



A FEW GRAY HAIRS



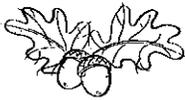
A Newsletter of the Georgetown Council on Aging
Email: cfiorello@georgetownma.gov

Vol. 15/Iss. 3

September 2013

Website: www.georgetownma.gov

Director's Notes... Although there is more than another month of summer to enjoy, the anticipation of fall seems to start as soon as the calendar is turned to August! During my childhood, the Central Canada Exhibition, the Ottawa "Ex", took place in mid-August and always seemed to signal the end of summer. At that time, the Ex was still an agricultural fair and I really enjoyed visiting the barns filled with different varieties of sheep, cattle, and every possible type of chicken! Shelves of gleaming jams, jellies and preserves lined the halls of other exhibit buildings along with rows of hand-made quilts, beautiful cable knits and carefully pleated or hand-smocked dresses. One year, crowds of people filled a technology hall to view an exhibit that featured one of the first color televisions! As much as we enjoyed the day trips to the Ex, my friend and I really looked forward to our evening visit to the midway with my aunt. The lights of the midway were as festive as any seasonal display and music from evening musical shows filled the air. My aunt was always game to try a tilt-a-whirl, roller coaster or double-Ferris wheel, which inevitably stopped at the very top with us twirling in place and squealing with both delight and terror! But as soon as the Ex closed its doors, it was time to get ready for the return to school. Bathing suits and caps were put away for another year and book bags, brown lace-up oxfords and woolen plaid kilts were purchased. The care-free days of summer appeared to come to a quick end with the return to fall routines, all of which seemed to be welcomed by our parents! But the return to school also brought the excitement of new classrooms and projects, resumed friendships and after-school activities. There was much to look forward to. As September arrives, the start of fall can still bring the excitement of new opportunities and resumed activities. Drop by the COA meal site at the First Congregational Church for coffee and a game of cards or visit a COA yoga or strength training class at Trestle Way. Join us as we celebrate National Senior Center week with the return of Rockin' Ron Toleos on Wednesday Sept. 11 and be sure to mark your calendars for Monday September 23 when Delvena Theater returns with *Mr. President!* Fall is in the air and we look forward to getting together with you!



COA & School Dept. Programs Resume

The COA & Georgetown School Department plan to continue the **Perley Pal Readers Program** & the **Indoor Walking Program** at Penn Brook School (see top of page 3). Now in its sixth year, the intergenerational **Perley Pal** guest reader program links Georgetown elders with early elementary classrooms at the Perley School. The program brings joy to both the volunteers and the students, who report the volunteers to be "the best in the whole wide world." In the past, interested elders were asked to donate approximately ½ hour each month to read. Although details are not finalized, interested volunteers are asked to call the COA at (978) 352-5726. Watch for more details!

A BBQ Thanks to All!

Featuring a wonderful morning and delicious lunch, the COA's 4th Annual Chicken Barbeque in July was a fabulous success! Serving more than 60 people, very special thanks go to the Over the Hill Band, the Georgetown Cultural Council for sponsoring the band, Rosalyn Frontiera, Constituent Representative for U.S. Rep. John Tierney, Director Bill Cutler and the staff at the Merrimack Valley Nutrition Project and the wonderful volunteers who pitched in at a moment's notice to make the day a success for all. Thank you all!

The COA and all activities will be closed for Labor Day on Monday, September 2.

September Activities

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

CALL US AT 978-352-5726.



SEPTEMBER VAN SCHEDULE 2013



Shopping Date	Location	Recreation Date	Location
Sept. 3 9:30	NO VAN – Brown Bag Only	Sept. 5 9:30	SuperWalmart/Salem, NH
Sept. 10 9:30	Rowley	Sept. 12 10:30	Target & Mann's Orchard/Methuen
Sept. 17 9:30	Newburyport	Sept. 19 10:30	Seabrook, NH
Sept. 24 9:30	Plaistow, NH	Sept. 26 10:30	Haverhill

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. Sept. 4, 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.

MEN'S BREAKFAST: Thurs. Sept. 5, 9:30 at Trestle Way with guest speaker Police Chief Don Cudmore. 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. Oct. 10. (Note: Date change for October only.)

ESMV CARE MANAGER: Mon. Sept. 9, 10:00 – 11:00
ESMV Care Manager Sarah Murdock is available to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV). APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE. To schedule an appointment, call (978) 352-5726.

SHINE OFFICE HOURS: Tues. Sept. 10, 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.

ROCKIN' RON RETURNS!: Wed. Sept. 11, 10 a.m.
See page 3 for details.

COPING W/EARLY MEMORY LOSS: Tues. Sept. 17, 9:30 a.m. See page 3 for details.

TRIAD K-9 DEMO & CARFIT: Thurs. Sept. 19, 1-2 p.m.
Trestle Way. See page 3 for details.

DELVENA THEATER RETURNS: Mon. Sept. 23, 2 p.m.
Trestle Way. Performing "Mr. President;" details pg. 3.



SEPT. BIRTHDAY PARTY: Wed. Sept 25, 11:30
First Congregational Church

Join us as we send best wishes to our friends who were born in September. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 9/18/13 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE COA Meeting: Mon. Sept. 16 @ 2:30
at the Peabody Library. Open to the public. New members welcome.



B - I - N - G - O
Callers Desperately Needed

If you have an hour to spare approximately 1-2x/month, we can use you. Bingo meets at noon on Mondays. For more info, contact the COA at 978-352-5726.



Our faithful callers continue to go above and beyond their duties. We are thankful for our newest recruit, but would welcome a few more. Many hands make light work!

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. September 12 1-4 p.m.

Rep. Lenny Mirra: Mon. September 16 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
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



TRIAD – K-9 Demonstration with Car-Fit Program Presentation

Thursday Sept. 19, 1-2 p.m. at Trestle Way

- K-9 Demonstration by the Essex County Sheriff's Department
- Introductory Presentation on the upcoming CarFit Event on Thursday Oct. 17, 1 p.m. at Trestle Way. (See page 6 for details.)
- Join us for ice cream and other refreshments following both events.

For more information and/or to assist with planning, contact the COA at 978-352-5726.



Rockin' Ron Toleos

Returns to Georgetown for a National Senior Center Week Celebration

Wednesday, September 11th 10 a.m.

First Congregational Church

We'll have a rockin' good time enjoying a mix of Golden Oldies, Pop Tunes, and maybe even a little Elvis!

And what kind of celebration would it be without FOOD!? Light refreshments will be served.

To assist with planning, please RSVP before Sept. 4. Call the COA at 978-352-5726.



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.



Coping with Early Memory Loss

Tuesday Sept. 17, 9:30 a.m.

First Congregational Church with the Alzheimer's Association

A program for people living with a diagnosis of Alzheimer's or related dementia. Care partners are welcome to attend. For information, please call the Georgetown Council on Aging at 978-352-5726



Delvena Theater Company

To perform the play "Mr. President!" Monday Sept. 23, 2 p.m. @ Trestle Way

- ★ A look into the lives of some of our past Presidents
- ★ Educational and entertaining live performance
- ★ Promotes dialogue between the cast & audience
- ★ Offered free to the public
- ★ Light refreshments will be served.

Delvena Theater has become an annual favorite in Georgetown after wonderful past performances of "Amelia, Where 'Ya Been," "All The President's Wives," "W.C. Fields and Mae West" and "Meet Julia Child!"

For more information, please call the Georgetown Council on Aging (978-352-5726).



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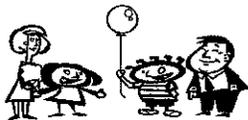
"In the garden, Autumn is, indeed the crowning glory of the year..."

~Rose G. Kingsley *The Autumn Garden*, 1905



Music at Eden's Edge offers Final Summer Concert

Music at Eden's Edge ends its Senior/Family Series with "Yet in September, String Quartets" on Tuesday Sept. 24, 2 p.m. at the Northshore Unitarian Universalist Church located at 323 Locust Street in Danvers. This concert is free to the public. This program is supported by a grant from the Massachusetts Cultural Council, a state agency.



Family Day at Camp Denison

Saturday, Sept. 28 Noon to 3:00 p.m.

As part of the town-wide Homecoming Celebration scheduled for Sept. 28 & 29, Camp Denison will feature free events including Irish step dancing, model airplanes, spider and bee demonstrations, pumpkin decorating, balloons, face painting, paper rocket launchings, and pony rides on Sat. Sept. 28, 12-3 p.m. Music will be provided by the Over the Hill Gang. Hot dogs, corn on the cob, ice cream and soda will also be provided. Free parking. Activities sponsored by the Friends of Camp Denison.



Looking Toward The Future...

➤Wed. October 9, 10 a.m.

Digital Hearing Healthcare Information Program

➤Thurs. Oct. 17, 1 p.m. at Trestle Way
TRIAD CarFit Event

Developed through collaboration among the American Society on Aging, AAA, AARP and the American Occupational Therapy Association, the Car-fit program offers older adults the opportunity to check how their cars fit them. Trained professionals will lead senior drivers through a 12-point checklist with their vehicles, recommend personal vehicle adjustments and adaptations and offer community specific resources and activities to make their vehicles "fit" better or enhance their safety. Refreshments will be served.

➤Sat. Oct. 19, 8 a.m.-2 p.m.

Georgetown Family Dentistry will provide free cleanings & oral exams to local elders who meet specified income criteria & have no access to dental coverage from other sources. Registration is limited. Registration and medical release forms will be available at the COA. For further information, please 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.

Applicant eligibility:

- Own and occupy your home for at least 4 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH)
- Meet Federal HUD low-income guidelines (Call for info)
- Are elderly, disabled, or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

If you or someone you know needs help with home repairs, modifications (such as grab bars or a wheelchair ramp), energy efficiency, please ask for an application by calling: 978-469-0800 or email RTogether@verizon.net



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.

September 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>
2 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED: LABOR DAY</div>	3 High Sodium Meal LS Hot Dog, Baked Beans, Coleslaw	4 Pineapple Ginger Chix, Brown Rice, California Blend Veg
9 BBQ Pork Patty, LS Potato Chips, Italian Blend Veg	10 Apple Juice, Baked Mac & Cheese, Zucchini & Stewed Tomato	11 Baked Chix Breast/Gravy, Bread Stuffing, Green Beans Almandine
16 Meatloaf/Gravy, Garlic Whip Pot, Green & Gold Beans	17 Grape Juice, Chix Tetrizzini, California Blend Veg	18 Broccoli, Egg & Cheese Bake, Green Beans & Stewed Tomatoes
23 Lasagna/Marinara Sauce, Mixed Veg	24 Salisbury Steak/Gravy, Whip Pot/Basil & Butter, Scandinavian Veg Blend, Tossed Salad/LS Dressing	25 New Orleans Diced Chix, White Rice, California Blend Veg
30 Cheeseburger, Pot Skins/Chives/Sour Cream, Coleslaw	10/1 Apple Juice, Chicken/Broccoli/Ziti	10/2 Shaved Beef Steak/Onions/Peppers/Cheese, Whip Pot, Scandinavian Veg

Curried Mushroom Caps



Ingredients: 1 ½ T olive oil ~ 2 tsp yellow mustard seeds ~ 1 pound mushroom caps, stems removed; caps wiped clean ~ 1 tsp curry powder ~ 1 clove garlic, crushed ~ 1 tsp fresh lemon juice ~ ½ c white wine ~ ¼ c vegetable broth

Directions: Put the olive oil & mustard seeds in a large frying pan. Heat for 3 mins. on medium heat. Add curry, garlic, mushrooms, lemon juice, wine & broth. Cover, cook on med. heat for 10 minutes, stirring occasionally. Mushrooms can be served warm, cool or at room temp. Serves 4



SEPTEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed for Labor Day</div>	3 No Van--Brown Bag 11:30 Lunch 12:30 Strength Training	4 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	5 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
9 9:30 Dolls 10:00 ESMV appts. 10:30 Yoga 11:30 Lunch 12:00 Bingo	10 9:30 Van: Rowley 9:00 SHINE appts. 11:30 Lunch 12:30 Strength Training	11 9:00 Yoga 10:00 Rockin' Ron 11:30 Lunch	12 10:30 VAN: Target & Mann's Orchard/Methuen 10:45 Strength Training 1-4 Sen. Tarr's Office Hrs.
16 9:00 Rep. Mirra/Office hrs 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:30 COA Friends/Library	17 9:30 Van: Newburyport 9:30 Coping w/Early Memory Loss 11:30 Lunch 12:30 Strength Training	18 9:00 Yoga 11:30 Lunch	19 10:30 VAN: Seabrook, NH 10:45 Strength Training 1:00 TRIAD/K-9 Demo & CarFit Program Intro
23 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:00 Delvena Theater/T.W.	24 9:30 Van: Plaistow, NH 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	25 9:00 Yoga 11:30 Birthday Lunch	26 10:30 VAN: Haverhill 10:45 Strength Training ----- Sat. 9/28 12-3 Family Day/Camp Dennison
30 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	10/1 No Van--Brown Bag 11:30 Lunch 12:30 Strength Training	10/2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	10/3 No Men's Breakfast 9:30 VAN: Walmart/Salem NH 10:45 Strength Training

Van Trips: The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.

Georgetown Council on Aging
Memorial Town Hall
1 Library Street
Georgetown, MA 01833

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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 September 24, 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

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.