



Senior Soundings

May 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, *Kathy*

"Choose a job you love, and you will never have to work a day in your life."
-Confucius

Last year at this exact time I was resigning my position as Executive Director of the Johnson City Senior Center in Johnson City, New York. I had been Executive Director for five years and assistant director the five years prior. It was a job I adored because of the creativity it evoked, the challenges it presented and most importantly the people I served. However, I had this inner voice telling me it was time to write the next chapter in my life's book. On May 1, 2012 I began as the Traditional Care Director at Nashua Crossings Assisted Living and for the past year I've been trying to put this square peg into the round hole of the corporate world. I enjoyed the people I worked with and the residents I served but I felt an emptiness that was filled on the evening of April 8, 2013 when the Town of Groton Board ratified my appointment as the Council on Aging Director. Everything has led me here. I come to you with experience in program development, fiscal management, staff management, outreach, grant writing, fund raising, relationship building and collaboration, but most importantly, I bring to you passion. Passion for what I do and passion for the people I serve. I am extraordinarily grateful for the opportunity to serve the seniors of Groton and look forward to knowing you all.

Kathy

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

Women's Club Luncheon & Gay 90's Celebration with Pianist Lis Leal

Wednesday, May 15th at 12:00 PM

It is time to honor all those Groton residents who are 90 or older. We currently have 2 residents who are over 100 years old, 83 seniors who are/will be 90 in 2013 and over 100 residents somewhere in-between! The afternoon will consist of a wonderful lunch of broccoli quiche served with tuna salad and fruit salad courtesy of the Groton Women's Club. Dessert will be birthday cake provided by Shaw's in Groton. Following lunch, citations will be handed out to all those celebrating their 90th in 2013 as well as those who are 100+. The afternoon will finish with the return of pianist Lis Leal. Please bring a non-perishable food item for Loaves & Fishes. **Sign-up at the front desk.**

Lunch by Nashoba Tech with Asset Preservation Discussion by Attorney Nancy Catalini Chew

Wednesday, May 22nd at 12:00 PM

There are only two Nashoba Tech Luncheons left! Don't miss this month's Italian menu with a choice of chicken parmesan or meat lasagna. Both will be served with garlic bread, minestrone soup, and tiramisu for dessert! After lunch, Elder Law Attorney, Nancy Catalini Chew, will return to the Groton Senior Center to discuss Asset Preservation. If you are interested in learning more about trusts, long-term care planning, or other estate matters, this is the presentation for you. She will give us an overview and then answer your question.

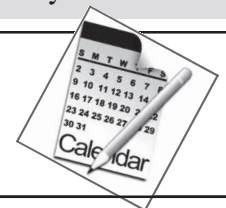
Lunch costs \$10, optional \$2 Tip. Sign-up at the front desk.

Friends of Martha Campbell, Retirement Party

Friday, May 31st from 2:00 to 4:00 PM at the Country Club

You are all invited to Martha's Retirement party! The event will be located at the Groton Country Club (94 Lovers Lane). Martha has been such a positive force in our community, let's celebrate her and wish her well! A sign-up is posted in the Senior Center. If you have questions or would like more information please contact Committee Co-Chair, Fran Goldbach (201-566-8900, candf@att.netme). Hope to see you there!

**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,

Catholic Heart Work Camp

The Catholic Heart Work Camp will be coming to Groton July 1st to the 5th (no work on July 4th). They have come to Groton the last several years, and the feedback from Groton seniors has been very positive. This is a wonderful organization that helps Groton seniors, on a fixed income, restore their homes with repairs such as interior/exterior painting, yard clean up, installing new doorknobs, installing new locks, cleaning windows, repair and/or replace a door, fix or replace screens, installing handrails to/from door, cleaning gutters, cut/trim hedges, repair steps, etc. **The homeowner only needs to provide and pay for the materials.**

If you are interested in having The Catholic Heart Work Camp come to your home and do any of the above listed services, please call me or stop into see me for more information and an application.

Fuel Assistance

If you are a senior and have run out of fuel assistance through Community Teamwork, Inc., there may be some additional assistance available. Please give me a call or stop by for more information regarding this.

Loaves & Fishes Donations

Just a reminder, we are now a donation drop-off location for Loaves & Fishes. If you're able to, please consider donating an item the next time you're at the Senior Center.

Please remember that I'm here to help you, so please don't hesitate to stop in or call me!

Stacey

News from SHINE

Prescription Advantage SEP (Special Enrollment Period)

As you may know if you are a member of Prescription Advantage you are entitled to one Special Enrollment Period during each plan year. The SEP can be used to either change your drug plan mid-year or you can even change your Health Plan if a problem arises with your Health Plan or Drug Plan. Problems may arise if your doctor prescribes a new drug that is not covered on your current drug plans formulary. You could call SHINE or Medicare to see if there would be another plan that would cover your new drug. You can also use this SEP if for some reason you are dis-enrolled from your present plan in most cases this is when you mistakenly miss a payment or something of that nature. Remember you must be member of Prescription Advantage to take advantage of this Special Enrollment Periods. A Special Enrollment is an important benefit and should not be used unnecessarily to change health or drug plans unless there is a good reason. You should speak with a SHINE Counselor about this Special Enrollment prior to utilizing it.

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 & 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 Trip

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.

Upcoming Events

May

Pizza & Movie - Lincoln, 8th at 12 PM

Women's Club Luncheon & Gay 90's Celebration , 15th at 12 PM

Nashoba Tech Lunch & Elder Law Attorney, 22nd at 12 PM

Coffee with Kathy, 29th 12:30 PM
Meet the new Groton COA Director

Martha's Retirement Party, 31st 2 - 4 PM
at the Groton Country Club

June

Nashoba Tech Lunch with Singer Tony Funches, 5th at 12 PM

Grandparents' Breakfast with the Fire Department, 27th Time TBD

Volunteer Spotlight

Diana & Rob Anderson



Originally from Malden, Diana and Rob are our newest husband and wife volunteer duo. They currently reside in Groton in their home on Lost Lake. They have fond memories of living at the Stage Coach Inn for a few weeks while their home was still being

Diana is currently seeking employment, and Rob classifies himself as "blissfully retired" after a long career in the computer software industry.

Diana has been volunteering both as a receptionist and as a Meals on Wheels kitchen volunteer for us. She also has helped with some data entry. Rob, is our new resident computer tutor. Through his session with one Groton senior, he was inspired to research his family ancestry and has been successful in tracing his roots back to the early 1600's.

Next time you see them here at the Senior Center, say hello to this friendly twosome. Also, consider an appointment with Rob for computer, internet, or assistance with other electronic devices. Appointments are set up through the Senior Center front desk: 978-448-1170.

May 2013

HDM - Home Delivered Meal
 WW Meeting - Weight Watchers Meeting

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">April 29</p> 10:00 Groton Swim 10:30 Talk w/ Tom 11:30 Strength Training 12:00 Maple Turkey Ham 12:30 Cribbage 2:00 Quilting	<p style="text-align: center;">April 30</p> <p style="text-align: center;">Center Closed Special Election Sate Primary</p> 	<p style="text-align: center;">1</p> <p>Diner & a Show Trip Departs 11:00 AM</p> 10:30 Strength Training 12:00 Roast Pork * No Afternoon Program	<p style="text-align: center;">2</p> 10:00 Yoga 11:00 Scrabble 12:00 Stuffed Shell 12:45 Hand & Foot 2:00 Tai Chi 5 PM Zumba Gold 6 PM Line Dancing	<p style="text-align: center;">3</p> VAN DW Highway 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
<p style="text-align: center;">6</p> 9:30 COA Board Mtg 10:00 Groton Swim 11:30 Strength Training 12:00 American Chop Suey 12:30 Cribbage 2:00 Quilting	<p style="text-align: center;">7</p> 10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Turkey Salad 12:15 WW Meeting 12:45 Hand & Foot 4:30 Pilates Phase 1 7 PM Ballroom Dancing	<p style="text-align: center;">8</p> 10:30 Strength Training HDM Chicken Cordon Bleu 12:00 Pizza Lunch 12:30 Movie: Lincoln	<p style="text-align: center;">9</p> 10:00 Yoga 11:00 Scrabble 11:30 Ask the Nurse & Eye Screenings 12:00 Potato Fish 12:45 Hand & Foot 2:00 Tai Chi 5 PM Zumba Gold 6 PM Line Dancing	<p style="text-align: center;">10</p> VAN Lunenburg 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
<p style="text-align: center;">13</p> 10:00 Groton Swim 10:00 Vet's Breakfast 11:30 Strength Training 12:00 Breaded Chicken 12:30 Cribbage 2:00 Quilting	<p style="text-align: center;">14</p> 10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Roast Pork 12:15 WW Meeting 12:45 Hand & Foot 4:30 Pilates Phase 1 7 PM Ballroom Dancing	<p style="text-align: center;">15</p> 10:30 Strength Training HDM BBQ Meatloaf 12:00 Women's Club Luncheon & Gay 90's Celebration 12:30 Pianist, Lis Leal	<p style="text-align: center;">16</p> 10:00 Yoga 11:00 Scrabble 12:00 Tomato Basil Chix 12:45 Hand & Foot 2:00 Tai Chi 5 PM Zumba Gold 6 PM Line Dancing	<p style="text-align: center;">17</p> VAN Loaves & Fishes 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
<p style="text-align: center;">20</p> 10:00 Groton Swim 10:30 Talk w/ Tom 11:30 Strength Training 12:00 Fish Sticks 12:30 Cribbage 2:00 Quilting	<p style="text-align: center;">21</p> 10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Ziti, Meat Sauce 12:15 WW Meeting 12:45 Hand & Foot 4:30 Pilates Phase 1	<p style="text-align: center;">22</p> 10:30 Strength Training HDM Turkey w/ Gravy 12:00 Lunch by Nashoba Tech 12:30 Elder Law Presentation, Att. Chew	<p style="text-align: center;">23</p> 10:00 Yoga 11:00 Scrabble 12:00 Chix. Caesar Salad 12:45 Hand & Foot 2:00 Tai Chi 5 PM Zumba Gold 6 PM Line Dancing	<p style="text-align: center;">24</p> VAN Christmas Tree Shop 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
<p style="text-align: center;">27</p> <p style="text-align: center;">Center Closed</p>  <p style="text-align: center;"><i>Memorial Day</i></p>	<p style="text-align: center;">28</p> 10:00 Paint - One Stroke 11:45 Weight Watchers 12:00 Hawaiian Ham 12:15 WW Meeting 12:45 Hand & Foot 4:30 Pilates Phase 1	<p style="text-align: center;">29</p> 10:30 Strength Training 12:00 Breaded Chicken 12:30 Coffee w/ Kathy, our new Director	<p style="text-align: center;">30</p> 10:00 Yoga 11:00 Scrabble 12:00 Salisbury 12:45 SteakHand & 2:00 Foot 5 PM Tai Chi 6 PM Zumba Gold	<p style="text-align: center;">31</p> VAN Local Trips 10:00 Groton Swim 10:00 Strength Training <p style="text-align: center;">Martha's Retirement Party 2:00 - 4:00 PM Groton Country Club</p>

Fitness Classes

Ballroom Dancing: Tuesday Evenings 7:00 to 9:00 PM
Now until May 14th - \$5/class /person
Instructors Louise and Don Moncreaff
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 - Space available in current session. Cost will be pro-rated. Join in anytime!

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, May 6th at 9:30 AM

Council meetings are open to the public.

On going - 1st Monday of the month.

Pizza & a Flick

Wednesday, May 8th at 12:00 PM

Lincoln

Lincoln is a 2012 American historical drama directed and produced by Steven Spielberg. At the Academy Awards, Daniel Day-Lewis won Best Actor for his portrayal of Lincoln. This film is an in-depth look at a specific time in the life of our 5th President. It is a reveling study of the inner workings of the politics of Washington from the middle to the end of the Civil War. During this time, Lincoln worked toward the passage of the 13th Amendment to Abolish Slavery. Pizza provided by Right at Home Care! Please bring a non-perishable food item for Loaves & Fishes.

Sign-up at the front desk.

Save the Date: June 12th - Silver Linings Playbook.

Ask the Nurse + Eye Screenings!

Thursday, May 9th 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. In addition, eye screenings by D'Ambrosio Eye Care.

They will screen for vision problems, pressure for glaucoma, check for cataract or answer any eye related questions. On going - 2nd Thursday of the month.

Veteran's Breakfast

Monday, May 13th at 10:00 AM

Our speaker will be Viet Nam Veteran, Ted Gamlin, who will talk about his experiences in the Viet Nam War. No breakfast June, July or August.

Book Club

Wednesday, May 15th at 9:00 AM

On going - 3rd Wednesday of the month.

Discussion Group with Tom Hartnett

Monday, May 20th at 10:30 AM

Presented by the Friends of Groton Elders

No discussion group June, July, or August.

Next Podiatry Appointment

Tuesday, June 18th from 8:30 to 11:00 AM

Dr. Ayleen Gregorian. Cost is \$25 per appointment.

Sign-up at the front desk.



Upcoming Trips

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 menu would include: A bowl of Chowder, a 1 ¼ lb Lobster, Steamers, Cole Slaw, Potato Salad, Pie and Ice Tea. Tax (7%) and an 18% tip are also included.

The cost for the trip is \$61; includes the 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, May 3rd Shopping on DW Highway, Nashua
- 2nd Friday, May 10th Shopping in Lunenburg including Wal-Mart
- 3rd Friday, May 17th Transportation to/from Loaves & Fishes
- 4th Friday, May 24th Trips around Christmas Tree Shop, Nashua
- 5th Friday, May 31th Local Trips

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.

Scrabble Goes Weekly!!!
Nashoba Tech Luncheon with Elder Law Attorney
Women's Club Luncheon with Gay 90's Celebration

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)
 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

Kathy Shelp

gcoa@townofgroton.org

kshelp@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*

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Frances Goldbach

Vice Chairman

Marie Melican

Treasurer

Carl Flowers

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George Faircloth

Members

Charlotte Carkin

Maydelle Gamester

Mildred Wells

Vera Strickland

Eddie Wenzell

Wish List

- Red Napkins
- Black Napkins
- Diet & Regular Soda
- Postage Stamps
- Dishwashing Brush
- Coffee Creamers
- Paper Towels
- Decorative Napkins

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	Soda
Mr & Mrs Anonymous	Hard Candy
Jim Hallett	Food Storage Containers & Coffee
Jonnne Daily	Special Event Napkins

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