



A FEW GRAY HAIRS



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

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Website: www.georgetownma.gov

Director's Notes... During one of our recent monthly birthday parties, we celebrated birthdays with four folks who are all now in their 90s! As we served cake and sang "Happy Birthday" to all of our participants, I was struck by the model of gracious aging that these four lovely individuals offered us. In addition to enjoying good physical and mental health, all four of our special guests were examples of people who have maintained active lives with good connections to family and friends. All four could be described as kind, compassionate and bright people with a commitment of service to others.

Thinking about the number of people that we know who are living well into their 90s led me to look at our statistics. At least three percent of people over the age of 60 in our town are people in their 90s – many who are active and healthy. Confirming what we see locally, new information gathered by the U.S. Census anticipates an increase in the number of people living into their second century of life. As components of healthy aging, research points to not smoking, eating a good diet, and including regular physical and mental exercise. To maintain healthy brains, researchers at Harvard Medical School note the benefits of learning new things such as new languages or new hobbies. They also note the importance of a good social network in keeping the brain healthy and active. By maintaining the habits of good physical and mental health, brain genes can be kept healthy and improved. All of which was obvious at our birthday party. If we need models of how to live well and age gracefully, we don't need to look too far in this town – perhaps just next door or down the street. The examples of richer and fuller lives offered by our longest-lived are inspirations to the rest of us.

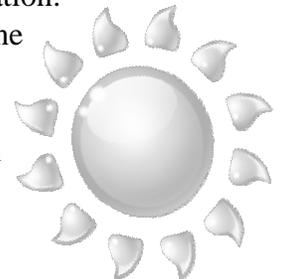
Summer Safety Tips

Much anticipated and full of fun activities, the arrival of summer weather warrants a few notes of caution in order to ensure that the summer will be full of enjoyment rather than trips to medical offices. The Department of Public Health reminds us to be cautious about avoiding dehydration, heat illnesses and problem insects. Certain medications such as blood pressure medications can cause people to burn more rapidly and severely. To prevent heat illness:

- Avoid direct sun from late morning until 4 p.m.
- Limit vigorous exercise
- Dress in light colored and loose fitting clothing
- Drink plenty of water or juice (including popsicles, watermelon and fruit salad)
- Avoid caffeine or alcohol
- Eat light meals

Be aware of the signs of dehydration:

- Decreased amount of urine
- Dry skin
- Sunken eyes
- Less elasticity to the skin
- Fever
- Sleepiness
- Headache
- Increased heart rate
- Strong, dark urine



To avoid tick or mosquito-related illness:

- Use bug repellent with DEET
- Wear light colored shirts, long pants, socks and a hat
- Avoid outdoor activities at dusk or dawn

Remember, wear that sunscreen even on overcast days and don't forget the sunglasses and wide-brimmed hat. Let's have plenty of fun this summer, but be careful out there!

July Activities

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

JULY VAN SCHEDULE 2010

Shopping Date	Location	Recreation Date	Location
June 29 th	Middleton	July 1 st 9:30	Super WalMart/Salem, NH
July 6 th 9:30	NO VAN – Brown Bag Only	July 8 th 10:30	North Shore Mall
July 13 th 9:30	Plaistow, NH	July 15 th 9:30	Lunch & Shopping/Epping, NH
July 20 th 9:30	Newburyport	July 22 nd 10:30	Seabrook, NH
July 27 th 9:30	Middleton	July 29 th 9:30	York, ME

VISITING NURSE: Wed., July 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 12:00-2:00 p.m.

MEN'S BREAKFAST: NO MEN'S BREAKFAST THIS MONTH. Please join us for the next breakfast on August 5, 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. July 12, 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., July 12, 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 ICE CREAM SOCIAL: Join us on **Wed. July 14 at 11:30 a.m.** as we celebrate **National Ice Cream Month**. The cost is **\$3.00** and includes lunch. Everyone will enjoy a sundae of their own making with a variety of delicious toppings available. **Reservations are required by 7/7/10. 978-352-5726**

JULY BIRTHDAY PARTY: Join us on **Tuesday July 20 at 11:30 a.m.** to send best wishes to our friends who were born in July. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 7/13/10 to assist with planning.**

SUMMER BARBEQUE: Enjoy a true summer "hoedown" on **Tuesday, July 27, 11:30 a.m.** with a **Chicken BBQ** provided by **Merrimack Valley Nutrition Project** and music provided by **The Over-the-Hill Band** starting at **10 a.m.** Plenty of good fun, food and company, all for \$2! Reservations needed by **7/20/10**. See page 3 for menu.

Red, White & Blue Slaw Salad

Makes 6 to 8 servings.

12 slices bacon
6 cups shredded cabbage
16 tablespoons coleslaw dressing
1/2 cup blue cheese, crumbled
1 cup cherry tomatoes, halved



Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside.

In a large bowl, combine the bacon, cabbage and dressing. Mix well. Sprinkle with sliced cherry tomatoes and blue cheese. Refrigerate and serve chilled.

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



Georgetown Farmers Market:
More Than Just Produce



Information, resources, raffles and plenty of fun will be on hand when the Georgetown COA and COA Friends share a booth Saturday July 31 at the Georgetown Open Air Farmer's Market. Sponsored by the Alliance for Georgetown, this year's farmer's market is scheduled to be held at Georgetown Crossings (Crosby's parking lot) Saturdays July 10, 17, and 31, August 7, 14, and 21, August 28, September 4, 11, 18, 25 and October 10, 9:30 a.m. – 1 p.m. Offering local residents and visitors the opportunity to purchase fresh, locally grown produce, the farmer's market supports local artisans and crafters as well as local farm families. As the group sponsors one local non-profit per week this season, the market will continue in its mission to engage in activities that promote community and celebrate Georgetown's small town atmosphere. The Merrimack Valley Regional Transit Authority Ring and Ride program is available to provide Georgetown residents with free transportation to the farmers market (and other local destinations) on Saturdays 9 a.m.-6 p.m. To schedule transportation to the market (or another local destination) call the MVRTA at (978) 374-9480 between 6 a.m.-5 p.m. at least 24 hours prior to service.

Join us for a Summer Hoedown!



Over the Hill Band!
MVNP Barbeque!



Tuesday 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 10 a.m.



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

July is National Ice Cream Month

Join us for our

Annual Ice Cream Social

Wed. July 14 at 11:30 a.m.

First Congregational Church



Donation: \$3 (includes lunch)

Enjoy a veritable smorgasbord of toppings as you make your own sundae.

Reservations are required by 7/7/10. 978-352-5726

♥
"Gratitude is the heart's memory."
♥

~French Proverb

Heating & Cooling Resources Available

Masssave.com is a new website that offers the public a wide variety of information regarding energy efficiency. With resources gathered from Massachusetts utilities, energy efficiency service providers, and state organizations, the website is filled with information regarding energy efficiency. Initiatives such as rebates on high efficiency equipment and installation, free home energy assessments and energy efficiency improvements are all included. The site also includes information on finding a contractor as well as programs designed to assist income-eligible residents in managing their energy costs. The website is located at www.masssave.com

Elder Services Offers Computer Program

The **Learn About Computers Everyday (LACE)** program at Elder Services of the Merrimack Valley (ESMV), located at 360 Merrimack Street, Building 5 in Lawrence, is offering several different computer workshops through July. The small group classes include Introduction to Computers, Basic Graphics, e-Bay Made Easy, Microsoft Work 2007, Windows Vista, Advanced Graphics, Internet and E-Mail and Digital Pictures – Camera to Print. Classes run from June 16-July 29 9-11:30 a.m. or 12:30-3 p.m. Cost is \$60 for each six-week class. Shorter workshops are also available. For more info or to register, call ESMV at 1-800-892-0890 ext. 1516.

God Bless America ~ July 4, 1776 – 2010

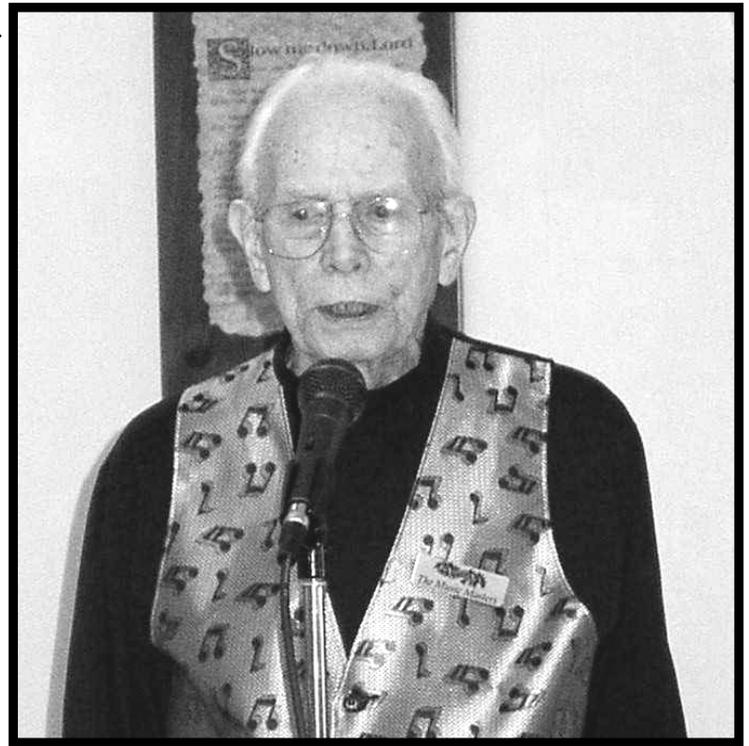


“You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.” ~Erma Bombeck

The origin of Uncle Sam probably began in 1812, when Samuel Wilson was a meat packer who provided meat to the US Army. The meat shipments were stamped with the initials “U.S.” Someone joked that the initials stood for “Uncle Sam”. This joke eventually led to the idea of Uncle Sam symbolizing the United States government. ~Source: holiday-corners.com



“For what avail the plough or sail,
or land or life, if freedom fail?
~Ralph Waldo Emerson



Still Humming (or singing) Along at 97...

Longtime resident, Robert Jeans performed with The Music Masters in their annual Older Americans Month concert held in May.



Georgetown Summer Concert Series

The Georgetown Summer Concert Series will be held Sundays beginning July 11, 5-7 p.m. at American Legion Park, Rear Prospect Street. The first concert scheduled for **July 11** is still to be determined but the remainder of the schedule includes: **July 18**, the Porch Rockers (roots, rock and blues); **July 25**, Under Atoms (contemporary and original rock); **August 1**, Johnny Dee and the Delinquents (60s and 70s pop and soul); **August 8**, Girls, Guns and Glory (Americana); **August 15**, Erin Harpe (Delta blues) and **August 22**, Don't Call Me Shirley (pop and soul).

“Music speaks what cannot be expressed,
soothes the mind and gives it rest, heals the
heart and makes it whole, flows from
heaven to the soul.” ~Unknown

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 rides for elders 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. **S**erving **H**ealth **I**nformation **N**eeds of **E**lders 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 AND HEAT RESOURCES

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

Updated 5/20/10

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
**No COA Board Meeting
this month**

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, 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.

July 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 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed: July 4 Holiday</div>	6 Hamburger/Roll, Haystack Pot, Corn, Pineapple Chunks	7 Apple Juice, Swedish Meatballs, Whip Pot, Green Beans, Mandarin Orange, Whole Wheat bread
12 Sliced Turkey Plate, Mac. Salad, Lettuce, Cherry Tomatoes, Gelatin/Diet Gelatin, Pita Bread	13 Chix/Ziti/Alfredo Sauce, Broccoli, Carrot Sticks, Apple, Bread Sticks	14 Veal Roulard/Gravy, Whip Pot, Carrot Coins, Pears, Whole Wheat Dinner Roll
19 Cranberry Juice, Chx Cacciatore, White Rice, California Veg, Peaches, Garlic Bread	20 Crunchy Light Fish, Garlic Whip Pot, Oriental Veg, Graham Crackers, Whole Wheat Roll	21 Mac/Cheese, Green Beans/Stew Tomatoes, Carrot Stx, Fresh Fruit, Light Rye Bread
26 Low Sodium Hot Dog/Roll, Baked Beans, Coleslaw, Fresh Orange	27 Chx Tarragon Qtr, Whip Sweet Pot, Italian Green Beans, Tapioca/Diet Pudding, Light Rye Bread	28 Pineapple Juice, Fillet of Fish Sandwich/Roll, Broccoli, Fruit/Diet Gelatin

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.)

JULY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 <div style="border: 1px solid black; padding: 2px; display: inline-block;">NO Men's Breakfast</div> 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
5 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Independence Day</div>	6 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training	7 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	8 10:30 VAN: North Shore Mall 11:00 Strength Training
12 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo	13 9:30 VAN: Plaistow 11:30 Lunch 12:30 Strength Training	14 9:00 Yoga 11:30 Lunch/Ice Cream Social (\$3 includes lunch)	15 9:30 VAN: Lunch & Shop Epping, NH 11:00 Strength Training
19 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	20 9:30 VAN: Newburyport 11:30 Birthday Lunch 12:30 Strength Training	21 9:00 Yoga 11:30 Lunch	22 10:30 VAN: Seabrook 11:00 Strength Training
26 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	27 9:30 VAN: Middleton 10:00 Over the Hill Band 11:30 MVNP Barbeque 12:30 Strength Training	28 9:00 Yoga 11:30 Lunch	29 9:30 VAN: York, ME 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.