



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 14/Iss. 4

October 2012

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Director's Notes... One of the joys of a New England fall has to be a visit to a local apple orchard. How much fun is it to gather family and friends for a hay ride at a local orchard followed by an afternoon of apple picking under a crisp blue sky? When we were first married, an afternoon of apple picking was a romantic afternoon date. Strolling hand-in-hand through an orchard, we exuberantly filled our bags with different varieties of apples. Once we returned home and filled our little counter and refrigerator with several pounds of apples, romantic exuberance gave way to sheer panic. I couldn't let the apples waste and I did not know how to make applesauce let alone an apple pie! I scoured cookbooks for recipes as the apples threatened to become applesauce without the benefit of cooking. I tried one recipe after the other, turning out pie crusts that refused to hold together and at least once looked like the shape of Texas. My poor husband bravely sampled whatever I offered, declaring each attempt to be better than the last. Finally, I discovered that I could cover the top of an apple pie with a lattice crust and nobody would be the wiser! As fall arrives, join us in trying something new and different. Perhaps an exercise class or a new program could be an opportunity for fun and growth – and easier than convincing family members to keep sampling questionable baking projects!



Scam Alert Targets SNAP Recipients

Some Supplemental Nutrition Assistance Program (SNAP) recipients have recently been the target of an ongoing scam. Some EBT cardholders have received text messages on their phones to call a toll free number or "their EBT card would be deactivated." When that number is called, the operator/computer voice asks for their EBT card number. Do not provide the information and hang-up immediately. The state Executive Office of Elder Affairs reminds SNAP and cash assistance clients to never respond to any requests for their EBT card numbers, PIN numbers, Social Security numbers or any other personal information about their benefits (except for direct in-person contact with Department of Transitional Assistance staff or when contacting the EBT customer service for replacement cards or benefit amounts). Participants/beneficiaries should only use the official number listed on the back of the EBT card or speak directly with a representative at one of the DTA state offices. The reported scam reminds us not to give our Medicare, Social Security numbers or other personal information to anyone unless we have initiated the call. If you feel that something is "not quite right" with a phone call, simply hang up. We suggest you contact your local police department which may then allow them to initiate a 'reverse' 911 call (or internet email setup) that can inform people quickly throughout the community about this scam.

Crosby's Marketplace Sponsors Men's Breakfast

In true community partnership, Crosby's Marketplace will sponsor the COA's monthly Men's Breakfast program again this year. Now in its sixth year of sponsorship, Crosby's Marketplace has allowed us to strengthen our monthly program with additional participation. On an average we serve 17 men per month, serving as many as 22 in recent months! In this fiscal year, we served a total of 185 men. Breakfasts include a variety of speakers and a home-cooked meal. The COA thanks Crosby's Marketplace for this important partnership and encourages men to join us each month. For more information, please call the COA office at (978) 352-5726.

The COA and all activities will be closed for Columbus Day on Monday, October 8.

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

October Activities

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

OTHERWISE NOTED. CALL US AT 978-352-5726



OCTOBER VAN SCHEDULE 2012

Shopping Date	Location	Recreation Date	Location
Oct. 2	NO VAN – Brown Bag Only	Oct. 4 9:30	Super WalMart/Salem, NH
Oct. 9 9:30	Newburyport	Oct. 11 10:30	North Shore Mall, Peabody
Oct. 16 9:30	Rowley	Oct. 18 10:30	Haverhill
Oct. 23 9:30	Seabrook, NH	Oct. 25 10:30	Park Lunch/Boardwalk, Newburyport
Oct. 30 9:30	Plaistow, NH	Nov. 1 9:30	Super WalMart/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 cookies (or other snacks) are a great way to reconnect with friends!

SHINE OFFICE HOURS: Mon., Oct. 1, 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: Wed. Oct. 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.

No lunches will be served; no activities scheduled at the First Congregational Church Oct. 15-17 due to Church Fair preparations.

COMING IN NOVEMBER:

Plans are underway for the **Annual Seasonal Flu Clinic** at the First Congregational Church. More information will soon be available. Flu vaccine is supplied by the Mass. Immunization Program. The Flu Clinic is sponsored by the Georgetown Board of Health and the COA. For more information, call the COA at 978-352-5726.

MVRTA will present information on expanded **Ring & Ride and Medi-Ride** programs on **Tues. Nov. 13, 10 a.m.** First Congregational Church.

MEN'S BREAKFAST (NOTE DATE CHANGE):

Thurs. Oct. 11, 9:30 a.m. at Trestle Way.

Jason R. Ebacher, Esq., Assistant Superintendent II & Director of Training & Staff Development with Essex County Sheriff's Department will discuss **Health Care Proxies, Durable Power of Attorney and other elder law issues.** 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. **NOTE: Men's Breakfast returns to the first Thursday on November 1.** Terry Hart, Veteran's Agent, will be the speaker.

BYFIELD PARISH LUNCHEON: Tues., Oct. 16, 11:45 a.m.

Call the church if you plan to attend. 978-352-2022.

MEDICARE ENROLLMENT FORUM: Wed. Oct. 17, 10 a.m.

at Town Hall. Susan Cripps, ESMV will present a forum on open enrollment and changes in Medicare. See page 3.

K-9 UNIT DEMONSTRATION: Thurs. Oct. 18, 1-2 p.m. at

Trestle Way. A **File of Life Program** will follow. Both programs are sponsored by TRIAD. See page 3 for details.

EDUCATIONAL HEARING SEMINAR: Tues. Oct. 23, 10 a.m.

Presented by **Digital Hearing Healthcare** at the First Congregational Church. See page 3 for details.

HAPPY HALLOWEEN OCTOBER BIRTHDAY & HALLOWEEN PARTY:

Wed. Oct. 31, 11:00 a.m. Dress up (not required) and join us as we scare up some harvest time fun! **Cost is \$2.00** except for **Birthdays celebrants** who will **receive a free lunch.** Lunch reservations are required. **RSVP before 10/24/12 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.



Important!

Your presence is needed at
Special Town Meeting
Monday, October 29, 2012 7:00 p.m.
At Georgetown Middle High School



Get Out and Vote!

Tuesday, November 6, 2012 7 a.m. to 8 p.m.
Penn Brook School



COA will provide limited van service to the polls from 12:30 p.m. to 1:30 p.m.
Please call ahead. (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
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.

**Mondays
& Wednesdays
3:30-5:30 p.m.**
at Penn Brook School

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

Educational Hearing Seminar

Presented by Digital Hearing Healthcare



Tues. Oct. 23, 10 a.m.
First Congregational Church

Topics of discussion will include:

- How your ears work
- How to know if you have hearing loss
- Protecting your hearing ability
- Understanding common hearing issues
- Enhancing communication and listening skills
- Common psychological effects of sound voids
- What to look for in a hearing care practice
- The truth about how much hearing technology costs
- What solutions are available
- The latest advancements in hearing technology



Light refreshments will be served.

For more information or to sign-up, contact the COA at 978-352-5726.

Medicare Enrollment Forum

Presented by Susan Cripps, ESMV

Wed. Oct. 17, 10 a.m.

Town Hall, Library Street

Topics will include

- **Open enrollment:** Scheduled for Oct. 15-Dec. 7, 2012
- **Changes in Medicare**
- **SHINE counselors provide Medicare counseling free of charge**

For more information on the forum or to schedule an appointment with SHINE Counselor Jerry Goldberg, call the COA office at (978) 352-5726. SHINE information is also available by calling **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. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call **1-800-MEDICARE (1-800-633-4227)**.

Contact the COA to sign-up or for more info: 978-352-5726.

NOTE: It is important to read/understand any letters from Medicare or other insurance plans. **Do not ignore them.**

Save all letters from your plans.

K-9 (Canine) Unit Demonstration

presented by the

Essex County Sheriff's Department

Sponsored by Georgetown TRIAD

Thurs. Oct. 18, 1-2 p.m.

at Trestle Way



A **File of Life** program will follow the demonstration. Volunteers will be available to update previously completed File of Life cards at the event.

The File of Life

- ★ Organizes emergency contact & medical info
- ★ Easily accessible for emergencies
- ★ Magnetized holder attaches to a refrigerator

Light refreshments will be served.

Contact the COA to sign-up or for more information. 978-352-5726

Community Events

FRIENDS OF THE COA: Mon. Oct. 15, 3 p.m.
at the Peabody Library. **Open to the public.** New members welcome.

QUILT EXHIBITION at the Georgetown Peabody Library. The exhibit can be viewed during regular library hours through October. Sponsored by **Friends of the Peabody Library.**

Northern Essex Elder Transport, Inc.

The NEET Program is collecting used cell-phones as a fundraiser for the volunteer driver elder medical transportation program. For further information, please call the COA office at 978-352-5726



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. 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.



**They're Coming. . .
Sooner Than You Think!**

Watch for details on the following events:

- ★ Annual Flu Clinic
- ★ Kiwanis Thanksgiving Dinner (Nov. 17)
- ★ Annual COA Holiday Party (Dec. 10)
- ★ GMHS Holiday Concert/Breakfast

"How wonderful it is that nobody need wait a single moment before starting to improve the world." ~Anne Frank

Make A Difference Day is October 27



Rebuilding Together Day Applications due December 31

Rebuilding Together is now accepting applications for no-cost home repair assistance on Annual Rebuilding Day on Saturday, April 27, 2013. The application deadline is December 31. Applicant eligibility for the program includes:

- 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 **RTtogether@verizon.net**.



Hearing Aid Assistance Available

Audient, a nationwide program connected with the Northwest Lions Foundation for Sight and Hearing provides assistance with the cost of hearing aids and related care to income qualified individuals. For information and application, call 866-956-5400.

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 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:

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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 October 23, 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.

October 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 Beef Meatballs/Ziti/Marinara, Green & Gold Beans, Strawberry Cup, Oatmeal Br.	2 Grilled Chix Breast/LS Chix Gravy, Dirty Rice, California Veggies, Apricots, Wh Wh Bread	3 Soup: Chicken Noodle Broccoli/Egg/Cheese Bake, Zucchini & Stewed Tom, Vanilla Pudding, Oatmeal Br
8 CLOSED: Columbus Day	9 Tangerine Chix, White Rice, Veg Medley, Pineapple, Oatmeal Bread	10 Soup: Italian Wedding Soup Cheese Lasagna/Marinara, Tuscany Veggies, Apricots, Italian Bread
15	16	17
NO LUNCHES THIS WEEK ~ CHURCH CLOSED FOR FAIR PREPARATIONS		
22 Hamburger/Wh Wh Roll, Potato Wedges, Kernel Corn, Pears	23 Grape Juice, Macaroni/Cheese, Zucchini/Stewed Tom, Apple, Wh Wh Br	24 Soup: Corn Chowder Rotisserie Chix, California Veggies, Rice Florentine, Ice Cream Cup, LF Muffin
29 Salmon Boat/Dill Sauce, Whip Sweet Pot, Broccoli/Cauliflower, Strawberry Cup, Oatmeal Bread	30 No Lunch: MVNP Training Day	31 Soup: Fish Chowder Stuffed Shells/Marinara, Green/Gold Beans, Orange, Garlic Bread

OCTOBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:00 SHINE appts 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	2 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training	3 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	4 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
8 CLOSED: Columbus Day	9 9:30 VAN: Newburyport 11:30 Lunch 12:30 Strength Training	10 9:00 Yoga 11:30 Lunch 3:30 Walking Club	11 9:30 Men's Breakfast (Note Date Change) 10:30 VAN: No. Shore Mall 10:45 Strength Training
15 10:30 Yoga 3:00 COA Friends/Library 3:30 Walking Club	16 9:30 VAN: Rowley 11:30 Byfield Parish Lunch 12:30 Strength Training	17 9:00 Yoga 10:00 Medicare Enrollment Forum/TOWN HALL 3:30 Walking Club	18 10:30 VAN: Haverhill 10:45 Strength Training 1:00 K-9 Demo/File of Life ►►October 19 & 20 1 st Congo Church Fair
First Congregational Church CLOSED for Fair Preparations			
22 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	23 9:30 Van: Seabrook, NH 10:00 Hearing Program 11:30 Lunch 12:00 COA Board Mtg 12:30 Strength Training	24 9:00 Yoga 11:30 Lunch 3:30 Walking Club	25 9:30 VAN: Park Lunch & Boardwalk/Nbpt 10:45 Strength Training
29 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	30 9:30 Van: Plaistow, NH 11:30 Lunch 12:30 Strength Training	31 9:00 Yoga 11:30 Halloween/Birthday Lunch 3:30 Walking Club	11/1 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 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.