



# Senior Soundings

September 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,

I've always felt as if September is the beginning of the New Year, even more so than January 1. The kids would be getting back to school with homework, sports, boy scouts, girls scouts and after school activities taking over our schedules. The routine was comforting, a familiar voice following the free spirited summer. The New Year has begun here at the senior center as well. We have the familiarity of the Women's Club Luncheons, Nashoba Tech, Pizza and a Flick and the Veteran's Breakfast and our trips. There is exercise every day in our lower level with the Book Club, Scrabble, Cribbage and card games scattered through the week. Fortunately with every new year there comes the opportunity for personal growth, spiritually, physically and mentally, and here at the senior center we have increased programming to inspire you. Some of the new programs are; *Creative Creations*, a fun, craft series for the experienced and inexperienced, *Ask the Officer* will bring the Senior Police Liaison to the senior center once a month to answer questions for you. Once a month we will also embark on a *Cultural Excursion* in our van attending lectures and museums and we've added a series of *health education lectures*, a *twelve-week meditation series* and an additional *Wednesday Holiday Luncheon Celebration* every month. As you read the newsletter, call us, or better yet, stop in and register for everything that may inspire you.  
We so look forward to seeing you!  
Kathy Shelp, Director

A luncheon to



## **Honor Our First Responders**

Wednesday, **September 11**

11:30am Program 12:00pm Lunch

\$5.00pp

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  
Potatoes and dessert

**Call the center for your reservation 448-1170**

### **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.

### **COA Staff**

#### **Director**

Kathy Shelp  
gcoa@townofgroton.org

#### **Outreach Coordinator**

Stacey Shepard Jones  
sjones@townofgroton.org

#### **Activities/Volunteer Co.**

Open position

#### **Maintenance**

Alan Sinclair

#### **Van Driver**

Hal Burnett

#### **Selectmen Liaison**

Peter Cunningham

#### **Senior Liaison Officer**

Kevin Henehan

### **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



### How We Can Help

Fuel Assistance  
Friendly Visits  
RMV Disabled Placards

Home Delivered Meals  
Declaration of Homestead  
File of Life

Chores  
Phone Wellness

Food Stamps  
Transportation

Hi Everyone,

Winter really isn't too far away, so I encourage all of you to start preparing now for blizzards, ice storms, and anything else Mother Nature decides to send our way. Most importantly, I'd like to remind you all that in your August Groton Electric bill there will be a 2013-2014 Emergency Preparedness Form. Please fill it out completely and return it to me as soon as possible. This will help us identify and/or assist you in the event of severe weather. I realize some of you have filled this out before, but please fill it out again so that we have all of the up-to-date information for our database.

In the event of a severe weather emergency, I also strongly suggest all residents keep an Emergency Kit consisting of the following items:

- Bottled water (1 gallon per person/per day) for at least 5 days
- Canned foods and non-perishable foods
- Manual can-opener
- Radio (battery-powered) and extra batteries
- Watch or battery-operated clock and extra batteries
- First aid kit
- Flashlights or lantern with extra batteries
- Prescription medications (2-week supply)
- Cell phone, charger, and car charger as well
- Blankets and sleeping bags
- Cash

Please keep in mind that you can use the GCOA Van to do local shopping to stock up on these items. Please call the Van Line @ 978-448-1141 to arrange an appointment to do so. In the event of a weather emergency, the Senior Center is a cooling and warming center as we have a generator. Please call us directly at 978-448-1170 during regular business hours or the Groton Police Department at 978-448-5555 after hours, if you need to cool off or warm up!

Remember, I'm always here to help you with anything I can!

*Stacey*

## *News From Shine*

### Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2014.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

Beginning in October we will be conducting our Medicare Boot Camp Meetings to explain any changes to Medicare or Medicare Health Plans or Drug Plans for the 2014 plan year. These meetings are important and you should plan to attend one near you.

## An Exploration of Meditation

October 9—December 18

Wednesday, 2:30PM

(when the building is quiet)

Cost: \$45 for 12 week program

NEW

Learn and try a number of different approaches to this age old practice and join in to discuss, share and ask questions about what you're experiencing. It's doubtful that anyone can really explain exactly what meditation does for us. The clinical studies do show how it can positively effect our bodies - and that will be discussed. But the perceptual changes, how we experience and relate to ourselves and the typical ups and downs of our lives, can be just as interesting and amazing. Join yoga teacher MaryLu Hildreth this fall and find out for yourself!

## Ask the Officer

Third Wednesday each month

10am-12pm

The Council on Aging Liaison Officer, **Kevin Henahan**, will be on hand to answer your questions, problem solve and share in conversation.

No appointment necessary, simply stop in! Please remember, in an emergency, please call the police department directly.

## Day Trips

**Tuesday, September 17**

### **Tastes of New Hampshire Wine and Cheese Tasting**

Lee, New Hampshire

\$56.00pp

9:30am—4:30pm

Touring & Tasting Zorvino Winery  
Shopping and cheese sampling at  
1836 Calef Country Store  
Indulging in gelato or chocolate  
tasting plate at the Sean Chocolate  
Shop & Café

Search for unique ornaments at  
the Christmas Dove, NE largest  
Christmas store

**Lunch at the Holy Grail**

**Thursday, October 10**

### **Green Mountain Railroad**

Foilage Train

White River Jct, Vt

\$52.00pp

8:30am-5:00pm

Enjoy a scenic ride along the  
White River with a half-hour  
layover at Cedar Circle Farm  
Conclude with an early lunch at  
Tuckerbox

**Lunch at Tuckerbox**

**Tuesday, November 12**

### **Yankee Candle**

Deerfield, Mass

\$49.00pp

Time to be determined

Far more than just a candle  
store, it's a special location  
where magic comes to life.

From watching animated  
singing characters to  
celebrating Christmas year  
round, quite an unusual place.

**Lunch at Chandlers**

## *Friends of the Groton Elders & Merry Trippers*

**For more information contact: Nyola Vaillancourt, nyolav@verizon.net or call her, 978-692-8608**

Full detail flyers and sign ups for trips are available in the Groton Senior Center Lobby.

### **America's Music Cities**

March 30<sup>th</sup> – April 6<sup>th</sup>, 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".

Rates are pp dbl occupancy at \$2199, Sng \$2749,  
Triple \$2169. Deposit must be made by Oct 23<sup>rd</sup>, 2013.

### **Costa Rica**

March 7-16, 2014

This 10 days/9 nights features beaches, volcanoes, tropical fruits and animals. Costa Rica is the current "go-to" place for natural beauty and tropical adventure. Exotic birds will be the highlight of a cruise in the Tortuguero National Park followed by a visit to the Green Turtle Research Station. Included will be a volcano visit and cascading waterfalls and a butterfly garden. Hiking and exploring the tropical rain forest are among the scheduled activities.

Rates are \$2499 pp with a credit card and \$2449 pp  
for the discounted cash or check option.

# September 2013

HDM - Home Delivered Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>2</b></p> <p>Closed for Labor Day</p>	<p style="text-align: right;"><b>3</b></p> <p>10:00 Paint - One Stroke 11:00 Line Dancing <b>12:00 Lunch</b> <b>Stuffed Shells</b> 12:45 Hand &amp; Foot 7 PM Ballroom Dancing</p>	<p style="text-align: right;"><b>4</b></p> <p>10:30 Strength Training <b>12:00 Meals on Wheels</b> <b>Baked Salmon</b> 12:30 Pizza and a Flick: <i>Quartet</i></p>	<p style="text-align: right;"><b>5</b></p> <p>10:00 Yoga 11:00 Scrabble <b>12:00 Lunch</b> <b>Breaded Chicken</b> 12:30 Zumba 12:45 Hand &amp; Foot 2:00 Tai Chi</p>	<p style="text-align: right;"><b>6</b></p> <p>VAN DW Highway 10:00 Groton Swim 10:00 Strength Training <b>12:00 Lunch</b> <b>Meatloaf</b> 12:30 Bridge 6:00p End of Summer Bash at Groton</p>
<p>10:00 Groton Swim <b>9</b> 10:00 Veteran's Breakfast 11:30 Strength Training <b>12:00 Lunch</b> <b>Fish Sticks</b> 12:30 Cribbage 2:00 Quilting</p>	<p style="text-align: right;"><b>10</b></p> <p>9:00 Sharing Our Losses 11:00 Line Dancing 10:00 Paint - One Stroke <b>12:00 Lunch</b> <b>Turkey w/gravy</b> 12:45 Hand &amp; Foot 7 PM Ballroom Dancing</p>	<p style="text-align: right;"><b>11</b></p> <p>10:30 Strength Training 11:30 Luncheon: Honoring Our First Responders <b>12:00 Meals on Wheels</b> <b>Chicken Breast with Pesto</b></p>	<p style="text-align: right;"><b>12</b></p> <p>10:00 Yoga 11:00 Scrabble 11:30 Ask the Nurse <b>12:00 Lunch</b> <b>Cold Plate</b> 12:30 Zumba 12:45 Hand &amp; Foot 2:00 Tai Chi</p>	<p style="text-align: right;"><b>13</b></p> <p>VAN Walmart/Dollar General 10:00 Groton Swim 10:00 Strength Training <b>12:00 Lunch</b> <b>Lasagna (meat)</b> 12:30 Bridge</p>
<p style="text-align: right;"><b>16</b></p> <p>10:00 Groton Swim 11:30 Strength Training <b>12:00 Lunch</b> <b>White Chicken Chili</b> 12:30 Cribbage 2:00 Quilting</p>	<p style="text-align: right;"><b>17</b></p> <p>9:30 Trip: Wine/Cheese 10:00 Paint - One Stroke 10:00 Creative Creations 11:00 Line Dancing <b>12:00 Lunch</b> <b>Roast Pork</b> 12:45 Hand &amp; Foot 7 PM Ballroom Dancing</p>	<p style="text-align: right;"><b>18</b></p> <p>10:00 Ask the Officer 10:00 Wellness Ed. 10:30 Strength Training <b>12:00 Meals on Wheels</b> <b>Chicken Mtballs</b> 12:30 Groton Women's Club Luncheon</p>	<p style="text-align: right;"><b>19</b></p> <p>10:00 Yoga 11:00 Scrabble <b>12:00 Lunch</b> <b>Chicken Breast</b> 12:30 Zumba 12:45 Hand &amp; Foot 2:00 Tai Chi</p>	<p style="text-align: right;"><b>20</b></p> <p>VAN Loaves &amp; Fishes 10:00 Groton Swim 10:00 Strength Training <b>12:00 Lunch</b> <b>Broccoli Bake</b> 12:30 Bridge</p>
<p style="text-align: right;"><b>23</b></p> <p>10:00 Groton Swim 11:30 Strength Training 12:00 Living w/Diabetes <b>12:00 Lunch</b> <b>Cheese Tortellini</b> 12:30 Cribbage 2:00 Quilting</p>	<p style="text-align: right;"><b>24</b></p> <p>10:00 Paint - One Stroke 10:00 Creative Creations 11:00 Line Dancing <b>12:00 Lunch</b> <b>Potato Fish</b> 12:45 Hand &amp; Foot 1:30 Cultural Excursion 7 PM Ballroom Dancing</p>	<p style="text-align: right;"><b>25</b></p> <p>10:30 Strength Training <b>12:00 Meals on Wheels</b> <b>Breaded Chicken</b> 12:30 Nashoba Tech Lunch</p>	<p style="text-align: right;"><b>26</b></p> <p>10:00 Yoga 11:00 Scrabble <b>12:00 Lunch</b> <b>Cold Plate</b> 12:30 Zumba 12:45 Hand &amp; Foot 2:00 Tai Chi</p>	<p style="text-align: right;"><b>27</b></p> <p>VAN Christmas Tree 9:00 Blankets of Hope 10:00 Groton Swim 10:00 Strength Training <b>12:00 Lunch</b> <b>Shaved Steak</b> 12:30 Bridge</p>
<p style="text-align: right;"><b>30</b></p> <p>10:00 Groton Swim 11:30 Strength Training <b>12:00 Lunch</b> <b>Chicken a la King</b> 12:30 Cribbage 2:00 Quilting</p>				

## *Always Available*

For more information and to register  
please call or better yet, stop in and see us!

### **Mondays**

COA Board Meeting	9:30am (1st Mon)
Groton Swim	10:00am
Vet's Breakfast	10:00am
<i>Sponsored by Groton Police</i>	(2nd Mon)
Hearing Screenings	11:00am (1st Mon)
Strength Training - \$3 per class	11:30am
Cribbage	12:30pm
Quilting	2:00pm

### **Tuesdays**

Sharing Our Losses	9:00am
<i>Presented by Nashoba Associated Boards of Health &amp; Nashoba Nursing Service &amp; Hospice</i>	(2nd Thues)
Creative Creations	10:00am
One Stroke Painting	10:00am
Line Dancing	11:00am
Hand and Foot Cards	12:30pm
Pilates Phase 1	4:30pm
Ballroom Dancing - \$5 per class	7:00pm

### **Wednesdays**

Book Club	9:00am (2nd Wed)
<i>Ask the Officer</i>	10:00am (3rd Wed)
Strength Training - \$3 per class	10:30am
Groton Women's Club Luncheon with Entertainment	12:00pm (3rd Wed)
Pizza and a Flick	12:00pm
<i>Sponsored by Right at Home</i>	(Wed varies)
Nashoba Tech Lunch - \$10	12:00pm (Wed varies)
Holiday Celebrations	12:00pm (Wed varies)

### **Thursdays**

Yoga—\$3 per class	10:00am
<i>Supported by the Friends of Groton Elders</i>	
Scrabble	11:00am
Ask the Nurse and Blood Pressure Screenings	11:30am
<i>Presented by Nashoba Associated Boards of Health &amp; Nashoba Nursing Service &amp; Hospice</i>	(2nd Thurs)
Zumba Gold	12:30pm
Hand and Foot	12:30pm
Tai-Chi—\$40 per 8 week	2:00pm

### **Fridays**

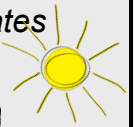
Shopping - \$3 for van	9:00am
Groton Swim	10:00am
Strength Training - \$3 per class	10:00am
Bridge	12:30pm

## *Upcoming Events*

Please reserve your seat by calling the center or  
stop in and register at the front desk.

*The Groton Senior Center celebrates*

## End of Summer Bash



*at the Groton County Club*

**Friday, September 6<sup>th</sup>**

**6:00pm – 8:30pm**

**\$5 per person**

*For your dancing and listening pleasure*

**Live music by**

**BOOTS RUSSO**

*Complimentary Hors d'oeuvres*

*Cash Bar*

### ***Veteran's Breakfast***

**Monday, September 9**

**10:00am**

The featured speaker will be Bob Johnson, Veterans' Services Offices for the Town of Groton. Bob will be speaking on VA benefits, with a focus on the new Fully Developed Claims process.

### ***Groton Women's Club Luncheon***

**Wednesday, September 18<sup>th</sup>**

**Pianist Janice Nikitin**

We are starting off the Fall season with Asian chicken salad served with copper penny carrots, scali bread and deep dish apple pie for dessert. Following lunch we will be entertained by pianist Janice Nikitin Stravinskis playing show tunes.

### ***Nashoba Tech Lunch - - Coffee Talk***

**Wednesday, September 25<sup>th</sup>**

**Cost: \$10 (plus \$2 optional tip)**

You have heard of a wine tasting, but how about a coffee tasting? Join us as Bob Wright, owner of Groton's Main Street Café, shares with us some insight into coffee. Learn a little about coffee's history, growing regions, tastes and flavors. Prior to the coffee talk and tasting, the Nashoba Tech students will cook for us a choice between baked stuffed haddock or chicken cordon blue with a garden salad, vegetable and dessert.

### *Pizza and a Flick*

Please reserve your seat by calling the center or stop in and register at the front desk.

Wednesday, September 4

#### **Movie: "Quartet"**

12:00PM

A funny and charming movie *Quartet* tells the story of aging musicians living together. The movie is a delightful insight into the frailties, humor and even set backs of aging. The story line shows what determination, compassion and grit can produce. Dustin Hoffman's directorial debut. Starring Maggie Smith, Michael Gambon, and Billy Connolly.

### *Wellness Education*

Please register by calling the center or stop in and register at the front desk. No cost.

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

### **Sharing Our Losses**

**September 10**

2nd Tuesday 9-10:30am

At times loss can become overwhelming. We feel it through the death of a loved one, moving from a long time home, loss of independence through physical or mental challenges. There's no need to face these challenges alone, join us for support & understanding.

### **Advance Directives**

**Wednesday September 18 10:00am**

What kind of medical care would you want if you were too ill or hurt to express your wishes? Advance directives are legal documents that allow you to spell out your health care decisions ahead of time. They give you a way to tell your wishes to family, friends, and health care professionals and maintain control of your decisions. Staff of *Nashoba Associated Board of Health & Nashoba Nursing Service & Hospice* will be here to answer your questions and provide an overview of this process.

### *Creative Creations*

Please register by calling the center or stop in and register at the front desk

Tuesday, September 17 10:00AM

#### **Tile Art**

Cost \$3.00

We will be using the art of Decoupage, creating special effects to create your choice of a hot plate, tile décor or coaster set. *The origin of decoupage is thought to be East Siberian tomb art. Nomadic tribes used cut out felts to decorate the tombs of the dead.*

Tuesday, September 24 10:00AM

#### **Fall Wreaths**

Cost: \$5.00

Celebrating the beauty of Autumn colors we will use both natural and man made items to create a wreath suitable to display at your entrance to welcome you and your guests home!

### *Cultural Excursions*

Please reserve your seat by calling the center or stop in and register at the front desk

Fitchburg University Food for Thought Lecture

#### **Isreal-A View From Another Perspective**

Tuesday, Spetember 24

Depart from the center in the van at 1:30pm

Cost: \$4:00

Speaker: Donald O. Long, M,Div, Pastor, Faith Christian Church, Boutelle St, Fitchburg and current MA director of Christians United for Israel. Historical context is vital in understanding competing contemporary views between nation-states of the world. The conflicts in the Middle East, especially regarding the State of Israel, must be understood both in the historical context of the ancient Middle East and in light of the history of the 20th century. This presentation will take these two historical points of view into consideration in order to gain an understanding of the claims over the land of Israel.

### **Living with Diabetes**

**Monday, September 23 12:00PM**

Cathy Biliouris, diabetic educator with Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice, will present on techniques and education to help manage your diabetes. Whether you are challenged with early or advanced stages Cathy will empower you with nutrition, exercise and medical education to help control or alleviated symtoms and delay complications. Healthy snacks provided.

**Please register for all programs by calling the center or stop in and register at the front desk.**



**Vital Numbers**

Elder Affairs/ SHINE  
Prescription Advantage  
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

Groton Council  
On Aging  
173 Main Street  
Groton, MA 01450



## Transportation Information

### Groton COA Van Schedule

#### **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.)

- 1<sup>st</sup> Friday** Shopping on DW Highway, Nashua
- 2<sup>nd</sup> Friday** Shopping in Lunenburg :Walmart, Dollar General
- 3<sup>rd</sup> Friday** Shopping in Loaves and Fishes
- 4<sup>th</sup> Friday** Trips around Christmas Tree Shop, Nashua

**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.

## Did You Know?

- A hot nutritious lunch is served Monday through Friday at the senior center and anyone over the age 60 is welcome. The lunch entrée is listed on our monthly newsletter calender. We do need reservations therefore, please call us at least 24 hours in advance, 978-448-1170. There is a \$2.25 contibution for each meal.
- The Council on Aging van can bring you to the senior center for programs. Please call our van line for your reservation, 978-448-1141. If you need assistance to pay the van fees we can help. Call Stacey, 978-448-1170. All information is confidential.