



A FEW GRAY HAIRS



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

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March 2010

Website: www.georgetownma.gov

Director's Notes... As winters go in New England, this one has not been too bad. With a real January thaw and reprieve from some predicted snowfall, we have been more fortunate than other parts of the country. As much as I have appreciated the breaks in winter weather, this is the time of year that I look for signs of spring. Despite Punxsutawney Phil's predictions, there are plenty of signs of spring around us. Ice is melting in the brooks that run through the woods and snowdrops have been sighted. The days are already longer and brighter. Our resident chipmunk made an appearance one afternoon, picking up seeds from the bird feeder. Robins have been spotted. Tracks in the yard and a lingering scent tell us that a nearby family of skunks has been investigating the yard. Soon the sap in the maple trees will be running and the backyard sugar bush will be in full swing. But until we can safely shed a layer or two, how can we hurry the arrival of warmer days? Staying connected with others is one of the easiest and best ways of raising our moods and warming our souls. A quick chat on the phone, a note to a friend or a visit for tea can all bring us plenty of warmth on a winter day. Sometimes just a day spent smiling at each person we meet can warm us almost as much as a day in the sun. As the winter days wane, drop by the office for a visit, come for lunch or join us for an activity and we can bring a little spring to each other's lives.

Celebrate  *Spring!*

Join us to celebrate March birthdays
on
Tuesday, March 23rd
11:00 a.m.

Light refreshments, lunch and cake & ice cream
Birthday Guests are free. For others the cost is \$2.00.

R.S.V.P. before March 16th
To assist with planning
978-352-5726

 **Sponsored by the**
Friends of the Council on Aging 

Boston Flower & Garden Show:
"A Feast of the Senses"

The recently reorganized **Friends of the Georgetown Council on Aging** will sponsor a trip from Georgetown to the **Boston Flower & Garden Show** on **Thursday, March 25** for **\$48**. The coach bus will depart from the St. Mary's parking lot on Andover Street at 10 a.m. and depart Boston at 4:30 p.m. to arrive back in Georgetown approximately 5:30 p.m.

Conway Tours offers a relaxing round trip and our own Ed Barrett will be on hand to guide and entertain us both ways. The \$48 cost includes bus and admission to the show. Lunch is on your own. The trip is **open to ALL Georgetown residents as well as non-residents**. Seats go quickly. Reserve early!

Checks for \$48 should be made out to **Conway Tours** and **mailed to:** Friends of the Georgetown Council on Aging, Attn Barbara Morehouse, President, P.O. Box 111, Georgetown, MA, 01833.

The Senior Center will be closed
March 29 – 31
due to Easter week preparations at the
First Congregational Church.



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* 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.
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	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

Circuit Breaker Tax Credit

The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Although the tax credit is based on local property taxes, the tax credit is paid by the state government. The credit is designed for senior homeowners and renters who meet income limits and other eligibility criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real taxes, including water and sewer charges. Renters can count 25 percent of their rent as real estate tax payments. To qualify for the credit:

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property's assessed value cannot exceed \$788,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- You must meet income limits of \$51,000 single; \$64,000 head of household; \$77,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the Circuit Breaker Tax Credit, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2009 is \$960. Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office. Appointments for tax preparation with AARP Tax Aide Carl Much are necessary. To make an appointment, call the COA office at (978) 352-5726.

Cribbage at Camp Dennison

Come and enjoy an evening of **C R I B B A G E** Thursdays 6:30 – 9 p.m. in the main lodge at Camp Dennison. Open to men, women and young adults, the cost is \$2. Bring friends, cribbage boards, and playing cards. For information, contact Bob Morehouse at 978-352-8289. Camp Dennison is located on Baldpate Pond in Georgetown. Follow the sign from Central Street (Route 97) to the camp entrance on Nelson Street. The camp is on your left.



Changes are a part of life...

In March we will say goodbye to our long-time friend and Public Health Nurse **Judy Anderson**. Judy will still be a part of the VNA, but will be working in a different region. We are happy to welcome **Jan Giles** as our new Public Health Nurse and look forward to working with her.



Risks of Home Oxygen Use

Do you use home oxygen or know someone who does? Do you know that using home oxygen increases the risk of fire and burns ... and smokers put themselves (and others) at great risk? Clothing, bedding, furniture and even hair absorb oxygen and can catch fire readily.

Home oxygen users should keep at least ten feet from any flame -- think matches or candles -- or heat sources such as electric razors, gas stoves, heaters or hair dryers. Petroleum based lip balms or lotions also can ignite.

For more information please call the Department of Fire Services (978) 567-3380 or download the "Breathe Easy -- Using Home Oxygen Safely" pamphlet from www.mass.gov/dfs. Click on **Fire Safety Topics** and then **Home Oxygen Safety**.

Quitting smoking is the best thing for your own health and safety and those around you. Ask your doctor for help. And thank you for helping everyone to breathe easier.

Adaptive Telephone Equipment available to residents

MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing loss or vision loss. This enables them to have the opportunity to enjoy clear, independent phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. These disabilities include: deaf/hard of hearing, blind/low vision, motion, cognitive, and speech.

There are three eligibility requirements:

1. Residency in Massachusetts
2. Permanent disability that can be verified by a MA physician
3. Residential phone service

There are several different types of equipment, each offering special benefits based on disability. MassEDP Field Advisors are available for on-site presentations at your facility.

For more information and a complete list of equipment, please visit www.massEDP.com or call 1-800-300-5658.

**you don't stop laughing because
you grow old,
You grow old because you
stop laughing!**



AARP Tax Prep Assistance Still Available

With the income tax season in full swing, appointments with AARP Tax Aide Carl Much are still available **Thursdays through April 15, 9:30 a.m.-12:30 p.m. at the COA office**. The program is a free service designed to assist elders and other moderate-income individuals with their income tax preparations.

Please bring the following documents to your appointment:

- Copies of last year's federal and state income tax returns
- Federal and state tax forms received in the mail
- If you worked in the past year, bring W-2 forms from your employer(s)
- If receive Social Security, bring your Form SSA-1099
- If you receive a pension, bring your 1099-R
- If you receive interest, bring your 1099-INT
- If you receive payments from an IRA, bring your 1099-R
- If you receive stocks or mutual funds, bring any 1099-B or 1099-DIV that you received in the mail
- Anything received in the mail labeled as "Important Tax Return Document Enclosed"
- If you think that you might be eligible for the state's Circuit Breaker Tax Credit, bring your 2009 real estate property tax and water bills.
- Some form of personal identification

Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office. Appointments for tax preparation are necessary. To make an appointment, call the COA office at (978) 352-5726.

Elder Spirituality Support Group To meet March - May

Led by an ESMV clinician and intern **Chris Kowalky**, the Georgetown Council on Aging will offer a **6-part Elder Spirituality Support Group on Wednesdays March 10, 24, April 14, 28 and May 12 and 26, 10 a.m.** at First Congregational Church. The group will offer elders the opportunity to engage with others and to share how their relationship with God (however they understand God) serves as a resource for coping, healing and growth. The group will include rituals (remembering loved ones) and shared meditations/prayer. For further information and reservations, please call the COA at (978) 352-5726.

For more information and a complete list of equipment, please visit www.massEDP.com or call 1-800-300-5658.

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 free lift-equip van service 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 2/2/10

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 March 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,
Dianne 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.

March 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 Fruit Punch, Veal Parmesan, Rice Pilaf, Mixed Veggies, Butterscotch Pudding, Bread Stick	2 LS Hot Dog/Roll, Baked Beans, Coleslaw, Peach Cup	3 Italian Wedding Soup Baked Chix ¼, Red Bliss Whip Pot, Carrot Coins, Fresh Apple, Oatmeal Bread
8 Chix Marsala, Dirty Rice, California Veggies, Fig Bar, Wh Wh Roll	9 Breaded Pork Chop/Gravy, Loaded Whip Pot, Mixed Veggies, Pineapple, Oatmeal Brd	10 Sausage Soup Ground Beef Stroganoff/Noodles, Green/Gold Beans, Fruit Gelatin, Dk Rye
15 Sandwich Roll, Baked Ham/Dill Sauce, White Rice, Broccoli & Cauliflower, Mixed Fruit	16 Byfield Parish Luncheon	17 Navy Bean Soup , Cranberry Juice, Chicken Patty, Carrots & Asparagus, Chocolate Pudding, Oatmeal Br
22 Baked Salmon/Dill Sauce, White Rice, Broccoli & Cauliflower, Mixed Fruit, Italian Bread	23 Chix Fajitas, Corn, Corn Chips, Mandarin Oranges	24 Split Pea Soup Macaroni & Cheese, Zucchini & Stewed Tomatoes, Graham Crackers, Wh Wh Brd
29 Stuffed Chix/Mushroom Gravy, Cheddar Whip Pot, Carrot Coins, Fruit Gelatin, Wh Wh Bread	30 Cheese Lasagna/Marinara, Wax Beans, Sherbet Cup, Garlic Bread	31 Corn Chowder , Hamburger/Wh Wh Roll, Green Beans, Carrot Stix, Orange

MARCH VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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: Bird Houses 11:30 Lunch 12:30 Strength Training	3 9:00 Yoga 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 Signs of Spring Program 11:30 Lunch 12:30 Strength Training	10 9:00 Yoga 10:00 Spirituality Support Gr 11:30 Lunch 3:30-6 Walking/Penn Brook	11 10:30 VAN: North Shore 11:00 Strength Training Tax Assist: Call for Appt.
15 9:30 Dolls 10:30 Yoga 11:30 Lunch, 12:00 Bingo 3:30-6 Walking/Penn Brook	16 9:30 VAN: Newburyport 11:45 Byfield Parish 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 11:00 Spring Birthday Lunch 12:00 COA Board Meeting 12:30 Strength Training	24 9:00 Yoga 10:00 Spirituality Support Gr 11:30 Lunch 3:30-6 Walking/Penn Brook	25 10:30 VAN: Plaistow 11:00 Strength Training Tax Assist: Call for Appt.
29 10:30 Yoga 3:30-6 Walking/Penn Brook Senior Center Closed	30 9:30 VAN: Seabrook, NH 12:30 Strength Training Senior Center Closed	31 9:00 Yoga 3:30-6 Walking/Penn Brook Senior Center Closed	April 1 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 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.