



A FEW GRAY HAIRS



August 29

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

Vol. 15/Iss. 2

August 2013

Website: www.georgetownma.gov

Director's Notes... Although this summer's high temperatures have often made it difficult to stay cool and comfortable, they have reminded me of the fun that swimming holes provided us in the past. How much fun was it to walk or bike with friends to the local lake or pond for an afternoon dip with the gang? Rope swings, inner tubes and rafts with diving boards were an extra bonus.

offered additional thrills. Growing up beaches right in the city, an easy river in Quebec, there were cold, deep



Leaky row boats and wooden canoes with missing paddles along the Ottawa River, we had the advantage of public destination for summer evenings after work. Across the lakes in the Gatineau Hills that provided a really refreshing

dip – even more exciting because you could not see the bottom! My parents would load my sister and I into our car tugged in with picnic baskets, the old red plaid drum cooler, blankets and beach gear and off we would go for an afternoon of fun. My father was a strong swimmer, learning to swim as a boy in Smiths Falls where the kids still fearlessly jump off the railroad bridge into the Rideau River. My mother loved to swim an elegant sidestroke and even my collie Trixie would paddle around us, barking and lapping at the water. If my grandparents were with us, picnics included home-made chicken salad, sliced tomatoes and cucumbers, fresh apple pie or fruit squares served on matching picnic ware. Cooled off and ready for sleep, we always hoped the drive home would include a stop at the Dilly Bar for vanilla soft-serve.

Even Trixie enjoyed a 5-cent cone! So this summer, I hope that you are able to enjoy some time by the water.

Perhaps you may enjoy a concert by Pentucket Pond where families can still spend an afternoon together, a Walk along the board walk by the Newburyport harbor or a drive along the coast for some cooling breezes. But wherever your destination, I hope that your drive home will also include a stop for ice cream!



RMV UNCOVERS ONLINE SCAM: Registrar Warns Customers Of Spoof Sites Charging Fraudulent RMV Fees

The Registry of Motor Vehicles recently uncovered an online scam which charges customers fraudulent fees to conduct RMV business. The scam relies on "sponsored" sites or those that purport to imitate the RMV website.

"Registry of Motor Vehicles' customers should be aware of these deceptive sites. One clue that this site was false was its reference to the "DMV", an abbreviation common in other states but not in Massachusetts," said Registrar Anne L. Collins. "The RMV does not charge customers more to conduct business online."

Immediately upon learning of the potential threat, the RMV shut down its website and conducted a thorough investigation with the state's Information Technology Division and the Attorney General's Office. The investigation determined that the official RMV site had not been compromised, but that customers had been taken in by the bogus site.

These spoof websites are typically accessed by customers through online search engines. By searching for the RMV website, customers may find links to the spoof sites in the search results, sometimes in prominent locations. The site requires customers to enter a credit card number and pay a fee in order to conduct RMV business. Once the site collects a customer's credit card information, it will forward the customer to the official RMV website.

All official RMV online transactions can only be conducted through the www.mass.gov portal. The direct link to the RMV website is: www.massrmv.com.

Crosby's Marketplace Sponsors Men's Breakfast

In the spirit of community, Crosby's Marketplace will sponsor the COA's monthly Men's Breakfast program again this year. Now in its seventh year of sponsorship, Crosby's Marketplace has allowed us to increase our monthly program with additional participation. On an average we serve 16 men per month, serving as many as 20 in recent months! In this fiscal year, we served a total of 176 men. Breakfasts include a variety of speakers and a home-cooked meal. The COA thanks Crosby's Marketplace for this important partnership and encourages men to join us each month. For more information, please call the COA office at (978) 352-5726.



August Activities

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

CALL US AT 978-352-5726.



AUGUST VAN SCHEDULE 2013

Shopping Date	Location	Recreation Date	Location
		Aug 1 9:30	SuperWalmart/Salem, NH
Aug 6 9:30	NO VAN – Brown Bag Only	Aug 8 10:30	Seabrook, NH
Aug 13 9:30	Rowley	Aug 15 10:30	North Shore Mall/Peabody
Aug 20 9:30	Plaistow, NH	Aug 22 9:30	Peabody Essex Museum/Salem, MA
Aug 27 9:30	Newburyport	Aug 29 10:30	Haverhill

JOIN US MONDAY – WEDNESDAY MORNINGS from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! A cool summer spot for coffee, snacks & fun. A great way to connect with friends!

MEN'S BREAKFAST: Thurs. August 1, 9:30

Guest speaker **Sgt. Scott Hatch** will discuss his recent **50-mile Grand Canyon road race**. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering this monthly program. For reservations, please call (978) 352-5726. **Next Breakfast: Thurs. Sept. 5.**

ESMV CARE MANAGER: Mon. Aug 5, 10:00 – 11:00

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.

SHINE OFFICE HOURS: Tues. Aug. 6, 9:00 – 11:00

AT TOWN HALL (Note: Changes for August only.) **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.

VISITING NURSE: Wed. Aug. 7, 10:00 – 11:00

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.

SUMMER STORYTELLING: Tues. Aug. 20, 10 a.m.

Join us for a time of summer stories & seasonal fruit cobbler. Bring photos, stories and memories to share. For reservations, please call the COA at 978-352-5726.

VAN TRIP TO PEABODY ESSEX MUSEUM:

"Faberge Revealed" Thursday, August 22

The van will leave at 9:30 a.m. Cost for seniors is \$18 includes all admissions. See page 3 for details.



AUGUST BIRTHDAY PARTY: Wed. Aug. 28, 11:30

First Congregational Church

Join us as we send best wishes to our friends who were born in August. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 8/21/13 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE COA Meeting:

NO Meeting in August.

Next meeting: Mon. Sept. 16 @ 2:30 at the Peabody Library. Open to the public. New members welcome.

THANK YOU TO FRIENDS: Congratulations go to Claire

Maimone whose name was drawn on Election Day in June for the Friends COA gift basket. The COA and the COA Friends thank all of the participants who supported the raffle.



B - I - N - G - O

Callers Desperately Needed

If you have an hour to spare approximately 1-2x/month, we can use you. Bingo meets at noon on Mondays. For more info, contact the COA at 978-352-5726.

Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

Sen. Bruce Tarr: Thurs. August 8 1-4 p.m.

Rep. Lenny Mirra: Mon. August 19 9 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.

Walking Club is on Summer Hiatus & will return in the fall

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

Highland Street Foundation offers Free Friday Fun Destinations

Sponsored by the Highland Street Foundation, a variety of museums and cultural attractions across the state will offer **Free Friday Fun Destinations** this summer. The participating destinations are free to the public regardless of age or residence on their respective dates. For most venues, there is no registration or tickets required.

The August schedule includes:

- August 9: Boston Harbor Island Alliance, The Sports Museum, Battleship Cove, Ocean Explorium, The Cape Cod Museum of Natural History, The Eric Carle Museum
- August 16: The Institute of Contemporary Art/Boston, USS Constitution Museum, Concord Museum, Edward Gorey House, Springfield Museums, Berkshire Museum
- August 23: Isabella Stewart Gardner Museum, Museum of African American History, New Bedford Whaling Museum, Fitchburg Art Museum, Fruitlands Museum, Sterling & Francine Clark Art Institute
- August 30: Plimoth Plantation, The Discovery Museums, New Repertory Theatre, Ecotarium, Norman Rockwell Museum, The Mount: Edith Wharton's Home

For further information, please call the Highland Street Foundation at (617) 969-8900 or visit www.highlandstreet.org

**VAN TRIP TO PEABODY ESSEX MUSEUM:
"Faberge Revealed"**

Thursday, August 22

Come and join us for a special van trip to the Peabody Essex Museum in Salem! The name Fabergé is synonymous with refined craftsmanship, jeweled luxury and the Russian imperial family. The PEM exhibit features more than 230 singular treasures created by the House of Fabergé in the late 19th and early 20th centuries, including enameled clocks, gold cigarette cases, hardstone carvings, ruby encrusted brooches and four signature imperial eggs made for Nicholas II and the Romanov family. This exhibition explores ideas of luxury, innovation, entrepreneurship and imperial patronage while providing insight into Peter Carl Fabergé's life, business and legacy.

- The van will leave at 9:30 a.m.
- Cost for seniors is \$2 for the van, \$13 admission to the PEM and a \$5 surcharge for *Faberge Revealed*.
- Lunch is on your own.
- **Seats are limited.**

To make a reservation, please call the COA at (978) 352-5726.

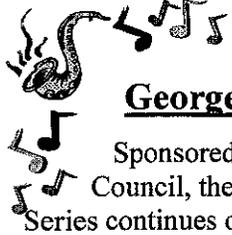
A Morning of Summer Storytelling
Tues. Aug. 20, 10 a.m.
First Congregational Church



- ★ Seasonal Fruit Cobbler
- ★ Selected summer readings
- ★ Share your favorite readings, short stories or poetry

Call the COA to assist with planning at 978-352-5726.

Music on a Summer Breeze...



Georgetown Summer Concert Series

Sponsored by the Georgetown Cultural Council, the Georgetown 2013 Summer Concert Series continues on **Sunday evenings 5-7 p.m. at the American Legion Park**, Rear Prospect Street. More information regarding the concert series can be found at www.gtownculture.org

The schedule includes:

- ★ **Erin Harpe & The Swinger - August 4** (Delta blues)
- ★ **Rust Never Sleeps - August 11** (Neil Young Tribute)
- ★ **Girls, Guns & Glory - Americana, country - August 18**

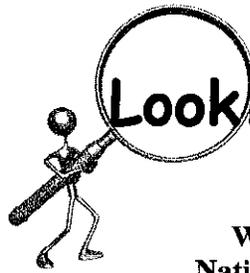
More Free Summer Concerts

Music at Eden's Edge continues to offer free concerts in **August & September** as part of the Senior/Family Series at the Northshore Unitarian Universalist Church in Danvers. "**Heartily August - Music of Schubert, Martinu, and Hilary Tann for Flute, Violin, Cello and Piano**" will feature flute, violin cello and piano on **Tuesday August 20, 2 p.m.** "**Yet in September, String Quartets**" will be featured as the program's summer finale **Tuesday Sept. 24, 2 p.m.** The Northshore Unitarian Universalist Church is located 323 Locust Street in Danvers. This program is supported by a grant from the Massachusetts Cultural Council, a state agency.



Senior Farmer's Market Nutrition Coupon Distribution set for August 7

Elder Services of the Merrimack Valley & Merrimack Valley Nutrition Project will distribute Senior Farmer's Market Coupons at 7 sites across the Merrimack Valley on **Wed. Aug. 7**. Coupons can be exchanged for fresh fruits & vegetables at participating Farmer's Markets. Maximum gross income is \$21,527 for one-person or \$28,694 for a two-person household. On a first-come first-served basis, coupons will be given to elders who meet eligibility criteria. Proof of eligibility includes an ID with date of birth and address (Mass. Driver's license) and proof of participation in the following programs: Supplemental Social Security Income, Section 8 Housing, Energy Assistance, and Medicaid. Distribution sites include the **Amesbury (9 a.m.-noon), Haverhill, Lawrence, Methuen, Billerica, Lowell & Dracut Senior Centers.**



Looking ahead...September...

Rockin' Ron

Wed. Sept. 11, 10 a.m.
National Senior Center Day

Coping with Early Memory Loss

Tuesday Sept. 17, 9:30 a.m.
Alzheimer's Association

A program for people living with diagnosis of Alzheimer's or related dementia. Care partners welcome to attend.

TRIAD - K-9 Demonstration with Car-Fit Program Presentation

Thursday Sept. 19, 1-2 p.m. at Trestle Way

Demonstration by the Essex County Sheriff's Department as well as a presentation on the upcoming Car-Fit Program

Developed through collaboration among the American Society on Aging, AAA, AARP and the American Occupational Therapy Association, the Car-fit program offers older adults the opportunity to check how their cars fit them. Trained professionals will lead senior drivers through a 12-point checklist with their vehicles, recommend personal vehicle adjustments and adaptations and offer community specific resources and activities to make their vehicles "fit" better or enhance their safety. Georgetown TRIAD will present a Car-Fit event on **Thursday Oct. 17, 1 p.m. at Trestle Way.** Join us for ice cream and other refreshments following both events.

"Mr. President!"

Delvena Theater

Monday Sept. 23, 2 p.m. at Trestle Way

The performance provides a look into the lives of some of the past Presidents. Along with entertainment, the play promotes dialogue after the performance between the cast and audience members. Delvena Theater has become an annual favorite in Georgetown after wonderful past performances of "Amelia, Where 'Ya Been", "All the President's Wives", "W.C. Fields and Mae West" and "Meet Julia Child!"
Refreshments will be served.

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 to provide door-to-door 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

August 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.

All meals are served with low-fat milk, bread, and dessert. Menu is subject to change with out notice.

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
5 Lasagna/Marinara, Mixed Veg	6 NO MEAL SERVED MVNP Volunteer Appreciation Day	7 Fish a la Ritz, Roast Red Pot, Peas & Carrots
12 BBQ Pork Patty, LS Chips, Green Beans	13 Cranberry Juice, Chix Tetrizzini, California Blend Veg	14 Krunch Lite Fish, Roast Red Pot, Peas & Carrots, Toss Salad/LS Dressing
19 Shaved Steak/Peppers & Onions, Pot Wedges, Toss Salad/ LS Dressing	20 Sweet & Sour Meatballs, Dirty Rice, Peas & Carrots	21 Cranberry Juice, Macaroni & Cheese, Zucchini & Stewed Tomato
26 Hamburger, Baked Beans, Corn	27 Chix Breast Fillet, Whip Pot, Tuscany Blend Veg	28 American Chop Suey, Peas & Carrots, Toss Salad/LS Dressing



Fresh Herb Sauce

(yield: ½ cup ~ serving size: 1 Tablespoon)

Ingredients:

1/2 cup each: loosely packed fresh parsley & basil leaves, 3 T loosely packed mint leaves, 2 T chopped shallots, 2 T cold water, 1 T capers, 1 T fresh lemon juice, 1/8 tsp kosher salt, Dash of crushed red pepper, 2 T extra virgin olive oil

Directions:

Combine all ingredients except oil in a food processor & process until herbs are finely minced. With processor on, slowly pour oil through the food chute; process until well blended. Use within one week or freeze in ice cube trays, transfer cubes to a zip-lock bag & freeze for up to two months. Suggested servings: over fish, fresh beans or peas.

AUGUST VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 10:45 Strength Training
5 9:30 Dolls 10:00 ESMV appts. 10:30 Yoga 11:30 Lunch 12:00 Bingo	6 No Van-Brown Bag 9:00 SHINE appts/Town Hall (Changes for Aug. only) NO LUNCH served TODAY 12:30 Strength Training	7 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	8 10:30 VAN: Seabrook, NH 10:45 Strength Training 1-4 Sen. Tarr's Office Hours
12 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	13 9:30 Van: Rowley 11:30 Lunch 12:30 Strength Training	14 9:00 Yoga 11:30 Lunch	15 10:30 VAN: North Shore Mall 10:45 Strength Training
19 9:00 Rep. Mirra/Office hrs 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	20 9:30 Van: Plaistow, NH 10:00 Summer Storytelling 11:30 Lunch 12:30 Strength Training	21 9:00 Yoga 11:30 Lunch	22 9:30 VAN: PEM/Salem, MA 10:45 Strength Training
26 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	27 9:30 Van: Newburyport 11:30 Lunch 12:00 COA Board 12:30 Strength Training	28 9:00 Yoga 11:30 Birthday Lunch	29 10:30 VAN: Haverhill 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.

Georgetown Council on Aging
Memorial Town Hall
1 Library Street
Georgetown, MA 01833

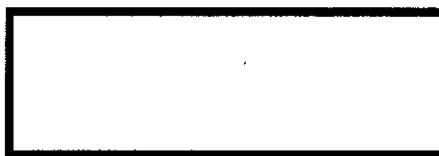
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Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726

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

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 August 27, 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
Stephen Smith, Board of Selectmen, Chairman
David Surface, Board of Selectmen
Gary Fowler, Board of Selectmen
Philip Trapani, 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.