



Senior Soundings

November 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

The Season of Gratitude

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch the heavens. ~Johannes A. Gaertner

I was wandering through Barnes and Noble and was struck by the amount of books about gratitude. Why would we need so many books about being grateful? It seems it would be a natural emotion but the reality is sometimes we forget to be grateful. I myself was talking with my neighbor's mother-in-law feeling sorry for myself because my son moved to California and I haven't seen him in a year. I rambled on and on how I missed him and how I loved the days listening to all my kids breathing as they slept. After some time of self absorption I looked at her and my heart sank, I felt horrible, her son is in Afghanistan and I knew it. I forgot to be grateful. We have so much yet often we focus on what we don't have or what we have lost. At the senior center I am grateful for the kindness of our members and their unconditional support of one another. Volunteers prepare and deliver meals, greet our guests, step in for program clean-up and lead our classes. We receive donations of food, paper products, decorations, program supplies and money. All of which help to grow our mission and enrich the lives of Groton's senior citizens. We can't do it alone and are very blessed by the support of a gracious community.

During this season of Thanksgiving may we all strive to *live gratitude and touch the heavens*. A blessed Thanksgiving to you all.

Kathy Shelp, *Director*



Gibbet Hill Holiday Dinner

Thursday, November 21

5:30 PM

Our much anticipated annual dinner is held at the Gibbet Hill Barn and provided through the generosity of Mark Lynch and his team. This event is free and only open to residents of Groton 60 and older. It is a ticketed event with limited seating. Tickets are available at the Senior Center beginning **Monday, November 4th**. Transportation can be provided from the COA or senior housing complexes, please contact the senior center to reserve your ride.

In the event you cannot get to the center to pick up your ticket or would like your meal delivered to your home, please call the center.

Entertainment for the evening will be former Platters singer, **Tony Funches**, ready to entertain us with Motown favorites.

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.

Staff

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Carl Flowers

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George Faircloth

Members

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Eddie Wenzell



Outreach Corner, by Stacey Shepard Jones, Outreach Coordinator

Outreach Department 978-448-1170 email: sjones@townofgroton.org



- Chores
- Food Stamps
- Phone Wellness
- Transportation
- File of Life

How We Can Help

- Fuel Assistance
- Home Delivered Meals
- Friendly Visits
- Declaration of Homestead
- RMV Disabled Placards

Hi Everyone,

Medicare's Open Enrollment period is October 15, 2013 – December 7, 2013. If you were not able to attend the "Medicare Boot Camp" presentation on October 10th, I have copies of the informational packets that were given out explaining any changes in costs, coverage, and benefits that will take effect next year. Please feel free to drop in or call me if you'd like a copy of these mailed to you. If you still have questions or concerns after reviewing the handouts, please call me and I will have our SHINE Counselor (Serving the Health Information Needs of Elders) contact you. If she is unable to help you over the phone, she will arrange to meet with you here at the Senior Center.

New Fuel Assistance Applications and Recertification's for 2013-2014. This year's fuel assistance season runs from November 1, 2013 – April 1, 2014. If you're not sure whether or not you may qualify for fuel assistance, please call me or stop in and I can give you the eligibility requirements, income limits, and what income is counted. If you need assistance filling out the application, please feel free to call me and set up an appointment to do so.

Winter is coming!!!!

If you need sand for your steps and walkways, bring your buckets here and fill them up. The Highway Department will provide us with sand, and it's available to all Groton senior residents. If you are a senior resident that does not drive and needs sand, please call us and we'll have it delivered to you.

An Emergency Preparedness Form was mailed in all Groton Electric bills in August. If you are a senior citizen or disabled resident, please fill out the form and return it to me. In a severe weather emergency, the Groton Police, Fire, EMS or Outreach Department will try and contact you to make sure you are safe and have everything you need, i.e., heat, food medications, etc.

Donations for ADDITIONAL Fuel Assistance for Groton Seniors. With the economy as it is and with fuel prices constantly rising, the need for fuel assistance is more urgent than ever. Many senior residents that receive fuel assistance will run out long before the winter is over. Others keep their heat dangerously low in fear of running out. **Donations will only go to those senior residents that have already used and/or have run out of the Low-Income Home Energy Assistance Program (LIHEAP).**

If you would like to make a donation that will go towards additional fuel assistance for Groton seniors, you can make a check payable to:

The Friends of the Groton Elders
P.O. Box 289
Groton, MA 01472
Memo: "Fuel Assistance"

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.

Sharing Our Losses

November 12th

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.

Cultural Excursions

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

Fort Devens's Museum and Deven's Grill

Tuesday, November 19th

Depart the center at 10:30am

Cost: \$4:00 with lunch on your own

The Fort Devens Museum is a private non-profit organization dedicated to preserving and sharing the history of Camp Devens, Fort Devens. This is achieved through interpretive exhibits that showcase the stories of the men and women who lived, worked, and trained here. The museum uses photographs, uniforms, equipment, ephemera, and first-hand accounts to create a visual time-line beginning in 1917 and continuing to the present. Within this timeline, topics such as the 1918 influenza epidemic, the WWII Prisoner of War Camp, the Army Security Agency can be found; as well as broader themes of identity, love, loss, and courage.

Day Trips

To ensure your place on the bus please sign-up at the senior center.

Tuesday, November 12

Yankee Candle

Deerfield, Mass
\$49.00pp

Depart the senior center at 8:45am
and return 5:00pm

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 included.

Thursday, December 12

Bright Nights Forest Park

Springfield Mass
\$45pp

Depart the senior center at 3:00pm
and return 9:30pm

Bright Nights is a unique
long-standing tradition that attracts
thousands of visitors each holiday
season. Forest Park is set up with
multitude of lights in incredible
displays with music accompaniment.

Dinner at Bernie's Dining Depot is
included. All their food is fabulous
but the prime rib is amazing!



Monday, January 13

Omni Theater IMAX

Double Feature
Boston, Ma

Lunch at Cheers included
\$57.00

Time and movies TBD

Friends of the Groton Elders & Merry Trippers

By Nyola Vaillancourt,

978-692-8608

1081 Lowell Road, Groton, MA 01450

nyolav@verizon.net

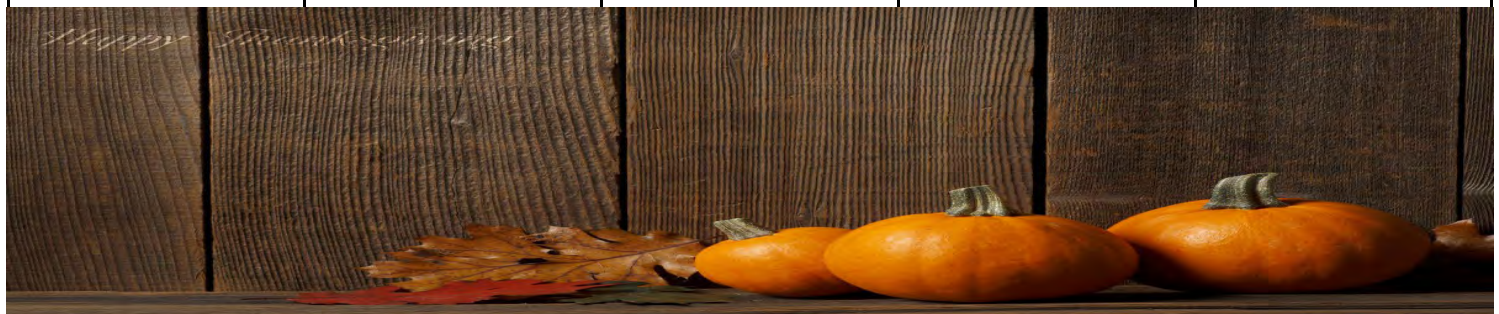
COSTA RICA: 10 days/9 nights March 7-16, 2014 featuring beaches, volcanoes, tropical fruits and animals. This is the current "go-to" place for natural beauty and tropical adventure. Exotic birds will be the highlight of a cruise in the Tortuguero National Park followed by a visit to the Green Turtle 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. Please see the flier at the Senior Center for more complete information. Rates are \$2369 pp with a credit card and \$2319 pp for the discounted cash or check option.

AZALEAS IN BLOOM, NATO FESTIVAL OF NATIONS & VIRGINIA INTERNATIONAL TATTOO, April 23-29, 2014. This is a 7 day/6night bus tour with natural beauty and national pride as the highlights. Visit the famous Chesapeake Bay Bridge-Tunnel, Military Aviation museum, Virginia Beach and the NATO Parade of Nations with a flag raising where all 28 flags are presented with their national anthems played by the US Navy's Fleet Forces Band. The Tattoo performance is a spectacle of military splendor- part parade, part theater and sometimes part circus. The Tattoo features bands and forms of drill display, regimental bands, drums and pipes, massed bugie ensembles and ends with fireworks to delight all ages. Norfolk Botanical Gardens, Virginia Beach and Norfolk Naval Station and on to Philadelphia to conclude our visit. Rates vary based upon the number of passengers, from \$1499 - \$1699. per person.

November 2013

HDM - Home Delivered Meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Ask the Officer Third Wednesday each month 10am-12pm</p> <p>The Council on Aging Liason Officer, Kevin Henehan, 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.</p>				1
4	5	6	7	8
9:00 Gibbet Hill Tkts 9:30 COA Board 10:00 Groton Swim 11:00 Hearing Screening 11:30 Strength Training 12:00 Lunch: Fish Sticks 12:30 Cribbage 2:00 Quilting	10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Lunch: Breaded Chicken 12:45 Hand & Foot 4:30 Pilates 7 PM Ballroom Dancing	10:30 Strength Training 12:00 HDM: Veggie Chilli 12:00 Pizza and a Flick "Flight"	10:00 Yoga 11:00 Scrabble 12:00 Lunch: Chicken w/Tarragon 12:45 Hand & Foot 2:00 Tai Chi	VAN Walmart/Dollar General 10:00 Groton Swim 10:00 Strength Training 12:00 Lunch: Meatloaf 12:30 Bridge
11	12	13	14	15
	8:40 Yankee Candle trip 9:00 Sharing Our Losses 10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Lunch: BBQ Ribs 12:45 Hand & Foot 4:30 Pilates 7 PM Ballroom Dancing	9:00 Book Club 10:30 Strength Training 12:00 HDM: Roast Pork 12:00 Nashoba Tech Lunch with Community Legal	10:00 Yoga 11:00 Scrabble 11:30 Ask the Nurse 12:00 Lunch: Meatballs 12:45 Hand & Foot 2:00 Tai Chi	VAN Loaves and Fishes 10:00 Groton Swim 10:00 Strength Training 12:00 Lunch: Chicken Alfredo 12:30 Bridge
18	19	20	21	22
10:00 Vet's Breakfast 10:00 Groton Swim 11:30 Strength Training 12:00 Lunch: Meatballs 12:30 Cribbage 2:00 Quilting	10:00 Paint - One Stroke 10:00 Creative Creations 10:30 Cultural Excursion 11:00 Line Dancing 12:00 Lunch: Turkey 12:45 Hand & Foot 4:30 Pilates 7 PM Ballroom Dancing	10:30 Strength Training 10:00 Ask the Officer 12:00 HDM: Lasagna 12:00 Women's Club 12:00 lunch with vocalist Brown Wallens	10:00 Yoga 11:00 Scrabble 12:00 Lunch: Chicken Breast apricot 12:45 Hand & Foot 2:00 Tai Chi 5:30 Gibbet Hill	VAN Christmas Tree Shop 10:00 Groton Swim 10:00 Strength Training 12:00 Lunch: Shaved Steak 12:30 Bridge
25	26	27	28	29
10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:00 Lunch: Roast Pork 12:30 Cribbage 2:00 Quilting	10:00 Paint - One Stroke 11:00 Line Dancing 12:00 Lunch: Broccoli 12:45 Bake 4:30 Hand & Foot 7 PM Pilates Ballroom Dancing	10:30 Strength Training 12:00 Lunch: Chicken Chili		10:00 Groton Swim 11:30 Strength Training 12:00 Lunch: Crunchy Fish 12:30 Bridge



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 <i>Sponsored by Groton Police</i>	10:00am (2nd Mon)
Talk with Tom - Current Events <i>Supported by the Friends of Groton Elders</i>	10:30am (4th Mon)
Hearing Screenings	11:00am (1st Mon)
Strength Training - \$3 per class	11:30am
Cribbage	12:30pm
Quilting	2:00pm

Tuesdays

Sharing Our Losses <i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	9:00am (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)
Strength Training - \$3 per class	10:30am
Groton Women's Club Luncheon with Entertainment	12:00pm (3rd Wed)
Pizza and a Flick <i>Sponsored by Rivercourt</i>	12:00pm (Wed varies)
Nashoba Tech Lunch - \$10	12:00pm (Wed varies)
Holiday Celebrations	12:00pm (Wed varies)

Thursdays

Yoga—\$3 per class <i>Supported by the Friends of Groton Elders</i>	10:00am
Scrabble	11:00am
Ask the Nurse and Blood Pressure Screenings <i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	11:30am (2nd Thurs)
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.

Nashoba Tech Lunch

at the senior center

12:00pm Wednesday, November 13th

Speaker: Community Legal Aid

Reservations due by Friday November 8

Did you know there is free legal aid available to those on Medicare, low income, or age 60 & older? A representative from Community Legal Aid will address the programs and services offered.

Veteran's Breakfast

Monday, November 18 10:00am

This breakfast is open to all veterans and their guest. The speaker for the November 18th Veterans' Breakfast will be Trisha Blanchet, Founder and President of Operation Delta Dog which is based in Chelmsford. Operation Delta Dog is a nonprofit with a mission to train service dogs for local veterans who suffer from Traumatic Brain Injury (TBI) and Post Traumatic Stress Disorder (PTSD). All of their dogs are rescued from local shelters.

Groton Women's Club Luncheon

12:00pm Wednesday, November 20th

with Groton Vocalist Bronwen Wallens

Reservations due by Friday, November 15, 1pm
November's menu will be a welcome reprieve from all that Turkey and Stuffing. Enjoy sweet & sour pork served over rice with pineapple slices, bread, and lemonade pie for dessert. This afternoon's entertainment will then be Groton resident, Bronwen Wallens. She will be singing our favorites from the 40's and 50's. No cost however donations for Loaves and Fishes is requested. *The entertainment is possible through a grant from the Groton Trust*

Creative Creations

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



Tuesday, November 19
10:00am

Winter Wreath

Cost: \$3.00

Create your own holiday or winter wreath using a secret item! Keep it for yourself or give it away as a gift. You will be surprised at the ease of creation and beauty of the finished product!

Pizza and a Flick

Please reserve your seat by calling the center. Sponsored
by *Right at Home*

Wednesday, November 6 12:00pm
"Flight"

*This movie is rated R for brief nudity, language
and drug use*

Denzel Washington stars in this riveting and powerful nail biting thriller. Airline pilot Whip Whittaker (Washington) miraculously lands his plane after a mid-air catastrophe. But even as he's being hailed for his heroic efforts, questions arise as to who or what was really at fault. Action packed, engrossing, powerful.

Wednesday, December 4 12:00pm
"The Great Gatsby"

Based on F. Scott Fitzgerald's timeless literary classic this movie adaptation beautifully brings the tragic love story of Jay Gatsby and Daisy to life as seen through the eyes of Nick Caraway, Daisy's cousin.

Ballroom Dancing

Tuesday Evenings 7:00pm
Only \$5 per class, per person
Open to all skill levels

Instructors:
Louise & Don Moncreaff

Experience all the standards

Waltz Foxtrot Rumba
Cha-cha Swing Tango
Merengue

Reminder calls

For some events we may be using an automated phone system as your reminder for those that have registered for the program. The incoming number you will see on your phone is 617-440-3507.



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 complete the information below and send 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:ssgermain@townofgroton.org).

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.

Name of Veteran

Name of person submitting information

Contact phone number

Veteran Rank

Branch of Service

Service Dates

Service Location

Please attach a memory or two you would like to share.

Medicare Fraud & Abuse Hotline
800-368-5779

Medicare
800-633-4227
(800-med-icare)

Social Security Admin.
800-772-1213

Attorney General's Elder Hotline
888-243-5337

Elder Abuse Hotline
800-922-2275
Elder Abuse TTY
800-922-2275

Elder Affairs/ SHINE Prescription Advantage
800-243-4636
(800-AGE-INFO) TDD/TTY
800-872-0166

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.)

- 1st Friday** Shopping on DW Highway, Nashua
- 2nd Friday** Shopping in Lunenburg including Wal-Mart
- 3rd Friday** Shopping in Leominster, Whitney Field Mall
- 4th 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 calendar. We do need reservations therefore, please call us at least 24 hours in advance, 978-448-1170. There is a \$2.25 contribution 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.