



Senior Soundings

April 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*



Dear Groton Community,

It is with a heavy heart that I have submitted my official retirement as Groton Council on Aging Director, effective April 30th, 2013. I view myself as a Career Servant for Seniors, thus it has been my pleasure and honor to serve the Groton Senior population for the past eleven years. I leave this position knowing I have made a difference in the lives of so many Groton senior residents. My accomplishments and goals have exceeded my expectations. Re-accreditation of the Groton Senior Center was my final challenge and accomplishment as GCOA Director.

I have spent the last year planning for my retirement, and my Staff, Board, and Volunteers are grounded and ready to launch into new leadership. It gives me great comfort knowing I have built a strong team who understands the business of running the Council on Aging. The Groton senior community has flourished and multiplied in the eleven years I have held this position. I have made many friends among the town staff, residents, and local businesses. I will cherish these relationships for many years to come.

Thank you for the opportunity to serve the Town of Groton. I valued and honored my position and leave knowing the Town of Groton was well served.

I leave you with a smile,

gcoa@townofgroton.org

Martha

Upcoming Events

Special Women's Club Luncheon with Magic by Scott Jameson
Seniors and Grandchildren Welcome!
Wednesday, April 17th at 12:00 PM

April's Women's Club Luncheon falls once again during school vacation week. As we did in February, we have opened up this favorite monthly senior center event to not only seniors, but to their extended family. The Women's Club will be treating adults to cheesy ham strata served with coleslaw, pineapple slices and orange chiffon for dessert. For the kids, there will be a hot dog wrapped in a crescent roll served with carrots and dressing with ice cream for dessert. After the meal, everyone will be mesmerized by magician & juggler Scott Jameson. He will have us laughing out loud and perched on the very edge of our seats, all at the same time. Please bring a non-perishable food item for Loaves & Fishes (see pg. 2 for details). **Sign-up at the front desk.**

Lunch by Nashoba Tech with Orphanage Presentation
Wednesday, April 24th

Lunch at 12:00 PM & Orphanage Presentation at 12:30 PM
Come for the incredible meal, and stay for an amazing story of how a local family's tragedy turned into a mission of hope, compassion, and love. Groton Senior, Kathy DiCicco's 19 year old granddaughter Britney, a student at Lynn University in Florida, was in Haiti as part of a student team working with food for the Poor. When the January 2010 earthquake devastated Haiti it also took the lives of Britney and 5 other members of her team. Three hours before the earthquake hit, Britney texted her mother saying she wanted move to Haiti to start an orphanage. In her memory, this is exactly what her family has done. Come hear Kathy tell their family's tale and show footage of the orphanage and its opening. It will surely tug at your heart strings. The family has also written a book on their experiences. It will be available that afternoon for \$20. The menu for the afternoon is a choice between: baked leg of lamb or Vermont chicken filled with an apple stuffing. Both will be served with garden salad, potato, vegetable, & dessert.

Lunch costs \$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

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

Outreach Information

Hi Everyone,

I am very excited to announce that the **Senior Center has partnered with Loaves & Fishes Food Pantry in Ayer, MA. We are officially a donation drop-off location!** In these difficult times, Loaves & Fishes clientele has risen significantly, and their need for donations is greater than ever. They provide food, clothing, and support services to residents of Ayer, Devens, Groton, Harvard, Littleton, and Shirley,

As you all know, the Groton Women’s Club generously provides a free luncheon once a month at the Senior Center. I have spoken with the Women’s Club, and we’d like to request that everyone bring 1 item to be donated to Loaves & Fishes at each of the Women’s Club monthly luncheons. This small gesture would help so many people in need. Please see below for a list of suggested donation items. And please, if you are in need of food, or are having to decide between paying for medicine or other bills or going grocery shopping, contact Loaves & Fishes at 978-772-4627. Our van will be traveling to Loaves & Fishes on Friday, April 19th as well.

I’d also like to remind all senior residents that **if you’ve run out of your fuel assistance benefits through CTI, please call me.** There may be some additional assistance available.

Remember I am here to help.
Sincerely, Stacey

Upcoming Spring & Summer Events

April

Lunch & Scrabble
3rd at 12:00 PM

Veteran’s Breakfast
8th at 10:00 AM

Lunch & a Flick
10th at 12:00 PM

**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

May

**Thoroughly Modern Millie
Dinner & a Sow Trip**
1st Departs 11:00 AM

**Women’s Club Luncheon
& Gay 90’s Celebration**
15th at 12:00 PM

Nashoba Tech Lunch
22nd at 12:00 PM

Martha’s Retirement Party
31st 2:00 - 4:00 PM
at the Groton Country Club

June

**Nashoba Tech Lunch
with Singer Tony Funches**
5th at 12:00 PM

Loaves and Fishes Most Needed Items

- Canned Meats
- Catsup
- Canned White Tuna
- Mayonnaise
- Helpers - (tuna/hamburger helpers)
- Pasta
- Boxed Potatoes
- Spaghetti Sauce
- Boxed Flavored Rice
- Shampoo & Conditioner
- Canned Pears
- Toothpaste
- Canned Pineapple
- Deodorant

Thank you for your support!



Friends of Martha Campbell

By Frances Goldbach,

201-566-8900, candf@att.net, 27 Orion Way, Groton, MA 01450

The committee, Friends of Martha Campbell, wants to invite you all to Martha's Retirement Party to be held Friday, May 31st, 2013 from 2:00 to 4:00 PM. The event will be located at the Groton Country Club (94 Lovers Lane, Groton MA). Martha has been such a positive force in our community, how could we not take this opportunity to celebrate her! RSVPs are requested. The sign-up is posted in the Groton Senior Center lobby. If you have questions or would like more information please contact me via email or phone listed above.

Hope to see you there!

Fran

Friends of the Groton Elders & Merry Trippers

By Nyola Vaillancourt,

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

Friends of the Groton Elders Day Trip

Heritage Museums & Gardens, Thursday, May 23, 2013: Located on Cape Cod in historic Sandwich, MA, Heritage Museums and Gardens is the largest public garden in southern New England. Founded in 1969, Heritage Museums and Gardens celebrates American culture and inspires people of all ages to explore, discover and learn together. This is accomplished through excellence in horticulture, garden design, and the exhibition of great collections. Walking is required for this trip. Trip features include 100 acres of gardens, celebrating the rhododendron season during our visit, specialty gardens, water features, and sculptures. There is also a nationally recognized collection of classic American autos and vintage hand-carved working carousel built in 1908 by Charles Looff. Lastly, explore the Hart Family Outdoor Maze Garden, on site Magnolia Café, and Museum store. Schedule:

9:15 AM	Depart Buckingham Bus Station, Groton
11:30 AM	Approximate arrival at Heritage Museum, lunch on your own & viewing of exhibits
2:30 PM	Bus departs for return home
4:45 PM	Approximate arrival in Groton

Trip costs \$49.00 per person and includes transportation, museum admission and driver's gratuity. Checks should be made out to: Friends of Groton Elders, sent to Nyola, and postmarked by Monday, May 6, 2013.

Merry Trippers Overnight Trips

Mackinac Island: Don't miss out on this opportunity to experience one of the gems in the U.S. including a stay at the renowned "Grand Hotel". Travel back in time to an era of no automobiles and exclusivity. Reservations need to be confirmed soon. Trip dates are 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.

Lake Como & Switzerland: It is not too early to start planning that fall vacation. This excursion features Lake Como, Saint Moritz, Bergamo, Lake Maggiore, The Borromean Islands, Milano and Lugano. September 21- 29, 2013. \$2649.00 (cash/check) per person double occupancy and \$2699.00 by credit card. Our 9 day trip includes transportation round trip to Logan International Airport, flights with full meal/beverage service, all transfers and motorcoach, boat and funicular tickets, 4 star hotel, full time guide, breakfast and dinner daily and many other amenities.

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

April 2013

HDM - Home Delivered Meal
WW Meeting - Weight Watchers Meeting

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:30 COA Board Mtg 10:00 Groton Swim 11:30 Strength Training 12:00 Meatballs w/ sauce 12:30 Cribbage 2:00 Quilting	9-12 Tax Appointments 10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Tortellini 12:15 WW Meeting 12:45 Hand & Foot 4:30 Pilates Phase 1 7 PM Ballroom Dancing	10:30 Strength Training HDM Breaded Chicken 12:00 Soup & Salad 12:30 Scrabble	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
8	9	10	11	12
10:00 Groton Swim 10:00 Vet's Breakfast 11:30 Strength Training 12:00 Cilantro Chicken 12:30 Cribbage 2:00 Quilting	10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Veggie Chili 12:15 WW Meeting 12:45 Hand & Foot 4:30 Pilates Phase 1 7 PM Ballroom Dancing	10:30 Strength Training HDM Salisbury Steak 12:00 Pizza Lunch 12:30 Movie: Life of Pi	10:00 Yoga 11:30 Ask the Nurse 12:00 Roast Pork 12:45 Hand & Foot 2:00 Tai Chi	VAN Lunenburg 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
Center Closed Patriot's Day	Podiatry Apts. 16	17	18	19
	10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Potato Fish 12:15 WW Meeting 12:45 Hand & Foot 4:30 No Pilates class 7 PM Ballroom Dancing	9:00 Book Club 10:30 Strength Training HDM Apricot Chicken 12:00 Women's Club Luncheon 12:30 Magic by Scott Jameson	10:00 Yoga 11:00 Indian Hill's Bach Lunch 12:00 Broccoli Bake 12:45 Hand & Foot 2:00 Tai Chi 5 PM Zumba Gold 6PM Line Dancing	VAN Loaves & Fishes 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
22	23	24	25	26
10:00 Groton Swim 11:30 Strength Training 12:00 Roast Turkey 12:30 Cribbage 2:00 Quilting	10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Roast Beef 12:15 WW Meeting 12:45 Hand & Foot 4:30 Pilates Phase 1 7 PM Ballroom Dancing	10:30 Strength Training HDM Kielbasa 12:00 Lunch by Nashoba Tech Orphanage Presentation 12:30	Anheuser Busch Brewery Tour Trip 10:00 Yoga 12:00 Hawaiian Chicken 12:45 Hand & Foot 2:00 Tai Chi 5 PM Zumba Gold 6 PM Line Dancing	VAN Christmas Tree Shop 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
29	30	May 1	May 2	May 3
10:00 Groton Swim 10:30 Talk w/ Tom 11:30 Strength Training 12:00 Maple Turkey Ham 12:30 Cribbage 2:00 Quilting	Center Closed Special Election Sate Primary 	10:30 Strength Training HDM Roast Pork 12:00 Lunch & Scrabble	10:00 Yoga 12:00 Stuffed Shell 12:45 Hand & Foot 2:00 Tai Chi 5 PM Zumba Gold 6 PM Line Dancing	VAN DW Highway 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge

Fitness Classes

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 - \$120/10 weeks starts 4/2.

Boost your metabolism and burn more calories. Receive individual attention as different levels of exercise will be shown. Learn how to strength train safely for toning 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

Zumba Gold - Thursdays, 5:00 - 5:45 PM

Barb Longfellow, instructor - \$5/class

This aerobic class will be set to a fun playlist of music from around the world as well as some familiar tunes. Class will begin with stretching and warm-ups. Barb will make sure you feel comfortable by providing different levels of intensity. Bring water and wear comfortable, loose clothing and sneakers.

Starts April 18th. **Sign-up at the front desk.**

Country Line Dancing - Thursdays, 6:00 - 7:00 PM

Alice Vlahos, instructor - \$5/class

This beginner level class will teach you line dancing in various rhythms including waltz, cha cha, Charleston, and rumba. The class pace will be based on the comfort levels of the participants. Get ready to laugh, have fun, and “trip the light fantastic!”

Starts April 18th. **Sign-up at the front desk.**

Events & Activities

Groton Council on Aging Board Meeting

Monday, April 1st at 9:30 AM

Council meetings are open to the public.

On going - 1st Monday of the month.

Lunch & Scrabble

Wednesday, April 3rd at 12:00 PM

We were not able to fit in a scrabble afternoon in March, so I know you are all anxious to play. Before scrabble, have a tasty boxed lunch for only \$2.25.

Lunch will be a creamy tomato soup with chef salad and macaroni salad. **Sign-up at the front desk.**

Veteran's Breakfast

Monday, April 8th at 10:00 AM

On going - 2nd Monday of the month.

Pizza & a Flick

Wednesday, April 10th at 12:00 PM

Life of Pi

Nominated for 11 Academy Awards, we all heard so much about this movie during the award season.

Now, take this opportunity to finally see it for free at the senior center. Life of Pi is rated PG and is an unexpected tale of a teenage boy and a Bengal tiger who are shipwrecked together. Pizza provided by Right at Home Care! **Sign-up at the front desk.**

Ask the Nurse

Thursday, April 11th from 11:30 -1 PM

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

On going - 2nd Thursday of the month.

Podiatry Appointments

Tuesday, April 16th from 8:30 to 11:00 AM

Dr. Ayleen Gregorian has been practicing for 12 years. She lives with her husband and daughter in Harvard and has been providing podiatry foot care to area town's COAs. She is looking forward to serving Groton Seniors. Cost is \$25 per appointment.

Sign-up at the front desk.

Book Club

Wednesday, April 17th at 9:00 AM

On going - 3rd Wednesday of the month.

Discussion Group with Tom Hartnett

Monday, April 29th at 10:30 AM

Presented by the Friends of Groton Elders

On going - 4th Monday of the month.



Upcoming Trips

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 restaurant & theater is in Stoneham MA.

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

Down East Clambake

Thursday, June 20th

9:00 AM to 4:30 PM

Join us as we travel to Kittery Point Maine for a good old-fashioned Down East Clambake. We will be eating at Chauncey Creek Lobster Pier. Enjoy lunch on a large deck over the creek itself with nothing but postcard views all around.

The cost for the trip is \$61; includes full clambake 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, April 5th Shopping on DW Highway, Nashua

2nd Friday, April 12th Shopping in Lunenburg including Wal-Mart

3rd Friday, April 19th Transportation to/from Loaves & Fishes

4th Friday, April 26th 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.



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.

In This Issue
 Special Women's Club with Magician, Grandchildren Welcome
 Martha Campbell's Retirement Part
 Mashoba Tech Lunch with Itali Orphanage Talk

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

Outreach Coordinator
 Stacey Shepard Jones
 sjones@townofgroton.org

Activities/Volunteer Co.
 Bethany Loveless
 bloveless@townofgroton.org

Maintenance
 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

Next Board Meeting
 Monday, April 1st
 at 9:30 AM

Wish List

- Postage Stamps
- Coffee Creamers
- Diet & Regular Soda
- Paper Towels
- Decorative Napkins
- Upright Piano

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
 Bev McDonnell Girl Scout Cookies
 Hal and Bev Burnett Girl Scout Cookies
 Hargraves Cups, bowls, plates
 Barbara Ritz Spring Napkins
 Janet Shea 1/2 and 1/2
 Ann Marie Donnell Hot Coco
 Ellen Baxendale Bottled Water
 Mr. and Mrs Anonymous Candy, paper towels, cold cups, napkins, cream,
 St. Patrick's day napkins & more cold cups

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