



# A FEW GRAY HAIRS



May is  
Older  
Americans'  
Month

A Newsletter of the Georgetown Council on Aging

Vol. 14/Iss. 11

May 2013

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**Director's Notes...** When we were first married, I had little experience planning and preparing meals for a family. I had cooking classes in the school, which began with a lesson on how to make hot chocolate and cinnamon toast. I had successfully moved on to grilled cheese and peanut butter cookies, but I really didn't have experience in meal preparation. I bought a copy of the *Joy of Cooking* and watched Julia Child on PBS but true help came when I found a little notebook that my mother-in-law had filled with many of her favorite recipes. Holiday treats and weekday recipes were all included. Then, on a trip to Ontario, my grandmother gave me a notebook that she and her mother had filled with favorite recipes that ranged from pickles to jams and jellies and roasts. What a wonderful gift! Without realizing who would eventually benefit from their knowledge, the notebooks were a way for my great-grandmother, grandmother and mother-in-law all to reach across the generations and share in my family's life. The theme of this year's Older Americans Month – "Unleash the Power of Age" reflects the experiences many of us have enjoyed with members of the older generation and now share with the younger generation. We benefited from shared experiences with elders in our lives and continue to be influenced by their values, wisdom and talents. The federal Administration on Aging recognizes the contributions that older Americans continue to provide their communities through community and volunteer work. In Georgetown, it is clear that older Americans are committed to enhancing the quality of life for all generations. You share talents, wisdom and life experiences with all ages as you serve on boards and committees, volunteer to drive elders, tend gardens, fold newsletters, bake for special events and, most importantly, offer friendship and support to others. This month's national observation allows us to express our appreciation and gratitude. Join us on Monday May 20 at 1 p.m., as we celebrate Older Americans Month with a performance by the Music Masters and refreshments at the First Congregational Church.



## Georgetown Police Department to continue Prescription Drug Drop-Off Box

Following a recent nationwide initiative led by the Drug Enforcement Administration (DEA), along with state and local law enforcement agencies designed to decrease prescription drug availability in our nation's homes, the Georgetown Police Department will provide a drop box for unused and/or unwanted prescription drugs. The drop box is located in the Police Department's lobby and is available 24 hours a day. Prescription drug abuse has risen sharply amongst teens due to the ability to acquire it from the medicine cabinets in the home. This effort to reduce the amount of medications available will make for a safer environment for those who abuse and for young children who are curious and ingest by accident or for experimentation. Items for deposit include: prescription medications, pill, ointments, and patches as well as over the counter drugs, vitamins, samples and pet medications. Items **NOT** for deposit include: syringes, lancets, liquid medicines, thermometers, aerosol cans, inhalers, medications from businesses/clinics, and illegal drugs or substances. Prescription drugs may be brought to the police station either in their original containers or in marked zip-lock bags. The Georgetown Police Department also plans a gun "give back" program this month. Check local news or visit [http://www.georgetownma.gov/Public\\_Documents/GeorgetownMA\\_Police/index](http://www.georgetownma.gov/Public_Documents/GeorgetownMA_Police/index) for more information. The program is being monitored by Sgt. Scott Hatch and Officer Michael Broderick.



**Town Meeting** is scheduled for Monday, May 6, 7 p.m. at GMHS.



**The COA and all activities will be closed for Patriot's Day on Monday, April 15.**

# May Activities

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

CALL US AT 978-352-5726.



## MAY VAN SCHEDULE 2013

Shopping Date	Location	Recreation Date	Location
May 7 9:30	NO VAN – Brown Bag Only	May 2 9:30	Super WalMart, Salem, NH
May 14 9:30	Rowley	May 9 10:30	Poet's Inn, Haverhill
May 21 9:30	Plaistow, NH	May 16 10:30	North Shore Mall, Peabody
May 28 9:30	Newburyport	May 23 10:30	Park Lunch/Boardwalk, Newburyport
		May 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 snacks are a great way to reconnect with friends!

**VISITING NURSE:** Wed., May 1, 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. May 2, 9:30 a.m. at Trestle Way.

Newly elected Rep. Lenny Mirra will introduce himself and entertain questions. 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. **Thursday June 6: Meet David Schofield the new Municipal Light Department Manager.**

**SHINE OFFICE HOURS:** Mon., May 6, 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., May 6, 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.

**MOTHER'S DAY BREAKFAST TEA:** Wed. May 8, 9:30 First Congregational Church. See page 3 for details.

**LIFE TRANSITION GROUP:** Tues. May 14 & 28, 10 a.m. First Congregational Church. See page 3 for details.



**MUSIC MASTERS CONCERT:** Mon. May 20, 1:00 p.m. First Congregational Church. See page 3 for details.

**BYFIELD PARISH LUNCHEONS RETURN:**

Tues., May 21, 11:45 a.m. Call the church if you plan to attend. 978-352-2022.



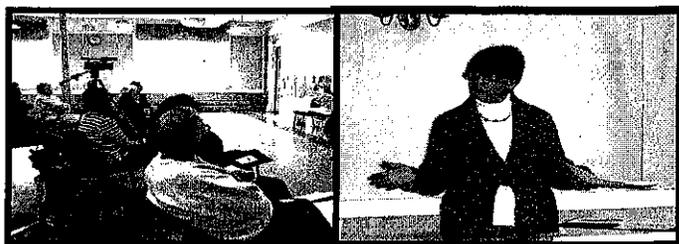
**MAY BIRTHDAY PARTY:** Wed. May 29, 11:30 First Congregational Church

Join us as we send best wishes to our friends who were born in May. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 5/22/13 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

**FRIENDS OF THE COA Meeting:**

Mon. May 20 @ 2:30 at the Peabody Library. (Note new time for meetings.) Open to the public. New members welcome.

**Margot Birke Spoke on Elder Law In April 2013**



**State 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.

**Susan Testaverde, Bruce Tarr's Chief of Staff: Thurs. May 9 1-4 p.m.**

**Rep. Lenny Mirra: Mon. May 20 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
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 <sup>st</sup> & 3 <sup>rd</sup> 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

 **Music Masters Return!**

Monday, May 20<sup>th</sup> ~ 1:00 p.m.  
First Congregational Church

In honor of Older Americans Month, join us for an hour of song and humor.

- Broadway Melodies
- Comedic Renditions
- Old Time Favorites
- Always Fun! An annual favorite.



Refreshments will be served. Reservations are not required, but to help with planning, please call (978) 352-5726.

The program is supported by a grant from the Georgetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.

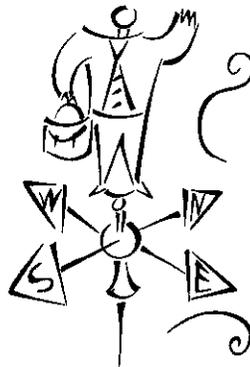
**Life Transition Group**  
With Tom McDonough, Ed.D.

Tues. May 14 & 28, 10 a.m.  
First Congregational Church

Topics will focus on transitions that occur in life, including:

- Depression
- Loneliness
- Bereavement
- Changes in retirement

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



*Mother's Day Breakfast Tea*  
*Wednesday May 8, 9:30 a.m.*

First Congregational Church.

Come, celebrate Mother's Day with us!

- ◇ Reminisce with stories and photos
- ◇ Variety of goodies, coffee and tea.
- ◇ A special gift for everyone.

**3** To make reservations, please call the COA at (978) 352-5726 by Thurs. May 2.

**Drivers Needed**

**For Elder Medical Transportation**

The Georgetown Council on Aging (COA) is seeking additional volunteer drivers to provide medical transportation to local elders. Through Northern Essex Elder Transport, Inc. (N.E.E.T.), the COA provides local elders with rides to medical appointments. Staffed by volunteer drivers, a donation of 43 cents per mile is suggested to help support the program and defray the increased cost of gasoline for volunteer drivers. However, donations are only suggested and no one will be denied a ride if unable to give a donation. A vital link in maintaining independence and healthy wellbeing for elders, the N.E.E.T. program fills the transportation void that often exists in rural communities. The program is a real and tangible way of making a difference in other people's lives. During a recent survey, one local client rated the program as an "A+ with stars". For information on becoming a volunteer driver, please call the COA office at (978) 352-5726.



**Blood Work**



**Podiatry**

## Garden Club Tea

Join us for a light lunch and dessert on **Wed. June 12, 1 p.m.** when the **Country Gardeners of Georgetown** hosts their **Annual Tea** at the First Congregational Church. Storyteller Faith Johnson will be the guest speaker. Seating is limited to 24 people. Please RSVP to the COA by calling 978-352-5726.



## First Congregational Church to host Women's Guild Social

In celebration of their **90<sup>th</sup> anniversary**, the Women's Guild of First Congregational Church will host a social event on **Friday May 3, 2-4 p.m.** at the First Congregational Church. The social will feature a **portrayal of well-known author C.S. Lewis** by actor J.T. Turner, a veteran actor with stage, film, radio and television credits. Refreshments will be served. To make a reservation, please call Joan Chatterton, 978-352-8033, Marion Harding, 978-352-8785 or the church office at 978-352-8443.



## Methuen Music Hall to host "The General"

In celebration of the **150<sup>th</sup> Anniversary** of the Great Organ, the Methuen Music Hall will host the silent movie **"The General"** featuring **Chandler Noyes**, organ accompanist on **Friday May 10, 8 p.m.** at the Music Hall, located at 192 Broadway (Route 28) in Methuen. Available at the door, tickets are \$10 for adults and \$5 for children.

## Prescription Advantage Can Help With Prescription Costs

High co-payments and gaps in coverage can make paying for prescription drugs very difficult. **Prescription Advantage** can help with some prescription costs. Prescription Advantage is a state-sponsored pharmacy assistance program available to Massachusetts residents age 65 and over and residents under 65 living with disabilities. Prescription Advantage does not replace your insurance but supplements prescription coverage to help lower out-of-pocket costs. Prescription Advantage will supplement all insurances including Medicare Part D, Medicare Advantage plans and drug coverage you may receive from a former employer. Prescription Advantage also has benefits for seniors and disabled persons not eligible for Medicare. To learn more about how medication costs can be lowered with Prescription Advantage, please call Prescription Advantage today at: 1-800-AGE-INFO (1-800-243-4636) press 2. TTY 1-877-610-0241 or visit [www.Mass.Gov/Elders](http://www.Mass.Gov/Elders) Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

## Doll Trimmings Needed!



The COA's weekly Doll Making Group needs lace (up to 1" wide) and other trims for hand-crafted dolls that are given to children who receive services through Emmaus, Inc. in Haverhill. For further information, please call the COA. 978-352-5726.

## **iCanConnect: The National Deaf-Blind Equipment Distribution Program**

A federally-funded program, **iCanConnect** promotes the National Deaf-Blind Equipment Distribution Program (NDBEDP). The goal of the program is to provide Americans with combined hearing and vision loss with the technology needed to connect with family, friends and community. For individuals who qualify for the program, technology equipment used for distance communication is provided free with installation, training and technical support all available at no charge. Eligibility requirements include: combined hearing and vision loss verified by a doctor or professional service provider, able to be trained to use adaptive technology related to telephone, computer or other communication equipment, and income guidelines. Equipment available includes: Braille devices, computers, mobile devices, phones and signalers. To learn more about the program, make a referral or apply for eligibility and an assessment, call 1-800-825-4595/TTY 1-888-320-2656 or visit the website [www.iCanConnect.org](http://www.iCanConnect.org)

# **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

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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**  
@ 1<sup>st</sup> 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 4<sup>th</sup> Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

**NEXT BOARD MEETING:**  
Tuesday May 28, 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](http://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.

## May 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.

Monday	Tuesday	Wednesday
		1 Salisbury Steak/Gravy, Whip Pot, Scandinavian Blend Veg
6 Grilled Chix Breast/Marsala Sauce, Whip Pot, Glazed Carrots	7 Meatballs/Ziti/Marinara Sauce, Tuscany Blend Veg	8 <b>High Sodium Meal</b> LS Hot Dog, Baked Beans, Coleslaw
13 Cranberry Juice, Chix Cacciatore, Pasta w/Garlic Oil, Peas & Carrots	14 Veal Patty/Mushroom Gravy, Whip Pot, Scandinavian Veg	15 Rotisserie Chix, Whip Pot, Carrots & Turnips
20 Chix Meatballs/Marinara Sauce, Green Beans, LS Potato Chips, Cranberry Juice	21 <b>Byfield Parish Luncheon</b>	22 Cheese Lasagna/Marinara Sauce, Broccoli & Cauliflower
27 <b>NO LUNCH: Memorial Day</b>	28 Egg Salad Sandwich, Cole Slaw, LS Potato Chips	29 Chicken Dippers/Sweet & Sour Sauce, Roasted Red Pot, Green Beans

## MAY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>TOWN MEETING</b> <b>Mon. May 6 at GMHS</b> <b>7:00 p.m.</b>		1 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	2 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 10:45 Strength Training <hr/> Fri. 5/3 2:00 p.m. Guild Tea @ 1 <sup>st</sup> Cong. Church "C.S. Lewis" actor
6 9:00 SHINE appts. 9:30 Dolls 10:00 ESMV appts. 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	7 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training	8 9:00 Yoga 9:00 Mother's Day B'fast Tea 11:30 Lunch 3:30 Walking Club	9 10:30 VAN: Seabrook, NH 10:45 Strength Training 1-4 Susan Testaverde/Office Hours <hr/> Fri. 5/10 8:00 p.m. "The General" @ Methuen Music HI
13 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	14 9:30 Van: Rowley 10:00 Life Transition Group 11:30 Lunch 12:30 Strength Training	15 9:00 Yoga 11:30 Lunch 3:30 Walking Club	16 10:30 VAN: No. Shore Mall 10:45 Strength Training
20 9:00 Rep. Mirra/Office hrs 9:30 Dolls 10:30 Yoga 11:30 Lunch 1:00 Music Masters Concert <b>NO BINGO TODAY</b> 2:30 COA Friends/Library 3:30 Walking Club	21 9:30 Van: Plaistow, NH 11:45 Byfield Parish Lunch 12:30 Strength Training	22 9:00 Yoga 11:30 Lunch 3:30 Walking Club	23 10:30 VAN: Park Lunch & Boardwalk/Newburyport 10:45 Strength Training
27  <b>CLOSED: Memorial Day</b>	28 9:30 Van: Newburyport 10:00 Life Transition Group 11:30 Lunch 12:00 COA Board Mtg 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.