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 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 its 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

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<td>End of Summer Bash</td>
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<td>Veteran’s Breakfast</td>
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<td>Honoring Our First Responders</td>
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<td>Women’s Club with Pianist</td>
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<td>Groton Fest - Check out our Booth!</td>
<td>21st Starts 10 AM</td>
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<td>Nashoba Tech Lunch &amp; Coffee Presentation</td>
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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
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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.
**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.

**Ask the Officer**
*Wednesday, September 18th 10am to 12pm*
The COA liaison officer, Kevin Henehan, 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.

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**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
- Out-of-Town $4.00
- 12 Rider Voucher $30.00

**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.

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

COA Board of Directors

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Wish List

- Postage Stamps
- Coffee Creamers
- Diet & Regular Soda
- Paper Towels
- Craft Supplies
- 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
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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

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