



A FEW GRAY HAIRS



Nat'l.
Candy Corn
Day
Oct. 30

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

Vol. 17/Iss. 4

October 2015

Website: www.georgetownma.gov

Director's Notes... I recently came across a photograph of our three daughters dressed in Halloween costumes and ready for an exciting evening of Trick or Treating. Wearing a long skirt, along with a dangling scarf and several loops of pop-bead necklaces, our eldest daughter was an exotic gypsy. The younger two girls were each dressed as black cats in costumes that I made from remnants of fuzzy black material that I bought at Building 19. Each year, they thoroughly enjoyed planning their costumes and preparing for the big night. Choosing the right pumpkin for the perfect Jack O'Lantern required a few hours in the pumpkin patch at the local farm and often resulted in the purchase of several pumpkins because there were so many perfect pumpkins! To decorate for the holiday, they tied cornstalks to the spooky pictures to hang in our kitchen excitements on the big night, it was not easy to allow time to both answer the door for other around our block visiting friends and of mini chocolate bars, Tootsie pops or



Now that they are grown, our traditions have evolved but we still visit the pumpkin patch as a family. Several pumpkins came home with us because our little granddaughters each found more than one perfect pumpkin. The tradition of hand-made costumes has also continued. When asked what she wanted to dress as for Halloween last year, our oldest granddaughter said she wanted to be a tomato. Clad in a red sweatshirt, green leafy collar and stem attached to a knit hat, she was the prettiest little tomato! Who knows this year – maybe a tomato and a cucumber? We must have a green sweatshirt somewhere! We have our own plans to celebrate Harvest birthdays this year. Join us on Tuesday Oct. 27 for appetizers and lunch. With costumes or not, we're sure to scare up some fun!

Medicare Enrollment Forum Scheduled

With Medicare's new **open enrollment period scheduled Oct. 15-Dec 7**, SHINE Counselor Jerry Goldberg and Lisa Rose, ESMV will present a **forum on open enrollment and changes in Medicare on Monday Oct. 26, 10 a.m. at Town Hall, 3rd floor**. Medicare plans change every year, but SHINE counselors provide Medicare counseling free of charge. For more information on the forum or to schedule an appointment with SHINE Counselor Jerry Goldberg, call the COA office at (978) 352-5726. SHINE information is also available by calling 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE (1-800-633-4227).

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**Special Town Meeting: Mon. Nov. 2
7 p.m. ~ Georgetown Middle High School**

Perley School Senior Center Project Update

Following the support of voters at the annual town meeting to design and plan renovations at the Perley School, plans to establish a Senior Center facility at the Perley School are underway. This summer, the Town Administrator and Council on Aging (COA) reviewed proposals for the design and engineering services necessary to repurpose five classrooms in the first grade and Kindergarten wing of the Perley School. Work on the conceptual plan and cost estimates are still underway. Design options continue to be considered. At the **Nov. 2** special town meeting, voters may be asked to support some additional money to complete renovations at the Perley School for the Senior Center. By bringing all of the COA's programs and services under one roof, the move to the new Senior Center at the Perley School will allow the COA to be more efficient and effective in serving local elders and their families as well as provide the opportunity to establish additional programs and services to better reflect the current and future needs of the community. The COA is grateful for the Town's support and excited to move forward with the new Senior Center at Perley School. Stay tuned for more news!

The COA and all activities will be closed on Monday, October 12 for Columbus Day.
No lunches will be served & no activities scheduled at the First Congregational Church Oct. 19-21
 due to Church Fair preparations.

"A Few Gray Hairs" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

October Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



OCTOBER VAN SCHEDULE 2015

Shopping Date	Location	Recreation Date	Location
		Oct. 1 9:30	Super Walmart/Salem, NH
Oct. 6	NO VAN – Brown Bag Only	Oct. 8 10:30	Plaistow, NH
Oct. 13 9:30	Rowley	Oct. 15 10:30	Mann's Orchard/Methuen
Oct. 20 9:30	Newburyport	Oct. 22 10:30	North Shore Mall/Peabody
Oct. 27 9:30	Seabrook, NH	Oct. 29 10:30	Haverhill

JOIN US MONDAY – WEDNESDAY MORNINGS from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

MEN'S BREAKFAST: Thurs. Oct. 1, 9:30 a.m.

Trestle Way with guest speaker

State Representative Lenny Mirra. Bring your questions. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **To make reservations, call 978-352-5726.** Next breakfast: Thurs. Nov. 5. Speaker: Karen Tyler, Dir. Of Veterans' Services.

SHINE OFFICE HOURS: Mon. Oct. 5, 9-11 a.m.

Town Hall, 2nd Floor

SHINE Counselor Jerry Goldberg will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

VISITING NURSE: Wed. Oct. 7 10 – 11 a.m.

First Congregational Church

Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

Rep. Lenny Mirra:
For Date/Time
Call: (617) 722-2130
Email:
Leonard.Mirra@MAhouse.gov

Sen. Bruce Tarr:
Tues. Oct. 13
10:30-11:30

HOMESTEAD SEMINAR: Wed. Oct 14, 10 a.m.

First Congregational Church See pg. 3 for details.

BYFIELD PARISH SENIOR LUNCHEONS RESUME:

Tues., Oct. 20, 11:45 a.m.

Call the church if you plan to attend. 978-352-2022.

MEDICARE FORUM: Mon. Oct 26, 10 a.m.

Town Hall, 3rd Fl.

See pg. 1 for details.

DELVENA THEATRE/ROOSEVELT WOMEN:

Wed. Oct. 28, 10 a.m. First Congregational Church

See pg. 3 for details.



OCTOBER BIRTHDAY & HALLOWEEN PARTY:

First Congregational Church Tues. Oct. 27, 11:00 a.m.

Dress up (not required) and join us as we scare up some harvest time fun! Help us as send best wishes to our friends who were born in October. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 10/20/15 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA: Mon. Oct. 19,

2:30 p.m. at Georgetown Peabody Library. Meetings are open to the public.

Free Legal Help offered by **Atty. Elaine Dalton**

Tues. Oct. 27, 10 a.m. at First Congregational Church

Assistance available for: *Health Care Proxies,

*Durable Power of Attorney, *elder law issues

*15 min. appts. available by calling COA at 978-352-5726



Health & Wellness Classes

Yoga classes are held at First Congregational Church.
Strength Training Classes are held at Trestle Way.
Newcomers & beginners welcome.
There is a SUGGESTED DONATION of \$3.00 per class.

WALKING CLUB

Is on hiatus.
Check back for scheduling 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.
	Thursday	10:45 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.
		33		
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

Please note: When attending any class or program scheduled at Trestle Way, please be mindful to park in non-resident parking only.

HOMESTEAD ACT: What You Need to Know

Presented by
Kathie Gauthier
Southern Essex District Registry of Deeds



Wednesday Oct. 14, 10 a.m.
First Congregational Church

- Learn how the state's Homestead Act can provide protection of homes and property.
- Forms will be provided and notarized free of charge.
- Sign up in advance with the COA to have a free copy of your deed available at the meeting.
- Light refreshments will be served.

For further information, please call the COA at (978) 352-5726.



Annual Flu Clinic Wed. Nov. 4 9:30 - 11 a.m. First Congregational Church

- Pre-registration **IS NOT** required for the clinic.
- A limited supply of flu vaccine is available. **Priority is given** to individuals 65 years & older & those with medical conditions that may put them at risk for complications of the flu.
- Individuals over 19 years may come to the clinic at 10:30 a.m.
- **Please bring Medicare and/or Senior HMO cards to the clinic.** If possible, bring a photocopy of the cards in order to ease the process. The COA will photocopy Medicare/HMO cards in advance of the clinic.
- **Please wear a sleeveless or loose fitting short-sleeved shirt.**
- The flu vaccine is provided by the Massachusetts Immunization Program.
- The Flu Clinic is sponsored by the COA & the Georgetown Board of Health.
- For further information, please call the COA at (978) 352-5726.

"Roosevelt Ladies"

Presented by
Delvena Theater Company
Wed. October 28
10 a.m.
First Congregational Church



- Look into the life of Eleanor Roosevelt & her family.
- A special tea is planned for the audience.
- Free to the public.



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.



Home Improvement Applicants Sought

Rebuilding Together is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday, April 30, 2016. The application **deadline is Thurs. Dec. 31.**

Applicant eligibility:

- Own and occupy your home for at least 2 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH)
- Meet Federal HUD low-income guidelines (Call for info)
- Are elderly, disabled, veteran or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

If you or someone you know needs help with home repairs, modifications (such as grab bars or a wheelchair ramp), energy efficiency, please ask for an application by calling: 978-469-0800 or email RTogether@verizon.net

New Recycling Program

To benefit Friends of the Georgetown COA

As a new fundraiser to benefit elder programs with the Georgetown Council on Aging, the Friends of the Council on Aging have partnered with *Ecosmith Recyclers* of New Hampshire to raise money through the collection of used clothes and other goods. Accepting used clothes, shoes and other textiles, a recycling bin is now in place at the Perley School parking lot, 51 North Street in Georgetown. For every pound of items collected and sold, the Friends will receive a percentage of the sales. The Friends' mission is to support the Georgetown COA as they seek to enhance the quality of life for local elders. As a non-profit tax-exempt organization, donations to the Friends group are tax deductible. Scheduled to meet Monday Oct. 19, 2:30 p.m. at the Georgetown Peabody Library, new members are welcome and invited to join the group.

Georgetown Farmer's Market



Nunan's Florist & Greenhouses will host a Farmer's Market on Thursdays through Oct. 15 from 2:30 – 6 p.m. rain or shine. For more information, contact Linda: (978) 352-8172 or linda@nunans.com.

Heating Assistance Program

Application Packets are now available at the COA.

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971 or the COA office at (978) 352-5726. Maximum gross income is **\$33,126** for one-person or **\$43,319** for a two-person household. This year applications are available, and can be completed, at the COA office. For more information, call the COA at (978) 352-5726.

Are you interested in your family tree?

Merrimack Valley Chapter, MSOG, Inc. will hold free genealogy lectures one Sat. each month at **Georgetown Peabody Library** from **10 a.m.-noon**. Seats are limited and on a first come basis. For more information, visit msoginc.org. The next discussion will be:

October 31: "Genealogist's Toolbox: Some Massachusetts History"

Looking Ahead



October...
November...
December...

***Tues. Nov. 16, 10 a.m.**

Simons & Goodwin Music Program

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.

* **Saturday, Nov. 21, 2 p.m. @ Penn Brook School.**
Kiwanis Thanksgiving Dinner

* **Monday Dec. 7, 1 p.m. @ Trestle Way**
COA Annual Holiday Party

***Tues. Dec. 8, 10 a.m.**
Holiday Lighting Safety Program

***Friday, Dec. 11, 8:15/9:15 a.m.**
GMHS Holiday Concert/Breakfast

* **Tues. December 15, 10 a.m.**
TBA Craft Class: Details in next newsletter.

The Council on Aging would like to thank Ashland



Farms of North Andover for their continued support and donation of refreshments for the Russ McQueen concert in September.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for 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/MEDICAL:

Northern Essex Elder Transport, Inc.

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 is 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.

RING & RIDE: Medical, Shopping & General Purpose Transportation

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, Rowley Train Station & Market Basket. For a brochure, contact the COA.

HANDICAP PLACARDS

Are you in need of a HANDICAP placard for your car? The Council on Aging has applications available from the Registry of Motor Vehicles.

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 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.

FOOD AND HEAT RESOURCES

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

VISITING NURSE

On the first Wednesday of each month, from 10:00 - 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

S.H.I.N.E.

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday of each month.

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.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 4/24/12

Georgetown Council on Aging
Memorial Town Hall
1 Library Street
Georgetown, MA 01833

Return Service Requested

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726

Office Hours:

Monday – Thurs. 8 am – 4 pm

Georgetown COA Meal Site
@ 1st Congregational Church
Andover St. ~ Georgetown, MA
(978) 352-8443

Open:

Monday – Wed. 9 am – noon

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 October 27, 2015

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Meal Site Coordinator: Mickie Locke

Board Members:

Jeannine DesJardins, Chair

Claire Maimone, Vice Chair

Susan Gardiner, Treasurer

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Caroline

Sheehan, Ann Stewart-alternate

Town of Georgetown:

Michael Farrell, Town Administrator

Philip Trapani, Chair, Board of Selectmen

Douglas Dawes, Board of Selectmen

Stuart Egenberg, Board of Selectmen

Gary Fowler, Board of Selectmen

David Surface, 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 COA Meal Site located at the First Congregational Church.

October 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.

Congregate meals are 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 Chix Fajitas/Tortilla, Rice, Carrots, Peaches	6 Bkd Fish, Red Pot/Onions, Italian Herb Green Beans, WW Roll, Lemon Pudding	7 Meatball Sub, Pot Salad, Spinach Salad w/Mandarin Oranges, Fresh Fruit
12 CLOSED: Columbus Day	13 Chix Marsala/ Pasta, Garlic Green Beans, Natural Grain Br., Ginger Cookie	14 Shaved Steak/Peppers/Onions/Roll, Oven Brown Pot, Romaine Salad, Pears
19 No Lunch: Meal Site Closed	20 Byfield Parish Luncheon	21 No Lunch: Meal Site Closed
26 Pork Diane, Mash Sweet Pot, Steamed Red Cabbage, Honey Wh Roll, Apple	27 Egg Salad/Lettuce, English Pea Salad, WW Pita, Fruit	28 Pot Crust Fish, Roast Garlic Red Pot, Broccoli, Roll, Pumpkin Cake.

Affogato Trifles

National Dessert Day is October 14th. Enjoy the day with this simple but decadent creation. Affogato means "drowned" in Italian. Generally this dessert is a scoop of ice cream (vanilla or your favorite flavor*) doused with a shot of hot espresso (or very strong coffee**). It can be served in a cup or dish and toppings such as chopped hazelnuts or dark chocolate curls are optional. These trifles take it to the next level of delicious!

Ingredients: ½ c coarsely crushed biscotti ½ c. vanilla ice cream-softened* ¼ c whipped cream
¼ tsp. ground cinnamon 2T. hot brewed espresso**

Directions: Layer ¼ c. biscotti and ¼ c. ice cream. Repeat with remainder of each. Top with whip cream and a sprinkle of cinnamon. Drizzle espresso over the ice cream just before eating. Enjoy!

OCTOBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 9:30 Mens' Breakfast/TW 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
5 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	6 No Shopping 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: Plaistow, NH 10:45 Strength Training
12 CLOSED: Columbus Day	13 9:30 Van: Rowley 10:30-11:30 Sen. Tarr Off. Hr. 11:30 Lunch 12:30 Strength Training	14 9:00 Yoga 10:00 Homestead Seminar 11:30 Lunch	15 10:30 VAN: Mann's Orchard 10:45 Strength Training
19 9:00 Yoga ~ Location TBA (Call COA for location.) 2:30 COA Friends/Library	20 9:30 Van: Newburyport 11:45 Byfield Lunch 12:30 Strength Training	21 9:00 Yoga at PERLEY SCHOOL GYM (Today Only)	22 10:30 VAN: North Shore 10:45 Strength Training Fri./Sat. Oct. 23-24 Congregational Church Fair
--No lunches/no activities at the First Congregational Church due to Fair preparations.--			
26 9:30 Dolls 10:00 Medicare Forum, Town Hall, 3 rd fl. 10:30 Yoga 11:30 Lunch 12:00 Bingo	27 9:30 Van: Seabrook, NH 10:00 Free Legal Help by appt 11:30 Halloween-Birthday Lunch 12:00 COA Board Meeting 12:30 Strength Training	28 9:00 Yoga 10:00 "Roosevelt Women" Delvena Theatre 11:30 Lunch	29 10:30 VAN: Haverhill 10:45 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.