



A FEW GRAY HAIRS



December 19th

A Newsletter of the Georgetown Council on Aging

Vol. 11/Iss. 6

December 2009

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Director's Notes... Each year, the selection of a Christmas tree is an important part of our family's holiday traditions. When the girls were young, we would load the car with children, dogs, snacks and all the tools needed to cut and load the Christmas tree onto our car. It was an annual trek that we all looked forward to each year. Now that the girls are older and no longer live at home, the outing is more of a challenge to plan. Last year, Christmas was less than two weeks away when we were finally able to plan a trip to the tree farm with just one daughter. Off we went to our favorite tree farm in Amesbury. As we drove to the tree farm, we saw that the northern area of the town was still affected by the recent ice storm. Tree limbs covered the roads and some wires were still down. Arriving at the tree farm, we found our young friends without electricity. They cheerfully told us that they were camped out in their living room, with their wood stove providing heat, and their outdoor barbeque a make-shift kitchen. The trees were encased in ice but we could still chose a tree for our home. We found a tree much taller than we needed. Wrestling the tree onto the car, ice dripped from the branches and the tip reached well over the hood. A very nice tree, our friends smiled. The ice storm had failed to dim their spirits and their mood lifted ours. And once it was home, chipped free from ice and carefully decorated by all three girls, it really was a very nice tree. May you and yours be lifted by the joy of this holiday season.

COA Thanks NEET Drivers

Providing 30 elders with more than 256 round trips to medical appointments last year, eight Georgetown COA volunteer drivers were recently thanked for their more than 200 hours of service to elders at the Northern Essex Elder Transport Annual Volunteer Driver Appreciation Luncheon. In its 30th year, the NEET program fills the transportation void that often exists for many elders in 14 local communities. Supplying a vital link in the ability to maintain independence and healthy wellbeing for elders, the time spent providing elders with rides to medical appointments makes a real and tangible difference in elders' lives. In a Client Survey completed earlier this year found, 91 percent of Georgetown respondents rated the program as excellent with one respondent giving the program an "A+ with stars." The strength of the program is due to the commitment of our volunteer drivers. With deep appreciation the COA thanks drivers Hermance Merritt, Kenneth Prees, Margaret Gnoza, Alice Girrior, Jeannine DesJardins, Esther Palardy, Michael Shea and Cynthia Tardif for their service and commitment to elders. For information on becoming a volunteer driver, please call the COA office at (978) 352-5726.

Medicare Open Enrollment Ends Dec. 31, 2009

With Medicare's annual open enrollment available through Dec. 31, individuals with Medicare have the opportunity to add, drop or change their health insurance, prescription drug coverage or to select a new health plan for 2010. The SHINE (Serving the Health Information Needs of Elders) program reminds people with Medicare to open and read all mail from Social Security, Medicare and your health insurance plans. Save information that you receive from Social Security, Medicare and your health insurance plan. SHINE Counselor Jerry Goldberg will hold office hours Monday Dec. 7, 9-11 a.m. at the COA Meal Site, located at the First Congregational Church on Andover Street. If you are unable to attend scheduled office hours, please call the COA office at (978) 352-5726 to make other arrangements.

Tax Work-off Applications Available Dec.

The Property Tax Incentive Program will be available to Georgetown residents 60 years and older again this year. The program will run January 1, 2010-October 31, 2010. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 62 hours of volunteer service to the town. **Application forms and guidelines are available in December at the Council on Aging.** For further information, please call the COA office at (978) 352-5726.

December Activities

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

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

DECEMBER VAN SCHEDULE 2009

Shopping Date	Location	Recreation Date	Location
Dec. 1 st	NO VAN – Brown Bag Only	Dec. 3 rd 9:30	Super WalMart/Salem, NH
Dec. 8 th 9:30	Rowley	Dec. 10 th 10:30	North Shore Mall
Dec. 15 th 9:30	Newburyport	Dec. 17 th 10:30	Seabrook, NH
Dec. 22 nd 9:30	Plaistow, NH	Dec. 24 th	NO VAN – Christmas Eve
Dec. 29 th 9:30	Seabrook, NH	Dec. 31 st	NO VAN – New Year's Eve

VISITING NURSE: Wed., Dec. 2, 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 Dec. 3, 9:30 a.m.** at **Trestle Way**. **Dr. Nadeem Afridi** from Clipper Cardio in Newburyport will be on hand to discuss **"Exercise, Weight Control and Diet."** To make reservations please call the COA at (978) 352-5726. Next breakfast: Jan. 7, 2010. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

ESMV CASE MANAGER: **ESMV Case Manager Jennifer Cook** will hold office hours at the Senior Center on **Mon. Dec. 7, 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., Dec. 7, 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.**

Monday, December 7 Christmas Centerpieces **RSVP before 12/2/09**
January 5, 2010 Glass Plate Fabric Design **RSVP before 12/29/09**

ELDER ABUSE PROGRAM: Presented by Elder Justice Network of the Greater North Shore on **Tues. Dec. 8, 10 a.m.** Learn definitions, warning signs and how to help. If you plan to attend, please contact the COA at (978) 352-5726.

DECEMBER BIRTHDAY PARTY: Join us on **Tues. Dec. 15 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 12/9/09 to assist with planning.**

HOLIDAY MUSIC PROGRAM: **Greg Curtis** will be with us **Tuesday Dec 15, 10 a.m.** See page 3 for details.

CHRISTMAS CABARET: Hang up the hustle and bustle of the holiday season. Take a deep breath and relax for just an hour. Join us on **Tuesday Dec. 22, 10 a.m.** for a **Musical Review** in the **Christmas Cabaret**. Chandler Noyes will tickle the ivories in a combination of holiday music and sing-along favorites & will accompany soloist Julie Pasquale. Light refreshments will be served. Make reservations and stay for lunch (\$2). If you plan to attend, please contact the COA at (978) 352-5726.

FOR AULD LANG SYNE: Join us for a look back at the memories of 2009 as we look forward to the New Year during a discussion group on **Tuesday Dec. 29, 10 a.m.** Bring photos, stories and/or a list of New Year's Resolutions! If planning to attend, please call the COA at (978) 352-5726.

COMPUTER CLASS START DEC. 2: See page 3 for details. To register for the class, please call the COA office at (978) 352-5726.



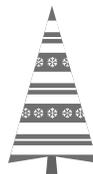
Health & Wellness Classes Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.			*WALKING CLUB* Monday & Wednesday 3:30 – 6 p.m. Penn Brook School Walkers are asked to sign in and out in the COA log book at the 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	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

Mark Your Calendars!

Fri. Dec. 4 **Holiday Concert/Breakfast**
8:15 Breakfast GMHS
9:00 Concert

Wed. Dec. 9 **Annual Holiday Party**
2-4 pm Trestle Way
RSVP by 12/2/09
Seats are limited. Sign up early.



Computer Class to start Dec. 2

A five-week schedule of **Basic Computer** classes will begin **Wednesday Dec. 2, 3:15 p.m.** at the **Penn Brook School**. Taught by Penn Brook Technology Teacher **Marianne Fravel**, the schedule will include word processing with one class planned to cover email. Word processing would cover copy, paste, insert and formatting text. Classes will be held on **Wednesdays Dec 2, Dec 16, Dec 23, Jan 6 and Jan 13, 3:15 p.m.** at the Penn Brook School. Plans are already in place for an additional class in the spring. To register for the class, please call the COA office at (978) 352-5726.

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Holiday Music

With
Greg Curtis

Tuesday Dec 15 at 10 a.m.
First Congregational Church

Join us as Greg serenades us with a repertoire of holiday music & American standards.

Light refreshments will be served.
If you plan to attend, please contact the 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.

Q: Do you know the definition of a vitamin?

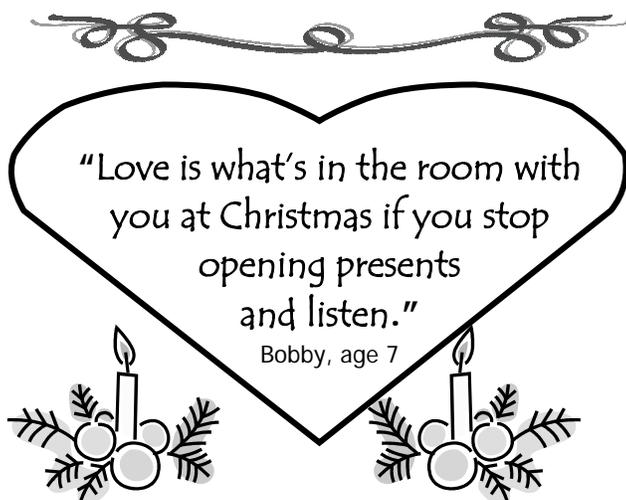
A: It's what you do when a friend comes to your door.

Here's wishing you a healthy dose of vitamins this holiday season!

Strategies for coping with The Stress of H1N1 Flu

With the news that H1N1 Flu has reached pandemic levels and is now considered to be a nationwide emergency, the worldwide H1N1 Flu outbreak has generated stress for many individuals. Although studies cited by the Massachusetts Department of Public Health (MDPH) report that most elders are not considered at risk for contracting and spreading the H1N1 Flu, media reports regarding the flu outbreak can cause some people to worry about their own health and the health of others. Fear, anxiety and concern for the future are all normal reactions that many people experience during periods of stress. Some people may also experience changes in sleep and appetite, forgetfulness, decreased interest in daily activities and increased irritability and impatience. Other people might also experience more severe stress reactions that are similar to symptoms of physical illness. It is important to discuss symptoms of severe stress or unusual symptoms with your health care provider. To reduce symptoms of stress, the MDPH suggests the following strategies:

- Breathe slowly and deeply.
- Try not to think or talk about fears for the future. Stay in the present.
- Focus on simple and routine tasks.
- Continue daily routines.
- Keep busy.
- If you feel frightened or overwhelmed, talk with someone about your feelings.
- Stay connected with friends and family. Drop by the COA for a cup of coffee and a chat!
- Try to avoid upsetting images. Listen to the TV or radio for health and safety information but turn off the radio or TV if they continue to play frightening images or stories.
- Get the facts about the H1N1 Flu. Visit the MDPH website at mass.gov/flu or call the COA at (978) 352-5726 for further information.



Beware of Medicare Rx Scams

Medicare prescription drug plans are offered by private companies and organizations, and must meet specific federal standards and be approved by the **Centers for Medicare & Medicaid Services**. It is extremely important for consumers to be familiar with the standards and expectations for these plans, to avoid being scammed. The Centers for Medicare and Medicaid Services caution consumers to be aware of the following:

- **Offers of prizes or money in return for joining a prescription drug plan.** Companies and organizations can offer modest prizes or benefits to promote their Medicare prescription drug plans, but it is illegal to require anyone to join a drug plan in order to get a prize or gift. Plans may never offer cash incentives for promotions.
- **Threats of losing other Medicare benefits.** The Medicare prescription drug benefit is voluntary and is intended to supplement your other Medicare benefits. There is no requirement to join.
- **Calls from the Social Security Administration seeking personal information.** The Social Security Administration (SSA) will **NEVER** call seeking information regarding your bank account, credit card, or insurance policies. The SSA will only call seeking your Social Security Number if you applied for low-income assistance and the number on your application is incorrect.
- **Materials that appear to be from the government.** Scammers may create documents and/or sales materials that appear to be from a government agency. These prescription drug plans are offered by private companies, not government agencies, so consumers should be wary of promotional materials.
- **Guard your personal information.** Legitimate plans may only ask for your Social Security Number when you are actually enrolling in their plan. You may be required to provide banking information if you seek to arrange automatic payments for your coverage.
- **Recognize Medicare prescription drug plans.** Plans not approved by the Centers for Medicare & Medicaid Services cannot market themselves as Medicare prescription drug plans. Materials from approved plans will have a seal with the words "Medicare Rx" and "Prescription Drug Coverage." To check if a plan is approved, contact the Centers for Medicare & Medicaid Services.
- **Know the laws governing Medicare prescription drug plan marketing.** Companies or organizations offering these plans cannot come to your door uninvited or send you unsolicited emails. They may call to promote their plans, but it is illegal for them to enroll you during this phone call. They must obey telemarketing laws (MGL c. 159C; 201 CMR 12.00).

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 December 22, 2009

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.

December 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>
11/30 Breaded Pork Chop/Gravy, Whip Sw Pot, Cauliflower/Red Pepper, Mixed Fruit, Oatmeal Bread	12/1 LS Hot Dog/Roll, Baked Beans, Corn, Cole Slaw, Fruit Smoothie	12/2 Lasagna, Winter Blend Veggies, Strawberry Cup, Bread Stick
7 Meatloaf/Gravy, Whip Red Pot, Carrots, Turnips, Peach Cup, Multigrain Bread	8 Fruit Punch Beef & Veal Sausage/ Peppers & Onions, Green/Gold Veggies, Fresh Orange, Sub Roll	9 Baked Chix ¼, Scallop Potato, Carrot Coins, Pudding Cup, Wh Wh Bread
14 Baked Ham/Pineapple, Rice Pilaf, Country Blend Veggies, Strawberry Cup, Wh Wh Dinner Roll	15 Rosemary Chix, Loaded Whip Pot, California Veggies, Fruit Smoothie, Oatmeal Bread	16 Apple Juice, American Chip Suey, Mixed Veggies, Peach Cup, Garlic Bread
21 Florentine Chix, Whip Pot, Tuscany Blend Veggies, Mandarin Oranges, LF Muffin	22 Hot Pocket, Corn, Cole Slaw, Fresh Apple, Light Rye Bread	23 Grape Juice, Chicken Patty/Roll, Green & Gold Beans, Cinnamon Applesauce
28 Salisbury Steak/Onion Gravy, Garlic Whip Pot, Mixed Veggies, Ice Cream Cup, Multigrain Bread	29 Pier 17 Fish, White Rice, Peas & Mushrooms, Fresh Orange, Oatmeal Brd	30 Lemon Chix Brst, Roast Red Pot, Winter Blend Veggies, Strawberry Cup, Wh Wh Brd

DECEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11/30 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	1 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training	2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:15 Computer Class 3:30-6 Walking/Penn Brook	3 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 11:00 Strength Training <div style="border: 1px solid black; padding: 2px; display: inline-block;">12/4 GMHS Concert →→</div>
7 9:00 SHINE 9:30 Dolls 9:30 Xmas Centerpiece Craft 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	8 9:30 VAN: Rowley 10:00 Elder Abuse Program 11:30 Lunch 12:30 Strength Training	9 9:00 Yoga 11:30 Lunch 3:30-6 Walking/Penn Brook <hr style="border: 1px dashed gray;"/> 2-4 pm Christmas Party Reservations Required	10 10:30 VAN: North Shore Mall 11:00 Strength Training
14 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	15 9:30 VAN: Newburyport 10:00 Greg Curtis Program 11:30 Birthday Lunch 12:30 Strength Training	16 9:00 Yoga 11:30 Lunch 3:15 Computer Class 3:30-6 Walking/Penn Brook	17 10:30 VAN: Seabrook, NH NO STRENGTH TRAINING
21 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	22 9:30 VAN: Plaistow, NH 10:00 Christmas Cabaret 12:00 COA Board Meeting 12:30 Strength Training	23 9:00 Yoga 11:30 Lunch 3:15 Computer Class 3:30-6 Walking/Penn Brook	24 NO VAN-Christmas Eve NO STRENGTH TRAINING
28 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo NO Walking Club/Vacation	29 VAN: Seabrook, NH 10:00 Holiday Discussion 11:30 Lunch 12:30 Strength Training	30 9:00 Yoga 11:30 Lunch NO Walking Club/Vacation	31 NO VAN-New Year's Eve NO 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.