



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 15/Iss. 7

January 2014

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Director's Notes... As the old year comes to an end and the new year begins, New Year's offers an opportunity to reflect on the past but also to look ahead. We can consider what changes we might want to make in the new year and incorporate those goals into New Year's resolutions. One year, I thought that I needed a less hurried start to the day. As a New Year's resolution, I decided to set my alarm clock 30 minutes earlier and enjoy a virtuous and leisurely morning. I think I may have been 13 years old at the time and had to take a bus to the regional middle school. Unfortunately, there had been more than a few days when I needed to run frantically from our house to the bus stop, coat undone and school books threatening to spill in every direction. I was sure that if I could only get up earlier that would solve the problem. I wrote a long message to myself about the virtues of being an early riser, taped it to the side of my white Big Ben alarm clock and then placed the clock on the other side of the bedroom so that I would have to get out of bed to turn off the alarm. Well, the hardwood floor of my Ottawa bedroom was pretty cold on most January mornings. The alarm rang at 6 a.m. and I scampered across the floor, stood for a minute shivering in my pajamas while I read the note, and then scampered right back to my bed where I dove under the covers to wait for the heat to come up! New Year's resolutions and good intentions were going to have to wait for a spring thaw! Whether your New Year's resolutions are more noble or easier to achieve than mine, I hope they will include time spent connecting with us through a COA activity or program. With much to anticipate in 2014, we look forward to enjoying the new year with you!



AARP Tax Prep Assistance Available

Open to: Elders and other moderate-income individuals

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

When: Thursday mornings Feb. 6 - April 10

Appointments are required.

8 one-hour sessions available each Thursday starting at 9 a.m.

To schedule an appointment, call the COA office at (978) 352-5726 after January 2.

Things to bring with you to your appointment:

- ★ Copies of 2013 Federal & State tax returns
- ★ Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms, SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks/mutual funds).
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit, bring 2013 Property Tax bills & Water Bills.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.

A Holiday Thank You

Although they seem to arrive and depart in the same blink of the eye, the spirit generated by the holidays continues to warm us! The Georgetown COA is grateful to all who helped to brighten the holiday season. We send our thanks to the Georgetown Middle/High School Music Department & Food Service for nurturing our bodies and lifting our spirits with their annual breakfast & holiday concert. We thank the Friends of the Council on Aging for funding & helping with the Annual Holiday Party; the Georgetown Housing Authority for providing the space & support for the annual event. The holiday goodies baked by Monica Thompson were just a delight as were the lovely centerpieces provided by the Country Gardeners. Chandler Noyes provided holiday music 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. We thank the Council on Aging board members & volunteers who brought desserts & so many helping hands!

The COA & all activities will be closed New Years on Wed. Jan. 1 & Martin Luther King Day on Mon. Jan. 20

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

January Activities

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

CALL US AT 978-352-5726.



JANUARY VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
Jan. 7 9:30	No Van - Brown Bag	Jan. 2 9:30	Super WalMart, Salem, NH
Jan. 14 9:30	Newburyport	Jan. 9 10:30	Plaistow, NH
Jan. 21 9:30	Rowley	Jan. 16 10:30	Target/Mann's Orchard, Methuen
Jan. 28 9:30	Seabrook, NH	Jan. 23 10:30	North Shore Mall, Peabody
		Jan. 30 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!

VISITING NURSE: Tues., Jan. 7, 10:00 – 11:00 a.m. (note date change for January only) 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. January 9, 9:30 a.m. at Trestle Way. (note date change for January only) Fire Chief Al Beardsley will discuss winter safety and the safe use of oxygen. 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. Next breakfast: Thurs. Feb. 6 with Water Dept. General Manager Lou Mammolette.

SHINE OFFICE HOURS: There will be no SHINE Office Hours from January-April. Please call the COA for assistance or further information at (978) 352-5726.



Craft Update:

There will be no craft in January.

Join us in February to create fun cards for your favorite valentine. The class is scheduled for Tues. Feb. 4, 10 a.m. Class size will be limited. Sign-up for the craft anytime between Jan.2-28.



CARB COUNTING FOR DIABETICS: Wed. Jan. 8, 10 a.m. at First Congregational Church. MVNP Nutritionist Pauline Provencher will be on hand to discuss this important topic. See pg. 3 for details.

WINTER COMFORT: Tues. Jan. 14 10 a.m.

Enjoy a morning of Winter Comfort with home-made goodies, coffee or cocoa and selected winter readings. Call the COA to sign-up at 978-352-5726. See page 3.

JANUARY BIRTHDAY PARTY: Wed. Jan. 29, 11:30 Join us at the First Congregational Church to send best wishes to our friends who were born in January. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 1/22/12 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.



Greeting and eating go hand in hand at last year's Special Valentine Lunch provided by Whittier Reg. Voc. H. S. students. See pg. 3 for 2014 details.

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: Not available at time of printing. Call the office for more information.
Rep. Lenny Mirra: Mon. January 27, 2014 9:00 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

Coming in March!

Essential Skills for Caregivers Series:

A three-part program offered Tuesdays March 4, 11 and 25, 10 a.m. First Congregational Church

- ★ Presented by the Alzheimer's Association
- ★ Education for families/caregivers of individuals living with Alzheimer's Disease & other forms of dementia or memory disorders
- ★ Practical tools for caring for someone with dementia
- ★ Attend one program or all three programs
- ★ Refreshments will be served.

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

Carbohydrate Counting for Diabetics

Wed. Jan. 8, 10 a.m.

First Congregational Church

Presented by

Pauline Provencher, Nutritionist

Merrimack Valley Nutrition Project

Topics will include:

- Information for people living with diabetes or not
- A review of proteins, fats, & carbohydrate contents
- The relationship of foods to blood glucose levels
- Identifying foods with a slow & fast rise to blood glucose

To sign up or for more information, call the COA at 978-352-5726.



SPECIAL VALENTINE LUNCH:

Presented by Culinary Arts Students
Whittier Regional Voc. Tech. H. S.

Wed. Feb. 12, 11:30 a.m.

First Congregational Church

Join us for a special Valentine's Day lunch. A \$5 donation is suggested to support the Culinary Arts Program at Whittier Regional Vocational Technical High School. To make reservations, please call the COA office at 978-352-5725 by Wednesday Feb. 5.

A Morning of Winter Comfort

Tues. Jan. 14, 10 a.m.

First Congregational Church

- ★ Home-made goodies
- ★ Coffee or cocoa
- ★ Selected winter readings
- ★ Share your favorite readings, short stories or poetry



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



"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." ~Mark Twain

FRIENDS OF THE COA

Winter Meetings: Tues. Jan. 21, Feb. 18, April 22 & Mon. March 17, 2:30 p.m. at the Peabody Library.
Open to the public. New members welcome.

Heating Assistance Program

Application Packets are still available. To apply for the program call 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.

Trustees of the Perley School Offer Energy Assistance

The Trustees of the Perley Free School will offer a **limited** energy assistance program to local residents who are experiencing financial hardships again this year. Individuals who may need assistance with their heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information and referral.

Beware of Medicare Fraud

Recently an elder in another town became the victim of check fraud when the elder received a telephone call saying that new Medicare cards were being mailed to the elder. The caller asked for personal information which, unfortunately, the elder provided. The scam reminds us that Medicare will never call you and ask for personal information. Do not provide your Medicare number or your Social Security number to anyone unless you initiate the call. If something feels "not quite right" with a phone call, simply hang up! Contact the police department so that others can be informed throughout the community about the scam. Remember that Medicare cards do not cost anything—they are free. The Social Security Administration sends out a Medicare card when an individual first becomes eligible for Medicare. A new Medicare card may also be issued by Medicare officials due to a change in Part A or B eligibility, a legal name change, or a lost card. If you have any questions or concerns regarding Medicare, please call 1-800-MEDICARE (1-800-633-4227). For helpful information on identifying and avoiding Medicare fraud, please visit www.StopMedicareFraud.gov.

Circuit Breaker Tax Credit

The Massachusetts 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 estate taxes, including water charges. Renters can count 25 percent of their rent as real estate tax payments. To qualify for the credit:

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property's assessed value cannot exceed \$700,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- Income limits are: \$55,000 single; \$69,000 head of household; \$82,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the Circuit Breaker Tax Credit, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2013 is \$1,030. Individuals who meet certain requirements may be eligible to file retroactively for the last three years. **Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office.**

FEDERAL RESOURCES & SERVICES AVAILABLE Through U.S. Rep. Tierney's office

Connecting local elders with the Federal resources and services they deserve, U.S. Rep. John Tierney reminds residents that office staff is available to assist with issues related to Medicare and Social Security, home mortgages, senior-directed identity scams, assistance to veterans and their families including help with benefit claims and consumer protection services. For further information, contact the Central District Office at 978-531-1669.

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 - 11:00 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 11/19/13

January 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>
	12/31 New Year's Eve Lunch & "Champagne" Toast	1 Closed: New Year's Day
6 Pineapple Ginger Chix, Rice, Tuscan Blend Veg, Strawberry Cup, Oatmeal Bread	7 Macaroni & Cheese, Zucchini & Stewed Tomato, Pears, LF Muffin	8 Soup: Turkey Orzo BBQ Pork Riblet/Bun, Baked Beans, Corn, Orange
13 Chix Marsala, Whip Pot, Peas & Carrots, Mixed Fruits, Dinner Roll	14 American Chop Suey, Green & Gold Beans, Pineapple, Italian Bread	15 Soup: Seafood Chowder New Orleans Diced Chix, Rice, Broccoli & Cauliflower, Choc. Pudding, Lt. Rye Br.
20 CLOSED: MLK Day	21 Honey Curry Chix Breast, Whip Chive Pot, Mixed Veg, Apple, Wh Wh Roll	22 Soup: Tomato Florentine Cheese Lasagna, California Blend Veg, Ice Cream Cup, Multigrain Bread
27 LS Hot Dog/Roll, Baked Beans, Corn, Pineapple	28 Apple Juice, Meatball Sub/Marinara Sauce/Roll, Mix Veg, LS Chips, Pears	29 Soup: No Soup Today Mild Chili/Shredded Cheese, Pot Wedges, Corn, Fruited Jello, Wh Wh Bread

JANUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	12/31 9:30 Van: Plaistow, NH 11:30 Lunch with New Year's Toast	1 CLOSED: New Years	2 9:30 Van Walmart/Salem
6 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	7 No Van - Brown Bag 10:00 Visiting Nurse 11:30 Lunch 12:30 Strength Training	8 9:00 Yoga 10:00 Carb Counting 11:30 Lunch 3:30 Walking Club	9 9:30 VAN: Plaistow NH 9:30 Men's Breakfast 10:45 Strength Training
13 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	14 9:30 VAN: Newburyport 10:00 Winter Comfort 11:30 Lunch 12:30 Strength Training	15 9:00 Yoga 11:30 Lunch 3:30 Walking Club	16 10:30 VAN: Target/Mann's Orchard/Methuen 10:45 Strength Training
20 CLOSED: MLK Day	21 9:30 Van: Rowley 11:30 Lunch 12:00 Strength Training 2:30 COA Friends/Library	22 9:00 Yoga 11:30 Lunch 3:30 Walking Club	23 10:30 VAN: North Shore Mall 10:45 Strength Training
27 9:00 Rep. Mirra Off. Hrs. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	28 9:30 Van: Seabrook, NH 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	29 9:00 Yoga 11:30 Birthday Lunch 3:30 Walking Club	30 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

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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Haverhill, MA

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 January 28, 2014

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 Magnier, Nancy
Thompson, Caroline Sheehan-alternate

Town of Georgetown:

Michael Farrell, Town Administrator
Stephen Smith, Board of Selectmen, Chair
David Surface, Board of Selectmen
Gary Fowler, Board of Selectmen
Phillip 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 Senior Center.