



Senior Soundings

January 2013



The Newsletter of the Groton Council On Aging
"We are in the Center of it all..."

1-978-448-1170

163 West Main St. (Rt.225) Groton, MA 01450

gcoa@townofgroton.org

Message
From
Martha



Happy 2013!!!

As you read this months newsletter, you can see Bethany is doing a great job keeping us busy with new programs and events. We hope one of your resolutions is to participate at our center. I want to take this opportunity to remind you about our monthly newsletter e-mail list. If you e-mail, we can send you the newsletter before it is even back from the printers! You do not have to be a senior to be on our e-mail list. We just want to share information and news regarding the Senior Center in the most efficient way possible. We just send out the one, monthly email with the newsletter. If you wish to be added to the list please email bloveless@townofgroton.org. We currently have 105 emails on our list. Help us get to 150 by the summer!

NOTE: We now have Satellite Radio thanks to Peg and Earl Russell.

**Wishing you:
Happy and Healthy New Year.**

gcoa@townofgroton.org

Martha

Upcoming Events

Selectmen's Office Hours

Wednesdays, January 16th & 30th at 11:00 AM

Selectman, Jack Petropoulos, will be at the Senior Center on the 16th and 30th from 11:00 AM to 12:00 PM. He is interested in hearing your thoughts and suggestions about the town. A few items are coming before the town shortly such as the proposed new fire station and the removal and possible replacement of Fitches Bridge. The Lost Lake Sewer initiative is still on the minds of many even though the recent proposal was postponed at the last Town Meeting. Come and speak with Jack about these or other town issues. If there is enough interest in this, he will make "office hours" at the senior center a regular occurrence. No sign-up needed.

Women's Club Luncheon with Entertainer Tony Funches

Wednesday, January 16th at 12:00 PM

Come for lunch and enjoy Marie's chicken casserole served with cranberry mini molds, a dinner roll, and apple Bundt cake for dessert. Following lunch we will be entertained by the musical styling of Tony Funches. This name may sound familiar to you because he was the lead vocalist for the 50's group, The Platters. He will be here performing Motown favorites such as *Only you*, *Smoke Gets in Your Eyes*, *Twylite Time*, and *Great Pretender*. **Sign-up at the front desk.**

Lunch by Nashoba Tech with Fraud Prevention Talk

Wednesday, January 30th starting at 12:00 PM

If you have not heard yet, the monthly lunch at the Senior Center that is catered by the culinary students at Nashoba Tech is the best deal in town. This month the choices are between grilled, glazed salmon or chicken cordon blue. Both will be served with cream of tomato bisque soup, sautéed potatoes, vegetable and dessert. Following lunch Groton Police Officer Kevin Henehan, our TRIAD officer, will be here with info on the latest scams and tips to protect yourself.

Cost for lunch is \$10 & optional \$2 Tip. Sign-up at the front desk.

Mission Statement:

The Groton Council on Aging seeks to enrich the lives of Senior Citizens by providing opportunities for learning, leisure, creativity, health and fitness, information and referral, and social services.

**For a complete list of
Senior Center Activities & Events:
See Pages 4, 5 & 6**





Outreach Corner, by Stacey Shepard Jones, Outreach Coordinator

Outreach Department 978-448-1170 email: sjones@townofgroton.org



Fuel Assistance



It's been a very busy year for fuel assistance with many Groton residents applying. If you or someone you know is struggling to pay for heating costs, please call me regarding fuel assistance. I can give you the eligibility guidelines as well as the documentation you will need to apply over the phone. If you believe you are eligible, we can make an appointment to fill out a fuel assistance application. Applications are accepted up until April 1, 2013. Please be assured that any/all information remains completely confidential.

Winter Emergency Reminders

Hi Everyone, We have had a very mild winter so far, but please don't be fooled. Let's plan and prepare for winter weather emergencies. As we know, the aftermath of a winter storm can impact our region for days or even longer. So, please be prepared. If you are a senior living alone, I urge you to fill out an "Emergency Preparedness Form". By doing this the local police department and TRIAD committee will do all they can to reach you and make sure you're OK in a severe weather emergency. If you are interested in filling out one of these Emergency Preparedness Form please give me a call at 978-448-1170. In addition to having an Emergency Preparedness Form on file with me at the senior center, there are other things you can do to help yourself be prepared for an emergency. Below is a list of suggested items to keep on hand in case of an emergency. Also, if you would like to fill a bucket with sand for your walk/driveway you may do so at the senior center between 9AM and 3PM.

Thank You! Stacey

The Groton Senior Center is a Warming Station. If the power goes out, and you are cold, please contact the Groton Police Department at 978-448-5555 for assistance.

Emergency Winter Supply Kit

- ⇒ Water - at least 1 gallon per person per day suggested for at least 3 days
- ⇒ Food - at least 3 day supply of non-perishable food with a can opener as well
- ⇒ Battery-powered or hand crank Radio and a NOAA Weather Radio with tone alert
- ⇒ Flashlight and extra batteries
- ⇒ First aid kit
- ⇒ Whistle to signal for help
- ⇒ Moist towelettes and garbage bags
- ⇒ Blankets / Pillows / Sleeping bags
- ⇒ Telephones - fully charged cell phone with extra battery or battery powered charger. Traditional telephone (not cordless.)
- ⇒ Tools - may be needed to turn off utilities
- ⇒ Important documents - stored in a waterproof container
- ⇒ Medication - Keep a comfortable supply of your medications. Keep cold packs in the freezer or buy instant cold packs to keep medications needing refrigeration cold in a power outage.
- ⇒ Cash - incase banks and ATMs are unavailable
- ⇒ Pet Supplies - food, water, medications, blankets.

News from SHINE

Can I still change my Medicare Plan??

The 2012 Medicare Open Enrollment period ended on Dec. 7, but some people may still be allowed to change plans.

For those with a **Medicare Advantage Plan**: Between Jan. 1 and Feb. 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. You may also add a supplement at this time.

For those with a **Medicare Advantage Plan that ended in 2012**: If you did not select a different Medicare Advantage or a Prescription Drug Plan for 2013, then you are currently in Original Medicare without drug coverage. You have until the end of February to enroll in a new Medicare Advantage or drug plan for 2013. If you choose a drug plan, you may also add a supplement.

For those with **Prescription Advantage** or getting "**Extra Help**" paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

SHINE Appointments: Volunteers offer free and confidential counseling on all aspects of health insurance to anyone on Medicare. For an appointment contact the Senior Center at 978-448-1170.

Friends of the Groton Elders

By Nyola Vaillancourt,

978-692-8608, nyolav@verizon.net, 1081 Lowell Road, Groton, MA 01450

Put on Your Best Hat and come along to the Peabody Essex Museum in Salem, MA for a visit to the “HATS, an anthology by Stephen Jones” exhibit. Thursday, January 10, 2013. We will depart from Buckingham Bus at 9:30 am. At the museum we will have an escorted tour of the exhibit from 11:15-12:15, with some free time you can have lunch on your own, visit the gift shop or explore the area and return home before the traffic builds up. Cost: \$35.00 includes transportation, exhibit and driver’s gratuity.

“**Women of Ireland**” Special St. Patrick’s Day Show, Friday, March 15, 2013 at Venus De Milo in Swansea, MA. In the spirit of Riverdance and Celtic Woman and comprising the best performers within the Irish musical tradition, we will enjoy a wonderful blend of song, music and dance. Meal choices of Corned Beef and Cabbage or Baked Haddock. Price: \$81.00 includes transportation, luncheon, show and driver’s gratuity.

For both trips: Sign up in the Senior Center lobby & send your check to “Friends of Groton Elders” to Nyola.

Merry Trippers - Mackinac Island Trip: featuring the Grand Hotel, August 18 – 26, 2013. Double \$2849.00. Included in Price: transportation to/from Logan International Airport, Roundtrip air, taxes, fees and hotel transfers. This is a 9 day tour including Chicago, Green Bay, Wisconsin, Grand Hotel on Mackinac Island, MI, Frankenmuth and Southfield MI. Featuring impressive architecture, museums, picturesque landscapes and Victorian era resort life. See details in flier at the Senior Center. Please sign up in the Senior Center lobby or

Upcoming Winter Events

January

Lunch (Pizza) & A Flick
2nd at 12:00 PM

Taco Lunch & Scrabble Game
9th at 12:00 PM

Friend’s Hats Trip, Peabody Essex Museum
10th Departs Buckingham Bus Co. at 9:30 AM

Veteran’s Breakfast
14th at 10:00 AM

Wayside Inn & Country Store Trip
15th Departs Senior Center at 9:30 AM

**Women’s Club Luncheon
with Entertainer Tony Funches**
16th at 12:00 PM

**Lunch Trip to Chunky’s
to see *The Graduate***
23rd Departs Senior Center at 10:00 AM

Nashoba Tech Lunch with Fraud Talk
30th at 12:00 PM

February - Save the Dates

AARP Tax Prep– Every Other Tuesday Morning
Nashoba Tech Lunch - 13th
Women’s Club Luncheon - 20th
RI Flower Show Trip - 22nd

Volunteer Spotlight





Matt McCracken is one of our newest MOW volunteers, and has lived in Groton for 7 years. He and his wife, Katherine, are newly-weds and have two boys adopted from Ethiopia who are ages 9 and 7. Katherine works at the Groton School and is a head of a Freshman dorm so their family lives on campus. They have a house in ME and the family loves swimming and fishing. Matt is a stay at home dad who was searching for an opportunity to volunteer for MOW and a place to learn the game of Bridge when he came to the Senior Center. We are excited to have him as a volunteer and look forward to him joining the Friday afternoon Bridge group.

Mixed-up Coats

Attention women who attended the Gibbet Hill Grill Holiday Dinner in November, you may have gone home with the wrong coat. One senior has a coat which is black and has a pin on the lapel, but it is not hers. We are looking for the person who headed home with a black coat but is missing their pin. Contact the senior Center at 978-448-1170 if you think you may be the one who is missing their correct coat and pin.

January 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec. 31	Jan. 1	2	3	4
10:00 Groton Swim 12:00 Teriyaki Chicken 12:30 Cribbage 2:00 Quilting	Closed Happy New Year 	10:30 Strength Training HDM Meatloaf 12:00 Pizza Lunch 12:30 Movie: <i>The Words</i>	10:00 Yoga 12:00 Roast Turkey 12:45 Hand & Foot 2:00 Tai Chi	VAN DW Highway 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
7	8	9	10	11
9:30 COA Board Mtg 10:00 Groton Swim 11:30 Strength Training 12:00 Stuffed Shell 12:30 Cribbage 2:00 Quilting	9:30 Bowling 10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Sloppy Joe 12:15 WW Meeting 12:45 Hand & Foot 4:30 Pilates Phase 1	10:30 Strength Training HDM Turkey Ham 12:00 Taco Lunch 12:30 Scrabble	10:00 Yoga 12:00 Chix. Cacciatore 12:45 Hand & Foot 2:00 Tai Chi	VAN Lunenburg 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
14	15	16	17	18
10:00 Vet's Breakfast 10:00 Groton Swim 11:30 Strength Training 12:00 Breaded Chicken 12:30 Cribbage 2:00 Quilting	9:30 Wayside Inn Trip 9:30 Bowling 10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Chef Salad 12:15 WW Meeting 12:45 Hand & Foot 4:30 Pilates Phase 1	9:00 Book Club 10:30 Strength Training 11:00 Selectmen's Hour HDM Shepherd's Pie 12:00 Women's Club Luncheon 12:30 Entertainer, Tony Funches	10:00 Yoga 12:00 Potato Fish 12:45 Hand & Foot 2:00 Tai Chi	VAN Leominster 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
21	22	23	24	25
Closed 	9:30 Bowling 10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Swedish Meatballs 12:15 WW Meeting 12:45 Hand & Foot 4:30 Pilates Phase 1	10:30 Strength Training 10:00 Chunky's Lunch Trip to see: <i>The Graduate</i> 12:00 Salmon Boat	10:00 Yoga 12:00 Broccoli Bake 12:45 Hand & Foot 2:00 Tai Chi	VAN Christmas Tree Shop 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
28	29	30	31	Feb. 1
10:00 Groton Swim 11:30 Strength Training 12:00 Chicken Pesto 12:30 Cribbage 2:00 Quilting	9:30 Bowling 10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Roast Turkey 12:15 WW Meeting 12:45 Hand & Foot 4:30 Pilates Phase 1	10:30 Strength Training 11:00 Selectmen's Hour HDM Teriyaki Chicken 12:00 Lunch by Nashoba Tech 12:30 Fraud Talk	10:00 Yoga 12:00 Chili 12:45 Hand & Foot 2:00 Tai Chi	VAN DW Highway 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge

Regular Scheduled Activities

Fitness

Groton Swim - Mondays & Fridays, 10:00-11:00 AM

Strength Training with Elaine - \$3/class

Mondays at 11:30 AM

Wednesdays at 10:30 AM

Fridays at 10:00 AM

Yoga - Thursdays, 10:00 - 11:00 AM

MaryLu Hildreth, instructor - \$3/class

Supported by the Friends of Groton Elders.

Tai Chi - Thursdays, 2:00 – 3:00 PM

Jeff Coté, instructor - Fee: \$40 for 8 weeks.

Toning & Pilates Phase 1 - Tuesdays, 4:30 PM

Susan Robbins, instructor - \$96 for 8 weeks.

Boost your metabolism and burn more calories with this 60 minute class! This class is perfect for the first timer as well as, those returning to exercise, or fitness enthusiast! You will be given individual attention and different level choices of the exercise will be shown. Learn how to strength train safely for toning, revved up metabolism and prevention of osteoporosis. The second half of the class will focus on core conditioning, Pilates, for better posture, flatter abs and stronger backs. Bring with you a set of weights, a mat and water.

Weight Watchers - Tuesdays

Weigh in at 11:45 AM - Meeting at 12:15 PM

Marianne Farrington, instructor

Bowling - Tuesdays, 9:30 AM at Harvard Lanes

Arts & Crafts

Hand Quilting Class - Mondays 2:00 to 4:00 PM

Millie Cunningham, instructor Fee: \$25/month

Painting Club - Tuesdays 10:00 AM

(aka One Stroke) Drop in and Paint with others.

Cards & Games

Cribbage - Mondays at 12:30 PM

Bridge - Fridays at 12:30 PM

Hand & Foot - Tuesdays & Thursdays at 12:45 PM

Coming for Lunch?!?!

Please call the Senior Center
24 hours in advance to reserve
your meal. 1-978-448-1170



\$2.25 Donation

On Going Events

Lunch and a Flick

Wednesday, January 2nd at 12:00 PM

The Words

This 2012, romance and drama stars Bradley Cooper and Dennis Quaid. A struggling author finally reaches literacy success with the next great novel. The catch is, he did not write it, and he will pay a steep price for stealing an other man's work.

Bring \$4 for PIZZA!

Groton Council on Aging Board Meeting

Monday, January 7th at 9:30 AM

Council meetings are open to the public.

On going - 1st Monday of the month.

Taco Lunch & Scrabble

Wednesday, January 9th at 12:00 PM

This classic board game is making a comeback! So, come play Scrabble at the senior Center instead of by your self, at the computer. For an added treat, the staff and volunteers will cook you a Taco Lunch. The next Lunch & Scrabble will be Wednesday, February 6th. \$2.00 lunch donation.

Ask the Nurse

Thursday, January 10th from 11:30 -1 PM

Sharon Fata, R.N. with Nashoba Valley Nursing Services will be on hand to check your blood pressure, or just answer your questions.

On going - 2nd Thursday of the month.

Veteran's Breakfast

Monday, January 14th at 10:00 AM

Our speaker this month will be LtCol Steven Egan, the new Commander of Fort Devens.

On going - 2nd Monday of the month.

Book Club

Wednesday, January 16th at 9:00 AM

On going - 3rd Wednesday of the month.

Woman's Club Luncheon

Wednesday, January 16th at 12:00 PM

See front cover for details.

On going - 3rd Wednesday of the month.

Discussion Group with Tom Hartnett

Monday, January 28th at 10:30 AM

Presented by the Friends of Groton Elders

On going - 4th Monday of the month.

Upcoming Trips

Monthly Lunch Trip

Wednesday, January 23rd

Lunch & Movie at Chunky's
The Graduate, 1967

A young Dustin Hoffman is a recent college graduate who get tangled in an affair with the wife of his business partner. All the while falling in love with her daughter.

Admission to the movie is free and you may order off the menu, each of us paying for our own lunch. A print out of the menu is available at the Senior Center front desk if you are curious.

Take the COA van for \$4. Van will begin home pick-ups at 9:30 AM then depart from the Senior Center at 10:00 AM.

Sign-up at the Front Desk.

Curmudgeon and Friends Trips

Trip to the Wayside Inn & Country Store

Tuesday, January 15th - 9:30 AM to 4:00 PM

The Wayside Inn is the oldest operating inn in the country. Enjoy a leisurely lunch of a salad, entrée ordered off the menu, and dessert and view the Inn's exhibits including Revolutionary War artifacts. After lunch will be a trip to the Wayside Country Store. This store offers a variety of items including one of the largest "olde tyme" candy stores. The cost for the trip is \$48; includes lunch and transportation.

Trip to the RI Spring, Flower & Garden Show

Friday, February 22nd - 9:00 AM to 4:30 PM

Take a break from the winter and experience *Beautiful Gardens*, the theme for this year. This show is less hectic then the Boston show. Cost is \$36 for admission & transportation.

For both trips: Payment is required with sign-up. Checks payable to Jay Darrin. **Sign-up at the Senior Center**

Transportation Information

Groton COA Van Schedule

Groton Council on Aging Van was established to provide transportation to Groton Seniors in and around Groton and surrounding towns.

Local Shopping/Medical/Social Trips

Mondays: 8:30 AM to 3:00 PM

Fridays: 1:00 PM to 3:00 PM

Fridays

9:30 AM - 1:00 PM Special Social & Shopping Trips

(A 4 person minimum may be required for Friday Trips.)

1st Friday, Jan. 4th Shopping on DW Highway, Nashua

2nd Friday, Jan. 11th Shopping in Lunenburg including Wal-Mart

3rd Friday, Jan. 18th Shopping in Leominster, Whitney Field Mall

4th Friday, Jan. 25th Trips around Christmas Tree Shop, Nashua

The van can be used for:

Shopping

Banking

Senior Center Visits

Errands

Visiting Friends

Doctor's Appointments

Lunch Trips

Hair Appointments

Dental Appointments

Round Trip Fees: In-Town \$3.00 12 Ride Voucher \$30.00

Out-of-Town \$4.00 12 Ride Voucher \$40.00

Scholarships are available

You are encouraged to make reservations 1 week in advance.

Reservations will not be taken past 1:00 PM on the day prior to your trip. Call 978-448-1141 to schedule a ride.

Special trips must be within 30 miles. In case of snow, your driveway and walkway must be shoveled to receive van service.



Alternative Transportation

**Pepperell/Groton Road Runner
Operated by the LRTA**

1-800-589-5782

Must call at least 24 hours ahead of trip.

Out of Town Trips: \$1.50

In Town Trips: \$1.00

Mondays: Shopping/Medical in Townsend / Leominster area.

Tuesday/Wednesday/Thursday: Shopping/Medical within Pepperell, Groton, Townsend, Ayer, Harvard, Westford.

Friday: Shopping trips to Pheasant Lane Mall. Medical trips to Lowell and Nashua.

Contact the Road Runner or Senior Center for a more detailed Schedule.

In This Issue

*Women's Club Luncheon with Entertainer Tony Funches
Return of Toning & Pilates with new class Pilates Phase 1
Two upcoming Curmudgeon & Friends Day Trips*

This newsletter is supported in part by the Executive Office of Elder Affairs.

Groton Council
On Aging
173 Main Street
Groton, MA 01450
978-448-1170



Vital Numbers

Elder Affairs/ SHINE
800-243-4636
TDD/TTY
800-872-0166

Elder Abuse Hotline
800-922-2275
Elder Abuse TTY
800-922-2275

**Attorney General's
Elder Hotline**
888-243-5337

Social Security Admin.
800-772-1213

Medicare
800-633-4227
(800-med-icare)

**Medicare Fraud &
Abuse Hotline**
800-368-5779

Staff

Director
Martha A. Campbell
gcoa@townofgroton.org

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Van Driver
Hal Burnett

Selectmen Liaison
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**COA Board of
Directors**

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Frances Goldbach

Vice Chairman
Marie Melican

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Carl Flowers

Secretary
Cindy Thompson

Members
George Faircloth
Charlotte Carkin
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Mildred Wells
Vera Strickland
Eddie Wenzell

Wish List

- Postage Stamps
- Large Plastic Soda Cups
- Diet & Regular Soda
- Kitchen Hand Towels
- 1/2 and 1/2 for Coffee
- Paper Towels
- Wrapped Candies
- Decorative Napkins

We appreciate your donations.

Thank You

Board of Directors	For giving their time and money
Friends of the Groton Elders	Financially supporting select programs
Hannaford's	Bakery items on Tuesday
Shaw's	Food for Veteran's Breakfast
Blood Farm	Food for Veteran's Breakfast
Patrolmen's Union	Donation for the Veteran's Breakfast
Donelan's	Plastic bags for meals on wheels
Groton Channel	Producing the Senior Spotlight
Local Girl Scouts	2 Thanksgiving Gift Baskets
Mrs. Anonymous	Cold Cups
Mrs. Anonymous	Kitchen Hand Towels

Thank you to all that give but wish not to be mentioned.