuel assistance, weatherization and utility discount programs. Suggestions & options for managing home heating costs will be discussed. Rep. L’Italien will also provide information regarding the state’s “Circuit Breaker” tax credit program and Prescription Advantage. To assist with planning, please call us at (978) 352-5726.

Falls Prevention Program scheduled

According to the Massachusetts Department of Public Health, falls are linked to death and injury in all age groups, but older adults are particularly vulnerable. Falls are the leading cause of unintentional injury death for men and women aged 65 and older in Massachusetts and account for nearly one-third of unintentional injury deaths for this population. Learn tips and strategies to prevent falls and avoid injury when **Sports Medicine and Rehabilitation Program Manager Peter von Lossnitzer** presents an important Falls Prevention Program **Tuesday Nov. 4, 10 a.m.** at the First Congregational Church located on Andover Street.

De-cluttering Workshop scheduled

Clutter. Whether it’s in our garage or attic or strewn across our kitchen table and desks, few of us can say that we are not affected by clutter. Although it is sometimes difficult to keep disorder at bay, there are tips and strategies that can help us manage the hodgepodge of everyday life. Presented by Case Manager **Kim Flowers** of Elder Services of the Merrimack Valley, join us for a **De-cluttering Workshop Wednesday Nov. 12, 10 a.m.** To assist in planning for the event, please call (978) 352-5726.

Holiday Preview

Yes, it IS early to be thinking about the holidays, but retailers have been hounding you since last July! We wanted to insure that you left space on your busy calendars to enjoy some fun, food and good times. (More details will come in later newsletters.)

Kiwanis Annual Thanksgiving Dinner

November 22nd **Time to be announced later.
Join us at Penn Brook School for a great turkey dinner, raffles & music. RSVP Before Nov. 13th.

GMHS Annual Breakfast/Concert

The GMHS music department invites seniors to enjoy breakfast & a concert to be held at the high school on December 5th. RSVP before November 24th.

COA Annual Christmas Party

In conjunction with the Rotary Club, Georgetown Housing Authority, Police & Erie 4 Fire Dept., the COA invites seniors to celebrate the holidays at Trestle Way on **Sat. Dec. 13, 2-4 p.m.** We will be serving a light buffet, music and...if we are very good... Santa may even find his way for a quick visit! RSVP before December 4th.

TRIAD CELL PHONE PROGRAM SUSPENDED

With regret, the Essex County TRIAD Program has suspended the distribution of 911 Emergency Cellular Phones to residents served by the Essex County TRIAD Program. Due to recent changes in cellular telephone service, cellular telephone companies are no longer required to provide access to 911 on analog phones. Although older analog cellular telephones do not have the capability of contacting 911, digital cellular telephones continue to provide access to 911. In partnership with TRIAD, cellular telephones previously issued to clients in Georgetown were recently tested and gathered by the Georgetown Police Department. If a new sponsor or new equipment becomes available in the future, the emergency cellular telephone program may be reconsidered at that time. For further information, please call the COA at (978) 352-5726.

INFORMATION ERROR CORRECTION

In the September 2008 newsletter report on "Senior Care Options," we were provided with an incorrect phone number. **The correct number is 888-885-0484.**

M. V. Philharmonic Orchestra

Free Tickets

The Merrimack Valley Philharmonic Orchestra is offering up to 10 free tickets for elders who would like to attend any one of the November, March or May concerts. Concerts are held at The Rogers Center for the Arts at Merrimack College (North Andover).

- * Nov. 9: Harpist Emily Halpern Lewis will perform Ravel's "Introduction and Allegro for Harp and Orchestra".
- * March 1: Soprano Susan Trout will sing "Wesendonck Songs" by Wagner.
- * May 3: Pianist Louis Stewart will perform Gershwin's "Concerto in F Major for Piano and Orchestra."

For further information, call the COA at (978) 352-5726.

MassMedLine can help with Rx Coverage

A public/private partnership between the Massachusetts College of Pharmacy and Health Sciences and the Massachusetts Executive Office of Elder Affairs, MassMedLine is a free resource for all Massachusetts residents who have questions regarding their prescriptions or have trouble paying for them. MassMedLine works collaboratively with SHINE (Serving the Health Information Needs of Elders) and Prescription Advantage (Massachusetts prescription drug program) to assure understanding of the Medicare Prescription Drug Program. MassMedLine provides help determining eligibility for a variety of programs that assists with medication costs, and education and counseling about medications from licensed pharmacists. Call toll free at (866) 633-1617 or visit www.massmedline.com

Volunteer Crossing Guards Needed

The Georgetown Police Department is seeking volunteers interested in serving as crossing guards at the town's elementary schools. Training and equipment will be provided. For further information, call Chief James Mulligan at (978) 352-5700.

Become a "Perley Pal"!

The intergenerational reading program is under way at Perley Elementary School. Perley Pals volunteer just 30 minutes a month to read to or do activities with a class. Volunteers benefit by sharing their knowledge, talents & support to youngsters. Children benefit from new perspectives & experiences. Everyone benefits by making new friends. For more information, contact Colleen Ranshaw-Fiorello at 978-352-5726.



Council on Aging Services

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

VISITING NURSE

On the first Wednesday of each month, from 10:00AM – 11:30 AM, Judy Anderson, RN is available at the Senior Center to perform Blood Pressure checks, shots, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, 1:00 PM-3:00PM.

TRANSPORTATION: SHOPPING

The Van is available door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

TRANSPORTATION: NORTHERN ESSEX ELDER TRANSPORTATION PROGRAM

This program provides rides for senior citizens to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are not open on Fridays). After the ride is arranged, the DRIVER will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program. However, no one would ever be turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

Meals on Wheels Available to eligible seniors.

Congregate Meals The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

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

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

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HANDICAP PLACARDS

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

HEALTH CARE PROXIES

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

THE FILE

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

FOOD PANTRY

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

Updated 7/14/08

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

Presort Standard
U. S. Postage

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Haverhill, MA

We strive to keep our mailing list up-to-date. Your assistance is important. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

“A Few Gray Hairs” Newsletter is made possible by a grant from the Executive Office of Elder Affairs.

**Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726**

**Office Hours:
Monday – Thurs. 9 am – 1 pm**

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

**Open:
Monday – Wed. 9 am – 1 pm**

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at noon on the 4th Tuesday of each month at the **Georgetown Senior Center Andover Street, Georgetown**

**NEXT BOARD MEETING:
Tuesday Oct. 28, 2008**

Town of Georgetown:

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

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Alice Girrior, Senior Aide

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Mealsite Coordinator: Ginny Ryder

Board Members:

Barbara Morehouse, Chairman

Corona Magner, Vice Chairman

Bertha Foster, Treasurer

Barbara Miller, Secretary/Clerk

Marian Jordan ~ Claire Maimone

Rosemary Morse ~ Diane Prescott

Ginny Ryder ~ Chandler Noyes (Alternate)

Joe Young (Alternate)

**Georgetown COA
Webpage**

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

Council on Aging Mission Statement

The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

October Lunch Menu

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

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

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
		
6	7	1
Pot. Crunch Fish, Lyonnaise Pot., Tuscany Blend Veggies., Fruit Cocktail Light Rye Bread	Chicken Croquettes/Gravy, Rice Pilaf California Blend Veggies., Fresh Apple Wh Wh Bread	Baked Turkey Ham, Au Gratin Pot. Green/Gold Beans, Fruited Gelatin, Wh Wh Bread
13	14	8
Closed Columbus Day	Stuffed Peppers/Tomato Sauce White Rice, Peas & Mushrooms Chilled Peaches, LF Apple Muffin	Italian Meatballs/Ziti/Sauce, Italian Blend Veggies., Italian Ice, Italian Bread Stick
20	21	15
	Byfield Parish Lunch Call 978-352-2022 to sign up.	Rib Burger, Baked Beans, Kernel Corn Low Sodium Pot. Chips, Fresh Orange Wh Wh Hamburger Roll
Senior Center Closed for Church Fair Preparations 10/20-22. Enjoy the Fair on Friday & Saturday 10/24 & 25!		
27	28	22
Stuffed Cabbage/Tomato Sauce Green Beans, Peas & Carrots Chilled Applesauce, Oatmeal Bread	“Lunch on Our Own” Day Bring your own sandwich. The COA will provide everything else for \$2.00.	Garlic Baked Chix ¼, Whip Sweet Pot. Corn on the Cob, Tapioca Pudding Dark Rye Bread

October Van & Activities Calendar

Monday	Tuesday	Wednesday	Thursday
			
6	7	1	2
VAN: Topsfield Fair 9:00 SHINE 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	VAN: Brown Bag Only 9:30 Craft: Floral Baskets 10:00 Rebuilding Together 11:30 Lunch 12:30 Strength Training	9:00 Yoga 10:00 Visiting Nurse 10:00 Life Transition Dropin 11:30 Lunch	2 VAN: WalMart/Salem 9:30 Men’s Breakfast 11:00 Strength Training
13	14	8	9
CLOSED: Columbus Day	VAN: Rowley 10:00 Heat Assistance Forum 11:30 Lunch 12:30 Strength Training	9:00 Yoga 10:00 “Strummers” Concert 11:30 Lunch	9 NO VAN 11:00 Strength Training
Senior Center Closed for Church Fair Preparations 10/20-23. Enjoy the Fair on Friday & Saturday 10/24 & 25!			
20	21	22	23
10:30 Yoga	VAN: Middleton 11:45 Byfield Parish Lunch 12:30 Strength Training	9:00 Yoga	VAN: T-Bone’s/Target 11:00 Strength Training
27	28	29	30
9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	VAN: Newburyport 10:00 Writing Group 11:30 Lunch on our own Day 12:00 Board Meeting 12:30 Strength Training	9:00 Yoga 11:00 Halloween/Birthday Lunch	VAN: Sylvan St./Tom’s Discount 11:00 Strength Training

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