



# Senior Soundings

*The Newsletter of the Groton Council On Aging*

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

July 2014

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

1-978-448-1170

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

It seems to me that sometimes good things in life appear to simply fall into our laps. At times we have to work hard to achieve a goal and then other times, wow, it's just right there. We, the COA and seniors of Groton, are going to benefit from a WOW moment. It's an involved story to explain how quickly this happened but let's just say that once in a while it pays to ask for the sky. Through the generosity of the Groton Board of Selectman, Lowell Regional Transit Authority and the State of Massachusetts, beginning approximately July 1, 2014 **we will have medical van service to Boston area hospitals** including; Mass General, Dana Farber, Brigham and Women's and the Boston VA. We will also serve Lahey, Emerson and Bedford VA. This van will run on Tuesdays and Thursdays with Tuesday dedicated to Boston hospitals and Thursdays serving Emerson, Burlington and Bedford. The Tuesday/Thursday schedule will be preliminary as we get an idea of what works best for our residents. Scheduling can be challenging in the beginning so we encourage everyone to call about appointments even if you can't get them on the days we've requested however, we will be working toward the definitive Tuesday/Thursday schedule. This will be a process that will take some trial and error to perfect so please bear with us. As a side note, this service is available to residents in surrounding towns, with the van leaving from the Groton Senior Center for non-residents.

We look forward to serving our residents with this service and encourage you to call with any questions or concerns you may have.

*Kathy*

## **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**

Kathy Shelp  
[gcoa@townofgroton.org](mailto:gcoa@townofgroton.org)  
[kshelp@townofgroton.org](mailto:kshelp@townofgroton.org)

### **Outreach Coordinator**

Stacey Shepard Jones  
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### **Activities/Volunteer Co.**

Stephanie St. Germain  
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### **Maintenance**

Alan Sinclair

### **Van Driver**

Hal Burnett

### **Selectmen Liaison**

Peter Cunningham

### **Senior Liaison Officer**

Kevin Henehan

### **COA Board of Directors**

#### **Chairman**

Maydelle Gamester

#### **Vice Chairman**

Marie Melican

#### **Treasurer**

George Faircloth

#### **Secretary**

Open

#### **Members**

Ellen Baxendale  
Charlotte Carkin  
Gail Chalmers  
Mildred Wells  
Vera Strickland  
Eddie Wenzell



## 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 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*



## Outreach Corner, Stacey Shepard Jones, Outreach Coordinator



Hi Everyone,

I'm here to help and serve all of you. Some of you may not know all of the ways in which I can help or assist you. Here are some services you may not be aware of:

**Home Visits** – There are situations in which a senior cannot come to the Senior Center. I understand this and am happy to meet with you in your home.

**Food Stamp Applications** – I have simplified SNAP applications that I can assist eligible seniors in filling out. Once done, we can fax it to the local DTA office, which saves time and money.

**Lifeline Emergency Alert System** – I have coupons that will waive the Activation Fee of \$70.00.

**Safelink Free Cell Phone Applications** – This is a government program that provides free cell phones to low income seniors. I have applications and am happy to help you through the process.

**RMV Disabled Placards Applications** – Call or stop by for an application.

**Chore Corp** – I have a few volunteers that are able to do small repairs for seniors on a fixed income. Please contact me if you need a small repair done.

**Phone Wellness** – I'm happy to call any senior that has been ill, had surgery, lost a spouse, daily to make sure they are doing well and have everything they **need to ease the process**.

**Farmers Market Coupons** – This is a Federal government program in which free Farmer's Market coupons are provided to Groton seniors that are income eligible. There are limited quantities issued to Groton are available on a first-come, first-serve basis. They usually arrive in July, so please call me if you feel you qualify.

**The SHINE Program (Serving the Health Insurance Needs of Everyone)** is a state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts **residents with Medicare and their caregivers**. It is administered by the Massachusetts Executive Office of Elder Affairs in partnership with the Council on Aging. Through my office I can make referrals for your individual appointment with a counselor.

*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. Registration is not necessary but we ask you to please sign in at the Senior Center before walking to the pond.

## NEWS FROM SHINE JULY//AUGUST 2014

### Medicare Appeals

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. ***It is very important to pay attention to the time limits for appeals!***

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription

- Medicare denies payment for health care that you have already received

- Medicare stops covering services that you are receiving

- Medicare pays a different amount than you believe it should

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan,

## Day Trips

To ensure your place on the bus please sign-

**Thursday, July 17 and 18  
(2 separate trips)**

### **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**

2<sup>nd</sup> Thursday of each month

**Thursday, July 10 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*

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### **Hearing Screenings**

**Monday, July 7 and August 4**

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

July 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10:00 Painting Club 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	<b>2</b> 10:00 Strength Training <b>12:00 July 4th Celebration Entertainment by: Debbie Thompson and Back to the Garden</b>	<b>3</b> 10:00 Yoga 10:00 Scrabble 12:45 Hand & Foot 12:30 Tai Chi	
<b>7</b> 10:00 Strength Training 11:00 Hearing Screenings 12:00 Groton Swim 12:30 Cribbage	<b>8</b> 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	<b>9</b> 9:00 Book Club 10:00 Strength Training <b>12:00 Pizza and a Flick Movie: Secret Life of Walter Mitty</b>	<b>10</b> 10:00 Yoga 10:00 Scrabble 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot	<b>11</b> VAN Walmart, Dollar Tree 10:00 Strength Training 12:00 Groton Swim
<b>14</b> 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage	<b>15</b> 9:00 Sharing Our Losses 10:00 Painting Club 10:00 Garden Club 10:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong	<b>16</b> 10:00 Strength Training	<b>17</b> 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	<b>18</b> VAN Westford Market Basket Plaza 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
<b>21</b> 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage	<b>22</b> 10:00 Paint - One Stroke 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong	<b>23</b> 10:00 Strength Training	<b>24</b> 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot	<b>25</b> VAN Christmas Tree Shoppe 10:00 Strength Training 12:00 Groton Swim
<b>28</b> 10:00 Talk with Tom 11:30 Strength Training 12:00 Groton Swim 12:30 Cribbage	<b>29</b> 10:00 Paint - One Stroke 10:00 Line Dancing 10:00 Garden Club 11:00 MOC LIVE 12:45 Hand & Foot 1:00 Mahjong	<b>30</b> 10:00 Strength Training	<b>31</b> 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)	10:00am
<i>Sponsored by Groton Police</i>	
Talk with Tom - Current Events (4th Mon)	10:30am
<i>Supported by the Friends of Groton Elders</i>	
Hearing Screenings (1st Mon)	11:00am
Strength Training - \$3 per class	10:00am
Cribbage	12:30pm

### Tuesdays

Sharing Our Losses (2nd Tues)	9:00am
<i>Presented by Nashoba Associated Boards of Health &amp; Nashoba Nursing Service &amp; Hospice</i>	
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	10:00am
Groton Women's Club Luncheon (3rd Wed)	12:00pm
<i>with Entertainment</i>	
<i>(Sponsored by Groton Trust Lecture Fund)</i>	
Pizza and a Flick (Wed varies)	12:00pm
<i>Sponsored by Right at Home</i>	
Nashoba Tech Lunch - \$10 (Wed varies)	12:00pm
Holiday Celebrations (Wed. varies)	12:00pm
Scrapbooking	6:00pm

### 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 (2nd Thurs)	11:30am
<i>Presented by Nashoba Associated Boards of Health &amp; Nashoba Nursing Service &amp; Hospice</i>	
Hand and Foot	12:30pm
Tai-Chi—\$40 per 8 week	12:30pm

### Fridays

Shopping - \$3 for van	9:00am
Groton Swim— Groton Pool and Golf Center	12:00pm
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!*

***Lunch will not be available on Fridays for the months of July and August.***

- 1 BBQ Chicken \$3.00
- 2 July 4th Cookout \$5.00
- 3 Meatballs \$2.50
- 4 Building Closed July 4th
- 7 Ravioli Bake \$2.50
- 8 Chicken Breast with BBQ sauce \$2.50
- 9 Pizza sponsored by Right at Home Free
- 10 BBQ Burger \$2.50
- 14 Meatballs \$2.50
- 15 Maerican Chop Suey \$2.50
- 16 Cold Plate \$2.50
- 17 Baked Salmon
- 21 Lasagna \$2.50
- 22 Teriyaki Chicken Breast \$2.50
- 23 Turkey Tetrizzini \$2.50
- 24 Roast Pork \$2.50
- 28 Breaded Chicken \$2.50
- 29 Cold Plate \$2.50
- 30 Diced Chicken Cacciatore \$2.50
- 31 Shaved Steak w/Jardiniere Sauce \$2.50



**If you would like a copy  
of our monthly newsletter  
e-mailed to you, please  
call us at the  
senior center,**

**978-448-1140 or email us,  
gcoa@townofgroton.org**

## Join MOC for a LIVE Cooking and Nutrition Event

**Tuesday, July 29th 2014**  
**11:00a.m. - 12:00p.m**

### Healthy cooking food demo

with Nancy Fillers RD

- Berry tart, vanilla yogurt, fresh berries & whip topping - Samples for everyone!

- Resources and Information
- Body fat percentage testing
- Gift basket raffle

Sponsored by:  
TUFTS Health Care

Foundation



Please call the senior center, 978-448-1170  
to register, by Friday July 25.

## Pizza and a Flick

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

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.

Wednesday, August 6  
**"12 Years a Slave"**

Solomon Northup lives in New York before the Civil War, abducted and sold into slavery. During his twelve years as a slave he endures horrific hardships but retains his strength and dignity. Solomon's faith and endurance may just bring him back to freedom.

## Groton Goes to the Movies

**Wednesdays,**  
**August 13, 20 and 27**

The COA is sponsoring a showing of movies filmed in Groton with commentary by those familiar with the locations and a tour of the NE Film Studios



**August 13 12:00PM**  
**Movie: *Movie Queen* (1939)**  
Grilled Hot Dog lunch  
*Sponsored by Visiting Angels*

Groton resident Roy Johnson, one of the actors in the movie, will join us for commentary and discussion. *Movie Queen* was produced as part of a local talent production and consists of shots of the town's businesses and people, followed by a short comedic kidnapping. The short film was shown in association with a three-act play, both featuring local players. The film and the play were directed by Margaret Showalter

**August 20 12:00PM**  
**Movie: *By Love Possessed***  
*Lunch provided by the Friends of the Groton Elders*

*By Love Possessed* was filmed in Fitchburg and Groton. Houses on the corner of Routes 119 and 225 are shown.

Starring Lana Turner, Jason Robards and Efram Zimbalist Jr.

The films plot involves a Massachusetts small town law firm, the affair of the wife of one partner with another partner, embezzlement and coming to terms with character flaws

**August 27 12:00PM**  
**Movie: *School Ties***  
Lunch TBD

*School Ties* was filmed around Massachusetts with some scenes from The Groton School and Lawrence Academy.

Starring Brendon Frasier, Matt Damon and Chris O'Connell

David Green is brought into a prestigious 1950s school to help their football team to beat the school's old rivals. David, however, is from a working class background, so he isn't really "one of them". Faced with anti-Semitic sentiment, he keeps his Jewish faith a secret from his friends for fear of being rejected.



## Transportation Information

*Lahey, Mass General, Brigham and Women's, Dana Farber, Emerson Hospital, Boston VA and Bedford VA*

**NEW**

### Serving outlying Medical services

#### **Boston, Concord, Burlington, and the VA**

This service is also open to residents in surrounding towns, however the van will leave from the Groton Senior Center for non-residents.

**Tuesdays:** Serving **Boston area hospitals:** Mass General, Dana Farber, Brigham & Women's, Boston VA. Please make your appointments between the hours of 11am and 1pm.

**Thursdays:** Serving **Emerson, Lahey and Bedford VA**. Please make your appointments between the hours of 10am and 2pm.

**Round Trip Fees:** Boston \$25, Emerson \$5, All others \$10

*This is a new service with policies subject to change. Please call if you absolutely cannot get an appointment within the requested hours and we will do our best to accommodate you.*

### **Local Trips**

*within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton*

Medical      Social      Shopping

**Mondays, Tuesdays, and Thursdays:** Appointments begin 9am and must be completed by 2:30pm.

**Wednesdays:** Appointments begin 10:30am and must be completed by 2:30pm.

**Fridays:** Due to Friday special shopping trips, appointments begin 1:30pm and must be completed by 2:30pm.

**Friday Special Shopping:** 9:00 AM - 1:00 PM

**1<sup>st</sup> Friday:** Shopping on DW Highway, Nashua

**2<sup>nd</sup> Friday:** Shopping in Lunenburg: Wal-Mart

**3<sup>rd</sup> Friday:** Westford Market Basket Plaza

**4<sup>th</sup> 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

### **Reservations for all COA Van rides must be made using the COA Van line, 978-448-1141.**

Reservations will not be accepted on the general phone line. Please leave a message with name, phone number, time of appointment and location. Staff will return your call by the end of the workday. Reservations are filled on a first come, first serve basis. **When you make your reservation please let staff know if you are transported by a wheelchair.**



## Let's Go to the Theater

### Information Meeting

**Wednesday, July 23, 10:00am**

There has been some interest in forming a theater group that would attend shows in Lowell or possibly Boston together. A group can get reduced rate tickets and transportation. Please join us even if you have a remote interest as we consider our options.

## Creative Creations

Please register by calling the senior center

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.

Tuesday, August 12      10am

### **Branch Candle Holders**

Cost: \$3.00

Come to the center to create these really nice candle holders. They are very stylish and rustic but nice and simple to make. Please come to have fun and have some laughs too, our crafts are not only about creating fun art, but to enjoy each other!

## 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