



A FEW GRAY HAIRS



National
Embroidery
Month

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

Vol. 11/Iss. 8

February 2010

Website: www.georgetownma.gov

Director's Notes... Still holding a place of honor in the center of my kitchen windowsill is a Valentine's Day card hand made by one of my daughter's last year. Featuring a glittering heart and special paper, it is the latest in the long-line of Valentines that date back to early crayoned messages and one memorable heart that promises good behavior for at least two weeks! In our home, Valentines Day was the mid-winter holiday designed to warm our hearts during the cold and snow of a New England winter. With little girls giggling and whispering in corners, secret projects would include lots of glitter and colored construction paper that resulted in the most beautiful Valentines to decorate our dinner table. I would plan a special dinner with heart-shaped cookies decorated with frosted messages or an apple pie with interlocking hearts cut into the crust. One year, I made a heart-shaped meatloaf outlined with carefully piped pink mashed potatoes. It was such a hit, that I planned a shamrock shaped meatloaf for St. Patrick's Day but no one could eat the green mashed potatoes! During this month of caring when we all enjoy a lift to our hearts and spirits, make a quick Valentine for someone or just yourself. Send it in the mail, deliver it in person or leave it by someone's tea cup. But I suggest that you eat your potatoes without decoration and save the green food coloring for Easter eggs!

The 2010 Census is here!

Gathering information that will be used to distribute state and Federal money that includes programs for elders, the 2010 Census is easy, safe and important to complete. In February to March, census questionnaires will be mailed or delivered to every household across the country. With only 10 questions, the 2010 census takes approximately 10 minutes to complete. Household are asked to provide demographic information including whether they own or rent their homes, the address of their residence, names, genders, ages and races of others living in their household. The information is used to determine U.S. Congressional representation as well as the distribution of Federal, state and local money that is used to implement Supplemental Social Security Income and Social Security Disability Insurance Program, programs for elders who live along, grant for elders caring for grandchildren and to create facilities and services for people living with disabilities.

February is the month of paper hearts and roses, chocolate and romance. But, this month also has a serious side:

**February is
American Heart Month**

& more specifically

**February 6 is
National Wear Red Day**

**Show your support for the fight against
heart disease in women.**

**See page 6 for Signs & Symptoms of Heart
Disease and Healthy Lifestyle Tips.**

COA Partners with Elder Services to Offer
Elder Spirituality Support Group
Starting March 10, 2010 at 10 a.m.
First Congregational Church

For six weeks our **Elder Spirituality support group** will offer elders the opportunity to engage with other elders to share how their relationship with [however they understand] God serves as **a resource to help them cope, heal & grow.** Rituals (i.e., remembering loved ones) & shared meditations/prayer will be integrated into gatherings if helpful.

**For more information, call the COA.
(978) 352-5726**

**The Council on Aging & Senior Ctr.
will be closed on Presidents' Day
Monday, February 15, 2010**

February Activities

ACTIVITIES ARE HELD AT THE SENIOR CENTER LOCATED AT THE FIRST CONGREGATIONAL CHURCH
UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726

FEBRUARY VAN SCHEDULE 2010

Shopping Date	Location	Recreation Date	Location
Feb. 2 nd	NO VAN – Brown Bag Only	Feb. 4 th 9:30	Super WalMart/Salem, NH
Feb. 9 th 9:30	Plaistow, NH	Feb. 11 th 10:30	North Shore Mall
Feb. 16 th 9:30	Newburyport	Feb. 18 th 10:30	Seabrook, NH
Feb. 23 rd 9:30	Rowley	Feb. 25 th 10:30	Plaistow, NH

ESMV CASE MANAGER: ESMV Case Manager Jennifer Cook will hold office hours at the Senior Center on **Mon. Feb. 1, 10:00 a.m.** She will be available to meet with local elders to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV).

SHINE Office Hours: Do you have health insurance questions? SHINE Counselor Jerry Goldberg will be here on **Mon., Feb. 1, 9:00 – 11 a.m.** If you cannot come to the scheduled hours, contact the COA and we will contact our SHINE counselor for you. Call (978) 352-5726.

GARDEN CLUB CRAFT: Join us at **9:30 a.m. on the first Tuesday of each month** for fun and crafts. **Classes are always free, but it is extremely helpful for planning if you would sign-up a week in advance.**

February 2, 2010 Victorian Valentine Candy Boxes (NOTE change in Craft) **RSVP ASAP**
March 2, 2010 Bird Houses **RSVP before 2/23/10**

HEART HEALTHY TIPS & UPDATES: The Public Health Nurse will discuss **Heart Healthy tips and updates** before the blood pressure clinic on **Wed., Feb. 3, 10:00 a.m.**

VISITING NURSE: **Wed., Feb. 3, 10:00 – 11:00 a.m.** Public Health Nurse **Judy Anderson** will be available to take blood pressure, check blood glucose levels & discuss any medical concerns seniors have. A visiting nurse is also available for Trestle Way residents in their Community Building from 1:00-3:00 p.m.

MEN'S BREAKFAST: Join us for **Men's Breakfast on Thursday Feb. 4, 9:30 a.m.** at **Trestle Way**. MVH Hospitalist, **Dr. Dan Tollman**, returns to answer your health questions. To make reservations please call the COA at (978) 352-5726. Next breakfast: March 4, 2010. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.



VALENTINE'S DAY CRAFT: Let your creativity flow as you design and create your own Valentine's Day cards. All materials will be supplied and there is no cost for the craft. Join us on **Tues. Feb. 9 at 10 a.m.** **Please let us know if you plan to attend.**

OVER THE HILL GANG TO PERFORM: The **Over the Hill Gang** is set to perform a **Valentine's Day concert on Wed. Feb. 10, 10 a.m.** The "Gang" is a group of local elders specializing in country favorites, but offers a sprinkling of other genres. They practice on Tuesday nights at Trestle Way which is open to the public. Make a morning of it and plan to stay for the Valentine's Day Party at 11 a.m. See below for details.

VALENTINE'S DAY PARTY: Dust off your red dress or black tux (or whatever!) and join us for our Annual **Valentine's Day Party on Wed., Feb. 10, 11 a.m.** at First Congregational Church. **Cost is \$3.00 (includes lunch).** **Reservations are required. RSVP before 2/3/10 to assist with planning.**

FEBRUARY BIRTHDAY PARTY: Join us on **Tues. Feb. 16 at 11:30 a.m.** for the celebration! Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 2/9/10 to assist with planning.**

HEALTHCARE & BENEFITS INFORMATION PROGRAM PLANNED: Join us on **Tues. Feb. 23, 10 a.m.** at First Congregational Church. See page 3 for details.

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	Monday & Wednesday 3:30 – 6 p.m. Penn Brook School Walkers are asked to sign in and out in the COA log book at the school's front desk.
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.	
	Wednesdays	9:00 a.m.	
Strength Training	Tuesdays	12:30 p.m.	
	Thursdays	11:00 a.m.	

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: Bill Kittredge (978) 352-4968	
2	29	45	50	72

HEALTHCARE & BENEFITS INFORMATION PROGRAM

Tues. Feb. 23, 10 a.m.

First Congregational Church.

Funded by the federal Administration on Aging and sponsored by Elder Services of the Merrimack Valley, Inc. and the Massachusetts Executive Office of Elder Affairs, representatives of the Senior Medicare Patrol (SMP) will present a program on healthcare and benefits information. The goal of the SMP project is to present information that will enable elders and their caregivers to increase their access to services and to decrease the potential for healthcare errors, fraud and abuse and ways for elders to become engaged healthcare consumers. For more information, please call the COA at (978) 352-5726.



“Heart to Heart”

In the spirit of
National Canned Food Month

The COA is collecting
canned food & other nonperishable items
during the month of February.
Items will be donated to local food pantries.

Boxes will be located at
Town Hall, 2nd Floor &
First Congregational Church



For more information, call us at 978-352-5726.



Create Your Own
Valentine Cards

Join us on Tuesday
Feb. 9 at 10 a.m.
No Charge.



Please call the COA to sign
up before 2/4/09.



“Be My Valentine”

Join us for the annual
Valentine's Day Party
Wed., Feb. 10, 11 a.m.
First Congregational Church.

Over the Hill Gang to perform at 10 a.m.

Cost is \$3.00 (includes lunch).
Reservations are required.

RSVP before 2/3/10 to assist
with planning. 978-352-5726



Signs & Symptoms of Heart Disease

With February designated as American Heart Month, the Centers for Disease Control and Prevention (CDC) remind us that heart disease is the leading cause of death in the United States and is a major cause of disability. However, the chance of developing coronary heart disease can be reduced through the prevention and control factors that put people at risk. Awareness of the signs and symptoms of heart attack are important in achieving a positive outcome after a heart attack. While some heart attacks are sudden and intense, others start slowly with mild pain or discomfort and may cause some people to wait too long before seeking help. Some signs that indicate a heart attack may be happening include:

- **Chest discomfort**, often occurring in the center of the chest and including uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort** in the other areas of the upper body including arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Cold sweat**, nausea or lightheadedness.

If you experience any of these symptoms, call 911 immediately.

Healthy Lifestyle Tips

Maintaining a healthy lifestyle and diet are important weapons in the fight against coronary heart disease. Along with daily physical activity, the CDC suggests the following dietary recommendations:

- **Choose lean meats** and poultry without skin, prepare meats and chicken without saturated and trans fat.
- **Select fat-free**, 1% and low-fat dairy products
- **Reduce** use of foods containing partially hydrogenated vegetable oils
- **Cut back** on foods high in dietary cholesterol
- Reduce intake of beverages and foods with added sugars
- **Choose and prepare** foods with little or no salt
- **If you drink** alcohol, use moderation
- **Maintain** smaller portion sizes.



Boston Flower & Garden Show

Bus Trip Planned for **Thursday, March 25, 2010**. Sponsored by the recently reorganized **Friends of the Georgetown COA**, the \$48 cost covers roundtrip bus and admission to the show. **More info to follow in March**. Anyone interested can make checks payable to **Conway Tours** and mail to: Friends of the Georgetown COA, Attn: Barbara Morehouse, President, P.O. Box #111, Georgetown, MA, 01833.

Executive Office of Elder Affairs (EOEA) Public Service Information

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!



**1-800-243-4636
(1-800-AGE-INFO)**

**Press #5 to speak to an
Elder Services Ombudsman.**

High School Students Offer Shoveling and Yard Work Assistance

Recognizing that it is often hard for older adults to clean yards, rake leaves or shovel snow, students at Georgetown High School have offered to provide snow shoveling and yard work assistance to local elders. In partnership with the school's Community Service Program and other student service groups, elders with a need for assistance will be connected with a student volunteer. **For more information, call the COA at (978) 352-5726.**

AARP Tax Prep Assistance Available

**Open to: Elders and other moderate-income
Individuals**

When: Thursday Mornings Feb. 4 - April 8
(4 one-hour sessions available each
Thursday starting at 9:30 a.m.)

NOTE: Appointments are required.

To reserve a time, call the COA office
at **(978) 352-5726**.

**Where: Council on Aging Office
1 Library St.**

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

VISITING NURSE

On the first Wednesday of each month, from 10:00AM – 11:30 AM, Judy Anderson, RN is available at the Senior Center to perform Blood Pressure checks, shots, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, 1:00 PM-3:00PM.

TRANSPORTATION: SHOPPING

The Van is available 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: NORTHERN ESSEX ELDER TRANSPORTATION PROGRAM

This program provides rides for senior citizens 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 would ever be 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.

Meals on Wheels Available to eligible seniors.

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.

Ring & Ride Ring & Ride is a free bus service to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The bus can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, area hospitals & trains). For a brochure contact the COA.

S.H.I.N.E. Serving Health Information Needs of Elders will help you understand your health insurance concerns. Call COA to set up an appointment with their representative.

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.

HANDICAP PLACARDS

Are you in need of a HANDICAP placard for your car? The Council on Aging has a number of applications available from the Registry of Motor Vehicles.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE

Handy folder which serves as a summary record of Financial Information, Investments and Insurance, Legal Documents and Estate Management information.

FOOD RESOURCES

For more information, contact the COA office at (978) 352-5726.

Updated 5-6-09

Georgetown Council on
Aging
Memorial Town Hall
1 Library Street
Return Service Requested

Presort Standard
U. S. Postage

PAID

PERMIT #39
Haverhill, MA

We strive to keep our mailing list up-to-date. Your assistance is important. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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

Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726

Office Hours:
Monday – Thurs. 9 am – 4 pm

Georgetown Senior Center
@ 1st Congregational Church
Andover St. ~ Georgetown, MA
(978) 352-8443

Open:
Monday – Wed. 9 am – 1 pm

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 February 23, 2010

Georgetown Council on Aging:
Director: Colleen Ranshaw-Fiorello
Office: Julie Pasquale, Newsletter
Alice Girrior, Outreach
Dave Hall, Van Driver
Jeannine DesJardins, Volunteer
Mealsite Coordinator: Mickey Locke
Board Members:
Claire Maimone, Chair
Corona Magner, Vice Chair
Chandler Noyes, Treasurer
Barbara Miller, Secretary/Clerk,
Diane Prescott, Ginny Ryder
Cynthia Tardif, Esther Palardy
Alt: Jeannine Desjardins, Suzanne Lind

Town of Georgetown:
Michael Farrell, Town Administrator
Philip Trapani, Board of Selectmen
Evan O'Reilly, Board of Selectmen
David Surface, Board of Selectmen
Steve Smith, Board of Selectmen
Gary Fowler, 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 Senior Center.

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

Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
1 Beef Meatballs/Gravy, Garlic Whip Pot, Carrots, Frozen Yogurt, Multigrain Brd	2 Salmon Boat/Dill Sauce, Rice Pilaf Almandine, Calif. Blend Veggies, Mixed Fruits, Light Rye Bread	3 SOUP: Chicken Corn Chowder Baked Ham, New England Baked Beans, Corn, Peach Cup, Oatmeal Bread
8 Veal Roulade/Mushroom Gravy, Loaded Whip Pot, Peas & Pearl Onions, Sherbet Cup, Wh Wh Roll	9 Chicken/Broccoli/Ziti/Alfredo Sauce, Green Beans, Diced Pears, Multigrain Brd	10 SOUP: Cream of Asparagus Breaded Fish Strips, Florentine Rice, Mixed Veggies, Fresh Orange, Wh Wh Brd
15 CLOSED FOR PRESIDENTS DAY	16 Grape Juice, BBQ Chicken, Parsley Pot, Green Beans, Peach Cup, Wh Wh Bread	17 SOUP: Turkey Orzo Broccoli/Egg/Cheese Bake, Zucchini & Stewed Tomato, Apple, Wh Wh Roll
22 Hot Pocket, Corn, Coleslaw, Fruit Gelatin, Multigrain Bread	23 Meatloaf/Gravy, Whip Pot, Broccoli, Pineapple, Light Rye Bread	24 SOUP: Seafood Bisque Apple Juice, LS Hot Dog/Roll, NE Baked Beans, Carrot Stix, Brownie

Scallop Kabobs: A Heart Healthy Choice from the National Institutes of Health

Serves 4

3 Medium Green Peppers, cut into 1-1/2" squares
1-1/2 Lbs. Fresh Bay Scallops
1 Pint Cherry Tomatoes
1/4 C Dry White Wine
1/4 C Vegetable Oil
3 Tbsp Lemon Juice
Dash of Garlic of Powder & Pepper to taste

Pre-boil green peppers for 2 minutes.
Alternately thread first three ingredients on skewers.
Combine next five ingredients.
Brush kabobs with wine/oil/lemon mixture, place on grill
(or under broiler).
Grill 15 minutes, turning and basting frequently.

FEBRUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
"Heart To Heart" ~ COA-sponsored Canned Food Drive to Support Local Food Pantries. Collection Boxes are located at Town Hall, 2 nd Floor & First Congregational Church Georgetown			
1 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch, 12:00 Bingo 3:30-6 Walking/Penn Brook	2 No Van-Brown Bag 9:30 Craft Class: Victorian Valentine Candy Box 11:30 Lunch 12:30 Strength Training	3 9:00 Yoga 10:00 Heart Healthy Tips 10:00 Visiting Nurse 11:30 Lunch 3:30-6 Walking/Penn Brook	4 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 11:00 Strength Training Tax Assist: Call for Appt.
8 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	9 9:30 VAN: Plaistow, NH 10:00 Valentine Card Craft 11:30 Lunch 12:30 Strength Training	10 9:00 Yoga 10:00 Over the Hill Gang 🎵 11:00 Valentine Party/Lunch Cost: \$3 3:30-6 Walking/Penn Brook	11 10:30 VAN: North Shore 11:00 Strength Training Tax Assist: Call for Appt.
15 Closed: Presidents' Day	16 9:30 VAN: Newburyport 11:30 Birthday Lunch 12:30 Strength Training	17 9:00 Yoga 11:30 Lunch 3:30-6 Walking/Penn Brook	18 10:30 VAN: Seabrook 11:00 Strength Training Tax Assist: Call for Appt.
22 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	23 9:30 VAN: Rowley 10:00 Health Care & Benefits Info Program 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	24 9:00 Yoga 11:30 Lunch 3:30-6 Walking/Penn Brook	25 10:30 VAN: Plaistow 11:00 Strength Training Tax Assist: Call for Appt.

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.