



A FEW GRAY HAIRS



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

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February 2011

Website: www.georgetownma.gov

Director's Notes... When I was a child, my mother's only request for Valentine's Day was a hand-made Valentine. "Nothing fancy," she would say. "Just make me something." Armed with pads of construction paper, colored pencils and scissors, I would create Valentines heavy with glue and dripping with glitter. She always said they were beautiful. During the early years of marriage, there was very little money to spend on extras. When Valentine's Day arrived, my husband said, "Just make me something." Out came the construction paper and glitter but I added heart-shaped cookies, a heart cut into the crust of an apple pie and the infamous heart-shaped meatloaf complete with red mashed potatoes to my repertoire. Delish, he would bravely declare. When our girls each came along, our kitchen table became the center of Valentine's Day preparations. Lacy doilies cut to fit construction paper hearts, glitter floating across my tea cup and little hands dripping icing across trays of heart cookies that were complete with messages – there was no better fun. A few years have passed and the cards have become more sophisticated, but soon hand-made Valentine cards will arrive in the mail from all three daughters who seem to know that their mother will always say, "Just make me something."

Limited Opportunity for Medicare Enrollment Available Until Feb. 14

Although most people will not be able to make changes until the next Medicare Open Enrollment Period (Oct. 15-Dec. 7, 2011), individuals who are unhappy with their Medicare Advantage Plan have an opportunity until Feb. 14 to drop their Medicare Advantage Plan, return to Original Medicare and enroll in a Part D drug plan. At the same time, they may also enroll in a Medicare Supplement (Medigap) plan. People who are members of Prescription Advantage (the state's pharmaceutical plan) or who are eligible to join Prescription Advantage have an additional chance during 2011 to change their Part D drug plan or Medicare Advantage Plan or to add a Part D drug plan, if they have none (a penalty may apply). If an individual has MassHealth or qualifies for "Extra Help", they can change their Part D drug plan or Medicare Advantage Plan every month. If you need help with any aspect of health insurance, **SHINE Counselor Jerry Goldberg** will hold office hours **Monday Feb. 7, 9-11 a.m.** at the First Congregational Church. For information, call the COA at (978) 352-5726. SHINE volunteers are also available by calling 1-800- 243-4636.

AARP Tax Prep Assistance Available

Open to: Elders and other moderate-income individuals

When: Thursday Mornings Feb. 3 - April 10
(4 one-hour sessions available each Thursday starting at 9:30 a.m.)

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

Where: Council on Aging Office-1 Library St.

Things to Bring with you:

- ★ Copies of 2009 Federal & State tax returns
- ★ Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms, SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks/mutual funds).
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit bring 2010 Property Tax bills & Water Bills.

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

The COA & Senior Center will be closed on Monday, Feb. 21 to observe President's Day.

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 2011

Shopping Date	Location	Recreation Date	Location
Feb. 1 st	NO VAN – Brown Bag Only	Feb. 3 rd 9:30	Super WalMart/Salem, NH
Feb. 8 th 9:30	Newburyport	Feb. 10 th 10:30	The Loop, Methuen
Feb. 15 th 9:30	Plaistow, NH	Feb. 17 th 10:30	Seabrook, NH
Feb. 22 nd 9:30	Rowley	Feb. 24 th 10:30	Holy Grail & Shopping/Epping, NH

GARDEN CLUB CRAFT: No Class Scheduled for February 2011. Join us on **Tuesday, March 1 at 9:30 a.m.** as we create **Floral Lace Hats** to bring spring brightness into our winter-weary homes. Please **RSVP before 2/22/11**. A note for the future: The **Annual Garden Club Tea** will be held on **Tuesday, April 12** from 1 to 3 p.m. (note date change). Details to follow in the March Newsletter.

VISITING NURSE: **Wed., Feb. 2, 10:00 – 11:00 a.m.** Public Health Nurse **Jan Giles** 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 12:00-2:00 p.m.

MEN'S BREAKFAST: **Men's Breakfast** scheduled **Thursday Feb. 3, 9:30 a.m. at Trestle Way**. Local historian, **Rev. William Boylan**, will be on hand. With great appreciation, the Council on Aging thanks Crosby's Markets for their sponsorship and the Georgetown Housing Authority for their partnership in offering the monthly program. To make reservations, please call (978) 352-5726.

ESMV CASE MANAGER: **ESMV Case Manager Jennifer Cook** will hold office hours at the Senior Center on **Mon. Feb. 7, 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. 7, 9:00 – 11:00 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.

LEGAL ISSUES DISCUSSION: **Atty. Margot Birke** returns to update elder law information and answer your questions. Join us on **Tues., Feb. 8, 10 a.m.** For information, please call the Georgetown COA at (978) 352-5726. **See page 3.**

FREE ITALIAN FEAST: In celebration of Valentine's Day, join us as the **Culinary Arts students at Whittier Regional Vocational Technical High School** prepare and present a **free Italian feast luncheon** for elders **Wed. Feb. 9, 11:30 a.m.** To make reservations, call the COA at (978) 352-5726 **by Thurs. Feb. 3.**

FEBRUARY BIRTHDAY PARTY: Join us on **Tuesday Feb. 15 at 11:30 a.m.** to send best wishes to our friends who were born in February. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 2/8/11 to assist with planning.**

"PREPARING FOR THE UNEXPECTED"

A program of the **American Red Cross**
Wednesday Feb. 16, 10 a.m.
First Congregational Church

This program will provide

- vital information to help people and their families prevent, prepare for, and cope with emergencies.
- Tips and strategies to help participants learn how to create a communication network, assemble a disaster supplies kit, establish a meeting place for their family, and how to stay safe in a fire and other disasters.

For further information, call the COA at (978) 352-5726.



Singers from Whittier RVTHS entertained us at Christmas. Culinary Arts students will provide a Valentine Italian Feast on 2/9/11. Join us! RSVP before 2/3/11.

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	Mondays & Wednesdays 3:30-5:30 p.m. at Penn Brook School
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

ELDER LAW FORUM

Elder Law Attorney Margot Birke



will answer questions on Elder Law Issues

Tuesday Feb. 8, 10 a.m.

at First Congregational Church.

If planning to attend, please call the COA at (978) 352-5726.



Happy Valentine's Day!

The Culinary Arts Students of Whittier Reg. Voc. Tech. High School Extend an Invitation to All Georgetown Elders To enjoy



A (free) Italian Feast

Wed. Feb. 9 at 11:30 a.m.

First Congregational Church, Georgetown

To assist in planning, reservations **MUST BE made before February 3rd.**

For reservations or information, call Georgetown COA at 978-352-5726.



LOOKING FOR A FUN WAY TO START YOUR DAY? Drop in for a visit. Enjoy a cup of coffee, a snack, or even a friendly game of Cribbage, Rummy, 45s, etc. Join us at the **Senior Center** (First Congregational Church) on **Monday - Wednesday mornings from 9:00 to 11:30 a.m.** for fun and fellowship. Make a day of it and stay for lunch. (Lunch requires 3 days notice and costs \$2.00. Call the COA at 978-352-5726.)

Be Prepared for Winter Car Emergencies

To help drivers be safe while traveling in winter, the state Department of Transportation (DOT) suggests keeping winter car supplies handy in case they are needed in an emergency. Essential gear for the winter suggested by the DOT includes:

- Booster cables
- Two or more blankets
- Snow shovel and scraper
- Flashlight and extra batteries
- Extra clothing including cap, mittens, parka and boots
- High calorie, non-perishable food such as candy and nuts
- Sand or strips of carpet for traction
- Extra windshield washer fluid and antifreeze
- Flares or reflectors
- Cloth/paper towels
- Piece of bright cloth to tie to attract attention if needed



Warning Signs of a Heart Attack

Heart attacks and stroke are life-and-death emergencies in which every second counts. To be prepared for possible cardiac emergencies, the American Heart Association suggests that you call **911** if you see or have any of the symptoms listed. Not every cardiac emergency includes the same symptoms and some symptoms may appear to go away and then return. Calling 911 is always the fastest way to receive life-saving treatment. Always err on the side of caution – if you're not sure whether it's a heart attack, have it checked out! Some signs and symptoms of heart attacks include:

- **Discomfort in the center of the chest** that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body** - can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.
- **Cardiac Arrest Warning Signs**
 - ★ **Sudden loss of responsiveness** (no response to tapping on shoulders).
 - ★ **No Normal Breathing:** The victim does not take a normal breath when you tilt the head up and check for at least five seconds.



Care Package Collection Underway for Local Soldiers

Seeking to send messages and small gifts from home to two local soldiers currently deployed in Afghanistan who are both on-call Georgetown Fire Department members, the Erie Fire Association is collecting toiletries and small gifts to mail to U.S. soldiers Sean Maguire and Cam Moyer. Organized by Erie 4 Association member Scott Kochakian, a box to **collect travel size snacks, toiletries, playing cards, puzzle books, note paper, stamps and envelopes along with news from home** is available at the COA office. For more information, call the COA office at (978) 352-5726.

"Among the things you can give & still keep are your word, a smile, & a grateful heart."



Blood Glucose Test Strips Available

Thanks to a recent donation, the COA has two boxes of **Ascensia Autodisc** blood glucose test strips available to donate to someone within the community who needs additional test strips. The test strips are for use with the **Ascensia DEX 2/DEX Blood Glucose Meters** or the **Ascensia Breeze Blood Glucose Meter**. For more information, please call the COA at (978) 352-5726.



Cut & return with membership request.

Friends of the Georgetown Council on Aging

In partnership with the Georgetown COA,
working to enhance the quality of life for
elders.

Annual Membership Drive Annual Membership: \$10

Make checks payable to:
"Friends of the Georgetown COA"

Mail to:
P.O. Box 111
Georgetown MA 01833

Name: _____

Address: _____

Telephone: _____

Friends of the Georgetown COA is a tax
deductible 501C3 non-profit organization.

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, Jan Giles, 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, noon-2:00PM.

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 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 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 by calling Elder Services of MV. 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.

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, Newburyport, 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 AND HEAT RESOURCES

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

Updated 5/20/10

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

Return Service Requested

Presort Standard
U. S. Postage
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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 22, 2011

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

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>
Jan. 31 Baked Salmon Boat/Dill Sauce, Herb Whip Pot, Oregon Blend Veg, Apricots, Oatmeal Bread	1 Meatballs/Sauce/Sub Roll, Mixed Veg, Peaches	2 Soup: Minestrone Baked Chix, Florentine Rice, Peas & Mushrooms, Apple, Wh Wh Bread
7 Pineapple Juice, Hamburger/Roll, O'Brien Pot, Chuckwagon Corn, Apple	8 Grape Juice, Pier 17 Baked Fish, Florentine Rice, Harvard Beets, Applesauce, Light Rye Bread	9 Free Italian Feast Whittier Reg. Voc. Tech. High School Reservations Required by 2/3/11.
14 Apple Juice, Veal Roulard/Gravy, Loaded Whip Pot, Peas/Carrots, Arctic Ice, Snowflake Roll	15 LS Ham/Pineapple Ginger Sauce, Florentine Rice, Broccoli/Cauliflower, Peaches, Raisin Bread	16 Soup: Beef Noodle Stuffed Shells/Sauce, Green/Gold Beans, Orange, Garlic Bread
21 CLOSED: President's Day	22 Baked Chix, Whip Pot/Chives, Peas & Carrots, Apricots, Oatmeal Bread	23 Soup: Tomato Florentine
28 LS Hot Dog/Roll, N.E. Baked Beans, Coleslaw, Arctic Ice	March 1 Lasagna, Green Beans, Applesauce, Bread Stick	March 2 Soup Surprise Chix Breast Fillet, Whip Pot/Chives, Zucchini/Stewed Tom, Apricots, Multi-grain Bread



Be My Valentine



President's Day



FEBRUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	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 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
7 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	8 9:30 VAN: Newburyport 10:00 Elder Law/Margot Birke 11:30 Lunch 12:30 Strength Training	9 9:00 Yoga 11:30 Italian Feast by Whittier Tech Culinary Arts (Free, but RSVP required) 3:30 Walking Club	10 10:30 VAN: The Loop/Methuen 11:00 Strength Training
14 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	15 9:30 VAN: Plaistow, NH 11:30 Birthday Lunch 12:30 Strength Training	16 9:00 Yoga 10:00 "Preparing for the Unexpected" 11:30 Lunch 3:30 Walking Club	17 9:30 VAN: Seabrook, NH 11:00 Strength Training
21 CLOSED: President's Day	22 9:30 VAN: Rowley 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	23 9:00 Yoga 3:30 Walking Club	24 10:30 VAN: Holy Grail/ Shopping in Epping, NH 11:00 Strength Training
28 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	March 1 9:30 No Van-Brown Bag 9:30 Floral Lace Hat Craft 11:30 Lunch 12:30 Strength Training	March 2 10:00 Visiting Nurse 9:00 Yoga 3:30 Walking Club	March 3 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training

Van Trips: Cost is \$2 roundtrip. Pick-up time for Tues. shopping trips, as well as the monthly Thurs. trip to Super Walmart in Salem, NH, is 9:30 a.m. Pick-up time for all other Thurs. trips is 10:30 a.m., unless noted. Call the COA, (978) 352-5726.