



A FEW GRAY HAIRS

Arbor Day
4-27-10

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

Vol. 11/Iss. 10

April 2010

Website: www.georgetownma.gov

Director's Notes... Coinciding with National Volunteer Week, the Georgetown Council on Aging (COA) celebrates 40 years of providing elder programs and services on April 16, 2010. At the same time that we thank volunteers for their many gifts, this special anniversary allows us to honor and celebrate the work and service provided by COA board members, staff and volunteers during the past 40 years.

With the appointment of its first board in 1970, the COA began serving elders and their families with a wide variety of services. Volunteers and senior aides established a hot lunch program, offered referrals to medical and legal services, planned parties, organized flu clinics and made arrangements for transportation for shopping and medical appointments. As the town's elder population grew, the COA established four staff positions in the 1990s. At the same time, a state grant provided an accessible passenger van and a partnership with the First Congregational Church allowed the COA to offer morning activities and programs as well as a lunch program three days per week.

During the past 40 years, the COA's commitment to the mission of providing services that meet the health, economic, social and cultural needs of local elders has remained strong. With 1,388 elders over the age of 60 now living in Georgetown, the COA served more than 1,000 elders last year. Multiplied by 40 years, it is heartening to realize how many elders and family members have been cared for and served by COA staff and volunteers. It is with deep appreciation and gratitude that we thank the many individuals who have contributed to the COA's mission of service to elders and their families during the past 40 years.



COA Welcomes New Arrival

The Georgetown Council on Aging (COA) is very happy to report the arrival of a new-to-the-town COA Van. Leased from the Merrimack Valley Regional Transit Authority (MVRTA), the 2005 Ford 8-11 passenger van will serve as a replacement for the COA's 1995 Dodge van that has been out of service since September. While the COA continues to seek grant funding for a new van, the MVRTA van will allow the COA to continue the weekly grocery shopping and recreation program. With deep appreciation and gratitude, the Georgetown COA thanks the MVRTA, the Merrimac Council on Aging and Merrimac Council on Aging Director Laura Dillingham-Mailman for sharing their van with Georgetown for the past six months.



The Georgetown COA celebrates the arrival of their new van. L-R: Outreach Worker Alice Girrior, Van Driver Dave Hall, COA Director Colleen Ranshaw-Fiorello.

April Activities

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

APRIL VAN SCHEDULE 2010

Shopping Date	Location	Recreation Date	Location
		Apr. 1 st 9:30	Super WalMart/Salem, NH
Apr. 6 th	NO VAN – Brown Bag Only	Apr. 8 th 10:30	North Shore Mall
Apr. 13 th 9:30	Plaistow, NH	Apr. 15 th 10:30	Seabrook, NH
Apr. 20 th 9:30	Newburyport	Apr. 22 nd 10:30	Plaistow, NH
Apr. 27 th 9:30	Rowley	Apr. 29 th 10:30	Seabrook, NH

MEN'S BREAKFAST: Join us for Men's Breakfast on Thursday April 1, 9:30 a.m. at Trestle Way. Celebrating his seventh anniversary as the town's police chief, **Chief James Mulligan** is scheduled to be the guest speaker. To make reservations please call the COA at (978) 352-5726. **Next breakfast: May 6, 2010. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.**

ESMV CASE MANAGER: ESMV Case Manager **Jennifer Cook** will hold office hours at the Senior Center on **Mon. April 5, 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., April 5, 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.

ANNUAL GARDEN CLUB TEA: Join us on **Tues, April 6 from 1 to 3 PM** at the First Congregational church. This annual event closes out the Garden Club's craft season for the year. Everyone is invited. It is very popular and seats are limited. RSVP as soon as possible.

VISITING NURSE: **Wed., April 7, 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 1:00-3:00 p.m.

ELDER SPIRITUALITY SUPPORT GROUP: **Wednesdays April 14 & 28, 10 a.m.** See page 3 for details

BYFIELD PARISH LUNCHEON: **Tuesday, April 20, 11:45 a.m.** Call the church if you plan to attend. 978-352-2022.

TRIAD GROUP TO MEET: Featuring a partnership that includes the Essex County Sheriff's Department, District Attorney, Georgetown Police and Fire Departments, COA Director, GHA Director and elders, the **Georgetown TRIAD is a community safety initiative** that focuses on empowering, educating and improving the safety and security of local elders. TRIAD projects include Photo ID cards, File of Life, speakers and an upcoming Grab and Go Bag project. The Georgetown TRIAD meets **Thursday April 22, 10 a.m. at the Trestle Way Community Building.** The meeting is open to the public.

APRIL BIRTHDAY PARTY: Join us on **Wed. April 28 at 11:30 a.m.** to send best wishes to our friends who were born in April. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 4/21/10 to assist with planning.**

Alzheimer's Association & Elder Services sponsor **Alzheimer's Conference Sat., April 24, 8 a.m. to 12:30 p.m.** at the Wyndham Hotel in Andover, MA. For further information and to register, call Janice Boyd at 978-946-1231.

Mark your Calendars!
Annual Town Meeting
Monday, May 3
7:00 p.m.
GMHS

Town Election
Monday, May 10
8 a.m.-8 p.m.
Penn Brook School

Hazardous Waste Day
Saturday, April 10, 2010
9 a.m. – 1 p.m.
Penn Brook School

Cost for Residents:
\$15 ½-Car, \$25 Full Car
Electronics Vary
Contact Board of Health for
a detailed list of materials.

**Annual Kiwanis
Pancake Breakfast**



Saturday, April 3
7 a.m. – 12 p.m.
Penn Brook School
Cost: \$5

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

New State Web Site Provides Info on Work, Service and Learning

Designed to help older adults connect more easily with web sites that assist people with job searches, volunteer opportunities, life-long learning programs and ways to help pay for life's necessities, staff members from the Massachusetts Council on Aging and the Executive Office of Elder Affairs have launched the new web site "**Civic Engagement: Work, Serve, and Learn**"@ www.mass.gov/elder/civicingagement . The new website has links to online job databases such as One-Stop Career Centers, volunteer matching websites, life-long learning, criteria for various federal, state and local financial assistance programs as well as options for transportation. The website also includes contact information for local Councils on Aging which may be able to provide additional assistance with the website topic areas.

Spirituality Support Group Continues to Meet

Led by an ESMV clinician and intern **Chris Kowalky**, the Georgetown COA will continue its **Elder Spirituality Support Group** on **Wednesdays 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.

EMBRACE YOUR FUTURE INITIATIVE

The Executive Office of Elder Affairs has partnered with the Office of the Governor, the Executive Office of Health and Human Services, the Office of Consumer Affairs and Business Regulation and the Office of Long-Term Support Studies at the University of Massachusetts Medical School to develop and implement a state-wide long-term supports awareness initiative called "Embrace Your Future." The initiative is part of a joint federal-state initiative that is designed to provide information to middle-aged and older adults regarding future long-term supports. The Massachusetts planning guide includes information on retirement, staying in your own home, health insurance options, financial planning, legal matters and local resources. Outlining information resources about long-term supports in Massachusetts, the planning guide is available by calling 1-866-752-6582 or by visiting www.longtermcare.gov

You're Invited!

Georgetown Country Gardeners' Annual Tea



Tues, April 6 from 1 to 3 PM
First Congregational Church
Everyone is invited.

Seats are limited for this popular event.
RSVP as soon as possible.
978-352-5726

Falls Prevention Program Scheduled

According to the Massachusetts Department of Public Health, falls are linked to death and injury in all age groups, but older adults are particularly vulnerable. Falls are the leading cause of unintentional injury death for men and women aged 65 and older in Massachusetts and account for nearly one-third of unintentional injury deaths for this population. Learn tips and strategies to prevent falls and avoid injury when **Sports Medicine and Rehabilitation Program Manager Peter von Lossnitzer** presents an important Falls Prevention Program **Tuesday May 11, 10 a.m.** at the First Congregational Church located on Andover Street.



FALL PREVENTION TIPS

As the leading cause of serious injury for individuals over 65 years, many falls can be prevented by making changes in the environment, participating in exercise programs and monitoring medications and vision changes. To reduce the risk of falls, the Executive Office of Elder Affairs offers the following tips:

Indoors:

- Keep floors clean, clear and dry
- Make sure areas are well lit
- Keep things within easy reach

Outdoors:

- Keep your steps and walkways free of snow, ice and moisture
- Stay away from ice
- Keep railings free of moisture and ice



Telephone Scam

Recently a new telephone scam has targeted some of the elder members of our community. Several residents have reported telephone calls received from individuals who have posed as family members saying that they have been jailed in Canada and need money to get out of jail and to return home. Posing as grandchildren, nieces and nephews, the scam artists have explained that their voices may sound different due to a cold. Seeking large amounts of money to pay the alleged fines, the scam artists' telephone numbers appear as unavailable on telephone caller ID systems. If you receive a similar call, hang up and call the police to report the call. To reduce the possibility of becoming a victim of scam artists, never provide personal information to a telephone or electronic request that you have not originated.

AARP Tax Prep Assistance Still Available

With the income tax season winding down, AARP Tax Aide **Carl Much** continues with tax preparation **Thursdays April 1, 8, & 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. Appointments for tax preparation are necessary. To make an appointment, call the COA office at (978) 352-5726.

AARP PLANS INFORMATIONAL PROGRAM

AARP Massachusetts Executive Council member **Louise Myers** will present an informational program "AARP Today and Updates in the State" on **Tuesday April 20, 1 p.m.** at the **Methuen Senior Center**, located at 77 Lowe Street, Methuen. The program is open to the public.

SEN. BADDOUR TO DISCUSS ELDER DRIVING

State Senator Steven Baddour, D-Methuen will discuss elder driving and pending legislation regarding elder driving **Monday April 26, 9-10 a.m.** at the **Merrimac Senior Center** located at 100 Main Street, Merrimac. Senator Baddour is also the Chairman of the state's Joint Committee on Transportation. With all residents welcome to attend, the program is open to the public.

FREE LEGAL ADVICE FOR VETERANS

Offered as a public service of the Massachusetts Bar Association, **Dial-A-Lawyer** offers free legal advice for veterans and families of veterans, who have legal questions involving access to benefits, family issues, employment concerns, landlord/tenant matters and other legal issues on **Thursday April 29, 5:30-7:30 p.m. at 617-338-0610.**

Cribbage at Camp Dennison



Come and enjoy an evening of
C R I B B A G E
Thursdays 6:30 – 9 p.m.
Main Lodge ~ Camp Dennison
Cost: \$2

Open to men, women & young adults.
Bring friends, cribbage boards, and
playing cards. Camp Dennison is
located on Baldpate Pond in Georgetown.

For information, contact **Bob Morehouse** at
978-352-8289.

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 April 27, 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: Mickie Locke
Board Members:

Claire Maimone, Chair
Corona Magner, Vice Chair
Chandler Noyes, Treasurer
Barbara Miller, Secretary/Clerk
Dianne Prescott, Cynthia Tardif
Esther Palardy
Alt: Jeannine Desjardins

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.

April 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>
5 Chix Cacciatore, White Rice, Calif. Mixed Veg, Peaches, Garlic Bread	6 Mild Chili, Succotash, Tortilla Chips, Mandarin Oranges, Wh Wh Bread	7 Tomato Tortellini Soup Baked Ham, Sw/Sour Sauce, Loaded Whip Pot, Mixed Veg, Fig Bar, Oatmeal Bread
12 Veal Roulard/Gravy, Whip Pot, Carrots, Asparagus, Tapioca, Snowflake Roll	13 Ziti Alfredo, Chix & Broccoli, Carrot Stix, Apple, Bread Stix	14 Chicken Vegetable Soup Baked Fish Florentine, Whip Pot, Green & Gold Beans, Fruit Jello, Wh Wh Bread
19 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed for Patriot's Day</div>	20 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Byfield Parish Luncheon</div>	21 Beef Barley Soup Rosemary Chix 1/4 , Garlic Whip Pot, Mixed Veggies, Vanilla Pudding, Wh Wh Brd
26 Grape Juice, Hamburger/Roll, Haystack Potato Stick, Chuckwagon Corn, Fruit Yogurt	27 Hot Pocket/Marinara Sauce, Country Blend Veg, LS Chips, Butterscotch Pudding	28 Tomato Basil Rice Soup Chix Tarragon 1/4, Whip Sweet Pot, Italian Green Beans, Applesauce, Lt. Rye Bread



Y u m m y B r e a k f a s t D r i n k

Ingredients: 1 med. banana, sliced & frozen 1/4 c. orange juice concentrate, undiluted
1 c. Strawberries, halved & frozen 1 1/2 cups fat-free milk
1/4 tsp. almond extract

**Process all ingredients in a blender until smooth, stopping to scrape down sides.
Serve immediately. (Yields 3 cups)**

APRIL VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 11:00 Strength Training <div style="border: 1px solid black; padding: 2px; display: inline-block;">Tax Assist: Call for Appt.</div>
5 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	6 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training <div style="border: 1px solid black; padding: 2px; display: inline-block;">1-3 PM Annual Tea</div>	7 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30-6 Walking/Penn Brook	8 10:30 VAN: North Shore Mall 9:30 Men's Breakfast 11:00 Strength Training <div style="border: 1px solid black; padding: 2px; display: inline-block;">Tax Assist: Call for Appt.</div>
12 9:30 Dolls 10:30 Yoga 11:30 Lunch, 12:00 Bingo 3:30-6 Walking/Penn Brook	13 9:30 VAN: Plaistow, NH 11:30 Lunch 12:30 Strength Training	14 9:00 Yoga 10:00 Spirituality Support Gr 11:30 Lunch 3:30-6 Walking/Penn Brook	15 10:30 VAN: Seabrook, NH 11:00 Strength Training <div style="border: 1px solid black; padding: 2px; display: inline-block;">Tax Assist: Call for Appt.</div>
19 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed for Patriots Day</div>	20 9:30 VAN: Newburyport 11:45 Byfield Parish Lunch 12:30 Strength Training	21 9:00 Yoga 11:30 Lunch 3:30-6 Walking/Penn Brook	22 10:30 VAN: Plaistow, NH 11:00 Strength Training
26 9:30 Dolls 10:30 Yoga 11:30 Lunch, 12:00 Bingo 3:30-6 Walking/Penn Brook	27 9:30 VAN: Rowley 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	28 9:00 Yoga 10:00 Spirituality Support Gr 11:30 Birthday Lunch 3:30-6 Walking/Penn Brook	29 10:30 VAN: Seabrook, NH 11:00 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.