



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes...** Thanksgiving is often a great opportunity to bring families together over a tasty and lingering dinner. Menus are carefully planned and recipes for favorite dishes are passed down to the next generation while new favorites are added along the way. Perhaps one of our most memorable Thanksgiving dinners was the year that we decided to brine and barbeque an enormous turkey with my husband's family in New Jersey. Planning a Thanksgiving menu with a Southern flare, our nephew's wife used a recipe to brine the turkey that called for a heavy salt solution and several cups of coffee. Problems began when the turkey was larger than its assigned pot. As I gingerly poured coffee over the bobbing turkey, my brother-in-law asked when the turkey was expected to wake up. Fortunately, my stuffing and gravy and the two of us case. Finally, the turkey was Flames shot several feet into the air husband and nephew attempted to by the too-small brining pot. Blackened turkey trailed a plume of dark smoke as he returned to the kitchen. As soon as the point of the carving knife pierced the crispy skin, the turkey deflated and immediately fell off the carcass. Fortunately, plenty of gravy was on hand to douse the smoky turkey and other serving bowls were heaped with hand-made gnocchi, an Italian version of collard greens, cranberry chutney and biscuits. Apple and pumpkin pies were ready to be served with the coffee not used by the brine. Plenty of food was on hand and, more importantly, plenty of family was around the table to enjoy the food and each other. As we approach the holidays, I hope that you will all enjoy some good food and company – and a dinner that will not require the use of a fire extinguisher!



sister-in-law took charge of the quietly made gnocchi – just in transported to the barbeque. startling the neighbors as my hurry the cooking process delayed within an inch of his life, the

## Annual Flu Clinic Nov. 6

The COA will host a seasonal **Flu Clinic Wednesday Nov. 6, 9:30 - 11 a.m.** at the First Congregational Church. There is no pre-registration for the clinic. Priority is given to individuals 65 years & older & those with medical conditions that may put them at risk for complications of the flu. Other individuals over 19 years may come to the clinic at 10:30 a.m. A limited supply of flu vaccine is available. **Please bring Medicare and/or Senior HMO cards to the clinic.** If possible, bring a photocopy of the cards in order to ease the process. The COA will photocopy Medicare/HMO cards in advance of the clinic. **Please wear a sleeveless or loose fitting short-sleeved shirt** to the clinic. Flu vaccine is provided by the Massachusetts Immunization Program. The Flu Clinic is sponsored by the COA & the Georgetown Board of Health. For further information, please call the COA at (978) 352-5726 or the Georgetown Board of Health at (978) 352-5720.



## 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. For information on becoming a volunteer driver, please call the COA office at (978) 352-5726.

**The COA and all activities will be closed for Veterans' Day on Monday, November 11 and for Thanksgiving Day on Thursday, November 28.**

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

# November Activities

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

CALL US AT 978-352-5726.



## NOVEMBER VAN SCHEDULE 2013

Shopping Date	Location	Recreation Date	Location
Nov. 5 9:30	NO VAN – Brown Bag Only	Nov. 7 9:30	SuperWalmart/Salem, NH
Nov. 12 10:30	Poet's Inn/Whittier/Haverhill, MA	Nov. 14 10:30	Haverhill
Nov. 19 9:30	Rowley	Nov. 21 9:30	Peabody-Essex Museum/Peabody MA
Nov. 26 9:30	Seabrook, NH	Nov. 28	NO VAN – Thanksgiving Day

**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!

**FLU SHOT CLINIC:** Wed. Nov. 6, 9:30 – 11:00  
First Congregational Church. See page 1 for details.

**VISITING NURSE:** Due to the scheduled Nov. 6 Flu Shot Clinic, Public Health Nurse Pam Lara will be **NOT** be available to provide regular monthly health check-ups. 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. **Next Blood Pressure Clinic will be on Wed. December 4.**

**SHINE OFFICE HOURS:** Mon. Nov. 4, 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.

**MEN'S BREAKFAST:** Thurs. Nov. 7, 9:30 at Trestle Way with guest speaker Terry Hart, Veteran's Agent. 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. Dec. 5 with Dr. Dan Tollman.**



### Special Van Trip to Poets' Inn Tuesday November 12

Join us for a buffet lunch 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.

**THANKSGIVING CRAFT:** Tues. Nov. 12, 10 a.m.  
See page 3 for details.

**RUSS MCQUEEN TO PERFORM:** Wed. Nov. 13, 10 a.m.  
First Congregational Church. This program is supported in part by a grant from the Georgetown Cultural Council. See details on page 3. **\*\*\*Make a day of it! Join us for the program and stay for the Birthday Party & lunch. (Lunch reservations are required.)\*\*\***



**NOV. BIRTHDAY PARTY:** Wed. Nov. 13, 11:30  
First Congregational Church

Join us as we send best wishes to our friends who were born in November. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 11/6/13 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

**BYFIELD PARISH LUNCHEON:** Tues., Nov. 19, 11:45 a.m.  
Call the church if you plan to attend. 978-352-2022.

**VAN TRIP TO PEABODY ESSEX MUSEUM:**  
**"Impressionists on the Water"**  
Thurs. November 21

Come and join us for a special van trip to the Peabody Essex Museum in Salem! **"Impressionists on the Water"** features work by a variety of Impressionist artists such as Monet, Renoir, Sisley, Signac and Caillebotte. Displaying nearly 60 oil paintings, works on paper, models and small craft, this exhibition illustrates the importance that access to the sea and France's extensive inland waterways played in the development of the Impressionist movement.

- The van will leave at 9:30 a.m.
- Cost for seniors is \$2 for the van, \$15 admission to the PEM
- Lunch is on your own.
- Seats are limited.

To make a reservation, 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:** Tues. November 13 12-2 p.m.  
**Rep. Lenny Mirra:** Mon. November 18 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

NO Walking Club on Wed. Nov. 27

### Thanksgiving Craft

"Give Thanks" Wall Hanging  
Tues. Nov. 12, 10 a.m.  
First Congregational Church

Something small to hang on a door or wall. Autumn leaves, flowers & prints decorate a mini-bread board.

Spaces are limited.

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



December/Winter Craft: Tuesday, Dec. 10, 10 a.m.  
First Congregational Church. Just in time for the holidays! Project details are still in the works. Call the COA to sign up before 12/3/13. Class size is limited

Georgetown COA & Georgetown Cultural Council Presents

**Russ McQueen**

Wed. Nov. 13, 10 a.m.  
First Congregational Church



A true professional with years of experience & no lack of excitement! His vocal ability allows him to sing a variety of music:

- Classic Oldies, Swing, Pop, Country
- Crazy Party Songs & Holiday Favorites

Light refreshments will be served.

For more information or to let us know that you plan to attend, contact COA at (978) 352-5726.

*Make a day of it! Join us for the program and stay for the Birthday Party & lunch. (Lunch reservations are required.)*



This program is 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.



An annual favorite.

**Kiwanis Dinner**

Sat. Nov. 23, 2 p.m.

Penn Brook School

A delicious Thanksgiving Dinner with all the fixings, music and raffles!

For information or requests for home-delivered meals, call the COA before Nov. 14<sup>th</sup>.

(978) 352-5726

## November 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.

Monday	Tuesday	Wednesday
4 High Sodium Meal LS Hot Dog/Bun, Baked Beans, Corn, Cole Slaw, Apple	5 Baked Chix/Orange Glaze, Baked Pot/LF Sour Cream, Green Beans, Strawberry Cup, Biscuit	6 Soup: Corn Chowder Stuffed Chix Breast, Herb Whip Pot, Peas & Carrots, Ice Cream, Oatmeal Bread
11 <b>CLOSED: Veterans' Day</b>	12 Meatballs/Marinara/Sub Roll, Pot Wedges, Corn, Fruit Cocktail	13 Soup: Chicken Noodle Baked Mac & Cheese, Zucchini/Stewed Tomato, Fruit Jello, Wh Wh Bread
18 Baked Chix/Supreme Sauce, Whip Chive Pot, Peas, Mixed Fruit, Multigrain Bread	19 <b>Byfield Luncheon</b>	20 Soup: Fish Chowder Chix Tangerine, Brown Rice, Broccoli & Cauliflower, Tapioca Pudding, Oatmeal Br
25 Sweet & Sour Meatballs, Rice, Corn, Strawberry Cup, Oatmeal Bread	26 Breaded Chix, Herb Whip Pot, Peas & Carrots, Pears, Wh Wh Bread	27 Soup: Minestrone Hamburger/Roll, Pot Wedges, Green Beans, Orange

### Roasted Brussels Sprouts & Apple

Serves 2



**Ingredients:** ½ c diced apple ~ 8 oz. Brussels sprouts, trimmed/quartered ~ 2 T apple cider ~ 2 tsp. olive oil ~ 1 tsp. minced fresh thyme ~ ¼ tsp. salt ~ 1/8 tsp. freshly ground black pepper

**Directions:** Preheat oven to 375°. Combine apple & Brussels sprouts in an 11x7" baking dish. Add apple cider, olive oil, minced fresh thyme, salt and pepper, toss well. Bake at 375 for 25 minutes or until sprouts are tender.

## NOVEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	5 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training	6 9:00 Yoga 9:30-11:00 Flu Shot Clinic 11:30 Lunch 3:30 Walking Club	7 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
11 <b>Closed for Veterans' Day</b>	12 10:30 Van: Poet's Inn 10:00 Thanksgiving Craft 11:30 Lunch 12:30 Strength Training	13 9:00 Yoga 10:00 Russ McQueen Concert 11:30 Birthday Lunch 12-2 Sen. Tarr's Office Hrs. 3:30 Walking Club	14 10:30 VAN: Haverhill 10:45 Strength Training
18 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	19 9:30 Van: Rowley 11:45 Byfield Church Lunch 12:30 Strength Training	20 9:00 Yoga 11:30 Lunch 3:30 Walking Club	21 9:30 VAN: PEM/Peabody 10:45 Strength Training  Sat. 11/23 2:00 Kiwanis Thanksgiving Dinner
25 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	26 9:30 Van: Seabrook, NH 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	27 9:00 Yoga 11:00 Lunch NO Walking Club Today	28 <b>Closed: Thanksgiving Day</b>

**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.

## Friends of the COA Meeting

Mon. Nov. 18, 2:30 p.m. at the Peabody Library. Open to the public. New members welcome.



### 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](http://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!



### **STAY CONNECTED!**

#### **Do YOU need telephone service??**

Lifeline is a federal/state program that lets eligible low income consumers receive landline home phone service up to \$18 a month, or wireless service up to 250 FREE minutes monthly from certain providers. You are eligible for Lifeline if your household income meets requirements or if you receive benefits from certain government programs. There is only ONE Lifeline discount per household. Find out today if you qualify for Lifeline!

Call the MA Dept./Telecommunications and Cable at 1-800-392-6066 to find out more. (\*\*Note: This telephone discount program is different from the medical alert system also known as Lifeline.)



### **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 available in December 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



### 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.

### **Upcoming events:**

#### ★ **Annual COA Holiday Party**

**Mon. Dec. 9 ~ 1 p.m. ~ Trestle Way**  
**RSVP to COA before Tues. Dec. 3**

#### ★ **GMHS Concert/Breakfast**

**Fri. Dec. 6 ~ 8:15 Breakfast/9 a.m. Concert**  
**RSVP to COA by Tues. Dec. 3**

# 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 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 November 26, 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](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.