



# Senior Soundings

October 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

Hello Everyone!

This month my piece will be short and sweet because we needed the newsletter space for all the activity and program news we have to share!

Most importantly, I am very pleased to introduce to you our new Activities/Volunteer Coordinator, Stephanie St. Germain. Stephanie is a Littleton resident and comes to us with great energy and creative gusto. She impressed us with her program ideas and organizational abilities to implement her wonderful ideas. On top of her outgoing personality she has a degree in Fine Arts and web design, as well as experience in corporate administration and an arts teacher at the Littleton Senior Center. We are very lucky to have her here with us. Please stop in and say hello!

*Kathy Shelp, Director*

## **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](mailto:gcoa@townofgroton.org)

### **Outreach Coordinator**

Stacey Shepard Jones

[sjones@townofgroton.org](mailto:sjones@townofgroton.org)

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

Stephanie St. Germain

[sstgermain@townofgroton.org](mailto:sstgermain@townofgroton.org)

### **Maintenance/Van Driver**

Alan Sinclair

### **Van Driver**

Hal Burnett

### **Selectmen Liaison**

Peter Cunningham

### **Senior Liaison Officer**

Kevin Henahan

## **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



Veterans, we need you!

## **Veterans Wall of Honor**

We at the Council on Aging in Groton are so proud of our veterans and will display that pride by bulding a **Wall of Honor** here at the center with all of our beloved veterans.

We would love stories and pictures of your memories of times of service that you would like to share with us. Please feel free to send them in the mail to us at 163 W Main Street, Groton, MA 01450 with a picture, drop them off at the center, or email them to us at [sstgermain@townofgroton.org](mailto:sstgermain@townofgroton.org). Information may include name, rank, branch, dates served, where did you serve and sharing a memory or two.

If you are a spouse or a child of a veteran we would also love to hear from you about your loved one who served.

## **Hearing Screenings**

1st Monday of the month  
11am-1pm

By Appointment

Christopher Streeter, hearing specialist, will conduct free hearing screenings and hearing aid cleanings. Please be sure to make an appointment.

## **Flu Shots**

Thursday, October 10  
10am-12:30pm

By Appointment

Christopher Streeter, hearing specialist, will conduct free hearing screenings and hearing aid cleanings. Please be sure to make an appointment.



## Outreach Corner

Stacey Shepard Jones, Outreach Coordinator  
Outreach Department 978-448-1170 email: [sjones@townofgroton.org](mailto:sjones@townofgroton.org)



### 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,

As many of you know, **Medicare's Open Enrollment** period is October 15, 2013 – December 7, 2013. Open Enrollment is a time when all people with Medicare are encouraged to review their current health and prescription coverage including any changes in costs, coverage, and benefits that will take effect next year. If you want to change your coverage for next year, Open Enrollment is the time to do it! **On October 10<sup>th</sup>, at 10:00 am** (just prior to Medicare's Open Enrollment), Ed Roth, SHINE Regional Director, will be doing a presentation called **"MEDICARE BOOT CAMP"**. This presentation will give you the opportunity to learn new Medicare options and guidelines, as well as have your Medicare questions answered. I encourage all of you to join us.

**Fuel Assistance for Winter 2013-2014 begins November 1<sup>st</sup>. Income Limits are as follows:**

<u>Household Size</u>	<u>Gross Annual Income</u>	<u>Household Size</u>	<u>Gross Annual Income</u>
1	\$32,065	2	\$41,932
3	\$51,798	4	\$61,664
5	\$71,530	6	\$81,396

I have not yet received the 2013-2014 Fuel Assistance Applications. Once I do, I'm more than happy to help Groton senior residents with their applications. Please call me to set up an appointment in mid-October.

*Stacey*

## Exploring Your Choices

### **Long Term Care Myths, Facts and Options**

Tuesday, October 22      6:30PM  
at the Groton Senior Center

Trying to maneuver the path of long term care can be overwhelming and confusing. Planning ahead can help alleviate much of the anxiety by eliminating the fallacies and providing valuable and accurate information.

Join our professional panel as we provide you the tools necessary to begin this process. This program is for those that want to plan, "just in case" and for the adult children who feel they would benefit from planning ahead for themselves or their parents.

**Our professional panel includes:**

**Nancy Catalini Chew**, *Elder Law and Estate Attorney*

**Kathleen Hubbard**, *Business Development Manager, Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*

**Robert Johnson**, *Groton's Veterans' Service Officer*

**Margaret Perras**, *Senior Director of Marketing, Rivercourt*

**Suzanne Roberts LCSW**, *Cooperative Elder Services*

**Kathy Shelp**, *Facilitator, Groton Council on Aging Director*



## 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

Thursday, October 10

Waiting List Only

### 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



Thursday, December 12

**Bright Nights Forest Park**  
Springfield Mass

Dinner at  
Bernie's Dining Depot

Time and cost TBD

## Friends of the Groton Elders & Merry Trippers

For more information contact: **Nyola Vaillancourt**, [nyolav@verizon.net](mailto: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.

# October 2013

HDM - Home Delivered Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10:00 Paint - One Stroke 10:00 Creative Creations 11:00 Line Dancing <b>12:00 Lunch</b> <b>Slaisbury Steak</b> 12:45 Hand & Foot 7 PM Ballroom Dancing	<b>2</b> 10:30 Strength Training <b>12:00 Meals on Wheels</b> <b>Roast Pork</b> 12:00 Pizza and a Flick: <i>Beast of the Southern Wild</i>	<b>3</b> 10:00 Yoga 11:00 Scrabble <b>12:00 Lunch</b> <b>Meatballs</b> 12:30 Zumba 12:45 Hand & Foot 2:00 Tai Chi	<b>4</b> VAN DW Highway 10:00 Groton Swim 10:00 Strength Training <b>12:00 Lunch</b> <b>Chicken Teriyaki</b> 12:30 Bridge Country Club
	10:00 Groton Swim <b>7</b> 11:00 Hearing Screenings 11:30 Strength Training <b>12:00 Lunch Zita</b> 12:30 Cribbage 2:00 Quilting	<b>8</b> 9:00 Sharing Our Losses 10:00 Line Dancing 11:00 Creative Creations 10:00 Paint - One Stroke <b>12:00 Lunch</b> <b>Chicken Breast</b> 12:45 Hand & Foot 7 PM Ballroom Dancing	<b>9</b> 10:30 Strength Training <b>12:00 Meals on Wheels</b> <b>Chicken Breast with Pesto</b> 2:30 Meditation	<b>10</b> 10:00 Yoga 10:00 Medicare Bootcamp 10:00 Flu Shots 11:00 Scrabble 11:30 Ask the Nurse <b>12:00 Lunch</b> <b>Sliced Turkey</b> 12:30 Zumba 12:45 Hand & Foot 2:00 Tai Chi
	<b>14</b> 9:30 Trip:Wine/Cheese 10:00 Paint - One Stroke 10:00 Creative Creations 11:00 Line Dancing <b>12:00 Lunch</b> <b>Shepherd's Pie</b> 12:45 Hand & Foot 7 PM Ballroom Dancing	<b>16</b> 10:00 Ask the Officer 10:00 Wellness Ed. 10:30 Strength Training <b>12:00 Meals on Wheels</b> <b>Chicken w/gravy</b> Groton Women's 12:00 Club Luncheon 2:30 Meditation	<b>17</b> 10:00 Yoga 11:00 Scrabble <b>12:00 Lunch</b> <b>BBQ Roast Rib</b> 12:30 Zumba 12:45 Hand & Foot 2:00 Tai Chi	<b>18</b> VAN Loaves & Fishes 10:00 Groton Swim 10:00 Strength Training <b>12:00 Lunch</b> <b>Sweet and Sour Meatballs</b> 12:30 Bridge
	9:30 Veterans Break <b>21</b> 10:00 Groton Swim 11:30 Strength Training 12:00 Living w/Diabetes <b>12:00 Lunch</b> <b>Chicken Marsala</b> 12:30 Cribbage 2:00 Quilting	<b>22</b> 10:00 Paint 10:00 Creative Creations 11:00 Line Dancing <b>12:00 Lunch Chili</b> 12:45 Hand & Foot 6:30p Long Term Care Choices 7:00p Ballroom Dancing	<b>23</b> 10:30 Strength Training <b>12:00 Meals on Wheels</b> <b>Tangerine Diced Chicken</b> 12:00 Nashoba Tech 2:30 Lunch	<b>24</b> 10:00 Yoga 10:00 Matter of Balance 11:00 Scrabble 11:00 Pain Management <b>12:00 Lunch</b> <b>Tuna Salad</b> 12:30 Zumba 12:45 Hand & Foot 2:00 Tai Chi
10:00 Groton Swim <b>28</b> 10:30 Talk w/Tom 11:30 Strength Training <b>12:00 Lunch</b> <b>Meat Lasagna</b> 12:30 Cribbage 2:00 Quilting	<b>29</b> 10:00 Painting 10:00 Creative Creations 11:00 Line Dancing <b>12:00 Lunch</b> <b>Shaved Steak</b> 12:45 Hand & Foot 1:30 Cultural Excursion 7 PM Ballroom Dancing	<b>30</b> 10:30 Strength Training <b>12:00 Meals on Wheels</b> <b>Breaded Chicken</b> 12:00 Halloween Party 2:30 Meditation	<b>31</b> 10:00 Yoga 10:00 Matter of Balance 11:00 Scrabble <b>12:00 Lunch</b> <b>Chicken Sausage w/peppers</b> 12:30 Zumba 12:45 Hand & Foot 2:00 Tai Chi	





## 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)
Talk with Tom	10:30 (4th)
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.

### Veteran's Breakfast

Monday, October 21  
10:00am

This breakfast is open to all veterans and their guest. The featured speaker will be announced.

### Groton Women's Club Luncheon

12:00pm Wednesday, October 16<sup>th</sup>  
*Neil Diamond Tribute*

*Reservations due by Friday, October 11, 1pm*

Just in time to enjoy Baseball's Post Season play, we can pretend we are in Fenway park as we belt out *Sweet Caroline*. Our October entertainment will be Neil Diamond tribute artist, Bill Reidy. Before enjoying, "Solitary Man, A Tribute to Neil Diamond," we will be served Italian casserole, summer squash casserole, and dinner rolls with pumpkin upside down dessert.

### Nashoba Tech Lunch

Wednesday, October 23 12:00pm  
*Psychic Medium, Andrea Allen*

*Reservations due by Friday, October 18, 1pm*

This afternoon's menu is a choice between sirloin tips in mushroom sauce or broiled scallops. Either choice will also be served with an autumn vegetable soup, vegetable and dessert. Following lunch will be a presentation by nationally recognized Psychic Medium, Andrea Allen. Andrea will speak about her ability to connect with the spirit world, tell us about her classes in mediumship, and perhaps communicate some message from loved ones who have passed. Please tell us what you think. If there is enough interest perhaps the Senior Center can host a session of Andrea's classes on Angel Speak or Beginner Mediumship.

### Halloween Party

Wednesday October 30<sup>th</sup> 12:00 PM  
Cost:\$5.00

*Reservations due by Friday, October 25, 1pm*

Menu: Beef BBQ over rice, mixed vegetable and pecan/kahluha/chocolate pie (yummmm) Get a jump on those trick or treating kids one day early by celebrating at the Senior Center with a good old fashioned Halloween Party. Dig out those costumes, simple and extravagant, and enjoy!

## Pizza and a Flick

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

Wednesday, October 2

### **"Beast of the Southern Wild"**

Teeming with magic, beauty and pure joy, this winner at the Sundance Film Festival has emerged as one of the years most acclaimed films. Hushpuppy, a tenacious six-year old lives in an isolated bayou community. When her tough but fun loving father, Wink, succumbs to an illness, the fierce and determined girl bravely sets out on a journey to save him.

## 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*

### **A Matter of Balance Fall Prevention**

8 weeks 10am-12pm

Thursdays, October 24—December 12

It may not seem like a very lively topic but it's vitally important. Regardless if you feel you currently have balance issues this program will help you prevent a fall and maintain your independence. Lack of balance and falls are the number one reason for loss of independence. *A Matter of Balance*, a national program developed by Stanford University, combines education, medication management and exercise techniques proven to give results. It is well worth your time. For more details on the curriculum please call the center.

### **Pain Management**

Thursday, October 24  
11:00am

Allison LaGuarut RN and Renee Cook will provide valuable up-to-date information on pain control techniques, medications and other options to help you live with and relieve your chronic pain.

## Sharing Our Losses

October 8

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.

FUN

## Zumba Gold®

For The Young At Heart

Thursdays 12:30PM \$5 per class

**FREE "Try-It Class" for your first visit**

Zumba Gold® lets you move to the beat at your own speed. It's a fun dance-fitness class that is fresh, and exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults. Whether you're an active adult or just starting your fitness journey - the Gold Program combines enticing international rhythms and some older, familiar tunes to create a slower-paced Zumba Gold dance-fitness class that will boost your health & energy! Come over & join the party! For more information call Barbara Longfellow, licensed Zumba® and Zumba Gold® instructor, at

## Creative Creations

Please register by calling the center

Tuesday, October 1 and 8

### **Hand to Hand**

Cost: none

The senior center is a reflection of all that participate and to illustrate this we would like to create hand molds of everyone! At the first class we make our molds then come back a week later and enhance them using a variety of mediums, to reflect your unique personality. When they are all complete we will create a sculpture for display. (participants can take their hand home after a few weeks on display)

Tuesday, October 22

### **Glass Painting**

Cost \$3.00

When glass and paints are combined, they create amazing works of art. The art of glass painting is becoming popular, and in fact, it is not very tough to do. You can create a beautiful painting in a day and need little to no skill!

A variety of glass items will be provided but feel free to bring your own piece.

Tuesday, October 29

### **Patriotic Pins**

Cost: none

In service to our Veterans join us creating flag pins. Make one for yourself and make more to be distributed to the Veterans of Groton.

**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

## Vital Numbers

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.

## Cultural Excursions

Please reserve your seat by calling the  
 center or stop in and see us!

Fitchburg University Food for  
 Thought Lecture

### Learning From Loons

Tuesday, October 29

Depart from the center at 1:30pm

Cost: \$4:00

Speaker: Dr. Mark Pokras, Associate  
 Professor of Wildlife Medicine, former  
 Director of the Tufts Wildlife Clinic and  
 one of the founders of Tufts Center for  
 Conservation Medicine. Lead poisoning  
 is a huge problem for people, wildlife  
 and domestic animals. This presentation  
 will review our knowledge about the  
 biological and ecological effects of lead  
 in a wide variety of domestic and wildlife  
 from cows to condors to earthworms.  
 Our current state of knowledge on the  
 toxicity of lead and its behavior in the  
 environment will be examined.