



A FEW GRAY HAIRS

Natl Senior Health
May 26
& Fitness Day

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

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May 2010

Website: www.georgetownma.gov

May is Older Americans Month.

Director's Notes... To honor the legacies and contributions of older Americans, the federal Administration on Aging (AoA) has selected "Age Strong! Live Long!" as the theme of this year's Older Americans Month. In their selection of this year's theme, the AoA recognizes the diversity and vitality of older adults and notes the many advancements in technology, medicine, industry and social issues that were led by today's older Americans who now span three generations. The AoA also acknowledges the contributions that older Americans continue to provide their communities through civic engagement and volunteer work. In Georgetown, it is evident that older Americans are committed to enhancing the quality of life for all generations. You serve on boards, work with children, drive elders to medical appointments, tend gardens, fold newsletters, prepare food for special events and programs and most importantly offer friendship and support to others. Last year, 131 of you gave 3,000 hours of time to directly support the Council on Aging and the 1,388 elders that we serve together. In addition, you value self-care. Last year, you exercised 1,413 times during strength training, yoga or walking programs, while 1,836 people participated in COA recreational, social or health programs. As you care for yourselves and others, you embody the theme of "Age Strong! Live Long" and serve as a model for all generations.

Caution Homeowners! Beware of Home Repair Scams

Attorney General Martha Coakley recently cautioned victims of this spring's floods to be careful when selecting contractors to repair the water damage to their properties. To avoid becoming a victim of a scam, the Attorney General's Office offers the following advice for homeowners:

- **Make sure** that the person you are dealing with is a licensed contractor affiliated with a legitimate business.
- **Ask for references**—names of satisfied customers who can tell you about the business. Ask a neighbor, friend or co-worker for the name of a business they have used.
- **Check for a history** of complaints with the Attorney General's Office and the Better Business Bureau.
- **Obtain a written contract** or estimate describing the work to be done, the price and estimated date of completion.

- **You should not pay more than one third** the cost of the project at the start of the contract, with another third due half way through the project and the balance paid when the work is completed to your satisfaction.
- **If you think you have been the victim** of a scam, call the Attorney General's Office and file a complaint.

The Attorney General's Website also offers tips for how to understand and get the most out of their insurance policy and how to select a home improvement contractor. To check the history of a business or to file a complaint about a scam, call the Attorney General's Office's consumer hotline at (617) 727-8400 or file a complaint online at www.mass.gov/ago/consumercomplaint.



May Activities

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

MAY VAN SCHEDULE 2010

Shopping Date	Location	Recreation Date	Location
May 4 th	NO VAN – Brown Bag Only	May 6 th 9:30	Super WalMart/Salem, NH
May 11 th 9:30	Plaistow, NH	May 13 th 9:30	Kittery, Maine
May 18 th 9:30	Newburyport	May 20 th 10:30	Seabrook, NH/Hot Dog Stand
May 25 th 9:30	Rowley	May 27 th 10:30	Middleton/Richardson's Ice Cream

ESMV CASE MANAGER: ESMV Case Manager **Jennifer Cook** will hold office hours at the Senior Center on **Mon. May 3, 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., May 3, 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.

VISITING NURSE: **Wed., May 5, 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.

MEN'S BREAKFAST: Join us for Men's Breakfast on **Thursday May 6, 9:30 a.m.** at Trestle Way. Merrimack Valley Nutrition Project president, **William Cutler** will discuss his participation in the **13th Massachusetts Volunteer Infantry**, a Civil War re-enactment group. To make reservations please call the COA at (978) 352-5726. **Next breakfast: June 3, 2010.** Thanks to **Crosby's Market & the Georgetown Housing Authority** for supporting our monthly program.

FALL PREVENTION PROGRAM: Sports Medicine and Rehabilitation Program Manager at **Anna Jaques Hospital, Peter von Lossnitzer**, presents an important **Falls Prevention Program Tuesday May 11, 10 a.m.** at the First Congregational Church. See page 3 for details.

DIABETES/NUTRITION PROGRAM SCHEDULED: Join us on **Wed., May 12, 10:00 a.m.** at the First Congregational Church when **Pauline Provencher** of Merrimack Valley Nutrition Project will speak on **Nutrition and Diabetes Self-management**. See page 3 for details.

MUSIC MASTERS TO ENTERTAIN: Join us on **Mon. May 17 at 1:00 p.m.** See page 3 for details. Make a day of it! Come for lunch at 11:30 a.m. (Advance Reservations ARE required for lunch. Cost is \$2.00.)

BYFIELD PARISH LUNCHEON: **Tuesday, May 18, 11:45 a.m.** Call the church if you plan to attend. 978-352-2022.

MAY BIRTHDAY PARTY: Join us on **Wed. May 19 at 11:30 a.m.** to send best wishes to our friends who were born in May. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 5/12/10 to assist with planning.**

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

See
America...



Maroon
Bells,
Colorado



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

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 **Peter von Lossnitzer, Sports Medicine and Rehabilitation Program Manager at Anna Jaques Hospital** presents an important Falls Prevention Program **Tuesday May 11, 10 a.m.** at the First Congregational Church located on Andover Street.

Music Masters Return!

In honor of Older American's Month

Join us on

Monday, May 17th ~ 1:00 p.m.

First Congregational Church



Spend an hour dancing down the streets of Broadway, clapping along with a Gaelic jig or reminiscing to songs of yesteryear. An hour of song and humor: the Music Masters have it all! Fun & enjoyment are always on hand and we look forward to this year's program. Refreshments will be served. Reservations are not required, but **to help with planning, please call (978) 352-5726.**

The program is supported by a grant from the Georgetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.



Diabetes & Nutrition Education Program Scheduled

Merrimack Valley Nutritionist **Pauline Provencher** will be on hand to provide information regarding nutrition and diabetes self-management **Wednesday May 12, 10 a.m.** at the First Congregational Church. Topics covered will include healthy eating for diabetics, carbohydrates, protein and fats. Pauline will also discuss how to plan meals ahead, healthy eating on special occasions, strengthening yourself with physical activity along with the importance of knowing your numbers and setting goals. For further information, please call the COA office at (978) 352-5726.



"I have to exercise in the morning before my brain figures out what I'm doing!"



~Marsha Doble

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 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, 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 May 25, 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.

May 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>
3 Meatloaf/Gravy, Whip Pot, Broccoli, Chilled Peaches, Multigrain Bread	4 Salmon Boat/Dill Sauce, Rice Pilaf Almandine, California Blend Veg, Mixed Fruits, Light Rye Bread	5 Soup: Navy Bean Chix Fajitas/Tortilla, Salsa, Kernel Corn, Tortilla Chips, Ice Cream
10 Veal Roulade/Mushroom Gravy, Loaded Whip Pot, Peas & Onions, Sherbet, Wh Wh Roll	11 Chix/Broccoli/Ziti Alfredo, Green beans, Diced Pears, Multigrain Bread	12 Soup: Chicken Noodle Ground Beef & Onions, Rice/Mushrooms, Mixed Veg, Fresh Orange, Wh Wh Bread
17 Veal Parmesan, Rice Pilaf, Mixed Veg, Mandarin Oranges, Dark Rye Bread	18 <div style="border: 1px solid black; padding: 2px; display: inline-block;">NO LUNCH: Byfield Parish Luncheon</div>	19 Soup: Corn Chowder Apple Juice, LS Hot Dog/Roll, Baked Beans, Corn, Sherbet Cup
24 Apricot Glaze Chix, Scalloped Pot, Carrots, Diced Pears, Wh Wh Bread	25 Beef Meatballs/Gravy, Garlic Whip Pot, Carrots, Peaches, Multigrain Bread	26 Soup: Beef Barley Baked Ham, Whip Sweet Pot, Cauliflower & Red Peppers, Butterscotch Pudding, Wh Wh Bread
31 <div style="border: 1px solid black; padding: 2px; display: inline-block;">CLOSED: Memorial Day</div>	June 1 Hamburger/Roll, Haystack Pot, Succotash, Peaches	June 2 Cranberry Juice, American Chop Suey, Sweet Peas, Mandarin Oranges, Lt. Rye Br

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.)

MAY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 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 <div style="border: 1px solid black; padding: 2px; display: inline-block;">7 PM - Town Meeting</div>	4 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training	5 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30-6 Walking/Penn Brook	6 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 11:00 Strength Training
10 9:30 Dolls 10:30 Yoga 11:30 Lunch, 12:00 Bingo 3:30-6 Walking/Penn Brook <div style="border: 1px solid black; padding: 2px; display: inline-block;">8 AM-8 PM ~ Town Election</div>	11 9:30 VAN: Plaistow, NH 10:00 Fall Prevention Progm 11:30 Lunch 12:30 Strength Training	12 9:00 Yoga 10:00 Nutrition Program 11:30 Lunch 3:30-6 Walking/Penn Brook	13 9:30 VAN: Kittery, ME 11:00 Strength Training
17 9:30 Dolls 10:30 Yoga 11:30 Lunch 1:00 Music Masters 3:30-6 Walking/Penn Brook	18 9:30 VAN: Newburyport 11:45 Byfield Parish Lunch 12:30 Strength Training	19 9:00 Yoga 11:30 Birthday Lunch 3:30-6 Walking/Penn Brook	20 10:30 VAN: Seabrook/ Hot Dog Stand 11:00 Strength Training
24 9:30 Dolls 10:30 Yoga 11:30 Lunch, 12:00 Bingo 3:30-6 Walking/Penn Brook	25 9:30 VAN: Rowley 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	26 9:00 Yoga 11:30 Lunch 3:30-6 Walking/Penn Brook	27 10:30 VAN: Middleton/ Richardson's Ice Cream 11:00 Strength Training
31 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed for Memorial Day</div>			

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.