



A FEW GRAY HAIRS



Old
Farmers
Day
10/12/13

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

Vol. 15/Iss. 4

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Website: www.georgetownma.gov

Director's Notes... As the New England countryside begins to glow with autumn's colors, a visit to one of the area's agricultural fairs can be the perfect outing for a fall weekend. When we first married, we decided to take a Saturday and drive to the Franklin County Fair in Greenfield. We packed the backseat of our 1968 Saab with our picnic basket, blanket and sweatshirts and headed out to the fair. It was a beautiful fall day, with plenty of sunshine and the right crispness to the air. As we drove north and west, we watched the foliage paint the fields and hills. Taking back roads, we crossed into New Hampshire and enjoyed passing through small village centers and took in some of the roadside stands along the way. Finally, we found our way to Greenfield but could not find or Fairgrounds. We stopped at a store in the village center and asked where we could find the fair. Imagine our sad faces when we learned that the fair was in Greenfield MA not Greenfield, NH! Trying to cheer us up, our friendly store clerk told us that there was a state fair underway in nearby Contoocook. We hopped back into our car and soon found our way to the Hopkinton State Fair. There were barns filled with cattle and wooly sheep, draft horses and an oxen pull along with fried pickles and every other fried food that could be put on a stick. Giant pumpkins and other prize winning vegetables along with quilting and hand-crafted items filled other exhibit halls. Although it was not what we had planned, we ended up where we were meant to be and had a wonderful day. We were in the wrong state, but in the right state of mind! As fall arrives in our community, I hope that you will also enjoy some unexpected pleasures of the season – but hopefully in the state of your choosing!



Medicare Open Enrollment Oct. 15 – Dec. 7

If you have Medicare, you will soon receive important information from your Prescription Drug Plan, your Medicare Health Plan, and/or Prescription Advantage (if you are a member). It is important to read and understand these letters. Do not ignore any letters from your plans. Save all letters from your plans.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to change your coverage for next year. **Susan Cripps, ESMV will present a forum on open enrollment and changes in Medicare Tuesday Oct. 22, 10 a.m. at Town Hall.**

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of 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.

Free Oral Clinic for Uninsured Sat. Oct. 19, 8 a.m.-2 p.m.

Seeking to serve local elders who are without dental coverage and living with need, **Georgetown Family Dentistry** will provide free cleanings, oral exams and digital x-rays to local elders on **Sat. Oct. 19, 8 a.m.- 2 p.m.** In the spirit of community, Dr. Shradha Sharma hopes to serve up to 18 elders who meet criteria for the practice's first "Giving Back to our Georgetown Community" Day. The program ties-in with a similar program underway by Parker River Dental in Byfield. By providing access to preventative dental care, Dr. Sharma said the program is designed to improve elder wellbeing. The program is open to Georgetown elders who meet specified income criteria & have no access to dental coverage from other sources. **Registration is limited. Registration, medical history and release forms will be available at the COA. Appointments can be scheduled by the patient after the forms are completed. For further information, please call the COA at 978-352-5726.**

**The COA and all activities will be closed for Columbus Day on Monday, October 14.
No lunches will be served & no activities scheduled at the First Congregational Church Oct. 21-23
due to Church Fair preparations.**

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

October Activities

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



CALL US AT 978-352-5726.



OCTOBER VAN SCHEDULE 2013

Shopping Date	Location	Recreation Date	Location
Oct. 1 9:30	NO VAN – Brown Bag Only	Oct. 3 9:30	SuperWalmart/Salem, NH
Oct. 8 9:30	Rowley	Oct. 10 10:30	Target/Mann's Orchard, Methuen
Oct. 15 9:30	Newburyport	Oct. 17 10:30	Haverhill
Oct. 22 10:30	Poet's Inn/Whittier Reg. Voc. H.S.	Oct. 24 10:30	Plaistow, NH
Oct. 29 9:30	Seabrook, NH	Oct. 31 10:30	North Shore Mall, Peabody

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!

VISITING NURSE: Wed. Oct. 2, 10:00 – 11:00
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.

SHINE OFFICE HOURS: Mon. Oct. 7, 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. Oct. 10, 9:30 at Trestle Way (Note: Date change for October only.) with guest speaker Pastor Bill Boylan, local historian. 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. Nov. 7. Terry Hart, Veteran's Agent to speak.



Special Van Trip to Poet's Inn Tuesday October 22

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.

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. October 15 12-2 p.m.
Rep. Lenny Mirra: Mon. October 21 9 a.m.

HALLOWEEN CRAFT: Tues. Oct. 8, 10 a.m.
See page 3 for details.

TINNITUS SEMINAR: Wed. Oct. 9, 10:00 a.m.
Complimentary breakfast starts at 9:30. Details pg. 3.

BYFIELD PARISH LUNCHEON: Tues., Oct. 15, 11:45 a.m.
Call the church if you plan to attend. 978-352-2022.

TRIAD CARFIT PROGRAM: Thurs. Oct. 17, 1 p.m. at Trestle Way. See page 3 for details.

FREE DENTAL CLINIC FOR UNINSURED: Sat. Oct. 19, 8 a.m.-2 p.m. See page 1 for details.

MEDICARE OPEN ENROLLMENT FORUM: Tues. Oct. 22, 10:00 a.m. at **Town Hall, 3rd Floor.** Susan Cripps, ESMV will discuss open enrollment and changes in Medicare. See page 1 for details.

COA BOARD will meet at the Town Hall (this month only) on Tuesday Oct. 22 at noon.

NEW LIGHT DEPT. MANAGER TO SPEAK: Wed. Oct. 30, 10:00 a.m. First Congregational Church. See pg. 3.
Make a day of it! Join us for the program and stay for the Halloween Party & lunch. (Lunch reservations are required.)

HAPPY HALLOWEEN OCTOBER BIRTHDAY & HALLOWEEN PARTY:

Wed. Oct. 30, 11:00 a.m. Dress up (not required) and join us as we scare up some harvest time fun! Cost is \$2.00 except for Birthday celebrants who will receive a free lunch. Lunch reservations are required. RSVP before 10/23/13 to assist with planning. To make reservations, please call the COA office at (978) 352-5726.

Special Town Meeting Planned

Monday October 28
7:00 p.m.
Georgetown Middle High School

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
Beginning
Wed. October 2

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

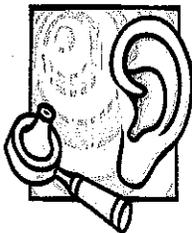
NO Walking Club on Wed. October 30



Halloween Craft

Mini Pumpkin Candleholders
 Tues. Oct. 8, 10 a.m.
 First Congregational Church

Start with a mini pumpkin and a candle. Mix your own imagination with a variety of artistic materials to create a fun Halloween jack-o-lantern or elegant fall decoration. Spaces are limited. Contact the COA as soon as possible at 978-352-5726.



Tinnitus Seminar

Presented by Digital Hearing Healthcare of Newburyport, Georgetown, Bradford; a MA/NH Audigy-Certified Practice

Wed. Oct. 9, 10 a.m.
 First Congregational Church

Topics of discussion include:

- Understanding common tinnitus issues
- Identifying the varied tinnitus causes
- Common psychological effects of tinnitus
- Correlation of tinnitus to hearing loss
- What to look for in a hearing care professional
- Understanding and treating tinnitus
- All attendees will be entered to win TV EARS.

A complimentary breakfast will be served at 9:30 a.m.

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

TRIAD Presents CarFit

Thurs. Oct. 17, 1 p.m. at Trestle Way



The CarFit program

- Offers older adults the opportunity to check how their cars fit them.
- Offers trained professionals who lead senior drivers through a 12-point checklist with their vehicles
- Recommends personal vehicle adjustments & adaptations
- Offers community specific resources & activities to make their vehicles "fit" better or enhance their safety.
- Developed through collaboration among the American Society on Aging, AAA, AARP & the American Occupational Therapy Association

Ice cream & refreshments will be served.

For more information or to sign-up, contact the COA at 978-352-5726.

Georgetown Municipal Light Department Presents
Important Safety & Fraud Information

Wed. Oct. 30, 10 a.m.
 First Congregational Church



3 Meet David Schofield, our new Municipal Light Dept. Manager!

Discussions will include:

- ✓ Scams targeting utilities as a way to illegally gain Social Security information;
- ✓ Staying safe from scams & fraud;
- ✓ Safety tips regarding indoor & outdoor electricity;
- ✓ Conservation tips & ways to save money related to utility costs.

Free flashlights will be presented. To make reservations, please call the COA at 978-352-5726.

FRIENDS OF THE COA MEETING

Mon. Oct. 21 @ 2:30 at the Peabody Library. Open to the public. New members welcome.



Free Quilting Class at Trestle Way

Sandy Schauer will teach a quilting class at Trestle Way on **Friday Oct. 18, 9:30 a.m.-noon**. Participants will need to bring: pins, embroidery needle, black, green, & ecru #8 floss, & 56" black ribbon 1/2 inch or twill tape as they create a small messenger bag. There is no charge for this class. For information, call 978-352-6331.



Attention Travelers & Early Snowbirds!

With winter travel plans in place, please add us to your travel "to-do" list. When newsletters are returned because someone is "temporarily away", we are charged return postage. Please notify 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. Thank you for your help.



Upcoming events:

- ★ **Annual Seasonal Flu Clinic (Nov. 6)**
Plans are underway for the **Annual Seasonal Flu Clinic Wed. Nov. 6, 9:30-11 a.m.** at the First Congregational Church. More information will soon be available. Flu vaccine is supplied by the Mass. Immunization Program. The Flu Clinic is sponsored by the Georgetown Board of Health and the COA. For more information, call the COA at 978-352-5726.
- ★ **Kiwanis Thanksgiving Dinner (Nov. 23)**
- ★ **Annual COA Holiday Party (Dec. 9)**
- ★ **GMHS Holiday Concert/Breakfast (Dec. 6)**



Heating Assistance Program

Application Packets are now available at the 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 Improvement Applicants Sought

Rebuilding Together is now 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 eligibility details. 978-352-5726

Danvers Indoor Sports Open House

Danvers Indoor Sports will hold an open house for senior citizen organizations on **Wed. Oct. 9, 10 a.m. - 2 p.m.** at their Danvers facility located at 150R Andover Street (Route 114). A variety of activities will be available. For additional information or to register, contact Don Cragg at 978-777-7529 or info@danversindoorsports.com

Caregivers Conference Planned

The North Shore Alzheimer's Partnership will host the 5th Annual Caregiver Connections Conference

Sat. Nov. 2, 8:30 a.m.-1:30 p.m. at the

Double Tree by Hilton Hotel Boston North Shore in Danvers. Featuring television journalist Susan Wornick as the keynote speaker, cost is \$10 and includes breakfast along with free respite with activities for seniors while their family/care partners attend workshops and programs. Respite care will be provided on site by Spectrum Adult Day Health Program.

A New Scam/Fraud Scheme

Residents have received telephone calls from a person claiming to be a Police Officer or Federal Agent. These persons claim to have a warrant for the arrest of the resident which can only be cleared up by sending a money order or rechargeable Visa/Master card to them. The caller is extremely aggressive and will attempt to intimidate the victim into sending them money or face being arrested. Be reminded that the Police will NEVER contact anyone demanding money for any reason. These calls have been originating out of state, anyone receiving calls of this nature may file a report with the Federal Trade Commission or with the FBI. If anyone has actually lost money or had their identity compromised to this or any other fraud it should be reported to the local Police. Anyone wanting more information about ongoing fraud schemes can find it on the FBI website.

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

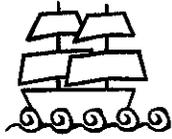
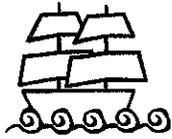
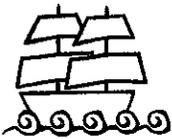
October Menu - Make reservations 3 days in advance. Call (978) 352-5726.

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.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
	1 Apple Juice, Chicken/Broccoli/Ziti	2 Soup: To Be Announced Beef Stroganoff, White Rice, Scandinavian Veg
7 Chicken Marcella, Red Bliss Whip Pot, Peas/Carrots	8 Grape Juice, Veal Patty/Ziti/Marinara, Green & Gold Beans	9 Soup: To Be Announced LS Hot Dog, Baked Beans, Corn
14 CLOSED: Columbus Day	15 Byfield Luncheon	16 Soup: To Be Announced Baked Mac & Cheese, Zucchini & Stewed Tomatoes
21	22	23
NO LUNCHES THIS WEEK ~ CHURCH CLOSED FOR FAIR PREPARATIONS		
28 Breaded Chicken, Herb Whip Pot, Peas/Carrots	29 Swedish Meatballs, Garlic Whip Pot, Succotash	30 Soup: To Be Announced American Chop Suey, Corn



OCTOBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Special Town Meeting Monday October 28 7:00 p.m. ~ GMHS	1 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training	2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	3 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
7 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	8 9:30 Van: Rowley 10:00 Halloween Craft 11:30 Lunch 12:30 Strength Training	9 9:00 Yoga 10:00 Tinnitus Seminar 11:30 Lunch 3:30 Walking Club	10 9:30 Men's Breakfast 10:30 VAN: Target/Mann's Orchard, Methuen 10:45 Strength Training
14 Closed for Columbus Day	15 9:30 Van: Newburyport 11:45 Byfield Church Lunch 12-2 Sen. Tarr's Office Hrs. 12:30 Strength Training	16 9:00 Yoga 11:30 Lunch 3:30 Walking Club	17 10:30 VAN: Haverhill 10:45 Strength Training 1:00 TRIAD/Carfit Program ----- Sat. 10/19 8 a.m.-2 p.m. Family Dentistry Oral Clinic
21 9:00 Rep. Mirra/Office hrs 10:30 Yoga 2:30 COA Friends/Library 3:30 Walking Club	22 10:30 Van: Poet's Inn 10:00 Medicare Forum ↓ At Town Hall 12:00 COA Board Mtg ↑ 12:30 Strength Training	23 9:00 Yoga 3:30 Walking Club	24 10:30 VAN: Plaistow, NH 10:45 Strength Training ----- 10/25-10/26 Cong. Church Fair
First Congregational Church CLOSED for Fair Preparations			
28 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	29 9:30 Van: Seabrook, NH 11:30 Lunch 12:30 Strength Training	30 9:00 Yoga 10:00 Light Dept. Program 11:00 Halloween Birthday NO Walking Club Today	31 10:30 VAN: North Shore Mall 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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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 October 22, 2013
At Town Hall

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

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.

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.