



A FEW GRAY HAIRS



National
Golf
Month

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

Vol. 11/Iss. 2

August 2009

Website: www.georgetownma.gov

Director's Notes... On my way to work this morning, I spotted several white tufts scattered throughout a West Newbury wetland. Stopping the car to look more closely, I could see that the tufts were actually large snowy egrets wading slowly around the wetland hunting for their breakfast. Turning off the radio off, I lowered the window to watch the graceful fishermen spotting something tasty beneath the surface of the water, one egret gave a hunting cry as he successfully out-fished his friends for a breakfast treat. Clouds shifted in the sky overhead and a red-winged blackbird called from the other side of the wetland. No other sound disturbed the quiet. As the egrets silently waded and sunlight filtered through the trees that surround the wetland, time was suspended and only that moment existed. Although we often think of a vacation as the answer to the stress that fills our daily lives, finding the opportunity to explore singular moments can be a true STAY-cation. Breathe in the refreshing air that often follows a summer rain. Did the rain bring along the scent of wild sea roses or the warm earthy smell of freshly turned gardens? Is the mist warm on the face or chilly after the warmth of the day? Do the colors of the day lilies in the garden seem even deeper with the glistening raindrops? Whatever the event, taking the opportunity to use each of our senses to fully explore a moment can provide us with the refreshment of a vacation without ever having to leave home.

Fall Prevention

Recognizing that death and injury are a major and growing problem for older adults, the National Fire Protection Association and the Centers for Disease Control and Prevention recommend the following tips to reduce the risk of falls during daily activities:

- Exercise regularly to build strength and improve balance. Check with your physician about the best exercise for you.
 - Take your time and avoid being rushed or
-
- and walkways free of clutter, throw electrical chords.
- See an eye specialist once a year to check your vision. Keep homes well lit and use a night light in the bedroom and bathroom.
 - Use non-slip mats in the tub/shower. Install grab bars.
 - Keep stairways clear and well lit. Install handrails on both sides of a staircase.
 - Wear sturdy, well-fitted and low-heeled shoes with non-slip soles.

For further information on fall prevention, call the COA office at (978) 352-5726.



Georgetown Summer Concert Series

Sunday, August 2nd

5 – 7 p.m.

American Legion Park

(Rain location is the Penn Brook School.)

Join **Soul/R&B musician Jesse Dee** for the final concert of the season.

For further information, visit www.gtownculture.org

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.

August Activities

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

AUGUST VAN SCHEDULE 2009

Shopping Date	Location	Recreation Date	Location
August 4th	NO VAN – Brown Bag Only	Aug. 6 th 9:30	Super WalMart/Salem, NH
August 11 th 9:30	Rowley	Aug. 13 th 10:30	Salisbury Beach/Pizza
August 18 th 9:30	Newburyport	Aug. 20 th 11:30	Plaistow, NH
August 25 th 9:30	Seabrook, NH	Aug. 27 th 10:30	Building 19/Skip's/Hodgies

ESMV CASE MANAGER: **ESMV Case Manager Jennifer Cook** will hold office hours at the COA Office on **Mon. August 3rd at 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., August 3rd from 9:00 - 11:30 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., August 5th, 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 June 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: Current Events Discussion. Bring a newspaper article or just a topic of interest to **Men's Breakfast on Thursday, August 6th, 9:30 a.m.** at **Trestle Way**. To make reservations, please call the COA at (978) 352-5726. Next breakfast: Sept. 3, 2009. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

SUMMER SING-A-LONG: Our own **Chandler Noyes** will be tickling the ivories for your enjoyment. Bring your best voice; some summertime gusto and join us on **Tuesday August 11, 10 a.m.** Please contact the COA at (978) 352-5726 if you plan to attend. Make it a morning and stay for lunch (\$2—Reservations required.)

AUGUST BIRTHDAY PARTY: Join us on **Tues. August 18th at 11:30 a.m.** for the celebration! Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 8/12//09 to assist with planning.**

BRAINPOWER UNLEASHED: Plenty of fun and exercise for our brains will be on hand when Colleen leads a morning of **brain teasers and exercises for the mind** on **Wednesday, August 19, 10 a.m.** Please contact the COA at (978) 352-5726 if you plan to attend.

WRITING WORKSHOP: As we hit the road for summer vacations, what were some of your favorite summer or vacation trips? Whether you traveled to the seashore, the White Mountains or further a field, join us for a writing workshop on **Tuesday August 25, 10 a.m.** when the topic will be **summer travels**. To assist us in planning for the event, please call the COA office at (978) 352-5726.



It may be too early for Santa to climb down your chimney, but on Larch Road August is the best time for Turkeys in the Skylight!

We don't know about other parts of town, but two female turkeys cruise the Larch Road neighborhood looking for a good time. They have been spotted on leisurely walks and hanging out in tree branches.

Do you have any funny stories about Georgetown Wildlife? Let us know for future publication.

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* Walking Club will be on summer hiatus beginning June 23 rd & resuming with the return of school.
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	1st & 3rd 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

Summer Vacation

FREE ADMISSION TO SOME OF THE STATE'S BEST ATTRACTIONS!

The McGrath Family and the Highland Street Foundation (HSF) are celebrating 20 years of donations to many worthy non-profit organizations. In celebration, HSF will sponsor **Free Fun Fridays**, inviting Massachusetts residents and tourists to visit a designated museum or Boston attraction for free. See the list below.

- Fri., Aug. 7th: Plimoth Plantation**
137 Warren Ave-Plymouth, MA
508.746.1622/www.plimoth.org
- Fri., Aug. 14th: Stone Zoo**
149 Pond Street-Stoneham, MA
781.483.5100/www.stonezoo.org
- Fri., Aug. 21st: Peabody Essex Museum**
161 Essex St-Salem, MA
978.745.9500/www.pem.org
- Fri., Aug. 28th: Museum of Fine Arts**
465 Huntington Ave-Boston, MA
617.262.9300/www.mfa.org

*For more information visit www.highlandstreet.org
Underwritten by the Highland Street Foundation*

Do you enjoy being with and helping people?
Can you spare a few hours each month?

Red Cross Seeks Local Volunteers

The American Red Cross is looking for people in the Georgetown area to help in the **registration and/or refreshment areas** at local blood drives. Volunteers would be asked to commit to a **3- or 6-hour shift** at a blood drive. Schedules are flexible to meet your needs.

For more information, please contact:
Georgia Cirillo, American Red Cross
(978) 794-5625, ext. 14

"Celebrating Poets over 70": Call for Poems

Tower Poetry Society and the McMaster Centre for Gerontological Studies are soliciting poems written after the age of 70. Selected poems will be published in a jointly sponsored anthology. "Celebrating Poets over 70" will be the tenth volume in the Writing Down Our Years series published by MCGS. A maximum of four typed poems may be submitted. Individuals with poems selected will receive a free copy of the anthology. Send poems and a 50-word biography by email to Ellen Ryan (ryaneb@mcmaster.ca) or by mail to:

"Celebrating Poets over 70", Tower Poetry Society, c/o McMaster University, 1280 Main St. W.,
Box 1021, Hamilton, Ontario L8S 1C0.

Deadline: November 15, 2009



Tips to protect you from West Nile Virus and EEE

Although the summer often brings the fun of picnics, music in the park and plenty of ice cream, summer months also tend to bring some issues with mosquitoes and mosquito borne illnesses. Two viruses often spread by mosquitoes in Massachusetts include West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). According to the Massachusetts Department of Public Health (MDPH), WNV is a mosquito-carried virus that can cause illness ranging from mild fever to more severe diseases. A rare but serious disease, EEE is a virus that is also spread through the bite of an infected mosquito. While the majority of people infected with WNV will not present symptoms, a smaller number of people will have symptoms that include fever, headache, body aches, nausea, vomiting and sometimes swollen glands. Some may also develop a skin rash on the chest, stomach and back. Appearing three to ten days after a bite from an infected mosquito, the first symptoms of EEE include fever, stiff neck, head ache and lack of energy. Inflammation and swelling of the brain, encephalitis, is the most dangerous and serious complication. To protect you from WNV and EEE, the MDPH offers the following tips:

- Schedule outdoor events to avoid the hours between dusk and dawn when mosquitoes are most active
- Use a repellent with DEET, permethrin, picaridin, IR3535 or oil of lemon eucalyptus according to the instructions on the product label.
- Keep mosquitoes out of the house by repairing holes in window screens and making sure that they are tightly attached.
- When outdoors, wear long pants, a long-sleeved shirt and socks.
- Remove areas of standing water from around your home including containers and other things that might collect water.
- More information about WNV and EEE, can be found at www.mass.gov/dph

Summer heat precautions

Although we welcome some summer heat after a long damp spring, a heat wave can take a toll on our bodies as we work to maintain a normal temperature. According to the Massachusetts Office of Health and Human Services (EOHHS), young children, elderly people and people who are sick or overweight are most at risk for heat related illnesses. To prevent heat related illnesses, the EOHHS offers the following measures:

- **Never leave** children or pets alone in a closed vehicle
- Slow down and avoid strenuous activity
- Avoid too much sun
- Plan outdoor activities for early morning or evening
- Avoid extreme temperature changes
- Stay indoors as much as possible
- Use fans or air conditioners
- Wear loose-fitting, lightweight, light colored clothing that will cover as much skin as possible
- Wear a wide-brimmed hat
- Drink plenty of fluids and avoid alcoholic beverages

Summer Food Safety

With barbecues and outdoor grilling often our favorite way to cook during the summer, the United States Department of Agriculture offers the following tips and strategies for safe outdoor cooking – no matter the season!

- When shopping, buy cold food such as meat and poultry last.
- Separate meat and poultry from other food in your shopping cart
- Put meat and poultry in plastic bags, separate from other food
- Always refrigerate perishable food within two hours
- Thaw food in the refrigerator before grilling
- Marinate food in the refrigerator
- Keep meat and poultry refrigerated until ready to grill
- To prevent foodborne illnesses, do not use the same platter and utensil for raw and cooked meat and poultry in order to avoid cross contamination
- To reduce grilling time, precook food partially in the microwave, oven or stove
- To destroy harmful bacteria, cook food to a safe minimum internal temperature: whole poultry – 165 degrees F; poultry breasts – 165 degrees F; beef hamburgers – 160 degrees F; beef, veal and lamb (steaks, roasts and chops), medium rare – 145 degrees F and medium – 160 degrees F; all cuts of pork – 160 degrees F.
- Reheat fully cooked meats such as hot dogs to 165 degrees F
- After cooking meat and poultry, keep it hot at 140 degrees F until served
- In hot weather, food should not sit out for more than one hour
- Refrigerate leftovers promptly. Discard any food left out for more than two hours

"God made the cat in order to give man the pleasure of petting a tiger."



~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, 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 (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 5-6-09

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 – 1 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 August 25, 2009

Georgetown Council on Aging:
Director: Colleen Ranshaw-Fiorello
Office: Julie Pasquale, Newsletter
Alice Girrior, Outreach
Dave Hall, Van Driver
Jeannine DesJardins, Volunteer
Mealsite Coordinator: Ginny Ryder
Board Members:
Claire Maimone, Chairman
Corona Magner, Vice Chairman
Chandler Noyes, Treasurer
Barbara Miller, Secretary/Clerk
Marian Jordan - Barbara Morehouse
Diane Prescott - Ginny Ryder - Cynthia Tardif
Alternates: Esther Palardy

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.

August 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 Chicken Cacciatore, Rice, Broccoli/ Cauliflower, Strawberry Cup, Bread Stick	4 Grape Juice, Seafood Salad, Macaroni Salad, 3 Bean Salad, Fruit Smoothie, Wh Wh Bread	5 COA Cold Plate Special Egg Salad, Pasta Salad, Tossed Salad, Watermelon
10 Grape Juice, Multigrain Bread, Swedish Meatballs, White Rice, Calif. Blend Veggies, Chilled Peaches	11 Apple Juice, American Chop Suey, Green & Gold Beans, Chilled Pears, Italian Bread	12 Baked Chicken Quarter, Whip Pots, Mixed Veggies, Orange Mousse, Wh Wh Roll
17 Chicken Grill Bites, Sweet & Sour Sauce, Roast Red Potatoes, Zucchini, Chilled Mix Fruit, Dark Rye Bread	18 Chef's Choice, Whip Pots, Carrot Coins, Fresh Orange, Wh Wh Bread	19 Cranberry Juice, Dinner Roll, Hot Pocket, Green & Gold Veggies, Tossed Salad, Chilled Pineapple
24 Fruit Punch, Stuffed Peppers/Sauce, Carrot Coins, Cinnamon Apple Sauce, Italian Brd	25 Chicken Salad, Pasta Salad, Pickled Beets, Mandarin Oranges, Oatmeal Bread	26 LS Hot Dog/Roll, Baked Beans, Coleslaw, Fresh Melon
31 Apricot Glazed Chix, Whip Chive Pots, Harvard Beets, Apple, Snowflake Roll	Sept. 1 Orange Juice, Stuffed Cabbage/Sauce, Mixed Veggies, Mixed Fruits, Bread Stick	Sept. 2 Haddock a la Ritz, Whip Pots, Succotash, Butterscotch Pudding, Multigrain Bread



Did You Know...? In 1586 Sir Walter Raleigh brought tobacco to Virginia from England.
1815 A new discovery in America, the natural gas well, was unearthed in Charleston, WV.
1946 Annual minimum salaries increased to \$5000 for major league baseball players.
1963 Five-Digit ZIP codes were implemented in the US. ZIP stands for Zone Improvement Plan.
1989 Robert Morris was the first American to be indicted for spreading an Internet virus.



AUGUST 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	4 VAN: Brown Bag Only 11:30 Lunch 12:30 Strength Training	5 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	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	11 VAN: Rowley 10:00 SingALong/Chandler 11:30 Lunch 12:30 Strength Training	12 9:00 Yoga 11:30 Lunch	13 10:30 VAN: Salisbury Beach/Pizza 11:00 Strength Training
17 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	18 9:30 VAN: Newburyport 11:30 Birthday Lunch 12:30 Strength Training	19 9:00 Yoga 11:30 Lunch	20 11:30 VAN: Plaistow, NH 11:00 Strength Training
24 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	25 9:30 VAN: Seabrook, NH 10:00 Writing Group 11:30 Lunch 12:30 Strength Training	26 9:00 Yoga 10:00 Brain Power Unleashed 11:30 Lunch	27 10:30 VAN: Building 19 Skips & Hodgies 11:00 Strength Training
31 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	9/1 VAN: Brown Bag Only 11:30 Lunch 12:30 Strength Training	9/2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	9/3 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 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.