



# Senior Soundings

September 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

Do you have a fear of getting old (FOGO)? If you do you're not alone, everyone has a little FOGO (its now become an actual acronym), but that doesn't mean you have to be okay with it. As we age we tend to hold on to what the stereotypes of getting old looked like and fear that we will become that stereotype. When I was young and my grandparents were 65 they were OLD now at 65 we're hitting a new stride. My brother-in-law is turning 65 in a few weeks and my kids were shocked by it, after all Uncle Scott plays the guitar and wears Allman Brother Band t-shirts, works full time, and has an energy level that can put them all to shame. How could he possibly be 65 years old? I asked my them, who are adults by the way, what 65 looks like and they weren't sure but certainly didn't think it was rock and roll, biking and beer. I pointed out the Beatles, Rolling Stones and every other classic rock era musician is reaching 70 now!

The face of aging has changed and at the Groton COA we work to change too and while the average age someone comes to a senior center is 75, 75 is the new 60 and we have to keep up with that. There will be a day when a Grateful Dead tribute band will be entertainment at the senior center Women's Club luncheon and that day may not be that far off. In the meantime we strive to be relevant and somewhat trendy offering programs that meet the cravings of seniors today, those who want to be challenged; mind, body and spirit. Let's spend less time worrying about getting older and enjoy it, embrace it and hit our new stride. The less we fear it, the more we'll enjoy it. In fact, it can be the best time of our lives.

*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**

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

## **9/11 Memorial & First Responder's Recognition Luncheon**

*Held at the new fire station*

**Thursday, September 11 11:30am**

**Cost: \$5.00**

**The COA van is available for transportation at no charge**

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.





## Outreach Corner

Stacey Shepard Jones, Outreach Coordinator



Hi Everyone,

I hope you all enjoying this beautiful weather! Check out our garden...it's bursting at the seams with fresh veggies, butterflies, and humming birds! Groton senior residents can help themselves to any of the veggies!!! I just wanted to mention a few other things to all of you:

**EMERGENCY PREPAREDNESS FORMS** – The 2014 Groton Emergency Preparedness forms will be mailed to everyone's residence in the August Groton Electric bill (which you will probably receive at the beginning of September). The forms are a light blue color. Please take a few minutes to fill this form out, and return it to me. You may have filled it out in previous years, but please fill it out again to ensure we have your most current information. The Groton Council on Aging Outreach Program works in collaboration with the Groton Police, Groton Fire and Groton Emergency Services. Over the last few years, we have experienced some very severe weather that has left many without power, heat, food, water, medications, air conditioning, transportation, etc. In order to keep Groton senior citizen/disabled residents as safe as possible in a severe weather emergency, we have created an EMERGENCY PREPAREDNESS FORM for senior and/or disabled residents to fill out. **All information remains confidential** and is kept in our database. In the event of such an emergency, we will be in contact with you to make sure that you are safe and have what you need, i.e., medications, food, etc.

**MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM** – If you, or if you know of someone that has a hearing, speech, motion, vision, or cognitive disability, MassEDP may be able to provide specialized equipment for little or no cost. In order to be eligible, you must be a MA resident, you must have a licensed MA physician verify your permanent disability, and you must have a land-line home phone. Please stop by if you would like an application.

**VERIZON - LIFELINE DISCOUNT PROGRAM** – This is a government assistance program that offers telephone discounts to qualified low-income customers. If you qualify for the Lifeline discount service, you are eligible to receive a reduced rate on your Verizon monthly bill. If you receive Fuel Assistance and/or SNAP, there is a good chance you will be eligible for this program. Please stop if you would like an application.

**ASK THE OFFICER - KEVIN HENEHAN** – Just a reminder that our Senior Liaison Officer, Kevin Henehan, will be resuming his hours at the Senior Center this month. Kevin will be here the 3<sup>rd</sup> Wednesday of the month between 11:00 am – 12:00 pm, to answer any questions you may have. If you need privacy, please just let Kevin know. Any conversation you have with Kevin remains confidential. Please remember to always call 911 in an emergency.

If I can ever help you with anything, please always feel free to stop in or call.

*Stacey*

### **NEWS FROM SHINE**

#### **Don't Ignore Your Medicare Mail!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2014. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Also, trained SHINE (Serving Health Information Needs of Everyone) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call Stacey at the senior center and ask for a SHINE appointment.

**On Friday, October 24 at 10:00am we will be conducting our Medicare Open Enrollment Update Meeting at the Groton Senior Center to explain any changes to Medicare or Medicare Health Plans or Drug Plans for the 2015 plan year. Please be sure to attend by calling the senior center, 978-448-1170.**



## Day Trips

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

### 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 coast.

## Art with a Splash

*This program is made possible through the generous support of the Friends of the Groton Elders*

*Wednesday, October 29*

*at the Groton Country Club*

*6pm-9pm*

The COA van is available for transportation

*\$10 seniors \$40 all others*

Our instructors will walk you through, step by step, as you recreate an original piece of artwork, all while enjoying a glass of wine or beer (for purchase). We'll provide all the art materials and promise, whether you're an aspiring artist or you've never touched a paint brush, you will be amazed at what you create and we guarantee a great time!

**Register now by calling the senior center, 978-448-1170. (registrations for non-seniors opens 10/1)**

## Advice for Life

*If you had one piece of advice to give to someone about life, about the lessons you have learned, the mistakes you've made, and/or your successes.*

*What would you say?*

*Share with us your words or the words of others that you live by.*

*Once we've collected the **Advice for Life** we will scrapebook each contribution and display them at the center. Write down and hand it to us, email it, or dictate it and we'll write it down, just share with us!*

*It will be a collaborative work, Groton's Advice for Life.*

## Wellness Education

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

### Hearing Screenings

**Friday, September 12**

2nd Friday of each month 11:15am-1pm

By Appointment

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

### Ask the Nurse

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

Due to the 9/11 program Ask the Nurse will be cancelled in Sept

**Thursday, October 9 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

## Creative Creations

Please register by calling the senior center

Tuesday, September 9

**Fall Wreaths**

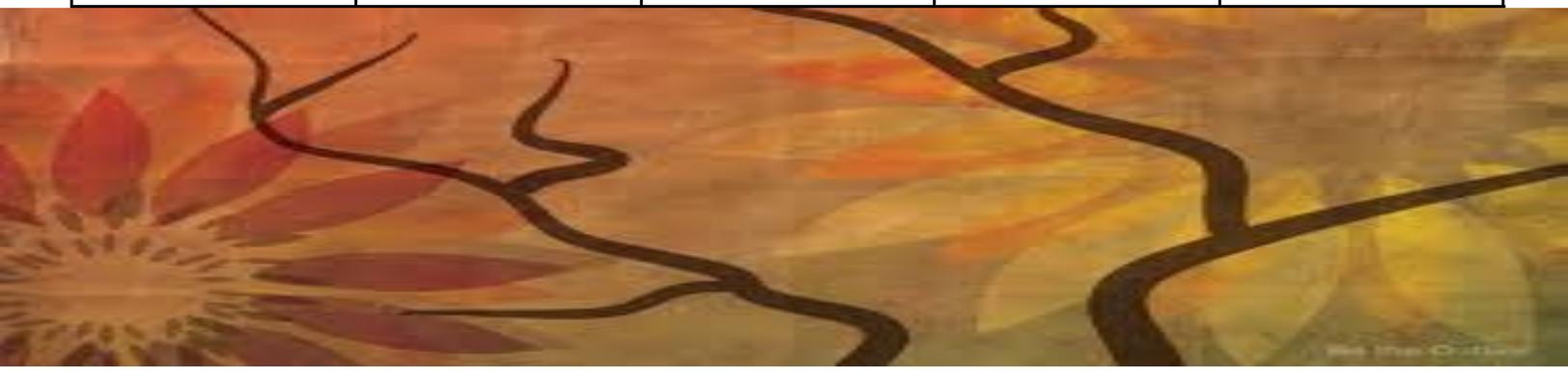
Cost: \$4.00

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!

# Groton Senior Center Activities

# September 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	10:00 Painting Club 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training	10:00 <i>No Yoga today</i> 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	VAN DW Highway, Nashua 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00 Veteran's Breakfast 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	9:00 Sharing our Losses 10:00 Painting Club 10:00 Garden Club 10:00 Creative Creations 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	9:00 Book Club 10:30 Strength Training <b>12:00 Pizza and Flick: Movie: <i>Heaven is for Real</i></b>	10:00 Yoga 10:00 Scrabble <b>11:30 Honoring Our First Responders At the Groton Fire Station</b>	VAN Walmart, Dollar Tree 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screenings
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
11:30 Strength Training 12:00 Groton Swim 12:30 Cribbage	10:00 Painting Club 10:00 Garden Club 1:00 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training <b>12:00 Groton Womens Club Luncheon Entertainment : Mel Simons</b>	10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	VAN Westford Market Basket Plaza 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage	10:00 Paint - One Stroke 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	10:30 Strength Training <b>12:00 Nashoba Tech Luncheon Speaker: Allison Dolbear Pollenating Gardens</b>	10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	VAN Christmas Tree Shoppe 10:00 Strength Training 10:00 Groton Swim
<b>29</b>	<b>30</b>	<div style="border: 2px solid black; background-color: #800000; color: white; padding: 10px; margin: 10px auto; width: fit-content;"> <p><b>Join us fo Mahjong!</b>  <b>Now were playing on Tuesdays  and Thursdays</b>  <b>1:00PM</b>  <b>Play one or both days, just stop in!</b></p> </div>		
11:30 Strength Training 12:00 Groton Swim 12:30 Cribbage	10:00 Paint - One Stroke 10:00 Garden Club 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates			



## 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 Association</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	11:30am
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
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)	12:00pm
with Entertainment	
<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

### 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
Mahjong	1:00pm

### Fridays

Shopping - \$3 for van	9:00am
Groton Swim	10:00am
Strength Training - \$3 per class	10:00am
Hearing Screenings (2nd Fri)	11:15am
Bridge (1st and 3rd Fri.)	12:30pm

## Groton Senior Center September 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!*

- 1 Labor Day building closed
- 2 Chicken Breast w/Red Pepper Pesto \$2.25
- 3 Pizza sponsored by Right at Home Free
- 4 Roast Pork \$2.25
- 5 Diced Chicken w/Cacciatore Sauce \$2.25
- 8 Chicken Kielbase \$2.25
- 9 Breaded Fish \$2.25
- 10 Honey Mustard Chicken Breast \$2.25
- 11 9/11 Honoring Our First Responders at the new fire station : Beef BBQ \$5
- 12 Broccoli Bake \$2.25
- 15 American Chopped Suey \$2.25
- 16 Chicken Breast w/Tarragon Gravy \$2.25
- 17 Women's Club Luncheon Chicken Lo Mein Free
- 18 Chicken Alfredo \$2.25
- 19 Burger w/mushroom gravy \$2.25
- 22 Sweet and Sour Meatballs \$2.25
- 23 Beef Bolognese Ziti \$2.25
- 24 Nashoba Tech Stuffed Haddock or Chicken Cordon Bleu \$10
- 25 Roast Turkey w/gravy \$2.25
- 26 Fish Sticks w/ Mac and cheese \$2.25
- 29 Shepard's Pie \$2.25
- 30 Diced Chicken w/teriyaki sauce \$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](mailto:gcoa@townofgroton.org)

## Four Weeks of Shakespeare

This program is made possible through the funding of the Friends of the Groton Elders

with **Stephen Collins**

**Tuesdays October 14, 21, 28 and November 4  
10:00am**

Stephen Collins' style of teaching has been described as a hybrid between teaching and performance. To make sense of *The Bard*, he believes a reader of his works must approach the text much like an actor to make it come alive. We will work together to *demystify* the language. We will study some of the famous soliloquies. Whether he is persuading, seducing and cajoling, or philosophizing, he is always fascinating. Finally, in addition to the plays, we will study at least 8 of his sonnets.

## Let's go to the Theater

**Thursday, October 2 10:00am**

Our newly forming Theater Group has gone to our first performance of "Chicago" on Sunday, August 3<sup>rd</sup> at the U Mass Lowell Theatre with great success. We are looking forward to attending a performance by the Merrimack Repertory Theater in September and still have space available for those interested. Please join us in sharing your ideas for activities. **All are welcome.** You may call Nyola at 978-692-8608 with any questions.

## Pizza and a Flick

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

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.

Wednesday, October 1  
**"Belle"**

BELLE is inspired by the true story of Dido Elizabeth Belle, the illegitimate mixed race daughter of Admiral Sir John Lindsay. Raised by her aristocratic great-uncle Lord Mansfield and his wife, Belle's lineage affords her certain privileges, yet her status prevents her from the traditions of noble social standing.

## Special Events

Please reserve your seat by calling the center,  
978-4481170

### **Veteran's Breakfast**

Sponsored by the Groton Police Association,  
Blood Farms and Shaw's Market

**Monday, September 8 10:00am**  
**Cost: None**

Open to all Veteran's and their guests, head chef, Police Chief Donny Palma will serve eggs, sausage, bacon and hash brown potatoes with other town employees following his lead. Speaker to be determined. Please call the senior center for your reservation.

### **Groton Women's Club Luncheon**

Open to everyone

**Ice Cream Sundae bar provided by  
Senator Eileen Donoghue,  
she will also be available for your  
questions and concerns**

**Wednesday, September 17 12:00pm**  
**Entertainer: Mel Simmons: Comedy and Music**  
**Cost: None**

Following your lunch of Chicken Lo Mein, Broccoli Salad and Ice Cream Sundae You will be entertained by Mel (WBZ Radio) as he astounds you with the great songs and fascinating anecdotes with *Comedy and Music*.

Please make your reservation by Friday, Sept 12

### **Nashoba Tech Catered Luncheon** at the senior center

**Wednesday, September 24  
12:00pm**  
**Speaker: Allison Dolbear**  
**Pollenating Gardens**  
**Cost: \$10pp with tip optional**



**Menu: Stuffed Baked Haddock or  
Chicken Cordon Bleu**

Following Lunch Allison Dolbear, environmental educator, will speak on the need for pollenating gardens and their essential place in our environment. She will also discuss how to plan and design your own garden to attract butterflies and hummingbirds.

Please make your reservation by Friday, Sept 19

## 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

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.**

## Music Wellness

In collaboration with  
Indian Hills Music

**Tuesdays at 12:00pm**

It's not about inspiring extraordinary *music*-making. It's about inspiring extraordinary living. Music wellness provides relaxation, self-reflection and community through participation together. The group starts with a brief relaxation and meditation, to calm and focus, followed by a shared music listening experience, while we begin to create artwork which is then shared and analyzed for it's themes and understanding of ourselves and each other. There is no prior experience in music or art required by the participants.

Instructor: Kara Wetzel

B.M., Music Education, Miami University,  
M.A., Expressive Therapies (specialization in Music Therapy), Lesley University

## Writing Creatively

In collaboration with  
Groton Lifelong Learning

There are many people who know how to write, but may not know how to write creatively. In this seminar, participants will write every week on topics of their choice and then share their work with other seminar participants. With peer critiques, we will learn valuable editing skills and how to turn ideas into prose. The final product will be something you're happy with.

**Tuesdays, 10:00-11:30 a.m.  
September 30-December 16. Ten sessions.  
No meeting Nov. 11 or Nov. 25**

**Leader: Richard Meibers.** After graduating from Hunter College in the 60's and working as a therapist, Richard began his career as a professional writer. His most recent work includes the novel, *Falling off the Wind* (2012), but he has also written non-fiction, *The Fitchburg Watch: History of a Masterpiece* (2002). He has been a Groton resident for over forty years.