



A FEW GRAY HAIRS

Best Friend's Day



June 8th

June 2010

A Newsletter of the Georgetown Council on Aging

Vol. 11/Iss. 12

Email: cfiorello@georgetownma.gov

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Director's Notes... During the last month of sixth grade, I used a calendar to studiously check off each day of class until the end of the school year arrived. Eagerly anticipating the end of a long school year and the start of summer, I looked forward to drawing a big black X through each numbered block on the calendar. Even Saturdays and Sundays were diligently crossed off. It was a very satisfying activity. As I marked off each day, I thought about the plans for our family vacation to the Maritimes and my annual trek to Camp Bitobi in Quebec – the stuff of family legends! Counting down the days, I could hear the geese flying low over our summer cottage on the Ottawa River. I could taste the vanilla dairy whip that my sister and I would enjoy after a warm evening drive to the Dilly Bar. I wondered how many Nancy Drew and Black Stallion books I could possibly read before school would start again. The scent of freshly cut grass was already in my nostrils and fireflies danced as I happily marked down those days. It was the stuff of childhood dreams. This summer, I hope that you take time to mark off your calendar with the anticipation of summer. Whether it's a trip to some place fun or a visit from family and friends, look forward to some summer fun. Take that evening drive for an ice cream, sit on the porch and breathe in the scent of freshly cut grass until the stars (or bugs) come out in the night sky. Dream childhood dreams and let the summer begin.

**Thank You to
Our Volunteers & Sponsors Of The
Volunteer Appreciation Breakfast**

Last month's Volunteer Appreciation Breakfast gave the Georgetown Council on Aging an opportunity to thank many of our volunteers, but we wish to offer our thanks to all of the volunteers who support our work within the community. We also thank Ashland Farm of North Andover and Nunan's Plants and Greenhouses of Georgetown for their sponsorship of the Volunteer Appreciation Breakfast.

By sharing their skills and knowledge, volunteers provide the Georgetown Council on Aging with invaluable support. We could not do the work that we do without their care and assistance. Our community is stronger and healthier because of the work that they do and we are thankful for their commitment to the COA's mission. They show us how ordinary people can transform their community and we thank them with deep appreciation and gratitude.



"My father didn't tell me how to live; he lived, and let me watch him do it."

~Clarence Budington Kelland

June 20th is Father's Day. Dads of all shapes, sizes and ages are celebrated for being the hero of the family. In between job, chores, fix-it repairs (and the occasional sports outing) came the life lessons of hard work, perseverance, and love of family. Our elder fathers have the benefit of seeing the fruits of their labors as they share their wisdom & experiences with family & friends. We wish you all a very **Happy Father's Day!**



And lest Mom feel forgotten...

We did not purposely omit **Mother's Day** from our May Newsletter. But as a very wise woman that I know prefers to espouse: Mother's Day should be celebrated every day of the year, not just one day to help Hallmark stay in the black! So... to all the mothers we are blessed to have in our lives, we love you and hope that your "Hallmark day" was a joy. May you find everyday to be full of appreciation and happiness.

"A mother is not a person to lean on, but a person to make leaning unnecessary."

~ Dorothy Canfield Fisher

June Activities

ACTIVITIES ARE HELD AT THE SENIOR CENTER LOCATED AT THE FIRST CONGREGATIONAL CHURCH

UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726

JUNE VAN SCHEDULE 2010

Shopping Date	Location	Recreation Date	Location
June 1 st	NO VAN – Brown Bag Only	June 3 rd 9:30	Super WalMart/Salem, NH
June 8 th 9:30	Plaistow, NH	June 10 th 9:30	Super Market Basket/Lunch, Epping NH
June 15 th 9:30	No Van – Driver Training	June 17 th 10:30	Seabrook, NH/Hot Dog Stand
June 22 nd 9:30	Rowley	June 24 th 10:30	Plaistow/Carter's Ice Cream
June 29 th 9:30	Middleton	July 1 st 9:30	Super WalMart/Salem, NH

VISITING NURSE: **Wed., June 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: Join us for **Men's Breakfast** on **Thursday June 3, 9:30 a.m.** at Trestle Way. **Local model railroad enthusiast Dick Boucher** will be the guest speaker. To make reservations please call the COA at (978) 352-5726. **Next breakfast: August 5, 2010. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program. (There will be no Men's Breakfast in July.)**

ESMV CASE MANAGER: **ESMV Case Manager Jennifer Cook** will hold office hours at the Senior Center on **Mon. June 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., June 7, 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.

REMINISCE OVER STRAWBERRY SHORTCAKE: Join us on **Wednesday, June 9 at 10 a.m.** to recollect favorite summer past-times & memories over a bowl of delicious **strawberry shortcake**. Reservations would be helpful in planning this event. Call the COA at 978-352-5726.

BYFIELD PARISH LUNCHEON: **Tuesday, June 15, 11:45 a.m.** Call the church if you plan to attend. 978-352-2022.

MEDICARE CHANGES/HEALTHCARE REFORM: **Cheryl Gresek**, Legislative Aide to U.S. Rep. John Tierney, will discuss changes in **Medicare** that have taken place under **Healthcare Reform** on **Wednesday June 16, 10 a.m.** at the First Congregational Church. Answering questions, Ms. Gresek will provide important information regarding how changes in Medicare will affect elders and their family members. Light refreshments will be served. For further information, please call the COA office at (978) 352-5726.

JAZZ CONCERT & JUNE BIRTHDAY PARTY: Celebrate the start of summer **Tuesday June 22 10-11 a.m.** with a morning of music and refreshments followed at **11:30 a.m.** by lunch and monthly birthday party co-hosted by the **Friends of the COA**. The celebration will begin with the **Shane Wood Jazz Duo** performing blues, ballads, traditional jazz standards such as Cole Porter and Duke Ellington in addition to contemporary jazz arrangements of Stevie Wonder and The Beatles. This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. This popular group of local musicians educated at Berkley College of Music, has provided entertainment in the Boston area for years and will be enjoyed by all ages. Light refreshments will follow. Stay and enjoy lunch and the **monthly birthday party**. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 6/15/10 to assist with planning.**

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 **Tuesday and Wednesday mornings from 9:00 to 10:30 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.)

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	Walking Club is on hiatus for the duration of the summer. Watch for more info after school resumes in the fall.
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

Resources available for walkers

Although the COA Indoor Walking Program is on hiatus for the summer, the COA has information, resources and support materials available for people interested in maintaining their own walking programs. A walking program can start simply with an easy walk each day or every other day. However, research shows that keeping records of daily activities can help people achieve their exercise goals. Last month, the Arthritis Foundation launched its new program "Walking with Ease". To support people in their goals to walk safely and to protect their muscles, the Arthritis Foundation has motivational diaries, checklists, resources and stretching and cool-down exercises available to the public. The information can be found by visiting <http://www.arthritis.org/easy-walking.php>. Copies of the resources are also available at the COA office. For further information, call (978) 352-5726.




**June
Jazz-A-Ma-Taz**

Everyone's Invited!
Enjoy
The sounds of the
Shane Wood Jazz Duo

**Tuesday, June 22nd
10:00 a.m.**

First Congregational Church ~ Georgetown



Made possible by a grant from the Massachusetts and Georgetown Cultural Councils.

Then join the Friends of the COA as they co-host the
June Birthday Celebration

11:30 a.m.

Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 6/15/10** to assist with planning. Contact the COA at 978-352-5726.

Medicare Changes to Be Discussed

**Wednesday, June 16 at 10 a.m.
First Congregational Church**

Cheryl Gresek, Legislative Aide to U.S. Rep. John Tierney, will discuss changes in Medicare that have taken place under Healthcare Reform. Answering audience questions, Ms. Gresek will provide important information regarding how changes in Medicare will affect elders and their family members. Light refreshments will be served. For further information, please call the COA office at (978) 352-5726.

"Write injuries in sand, kindnesses in marble."

~French proverb

Join us in July!



MVNP Barbeque

Tues. July 27, 11:30 a.m.

First Congregational Church

Cost: \$2

RSVP required by 7/20/10.

Sing along with the
Over-the-Hill Band



Menu:
Chicken Breast
Potato Salad
Cole Slaw
Corn-on-the-Cob
Dessert

2009 Blue Cross Part D Premium Billing Error

Blue Cross and Blue Shield recently discovered an error with their 2009 Part D premium billing that affected Prescription Advantage members in the S1, S2 and S3 categories who were enrolled in the Blue Cross stand-alone Part D plans during 2009. This error resulted in both over billing and under billing members. Adjustments have been made to member accounts and were reflected in the April 2010 premium invoice that was scheduled to be mailed in May. Approximately 5000 Prescription Advantage members in Blue MedicareRx (S2983) received an invoice reflecting the 2009 additional premium amount that they were not billed for in 2009 and another 750 members received an invoice reflecting a credit balance. In addition, 100 members who are no longer enrolled in a Blue MedicareRx plan were scheduled to be issued a refund check within approximately 30 days of the April invoice mailing. For further information, call Blue Cross Blue Shield of Massachusetts/Blue MedicareRx Customer Service at: 1-888-543-4917. TTY/TDD should call 1-866-236-1069.

Donut hole rebates to eligible elders

The state Executive Office of Elder Affairs reminds the public that any Medicare beneficiary who reaches the donut hole is automatically eligible to receive a rebate of \$250. The elder's drug plan will contact CMS directly when this threshold is reached; CMS will issue the \$250 check directly to the senior during the next quarter. There is no application process or phone calls associated with the issuance of this check. Any contact/s, or attempted contacts, should be immediately reported to CMS (1-800-Medicare; 1-800-633-4227) and local police.

Fire Department seeks victims For Mass Casualty Drill

The Georgetown Fire Department plans to participate in a Mass Casualty Drill this fall. As part of the drill, the department is seeking individuals willing to play the part of accident victims. Make-up and a free ride to the hospital in an ambulance are all included. For further information, contact Fire Chief Al Beardsley at (978) 352-5757.



ESMV Annual Golf Tournament Scheduled June 10

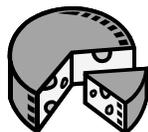
Elder Services of the Merrimack Valley (ESMV) will hold their **Annual Golf Tournament Thurs. June 10 at the Meadow Creek Golf Club in Dracut, MA.** Along with the tournament, the event includes lunch, awards, raffles and a silent auction. Proceeds help ESVM provide the best possible choices in elder care to older adults, those with disabilities, families and caregivers. Scholarship opportunities are available. For further information, call Bonnie Sisson at 800-892-0890, ext. 1433.

WELCOME



TRIAD Welcomes New Director

Following TRIAD Director Jason Ebacher's recent promotion to Assistant Deputy Superintendent with the Essex County Sheriff's Department, the Georgetown TRIAD welcomes new TRIAD Director **Karen Martin.** 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 monthly meetings are open to the public.



"Age doesn't matter
unless you're a cheese."

~Billie Burke

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, 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 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 RESOURCES

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

Updated 4/25/10

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 June 22, 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
Jeannine Desjardins, Esther Palardy,
Dianne Prescott, Cynthia Tardif
Alt: Jean Perley

Town of Georgetown:
Michael Farrell, Interim Town Admin.
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.

June 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>
May 31 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed: Memorial Day</div>	1 Hamburger/Bun, Haystack Potato, Succotash, Peaches, Condiments	2 Baked Chix ¼, Red Bliss Whip Pot, Carrot Coins, Apple, Oatmeal Bread
7 Cold Plate: Egg Salad, Red Bliss Pot Salad, Three Bean Salad, Wh Wh Roll, Fig Bar	8 Chix Marsala, Dirty Rice, California Mix Veg, Pineapple, Oatmeal Bread	9 Sweet/Sour Meatballs, Whip Pot, Green & Gold Beans, Fruit Jello, Dk Rye Bread
14 Baked Ham/Pineapple Ginger Sauce, Roasted Red Pot, Scandinavian Blend Veg, Diced Pears, Lt Rye Bread	15 <div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;">Byfield Parish Luncheon</div>	16 Fruit Punch, <u>Cold Plate:</u> Chix Salad/lettuce/tomato, Macaroni Salad, Chocolate Pudding, Pita Bread
21 LS Hot Dog/Roll, Baked Beans, Coleslaw, Mixed Fruits	22 Cranberry Juice, Chix Patty, American Cheese slice, Carrots, Asparagus, Lettuce, Graham Crackers, Wh Wh Sandwich Roll	23 Grape Juice, Macaroni & Cheese, Zucchini & Stewed Tomato, Mandarin Oranges, Wh Wh Bread
28 Potato Crunch Fish, Whip Pot/Chives, Harvard Beets, Fruit Yogurt, Lt Rye Bread	29 Cranberry Juice, Cheese Lasagna w/ Marinara, Wax Beans, Tossed Salad, Applesauce, Garlic Bread	30 Apple Juice, <u>Cold Plate:</u> Tuna Salad, Macaroni Salad, Carrot Stix, Orange, Finger Roll

JUNE VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;">MEMORIAL DAY</div>	1 No Van–Brown Bag 11:30 Lunch 12:30 Strength Training	2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	3 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 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	8 9:30 VAN: Plaistow, NH 11:30 Lunch 12:30 Strength Training	9 9:00 Yoga 10:00 Summer Discussion/ Strawberry Shortcake 11:30 Lunch	10 9:30 VAN: Super Market Basket+Lunch, Epping, NH 11:00 Strength Training
14 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	15 9:30 No VAN: Training 11:45 Byfield Parish Lunch 12:30 Strength Training	16 9:00 Yoga 10:00 Cheryl Gresek 11:30 Lunch	17 10:30 VAN: Seabrook, NH Hot Dog Stand 11:00 Strength Training
21 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	22 9:30 VAN: Rowley 10:00 Shane Wood Jazz Duo 11:30 Birthday Lunch 12:00 COA Board Meeting 12:30 Strength Training	23 9:00 Yoga 11:30 Lunch	24 10:30 VAN: Plaistow, NH Carter's Ice Cream 11:00 Strength Training
28 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	29 9:30 VAN: Middleton 11:30 Lunch 12:30 Strength Training	30 9:00 Yoga 11:30 Lunch	July 1 9:30 VAN: Walmart/Salem NH <div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;">NO MEN'S BREAKFAST</div> 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.