



Senior Soundings

August 2014

The Newsletter of the Groton Council On Aging

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

1-978-448-1170

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

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

June 30th marks the end of the year at the senior center, our budget and our program schedule run July 1st – June 30th each year. Overall it was a very good year. We had some disappointments; cancelling of Ballroom Dancing, the Luau, Zumba, Father's Day Breakfast, a couple of trips and the meditation class due to lack of registrants but overall we saw great growth and enthusiasm.

951 seniors used the center's programs and services this year, an increase of 187 participants from the previous year.

We offered 43 programs (non-outreach) compared to 29 the previous year.

We added two new areas for service; garden club and producer of our TV program in collaboration with the Groton Channel.

The number of van riders is equal to the previous year however; the number of rides has increased by 338.

The number of volunteer hours has decreased by 387 hours.

Outreach services touched the lives of 397 residents, an increase of 52 served from the previous year.

Goal setting is important to the staff at the COA and while we may not always reach them, it keeps the carrot in front of us so we are always striving for excellence. This past year we had hopes to increase participation by 2.5% and exceeded that with an 8% growth. We wanted to increase programming by 25% and saw a 31% increase. We completed a policy manual, reviewed our By-laws and established a Future Planning Committee. Staff attended training and through our program evaluations we found that 99% of you learned something new through our educational programs, 93% reported feeling more socially connected by attended and 100% felt you were treated well by staff (thank you!). We completed our garden thanks to the collaboration of so many people but will move the goal of horseshoes and bocce ball to next year. We had hoped to see an increase in Meals on Wheels clients however actually saw a decline and will work harder to get the word out about this essential service. We would like to have programs for men but have yet to find the perfect (or at least near perfect) match with the offerings of the past year. Stacey's office, well we didn't quite get to it last year but construction did begin July 15 thanks to Tom Delany and Groton DPW! *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
kshelp@townofgroton.org

Outreach Coordinator

Stacey Shepard Jones
sjones@townofgroton.org

Activities/Volunteer Co.

Open position

Maintenance

Tryna Walsh
Jimmy

Van Driver

Hal Burnett
Alan Sinclair

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

9/11 Memorial & First Responder's Recognition Luncheon

Held at the new fire station

Thursday, September 11 11:30am

Cost: \$5.00

On the solemn anniversary of 9/11, please join us at our new fire station, as we honor Groton's First Responders. Their service and dedication to the seniors of Groton cannot be measured but through this small gesture they are celebrated. The afternoon will include a brief ceremony prior to lunch of homemade beef BBQ and tortellini salad.

Please call the senior center for your reservation by Monday, 9/8





Outreach Corner, Stacey Shepard Jones, Outreach Coordinator



Hi Everyone,

I hope you're enjoying this beautiful weather! I just wanted to make you aware of some services that are available to seniors, that you may not know about.

I just wanted to remind everyone that the **Senior Center is a Cooling Area** for residents during the summer months. If you don't have AC or if your AC is broken, please feel free to come in to get out of the heat!!!

As of July 1, 2014 Montachusett Opportunity Council began a new program called the **Elder Services Home Repair Program**. This program can pay for essential home repairs up to \$3,000.00. MOC will coordinate the process for you. For more information, please call 1-978-342-7025 Ext. – 306.

The **Attorney General's Office** has a statewide, toll-free telephone hotline to assist individuals with a wide range of elderly issues. This is a valuable service offered to MA senior citizens, family members, and care givers seeking information about elder-related issues with programming throughout the Commonwealth. They are open Monday-Friday 10:00 AM – 4:00 PM - 1-888-243-5337 (TTY: 617-727-4765).

Community Legal Aid provides free civil legal service to those most in need. They provide legal services for people age 60 and over in cases involving safety from abuse, access to affordable housing, access to government benefits, senior housing issues, landlord problems, and much more. CLA's phone number is 508-752-3718 Monday – Friday, 9:00 am to 5:00 pm. They have a satellite office where they can meet with you in Fitchburg. If you need transportation to their Fitchburg office, please call us about this ahead of time.

If there's anything I can ever help you with, please always feel free to stop in or call me!

Stacey

Fishing at the Senior Center



Summer 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 please sign in at the Senior Center.

NEWS FROM SHINE AUGUST 2014

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 the COA referrals for your individual appointment with a counselor can be made.

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, regardless of income. For assistance from MAP, call the Mass. Senior Legal Helpline at 866-778-0939

Day Trips

We travel on a 14 passenger bus

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



Schooner Fame Sail Salem, MA

Wednesday, September 3
\$54 includes transportation,
sailing cruise and lunch

We'll start with lunch at Red's, rated by locals as Salem's top ranked restaurant. Following lunch we'll head to Pickering Wharf to board a full-scale replica of the War of 1812 privateer, *Fame* where we'll learn about the fishermen, privateers, merchants and men of war who shaped the North Shore.

Portsmouth New Hampshire Lunch Special Tasting Tour

Friday, September 26

\$59 includes transportation, guided tour and 5-course lunch

We will visit 5 restaurants for a delicious lunch tour discovering the specials of the day. The easy walking tour of 1/2 mile will allow time to sit and enjoy each stop as well as the historical sites along the way. The tour is cleverly designed, so that by the time of our concluding bakery stop you will have enjoyed a wonderful 5-course lunch. You will also receive a nice brochure with a map listing of all our stops for your future visits

Cocheco River & Great Bay Fall Foliage Cruise

Portsmouth, NH

Tuesday, October 7

\$53 includes transportation,
cruise and brunch



We'll start with a hearty brunch at the Roundabout Diner and they head to Portsmouth Harbor for a narrated cruise up the Piscataqua River and into the Great Bay, second only to the Chesapeake Bay as the largest estuary on the east coast.

Wellness Education

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

Ask the Nurse

2nd Thursday of each month

Thursday, August 14 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, August 4 (none September)

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

For more information please contact :

Nyola Vaillancourt

978-692-8608

1081 Lowell Road, Groton, MA 01450

nyolav@verizon.net

Flyers available at the senior center

ALPINE ADVENTURE

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

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

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, dbl

BAVARIAN & AUSTRIAN CHRISTMAS MARKETS:

8 Days/6 Nights

November 29 – December 6, 2014

. \$2599. per person, double occupancy, by credit card/
\$2549. cash or check. Singles add \$480.

Groton Senior Center Activities

August 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Join us fo Mahjong! Now were playing on Tuesdays <i>and Thursdays</i> 1:00PM Play one or both days, just stop in!			1 VAN DW Highway, Nashua 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
4 10:00 Strength Training 11:00 Hearing Screenings 12:00 Groton Swim 12:30 Cribbage	5 10:00 Painting Club 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	6 10:00 Strength Training 12:00 Pizza and a Flick Movie: 12 Years <i>a Slave</i>	7 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	8 VAN Walmart, Dollar Tree 10:00 Strength Training 12:00 Groton Swim
11 9:00 Podiatry Screenings 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage	12 9:00 Sharing Our Losses 10:00 Creative Creations 10:00 Painting Club 10:00 Garden Club 10:00 Line Dancing 12:45 Hand & Foot 1:00 Mahjong	13 9:00 Book Club 10:00 Strength Training 12:00 Groton Goes to <i>the Movies:</i> <i>Movie Queen</i>	14 10:00 Yoga 10:00 Scrabble 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	15 VAN Westford Market Basket Plaza 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
18 9:30 COA Board Meeting 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage	19 10:00 Paint - One Stroke 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong	20 10:00 Strength Training 10:00 New England Studio Tour 12:00 Groton Goes to <i>the Movies:</i> <i>By Love</i> <i>Possessed</i>	21 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	22 VAN Christmas Tree Shoppe 10:00 Strength Training 12:00 Groton Swim
25 10:00 Talk with Tom 11:30 Strength Training 12:00 Groton Swim 12:30 Cribbage	26 10:00 Paint - One Stroke 10:00 Line Dancing 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong	27 10:00 Strength Training 12:00 Groton Goes to <i>the Movies:</i> <i>School Ties</i>	28 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	29 VAN Excursion Lowell Cemetary 10:00 Strength Training 12:00 Groton Swim



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 & Nashoba Nursing Service & 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 & Nashoba Nursing Service & Hospice</i>	
Hand and Foot	12:30pm
Tai-Chi—\$40 per 8 week	12:30pm
Mahjong	1:00pm

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 August 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 month of August.

- 4 Beef Bolognese Ziti \$2.25
- 5 Roasted Chicken \$2.25
- 6 Pizza sponsored by *Right at Home* no charge
- 7 Sweet and Sour Chicken \$2.25
- 11 Chicken Kielbase \$2.25
- 12 Tortellini Broccoli \$2.25
- 13 Grilled Hot Dogs
- sponsored by Visiting Angels*
- 14 Chicken Breast w/Lemon \$2.25
- 18 Roast Pork w/Gravy \$2.25
- 19 Chicken Meatballs \$2.25
- 20 TBD *Sponsor Friends of the Groton Elders*
- 21 Broccoli Bake \$2.25
- 25 Baked Salmon with Lemon Dill \$2.25
- 26 BBQ Burger \$2.25
- 27 Tacos by Kath and Stace no charge
- 28 Turkey Cranberry Salad \$2.25

**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**



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 on August 20, 10:00am

August 13 12:00PM

Movie: *Movie Queen* (1939)

Grilled Hot Dog lunch

Sponsored by Visiting Angels Littleton

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 27 12:00PM

Movie: *School Ties*

Lunch Tacos by Kath and Stace

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.

August 20 10:00AM

Tour of the New England Studios, Devens

*Transportation provided by the
Groton Police Department*

Cost: None

As part of *Groton Goes to the Movies*, we will have the exciting opportunity to tour the \$41 million New England Studios in Devens. If we are very lucky with the filming schedule we also see the filming of a TV show or movie. The complex opened its doors at Devens at the end of September 2013, the first major movie and film production complex ever built in Massachusetts.

August 20 12:00PM

Movie: *By Love Possessed*

*Lunch provided by the
Friends of the Groton Elders*

Filmed in Fitchburg and Groton. Houses on the corner of Routes 119 and 225 are shown.

Starring Lana Turner, Jason Robards and Efrem Zimbalist Jr.

The film's 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

Pizza and a Flick

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



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.

Wednesday, September 10

"Heaven is for Real"

Based on the #1 New York Times best-selling book of the same name, HEAVEN IS FOR REAL brings to the screen the true story of a small-town father who must find the courage and conviction to share his son's extraordinary, life-changing near death experience with the world.

goodbye, august
hello, september

September 8

Veteran's Breakfast

September 11

Honoring Our First Responders

September 17

Women's Club Luncheon

September 20

Grotonfest

September 24

Nashoba Tech Luncheon

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 \$15, Emerson \$5, others \$10 No charge for the Va

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

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

1st Friday: Shopping on DW Highway, Nashua

2nd Friday: Shopping in Lunenburg: Wal-Mart

3rd Friday: Westford Market Basket Plaza

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

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.**

Cultural Excursion

Please register by calling the senior center
Transportation provided by the COA van



The Butterfly Place, Westford

Cost \$9.00 includes admission & transportation

12:30pm depart returning 3:30pm

New England butterflies and tropical species from all over the world. Walk along a winding pathway. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. Enjoy our koi fish and quail birds which live among the butterflies.

Creative Creations

Please register by calling the senior center

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,



Tuesday, September 9

Fall Wreaths

Cost: \$4.00

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!

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.