



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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Website: [www.georgetownma.gov](http://www.georgetownma.gov)

*Director's Notes...* After a long and challenging winter, my husband and I recently decided that a new project would be just the thing to bring some fun while we wait for warmer weather to arrive. Growing up in Ontario, I have the fondest memories of time spent in late winter with a favorite uncle on a family farm which also included a large maple sugar bush. With several maple trees in our yard, I decided that we should tap our trees and try to make some maple syrup. I gathered research and information and we went to visit a tapping demonstration. Last weekend, we finally tapped our trees and immediately began to collect sap. In one afternoon, we collected nearly four gallons of sap. The following day, we also collected about four gallons of sap. Plastic gallons of sap now fill my second refrigerator and we are ready to try boiling down the sap (outdoors on the barbeque) this weekend. Knowing that it takes 40 gallons of sap to make one gallon of syrup, we calculate that we already have enough sap to make a little more than one cup of syrup! Our kids now refer to us as Henry and Henrietta Thoreau, and we have laughed and laughed at ourselves with our big syrup operation underway. Sometimes it is just good to try something new and to have a bit of fun. No matter how much "syrup" you produce, the process of taking some time for fun is sweet enough!

## **MassMedLine: A Free Resource for Residents**

Do you have questions regarding or trouble paying for your medications? MassMedLine can help. A public/private partnership between the Massachusetts College of Pharmacy and Health Sciences and the Massachusetts Executive Office of Elder Affairs, MassMedLine is a free resource for all Massachusetts residents. Trained pharmacy professionals with MassMedLine are available to help determine eligibility for prescription medication programs and assistance with the application process. For further information, call **MassMedLine at 1-866-633-1617**.

Also, plan to join us on April 14<sup>th</sup> when a MassMedLine Representative will speak at the Senior Center. See page 2 for details.

## **Dial 211 for Essential Community Services**

Reserved by the Federal Communications Commission (FCC), the 211 dialing code provides callers with free and confidential community information and referral services. The 211 center's referral specialists question callers, access databases of resources available from private and public health and human service agencies, match the callers' needs to available resources and link or refer them directly to an agency or organization that can help. Referrals offered by 211 include basic human needs resources, physical and mental health resources, work support, support for older Americans and persons with disabilities, children, youth and family support and emergency suicide prevention.

## **Sheriff's Dept. Scam tips**

To reduce the possibility of becoming a victim of scams and fraud, the Essex County Sheriff's Department and the National Crime Prevention Council offer the following tips and strategies.

- Be wary of strangers in your neighborhood offering services or asking for money
- Be skeptical of bargain home repair offers – if it sound too good to be true, it probably is.
- Don't let yourself get pressured into signing a contract or giving a verbal agreement
- Don't give personal information to people you don't know unless you initiated the contact
- Get estimates, ask for references, and never pay for products or services in advance
- If you suspect fraud from a door-to-door salesperson, get the driver's license plate number and call law enforcement immediately.



**Mark Your Calendar!**

April 6<sup>th</sup> – April 8<sup>th</sup>  
Senior Center closed at  
First Congreg. Church

April 20<sup>th</sup>/Patriot's Day  
Senior Center & COA closed

May 4<sup>th</sup> Annual Town Meeting GMHS

May 11<sup>th</sup> Town Election Penn Brook School

# April Activities

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

## A P R I L V A N S C H E D U L E 2 0 0 9

Shopping Date	Location	Recreation Date	Location
		Thurs. April 2	WalMart/Salem, NH
Tues. April 7	Brown Bag Only – NO VAN	Thurs. April 9	Seabrook, NH
Tues. April 14	Rowley	Thurs. April 16	Plaistow, NH
Tues. April 21	Newburyport	Thurs. April 23	North Shore Mall
Tues. April 28	Riverside/Haverhill	Thurs. April 30	Kittery, ME

**VISITING NURSE:** **Wed., April 1<sup>st</sup>, 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 may 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** **Georgetown Police Officer Harry Schwartz** will be the guest speaker discussing identity theft & scams on **Thursday April 2<sup>nd</sup>, 9:30 a.m. at Trestle Way.** To make reservations, please call the COA at (978) 352-5726. Next breakfast: May 7, 2009. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

**ESMV CASE MANAGER:** **Jennifer Cook** will hold office hours at the COA Office on **Mon. April 6<sup>th</sup> at 10:00 a.m.** Jen will see people **AT TOWN HALL** this month due to the church being closed. 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., April 6<sup>th</sup> from 9:00 a.m. to 11:30 a.m.** Jerry will also meet with people **AT TOWN HALL** this month. If you cannot come to the scheduled hours, contact the COA and we will contact our SHINE counselor for you. Call (978) 352-5726.

**TRESTLE WAY CLUB SPONSORS IDENTITY THEFT/SCAMS DISCUSSION:** **Georgetown Police Officer Harry Schwartz** will offer tips and strategies designed to help minimize the risk of becoming a victim of fraud, scams and identity theft during a Trestle Way Club meeting **Tuesday April 7<sup>th</sup>, 2 p.m. at Trestle Way.** The meeting and program are open to all Georgetown residents.

**LIBRARY FIELDTRIP:** Bring a bag lunch and join us **at the library** on **Wednesday April 8, 11:30 a.m.** See page 3 for details.

**ENTERTAINMENT AT TRESTLE WAY:** Jazz musicians **Dick Kaplan** and **John Battis** have rescheduled their concert to **April 13, 2 p.m.** at the **Trestle Way Community Room.** Join us for a fun afternoon. Call 978-352-5726 if you plan to attend.

**MASSMEDLINE FORUM:** Representatives from the **MassMedLine Pharmacy Outreach Program** will be on hand to answer questions about safe and effective use of medications **Tuesday April 14, 10 a.m.** To assist with planning, please call the COA office at (978) 352-5726

**GARDEN CLUB ANNUAL TEA:** Join us on **April 14<sup>th</sup> from 1-3 p.m.** See page 3 for details.

**UNDERSTANDING FOOD LABELS:** A nutritionist with the Merrimack Valley Nutrition Project, **Pauline Provencher** will offer information about reading and understanding food labels **Wednesday April 15, 10 a.m.** To assist with planning, please call the COA office at (978) 352-5726.

**BYFIELD PARISH LUNCHEON:** **Byfield Parish Church** invites seniors to enjoy lunch and entertainment on Tuesday, **April 21<sup>st</sup> at 11:45 a.m.** Contact Minda at 978-352-2022 for reservations.

**EARTH DAY BIRTHDAY PARTY:** Join us on **Wed., April 22<sup>nd</sup> at 11:30 a.m.** for the celebration! Bring **one clean** recyclable can, bottle or newspaper and help protect the earth (and get a gift). Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 4/15/09 to assist with planning.**

**COMPUTER CLASSES:** **Computer basics** offered in **four classes at Penn Brook School** beginning **Mon. April 18, 3-4 p.m.** See page 3 for details.

**WRITING WORKSHOP:** In honor of April Fools Day, let's recall a humorous memory or anecdote during a writing workshop on **Tues., April 28<sup>th</sup> at 10 a.m.** To assist with planning, please call the COA office at (978) 352-5726.

<b>Health &amp; Wellness Classes</b> Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.			<b>*WALKING CLUB*</b>
Class	Meets on	Time	<b><u>New Opportunity</u></b> <b>Monday &amp; Wednesday</b> <b>3:30 – 6 p.m.</b> <b>Penn Brook School</b> Walkers are required to sign in and out in the COA log book.
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>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 <sup>st</sup> & 3 <sup>rd</sup> 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



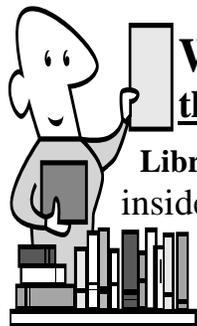
## Garden Club Annual Tea



Join us on  
**Tuesday, April 14<sup>th</sup>**  
 1:00 – 3:00 p.m.  
 Georgetown Senior Center  
 For  
 Tea and Treats.

This is a popular event and seats are limited. Please make your reservations before April 7<sup>th</sup>.

Call the COA at 978-352-5726.



### What's New at the Georgetown Peabody Library?

Librarian **Ruth Eifert** will present an inside look at new items in the library's collection of books and materials along with an overview of library programs and services. Bring a bag lunch and join us at the library on **Wednesday April 8, 11:30 a.m.** To register for the program, please call the COA at (978) 352-5726.

### COMPUTER CLASSES OFFERED

Penn Brook School Technology Teacher **Marianne Fravel** will teach technology basics and terminology, Word basics, Excel basics, PowerPoint basics, Email, & Internet in a series of **four classes** at the Penn Brook School computer lab. Call the COA to register (978) 352-5726.

**Mondays –April 27-May 18**  
**3-4 p.m.**  
**Penn Brook School**



Classes are limited to 15 people.

Just when the caterpillar thought  
 that life was over,  
 it turned into a butterfly.

## NET SURVEY RESULTS

### **Economic Recovery Payments**

#### **Coming in May**

Recently signed into law, the *American Recovery and Reinvestment Act of 2009* includes a one-time \$250 payment to people who receive Social Security and Supplemental Security Income (SSI) benefits. The one-time payments will be mailed in May and should be received by the end of May. In April, Social Security will send a letter with additional information to each person eligible for the one-time payment. To be sent automatically, the payments will be made separately from a person's regular monthly payments. All adults who receive Social Security benefits, including disabled adult children (but not minor children) are eligible for the \$250 payment. People who receive SSI payments (including minor children) are also eligible for the payment. Recovery payments will be made in the same way that regular monthly payments are made. People with direct deposit will receive their payments electronically while people who receive paper checks will receive their payments in the mail. People who receive regular payments through the Direct Express debit card will also receive their recovery payment through their card. If someone receives both Social Security and SSI, they will receive only one \$250 payment. People who receive Department of Veterans Affairs (VA) benefits and Railroad Retirement Board (RRB) will also receive the one-time payment. However, people who receive Social Security or SSI benefits along with VA or RRB benefits will only receive one \$250 payment through the Social Security Administration. Information about the one-time recovery payment is available at [www.socialsecurity.gov](http://www.socialsecurity.gov) or [www.recovery.gov](http://www.recovery.gov).

To gather statistics needed for funding sources, the Georgetown Council on Aging recently participated in the Northern Essex Elder Transport, Inc. (N.E.E.T.) client survey. Providing 32 elders with more than 113 round trips, nine COA volunteer drivers donated 230 hours driving almost 3,000 miles last year. A vital link in maintaining independence and healthy wellbeing for elders, the N.E.E.T. program fills the transportation void that often exists in rural communities. With 29 surveys distributed, the number of respondents was 24, an 82.7 percent return. As a result of the survey, the COA learned that clients are overwhelmingly pleased with the program. Ninety one percent of respondents rated the program as excellent. From "completely satisfied" to "give it an A + with stars," clients praised both the volunteer drivers and program. Twenty percent of respondents use the volunteer driver program at least once a month while 66 percent of respondents use the program other than once a week or once a month. We appreciate your responses to the client survey and thank you for your support and interest in the program. Additional drivers are always appreciated and welcome to join the program. For information on becoming a volunteer driver, call the COA office at (78) 352-5726.

### **ESMV Alzheimer's Conference Scheduled**

**The 21<sup>st</sup> Annual Merrimack Valley Alzheimer's Conference will be held Saturday April 25, 8 a.m.-12:30 p.m. at the Wyndham Andover Hotel in Andover.** Designed for family members and professionals caring for people diagnosed with Alzheimer's or dementia, the educational conference is co-sponsored by Elder Services of the Merrimack Valley and the Merrimack Valley Alzheimer's Partnership. **Dr. Buck H. Woo**, Neuropsychologist and Co-Director of the Memory Disorders Clinic at Merrimack Medical Center in Haverhill will give the keynote presentation, "It's Not Just Old Age." Dr. Woo will discuss the importance of thorough evaluations in accurately diagnosing Alzheimer's disease or related dementia, appropriate treatment and family unity dealing with the disease. A consultant with the Massachusetts Alzheimer's Association, **Joanne Koenig Coste** will offer insight into the challenges and joy of caring for an Alzheimer's patient during her closing address. The conference will also feature vendor displays of products and services that help and support Alzheimer's patients and caregivers. The conference is free to family caregivers and \$25 for professionals. To register, call Janice Boyd, Community Educator for Elder Services at (978) 946-1321.

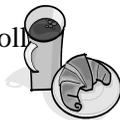
#### **Apple Croissants**

From Alice Girrior

Serving size: 1 crescent      Calories: 100  
each

#### **Ingredients:**

- 1 tube low-fat Pillsbury Crescent Roll
- 2 apples sliced
- 1 tsp. cinnamon
- 2 tsp. Splenda or other sweetener



Heat oven to 350 degrees. Peel and slice the apples. Add cinnamon and Splenda to apples. Take one of the crescents and roll around 3 apple slices. Bake crescents on greased baking pan for 14 minutes.

Best if served HOT!!!



# 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. The bus can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, area hospitals & trains). For a detailed 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 11-24-08

**Georgetown Council on  
Aging  
Memorial Town Hall  
1 Library Street**

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 – 1 pm**

**Georgetown Senior Center  
@ 1<sup>st</sup> 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 4<sup>th</sup> Tuesday of each month at the **Georgetown Senior Center Andover Street, Georgetown**

**NEXT BOARD MEETING:  
Tuesday April 28, 2009**

**Town of Georgetown:**

Stephen Delaney, Town Administrator  
Matt Vincent, Board of Selectmen  
Philip Trapani, Board of Selectmen  
Evan O'Reilly, Board of Selectmen

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Alice Girrior, Senior Aide

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**Mealsite Coordinator:** Ginny Ryder

**Board Members:**

Barbara Morehouse, Chairman

Corona Magner, Vice Chairman

Diane Prescott, Treasurer

Barbara Miller, Secretary/Clerk

Marian Jordan ~ Chandler Noyes

Claire Maimone ~ Rosemary Morse

Ginny Ryder

Alternates: Cynthia Tardif ~ Joe Young

Esther Palardy

**Georgetown COA Webpage**

is located on the town's official website [www.georgetownma.gov](http://www.georgetownma.gov).

**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 the Senior Center, located at the First Congregational Church, will be closed. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the Senior Center.

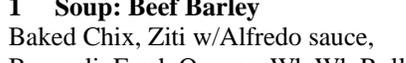
**Council on Aging Mission Statement**

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.

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

Lunch is served Monday through Wednesday at the Senior Center 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

Monday		Tuesday		Wednesday	
					
<b>6</b>		<b>7</b>		<b>8</b>	
<b>NO LUNCH - CENTER CLOSED</b>		<b>NO LUNCH - CENTER CLOSED</b>		<b>NO LUNCH - CENTER CLOSED</b>	
<b>13</b> Chicken Cacciatore, White Rice, California Blend Veggies, Chilled Peaches, Bread Stick		<b>14</b> Cranberry Juice, Macaroni & Cheese, Zucchini/Stewed Tomatoes, Mixed Fruit, Wh Wh Bread		<b>15 Soup: Chicken Gumbo</b> Hamburger/Roll, Kernel Corn, LS Potato Chips, Sherbet Cup	
<b>20</b>		<b>21</b>		<b>22</b>	
<b>CLOSED: Patriot's Day</b>		<b>Byfield Parish Lunch</b>		<b>22 Soup: Cream of Chicken</b> BBQ Pork Patty, Wild Rice w/Peas, California Blend Veggies, Fresh Apple, LF Muffin	
<b>27</b> Stuffed Cabbage/Marinara Sauce, Green Beans/Mushrooms, Mandarin Oranges, Light Rye Bread		<b>28</b> Fiesta Baked Fish, Rice Pilaf, Broccoli, Chilled Pears, Oatmeal Bread		<b>29 Soup: Chicken Rice</b> Rosemary Chix ¼, Garlic Whip Pots, Mixed Veggies, Cherry Smoothie, Wh Wh Bread	

# APRIL VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<b>1</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30-6 Walking (Penn Brook)	<b>2</b> VAN: Walmart/Salem NH <b>Tax Assistance by appt only</b> 9:30 Men's Breakfast 11:00 Strength Training
<b>6</b> <b>Senior Center Closed</b> <b>Meeting At Town Hall:</b> <b>9:00 SHINE</b> <b>10:00 Jen Cook, ESMV</b> 10:30 Yoga 3:30-6 Walking (Penn Brook)	<b>7</b> <b>Senior Center Closed</b> VAN: Brown Bag Only 12:30 Strength Training 2:00 Scams Forum @ T.W.	<b>8</b> <b>Senior Center Closed</b> 9:00 Yoga 10:30 Library Field Trip (Bring a lunch) 3:30-6 Walking (Penn Brook)	<b>9</b> VAN: Seabrook, NH <b>Tax Assistance by appt only</b> 11:00 Strength Training
<b>13</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:00 Dick Kaplan/Tr. Way 3:30-6 Walking (Penn Brook)	<b>14</b> VAN: Rowley 10:00 Safe Med Use 11:30 Lunch 12:30 Strength Training 1:00 Annual Tea	<b>15</b> 9:00 Yoga 10:00 Friendly Food Labels 11:30 Lunch 3:30-6 Walking (Penn Brook)	<b>16</b> VAN: Plaistow, NH 11:00 Strength Training
<b>20</b> <b>Closed: Patriot's Day</b> <b>*NO WALKING TODAY*</b>	<b>21</b> VAN: Newburyport 11:45 Byfield Parish Lunch 12:30 Strength Training	<b>22</b> 9:00 Yoga 11:30 Earth Day Birthday <b>*NO WALKING TODAY*</b>	<b>23</b> VAN: North Shore Mall 11:00 Strength Training
<b>27</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo At Penn Brook School: 3:00 Computer Class 3:30-6 Walking	<b>28</b> VAN: Riverside, Haverhill 10:00 Writing Group 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	<b>29</b> 9:00 Yoga 11:30 Lunch 3:30-6 Walking (Penn Brook)	<b>30</b> VAN: Kittery, ME 11:00 Strength Training