



Senior Soundings

June 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*

I want to begin by thanking everyone for the warm welcome I have received. I was met with graciousness, enthusiasm and kindness everywhere I went. I am humbled, grateful and blessed to be part of the Groton senior community.

As I settle in and we move forward at the Council of Aging I reflect on an old story: There was an over zealous knight that wanted to please his king and went off on his own to defeat the enemy. After a fierce battle he came to the palace exclaiming that he had gone west and destroyed all that were there. The king replied in horror "our enemies are to the east; to the west were our friends". Had the knight not gone off on his own and instead worked with the king, they would have been going in the same direction and achieved their goal. At the Council on Aging to achieve growth and a standard of excellence we need to have a shared vision. A vision created by everyone; funders, staff, COA director, Town Manager and Selectman and most importantly, the seniors of Groton. Over the coming weeks we will be establishing goals for the Council, 1, 3 and 5 year goals. Please stop and talk with me, I need *your* thoughts and *your* vision. . . . *for your senior center.*

gcoa@townofgroton.org

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

**Lunch by Nashoba Tech with
Singer Tony Funches, former member of the Platters
Wednesday, June 5nd at 12:00 PM**

The last Nashoba Tech Luncheon before summer break! This month's menu will be a choice of filet mignon or shrimp and scallop casserole. Both will be served with Creaser salad, vegetable and dessert. Rather than having a speaker following lunch, we are changing things up with a performance from singer and former Platters member Tony Funches. Tony was originally scheduled in January, but the afternoon was cancelled due to a snow storm. Now is your chance to enjoy those Motown hits you have been anxiously waiting for such as, *Only you, Smoke Gets in Your Eyes, Twylite Time, and Great Pretender.*

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

**Annual Groton Police Picnic
Wednesday, June 12nd at 12:00 PM**

How can you beat a free cook-out with the best hosts around, our own Police force. Chief Palma and his staff solicit 100s of donations from area businesses to raffle off, making this afternoon so much more than just a cook-out. We really appreciate our police department and contributing area businesses. Without them, this event would not be possible. So come and enjoy a good meal, chat with Groton's finest, and maybe win a prize. Please bring a non-perishable food item for Loaves & Fishes. **Sign-up at the Senior Center front desk.**

**2nd Annual Grandparents' Breakfast with the Groton Fire
Department, Sponsored by Rotary
Thursday, June 27th at 10:00 AM**

Calling all grandparents and great grandparents, school is out so bring the kids over for a memorable morning. All are welcome, even your grown up kids. Kick off summer vacation by having a family breakfast at the senior center. We had such a blast last year. The morning starts off with breakfast sponsored and prepared by the Groton-Pepperell Rotary. Following breakfast we will have a special kid friendly presentation by the Fire Department and EMTs, then we will head outside to "touch a truck". Perhaps the GFD staff will let the kids wash the fire truck and ambulance again! Bring your camera and the staff will help you capture the day. **Reserve your family's spot today!**

Additional Special Events Listed on Page 5



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

The Catholic Heart Work Camp will be in Groton July 1st through July 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 restore their homes with repairs such as interior/exterior painting, yard clean up, 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 have work that needs to be done in or around your home, please call me or stop into see me for more information and an application.

Farmers' Market Coupons will be available in July, although I do not have an exact date. The coupons are available for seniors on a fixed/low income. Montachusett Opportunity Council usually provides me with 20-25 coupons, so they go quickly. If you're interested in receiving one of these coupons, please contact me at the end of June.

Loaves & Fishes Donations: We received over 200 lbs. of donated food for Loaves & Fishes last month. I want to send a big Thank You to all of you that donated items here at the Senior Center. I never expected so much food to be donated during our first month as a donation drop-off site. Your generosity has already helped so many in need including some residents of Groton.

With summer approaching, please keep in mind that we are a cooling center. If you need to get out of the heat, we'd love to have you at the Senior Center!

I'm here to help you, so please don't hesitate to stop by or call me! All information remains confidential.

Stacey

News from SHINE

Staying Healthy with Medicare

An important goal for Medicare is to help people stay healthy through prevention. Medicare provides a number of preventive services. These services are free, whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of these services are listed to the right. There are very specific rules which state when and how often Medicare will pay for these listed services. For details, go to www.medicare.gov or see a SHINE counselor.

Monthly SHINE Chat Line - 2nd Tuesday of the month

Sponsored by the Central Massachusetts Agency Aging. Go to www.SeniorConnection.org and click on Connection for Caregiver button. Then click on the Support Groups and Chat button. Create a username and password, log in and click on SHINE.

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.

Examples of Preventative Services

- Mammograms
- Pap tests and pelvic exams
- Colorectal cancer screening (including colonoscopies)
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening/counseling
- Depression screening
- Obesity screening/counseling

Merry Trippers

By Nyola Vaillancourt,

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

Lake Como & Switzerland - September 21-29, 2013 featuring:

Lake Como, Saint Moritz, Bergamo, Lake Maggiore, The Borromean Islands, Milan and Lugano. Our 9 day / 7 night itinerary includes roundtrip transportation from Groton to Logan International Airport, all flights, all transfers and daily sightseeing on a deluxe motorcoach, 7 nights at a 4-star hotel on Lake Como, a substantial breakfast and dinner each evening, boat cruises on Lake Como and Lake Maggiore, funicular railway in Bergamo and many other services.

Our Durgan tour includes not only the scenic beauty of the Lakes region of Italy but some of the outstanding beauty of the Palazzos, palaces and Cathedrals. Da Vinci's mural painting of "The Last Supper" will be in the rectory of the Renaissance Church of Santa Maria delle Grazie for viewing. In Lugano, Switzerland we will tour the famous Belvedere Garden and our visit to Saint Moritz will include some majestic scenery as well as historic landmarks.

Rates are per person double occupancy at \$2699 (credit card) or \$2649 (cash/check) Single add \$480. Sign-ups and detailed fliers are located in the Groton Senior Center lobby. For more information contact Nyola.

Upcoming Sumer Events

June

Luncheon by Nashoba Tech with Singer
Tony Funches, 5th at 12:00 PM

Groton Police Picnic, 12th at 12:00 PM

Lunch & a Flick - *Silver Linings Playbook*,
19th at 12:00 PM

Maine Clambake Trip, 20th 9:00 - 4:30

Ice Cream Social with Entertainer Larry
Lee Lewis, 26th at 12:30 PM

Grandparents Breakfast
with Fire Department, 27th at 10:00 AM

July

Red White & Blue Pancake Breakfast with
historian Richard Howe Jr., 2nd at 10 AM

Lunch & a Flick - *Promised Land*,
10th at 12:00 PM

Hawaiian Luau with Hula Hooper
Heidi Delisle, 24th at 12:00 PM

August

Senator's & Representative's BBQ,
13th at 12:00 PM

Line Dancing Instructor Spotlight

Now class has a new time and is offered fee of charge!



Meet the Groton Senior Center's Line Dancing Instructor, Alice Vlahos. On June 18th this class will have a new day and time, Tuesday mornings at 11:00 AM (formally Thursday nights).

Alice grew up in Groton and graduated from Groton High School. Although she moved a way with her family for a while, she has been back for a few years now to take care of her former mother-in-law. She is a mother to 3 sons and a grandmother to 7 boys and 1 girl.


Alice has been a dance instructor for 24 years and currently owns a studio in

Brookline NH. Her love for dance began with ballroom and grew to include country line dancing as well as couples pattern dancing over the years. Now, her line dancing class is expanded to include music and rhythms for country music as well as ballroom. Alice also loves gardening, is considering taking up riding motorcycles again (perhaps a tike), and wishes to travel more.

To give back to the community she is teaching our Tuesday class with no cost to participants! Classes begin June 18th, but sign-up at the front desk today to reserve your space with Alice today!

June 2013

HDM - Home Delivered Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:00 Groton Swim 11:30 Strength Training 12:00 Roast Pork 12:30 Cribbage 2:00 Quilting	10:00 Paint - One Stroke 12:00 Grilled Chicken 12:45 Hand & Foot 4:30 Pilates Phase 1	10:30 Strength Training HDM Broccoli Bake 12:00 Lunch by Nashoba Tech Singer Tony Funches 12:30	10:00 Yoga 11:00 Scrabble 12:00 Kielbasa 12:45 Hand & Foot 2:00 Tai Chi 5 PM Zumba Gold	VAN DW Highway 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
10	11	12	13	14
10:00 Groton Swim 11:30 Strength Training 12:00 Swedish Meatballs 12:30 Cribbage 2:00 Quilting	10:00 Paint - One Stroke 12:00 Tuna Salad 12:45 Hand & Foot 4:30 Pilates Phase 1	10:30 Strength Training HDM Baked Ham 12:00 Police Picnic	10:00 Yoga 11:00 Scrabble 11:30 Ask the Nurse 12:00 Breaded Chicken 12:45 Hand & Foot 2:00 Tai Chi 5 PM Zumba Gold	VAN Lunenburg 10:00 Groton Swim 10:00 Strength Training
17	18	19	20	21
10:00 Groton Swim 11:30 Strength Training 12:00 Pesto Chicken 12:30 Cribbage 2:00 Quilting	Podiatry Apts. 10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Mac & Cheese 12:45 Hand & Foot 4:30 Pilates Phase 1	9:00 Book Club 10:30 Strength Training HDM Turkey w/ Gravy 12:00 Pizza Lunch 12:30 Movie: Silver Linings Playbook	Clambake Trip Departs 9:00 AM 10:00 Yoga 11:00 Scrabble 12:00 Potato Fish 12:45 Hand & Foot 2:00 Tai Chi 5 PM Zumba Gold	VAN Loaves & Fishes 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
24	25	26	27	28
10:00 Groton Swim 10:30 Talk w/ Tom 11:30 Strength Training 12:00 BBQ Beef Rib 12:30 Cribbage 2:00 Quilting	VAN Center Open! Local Trips & Rides to the Polls 10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Breaded Chicken 12:45 Hand & Foot 4:30 Pilates Phase 1	10:30 Strength Training HDM Ziti w/ meat sauce 12:00 Turkey & Cheese 12:30 Ice Cream Social Music & Comedy by Larry Lee Lewis	10:00 Yoga 10:00 Grandparents' Breakfast 11:00 Scrabble 12:00 Chili & Egg Salad 12:45 Hand & Foot 2:00 Tai Chi 5 PM Zumba Gold	VAN Christmas Tree Shop 10:00 Groton Swim 10:00 Strength Training (Elaine's last class until Sept.)
July 1	July 2	July 3	July 4	July 5
10:00 Groton Swim 10:00 Strength Training 12:00 Lunch 12:30 Cribbage 2:00 Quilting	10:00 Red, White & Blue Pancake Breakfast 10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Lunch 12:45 Hand & Foot 4:30 Pilates Phase 1	10:00 Strength Training 12:00 Lunch	Center Closed 	VAN DW Highway 10:00 Groton Swim 10:00 Strength Training

Regular Scheduled Activities

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

Strength Training with Elaine - \$3/class

Just the right mix of aerobic & strength in your workout. Class is set to vibrant music.

Mondays at 11:30 AM

Wednesdays at 10:30 AM

Fridays at 10:00 AM



Line Dancing - Tuesdays, 11 AM - 12 PM

Alice Vlahos, instructor - No Cost

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 June 18th. **Sign-up at the front desk.**

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.**

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

MaryLu Hildreth, instructor - \$3/class

A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.

Supported by the Friends of Groton Elders.

Tai Chi - Thursdays, 2:00 - 3:00 PM

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

New students welcome anytime. Focusing the mind solely on the movements helps to bring about a state of calm and clarity, as you improve your balance and flexibility.

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.

Sign-up at the front desk.

Upcoming Events Continued

Pizza & a Flick

Wednesday, June 19th at 12:00 PM

Silver Linings Playbook

In this 2012 film, Bradley Cooper plays Pat, someone who is newly diagnosed with bipolar disorder after a court ordered stay in a mental institution. After being released by his father, he now lives back with his parents and wishes to reunite with his estranged wife. Then, he meets Tiffany played by Jennifer Lawrence (Oscar winner for Best Actress) who offers to help him reunite with his wife, but only if he does a favor for her as well. Please note, this movie is rated R-language. Pizza provided by Right at Home Care! Non-perishable items for Loaves & Fishes accepted.

Sign-up at the front desk.

Save the Date: July 10th - Promised Land

Ice Cream Social

with Entertainer Larry Lee Lewis

Wednesday, June 26th at 12:30 PM

Join us for a make your own ice cream Sunday party to kick off the summer. While enjoying our tasty treat we will be treated to the music styling's and comedy of entertainer Larry Lee Lewis. Everyone raved about his performance back in October, and he is back to help us kick off the summer. Come early for lunch for only \$2.25, but the ice cream and entertainment are free. **Sign-up at the front desk.**

Red, White & Blue Pancake Breakfast

Tuesday, July 2nd at 10:00 AM

Come for pancakes covered in strawberries and blueberries with whipped cream. Stay for a historical talk by Middlesex North Registrar of Deeds, Richard Howe Jr. He will be discussing the artistic monuments found in the Lowell Cemetery and the lives of those buried there, an interesting cross section of American society. **Sign-up at the front desk.**

On Going Events

Ask the Nurse

Thursday, June 13th from 11:30 -1 PM

Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice

Book Club - Wednesday, June 19th at 9:00 AM

Discussion Group with Tom Hartnett

Monday, June 24th at 10:30 AM

Presented by the Friends of Groton Elders

Upcoming Trips

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.



Portsmouth Harbor & Isles of Shoals Cruise Thursday, August 1st 10:00 AM to 6:30 PM

This outing will begin at the Roundabout Diner. Choose from their pub style lunch options or, choose breakfast which is served all day. You will also have some free time to explore the pristine Prescott Park along the Portsmouth water front.

Then, aboard the three deck M/V Thomas Lighton, you will travel through this unique working port complete with tugboats, tankers, 5 forts, 3 lighthouses and the oldest active naval yard in the nation. Once at the Shoals, a historian will narrate as the ship cruises around the 9 islands off the Portsmouth Coast.

Cost is \$58; includes transportation, lunch & the cruise.

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, June 7th Shopping on DW Highway, Nashua
- 2nd Friday, June 14th Shopping in Lunenburg including Wal-Mart
- 3rd Friday, June 21st Transportation to/from Loaves & Fishes
- 4th Friday, June 28th 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.

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 5 Special Events in June
 2nd annual Red, White & Blue Pancake Breakfast in July
 New, Free Fitness Class

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

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Wish List

- Postage Stamps
- Large Plastic Soda Cups
- Diet & Regular Soda
- Dishwashing Scrub Brushes
- Coffee Creamers
- Paper Towels
- Microwave Popcorn
- 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

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