



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... When my mother was born, her great-uncle gave my grandparents a lovely pressed-back oak wooden high chair for their new baby. It was the start of the Great Depression, but my mother's great-uncle wanted to celebrate the arrival of the baby who would carry his late wife's name. Both my mother and her sister used the high chair while they lived at two family farms and finally in the new home they found in Ottawa at the end of the Depression. A few years later, it was my turn, followed by my sister, to enjoy the high chair and its lovely tin tray – almost better than a toy drum! The high chair then found its way to my aunt and her children before it came back to my parents just in time for my children to take their turn! At some point, the high chair had been painted white – probably in an effort to help it remain clean with all those children. Before it would be used by his first prize grand-daughter, my father carefully stripped and restored the high chair back to its original glowing oak finish. As I plan for a Thanksgiving that will include much thanks for our precious little granddaughter, I think of how much delight my parents will somehow still feel when their first great-granddaughter takes her place at the dinner table in the venerable family high chair that has now seated four generations. One of us will be sure to tap out a hymn of thanksgiving on the tin tray!



Medicare Open Enrollment Ends on December 7th!

Every year, Medicare Part D & Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, & deductibles. It's important to review your options EVERY year to make sure you have the plan that works best for you. Some Medicare Part D & Medicare Advantage plans are leaving & some new ones are entering the state. If you are a member of a plan that is leaving, you need to make certain that you have a new plan for January 2013. **This year open enrollment ends Friday Dec. 7.** Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Georgetown COA at 978-352-5726 & ask for a SHINE appointment with SHINE Counselor Jerry Goldberg. You can also call 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.

Annual Flu Clinic Nov. 7

The COA will host a seasonal **Flu Clinic Wednesday Nov. 7, 9:30 - 11 a.m.** at the First Congregational Church. There is no pre-registration for the clinic. Priority is given to individuals 65 years & older & those with medical conditions that may put them at risk for complications of the flu. Other individuals over 19 years may come to the clinic at 10:30 a.m. A limited supply of flu vaccine is available. **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 & H1N1 Flu vaccine is provided by the Massachusetts Immunization Program. The Flu Clinic is sponsored by the COA & 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.

The COA and all activities will be closed for Veteran's Day on Mon. 11/12 & Thanksgiving on Thurs. 11/ 22.

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

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 2012



Shopping Date	Location	Recreation Date	Location
		Nov. 1 9:30	Super WalMart/Salem, NH
Nov. 6 9:30	NO VAN – Brown Bag Only	Nov. 8 10:30	Plaistow, NH
Nov. 13 9:30	Newburyport	Nov. 15 10:30	Haverhill
Nov. 20 9:30	Rowley	Nov. 22	NO VAN - Thanksgiving
Nov. 27 9:30	Seabrook, NH	Nov. 29 10:30	North Shore Mall/Peabody

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!

MEN'S BREAKFAST:

Thurs. Nov. 1, 9:30 a.m. at Trestle Way.

Terry Hart, Veteran's Agent, will be the speaker.

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.

SHINE OFFICE HOURS: Mon., Nov. 5, 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.

AUTUMN CRAFT CLASS: Scarecrow Centerpiece

Tues. Nov. 6, 10 a.m. First Congregational Church

Just in time for Thanksgiving! Come & join the fun! Be creative! **Class size is limited. RSVP as soon as possible.** If you plan to attend, please contact the COA at (978) 352-5726. **See page 6 for picture.**

VISITING NURSE: Due to the scheduled Nov. 7 Flu Shot Clinic, Public Health Nurse **Pam Lara** will be **NOT** be available to provide regular monthly health check-ups. 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.

COA Annual Holiday Party

Mon., December 10, 1:00 p.m.

Trestle Way Community Hall

Join us for a light meal & entertainment.

More details in the next newsletter.

RSVP to COA before Dec. 3rd



ANNUAL FLU CLINIC: Wed. Nov. 7, 9:30-11:00

See page 1 for details.

TRANSPORTATION ALTERNATIVES FORUM:

Tues. Nov. 13, 10 a.m. at the First Congregational Church. Representatives from the Merrimack Valley Regional Transit Authority will speak on the recently expanded **Ring & Ride** and **Medi-Ride** programs. **See pg. 3 for details.**

BYFIELD PARISH LUNCHEON: Tues., Nov. 20, 11:30 a.m.

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

BUDGETING 101: Tuesday, November 27, 10 a.m.

First Congregational Church **Presented by Bea Stankard, Money Management Program Manager at ESMV.** The program presents simple steps in preparing a budget and how to live within the budget. The program also includes some strategies for individuals who may be experiencing financial difficulties. Refreshments will be served. For further information, call the COA at 978-352-5726

NOVEMBER BIRTHDAY PARTY: Wed. Nov. 28, 11:30

Join us at the First Congregational Church 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 11/21/12 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.



Next Month:

Winter Centerpiece Craft: Tuesday, Dec. 4, 10 a.m.

First Congregational Church. **Just in time for the holidays!** Project details are still in the works. Call the COA to **sign up before 11/27/12. Class size is limited.**

SCAMS & FRAUD PROGRAM OFFERED: Tues. Dec. 11,

10 a.m. Amy Schram, Community Outreach Specialist at the Better Business Bureau will present **Scams and Fraud, Giving Safely to Charities** at the First Congregational Church.

GMHS Holiday Concert/Breakfast: Fri. Dec. 14

8:15 a.m. Breakfast, 9 a.m. Concert at GMHS.

Russ McQueen-Music Program: Tues. Dec. 18, 10 a.m.

First Congregational Church

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

**NO WALKING CLUB ON
WED., NOVEMBER 21**

\$ BUDGETING 101 \$

Presented by Bea Stankard
Money Management Program Manager at ESMV
Tuesday, November 27, 10 a.m.
First Congregational Church

Topics include:

- Simple steps in preparing a budget
- How to live within the budget
- Strategies for handling financial difficulties

Refreshments will be served.

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

Merrimack Valley Regional Transit Authority presents
TRANSPORTATION ALTERNATIVES
Tues. Nov. 13, 10 a.m.
First Congregational Church



Discussion will include recently expanded programs:

- **Ring & Ride:** a curb-to-curb shared van service that is available free to Georgetown residents and provides residents with transportation for any purpose such as medical appointments or shopping at destinations within the Merrimack Valley.
- **Medi-Ride:** provides one day per week of shared medical transportation for MVRTA Special Services customers to Lahey Clinic in Peabody and several Boston hospitals.

Refreshments will be served.

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



An annual favorite.
Kiwanis Dinner
Sat. Nov. 17, 2 p.m.
Penn Brook School

A delicious Thanksgiving Dinner with all the fixings, music and raffles!
For information or requests for home-delivered meals, call the COA before Nov. 10th.
(978) 352-5726

November Craft:
Scarecrow Centerpiece

Tues., Nov. 6
10 a.m.
First Cong. Church
Class size limited.
Details on page 2.



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

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

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

Office Hours:
Monday – Thurs. 8 am – 4 pm

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

Open:
Monday – Wed. 9 am – noon

PUBLIC NOTICE

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

NEXT BOARD MEETING:
Tuesday November 27, 2012

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:

Claire Maimone, Chair

Esther Palardy, Vice Chair

Chandler Noyes, Treasurer

Jean Perley, Secretary/Clerk

Jeannine Desjardins, Dianne Prescott,

Corona Magner, Cynthia Tardif,

Nancy Thompson

Town of Georgetown:

Michael Farrell, Town Administrator

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.

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 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>
5 High Sodium Meal Baked Ham/Raisin Sauce, Whip Pot, Mixed Veg, Sherbet, Wh Wh Bread	6 Chix Fillet/Mushroom Gravy, Red Bliss Whip Pot, California Blend Veg, Strawberry Cup, Oatmeal Bread	7 Soup: Italian Wedding Shepherd's Pie (Ground Beef, Whip Pot & Corn), Vanilla Pudding, Dark Rye Bread
12 Closed: Veteran's Day	13 Cranberry Juice, Rotisserie Chix, Rice Pilaf, Green Bean Almondine, Gelatin, Wh Wh Bread	14 Soup: Tomato Florentine American Chop Suey, Tuscany Blend Veg, Orange, Light Rye Bread
19 Thai Chix, White Rice, Peas/Carrots, Peaches, Wh Wh Roll	20 Byfield Parish Luncheon	21 Soup: Fish Chowder Grape Juice, Cheese Lasagna/Meat Sauce, Broccoli/Cauliflower, Orange, M' Grain Br
26 Baked Chix Breast/Gravy, Whip Pot, Scandinavian Blend Veg, Apricots, Multigrain Bread	27 Hamburger/Wh Wh Roll, Potato Wedges, Kernel Corn, Ice Cream	28 Soup: Chicken Rice Macaroni/Cheese, Green Beans & Stewed Tomatoes, Fig Bar, Wh Wh Bread

Turkey A La King (serves 4): 2 T Butter/3 Fresh Mushrooms, sliced/1T Flour/1c Chicken Broth/ ½ c Heavy Cream/1c Chopped Cooked Turkey/ 1/3c Frozen F\Peas, thawed/Salt & Pepper to taste. In a large skillet over med. Heat, cook butter until golden brown. Sauté mushrooms until tender. Stir in flour until smooth. Slowly whisk in chicken broth, and cook until slightly thickened. Stir in cream, turkey & peas. Reduce heat to low, & cook until thickened. Season with salt & pepper.

NOVEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 REMINDER: Daylight Savings ends at 2 a.m. on Sunday, November 4 Don't forget to turn back your clocks!			1 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
5 9:00 SHINE appts 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	6 9:30 No Van-Brown Bag 10:00 Scarecrow Craft 11:30 Lunch 12:30 Strength Training 12:30-1:30 Van to Polls Call Ahead Required	7 9:00 Yoga 9:30-11 Flu Shot Clinic 11:30 Lunch 3:30 Walking Club	8 10:30 VAN: Plaistow 10:45 Strength Training
12 CLOSED: Veterans' Day	13 9:30 VAN: Newburyport 10:00 MVRTA Program 12:30 Strength Training	14 9:00 Yoga 11:30 Lunch 3:30 Walking Club	15 10:30 VAN: Haverhill 10:45 Strength Training ----- Sat. 10/17 2 p.m. Kiwanis Dinner @ Penn Brook
19 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:00 COA Friends/Library 3:30 Walking Club	20 9:30 Van: Rowley 11:30 Byfield Parish Lunch 12:30 Strength Training	21 9:00 Yoga 11:30 Lunch NO Walking Club	22 CLOSED: Thanksgiving
26 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	27 9:30 Van: Seabrook, NH 10:00 Budgeting 101 11:30 Lunch 12:00 COA Board Mtg 12:30 Strength Training	28 9:00 Yoga 11:30 Birthday Lunch 3:30 Walking Club	29 10:30 VAN: No. Shore Mall 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.