



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... More than 30 years ago, we moved into our home just before Christmas. We had spent three months living with my parents rambling Victorian. During that time, our middle four of us, plus our dog, were all housed in was more excited when moving day finally the move, my husband came down with the flu. gave herself a nasty egg on the head. We lost the night. Somehow, we all survived and moved home three days before Christmas. I found were taped to the Italian marble mantle in our somehow brought home and found its way porch. Although it was quickly decorated, our new house and spilled out into the street. little chilly as we gathered our babies presents. Imagine our surprise when we insulation around the bay window. Our metal tree stand. It was a solid ice cube! But the holiday spirits. We were in our new home with our house waited at my parents' place! May the spirit joyful season!



while we renovated the essential rooms in our daughter was born at Thanksgiving. The my childhood bedroom. I don't know who arrived – my parents or us! The week of Our toddler daughter fell off the bed and baby's diaper pins in the middle of the van loads of boxes and furniture to our new baking sheets & made cookies. Stockings bedroom. A Christmas tree was into the window overlooking the glow of Christmas lights warmed Christmas morning it was more than a under the Christmas tree to unwrap realized that there was no Christmas tree was frozen solid in its frozen tree-cicle did little to dampen our little family – and a hot meal and warm of the holidays warm all of you during this



Medicare Open Enrollment Ends Dec. 7

With Medicare Open Enrollment only available until December 7, there is limited time to enroll or to change your Medicare coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. 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).



Thank you to the Kiwanis

As a true example of community giving, the Georgetown Kiwanis treated Georgetown elders to a fabulous Thanksgiving dinner on November 17. Featuring wonderfully decorated tables courtesy of the Georgetown Country Gardeners and a menu that began with hors d'oeuvres and ended with a wide variety of pies, members of the Kiwanis were up at the crack of dawn to cook and serve a turkey dinner that included all of the traditional fixin's! Along with plenty of good food, the afternoon was filled with fun and good company. The Georgetown COA would like to thank the Kiwanis for all of their hard work and their commitment to community service.

The COA and all activities will be closed for Christmas on Tuesday, December 25 & for New Years on Tuesday, January 1

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 2012



Shopping Date	Location	Recreation Date	Location
Dec. 4 9:30	NO VAN – Brown Bag Only	Dec. 6 9:30	Super WalMart/Salem, NH
Dec. 11 9:30	Newburyport	Dec. 13 10:30	No. Shore Mall/Peabody, MA
Dec. 18 9:30	Rowley	Dec. 20 10:30	Plaistow, NH
Dec. 25 9:30	NO VAN - Christmas	Dec. 27 10:30	Seabrook, 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., Dec. 3, 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.

ESMV CARE MANAGER: Mon., Dec. 3, 10:00 – 11 a.m.

Join us in welcoming **ESMV Care Manager Sarah Murdock** as Georgetown COA's ESMV Liaison. Sarah is available to discuss programs and services that are available through Elder Services of the Merrimack Valley Inc. (ESMV). **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** To schedule an appointment, please call (978) 352-5726.

WINTER CRAFT CLASS: Winter Table Decoration

Tues. Dec. 4, 10 a.m. First Congregational Church
Just in time for the holidays! 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.

VISITING NURSE: Wed., Dec. 5, 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.

MEN'S BREAKFAST:

Thurs. December 6, 9:30 a.m. at Trestle Way.

Local historian Rev. Bill Boylan.

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.

COA ANNUAL HOLIDAY PARTY: Mon. Dec. 10, 1:00
See page 3 for details.

BUYER BEWARE! Tuesday Dec. 11, 10 a.m.

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

DECEMBER BIRTHDAY PARTY: Wed. Dec. 12, 11:30

Join us at the First Congregational Church to send best wishes to our friends who were born in December. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 12/5/12 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

RUSS MCQUEEN TO PERFORM: Tues. Dec. 18, 10 a.m.

First Congregational Church. This program is supported in part by a grant from the Georgetown Cultural Council. **See details on page 3.**

NEW YEAR'S TOAST: Mon. Dec. 31, 11:30 a.m.

Join us for brunch and a "champagne" toast as we welcome the New Year. Brunch reservations must be made by Wed. Dec. 26 at 10 a.m.

The following activities have been cancelled due to holiday scheduling on the following dates:

Bingo -- Mondays, Dec. 10, 24 & 31

Dolls -- Mondays, Dec. 24 & 31

Yoga – Mondays, Dec. 24 & 31

Lunch – Monday, Dec. 24 (only)



Dot Cooper & Jackie Painter enjoy the Fall Craft Class. Seats are still available for the Winter Craft on Tues. Dec. 4 at 10 a.m.

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
Dec. 24, 26 & 31**

COA Annual Holiday Party
Mon., December 10, 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.
Centerpieces generously provided by the Georgetown Country Gardeners.



RSVP to COA before Dec. 3rd



Georgetown COA & Georgetown Cultural Council Presents

Russ McQueen
Tues. December 18, 10:00 a.m.
First Congregational Church



A true professional with years of experience & no lack of excitement! His vocal ability allows him to sing a variety of music:

- Classic Oldies, Swing, Pop, Country
- Crazy Party Songs & Holiday Favorites

Light refreshments will be served.

For more information or to let us know that you plan to attend, contact 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.

GMHS Annual Holiday Concert/Breakfast
Fri. December 14
Breakfast @ 8:15 a.m., Concert @ 9 a.m.
Held at Georgetown Middle/High School



Listen to the sounds of the season
Presented by the GHS Concert Band,
Chorale & GHS Chorus.

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

RSVP to COA before Dec. 6th.

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



JUST IN TIME FOR THE HOLIDAYS!

Scams, Fraud & Giving Safely to Charities
Presented by Amy Schram,
Community Outreach Specialist
Better Business Bureau
Tuesday Dec. 11, 10 a.m.
First Congregational Church





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, 2013-October 31, 2013. 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 now available at the Council on Aging. Applications must be returned to the COA office by Thursday Dec. 27, 2012.** For further information, please call the COA office at (978) 352-5726.

ATTENTION SNOWBIRDS!

With colder weather settling in around us and plans for winter travel already in place, please add us to your travel “to-do” list. There are quite a few Georgetown residents who escape to warmer climes for part or all of the winter months. At the COA, we could use your help. When newsletters are returned because someone is “temporarily away”, we are charged return postage. You can help us by notifying the COA of the dates you plan to be away. We will temporarily remove you from the mailing list and put you back on the mailing list when **you notify us** of your return. While you are away, you can find the newsletter on the Town’s website at www.georgetownma.gov. Thank you for your help and cooperation. Have a safe, healthy and enjoyable “flight”.

Drivers Needed

For Elder Medical Transportation

The Georgetown Council on Aging (COA) is seeking additional volunteer drivers to provide medical transportation to local elders. Through Northern Essex Elder Transport, Inc. (N.E.E.T.), the COA provides local elders with rides to medical appointments. Staffed by volunteer drivers, a donation of 43 cents per mile is suggested to help support the program and defray the increased cost of gasoline for volunteer drivers. However, donations are only suggested and no one will be denied a ride if unable to give a donation. A vital link in maintaining independence and healthy wellbeing for elders, the N.E.E.T. program fills the transportation void that often exists in rural communities. The program is a real and tangible way of making a difference in other people’s lives. During a recent survey, one local client rated the program as an “A+ with stars”. For information on becoming a volunteer driver, please call the COA office at (978) 352-5726.

Rebuilding Together Day

Applications due December 31

Rebuilding Together is 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 & occupy your home for at least 4 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, & Plaistow, NH)
- Meet Federal HUD low-income guidelines
- Elderly, disabled, or a family with young children

Priority is given to homes that need safety and accessibility modifications. For an application please call: **978-469-0800** or email **RTtogether@verizon.net**.

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.

Community Events

FRIENDS OF THE COA: There will be **NO MEETING** in December. Please join them in January, 2013.

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



We Need Your Help!



The COA is in need of **several clean, gently-used wheelchairs & rollators** for our medical equipment loan program. If you or someone you know has a chair or rollator to donate, please call us at (978) 352-5726.

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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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

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

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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 December 18, 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.

December 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>
3 Rotisserie Chix, Whip Pot, Peas & Carrots	4 Swedish Meatballs, Whip Pot, Mixed Veg	5 Soup: Cream of Spinach LS Hot Dog, Baked Beans, Coleslaw
10 Lemon Pepper Chix, Whip Chive Pot, Peas & Carrots	11 Krunch Lite Fish, Pot Wedges, Mixed Veggies	12 Soup: Tomato Tortellini Hamburger/Roll, Green Beans, LS Chips
17 Grape Juice, Tangerine Chix, Dirty Rice, Oriental Veg	18 Stuffed Shells/Marinara Sauce, Mixed Veggies	19 Soup: Clam Chowder Chix Breast Fillet, California Blend Veg
24 No Lunch Served Today	25 CLOSED: Christmas	26 Soup: Beef Rice Grape Juice, New Orleans Chix, White Rice, Peas & Carrots
31 Orange Juice, Cheese Omelet, Sausage Links, Cheerios, Fruit Yogurt	Jan. 1, 2013 CLOSED: Happy New Year	1/2/13 Soup: TBA Shepherd's Pie (Ground Beef, Whip Pot, Corn)



DECEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 9:00 SHINE appts. 9:30 Dolls 10:00 ESMV appts. 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	4 9:30 No Van-Brown Bag 10:00 Winter Craft 11:30 Lunch 12:30 Strength Training	5 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	6 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
10 9:30 Dolls 10:30 Yoga 11:30 Lunch NO BINGO TODAY 1:00 Annual COA Party 3:30 Walking Club	11 9:30 VAN: Newburyport 10:00 Scams/Fraud/Charities 11:30 Lunch 12:30 Strength Training	12 9:00 Yoga 11:30 Birthday Lunch 3:30 Walking Club	13 10:30 VAN: No. Shore Mall 10:45 Strength Training ----- Fri. 12/14 GMHS Breakfast/Concert 8:15/9:00 @ GMHS
17 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	18 9:30 Van: Rowley 10:00 Russ McQueen 11:30 Lunch 12:00 COA Board Mtg 12:30 Strength Training	19 9:00 Yoga 11:30 Lunch 3:30 Walking Club	20 10:30 VAN: Plaistow, NH 10:45 Strength Training
24 NO ACTIVITIES & NO LUNCH TODAY Due to the holiday	25 CLOSED: Christmas	26 9:00 Yoga 11:30 Lunch NO Walking Club	27 10:30 VAN: Seabrook, NH 10:45 Strength Training
31 11:30 Lunch There will be NO Activities today due to the holiday.	Jan. 1, 2013 CLOSED: Happy New Year!	1/2/13 9:00 Yoga 10:00 Visiting Nurse 3:30 Walking Club	1/3/13 9:30 Men's Breakfast 9:30 No Van-Brown Bag 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.