



Senior Soundings

August 2013

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



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

1-978-448-1170

Dear Friends,

We tend to acquire negative stereotypes about aging as young as 3 years of age. As we age, these stereotypes become relevant to ourselves, we *believe* them ourselves.

Consider this joke:

A 60 year old woman went to a doctor for her annual checkup.

Doctor: "You have the body of a 35 year old and are in terrific shape. You might live forever. How old was your father when he died?"

Patient: "Did I say he was dead?"

Doctor: "Oh, how old is he? Is he very active?"

Patient: "He is 82 and loves ski, surf, and sky dive."

Doctor: "Well, how old was your grandfather when he died?"

Patient: "Did I say he was dead?"

Doctor: "Wow! Is your grandfather very active?"

Patient: "He is 106 and loves to run in marathons. He is getting married again next week."

Doctor: "At 106 years old why on earth would your grandfather want to get married?"

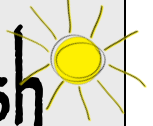
Patient: "Did I say he wanted to?"

This joke challenges our stereotypes and stretches our imaginations. As a senior yourself, would you make the same assumptions as a younger reader; that a 60 year old would not have a father or grandfather living. What part do we all play in removing the aging stereotypes? Numerous studies have concluded that stereotypes surrounding aging affect the way seniors see themselves, often to the detriment of their own health. If you believe people at your age are supposed to be feeble, chances are you won't be doing much exercise. If you believe seniors are set in their ways, then you will be unable to accept change. Most 100 year olds don't run marathons and father children and most 82 year olds don't ski, surf and ski dive. But instead of a marathon, walk around the block, then do it twice, then do it three and four times. Read what's current in today's culture. We may not all know how to "tweet" or play a video game but reading about them will enhance conversations with grandchildren. Today can be embraced without the loss of the past. The breakdown of stereotypes on aging has to begin with those that have aged. Those with a mind that wants to learn, a body that wants to move the best that it can and a heart that still wants to love.

Kathy Shelp, Director
Groton Council on Aging

The Groton Senior Center celebrates

End of Summer Bash



at the Groton County Club

Friday, September 6th

6:00pm – 8:30pm

For your dancing and listening pleasure

Live music by

BOOTS RUSSO

Complimentary Hors d'oeuvres
Cash Bar

Groton Country Club for only \$5pp.
Sign-up at the front desk

A luncheon to

Honor Our First Responders



Wednesday

September 11

12:00pm

\$5pp

Please join the Groton Council on Aging as we honor Groton's first responders;
Police, Firefighters and EMS.
We will celebrate their dedication and support of the Groton community.
Come, thank them in person.

Menu:

Steaktip Shish-ka-bob
Potatos and dessert



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 hope you're all enjoying the summer weather – I know I am! There are a few things I'd like you to all be aware of.

Warning from the Groton Police Department

The Groton Police are warning residents to keep their cars LOCKED at all times. Over the 4th of July weekend, more than 15 residents reported having items stolen out of their vehicles. These resident's cars were parked in their own driveways. If you have any questions or concerns, please call the Groton Police Department @ 448-5555.

Emergency Preparedness Forms

The Groton Council on Aging Outreach Program works in collaboration with the Groton Police, Groton Fire and Groton Emergency Services. Over the last few years, we have experienced some very severe weather that has left many without power, heat, food, water, medications, air conditioning, transportation, etc. In order to keep residents as safe as possible in a severe weather emergency, we have created an Emergency Preparedness Form for senior and/or disabled residents to fill out. All information remains **confidential** and is kept in our database. In the event of such an emergency, you will be contacted to make sure that you are safe and have what you need, i.e., medications, food, etc.

In your **August Groton Electric Light bill** you will find the Emergency Preparedness Form. I **strongly urge all senior residents** to take a few minutes to fill it out, and return it to me at the address listed at the bottom of the form. Some of you may have already filled out this form, but please return this new one to me with any changes. If you have any questions, feel free to call me at (978) 448-1170.

Tips for Coping in Hot Weather

- Make sure to have a working fan.
 - Shut windows and pull down the shades when it is hotter outside. When it cools down, open the windows for ventilation.
 - Avoid the sun and don't go out between 11:00 am – 3:00 pm.
 - Have cool baths or showers, and splash yourself with cool water.
 - Drink cold drinks regularly, such as water and fruit juice. **Avoid** tea, coffee and alcohol.
 - Plan ahead to make sure you have enough supplies, such as food, water, and any medications you need.
- Please remember that the Groton Council on Aging is a cooling center. All residents are welcome to come and cool off for as long as they need. If you're feeling the effects of the heat when the Senior Center is closed, please call the Groton Police @ 448-5555, and they will assist you in finding a cooling center.

Loaves & Fishes Donations

Thank you to all of you that have continued to bring donations for Loaves & Fishes Food Pantry!!! Your generosity has made a big difference in many people's lives!!!

Stacey

Merry Trippers & Friends of the Groton Elders

By Nyola Vaillancourt,

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

Merry Trippers - America's Music Cities, March 30th – April 6th, 2014. Our 8 day trip features “The Jazz Capital of the World”, New Orleans with it's rich history, mouth-watering Cajun and Creole cuisine and incomparable music. Some highlights include the French Quarter, New Orleans School of Cooking and a Swamp Tour. From Louisiana we travel north to Memphis, the birthplace of the Blues, Rock'n'Roll and Soul. No visit to Memphis is complete without a tour of Graceland, the palatial home of Elvis Presley. Journey on to Nashville, “The Music Capital of the World” and a performance at the “Grand Ole Opry”. Many more highlights are included in this tour. Rates are per person double occupancy at \$2199, Single \$2749, Triple \$2169. Deposit and reservation must be made by October 23rd, 2013.

The Friends of Groton Elders, Inc. - American Textile Museum, Tuesday, August 6th, 2013

Price: \$30 (Includes transportation, museum entrance, tour, & driver's gratuity)

Behind the Veil: Brides and Their Dresses is a special exhibit with an intimate look at generations of wedding dresses and the women who wore them. Whether extravagant or frugal, traditional, or fashion-forward, the story behind a bride's dress tells us much about her life, and our culture. Explore how brides over more than 100 years have chosen their wedding dresses, a decision shaped by fashion, family, and finances. Full of culture and American heritage, this exhibit is one not to miss. A great generational visit if you wish to include some younger members of your family to share experiences. Our bus leaves Buckingham Bus Station at 10:00 AM and departs the museum to return home at 2:00 PM. After our museum tour, we will us to have lunch on our own at the Museum Café. Checks made out to, Friends of Groton Elders, Inc. and are due by July 27th.

Full detail flyers and sign ups for both trips are available in the Groton Senior Center Lobby. You may also contact Nyola Vaillancourt (contact information listed above) with additional questions.

Upcoming Events

August

| | |
|--|---------------------------|
| Pizza & a Flick - <i>Argo</i> | 7 th at 12 PM |
| Senator's & Representative's BBQ | 13 th at 12 PM |
| Hotdogs & a Flick - <i>The Things About My Folks</i> | 21 st at 12 PM |

September

| | |
|--|-------------------------------|
| Pizza & a Flick - <i>Quartet</i> | 4 th at 12 PM |
| End of Summer Bash | 6 th at 6 PM |
| Veteran's Breakfast | 9 th at 10 AM |
| Honoring Our First Responders | 11 th at 12 PM |
| Women's Club with Pianist | 18 th at 12 PM |
| Groton Fest - Check out our Booth! | 21 st Starts 10 AM |
| Nashoba Tech Lunch & Coffee Presentation | 25 th at 12 PM |

October

| | |
|--|------------------------------|
| Pizza & a Flick - <i>Beasts of the Southern Wild</i> | 2 nd at 12 PM |
| Volunteer Luncheon | 9 th at 12 PM |
| Women's Club with Neil Diamond Tribute | 16 th at 12 PM |
| Veteran's Breakfast | 21 st at 10 AM |
| Nashoba Tech Lunch with Physic Medium | 23 rd at 12 PM |
| Halloween Party | 30 th at 12:30 PM |

Volunteers Needed

Friendly Visitor: The Outreach Department is seeking volunteers to visit homebound seniors in Groton. If you enjoy interacting with people, and have 1-2 hours per week and/or every other week available, and you would like to make a difference in a senior's life, please contact Stacey at 978-448-1170. Thank you!

To better serve the residents of Groton, beginning September 1, Meals on Wheels (MOW) will be offered 5 days a week.

Friday MOW Kitchen Help: Meals come mostly prepared from a catering company so do not feel like you need to have chef experience. Mostly warming up food, and preparing into individual portions. About 2 hour time commitment from 9:30 to 11:30 AM.

Friday MOW Drivers: More than just delivering a meal. It's also about personal contact and a wellness check for these homebound seniors. About 1 hour time

August 2013

HDM - Home Delivered Meal

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| July 29 10:00 Strength Training 12:00 Groton Swim 12:00 Roast Pork 12:30 Cribbage | July 30 10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Turkey Salad 12:45 Hand & Foot | July 31 VAN Kimball's Trip 10:00 Strength Training 12:00 Mac & Cheese | 1 10:00 Harbor Cruise Trip 8:30 Pilates 10:00 Yoga 11:00 Scrabble 12:00 Chicken w/ Gravy 12:30 Zumba Gold 12:45 Hand & Foot 2:00 Tai Chi | 2 VAN DW Highway 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge |
| 5 10:00 Strength Training 12:00 Groton Swim 12:00 BBQ Beef 12:30 Cribbage | 6 10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Chicken Caesar 12:45 Hand & Foot | 7 10:30 Strength Training HDM Chicken Marsala 12:00 Pizza Lunch 12:30 Movie - Argo | 8 8:30 Pilates 10:00 Yoga 11:00 Scrabble 11:30 Ask the Nurse 12:00 Potato Fish 12:30 Zumba Gold 12:45 Hand & Foot 2:00 Tai Chi | 9 VAN Lowell Quilt Show 10:00 Groton Swim 10:00 Strength Training |
| 12 10:00 Strength Training 12:00 Groton Swim 12:00 Roast Pork 12:30 Cribbage | 13 10:00 Paint - One Stroke 11:00 Line Dancing HDM Breaded Chicken 12:00 Senator & Reps' BBQ 12:45 Hand & Foot | 14 9:00 Book Club 10:30 Strength Training 12:00 Meatball Sub | 15 8:30 Pilates 10:00 Yoga 11:00 Scrabble 12:00 Steak Sandwich 12:30 Zumba Gold 12:45 Hand & Foot 2:00 Tai Chi | 16 VAN Loaves & Fishes 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge |
| 19 10:00 Strength Training 12:00 Groton Swim 12:00 Chicken Cacciatore 12:30 Cribbage | 20 10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Fish Sticks 12:45 Hand & Foot | 21 10:00 Harbor Cruise Trip 10:30 Strength Training 12:00 Hotdog Lunch 12:30 Movie - The Thing About My Folks | 22 8:30 Pilates 10:00 Yoga 11:00 Scrabble 12:00 Vegie. Chili 12:30 Zumba Gold 12:45 Hand & Foot 2:00 Tai Chi | 23 VAN Christmas Tree Shop 10:00 Groton Swim 10:00 Strength Training |
| 26 10:00 Strength Training 12:00 Groton Swim 12:00 Amer. Chop Suey 12:30 Cribbage | 27 10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Turkey w/ Gravy 12:45 Hand & Foot | 28 10:30 Strength Training 12:00 Chicken a la King | 29 10:00 Yoga 11:00 Scrabble 12:00 Sweet & Sour Pork 12:30 Zumba Gold 12:45 Hand & Foot 2:00 Tai Chi | 30 VAN Westford Shopping 10:00 Groton Swim 10:00 Strength Training |

Fitness Classes

Groton Swim - Mondays & Fridays, 12:00-1:00 PM
At the Groton Country Club for the summer.

Strength Training without Elaine - Free Class
Mondays, Wednesdays & Fridays at 10:00 AM
Although Elaine is off for July & August the Strength Training Class still meets and works out to her DVDs.

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.**



Pilates Basics for Awesome Abs -
Thursdays, 8:30 - 9:30 AM, Susan Robbins, instructor.
Ends August 22nd - \$84 for the 7 week session. 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 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, 12:30 - 1:15 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 desk.**



Upcoming Events Continued

Annual Senator & Representative's BBQ

Tuesday, August 13th at 12:00 PM

We are so pleased that Senator Eileen Donoghue and Representative Sheila Harrington will be back again with their staff and volunteers to put on a great summer BBQ. Senator Donoghue says, "We are excited to continue this tradition in Groton as a way to celebrate the summer months and better connect with our local constituents. We hope to see you there!" So come, enjoy a quintessential summer cookout, hear what is happening on the hill, and have an opportunity to connect with these two legislatures in person.

Sign-up at the front desk.

Lunch and a Flick

Wednesday, August 7th at 12:00 PM

Argo with Pizza Lunch

A gripping movie based on actual event which unfolded in 1979 after Iran revolutionaries invade the American embassy. Six American staff members escaped and hid in the house of the Canadian Ambassador. To sneak these six out of Tehran, the CIA uses the cover of a Hollywood film crew scouting a location for a science fiction movie. Movie stars Ben Affleck and is rated R for language and some violent images. Pizza provided by Right at Home Care! Non-perishable items for Loaves & Fishes accepted.

Sign-up at the front desk.

Wednesday, August 21st at 12:00 PM

***The Thing About My Folks* with Grilled Hotdog Lunch**

Ben's dad, Peter Faulk, shows up one night with a note from Ben's mother, Olivia Dukakis, (Sam's wife of 46 years), that she has left. While others try to find her, Ben takes Sam on a day trip which turns into a road trip where dad and son explore their past, their relationship, and why Sam's wife left. Anger simmers close at hand, as do love and hope. Where Sam's wife is - and why she left - leads to the movie's resolution.

Lunch cost is \$3.

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.



Lowell Quilt Festival
via the Groton COA Van
Friday, August 9
9:30 to 2:00 PM

Spend the day in historic downtown Lowell as we tour the different exhibits offered in this festival of quilts and other fiber arts. The day will begin with the viewing of Images; New England's premier judged & juried quilt show and visiting the shows wide range of vendors located at the Lowell Memorial Auditorium. Taking a break from the festival, then enjoy lunch (or breakfast if you prefer) at the Owl Diner. A quintessential diner built out of an old Worcester lunch car. Following lunch will be a trip to the New England Quilt Museum. Among its displays will be a traveling exhibit, A Slice of Cheddar, Antique Pennsylvania Quilts.

Other local museums are included with festival admission and it will be up to trip goers what other stops they would like to make if time allows. These addition museums include: Brush Art Gallery, Whistler House Art Museum, All Arts Center & Appleton Mills.

The cost for the trip is \$17 which includes transportation and admission to the judged quilt show and New England Quilt Museum. Lunch at the Owl Diner is on your own.

This trip is limited to 8 .

On Going Events

Ask the Nurse

Thursday, August 8th 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 answer your questions. On going - 2nd Thursday of the month.

Book Club

Wednesday, August 14th at 9:00 AM

The Golden Hour, by Margaret Wurtele

Mary Coin, by Marisa Silver

On going - 2nd Wednesday of the month.

Coming Soon!

Ask the Officer

Wednesday, September 18th
10am to 12pm

The COA liaison officer, **Kevin Henahan**, will be on hand to answer your questions, problem solve, and share in conversation. No appointment necessary, simply stop in! Remember, in an emergency, please call the police department directly.

On going - 3rd Wednesday of the month.

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, Aug. 2nd Shopping on DW Highway, Nashua

2nd Friday, Aug. 9th Lowell Quilt Festival

3rd Friday, Aug. 16th Transportation to/from Loaves & Fishes

4th Friday, Aug. 23rd Trips around Christmas Tree Shop, Nashua

The van can be used for:

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**

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| <p><i>Vital Numbers</i></p> <p>Elder Affairs/ SHINE 800-243- 4636 (800-AGE-INFO) TDD/TTY 800-872-0166</p> <p>Elder Abuse Hotline 800-922-2275 Elder Abuse TTY 800-922-2275</p> <p>Attorney General's Elder Hotline 888-243-5337</p> <p>Social Security Admin. 800-772-1213</p> <p>Medicare 800-633-4227 (800-med-icare)</p> <p>Medicare Fraud & Abuse Hotline 800-368-5779</p> | <div>  <p>Groton Council On Aging 173 Main Street Groton, MA 01450</p> </div> <div> <p><i>In This Issue</i></p> <p><i>2nd Annual Classic & Antique Car Breakfast</i> <i>Annual Senator and Representative's BBQ</i> <i>Lowell Quilt Festival Trip</i></p> <p>This newsletter is supported in part by the Executive Office of Elder Affairs.</p> </div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p><i>Staff</i></p> <p>Director Kathy Shelp gcoa@townofgroton.org</p> <p>Outreach Coordinator Stacey Shepard Jones sjones@townofgroton.org</p> <p>Activities/Volunteer Co. Bethany Loveless bloveless@townofgroton.org</p> <p>Maintenance Alan Sinclair</p> <p>Van Driver Hal Burnett</p> <p>Selectmen Liaison Peter Cunningham</p> <p>Senior Liaison Officer Kevin Henehan</p> | <table> <tr> <td data-bbox="430 1045 727 2020"> <p><i>COA Board of Directors</i></p> <p>Chairman Frances Goldbach</p> <p>Vice Chairman Marie Melican</p> <p>Treasurer Carl Flowers</p> <p>Secretary George Faircloth</p> <p>Members Charlotte Carkin Maydelle Gamester Mildred Wells Vera Strickland Eddie Wenzell</p> </td><td data-bbox="727 1045 1542 2020"> <p><i>Wish List</i></p> <ul style="list-style-type: none"> • Postage Stamps • Diet & Regular Soda • Craft Supplies • Coffee Creamers • Paper Towels • Decorative Napkins <p><i>We appreciate your donations.</i></p> <p><i>Thank You</i></p> <table> <tr> <td>Board of Directors</td> <td>For giving their time and support</td> </tr> <tr> <td>Friends of the Groton Elders</td> <td>Financially supporting select programs</td> </tr> <tr> <td>Hannaford's</td> <td>Bakery items on Tuesday</td> </tr> <tr> <td>Shaw's</td> <td>Food for Veteran's Breakfast</td> </tr> <tr> <td>Blood Farm</td> <td>Food for Veteran's Breakfast</td> </tr> <tr> <td>Patrolmen's Union</td> <td>Donation for the Veteran's Breakfast</td> </tr> <tr> <td>Donelan's</td> <td>Plastic bags for meals on wheels</td> </tr> <tr> <td>Groton Channel</td> <td>Producing the Senior Spotlight</td> </tr> <tr> <td>Cynthia Beard</td> <td>Paper plates, bowls & coffee maker</td> </tr> <tr> <td>Dale Martin</td> <td>Coffee Cream</td> </tr> <tr> <td>Jim Hallet</td> <td>HDMI Cable</td> </tr> <tr> <td>Elaine Franzen</td> <td>Stamps</td> </tr> <tr> <td>Jean Temple</td> <td>Craft Supplies</td> </tr> <tr> <td>Mr. & Mrs. Anonymous</td> <td>Coffee Cream & Paper Towels</td> </tr> </table> <p><i>Thank you to all that give but wish not to be mentioned.</i></p> </td></tr> </table> | <p><i>COA Board of Directors</i></p> <p>Chairman Frances Goldbach</p> <p>Vice Chairman Marie Melican</p> <p>Treasurer Carl Flowers</p> <p>Secretary George Faircloth</p> <p>Members Charlotte Carkin Maydelle Gamester Mildred Wells Vera Strickland Eddie Wenzell</p> | <p><i>Wish List</i></p> <ul style="list-style-type: none"> • Postage Stamps • Diet & Regular Soda • Craft Supplies • Coffee Creamers • Paper Towels • Decorative Napkins <p><i>We appreciate your donations.</i></p> <p><i>Thank You</i></p> <table> <tr> <td>Board of Directors</td> <td>For giving their time and support</td> </tr> <tr> <td>Friends of the Groton Elders</td> <td>Financially supporting select programs</td> </tr> <tr> <td>Hannaford's</td> <td>Bakery items on Tuesday</td> </tr> <tr> <td>Shaw's</td> <td>Food for Veteran's Breakfast</td> </tr> <tr> <td>Blood Farm</td> <td>Food for Veteran's Breakfast</td> </tr> <tr> <td>Patrolmen's Union</td> <td>Donation for the Veteran's Breakfast</td> </tr> <tr> <td>Donelan's</td> <td>Plastic bags for meals on wheels</td> </tr> <tr> <td>Groton Channel</td> <td>Producing the Senior Spotlight</td> </tr> <tr> <td>Cynthia Beard</td> <td>Paper plates, bowls & coffee maker</td> </tr> <tr> <td>Dale Martin</td> <td>Coffee Cream</td> </tr> <tr> <td>Jim Hallet</td> <td>HDMI Cable</td> </tr> <tr> <td>Elaine Franzen</td> <td>Stamps</td> </tr> <tr> <td>Jean Temple</td> <td>Craft Supplies</td> </tr> <tr> <td>Mr. & Mrs. Anonymous</td> <td>Coffee Cream & Paper Towels</td> </tr> </table> <p><i>Thank you to all that give but wish not to be mentioned.</i></p> | 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 | Cynthia Beard | Paper plates, bowls & coffee maker | Dale Martin | Coffee Cream | Jim Hallet | HDMI Cable | Elaine Franzen | Stamps | Jean Temple | Craft Supplies | Mr. & Mrs. Anonymous | Coffee Cream & Paper Towels |
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