



A FEW GRAY HAIRS



June is
National
Iced Tea
Month

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

Vol. 14/Iss. 12

June 2013

Website: www.georgetownma.gov

Director's Notes... Surrounded by their prize roses, my grandparents' garden was a delight to young grandchildren. Rows of vegetables marched neatly across their backyard lining up next to my grandfather's large compost bin. With its boughs dipping to meet the grass, a weeping willow tree planted next to the garden provided the perfect secret spot for children until home-made cookies appeared in the kitchen. As much as a treat as the cookies was the opportunity to help in the garden. An accountant by trade, my grandfather was meticulous in all aspects of life. His trick for laying the tidy rows of peas, carrots and beans that paraded across the garden was a wooden rake notched with the appropriate space needed between each vegetable. Notches ran down the rake's long handle so that he could lay it across the garden and line up each row of vegetable. T-pee shaped trellises allowed pole beans to climb and raspberry canes were neatly caged between fence-like wooden trellises. Always cleaned before they were put away, garden tools lined the walls of their very tidy garage. He also built a cold storage pantry in their basement that would be filled with rows of gleaming preserves, jams, pickles and canned vegetables by the end of each growing season. Time spent in the garden with my grandfather was filled with life lessons. To avoid frost, wait at least a week after the spring's full moon to plant your peas. Measure twice, cut once. Compost is free mulch! Cover your blueberries with netting but leave some berries for the birds. Share your extra summer squash with your neighbors. Teach your granddaughter to plant pea seeds by sticking her finger into the warm soil and tucking each pea seed in one knuckle deep. Each lesson worth its weight in juicy tomatoes and tender pea pods, remembered forever. So as we celebrate our families with Mother's Day and Father's Day this spring, we are thankful for all who have provided us with life lessons designed to keep our gardens tidy and our lives thoughtful!

Thank You To Our Volunteers & Sponsors Of The Volunteer Appreciation Breakfast

Last month's Volunteer Appreciation Breakfast gave the Georgetown Council on Aging (COA) an opportunity to thank many of our volunteers, but we wish to offer our thanks to all of the volunteers who support our work within the community. We also thank Ashland Farm at North Andover & Nunan's Plants & Greenhouses of Georgetown for their sponsorship of the Volunteer Appreciation Breakfast. We extend a very special thank you to the band "Blue Streak" for their musical performance. "Blue Streak" features Chief Kenneth Walsh and Officer Michael Higgins of Campus Safety at Endicott College, Chief Peter Silva of the Essex Police Department, Chief William Mulligan of the Tyngsboro Police Department, and Sergeant Dwight MacDonald of the Groveland Police Department. & Sergeant Michael Marino of the Rockport Police Department. We also thank Police Chief James Mulligan of the Georgetown Police Department for facilitating "Blue Streak's" special appearance. By sharing their skills & knowledge, volunteers provide the Georgetown COA with extensive support & assistance. They make a significant difference in the lives of others and their kindness matters to so many. We could not do the work that we do without their care & support.



**Thank You,
Chief
Mulligan**
for your 10
years of
service to the
town of
Georgetown &
your enduring
friendship to
the COA.

Happy
Retirement!



Blue Streak
performs at
the Annual
Volunteer
Appreciation
Breakfast.

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.

June Activities

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



CALL US AT 978-352-5726.



JUNE VAN SCHEDULE 2013

Shopping Date	Location	Recreation Date	Location
Jun 4 9:30	NO VAN – Brown Bag Only	Jun 6 9:30	SuperWalmart/Salem, NH
Jun 11 9:30	Rowley	Jun 13 10:30	Poet's Inn/Haverhill
Jun 18 9:30	Newburyport	Jun 20 10:30	Seabrook, NH
Jun 25 9:30	Plaistow, NH	Jun 27 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 snacks are a great way to reconnect with friends!

SHINE OFFICE HOURS: Mon., June 3, 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.

ESMV CARE MANAGER: Mon., June 3, 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., June 5, 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. June 6, 9:30 a.m. at Trestle Way.

Meet **David Schofield**, our new **Municipal Light Dept. Manager!** 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. **No Men's Breakfast in July. Next Breakfast: Thurs. August 1. Watch for details.**

SAFE DRIVING WORKSHOP: Tuesday June 11, 10 a.m. First Congregational Church Presented by Michele Ellicks of the Registry of Motor Vehicles. See page 3 for details.

GARDEN CLUB TEA: Wed. June 12, 1:00

First Congregational Church See pg. 3 for details.

BYFIELD PARISH LUNCHEONS RETURN:

Tues. June 18, 11:45 a.m. Call the church if you plan to attend. 978-352-2022.

FINANCIAL MANAGEMENT & ELDER ABUSE AWARENESS PROGRAM:

Tues. June 25, 10 a.m.

Presented by Elder Atty. Margot Birke. Details on pg. 3.



JUNE BIRTHDAY PARTY: Wed. June 26, 11:30 First Congregational Church

Join us as we send best wishes to our friends who were born in June. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 6/19/13 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE COA Meeting:

Mon. June 17 @ 2:30 at the Peabody Library. Open to the public. New members welcome.



Special Van Trip to Poet's Inn **Thursday June 13**

Join us for a van trip to enjoy lunch at the **Whittier Regional Technical High School's well-known Poets' Inn Restaurant.** The Poets' Inn is a full-service restaurant which provides "real-world" experience to the school's Culinary Arts students. **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: Thurs. June 13 1-4 p.m.

Rep. Lenny Mirra: Mon. June 17 9 a.m.

Congressman John Tierney: Wed. June 19 2-4 p.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

Last day of Walking Club will be Wed. June 12

Annual Garden Club Tea



Country Gardeners of Georgetown Have tendered an invitation to tea.

Join us for a delicious variety of finger foods and teas.

Wed. June 12, 1 p.m.

First Congregational Church

- Storyteller Faith Johnson will be the guest speaker.
- Hats are encouraged.
- Seating is limited to 24 people.



Please RSVP to the COA by calling 978-352-5726.

Safe Driving Workshop

Presented by Michele Ellicks, Registry of Motor Vehicles

Tuesday June 11, 10 a.m.
First Congregational Church

Topics will include:

- safe driving tips and strategies
- new laws
- frequent causes of collisions for elder drivers
- warning signs of unsafe driving
- how to obtain a disability plate or placard
- adaptive equipment for elder drivers

Refreshments will be served.

To assist with planning, please call (978) 352-5726.

Special State Senate Election

Tuesday June 25, 2013
7 a.m. - 8 p.m.
@ Penn Brook School.



3 The COA is offering limited van service to the polls from 1:00 - 2:00 p.m. Please call us at 978-352-5726.

Financial Management & Elder Abuse Awareness Program

Presented by Elder Attorney Margot Birke
Tues. June 25, 10 a.m.

First Congregational Church.

Atty. Birke will raise awareness for **World Elder Abuse Awareness Day** with her discussion of Financial Elder Abuse.

- A topic most do not like to discuss, elder abuse occurs in many different forms including financial exploitation.
- Financial exploitation occurs when somebody uses your money for their benefit, not yours.
- Discuss tips on how to protect yourself.
- Learn what to look for so that someone does not take advantage of you or a loved one

Refreshments will be served.

To assist with planning, contact the COA at 978-352-5726.

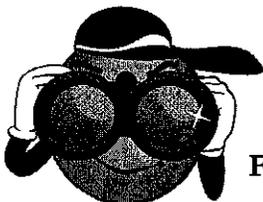


Attorney General Warns Donors Of Scams Related to Boston Marathon Tragedy

Within hours of the Boston Marathon explosions, more than 125 websites were registered as charities seeking to support victims of the attacks. Attorney General Martha Coakley reminds those who want to give to support victims of the Boston Marathon attacks to be sure that any charity is reputable before they give money. Attorney General Coakley warned would-be donors to protect themselves from fundraising scams by making sure that any websites they visit match a registered charity and to be cautious of professional fundraisers who try to make their solicitations sound like they are coming directly from the charity itself or volunteers. Coakley's office suggested donors verify the address, phone number, and contact information and review the website, along with any written material and to consider the charity's history. A legitimate charity will tell donors how it's using the money after a disaster. Do not pay cash and never give a credit card number to a fundraiser over the phone. Websites such as Charitynavigator.org and BBB.org/charity help donors learn information about a particular charity.

Party at the Park

Sponsored by the Georgetown Park & Recreation Committee, Georgetown residents are invited to a **Party at the Park on Sunday June 9, 3:30-6:30 p.m. at the American Legion Park.** Featuring fun for the whole family, free food, music and games will be included. Bring a lawn chair or a beach towel & Enjoy!



Looking ahead:
Annual Summer BBQ
 Tuesday July 23 11:30 a.m.
 First Congregational Church

Entertainment by the Over The Hill Band starts @ 10:00 a.m.

A good time is ALWAYS had by all.
 (More information to come next month.)

Stroke Heroes act FAST!

Is it a stroke? Check these signs FAST!



Act FAST. Call 9-1-1 at any sign of stroke!

FAST stands for Face, Arm, Speech, and Time:

- **Face:** Does the face look uneven? Ask the person to smile
- **Arm:** Does one arm drift down? Ask the person to raise both arms.
- **Speech:** Does their speech sound strange? Ask the person to repeat a simple phrase.
- **Time:** If you observe any of these symptoms, call 9-1-1 immediately.

CALL 9-1-1 IMMEDIATELY if you or someone you know is experiencing these symptoms!



Medicare & Social Security Scam Reporting

- **Social Security and Medicare employees** will never make an unsolicited call, for any reason, to ask for banking or credit card information, or for a Social Security or Medicare number.
- **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.
- **For helpful information** on identifying and avoiding Medicare fraud, please visit www.StopMedicareFraud.gov.
- If you suspect Medicare fraud, please call 1-800 MEDICARE (1-800-633-4227).

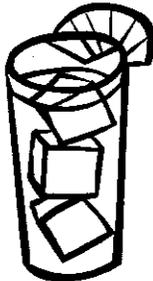
In Short — Hang up the Phone, and dial:

- **The Social Security Administration** (1-800-772-1213) — www.socialsecurity.gov
- **Medicare** (1-800-633-4227) — www.medicare.gov
- **Elder Services in MA** (1-800-243-4636 / TTY: 1-800-872-0166) — www.800ageinfo.com
- **The Better Business Bureau** (1-877-485-5906) — www.bbb.org
- **MA Office of Consumer Affairs** (1-888 283-3757 — toll free in MA only) — www.mass.gov/ocabr
- **Your local COA MCOA 'Scams' Page:** <http://www.mcoonline.com/content/consumer/scams.php>

June 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>
3 Baked Chix, Red Bliss Pot, California Blend Veg	4 Stuffed Shells/Marinara, Peas & Carrots	5 Cranberry Juice, Potato Crunch Fish, Dirty Rice, Green Beans
10 Meatloaf/Gravy, Garlic Whip Pot, Peas & Carrots	11 Rotisserie Chix, Florentine Rice, Scandinavian Veg	12 Mild Chili, Pot Wedges, Broccoli
17 Chix Marsala, Whip Pot, Carrots	18 Byfield Parish Luncheon	19 BBQ Pork Patty, LS Potato Chips, Peas & Carrots
24 Krunchy Lite Fish, Florentine Rice, Country Blend Veg	25 Grilled Chix/Gravy, Whip Chive Pot, Mixed Veg	26 Shaved Steak Sandwich/Peppers & Onions, Pot Wedges, Corn, Sub Roll



Boston Iced Tea

Ingredients:

5 1/2 cups water * 1/3 cup sugar * 4 tea bags * 1/4 cup frozen cranberry juice concentrate (flavorings can be adjusted according to personal taste)

Preparation:

Heat water to boiling in a saucepan. Add sugar. Stir until the sugar dissolves. Add tea bags, remove from heat and let steep until desired strength is acquired. Remove tea bags, add cranberry juice concentrate. Allow to cool and serve over ice.

JUNE VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 9:00 SHINE appts. 9:30 Dolls 10:00 ESMV appts. 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	4 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training	5 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	6 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 10:45 Strength Training
10 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	11 9:30 Van: Rowley 10:00 Safe Driving Program 11:30 Lunch 12:30 Strength Training	12 9:00 Yoga 11:30 Lunch 1:00 Garden Club Tea 3:30 Walking Club	13 10:30 VAN: Poet's Inn 10:45 Strength Training 1-4 Sen. Tarr's Office Hours
17 9:00 Rep. Mirra/Office hrs 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:30 COA Friends/Library	18 9:30 Van: Newburyport 11:45 Byfield Parish Lunch 12:30 Strength Training	19 9:00 Yoga 11:30 Lunch 2-4 Rep. John Tierny's Office Hours	20 10:30 VAN: Seabrook, NH 10:45 Strength Training
24 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	25 9:30 Van: Plaistow, NH 10:00 Financial Elder Abuse 11:30 Lunch 12:00 COA Board Mtg 12:30 Strength Training 1-2 COA Van to Polls State Election 7a.m.-8 p.m.	26 9:00 Yoga 11:30 Birthday Lunch	27 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.

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.

Presort Standard
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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 June 25, 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.