



A FEW GRAY HAIRS

National
Candy Cane
Day 12-26 

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

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Website: www.georgetownma.gov

Director's Notes... When we were first married, my husband and I established the tradition of cutting a fresh tree each year for our Christmas holidays. As a Canadian, I grew up with a 6-foot Scotch pine tree as our family Christmas tree. The perfectly groomed trees always came pre-cut from downtown tree lots. In contrast, my husband grew up in New York where Christmas trees were always artificial and rarely green! The annual search for a Christmas tree has become legendary and a source of great fun for our family. Years ago, the search for the perfect tree led us right to the spirit of the season. Following an attempt to dig-up an 8-foot tree for our new home, we packed our two babies, dog, saws and bungee cords into our station wagon and drove to a tree farm in Rowley that featured cathedral pines. After cutting and wrangling a 10-foot tree onto our car, we drove home to Merrimac through the back roads of Georgetown. Suddenly, sirens filled the air. As we pulled the tree-laden car over to the side of the road, a fire truck led by two police cruisers appeared and on the fire truck was Santa! Our dog howled, the baby cried and our three-year old shouted with glee. Declaring our tree to be the best tree he ever saw, Santa left us with coloring books and candy canes. "Wouldn't have happened with a 6-foot tree," my husband smiled as we headed home. May the spirit of the holidays find you wherever you may be this holiday season!



NEET Program Volunteers Honored

Providing 29 elders with more than 268 round trips to medical appointments last year, **nine Georgetown COA volunteer drivers were recently thanked for their 260 hours of service to elders at the Northern Essex Elder Transport Annual Volunteer Driver Appreciation Luncheon.** Celebrating its 30th year, the NEET program fills the transportation void that often exists for elders living in 14 local communities. Providing a vital link in the ability to maintain elder independence and healthy wellbeing, volunteering with the NEET program makes a real and tangible difference in elders' lives. A recent Client Survey found that 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, Cynthia Tardif and Betty Parker** 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

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 2011. 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. 6, 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.

*"Celebrate the happiness that friends are always giving.
Make every day a holiday and celebrate just living."
~Amanda Bradley*

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 2010

Shopping Date	Location	Recreation Date	Location
		Dec. 2 nd 9:30	Super WalMart/Salem, NH
Dec. 7 th	NO VAN – Brown Bag Only	Dec. 9 th 10:30	North Shore Mall/Peabody, MA
Dec. 14 th 9:30	Newburyport	Dec. 16 th 10:30	Holy Grail & Shopping/Epping, NH
Dec. 21 st 9:30	Plaistow, NH	Dec. 23 rd 10:30	Seabrook, NH
Dec. 28 th 9:30	Rowley	Dec. 30 th 10:30	Park Lunch/Newburyport, MA

VISITING NURSE: Wed., Dec. 1, 10:00 – 11:00 a.m. Public Health Nurse **Jan Giles** 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 12:00-2:00 p.m.

MEN'S BREAKFAST: 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**" at the **Men's Breakfast** scheduled **Thursday Dec. 2, 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.

ESMV CASE MANAGER: **ESMV Case Manager Jennifer Cook** will hold office hours at the Senior Center on **Mon. Dec. 6, 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. 6, 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.

TAP DANCERS TO PERFORM: **Jo Bridges Tap Dancers** will perform a holiday program **Tuesday Dec. 7, 10 a.m.** at the First Congregational Church. Refreshments will be served. For information, please 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 Council, a state agency. See page 3 for details.

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.**
December 7 @ 1 PM Floral Centerpieces (NOTE TIME CHANGE) RSVP ASAP
No Classes Scheduled for January & February 2011

PREVENTATIVE MEDICINE PROGRAM: Come learn important health information when **Dr. Linda Hindle** of Georgetown Family Medicine in Boxford presents a program on **diabetes, cholesterol and blood pressure management Wednesday Dec. 8, 10 a.m.** at the First Congregational Church. Refreshments will be served. For further information, please call the COA at (978) 352-5726. See page 3 for details.



NO BINGO ON DECEMBER 13: Due to the COA Holiday Party, there will be no Bingo played on December 13. Join us at Trestle Way for a light meal, music and festivities. RSVP is required before Dec. 6. Seats are limited.

DECEMBER BIRTHDAY PARTY: Join us on **Tuesday Dec. 21 at 11 a.m.** to send best wishes to our friends who were born in December. As a special treat, students from Whittier Regional Vocational Technical High School Performing Arts classes will provide holiday music. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 12/14/10 to assist with planning.**

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 : **LOOKING FOR A FUN WAY TO START YOUR DAY?** Drop in for a visit. Enjoy a cup of coffee, a snack, or even a friendly :
 : game of Cribbage, Rummy, 45s, etc. Join us at the **Senior Center** (First Congregational Church) on **Monday -** :
 : **Wednesday mornings from 9:00 to 11:30 a.m.** for fun and fellowship. Make a day of it and stay for lunch. (Lunch :
 : requires 3 days notice and costs \$2.00. Call the COA 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* Mondays & Wednesdays 3:30-5:30 p.m. at Penn Brook School
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

Walking Helps Maintain Physical and Mental Health



For years, we have known that walking is a wonderful exercise for maintaining physical health but recent studies show that walking is also a good exercise for brain health. Although it seems like a simple exercise (putting one foot in front of the other!), the brain works hard to integrate information from many sources while an individual is walking. Providing evidence that patterns of connectivity in the brain improve with aerobic exercise, participants in the study saw improvements in memory, attention as well as other cognitive processes. Now that the seasons have changed, walking indoors can be a good alternative to outdoor exercise. So lace up those walking shoes and come join us for free indoor walking **at the Penn Brook School on Mondays and Wednesdays, 3:30-5:30 p.m.** Bring a friend and see how quickly the time, and miles, will pass!



Jo Bridges Tap Dancers

Holiday Program

Tuesday Dec. 7, 10 a.m.

First Congregational Church

Join us for a unique holiday treat. See your favorite music come to life through the lively tapping of tickling toes!

Refreshments will be served.

For information, please call the Georgetown COA (978) 352-5726.

PREVENTATIVE MEDICINE PROGRAM

Join us as we welcome

Dr. Linda Hindle

Georgetown Family Medicine in Boxford

Wednesday Dec. 8, 10 a.m.

First Congregational Church

Important topics to be covered include:

- ★ Diabetes
- ★ Cholesterol
- ★ Blood Pressure Management

Refreshments will be served.

For information, please call the COA (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 Council, a state agency.

APPLICATIONS AVAILABLE

1. Tax Incentive Program

The Property Tax Incentive Program will be available to Georgetown residents 60 years and older again this year. The program will run January 1, 2011-October 31, 2011. 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.** Applications must be returned to the COA office by Thursday Dec. 30, 2010. For further information, please call the COA office at (978) 352-5726.

2. Rebuilding Together Home Repair

Rebuilding Together is accepting applications for home repair assistance for the next Annual Rebuilding Together Day, scheduled Sat. April 30, 2011. **The deadline for applications is Friday Dec. 31, 2010.** Serving the greater Haverhill area, the non-profit organization focuses on repairs and modifications regarding safety, accessibility and weatherization. Applicants must meet Federal low-income guidelines. Maximum income for a household of two is \$51,200. For applications and further information, please call Program Manager Joan Parah at (978)469-0800.

COA Annual Holiday 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 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.

Heating Assistance Programs Available

With the heating season underway, there are a number of programs available. With funding provided by a combination of federal, state, city, utility and private grants, Community Action has mailed heating assistance program application packets to all households that were eligible for the program last year. Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971. Community Action intake information is also available at the Council on Aging office, (978) 352-5726. Additional heating assistance information is available by calling the **Massachusetts Department of Housing and Community Development Energy Assistance Programs**, 1-(800)-632-8175. Individuals and households who may not be eligible for fuel assistance, may be eligible for help from the **Salvation Army's Good Neighbor Energy Fund**, which offers eligible consumers one-time grants to assist with electric, gas and oil bills. For more information about eligibility criteria and where to apply, please call 1 (800) 334-3047. Community Action can also provide consumers with weatherization assistance funded through the **Low-Income Weatherization Assistance Program (WAP)**. The WAP program assists low-income households in reducing heating bills by providing comprehensive home energy conservation or weatherization services.

To save energy during the year, the Massachusetts Energy & Environmental Affairs offers the following tips:

- Turn off lights, appliances, TVs, stereos, and computers when not in use.
- Wash clothes in cold water.
- Clean dryer filter and clean and straighten exhaust hose/duct, vent outside.
- Always buy ENERGY STAR appliances; these are designed to be more energy efficient.
- Take more showers than baths; bathing uses on average 15-25 gallons of hot water while a five minute shower uses less than 10 gallons.
- Run your appliances on the energy saving setting.

Special Thanks

A True Time of Thanksgiving

On November 20, Georgetown seniors were treated to a veritable feast: Turkey with all of the fixin's! The Georgetown Kiwanis generously provided a traditional Thanksgiving dinner including pie and entertainment. The COA would like to thank the Kiwanis for all of their hard work, time and effort.



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. **S**erving **H**ealth **I**nformation **N**eeds of **E**lders 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

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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 December 28, 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.

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>
		1 French Onion Soup Meatballs/Tomato Sauce/Sub Roll, Haystack Pot, Corn, Sherbet Cup
6 Meatloaf/Gravy, Red Bliss Whip Pot, Carrots/Turnips, Peaches, Multigrain Brd	7 Veal Parmesan, Ziti/Marinara, Green & Gold Beans, Fresh Orange, Bread Stick	8 Vegetable Beef Soup Baked Chix, Whip Pot, Carrots, Butterscotch Pudding, Wh Wh Bread
13 LS Baked Ham/Raisin Sauce, Whip Sweet Pot, Country Blend Veg, Pineapple, Wh Wh Dinner Roll	14 Chix Breast Fillet/Tarragon Cream Sauce, Loaded Whip Pot, California Blend Veg, Applesauce, Oatmeal Bread	15 Fish Chowder LS Hot Dog/Roll, Corn, Fruited Gelatin, Graham Crackers
20 Chix Florentine, Whip Pot, Tuscany Blend Veg, Peaches, Lt. Rye Bread	21 Salisbury Steak, Garlic Whip Pot, Mixed Veg, Apricots, Multigrain Bread	22 Corn Chowder Apple Juice, American Chop Suey, Mixed Veg, Apple, Garlic Bread
27 Baked Salmon/Dill Sauce, White Rice, Peas/Mushrooms, Apricots, Oatmeal Bread	28 Lemon Pepper Chix, Roast Red Pot, Broccoli/Cauliflower, Peaches, Wh Wh Bread	29 Chicken Gumbo Roast Pork/Apple Slices, Whip Pot/Chives, Peas/Carrots, Orange, Wh Wh Roll

Easy Holiday Candy Treats



P r e t z e l T u r t l e s



Serves: 20

Ingredients: 20 sm. Mini pretzels 20 Rolos candy 20 pecan halves

Directions: (1) Preheat oven to 300° F (2) Arrange pretzels in single layer on parchment lined cookie sheet. Place one caramel on each pretzel. (3) Bake 4 mins. While candy is warm, press a pecan half onto each covered pretzel. Cool.

DECEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	2 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
6 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	7 No Van-Brown Bag 10:00 Tap Dancing Program 11:30 Lunch 12:30 Strength Training 1:00 Garden Club Craft Note Time Change	8 9:00 Yoga 10:00 Preventative Health Dr. Hindle 11:30 Lunch 3:30 Walking Club	9 10:30 VAN: North Shore Mall 11:00 Strength Training
13 9:30 Dolls 10:30 Yoga 11:30 Lunch NO BINGO TODAY 1:00 Holiday Party (Res. Req.) 3:30 Walking Club	14 9:30 VAN: Newburyport 11:30 Lunch 12:30 Strength Training	15 9:00 Yoga 11:30 Lunch 3:30 Walking Club	16 9:30 VAN: Epping, NH 11:00 Strength Training
20 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	21 9:30 VAN: Plaistow, NH 11:00 Birthday lunch with Holiday Music (Note time) 12:30 Strength Training	22 8:15 GMHS Breakfast 9:00 GMHS Holiday Concert 9:00 Yoga 3:30 Walking Club	23 10:30 VAN: Seabrook, NH 11:00 Strength Training
27 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	28 9:30 VAN: Rowley 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	29 9:00 Yoga 3:30 Walking Club	30 10:30 VAN: Park Lunch/ Newburyport 11:00 Strength Training

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