



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

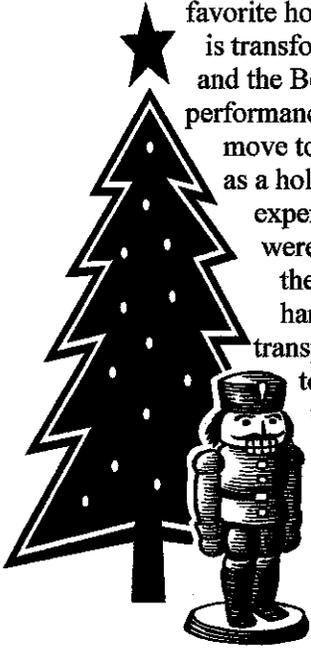
Vol. 15/Iss. 6

December 2013

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes... At any time of the year, Boston is a wonderful city to visit. Full of music, art, history and favorite hometown sports, there is much to enjoy at all times. But during the holidays, the city is transformed with traditional celebrations. The tree lighting at the Common, skating on the Frog Pond and the Boston Pops holiday concert are all seasonal favorites. However, the Boston Ballet's annual performances of the Nutcracker are truly synonymous with the city's holiday festivities. Following our move to the United States, one of my first and dearest friends invited me to go the Nutcracker with her as a holiday treat. She had attended holiday performances with her family and wanted to share the experience with me. Dressed in our plaid skirts, good wool coats and tasseled loafers, we thought we were very grown up as we boarded the bus and traveled into the city to spend the afternoon at the theater by ourselves. I can still remember the two of us sitting in the dark, boxes of Junior mints in hand and whispering as the lights in the theater went down. As the ballet began, we were transported to the Christmas Eve festivities portrayed on stage. I felt total awe when Clara returned to the parlor to check on her favorite present, the Nutcracker, and suddenly the Christmas tree unfolded to an amazing height as the Nutcracker came to life! Although it was no more than a cardboard set at the time, the growing Christmas tree could not have been more beautiful as it towered over the stage, filling the theater with a glowing presence – truly magical! More than 40 years later, the memory can still transport me back to that moment when we sat absolutely entranced in the darkened theater, Junior mints long forgotten! During this holiday season, I hope that you will enjoy some magical moments of your own – with or without Junior mints!

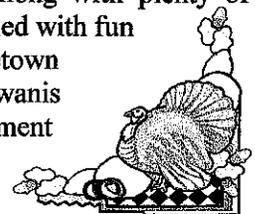


Medicare Open Enrollment Ends Dec. 7

If you have Medicare, important information will be mailed to you from your Prescription Drug Plan, Medicare Health Plan, and/or Prescription Advantage (if you are a member). It is important to read and understand these letters. During the annual Medicare Open Enrollment (**October 15 - December 7**), you can change your coverage for next year. Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on Medicare and related health insurance programs. Call the COA at 978-352-5726 and ask for a SHINE appointment. You can also call 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.

With Grateful Hearts...

Illustrating the true spirit of Thanksgiving, the Georgetown Kiwanis treated Georgetown elders to a fabulous Thanksgiving dinner on November 23. Featuring attractive tables decorated by 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 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 work and commitment to local elders.



The COA and all activities will be closed for Christmas on Wed. December 25 & Thurs. Dec. 26, 2013 and New Year's Day on Wed. January 1, 2014

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

December Activities

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

CALL US AT 978-352-5726.



DECEMBER VAN SCHEDULE 2013

Shopping Date	Location	Recreation Date	Location
Dec. 3 9:30	NO VAN – Brown Bag Only	Dec. 5 9:30	SuperWalmart/Salem, NH
Dec. 10 9:30	Rowley	Dec. 12 10:30	North Shore Mall, Peabody
Dec. 17 10:30	Poet's Inn, Whittier Reg. H.S.	Dec. 19 10:30	Seabrook, NH
Dec. 24 9:30	Newburyport	Dec. 26 10:30	NO VAN – Christmas holiday
Dec. 31 9:30	Plaistow, NH	Jan. 2/14 9:30	SuperWalmart/Salem, NH

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

LIMITED FLU CLINIC: Wed. Dec. 4, 9 a.m. – 10:30 a.m.



Registration is required. To register, please call the COA at 978-352-5726. Please bring your insurance cards or photocopy of your insurance cards & wear a short sleeve shirt.

VISITING NURSE: Wed. Dec. 4, 10:30 – 11:30

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. Dec. 5, 9:30 at Trestle Way

Guest speaker **Dr. Dan Tollman** will discuss men's health issues. Bring your questions. 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. Jan. 9 with Fire Chief Al Beardsley (note date change for January only).**

SHINE OFFICE HOURS: Mon. Dec. 2, 9:00 – 11:00

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.

GMHS HOLIDAY BREAKFAST/CONCERT: Fri. Dec. 6
See page 3 for details.

ANNUAL COA HOLIDAY PARTY: Mon. Dec. 9, 1 p.m.
Trestle Way Community Building. See page 3 for details.

WINTER CRAFT: Tues. Dec. 10, 10 a.m.
See page 3 for details.



DEC. BIRTHDAY PARTY: Wed. Dec. 17, 11:30
First Congregational Church

Join us as we 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 12/10/13 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

NEW YEAR'S TOAST @ LUNCH: Tues. Dec. 31, 11:30
Can't stay up to watch the ball drop? Join us for lunch and a celebratory toast for the New Year at noon!" **Lunch reservations must be made by Tues. Dec. 24 at 10 a.m.**



Special Van Trip to Poet's Inn

Tuesday December 17

Join us for a special holiday buffet at the Whittier Regional Technical High School's well-known Poets' Inn Restaurant. **The van will begin to pick people up at 10:30 a.m. Seating is limited.** For van reservations, please call 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: Wed. December 11 12-2 p.m.

Rep. Lenny Mirra: Mon. December 16 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.

**Mondays
& Wednesdays
3:30-5:30 p.m.
at Penn Brook School**

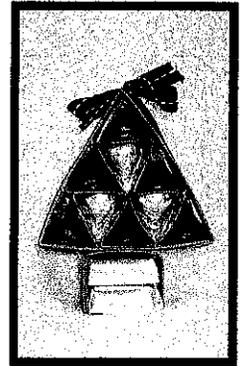
B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 st & 3 rd Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

NO Walking Club on Mon. Dec. 23 & 30

Winter Craft

Holiday Candy Tree
Tues. Dec. 10, 10 a.m.
First Congregational Church

This simple paper craft will result in a cute addition to holiday décor or a sweet treat for someone special.



Spaces are limited.

Contact the COA as soon as possible at 978-352-5726.

NO Bingo on Mon. Dec. 9, 23 & 30

COA Annual Holiday Party

Mon., December 9, 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

GMHS Annual Holiday Concert/Breakfast

Fri. December 6

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. 3rd.

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



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Russ McQueen entertained local seniors on Nov. 13 with a wide variety of classic oldies, swing, holiday favorites and more! A good time was had by all.

Friends of the Council on Aging Fundraising Activities

Seeking to raise money that will be used to benefit elder programs with the Georgetown Council on Aging, the Friends of the Council on Aging have begun a new fundraising effort. A matching charitable partnership with General Electric Company has provided the Friends of the Council on Aging with a new opportunity. General Electric Company will match any \$25 donation made by current General Electric Company employees or retired employees to the Friends of the Council on Aging. Funds raised by the Friends of the Council on Aging are used to support Council on Aging programs and activities. For further information, visit

www.gefoundation.com/matchinggifts to arrange for your gift or talk with GE Human Resources representatives. Questions may also be directed to Beverly Knapp at 978-352-8526 or bevknapp@verizon.net. An internet website www.goodsearch.com also provides the Friends of the Council on Aging with a second on-going fundraising activity. Using a search engine on the internet, go to www.goodsearch.com. On the right side of the webpage, type in the Friends of the Georgetown MA Council on Aging. After entering the COA Friends name, search for whatever you want to search for and a penny will be dedicated to the COA Friends group. For further information, call Beverly Knapp at 978-352-8526 or email bevknapp@verizon.net.

Friends of the COA will not meet in December.
Check the January newsletter for details on the next meeting.



Attention Travelers & Early Snowbirds!

With colder weather soon to arrive and plans for holiday or 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 climates 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" and we'll look forward to hearing from you when you return home!



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, 2014-October 31, 2014. 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 Monday Dec. 30, 2013.** For further information, please call the COA office at (978) 352-5726.



Heating Assistance Program

Application Packets now available at COA.

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 \$32,065 for one-person or \$41,932 for a two-person household. This year applications can be completed in full at the COA office. For more information, call the COA at (978) 352-5726.



Home Repair Applications Available

Rebuilding Together is accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday, April 26, 2014. The application **deadline is Tuesday Dec. 31.** If you or someone you know needs help with home repairs, modifications (such as grab bars or a wheelchair ramp), or energy efficiency, contact the COA for details. 978-352-5726

Fall Prevention

Along with the holidays, winter months also bring challenging weather and an increased concern for fall prevention. The National Council on Aging (NCOA) reports that an older adult is seen in an emergency department every 15 seconds for a fall-related injury. To help prevent a fall, the NCOA suggests the following tips.

- ⇒ **Find a good balance and exercise program.** Consider joining us for one of our weekly Strength Training or Yoga classes. For more information, call the COA at 978-352-5726.
- ⇒ **Talk to your health care provider.** Ask for an assessment of your fall risk.
- ⇒ **Review your medications** with your doctor or pharmacist and discuss any potential side effects that could increase fall risk.
- ⇒ **Get your vision and hearing checked annually** and update your eyeglasses
- ⇒ **Keep your home safe** by removing tripping hazards, increase lighting and making sure that stairs, both inside and outside, are safe.
- ⇒ **Talk to your family members** and enlist their support in taking simple steps to ensure safety. Make safety a family affair!

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.

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>
2 Breaded Chix, Herb Whip Pot, Peas, Apple, Oatmeal Bread	3 Shaved Steak/Peppers/Onions, White Rice, Carrots, Pineapple, WhWh Bread	4 Soup: TBA Egg/Broccoli/Cheese Bake, Zucchini & Stewed Tom, Strawberry Cup, Italian Brd
9 Meatball Stroganoff, Rice, Scandinavian Veg, Peaches, Light Rye Br	10 Chix L'Orange, Baked Pot, Peas & Carrots, Tapioca Pudding, Biscuit	11 Soup: TBA Beef Burger/Bun, Baked Beans, Corn, Orange
16 Lemon Baked Fish, Rice, Mixed Veg, Strawberry Cup, Multigrain Bread	17 Thai Diced Chix, Rice, Peas & Carrots Mixed Fruit, Wh Wh Dinner Roll	18 Soup: TBA Shepherd's Pie (Ground Beef, Whip Pot., Corn), Chocolate Pudding, Dinner Roll
23 Beef Meatloaf/Gravy, Red Bliss Whip Pot, Veg Medley, Mixed Fruit, Lt. Rye Br.	24 Stuffed Chix Breast, Whip Pot, Peas & Carrots, Apple, Wh Wh Bread	25 NO LUNCH: Christmas
30 LS Hot Dog/Roll, Baked Beans, Corn, Cole Slaw, Lorna Doone Cookies	31 Breaded Chix, Roast Red Pot, Broccoli & Cauliflower, Apple Sauce, Wh Wh Brd	Jan. 1 NO LUNCH: New Year's Day

DECEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	3 No Van--Brown Bag 11:30 Lunch 12:30 Strength Training	4 9:00 Yoga 9:00-10:30 Mini Flu Clinic 10:30-11:30 Visiting Nurse 11:30 Lunch 3:30 Walking Club	5 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 10:45 Strength Training ----- Friday, 12/6 GMHS Breakfast 8:15 and Concert 9:00
9 9:30 Dolls 10:30 Yoga 11:30 Lunch NO Bingo Today! 1:00 COA Holiday Party/TW 3:30 Walking Club	10 9:30 Van: Rowley 10:00 Winter Craft 11:30 Lunch 12:30 Strength Training	11 9:00 Yoga 11:30 Lunch 12-2 Sen. Tarr's Office Hrs. 3:30 Walking Club	12 10:30 VAN: North Shore Mall 10:45 Strength Training
16 9:00 Rep. Mirra/Office hrs 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:30 COA Friends/Library 3:30 Walking Club	17 10:30 Van: Poet's Inn 11:30 Birthday Lunch 12:00 COA Board Meeting 12:30 Strength Training	18 9:00 Yoga 11:30 Lunch 3:30 Walking Club	19 10:30 VAN: Seabrook, NH 10:45 Strength Training
23 9:30 Dolls 10:30 Yoga 11:30 Lunch NO Bingo NO Walking Club	24 9:30 Van: Newburyport 11:30 Lunch	25 Closed: Christmas Holiday	26 Closed: Christmas Holiday
30 9:30 Dolls 10:30 Yoga 11:30 Lunch NO Bingo NO Walking Club	31 9:30 Van: Plaistow, NH 11:30 Lunch with New Year's Toast	Jan. 1 Closed: New Year's Day	Jan. 2 9:30 VAN: Walmart/Salem NH

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.

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 7/15/13

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 a.m. – 4 p.m.

Georgetown COA Meal Site
@ 1st Congregational Church
Andover St. ~ Georgetown, MA
(978) 352-8443

Open:
Monday – Wed. 9 a.m. – 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 December 17, 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, Susan Gardiner,
Diane Prescott, Corona Magner, Nancy
Thompson, Caroline Sheehan-alternate

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.