



A FEW GRAY HAIRS

July is National
Ice
Cream
Month



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

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Director's Notes... After the long days of winter and a raw, wet spring, what could be better than summer in New England! Visits to the beach with grandchildren in tow, concerts in the park, Fourth of July fireworks, ice cream cones that drip down our hands and hot dogs on the grill! My husband is a true hot dog stand connoisseur. We have found favorite hot dog stands in nearby seaside towns, during visits to historical sites in Concord, on the ferry dock in Portland and in a small town in upstate New York on our way to Ontario, which nicely caters to their Canadian neighbors by offering vinegar with their French fries! One of my favorite hot dog stand memories with my husband was an unexpected find in Hingham. We had gone for a hike at World's End Reservation in Hingham and had spent the afternoon hiking the carriage trails, taking in wonderful views of Boston's skyline across the water and enjoying the rocky shore that lines the peninsula. As we left the reservation, we asked the reservation employees about local places to eat. They sent us back into town where several seafood restaurants are located with lovely views of the harbor. As we pulled into the downtown area, my husband spotted a fabulous hot dog stand in the parking lot overlooking the town's harbor and beach. A fellow had refurbished an antique fire truck as a hot dog stand and offered a great selection of hot dogs with all the fixings! With no one else in the parking lot, we had the place to ourselves and ate our hot dogs while overlooking the quiet harbor. Boats pulled on their moorings, kayaks slid silently across the water and seagulls circled overhead. The view was wonderful, the hot dogs were tasty and the company was all that mattered. So this summer, I hope that you will all enjoy some of the delightful treats that come with this special season – including a hot dog or two!

Home Modification Loan Program

A program of the Massachusetts Rehabilitation Commission in collaboration with the Community Economic Development Assistance Corporation, the Home Modification Loan Program provides Commonwealth Funded Loans in amounts between \$1,000 and \$30,000 for modifications to the primary, permanent residence of elders, and individuals with disabilities. The loans can be used to modify homes with ramps, stair-lifts, grab bars or widened doorways. Featuring small loans, 85 percent of the loans are 0% interest and do not need to be repaid until the house is sold or transferred. Eligibility is based on income, a professional's documentation of need and the particular modifications proposed. For more information call, Alan Trebat at Community Teamwork, Inc., 978-654-5741 or Susan Gillam at 617-204-3739. Information is also available at www.mass.gov/mrc.hcmlp.

MEMA ADVISES CAUTION DURING EXTREMELY HOT WEATHER

With the extremely hot weather forecast for the Commonwealth, the Massachusetts Emergency Management Agency (MEMA) is advising people to be cautious during periods of extreme heat, and is offering some tips to help keep cool and safe.

Here are some tips to follow during hot, humid weather:

- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated.
- Limit intake of alcoholic beverages. They can actually dehydrate your body.
- Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- Stay indoors as much as possible.

The COA and all activities will be closed for Independence Day on Thursday, July 4.

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

July Activities

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

CALL US AT 978-352-5726.



JULY VAN SCHEDULE 2013

Shopping Date	Location	Recreation Date	Location
Jul 2 9:30	NO VAN – Brown Bag Only	Jul 4 9:30	NO VAN – Independence Day
Jul 9 9:30	Seabrook, NH	Jul 13 9:30	SuperWalmart/Salem, NH
Jul 16 9:30	Rowley	Jul 20 10:30	North Shore Mall/Peabody
Jul 23 9:30	Newburyport	Jul 27 10:30	Haverhill
Jul 30 9:30	Plaistow, NH	Aug 1 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! Hot coffee and snacks are a great way to reconnect with friends!

ESMV CARE MANAGER: Mon., July 1, 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.

SHINE OFFICE HOURS: Note date change/July only Tuesday July 2, 9:00 – 11 a.m.

SHINE Counselor Jerry Goldberg will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

VISITING NURSE: Wed., July 3, 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: No Men's Breakfast in July. Next Breakfast: Thurs. August 1. Watch for details.

FRIENDS OF THE COA Meeting:

NO Meetings July/August

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

ICE CREAM SOCIAL LUNCHEON: Wed. July 10, 11:30 First Congregational Church Lunch reservations are required and the cost is \$2. See page 3 for details.

SUMMER CRAFT: Tues. July 30, 10:00 First Congregational Church Seats limited. Details page 3.

ANNUAL SUMMER BBQ: Tues. July 23, 11:30 a.m. Music starts at 10. See page 3 for details.



Seniors enjoyed the spring BBQ & eagerly await the next one. Come & join us!



JULY BIRTHDAY PARTY: Wed. July 31, 11:30 First Congregational Church

Join us as we send best wishes to our friends who were born in July. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 7/24/13 to assist with planning.** To make reservations, please call the COA office 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. July 11 1-4 p.m.

Rep. Lenny Mirra: Mon. July 15 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.

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

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



Celebrate National Ice Cream Month at our
ICE CREAM SOCIAL LUNCHEON
Wed. July 10 ~ 11:30 a.m.
First Congregational Church.

After lunch indulge your cravings and soothe your soul...



- Make your own sundaes
- Multiple Toppings
- Whipped Cream
- Cherries (of course!)

Lunch reservations are required.
The cost is \$2.

Please RSVP before Wed. July 3. 978-352-5726

Join us for the Annual Summer BBQ

Provided by the M.V. Nutrition Project
Tuesday July 23, 11:30 a.m.
First Congregational Church

Music will be provided by the Over the Hill band starting at 10 a.m. Come & hear a local favorite as the band sets toes to tappin' & hands to clappin'!

Enjoy a summer meal of

BBQ Chicken Breast
Baked Beans

Corn on the Cob
Potato Salad

Roll with Butter
Watermelon
Lemonade



RSVP REQUIRED by July 16
(978-352-5726)
COST: \$2.00

Unleash Your Inner Renoir!



Join us for a painting craft using simple techniques and appliqué to create your own work of summer art!
Tues. July 30 10 a.m.
First Cong. Church
Seats limited. Call 978-352-5726
Before 7/23/13.

3 Our music is provided by a grant from the Georgetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Have a Very Musical Summer!



Georgetown Summer Concert Series

Sponsored by the Georgetown Cultural Council, the Georgetown 2013 Summer Concert Series will be held **Sundays beginning July 21, 5-7 p.m. at the American Legion Park, Rear Prospect Street.** More information regarding the concert series can be found at www.georgetownculture.org

The schedule includes:

- ★ **Asia Wood – Jazz Trio - July 21**
- ★ **The Auld Locals – Irish music - July 28**
- ★ **Erin Harpe & The Swinger - August 4**
(Delta blues)
- ★ **August 11: TBA**
- ★ **Girls, Guns & Glory – Americana, country - August 18**



Music at Eden's Edge offers **Free Summer Concerts**

Music at Eden's Edge offers three free concerts in **July, August and September** as part of the Senior/Family Series at the Northshore Unitarian Universalist Church in Danvers. **High Jinks and SummerScapes – String Trios, Bassoon Quartets and Assorted Escapades** will feature a quartet with two violins, cello and bassoon on **Tuesday July 23, 2 p.m.** "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.

The steady buzzzzzz of the Katydid chorus,
and the bass solo of the croaking Frog
- a summer night's serenade.

- Michael P. Garofalo

For more summer fun...

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 July schedule includes:

- Mass. Audubon's Boston Nature Center, Cape Cod Museum of Art, Martha Vineyard's Museum, Children's Museum of Holyoke, Volleyball Hall of Fame, Peabody Essex Museum – **Fri. July 5**
- Museum of Fine Arts, Boston; Larz Anderson Auto Museum, Cape Cod Children's Museum, Pilgrim Hall Museum, Museum of Russian Icons, Jacob Pillow's Dance Festival – **Fri. July 12**
- JFK Library & Museum, Reagle Music Theater, (tickets required); Buttonwood Park Zoo, Danforth Art Museum, Hancock Shaker Village, Garden in the Woods – **Fri. July 19**
- Commonwealth Shakespeare Company, New England Historic Genealogical Society, American Textile Museum, Children's Museum in Easton, Amelia Park Children's Museum, Higgins Armory Museum – **Fri. July 26**

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



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, Haverhill, Lawrence, Methuen, Billerica, Lowell & Dracut Senior Centers. Located in the Crosby's Marketplace parking lot on Sat. 9:30-1 p.m. July to mid-Oct., the Georgetown Farmer's Market will participate in the program.

July 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>
1 High Sodium Meal Hamburger/Bun, LS Pot Chips, Baked Beans, Corn, Pineapple	2 Pier 17 Baked Fish, Whip Chive Pot, Carrots, Fruit Cocktail, Oatmeal Bread	3 Chix Breast/Gravy, Whip Pot, Peas & Carrots, Chocolate Pudding, Wh Wh Roll
8 Swedish Meatballs, Whip Pot, Green Beans, Peaches, Wh Wh Roll	9 Stuffed Shells/Marinara Sauce, Peas & Carrots, Toss Salad, Orange, Italian Bread	10 Grape Juice, Tangerine Chix, Rice, Broccoli/Cauliflower, Mix Fruit, WW Brd
15 High Sodium Meal LS Hot Dog/Roll, Baked Beans, Coleslaw, Fruited Gelatin	16 Chix Breast Fillet, Whip Red Bliss Pot, Scandinavian Veg, Peaches, Italian Bread	17 Baked Mac & Cheese, Stewed Tomatoes & Green Beans, Toss Salad, Apple, Dinner Roll
22 BBQ Pork Patty/Roll, LS Pot Chips, Peas & Carrots, Peaches	23 Annual Chix BBQ	24 Shaved Steak / Onion/Peppers/ Roll, Pot Wedges, Corn, Lorna Doones
29 Apple Juice, Broccoli/Egg/Cheese Bake, Stew Tomatoes/Zucchini, Fig Bar, LF Muffin	30 Grilled Chix/Roll, LS Pot Chips Corn, Mixed Fruit,	31 Meatloaf/Gravy, Whip Pot, Peas & Carrots, Vanilla Pudding, Wh Wh Bread

Cool as a Cucumber Salad!

Ingredients: 3 cukes ~ Add to taste: Herb Salt ~ Dill Weed ~ Tamari (or Low Salt Soy Sauce) ~ Sour Cream ~ Onion (optional) ~ Chives (optional)

Directions: Peel and slice the cukes and put in a serving dish. Sprinkle with tamari or soy sauce, herb salt and dill. Add several tablespoons of Sour Cream. Chop the onion and mix in. Chill an hour before serving. Serves: 6-8

JULY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:00 ESMV appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	2 No Van-Brown Bag 10:00 SHINE appts. (Note day change/July only) 11:30 Lunch 12:30 Strength Training	3 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	4 CLOSED: Independence Day
8 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	9 9:30 Van: Seabrook, NH 11:30 Lunch 12:30 Strength Training	10 9:00 Yoga 11:30 Ice Cream Social/Lunch	11 9:30 VAN: Walmart/Salem NH 10:45 Strength Training 1-4 Sen. Tarr's Office Hours
15 9:00 Rep. Mirra/Office hrs 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	16 9:30 Van: Rowley 11:30 Lunch 12:30 Strength Training	17 9:00 Yoga 11:30 Lunch	18 10:30 VAN: North Shore Mall 10:45 Strength Training
22 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	23 9:30 Van: Newburyport 10:00 OTH Band Music 11:30 Annual BBQ Lunch 12:30 Strength Training	24 9:00 Yoga 11:30 Lunch	25 10:30 VAN: Haverhill 10:45 Strength Training
29 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	30 9:30 Van: Plaistow, NH 10:00 Summer Craft 11:30 Lunch 12:30 Strength Training	31 9:00 Yoga 11:30 Birthday Lunch	Aug. 1 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 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
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Georgetown, MA 01833
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Office Hours:
Monday – Thurs. 8 am – 4 pm

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

Open:
Monday – Wed. 9 am – noon

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello
Office: Julie Pasquale, Newsletter
Kirsten Klueber, Outreach
Dave Hall, Van Driver
Jeannine DesJardins, Volunteer

Mealsite Coordinator: Mickie Locke

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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.

PUBLIC NOTICE

No Board Meeting in July

NEXT BOARD MEETING:
Tuesday August 27, 2013

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.