



Senior Soundings

The Newsletter of the Groton Council On Aging

It's not about age, it's about attitude!

June 2014

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

Hours: M-F 8:00am - 4:00pm

Part of doing the business of a senior center requires evaluation of our programs and services. A portion of that is evaluating the satisfaction of the senior participant and the second portion is assessing the impact of the senior center on the lives of seniors. These measures enable staff to better serve the seniors and but can be, at times, difficult to measure. We can ask you if you liked a program, if you felt happier for participating and how we can do it better. Those are fairly black and white questions with black and white answers. The bigger question, how does the senior center impact your life, for some may be an easy measure but for others it's difficult to quantify.

On May 1 we recognized the contributions of the volunteers at the center and as we prepared for the event I found it very difficult to measure the impact a volunteer. We can analyze the hours they spend here and how that would transpose into dollar savings for the town which is extraordinarily valuable however, the human side of volunteer work is immeasurable. The smiles and conversations shared when a meal is delivered, collaborative committee work, the peace of mind a homebound senior has knowing someone will check on them, the guidance and support of an experienced board of directors, the welcoming smile of a receptionist, knowledge shared by an educated instructor, and amateur chefs providing monthly luncheons. They are all ideals that we are taught early in life; smile, share, cooperation, give and quite simply the underlying ideal, love. We can't measure the impact of those gifts because they are limitless. I believe that gratitude is the memory of the heart and the staff at the Groton Council on Aging has very full hearts. Thank you to our fabulous volunteers, your contribution is immeasurable.

Kathy, 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.

Staff

Director

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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



POLICE PICNIC

Held this year at the Groton Pool and Golf Center with a shuttle available from the parking lot to the building

Wednesday, June 11 12:00PM

**COA Van is available at no charge to get you to the picnic.
Call for your seat on the van.**

Groton's finest hosts a fabulous day complete with juicy burgers, perfectly grilled hotdogs, their famous homemade potato salad and a gift bag for everyone! A big thank you to Groton's Police Department for a much anticipated day.

Call the senior center, 978-448-1170 for your reservation.



Outreach Corner,
Stacey Shepard Jones, Outreach Coordinator



Hi Everyone,

Spring is here! I hope you'll stop by and see our new garden!!! There's still a lot of work to do, so if you have an interest in gardening and would like to join us, please feel free to stop in or call for more information anytime.

*****THE CATHOLIC HEART WORKCAMP*****

Mark your calendars!!! The campers will be here Monday, June 30th, through Thursday, July 3rd. They will be working at senior's homes doing everything from weather-stripping, installing new locks, installing new doorknobs, fixing or replacing screens, cleaning walls, painting interior/exterior (no higher than the second floor), repairing steps, cut/trim hedges, raking leaves, cleaning out gutters, etc. They prefer to stay away from anything roof related. They will do all of this work for free. Senior residents only have to provide the materials. If you'd like to have the campers do some work for you, please stop by and pick up a work order form. They are a wonderful organization, so I hope you'll take advantage of the services they offer. If you have any questions, please stop by or give me a call.

Farmers Market Coupons

During the summer months, the USDA provides Farmers Market Coupons to seniors are living on a fixed/low incomes. Seniors can use these coupons to buy fresh fruits and vegetables at local Farmers Markets. We usually receive the Farmers Market Coupons around the beginning of July. Distribution is on a first-come, first-served basis. Please call me at the end of June to be put on a list to receive these coupons.

Stacey

Fishing at the Senior Center

FISHING OR BIRDING ANYONE???



Spring is here, and we've all been waiting long and hard to spend time outside!

The Groton Fire Department owns the beautiful piece of property with the pond, next to our building.

They have been kind enough to offer to let seniors use the property for fishing or birding on Thursdays from 9:00 am to 3:00 pm. You can bring a friend, your spouse, a grandchild, etc. Please remember a fishing license is required and is free to residents 70+. If you need assistance obtaining the license, please see Stacey, and she can help you do it on-line. Registraton is not necessary but we ask you to please sign in at the Senior Center before walking to the pond.

NEWS FROM SHINE JUNE 2014

Medicare and Mental Health Benefits

Starting in January 2014, Original Medicare increased its payment for most outpatient mental health services to the same level as other Medicare Part B services, 80 percent of the Medicare approved amount. You or your supplemental insurance must pay the remaining 20 percent coinsurance. Medicare Advantage plans have to cover the same services as Original Medicare. However, your plan will likely require you to see an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your copayments. Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services as usual.

You can get mental health services in an outpatient hospital program, a doctor's or therapist's office or a clinic.

Medicare will help pay for outpatient mental health services you receive from general practitioners, nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers, or clinical nurse specialists, as long as they are Medicare providers. Psychiatrists are more likely than any other type of provider to not accept Medicare.

Medicare covers yearly screenings to detect depression. Medicare prescription drug plans (Part D) must cover almost all antidepressant, antipsychotic, and anticonvulsant prescription drugs used to treat mental health conditions.

Remember: You should ask any provider if they take Medicare before you begin receiving services

Day Trips

To ensure your place on the bus please sign-

Thursday, July 17

Rum Runner II Newport Harbor Cruise

Newport, RI

\$58 includes transportation,
lunch, and cruise



Our narrated cruise of the harbor and beyond will be aboard a sleek wooden yacht used by smugglers during Prohibition. After our cruise we'll head to Easton's Beach to enjoy our twin lobster roll or clam roll lunch.

Wellness Education

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

Ask the Nurse w/ eye screenings

2nd Thursday of each month

Thursday, June 12 11:30 -1 PM

Sharon Fata, R.N. Town of Groton nurse will be on hand to check your blood pressure, or simply answer your questions Presented by *Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*

Hearing Screenings

Monday, June 2 and July 7

1st Monday of each 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.

Friends of the Groton Elders & Merry Trippers

By Nyola Vaillancourt,

978-692-8608

1081 Lowell Road, Groton, MA 01450

nyolav@verizon.net

ALPINE ADVENTURE

featuring Innsbruck, Fussen, Salzburg, Munich, Dolomite Mountains & Berchtesgaden.

September 18 – 26, 2014 \$2839.* pp/dbl (cash/check) \$2899.* pp/dbl (credit card).

This lovely trip takes us to Germany, Austria and Italy. Celebrate Oktoberfest in the pleasant fall days. Visit the fairy tale castle of King Ludwig II, Neuschwanstein. The magnificent Dolomite Mountains in Italy. Visit Hitler's mountain retreat, Eagle's Nest and a boat cruise on Konigsee. Salzburg, home of Mozart, a beautiful city to explore. Trip includes transportation from Groton, air, hotels, motorcoach, tour escort, many meals & much more. Please see the flier for full details.

ALBUQUERQUE BALLOON FIESTA

featuring Balloon Fiesta, Old Town Albuquerque, Nuclear Science & History Museum, Indian Cultural Museum, Turquoise Trail, Santa Fe, Loretto Chapel, Santa Fe School of Cooking. \$2279.00 per person, double occupancy. Welcome to a veritable "land of enchantment". New Mexico is a place diverse in culture and scenic beauty. In both Albuquerque and Santa Fe you will discover cities rich in multiculturalism, natural beauty and profound history. Join in this annual extravaganza of hot air ballooning and experience what has grown into one of the world's most photographed events. So much more. Please see the flier for full details


BAVARIAN & AUSTRIAN CHRISTMAS MARKETS:

8 Days/6 Nights November 29 – December 6, 2014

Arriving in Munich, Germany we will check into our hotel, visit the city and the traditional Christmas Market. A visit to the Nymphenburg Palace and an evening of dinner and music at the Hofbrauhaus are also in Munich. Travel to Austria to visit several enchanting cities, Salzburg, Steyr and Vienna which include palaces, cathedrals and picturesque medieval locations as well as more Christmas Markets. An enchanting time of year to visit this area during a magical time of year. Transportation, round-trip to Logan, air transport, potterage of luggage, 6 nights accommodations, breakfast each morning and 3 dinners, sightseeing with a guide and much more. \$2599.

Groton Senior Center Activities

June 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:30 COA Board 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	10:00 Painting Club 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training 12:00 Hawaiian Luau	10:00 Yoga 10:00 Scrabble 12:45 Hand & Foot 12:30 Tai Chi	VAN DW Highway Nashua 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
9	10	11	12	13
10:00 Groton Swim 11:00 Hearing Screenings 11:30 Strength Training 12:30 Cribbage	9:00 Sharing our Losses 10:00 Creative Creations 10:00 Painting Club 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	9:00 Book Club 10:30 Strength Training 12:00 Police Picnic Held at the Groton Pool and Golf Center	10:00 Yoga 10:00 Scrabble 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot	VAN Walmart, Dollar Tree 10:00 Father's Day Breakfast 10:00 Groton Swim 10:00 Strength Training
16	17	18	19	20
10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	9:00 Sharing Our Losses 10:00 Painting Club 10:00 Creative Creation 10:00 Garden Club 10:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training 12:00 Pizza and a Flick: Saving Mr Banks	10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	VAN Open appointments 10:00 Groton Swim 10:00 Strength Training 12:30 Bridge
23	24	25	26	27
10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage	10:00 Paint - One Stroke 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training	10:00 Yoga 10:00 Scrabble 10:00 Rotary Breakfast 12:30 Tai Chi 12:45 Hand & Foot	VAN Christmas Tree Shoppe 10:00 Groton Swim 10:00 Strength Training
30	1	2	3	4
10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	10:00 Paint - One Stroke 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training 12:00 July 4th Celebration Entertainment by: Debbie Thompson and Back to the Garden	10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	



Always Available

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

Mondays

COA Board Meeting (1st Mon)	9:30am
Groton Swim	10:00am
Vet's Breakfast (2nd Mon) <i>Sponsored by Groton Police</i>	10:00am
Talk with Tom - Current Events (4th Mon) <i>Supported by the Friends of Groton Elders</i>	10:30am
Hearing Screenings (1st Mon)	11:00am
Strength Training - \$3 per class	11:30am
Cribbage	12:30pm

Tuesdays

Sharing Our Losses (2nd Tues) <i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	9:00am
Creative Creations	10:00am
One Stroke Painting Club	10:00am
Line Dancing	10:00am
Hand and Foot Cards	12:30pm
Pilates Phase 1	4:30pm

Wednesdays

Book Club (2nd Wed)	9:00am
Strength Training - \$3 per class	10:30am
Groton Women's Club Luncheon (3rd Wed) with Entertainment <i>(Sponsored by Groton Trust Lecture Fund)</i>	12:00pm
Pizza and a Flick (Wed varies) <i>Sponsored by Right at Home</i>	12:00pm
Nashoba Tech Lunch - \$10 (Wed varies)	12:00pm
Holiday Celebrations (Wed. varies)	12:00pm
Scrapbooking	6:00pm

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 (2nd Thurs) <i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	11:30am
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 (1st and 3rd Fri.)	12:30pm

Groton Senior Center June Menu

Daily 12:00pm

Please call the senior center for your reservation

The Groton Senior Center offers a variety of opportunities for an afternoon lunch. Many of our meals are provided and subsidized by Montachusett Opportunity Council Elder Nutrition Program. We also provide options from Nashoba Technical High School, Groton Women's Club, Pizza sponsored by Right At Home and once in awhile the COA staff cooks! Prices vary for each meal and are as listed below. Reservations are necessary for all meals.

Bon Appetite!

- 2 Baked Salmon \$2.25
- 3 Lasagna \$2.25
- 4 Luau Hawaiiin Chicken \$4.00
- 5 Chicken ala King \$2.25
- 6 Meatballs w/BBQ sauce \$2.25

- 9 Shaved Steak Stir Fry \$2.25
- 10 Chicken Breast w/Picata Sauce \$2.25
- 11 Police Picnic at the Pool and Golf Center**
- 12 Roast Pork w/gravy \$2.25
- 13 Chicken Alfredo \$2.25

- 16 Breaded Chicken \$2.25
- 17 Fish Sticks \$2.25
- 18 Pizza! *Sponsored by Right at Home Free*
- 19 Sweet and Sour Chicken \$2.25
- 20 Broccoli Bake \$2.25

- 23 Roast Pork \$2.25
- 24 Breaded Chicken \$2.25
- 25 Beef Bolognese \$2.25
- 26 Cold Plate; Egg Salad and Pasta Salad **\$2.25**
- 27 Salisbury Steak \$2.25

- 30 American Chop Suey \$2.25
- 1 Chicken Kielbasa \$2.25
- 2 Chicken Breast w/gravy \$2.25
- 3 Meatballs \$2.25
- 4 Building Closed Happy Forth!



JULY 4TH BBQ ON JULY 2ND

WEDNESDAY, JULY 2 12:00 PM COST: \$5.00



Endicott, NY comes to Groton in a "Spiedie". Kathy will BBQ her hometown favorite cuisine for the seniors of Groton. The term "spiedie" comes from the Italian *spiedo* meaning spit or *spiedini* referring to cubes or balls of meat cooked on a skewer. The original idea for the *spiedie* was brought by Italian immigrants to Upstate New York in the early 1920s cooked with goat or lamb meat. Today they come in a variety including, beef, lamb, pork and chicken. (We will enjoy the chicken spiedie.) They are grilled and eaten on buttered Italian bread—YUM! After lunch we will be entertained by *former Groton COA Outreach Director Debbie Thompson* and Bob Wright of the Main Street Café and their band, *Back to the Garden*.

Please call the senior center for your reservation.
Ice Cream Sundaes for dessert sponsored by
Life Care Center of Nashoba Valley

Pizza and a Flick

Please reserve your seat by calling the center or stop in
Sponsored by *Right at Home*

Wednesday, June 18
"Saving Mr. Banks"

Inspired by the extraordinary, story of how Disney's classic "Mary Poppins" made it to the screen. When Walt Disney's daughters begged him to make a movie of their favorite book, "Mary Poppins," he made them a promise—one that he didn't realize would take 20 years to keep. In his quest to obtain the rights, Walt comes up against a curmudgeonly, uncompromising writer who has absolutely no intention of letting her beloved magical nanny get mauled by Hollywood.

Wednesday, July 9

"The Secret Life of Walter Mitty"

Walter Mitty is a daydreamer who escapes his humdrum life through his wild imagination. Most people who know him think of him as odd, but it's his best way of dealing with the disappointment that his life is nothing extraordinary.

Upcoming Events

Please reserve your seat by calling the senior center



**Wednesday, June 4 12:00 PM
Cost: \$5.00**

Break out the Hawaiian shirts and flip flops and join us for an afternoon of great entertainment and great food. On the menu is Hawaiian Chicken over rice with vegetable and pineapple upside-down cake for dessert. Following lunch we will be entertained with traditional Hawaiian and Caribbean music.
Please make your reservation by Friday, May 30.

Father's Day Breakfast

Friday, June 13 10:00 AM Cost: none

All men are invited this month as we honor the men in our lives, celebrating the contribution of fathers and father figures in the lives of our children.

Please make your reservation by Wednesday, June 11

Annual Rotary Breakfast

**Thursday, June 26
10:00am
Cost: none**

The Groton-Pepperell Rotary prepares and serves a hardy breakfast for everyone! A great time to get together with friends and catch up over a delicious meal!



Free Shredding Event

Please help our planet

Sponsored by Friends of Groton Elders

Saturday, June 21

(please note date change)

9:00am-Noon

Sacred Heart Church Parking lot

Bring old fax, bank records—all paper
Paper clips and staples allowed

New Retirement Financial Planning

Tuesday, June 17, 2014 6:30 – 8PM

The workshop will be held at the Groton Public Library

George and Steve Pessotti, local retirement planners and guest speakers from SOFA (The Society for Financial Awareness) will conduct an educational workshop on **New Retirement Planning Strategies** presented by the **Groton Council on Aging and the Groton Public Library.**

Topics included :

- 12 Risks of retirement -- will you outlive your assets?
- Estate Planning -- Wills vs. Trusts -- learn to avoid probate and guardianship
- Life Estates -- how to prevent capital gains taxes on deeded homes and how to protect your home from nursing home liens
- Lifetime income, like Social Security -- learn how to create a new income you can't outlive
- 401K's and IRA's are 100% taxable -- learn an alternative tax-free retirement strategy to provide 100% tax-free income at retirement and beyond
- New Medicaid rules -- learn about the 5 year look back period and asset limitations for single and married taxpayers.

This program is free and does not promote any specific financial products.

Please call the Senior Center to register, 978-448-1170.

Transportation Information

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



- 1st Friday** Shopping on DW Highway, Nashua
- 2nd Friday** Shopping in Lunenburg including Wal-Mart
- 3rd Friday** Open of appointments
- 4th Friday** Trips around Christmas Tree Shop, Nashua

Round Trip Fees: In-Town \$3.00 12 Ride Voucher \$30
Out-of-Town \$4.00 12 Ride Voucher \$40

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. **When you make your reservation please let staff know if you are transported by wheelchair.**

Call 978-448-1141 to schedule a ride.

Creative Creations

Please register by calling the senior center

Tuesday, June 10 10am

Ceramic Flowers

Cost \$3.00

Come join us to create some beautiful white flowers in clay. It is a very nice process in which we use cookie cutters to form the initial flower and then press layer by layer until there is a flower! A nice gift for a friend or a present for yourself, easy to make into a candle holder or a ornament, come join us for some clay fun!

Tuesday, July 8 10am

Lampshade Slipcover

Cost: \$3.00

Enhance the décor of any room! Using wallpaper, we will fold our way creating a lampshade slipcover to change the look of any room.

Creative Writing

This class was originally scheduled to be end April 29 however, the participants want to keep going!

Join anytime!

Tuesdays, 10:00am

Author and Groton resident Richard Meibers, author of four published works and book editor for several independent publishers will lead a Creative Writing class.

Participants will write short essays, memoirs and short stories then present them to the group and discuss strategies for improvement.

This is a great opportunity to jump start your thought process and write the stories you hold.

Call the center to register, 978-448-1170

