



A FEW GRAY HAIRS

March 26 is
"Make Up
Your Own
Holiday Day"

A Newsletter of the Georgetown Council on Aging

Vol. 14/Iss. 9

March 2013

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Director's Notes... Along with signaling the end of winter and the arrival of spring, the warmer days and cool nights of late February and early March also mean the arrival of the maple syrup or sugar-making season! I have been fascinated with sugar-making since I was a child. A dairy farmer in central Ontario, my great-grandfather began a sugar-making business that my family continued well into my adult-hood. As a child, I can remember tramping into the sugar bush with my father to ultimately be boiled down into the very best farm work, my uncle kept a team of work bush. Sleigh bells jingled as they pulled center of the sled as he made daily rounds, even larger kettle filled with sap bubbled shack, as bucket after bucket of sap was maple scent filled the woods surrounding of the little girl who was allowed to sample down of the syrup! It is a far smaller operation, sugar maples in our backyard maple sugar bush. Since it takes about 40 gallons of sap to make one gallon of maple syrup, ours is not a very profitable business. But it is still the family business and when our little granddaughter can join us for her share of maple tea, I know that my great-grandfather and uncle will be smiling to see a fifth generation of sugar-makers at work!



watch my uncle gathering the sap that would maple syrup. Although he used tractors for horses to pull a wooden sled through the sugar the sled carrying a huge vat that filled the emptying hundreds of sap buckets. An on a continuously burning fire in the sugar added to the mix. The most wonderful the sugar shack. You can imagine the delight the maple tea that preceded the final boiling but it will soon be time to tap the four or five



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. Community Action can also provide consumers with weatherization assistance funded through the **Low-Income Weatherization Assistance Program (WAP) and the Heating Emergency Assistance Retrofit Task Weatherization Assistance Program (HEARTWRAP)**. The **WAP Program** assists low-income households in reducing heating bills by providing comprehensive home energy conservation or weatherization services. The application for the Weatherization Program is the same as the application for Fuel Assistance. For further information, call Action, Inc. at 1-800-696-9276. The **HEARTWRAP Program** operates year-round and provides heating system repair and replacement services to low-income households. Additional heating assistance information is available by calling the **Massachusetts Department of Housing and Community Development's Heat Line**, 1-800-632-8175. Recognizing the need for local fuel assistance, **the Trustees of the Perley Free School** still have a limited fuel assistance program available to local residents who are experiencing financial hardships this year. The new program is funded by an endowment that was established in 1860 by John Perley. Individuals, who may need assistance with their heating costs, can call the COA at 978-352-5726 for information and referral. Individuals and households who may not be eligible for fuel assistance through Community Action, 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. The **Citizens Energy Oil Heat Program** also opened their 2012-2013 season in January. To receive an application, call 1-877-563-4645 Monday-Friday, 9 a.m.-5 p.m.



**There will be no lunches or activities at the First Congregational Church
Monday March 25-Wednesday, March 27 due to Easter preparations at church.**

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

March Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



MARCH VAN SCHEDULE 2013

Shopping Date	Location	Recreation Date	Location
Mar. 5 9:30	NO VAN – Brown Bag Only	Mar. 7 9:30	Super WalMart, Salem, NH
Mar. 12 9:30	Rowley	Mar. 14 10:30	North Shore Mall/Peabody, MA
Mar. 19 9:30	Newburyport	Mar. 21 10:30	Seabrook., NH
Mar. 26 9:30	Plaistow, NH	Mar. 28 10:30	Haverhill

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!

CHANGE IN SHINE OFFICE HOURS: There will be **NO SHINE** office hours in **March or April**. Call the office for assistance or further information. (978) 352-5726.

ESMV CARE MANAGER: **Mon., March 4, 10:00 – 11 a.m.** **ESMV Care Manager Sarah Murdock** is available to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV). **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** To schedule an appointment, call (978) 352-5726.

VISITING NURSE: **Wed., March 6, 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. March 7, 9:30 a.m. at Trestle Way.

Discussing State of the Town, **Selectmen Chairman David Surface** will be the guest speaker. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. For reservations, please call (978) 352-5726. **Thursday April 4: Amy Shram**, Community Outreach Specialist at the Better Business Bureau will present **Scams and Fraud**.

SUSAN TESTAVERDE OFFICE HOURS:

Thurs. March 14, 1-4 p.m. at Town Hall. **Senator Bruce Tarr's** Chief of Staff will be available to anyone with questions, comments or needing assistance. The public is welcome. For further info, call the COA at 978-352-5726.

NEW QUILTING CLASS AT TRESTLE WAY

Fridays March 8 & 15, 9:30-noon. All welcome. See **page 6** for details. For info., call **GHA at 978-352-6331**.

ESSENTIAL SKILLS FOR CAREGIVERS SERIES

Tuesdays March 5 & 12, 10 a.m. at First Congregational Church. See **page 3** for details.

The Future of Medicare & Social Security

Presented by AARP Representatives

Wednesday March 13, 10 a.m.

First Congregational Church.

Discussion topics will include:

- Programs for current retirees, veterans, & future generations
- Legislative issues at the state and federal level

For further information, call **978-352-5726**.



ST. PAT'S/MARCH BIRTHDAY PARTY:

Tues. March 13, 11:00

First Congregational Church

Is it luck or blarney? Who knows!

Be an honorary Irishman for a day if you must, but join us as we send best wishes to our friends who were born in March.

Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 3/6/13 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE COA Meeting:

Mon. March 18 at 3 p.m. at the Peabody Library. **Open to the public.** New members welcome.

BYFIELD PARISH LUNCHEONS RETURN:

Tues., March 19, 11:45 a.m. Call the church if you plan to attend. 978-352-2022.

March is International Mirth Month ~ Laughter is good medicine for the soul!

“Laugh more is a worthwhile urging that we need to take up every morning upon our arising. ...Laughter is the route to feeling good about the world around you. ...Laughing is a verb which is fraught with good feelings, positive affects on your person and body, mind & spirit.” ~ *Source: www.seniorcitizenjournal.com*

“Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it.” ~ *Bill Cosby, Comedian*

“Like a welcome summer rain, humor may suddenly cleanse & cool the earth, air and you.” ~ *Langston Hughes, Poet*

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

Upcoming Events...

Life Transition Group

With Tom McDonough, Ed.D.
Tues. April 9 & 30, May 14 & 28, 10 a.m.
First Congregational Church

Topics will focus on the transitions that occur in life, including:

- Depression
- Loneliness
- Bereavement
- Changes in retirement

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

NO Bingo on Monday, March 25 due to church Easter preparations.

Caregivers Series Continues

Presented by the Alzheimer's Association
March 5 and 12, 10 a.m.
First Congregational Church

The series will provide caregivers with education and practical tools for caring for individuals living with Alzheimer's Disease and other forms of dementia or memory disorders. All caregivers are welcome.

March 5: Understanding Behaviors:

- Actions, or behavior, may mean "Slow down" or "I need something to do."
- Learning to understand the message and making changes to care can prevent outbursts and arguments.

March 12: Safety at Home:

- A safe and supportive home can prevent injury and enhance independence and a sense of security.
- Learn to adapt your home environment and make it dementia-safe and supportive.

Refreshments will be served.

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

Advance Directive Day

Presented by Elder Attorney Margot Birke
Wed. April 10, 10 a.m.
First Congregational Church

- Everyone should have a health care proxy. The best time to sign one is when you don't need it!
- Find out why this document is so important & what you need to know.
- Create one on the spot if needed.
- **Don't put off learning about this important decision.**

Refreshments provided by Margot Birke of Elder Law Solutions in Newburyport. For further information, please call the COA at (978) 352-5726.

MAINTAINING POSITIVE ATTITUDE PROGRAM

Moe Pratt, Essex County Sheriff's Dept.
Thursday April 18, 1 p.m.
Trestle Way Community Room

- Hosted by the Georgetown TRIAD
- The importance of maintaining a positive attitude
- Refreshments will be served.

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

Free Tax Return Preparation Assistance & Circuit Breaker Tax Credit Information Available

As the deadline to file Federal and state income tax returns quickly approaches, some free income tax assistance is still available. The **IRS Volunteer Income Tax Assistance (VITA)** offers assistance to individuals who make \$50,000 or less per year. VITA sites are generally located at community and neighborhood centers. The **Tax Counseling for the Elderly (TCE)** Program also offer free tax help with priority assistance for elders. To find a local VITA site, call 1-800-906-9887. To find information about an AARP Tax Aide site or the TCE Program, call 1-888-227-7669. The deadline to file taxes is also the opportunity to file for the **Massachusetts Circuit Breaker Tax Credit**. The Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Based on local property taxes, the tax credit is funded by the state government. The credit is designed for senior homeowners and renters who meet income limits and other criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real taxes, including water charges. Renters can count 25 percent of their rent as real estate tax payments. For more information on the Massachusetts Circuit Breaker Tax Credit, call the COA at 978-352-5726.



AARP Tax Prep Assistance Available

Open to: Elders and other moderate-income individuals

Where: COA Office (Town Hall)-1 Library St.

When: Thursday mornings through April 11

Very Limited appointments are available.

**To schedule an appointment, call the COA office
(978) 352-5726.**

Please bring with you:

- ★ Copies of 2011 Federal & State tax returns
- ★ Anything received in the mail marked "Important Tax Return Document Enclosed"
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit, bring 2011 Property Tax bills & Water Bills.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax credit program is also available at the Council on Aging office. For information, call the COA at 978-352-5726.



Fall Prevention Tips

According to the Massachusetts Dept. of Public Health (DPH), falls are the leading cause of unintentional injury for men & women 65 years & older in Massachusetts. Risk factors often include increasing age, loss of strength, poor balance, impaired vision, multiple medications & illness. However, many falls can be prevented by making changes at home or by adding an exercise program & by maintaining regular health screenings with a health care provider.

To help prevent falls, the DPH recommends:

- Regular exercise to build strength & improve balance & coordination. Join us for a Yoga or Strength Training Class!
- Keep stairs & walkways clear of clutter & cords.
- Make sure stairways are well lit from both top & bottom.
- Use throw rugs with non-skid backing.
- Use non-slip mats in the tub/shower. Install grab bars in the tub & near the toilet.
- Wear sturdy, low-heeled shoes with non-slip soles.
- Take your time!
- Take your medicine as prescribed.
- Make a list of all medications that you take & share it with your health care provider. Call the COA at 978-352-5726 for the File of Life, a handy organizer for medication information.
- See an eye specialist once a year.
- Install a night light between the bedroom & bathroom.

New Quilting Class at Trestle Way

Instructor: Sandy Schauer

Fridays March 8 & 15

9:30 a.m.-noon

Trestle Way Community Room



No experience is necessary. Participants should bring common pins, sewing needle and scissors. The finished products will be a wall hanging. Optional items to bring to class include embroidery floss, pearl cotton thread, an iron and a bath towel. The class is open to all. For further information or to register for the class, **please call the Georgetown Housing Authority at 978-352-6331.**



Friends (M. Locke, C. Maimone, R. Wilcox, E. Kenneally, B. Bruce) enjoy visiting while creating a sweet Valentine for someone special.

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

Return Service Requested

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 March 26, 2013**

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 COA Meal Site located at the First Congregational Church.

March 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>
4 Grape Juice, Veal Patty, Ziti/Marinara Sauce, Green & Gold Beans	5 Grilled Chix/Gravy, Whip Pot, Peas & Carrots	6 Chix Fajitas, White Rice, Tuscany Blend Veggies
11 Baked Chix/Supreme Sauce, Whip Chive Pot, California Blend Veggies	12 Chix Meatballs/Marinara Sauce, Pot Wedges, Kernel Corn	13 Baked Mac & Cheese, Zucchini & Stewed Tomatoes
18 Swedish Meatballs, Whip Pot, Succotash	19 Byfield Parish Luncheon	20 Potato Crunch Fish, Rice Pilaf, Peas & Carrots
25 NO LUNCH COA Activities at First Congregational	26 NO LUNCH Church will be cancelled Mar. 25-27	27 NO LUNCH due to church Easter preparations.

M a r c h i s N a t i o n a l N o o d l e M o n t h

Ramen Snack Mix

1 pkg ramen noodles: While noodles are still in package, break into small pieces. (Discard any flavor packets)

1/3 c vegetable oil: Heat oil in skillet. Add noodles. Cook to golden brown, shaking pan constantly. Remove from heat; put in mixing bowl. Combine with **1/2 c dried cranberries** **1/4 c sliced almonds** **1/4 c dried apricots**

MARCH VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 NO SHINE this month 9:30 Dolls 10:00 ESMV appts 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	5 No Van-Brown Bag 10:00 Caregivers' Group 11:30 Lunch 12:30 Strength Training	6 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	7 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 10:45 Strength Training <u>Tax Preparations by appt. only</u> ----- Fri. 3/8 Quilting @ TWay▶
11 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	12 9:30 VAN: Rowley 10:00 Caregivers Group 11:30 Lunch 12:30 Strength Training	13 9:00 Yoga 10:00 AARP Program 11:00 St. Pat's/Birthday Lunch 3:30 Walking Club	14 10:30 VAN: N. Shore Mall 10:45 Strength Training 1-4 Susan Testaverde/Office Hours <u>Tax Preparations by appt. only</u> ----- Fri. 3/15 Quilting @ TWay▶
18 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:00 COA Friends/Library 3:30 Walking Club	19 9:30 Van: Newburyport 11:30 Byfield Parish Lunch 12:30 Strength Training	20 9:00 Yoga 11:30 Lunch 3:30 Walking Club	21 10:30 VAN: Seabrook, NH 10:45 Strength Training <u>Tax Preparations by appt. only</u>
25 NO DOLLS TODAY 10:30 Yoga NO BINGO TODAY 3:30 Walking Club	26 9:30 Van: Plaistow, NH 12:00 COA Board Mtg/Town Hall 12:30 Strength Training	27 9:00 Yoga 3:30 Walking Club	28 10:30 VAN: Haverhill 10:45 Strength Training <u>Tax Preparations by appt. only</u>
First Congregational Church CLOSED for Easter Preparations			

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.