



Senior Soundings

March 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



Spring is almost here and like you, I cannot wait. I will be taking a vacation this month. I am heading to Florida, West Palm Beach my future home. This is a very exciting time for me . I am looking forward to the next chapter of my life.

With that being said, Bethany, Stacey, COA Board, and I are hard at work gathering information for accreditation. This information will be presented to NCOA (National Council on Aging , Inc) for accreditation approval. The five year plan and goals for accreditation are based on future needs. Note: Groton is one of the top ten towns in Massachusetts that have the fastest growing senior population. That speaks to the importance of having services, programs and support on aging in place. As a Council on Aging it is important to address future transportation, housing, and wellness issues to meet the needs of our growing senior population.

gcoa@townofgroton.org

Martha

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.

Upcoming Events



Lunch with the Groton Fire Department Wednesday, March 6th starting at 12:00 PM

Join us on the 6th as the Groton Fire Department will be making their famous Firehouse Chili and corn bread to share with us here at the senior center. After lunch Groton Fire and EMT personnel will be reviewing the Files of Life, smoke detector, carbon monoxide detector, and other fire safety programs with us. The fire department will also be bringing gifts for all attendees. Special thanks to the Friends of the Groton Elders for helping to fund carbon monoxide detectors for seniors in need. **Free Luncheon. Sign-up at the front desk.**

Lunch by Nashoba Tech with Diabetes Talk Wednesday, March 13th starting at 12:00 PM

March's menu is so tasty, many have said they do not know which main dish to choose: baked stuffed shrimp or pork tenderloin with fig sauce. Both will be served with Caesar salad, potato, vegetable, and dessert. Following lunch the dietician from Nashoba Nursing Service and Hospice will be presenting information on living with diabetes. **Lunch costs \$10, optional \$2 Tip. Sign-up at the front desk.**



Women's Club Luncheon with the Singing Trooper Wednesday, March 20th starting at 12:00 PM



We know you have been waiting for it all winter! This special St Patrick's themed lunch features corned beef and cabbage, complete with red potatoes, carrots, Irish soda bread, and mint chocolate chip ice cream with syrup for dessert. Lunch will be followed by the return of Daniel Clark, the Singing Trooper. One of our favorites, the trooper will be here to sing the tunes he is known for, especially those loved by leprechauns. **Free Luncheon. Sign-up at the front desk.**



Fun Luncheon - A Day in the life of a Boat Bum Wednesday, March 27th starting at 12:00 PM

Spend an afternoon with Richard Meibers as he talks about his new novel, *Falling Off The Wind*, about sailing in the Caribbean. The book explores the world of a relatively unknown subculture, that of the

"Boat Bums," those who have left the larger society to live on sailboats in places like the Caribbean and the South Pacific. To start this fun loving vibe off right, lunch will be delivery from Mc Donald's. More details regarding lunch to come. **Sign-up at the front desk.**



Outreach Corner, by Stacey Shepard Jones, Outreach Coordinator



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

Outreach Department Mission

Assess the seniors of the town and find them the help they may need through information and referral, program development and advocacy. We strive to keep people in their homes for as long as possible. If you or someone you know needs some help, please call. Information shared with the outreach coordinator is confidential.

Examples of Outreach Help & Information

- Chores
- Food Stamps
- Phone Wellness
- Transportation
- File of Life
- Fuel Assistance
- Home Delivered Meals
- Friendly Visits
- Declaration of Homestead
- RMV Disabled Placards

Hi Everyone,

With the weather we've had, I just wanted to remind everyone that the **Groton Senior Center is a warming facility during power outages**, as we have a generator. If you lose power/heat, please call the Groton Police at 978-448-5555, and they will arrange for you to come to the Senior Center.

I also urge all seniors to fill out an **Emergency Preparedness Form**. In the event of a severe weather emergency, members of Groton TRIAD will call you to make sure you are okay and have food, medications, heat, etc. All information given on the form remains totally confidential. If you have not filled out this form, please call me and I will mail one to you. If you've already completed and returned a form to me, please remember to contact me with any changes such as phone number, medications, etc.

It's the time of year when fuel assistance benefits are getting close to running out for some senior residents. If you're a senior and your fuel assistance benefits are close to running out or have run out, please call me. I may be able to get you some additional fuel assistance.

AARP Tax Preparation

For an appointment call 978-448-1170.

AARP offers free appointments at the Senior Center to assist seniors with preparing their 2012 taxes. Appointments available Tuesday, March 5th & 19th. Below are just a few of the suggested documents you should bring to your appointment. Once you make an appointment a more complete list will be provided to you.

- Copy of previous year tax return
- W-2 forms from each employer
- All 1099 forms (stock)
- Paid SS benefits? Bring SSA-1099
- Personal annuity? Bring your 1099R
- Federal/Mass estimated tax paid
- Unemployment? Bring statements
- Paid childcare? Name, Employer ID, SSN
- Deductions? Bring list with receipts etc.
- MA Circuit Breaker? applicable bills
- Proof of taxes/mortgage interest paid
- Medical Deductions? Bring list of expenses with receipts etc.
- Medical Mileage? List of dates & miles
- SSNs of all dependents

News from SHINE

Can I Enroll in a Medigap Plan Now?

Yes! In Massachusetts, all Medigap plans currently offer continuous enrollment. Sign-up anytime, with coverage effective the first of the following month. A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan.

Massachusetts has two types of Medigap plans, Core and Supplement 1. The Core plan covers some of the "gaps" in Medicare. The Supplement 1 plan covers all deductibles, co-pays and coinsurance for Medicare covered services. These two types of plans are offered by six insurance companies.

In 2012, the lowest premium for a Core plan is \$96.38/month and for a Supplement 1 is \$182.00/month. If you sign up when you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to pre-existing health conditions. You can go to any provider who accepts Medicare anywhere in the United States with no referrals required.

Remember if you enroll in a Medigap Plan you will have to also enroll in a Medicare Stand Alone Part D Plan to cover your medications. Unlike Medicare Health Plans, Medigap Plans do not provide any drug coverage. If you have any questions regarding Medigap Plans you should speak with a SHINE Counselor by calling the senior center at 978-448-1170.

Merry Trippers By Nyola Vaillancourt,

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

Western Ireland: 9 days/7 nights, May 26th - June 3rd, 2013. \$2,329 per person with credit card or \$2,279 payment by cash/check. Durgan Travel Service is pleased to offer a wonderful 9 day / 7 night tour of the Emerald Isle of Ireland that will include a 3 night stay in Galway followed by 4 nights in Killarney with a complete sightseeing package of western Ireland and including expert tour guides, a full Irish breakfast each morning and sumptuous dinner each evening.

Boston to Bermuda: aboard the Norwegian Dream for 8 days / 7 nights. May 31st - June 6th, 2013. \$979 per person if cash or check, \$999 by credit card. Includes round trip transportation to Boston’s Black Falcon Pier, 7 night cruise with all meals, full use of all ship’s amenities, complete day and evening social and entertainment programs and complimentary bottle of wine per cabin.

Mackinac Island: featuring the Grand Hotel, August 18th – 26th, 2013. Per person double \$2,849, single \$3,799. Price includes transportation to/from Logan International Airport, roundtrip air, taxes, fees, and hotel transfers. This is 9 day tour includes Chicago, Green Bay, Wisconsin, Grand Hotel on Mackinac Island, MI, Frankenmuth, and Southfield MI. Experience architecture, museums, picturesque landscapes, and Victorian era resort life.

Detailed flyers and sign-ups located in the Senior Center lobby. Feel free to contact Nyola with any questions.

Upcoming Spring Events

March

Lunch with the Groton Fire Department
6th at 12:00 PM

Veteran’s Breakfast
11th at 10:00 AM

Nashoba Tech Lunch & Diabetes Talk
13th at 12:00 PM

Women’s Club Luncheon with Singing Trooper
20th at 12:00 PM

Boat Bum Luncheon
27th at 12:00 PM

Mashantucket Pequot Museum Trip
28th departing at 9:00 AM

April - Save the Dates

Women’s Club Luncheon with Magic Show
Grandchildren Welcome
17th at 12:00 PM

Nashoba Tech Lunch with Haiti Orphanage Talk
24th at 12:00 PM

Anheuser Busch Brewery Tour
25th departing at 9:30 AM

Volunteer Spotlight



Grace Llodra has been volunteering for us at the Senior Center since the beginning of December and is a double threat, that is she helps both in the kitchen as well as drives for Meals on Wheels. She offered to volunteer at the senior center because she loves the elderly and values outreach work.

Grace and her family have lived here in Groton for 14 years and she has been married for 16. Her and her husband have two boys, ages 14 and 12 as well as a family cat.

When the ground is not covered in snow you will find Grace gardening, one of her favorite hobbies. In addition she values a healthy life style, exercising and helping her family to eat right.

Traveling and providing her children with new experiences is also important to Grace. Her picture is of her standing on the beach in Falmoth, MA. Over February vacation week the family also traveling together.

So look for grace around town or at the Senior Center and say hi. She is a wonderful addition to our group of exceptional volunteers!

March 2013

HDM - Home Delivered Meal
 WW Meeting - Weight Watchers Meeting

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Feb. 25</p> <p>VAN Dolce Lunch Trip</p> <p>10:00 Groton Swim</p> <p>10:30 Talk w/ Tom</p> <p>11:30 Strength Training</p> <p>12:00 Mushroom Chicken</p> <p>12:30 Cribbage</p> <p>2:00 Quilting</p>	<p>Feb. 26</p> <p>9:30 Bowling</p> <p>10:00 Paint - One Stroke</p> <p>11:45 Weight Watchers</p> <p>12:00 Turkey Ham</p> <p>12:15 WW Meeting</p> <p>12:45 Hand & Foot</p> <p>4:30 Pilates Phase 1</p>	<p>Feb. 27</p> <p>10:30 Strength Training</p> <p>HDM Roast Turkey</p> <p>12:00 Pizza Lunch</p> <p>12:30 Movie: Won't Back Down</p>	<p>Feb. 28</p> <p>10:00 Yoga</p> <p>12:00 BBQ Meatballs</p> <p>12:45 Hand & Foot</p> <p>2:00 Tai Chi</p>	<p>1</p> <p>VAN DW Highway</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p> <p>12:30 Bridge</p>
<p>4</p> <p>9:30 COA Board Mtg</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:00 Chicken Supreme</p> <p>12:30 Cribbage</p> <p>2:00 Quilting</p>	<p>5</p> <p>9:30 Bowling</p> <p>10:00 Paint - One Stroke</p> <p>11:45 Weight Watchers</p> <p>12:00 Stuffed Shells</p> <p>12:15 WW Meeting</p> <p>12:45 Hand & Foot</p>	<p>6</p> <p>10:30 Strength Training</p> <p>HDM Ham & Cheese Bake</p> <p>12:00 Fire House Chili</p> <p>12:30 Fire Department Presentation</p>	<p>7</p> <p>10:00 Yoga</p> <p>12:00 Roast Pork</p> <p>12:45 Hand & Foot</p> <p>2:00 Tai Chi</p>	<p>8</p> <p>VAN Lunenburg</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p> <p>12:30 Bridge</p>
<p>11</p> <p>10:00 Vet's Breakfast</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:00 Teriyaki Chicken</p> <p>12:30 Cribbage</p> <p>2:00 Quilting</p>	<p>12</p> <p>9:30 Bowling</p> <p>10:00 Paint - One Stroke</p> <p>11:45 Weight Watchers</p> <p>12:00 Salisbury Steak</p> <p>12:15 WW Meeting</p> <p>12:45 Hand & Foot</p>	<p>13</p> <p>10:30 Strength Training</p> <p>HDM Breaded Chicken</p> <p>12:00 Lunch by Nashoba Tech</p> <p>12:30 Diabetes Talk</p>	<p>14</p> <p>10:00 Yoga</p> <p>12:00 Turkey Sandwich</p> <p>12:45 Hand & Foot</p> <p>2:00 Tai Chi</p>	<p>15</p> <p>VAN Leominster</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p> <p>12:30 Bridge</p> <p>Friends Day Trip: Women of Ireland</p>
<p>18</p> <p>10:00 Groton Swim</p> <p>11:30 Strength Training</p> <p>12:00 Corned Beef Hash</p> <p>12:30 Cribbage</p> <p>2:00 Quilting</p>	<p>19</p> <p>9:30 Bowling</p> <p>10:00 Paint - One Stroke</p> <p>11:45 Weight Watchers</p> <p>12:00 Fish Newburg</p> <p>12:15 WW Meeting</p> <p>12:45 Hand & Foot</p> <p>7 PM Ballroom Dancing</p>	<p>20</p> <p>9:00 Book Club</p> <p>10:30 Strength Training</p> <p>HDM Shepherd's Pie</p> <p>12:00 Women's Club Luncheon</p> <p>12:30 Entertainer, Singing Trooper</p>	<p>21</p> <p>10:00 Yoga</p> <p>11:30 Ask the Nurse</p> <p>12:00 Glazed Chicken</p> <p>12:45 Hand & Foot</p> <p>2:00 Tai Chi</p>	<p>22</p> <p>VAN Christmas Tree Shop</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p>
<p>25</p> <p>10:00 Groton Swim</p> <p>10:30 Talk w/ Tom</p> <p>11:30 Strength Training</p> <p>12:00 Roast Pork</p> <p>12:30 Cribbage</p> <p>2:00 Quilting</p>	<p>26</p> <p>9:30 Bowling</p> <p>10:00 Paint - One Stroke</p> <p>11:45 Weight Watchers</p> <p>12:00 Chix Chow Main</p> <p>12:15 WW Meeting</p> <p>12:45 Hand & Foot</p> <p>7 PM Ballroom Dancing</p>	<p>27</p> <p>10:30 Strength Training</p> <p>HDM Chili</p> <p>12:00 McDonald's Lunch delivery</p> <p>12:30 Boat Bum Talk</p>	<p>28</p> <p>Mashantucket Pequot Museum Day Trip</p> <p>10:00 Yoga</p> <p>12:00 Chicken w/ Gravy</p> <p>12:45 Hand & Foot</p> <p>2:00 Tai Chi</p>	<p>29</p> <p>VAN Westford Plaza & Market Basket</p> <p>10:00 Groton Swim</p> <p>10:00 Strength Training</p> <p>12:30 Bridge</p>

Regular Scheduled Activities

Fitness

Ballroom Dancing: Tuesday Evenings 7:00 to 9:00 PM
8 weeks 3/19 – 5/14, skipping 4/30 - \$5/class /person
Instructors Louise and Don Moncreaff will begin with 2
step and waltz and move on to Latin and swing. Contact
the Moncreaffs at 978-772-3956 for information.

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. Sign-up at the front desk.

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

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, February 27th at 12:00 PM
Won't Back Down

Two mothers ban together to fix their children's
failing inner city school. Released to theaters in
September of 2012 and stars Viola Davis, Maggie
Gyenhaal and Holly Hunter. Bring \$4 for PIZZA!

Groton Council on Aging Board Meeting
Monday, March 4th at 9:30 AM

Council meetings are open to the public.
On going - 1st Monday of the month.

Ask the Nurse

Thursday, March 14th from 11:30 -1 PM

Sharon Fata, R.N. with Nashoba Associated Boards
of Health & Nashoba Nursing Service & Hospice
will be on hand to check your blood pressure, or
just answer your questions.

March is a month that she will be prepared to test
your blood sugar levels.

On going - 2nd Thursday of the month.

Veteran's Breakfast

Monday, March 11th at 10:00 AM

Our speaker will be PA3 Ross Ruddell from the 1st
Coast Guard District Public Affairs Office. PA3
Ruddell will be giving us an update on activities in
the Coast Guard's 1st District [northeastern US].
Breakfasts are free and open to the public.

On going - 2nd Monday of the month.

Book Club

Wednesday, March 20th at 9:00 AM

On going - 3rd Wednesday of the month.

Discussion Group with Tom Hartnett

Monday, March 25th at 10:30 AM

Presented by the Friends of Groton Elders
On going - 4th Monday of the month.

Cards & Games

Cribbage - Mondays at 12:30 PM

Bridge - Most Fridays at 12:30 PM

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

Curmudgeon & Friends Day Trips

Mashantucket Pequot Museum

Thursday, March 28th
9:00 AM to 4:00 PM

This state of the art museum in Mashantucket, CT was built in 1998 and presents the rich history of the Mashantucket Pequot Tribal Nation. These innovative presentations include dioramas, informative films, and exhibits of traditional arts & crafts. On top of the indoor museum, there is a two acre, 18th century farmstead you may tour. Enjoy lunch on your own at the museum.

The cost for the trip is \$37; includes admission, tour and transportation.

Anheuser Busch Tour & Outlets

Thursday, April 25th
9:30 AM to 4:00 PM

A tour of the brewery, with insight on all aspects of the process from ingredients to bottling. After the tour, spend time in the gift shop and take a trip to the stables to see the Clydesdales. With the new Merrimack Premium Outlets just down the street how can we not do a little shopping as well. Then, a relaxing lunch at Luna Caprese Italian Ristorante.

The cost for the trip is \$43; includes lunch and transportation. Tour is free.

Thoroughly Modern Millie

At the Stoneham Theater
Wednesday, May 1st
11:00 AM to 5:30 PM

A musical set in the 1920's where Millie, a small-town girl, moves to NYC to find herself a man and marry for money! Winner of 6 Tony Awards, come experience the flapper lifestyle. Lunch will be at Felicia's of the North End.

The cost for the trip is \$56; includes the show, lunch, and transportation.

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

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 - Thursdays: 8:30 AM to 3:00 PM
Fridays: 1:00 PM to 3:00 PM

Fridays

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

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

- 1st Friday**, Mar. 1st Shopping on DW Highway, Nashua
- 2nd Friday**, Mar. 8th Shopping in Lunenburg including Wal-Mart
- 3rd Friday**, Mar. 15th Shopping in Leominster, Whitney Field Mall
- 4th Friday**, Mar. 22th Trips around Christmas Tree Shop, Nashua
- 5th Friday**, Mar. 29th New Market Basket & Surroundings, Westford

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.



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.

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

*Four Special Wednesday Lunch Events
Ballroom Dancing Class Resumes for the Spring
Several Wonderful Day Trips to Choose From*

In This Issue

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



Vital Numbers
Elder Affairs/ SHINE
800-243-4636
800-AGE-INFO (800-463-6262)
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

Outreach Coordinator

Stacey Shepard Jones
sjones@townofgroton.org

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Bethany Loveless
bloveless@townofgroton.org

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Alan Sinclair

Van Driver

Hal Burnett

Selectmen Liaison

Peter Cunningham

COA Board of Directors

Chairman

Frances Goldbach

Vice Chairman

Marie Melican

Treasurer

Carl Flowers

Secretary

George Faircloth

Members

Charlotte Carkin
Maydelle Gamester
Mildred Wells
Vera Strickland
Eddie Wenzell

Wish List

- Postage Stamps
- Cookies for coffee hour
- Decorative Napkins
- Half & Half
- Paper Towels
- Wrapped Candies

We appreciate your donations.

Thank You

Board of Directors	For giving their time and support
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
Ellen Baxendale	Hand Cream
Linda Hekkala	Cream
Jean Temple	Candy for the front desk
Mr & Mrs Anonymous	Paper Towels, cold cups
Suzanne Kosler	Plates and cups
Jim Hallet	Decaf Coffee

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