



A FEW GRAY HAIRS



September 9

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

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Website: www.georgetownma.gov

Community Action Heating Assistance

Applications Available

With the heating season soon to begin, Community Action has announced the start of its Heating Assistance Program. Funded through a combination of federal, state, city, utility and private grants, Community Action provided heating and weatherization assistance to almost 5,000 homes in the local area this past year. In addition to direct payments on oil, gas, and electric heating bills, Community Action can also pay a portion of each month's rent for apartment dwellers whose heat is included in the rent.

Eligible residents also receive automatic discounts if they are customers of National Grid Gas and Electric and Verizon Landline Telephone. In addition, funding is also available for home energy efficiency projects such as the replacement of furnaces and boilers at no cost to eligible homeowners. Eligibility is based on gross income according to the number of people in the home and does not include money in savings accounts or CD accounts.

Maximum gross incomes allowed for the program are:

One person in the home:

\$591 per week; \$2,562 per month or \$30,751 per year

Two people in the home:

\$773 per week; \$3,351 per month or \$40,213 per year.

More than two people in the home:

Income guidelines are available at Community Action.

Heating Assistance Program Application Packets have been mailed to all households that were eligible for the program last year. Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971 after September 15. Once the application packet has been received, the application can be completed as outreach at the Council on Aging office, saving a trip to the Community Action offices located in Haverhill, Amesbury or Newburyport. For more information, call the COA office at (978) 352-5726.

Director's Notes...

With August providing the perfect backdrop for a summer road trip, my husband and youngest daughter and I recently traveled to Ontario to visit my extended family and spend some much needed time reconnecting with each other. Faced with at least 10 hours of driving to reach our first destination, we stopped in Burlington Vermont for the first night and spent a lovely evening wandering through a downtown arts and music festival. After a breakfast of blueberry pancakes and Vermont maple syrup, we drove through the Lake Champlain Islands and headed for the Canadian border. We spent the next few days traveling through the small rural towns of my youth and visiting with different family members. Split rail fences still line acres of hayfields (and now soybean fields) and the small towns along the St. Lawrence and Ottawa Rivers still feature stone and brick Victorian farmhouses with geranium filled farmers' porches. We chatted over morning coffee, and visited on porches while the sun set on deep quiet lakes. One night, eight of us sat on a river dock to watch the night sky fill with the Milky Way and shooting stars. Driving between our stops, gave us time to talk with each other. The need to connect with family and others is deep and essential to our wellbeing. As the fall begins, we look forward to connecting and reconnecting with all of you. Join us as Rockin' Ron returns on Sept. 15, or just drop by for a coffee and a visit. We'll be glad to see you.

COA Thanks Crosby's Marketplace for Sponsorship of Men's Breakfast

As an example of community partnership, Crosby's Marketplace will sponsor the COA's monthly Men's Breakfast program again this year. Now in its fourth year of sponsorship, Crosby's Marketplace has allowed us to strengthen our monthly program with additional participation. On an average we serve 16 men per month, serving as many as 19 in recent months! In this fiscal year, we served a total of 173 men. Breakfasts have included speakers on health and wellness, veterans' services, identity theft, home safety, history and hobbies. Breakfast menus have included strata, pancakes, oven-baked French toast, vegetable frittata, coffee cake, fresh fruit or fruit salad, juice and coffee – and bacon (turkey) or sausages! The COA thanks Crosby's Marketplace for this important partnership and encourages men to join us for plenty of good food and fun at our next breakfast on Thursday September 2, 9:30 a.m. at Trestle Way. For more information, please call the COA office at (978) 352-5726.

September Activities

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

SEPTEMBER VAN SCHEDULE 2010

Shopping Date	Location	Recreation Date	Location
		Sept. 2 nd 9:30	Super WalMart/Salem, NH
Sept. 7 th	NO VAN – Brown Bag Only	Sept. 9 th 9:30	Nubble Lighthouse/York, ME
Sept. 14 th 9:30	Rowley/Tendercrop Farm	Sept. 16 th 10:30	North Shore Mall
Sept. 21 st 9:30	Plaistow, NH	Sept. 23 rd 10:30	Shop & Lunch/Epping, NH
Sept. 28 th 9:30	Newburyport	Sept. 30 th 10:30	Seabrook, NH

VISITING NURSE: Wed., Sept. 1, 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 Sept. 2, 9:30** at Trestle Way. A **retirement coach** and community speaker for Anna Jaques Hospital, **Frank Larkin**, will be the guest speaker. To make reservations please call the COA at (978) 352-5726. **Please note date change for Next breakfast: October 14, 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. Sept. 13, 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., Sept. 13, 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.

STAY SAFE @ HOME: Join us on **Tuesday Sept. 14, 10:00** when Beverly Hospital presents information on their "Lifeline for Peace of Mind" program & how to stay safe in your home. Topics will include fall prevention and home safety. Bring your questions.

CELEBRATE NAT'L SR. CENTER MONTH: **Rockin' Ron** returns on **Wednesday, Sept. 15, 10 a.m.** See page 3.

ALL THE PRESIDENTS WOMEN: A live performance looking into the lives of several U.S. presidents and their wives, this two-woman play will be presented by **Delvena Theatre** on **Monday September 20, 2 p.m. @ Trestle Way.** This program is supported in part by a grant from the George-town Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. Please contact the COA @ 978-352-5726 if you plan to attend so that we can plan for the event.

SEPTEMBER BIRTHDAY PARTY: Join us on **Tuesday Sept. 21 at 11:30 a.m.** to send best wishes to our friends who were born in September. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 9/14/10 to assist with planning.**

October Sees Return of Garden Club Craft Classes

Join Barbara and the gang on the first Tuesday of each month, 9:30 a.m. at the First Congregational Church. This year there will be no classes in the months of January & February. Classes are free, but limited to 12 people. Therefore, reservations are highly recommended. The first class will be held on

Tues., October 5 Cinnamon Flower Ornaments

RSVP by 9/28/10 to 978-352-5726

Doll-Making group thanks donors for fabric donations

After receiving several lovely gifts of fabric and materials for the doll-making program, the COA and the Doll-Making Group wish to extend our thanks to the individuals who graciously donated fabric and stuffing for the weekly program which creates hand-crafted dolls for children in need. We appreciate your care and support!

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* The COA & Penn Brook School offer an indoor walking program which allows participants to walk safely after school hours. Watch for more details.
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



Walk to benefit Elder Services planned for Oct. 17

A Generation-to-Generation Walk to benefit Elder Services of Merrimack Valley is scheduled Sunday Oct. 17, 10 a.m.-2 p.m. at 360 Merrimack Street, Lawrence. Proceeds raised will provide emergency grant money as well as in-home services for elders. The event will include food, music, face painting, contests, prizes and raffles. For sponsorship information, call 978-946-1433 or visit www.esmv.org



Rockin' Ron Toleos Returns to Georgetown For Senior Center Week Celebration



Wednesday, September 15th
10 a.m.

We'll have a rockin' good time enjoying a mix of Golden Oldies, Pop Tunes, and maybe even a little Elvis!

And what kind of celebration would it be without FOOD!? Refreshments have been graciously donated by our friends at Ashland Farm in North Andover.

To assist with planning, please RSVP before Sept. 8. Call the COA at 978-352-5726.



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.



STAY SAFE @ HOME
Beverly Hospital presents
"Lifeline for Peace of Mind"

Learn how to stay safe in your home. Topics include:

- General Home Safety
- Identifying potential hazards or situations
- Defining solutions
- Special emphasis on Fall Prevention

Bring your questions. Join us on

Tuesday Sept. 14, 10:00
First Congregational Church

To assist with planning, please contact the COA at 978-352-5726.

COA and School Department to Continue Programs in the Fall

The COA & Georgetown School Department are planning to continue the **Perley Pal Readers Program** & the **Indoor Walking Program** at Penn Brook School (see top of page) as well as other programs. Now in its third year, the intergenerational **Perley Pal** guest reader program links Georgetown elders with early elementary classrooms at the Perley School. In the past, interested elders were asked to donate approximately 1/2 hour each month to read. Although details are not finalized, interested volunteers are asked to call the COA @ (978) 352-5726. Watch for more details.

Oral Health for Older Adults

Strongly linked to overall health and wellbeing, dental health is important for all age groups with significant importance to older adults. The Massachusetts Department of Public Health's (MDPH) Office of Oral Health reminds older adults that oral health is related to diseases such as heart disease and diabetes. Some medications can have effect on oral health. Tooth decay, gingivitis and periodontitis can cause pain and difficulty in chewing as well as bleeding gums, bad breath and loose teeth. To ensure optimal oral health and wellbeing, the MDPH suggests the following tips:

- Brush and floss every day – change your toothbrush every 3-4 months. Wrapping adhesive tape around the toothbrush handle can make the handle larger and easier to grasp. Use fluoride toothpaste. Try floss picks, floss threaders or a proxabrush if flossing is difficult.
- Visit the dentist regularly. Provide your dentist with updates to your medical history. Bring a list of medications and their dosages to each appointment.
- To alleviate dry mouth, use fluoride toothpaste and saliva substitutes. Choose sugar-free candies and gums.
- Visit a dentist for regular checks of dentures and examinations of gums, cheeks and tongue.
- Brush dentures with a denture brush or toothbrush with soft bristles.

For more information, contact the MDPH Office of Oral Health, 250 Washington Street, Boston, MA 02108-4619.



Resources available for Grandparents Raising their Grandchildren

As many grandparents assume the responsibility of raising their grandchildren, the Massachusetts Executive Office of Elder Affairs has developed "A Resource Guide for Massachusetts' Grandparents Raising their Grandchildren". Realizing that the concerns for grandparents who care for their grandchildren are unique and may involve financial, legal, emotional or bureaucratic issues, the guide provides extensive information regarding programs, services and resources. Noting the need to address both the wellbeing of all family members in grandparent-headed family, the guide includes information regarding, care and custody, childcare and school, financial issues, legal services, health and insurance, safety, counseling, disability services and support groups. The guide can be found and printed by visiting www.mass.gov/elders and selecting Caregiver Support. A copy of the resource guide is on file with the COA. For further information, call the COA at (978) 352-5726.



New Law Includes Savings in Medicare Prescription Drug Coverage Gap



People who reached the coverage gap or "donut hole" in their Medicare prescription drug coverage last year may qualify for a one-time, tax-free \$250 rebate check to help with prescription drug costs. The new benefit is included in the Affordable Care Act and is the first step toward closing the Medicare prescription drug coverage gap. Most Medicare drug plans have a coverage gap. This means that after you and your plan have spent a certain amount of money for covered drugs, you have to pay all costs out-of-pocket (up to a limit). If you qualify and reach the coverage gap in 2010, Medicare will automatically send you a \$250 rebate check that's made out to you.

- You **don't** need to fill out any forms.
- You **don't** need to provide any personal information, such as your Medicare, Social Security or bank account numbers, to get the rebate check.

BE ! ALERT

Don't give your personal information to anyone who calls you about the \$250 rebate check. Call 1-800-MEDICARE (1-800-633-4227) to report anyone who does this. TTY users should call 1-877-486-2048. Checks will be mailed monthly throughout the year. You can expect to get your rebate check about 45 days after the month you reach the coverage gap in 2010. If you don't get your rebate check, wait another month and then contact the toll-free Medicare customer service center at 1-800-MEDICARE. Your rebate may be delayed if Medicare doesn't have information from your drug plan in time to include you in the mailing. If you get "Extra Help" to pay your Medicare drug costs, you don't qualify for the rebate check since you are already receiving savings. If you are enrolled in a qualified retiree prescription drug plan, you are also not eligible to receive a rebate check. The \$250 rebate is a one-time benefit to help you with your prescription drug costs if you reach the coverage gap in your Medicare prescription coverage in 2010. If you reach the coverage gap in 2011, you will get a 50 percent discount on covered brand name drugs and a seven percent discount on covered generic drugs at the time you buy them. To learn more about the \$250 coverage gap rebate⁴, visit www.medicare.gov or call 1-800-MEDICARE. More information is available at www.healthcare.gov

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, noon-2:00PM.

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
Georgetown, MA 01833

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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 September 28, 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
Cynthia Tardif, Secretary/Clerk
Jeannine Desjardins, Esther Palardy,
Dianne Prescott, Barbara Miller
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.

September 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>
Aug. 30 Stuffed Salmon/Dill Sauce, Roast Red Pot, Corn, Applesauce Cup, Dinner Roll	Aug. 31 Apricot Glaze Chix Breast, Whip Pot/Chives, Harvard Beets, Fruit Smoothie, Bread Stick	Sep. 1 Fruit Punch, Meatloaf/Gravy, Loaded Whip Pot, Carrots, Chocolate Chip Cookie, Lt. Rye Bread
6 Center Closed: Labor Day	7 LS Hot Dog/Roll, New England Baked Beans, Coleslaw, Peaches	8 Cranberry Juice, American Chop Suey, Peas, Vanilla Pudding, Lt. Rye Bread
13 Chix/Ziti/Alfredo Sauce, Broccoli, Fresh Apple, Oatmeal Bread	14 Sweet & Sour Meatballs, Rice, Green & Gold Beans, Arctic Ice, Dk Rye Bread	15 Tuna Salad Plate, Red Bliss Pot Salad, Carrot Stix, Peaches, Finger Roll
20 Fruit Punch, Beefsteak/Cheese/Roll, Mixed Veggies, LS Chips, Fresh Orange	21 Sliced Cold Turkey Plate, Macaroni Salad, Toss Salad, Fruit Cocktail, Sub Roll	22 Shepherd's Pie (Hamburg, pot., corn), Choc. Pudding, Multigrain Bread
27 Grape Juice, Seafood Salad, Cherry Tomatoes, Lettuce, Carrot Sticks, Ice Cream Cup, Finger Roll	28 Garlic Baked Chix ¼, Loaded Whip Pot, Oregon Vegetables, Peaches, Oatmeal Bread	29 Mild Chili/Sour Cream, Succotash, Tortilla Chips, Mandarin Oranges, Wh Wh Bread

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 **Monday - Wednesday mornings from 9:00 to 11:30 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.)

SEPTEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	2 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
6 CLOSED: Labor Day	7 No Van—Brown Bag 11:30 Lunch 12:30 Strength Training	8 9:00 Yoga 11:30 Lunch	9 9:30 VAN: Nubble Light York, ME 11:00 Strength Training
13 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo	14 9:30 VAN: Rowley & Tendercrop Farm 10:00 Stay Safe @ Home 11:30 Lunch 12:30 Strength Training	15 9:00 Yoga 10:00 Rockin' Ron 11:30 Lunch	16 10:30 VAN: North Shore Mall 11:00 Strength Training
20 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	21 9:30 VAN: Plaistow, NH 11:30 Birthday Lunch 12:30 Strength Training	22 9:00 Yoga 11:30 Lunch	23 10:30 VAN: Epping, NH 11:00 Strength Training
27 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	28 9:30 VAN: Newburyport 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	29 9:00 Yoga 11:30 Lunch	30 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.