



A FEW GRAY HAIRS

Nat'l Deviled Egg Day
November 2nd

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

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Website: www.georgetownma.gov

Director's Notes... Thirty years ago, our middle daughter was born two days before Thanksgiving. We had just purchased our home in Merrimac that October and were living with my parents in Newburyport while we made a portion of the first floor habitable for our young family. At that time, my sister was still living at home and the household also included two dogs and two cats. There was a lot to be thankful for that Thanksgiving – our two healthy little girls, our new home and parents who were willing to house the four of us (along with our own dog) in my childhood bedroom! Perhaps it was the knowledge that our living arrangement was temporary and that soon my parents' house and lives would return to normal that led to some additional words of gratitude in my Dad's grace as he prepared to carve the turkey that year! But along with the gratitude, the humor and flexibility suggested in his grace are all characteristics needed for healthy and successful aging at any point in our lives. At Thanksgiving, it is often easy to be grateful for the larger and more tangible things in our lives. But living with gratitude for our daily blessings (and challenges), is what helps us to live in the moment and to remain optimistic and open to the possibilities of the future. And I'm more than sure that it was the possibility of a future that did not include five adults, two children, three dogs and two cats all living together under one roof for too much longer that led to some real optimism in my Dad's grace that Thanksgiving!



Seasonal Flu Clinic Scheduled



The COA will host a seasonal **Flu Clinic Wednesday Nov. 3, 9 a.m.-noon** at the First Congregational Church. There is no pre-registration for the clinic. Priority is given to individuals 65 years and older and those with medical conditions that may put them at risk for complications of the flu. Other individuals may come to the clinic at 11:15 a.m. **Please bring Medicare and/or Senior HMO cards to the clinic.** If possible, bring a photocopy of the cards in order to ease the process. The COA will photocopy Medicare/HMO cards in advance of the clinic. **Please wear a sleeveless or loose fitting short-sleeved shirt** to the clinic. The combined seasonal flu and H1N1 Flu vaccine is provided by the Massachusetts Immunization Program. The Flu Clinic is sponsored by the COA, Home Care Inc. and the Georgetown Board of Health. For further information, please call the COA at (978) 352-5726, the Georgetown Board of Health at (978) 352-5720 or Home Care at (978) 463-4503.

Upcoming Changes In Medicare To Be Discussed Nov. 1

With important changes in Medicare planned for the new year, join us for a **presentation by Susan Cripps of SHINE** (Serving the Health Information Needs of Elders) **Monday November 1, 10 a.m.** at the First Congregational Church. Information regarding changes in Medicare that have taken place as a result of the Affordable Care Act, benefits, timelines, Medicare Advantage and Medicare Part D prescription drug plans will all be discussed. SHINE Counselor Jerry Goldberg will also be available to plan upcoming appointments with local elders and family members. For further information, call the COA office at (978) 352-5726.

Medicare Open Enrollment Starts November 15. See page 6 for more details.

VOTE! STATE ELECTION ~ PENN BROOK SCHOOL Tue., Nov. 2, 7 a.m-8 p.m.

COA van is available for transportation to the polls 12:30-1:30. Call COA for Reservations.

SPECIAL TOWN MEETING ~ GMHS Mon., Nov. 15, 7 p.m.

The COA & Senior Center are closed on Thursday, November 11 ~ Veterans Day & Thursday, November 25 ~ Thanksgiving.

November Activities

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

UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726

NOVEMBER VAN SCHEDULE 2010

Shopping Date	Location	Recreation Date	Location
Nov. 2 nd	NO VAN – Brown Bag Only	Nov. 4 th 9:30	Super WalMart/Salem, NH
Nov. 9 th 9:30	Plaistow, NH	Nov. 11 th	NO VAN – Veterans Day
Nov. 16 th 9:30	Rowley	Nov. 18 th 9:30	Peabody Essex Museum-see pg. 3
Nov. 23 rd 9:30	Newburyport	Nov. 25 th	NO VAN –Thanksgiving
Nov. 30 th 9:30	Seabrook, NH	Dec. 2 nd 9:30	Super WalMart/Salem, NH

“MEDICARE CHANGES FOR 2011”: Join us for an information talk **presented by SHINE** (Serving the Health Information Needs of Elders) on **Monday November 1 at 10 a.m.** at the First Congregational Church. Discussions will cover what you need to know about changes for 2011 and how you can prepare to be an educated Medicare beneficiary. There will be no private sessions on this day. Shine Counselor Jerry Goldberg will be available Nov. 8.

ESMV CASE MANAGER: **ESMV Case Manager Jennifer Cook** will hold office hours at the Senior Center on **Mon. Nov. 1, 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).

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 size is limited. It is extremely helpful for planning if you would sign-up a week in advance.**

November 2, 2010 Fall Harvest Topiary Tree **ASAP**
December 7, 2010 @ 1 PM Christmas Party Centerpieces (Make one/Take one) **RSVP before 11/30/10**

ANNUAL FLU SHOT CLINIC: The COA will host a seasonal **Flu Clinic on Wednesday Nov. 3, 9 a.m.-noon** at the First Congregational Church. See page one for details.

VISITING NURSE: Due to the annual flu clinic, the monthly blood pressure clinic will not be held in November. Join us on **Wed., Dec. 1, 10:00 – 11:00 a.m.** when the clinic returns to its regular time frame.

MEN’S BREAKFAST: A guest speaker is tentatively planned to discuss **Veteran’s Issues** at the Men’s Breakfast scheduled **Thursday Nov. 4, 9:30 a.m. at Trestle Way.** 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. To make reservations, please call (978) 352-5726.

SHINE OFFICE HOURS: **Note Date Change for Private Counseling.** Do you have health insurance questions? **SHINE Counselor Jerry Goldberg** will be here on **Mon., Nov. 8, 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.

ALZHEIMER’S AWARENESS SPEAKER: In recognition of **Alzheimer’s Awareness Month**, Newburyport speaker and author **Fran Larkin** will present a program on **Alzheimer’s Disease Tuesday Nov. 9, 10 a.m.** See page 3 for details.

PATRIOTIC MUSIC PROGRAM: Local musician **Dick Delaney** will perform **Wednesday, Nov. 10, 10 a.m.** See page 3 for details.

BYFIELD PARISH LUNCHEON: **Tuesday, Nov. 16, 11:45 a.m.** Call the church if you plan to attend. 978-352-2022.

NOVEMBER BIRTHDAY PARTY: Join us on **Tues. Nov 30, 11:30 a.m.** to send best wishes to our friends who were born in November. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 11/23/10 to assist with planning. Refreshments graciously provided by Atria Merrimack Place of Newburyport.**

ATTENTION VETERANS! Free Legal Advice available for Veterans Nov. 17

The Massachusetts Bar Association offers toll-free legal advice to veterans and families of veterans on **Wed. Nov. 17, 5:30-7:30 p.m.** The Dial-A-Lawyer is available at that time by calling (877) 686-0711 or the local number (617) 338-0610.

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> Walking Club will return to the Penn Brook School on Mondays & Wednesdays, 3:30-5:30 p.m. starting Wednesday Nov. 3.
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	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: Bill Kittredge (978) 352-4968	
2	29	45	50	72

Alzheimer's Awareness Program Planned
 ♪ Tuesday Nov. 9, 10 a.m. ♪
First Congregational Church.

In recognition of **Alzheimer's Awareness Month**, Newburyport speaker and author **Fran Larkin** will present a program on **Alzheimer's Disease** including his personal experience living with family members diagnosed with the disease.

Resource materials will be available from Mass. Alzheimer's Association, Visiting Angels, Elder attorneys, Financial Advisors, and Long term care providers.

Refreshments will be served.
 For further information, call (978) 352-5726.


Local Musician Dick Delaney to Perform
Wednesday Nov. 10, 10 a.m.
First Congregational Church


In honor of **Veterans Day**, join us for a program of **patriotic music** as well as other golden oldie favorites.
 Refreshments will be served.

For information, call the Georgetown 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.

With November designated as **National Alzheimer's Disease Awareness Month**, the Alzheimer's Association's focus is to raise awareness of the disease & highlight the need for early diagnosis & breakthroughs in prevention & treatments. Considered to be the 6th leading cause of death in the country, it is estimated that more than 5 million Americans are living with Alzheimer's Disease, including an approximate 120,000 people in Massachusetts. Recognizing that memory loss that disrupts everyday life is not part of the normal aging process, the Alzheimer's Association has developed the following ten warning signs of the disease:

1. Memory changes that disrupt daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images & spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things & losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

If you recognize several of the warning signs in yourself or a loved one, the Alzheimer's Association recommends consulting with your health care provider. Early diagnosis of Alzheimer's Disease or other memory disorders is important in planning appropriate treatment, care & support services to the individual and family. Located in Watertown, the state's chapter of the Alzheimer's Association includes programs, a 24-hour helpline, support groups, & education for families as well as training for health care professionals. The phone number for the Massachusetts Chapter Headquarters is (617) 868-6718. The 24-hour helpline is 1-800-272-3900. Information can be found at www.alz.org/MANH.



The Holidays Are Upon Us!

Kiwanis Dinner

Sat. Nov. 20, 2:00-4:00 p.m.

Penn Brook School

A delicious Thanksgiving Dinner with all the fixings, music and raffles! An annual favorite. RSVP to COA before Nov. 16th.



COA Annual December Party

Mon., December 13, 1:00 p.m.

Trestle Way Community Hall

Share the holiday spirit with friends!
Join us for a light meal & entertainment.

Music provided by Chandler Noyes

Food by the Friends of GCOA

RSVP to COA before Dec. 6th



GMHS Annual Holiday

Concert/Breakfast

Wed. December 22

Breakfast @ 8:15 a.m., Concert @ 9 a.m.

Held at Georgetown Middle/High School

Listen to the sounds of the season presented by both the band & choral groups.

Come early and enjoy breakfast provided by the school food service.

RSVP to COA before Dec. 15th.

All events are free of charge.
Call the COA at (978) 352-5726.



Medicare Open Enrollment Starts November 15

Medicare Prescription Drug (Part D) Plans and Medicare Advantage Plans change every year. Many plans will no longer be available in 2011.

All people with Medicare should:

- Review the 2011 costs and coverage of their current plans
- Compare with other plans in their area
- Choose a plan that meets their needs and budget.

The **Medicare Annual Open Enrollment Period** starts **November 15** and continues **through December 31**, for coverage beginning January 1, 2011. For help understanding your options and finding the lowest cost Part D Plan for you, call the COA at (978) 352-5726 to schedule an individual appointment with SHINE counselor Jerry Goldberg. Bring all your insurance information and a list of your prescription drugs with dosages to the appointment. SHINE Counselors are 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 phone number. A SHINE Counselor will call you back as soon as possible.

VAN TRIP TO PEABODY ESSEX MUSEUM

Thursday, Nov. 18

**“The Emperor’s Private Paradise:
Treasures from the Forbidden City”**

The van will leave at 9:30 a.m.

The cost for seniors is \$13 which includes general & exhibit admissions.

Join us as we venture into Salem to the **Peabody Essex Museum**. This collection from the private realm of **Qianlong Emperor (1736-1796)** includes 90 objects of ceremony & leisure such as paintings, murals & furniture. Lunch is on your own. **Seats are limited.** To make a reservation, please call the COA at (978) 352-5726.



Free Holiday Door Swags



Girl Scout Troop 281 has volunteered to create **HOLIDAY DOOR SWAGS** with greens & bows for our elder residents.

- ◇ Open to all elder residents within the community.
- ◇ Girl Scouts will deliver swags from Dec. 2 – 4.
- ◇ **Orders must be received before November 18.**
Call the COA to make your reservation. 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, Jan Giles, 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, noon-2:00PM.

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 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 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 by calling Elder Services of MV. 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.

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, Newburyport, 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 AND HEAT RESOURCES

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

Updated 5/20/10

Georgetown Council on Aging
Memorial Town Hall
1 Library Street
Georgetown, MA 01833

Return Service Requested

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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 – 4 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 November 23, 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: Mickie Locke
Board Members:

Claire Maimone, Chair
Corona Magner, Vice Chair
Chandler Noyes, Treasurer
Cynthia Tardif, Secretary/Clerk
Jeannine Desjardins, Esther Palardy,
Dianne Prescott, Barbara Miller
Alt: Jean Perley

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.

November 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>
1 Swedish Meatballs, Dirty Rice, Broccoli & Cauliflower, Mandarin Oranges, Wh Wh Bread	2 NO MEAL ~ MVNP Training Day	3 SOUP Stuffed Shells,/Sauce, Green Beans, Carrot Stix, Fruited Gelatin, Garlic Bread
8 Breaded Chix Breast Filet, Mushroom Gravy, Whip Pot, California Veg Blend, Arctic Ice, Dinner Roll	9 American Chop Suey, Mixed Veg, Apricots, Dark Rye Bread	10 SOUP RS Baked Ham, NE Baked Beans, Corn, Apple, Raisin Bread
15 Garlic Baked Chix, Rice Pilaf, Green Bean Almondine, Apricots, Dark Rye Brd	16 Byfield Parish Lunch	17 SOUP Shepherd's Pie (Beef,Pot,Corn), Applesauce, LF Muffin
22 Baked Salmon/Dill Sauce, Whip Sweet Pot, Cauliflower, Peaches, Oatmeal Bread	23 Chix/Broccoli/Ziti, Apricots, Lt. Rye Bread	24 SOUP Beef & Veal Sausage, Peppers/Onions, Corn, LS Chips, Apple, Sub Roll
29 Lasagna/Sauce, Green Beans, Orange, Bread Stick	30 Baked Chix, Whip Pot/Chives, Peas & Carrots, Applesauce, Multigrain Bread	Dec. 1 SOUP Meatballs/Tomato Sauce, Sub Roll, Haystack Pot, Corn, Sherbet



NOVEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:30 Dolls 10:00 Medicare Changes Forum w/Shine/ESMV 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5:30 Walking Club	2 No Van-Brown Bag 9:30 Garden Club Craft 11:30 No Lunch - training 12:30 Strength Training VOTE! 7 am – 8 pm 12:30-1:30 COA Van to Polls	3 FLU SHOT CLINIC 9 - 12 No BP clinic today 9:00 Yoga 11:30 Lunch 3:30-5:30 Walking Club	4 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
8 9:00 Regular SHINE Hrs. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5:30 Walking Club	9 9:30 VAN: Plaistow, NH 10:00 Alzheimers Awareness 11:30 Lunch 12:30 Strength Training	10 9:00 Yoga 10:00 Patriotic Music w/ Dick Delaney 11:30 Lunch 3:30-5:30 Walking Club	11 CLOSED: Veterans Day
15 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5:30 Walking Club 7:00 pm Special Town Mtg.	16 9:30 VAN: Rowley 11:45 Byfield Parish Lunch 12:30 Strength Training	17 9:00 Yoga 11:00 Lunch 3:30-5:30 Walking Club	18 10:30 VAN: Peabody Essex Museum 11:00 Strength Training
22 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5:30 Walking Club	23 9:30 VAN: Newburyport 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	24 9:00 Yoga 11:00 Lunch 3:30-5:30 Walking Club	25 CLOSED: Thanksgiving
29 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5:30 Walking Club	30 9:30 VAN: Seabrook, NH 11:30 Birthday Lunch 12:30 Strength Training	Dec. 1 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30-5:30 Walking Club	Dec. 2 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training

Van Trips: Cost is \$2 roundtrip. Pick-up time for Tues. shopping trips and monthly Thurs. Salem NH Super Walmart trip, is 9:30 a.m. Pick-up time for all other Thurs. trips is 10:30 a.m. Call COA for reservations at (978) 352-5726.