



Senior Soundings

The Newsletter of the Groton Council On Aging

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

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

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

October 2014



1-978-448-1170

Dear Friends,

I am pleased to welcome our new Activities/Volunteer Coordinator, Kathy Santiago. Kathy comes to us with many years of experience in activity planning with her latest as the Activities Director at RiverCourt Residence. Kathy grew up in Waltham and has been a resident of Ayer for the past 22 years. She has five, yeas that's five, grown children and 2 granddaughters. During the interview process what stood out most is her experience, energy, optimism and desire to get started, but there is a problem . . . our names! Now when you call and Kathy answers the phone which Kathy is it? Kathy calls and leaves a message for you from the COA and which Kathy is it? We can use last names but it seems a bit formal, someone suggested "Big" Kathy and "little" Kathy but I'd be Big Kathy and I object to that on many levels! If you listen when we answer the phone there is a couple of distinctions in our voices, one of us believes the letter r is really part of our alphabet and the other does not pronounce every word with an a or an o in it as if it is a long A sound. For now maybe New Kathy and Old Kathy (but again I'm Old Kathy). It is a dilemma, one that I'm sure will resolve itself.

Please introduce yourself to our new Kathy when you stop in and as always feel free to share your ideas for programs and activities and, your vision for the COA.

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.

Kathy Santiago
ksantiago@townofgroton.org

Maintenance

Alan Sinclair

Van Driver

Hal Burnett

Selectmen Liaison

Peter Cunningham

Senior Liaison Officer

Kevin Henahan

COA Board of Directors

Chairman

Maydelle Gamester

Vice Chairman

Marie Melican

Treasurer

George Faircloth

Secretary

Gil Chalmers

Members

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



Art with a Splash

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

Wednesday, October 29 6pm-9pm

at the Groton Country Club

\$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)

The COA van
is available for
transportation



Outreach Corner

Stacey Shepard Jones, Outreach Coordinator



Hi Everyone,

I encourage all of you to attend the **Medicare Boot Camp on Friday, October 24 @ 10:00 am**. Don't wait until it's too late! This is an important meeting to discuss updates to Medicare and any health or drug plan changes. Medicare plans change every year.

Fuel Assistance for fiscal year 2015 begins November 1st, 2014 and goes through April 30th, 2015.

The Income Eligibility Chart for 2014/2015 is as follows:

Household Size	Gross Income Cannot Exceed
1	\$32,618
2	\$42,654
3	\$52,691
4	\$62,727
5	\$72,763

If you need help filling out your fuel assistance applications, please call and make an appointment with me. I will send you a list of the documentation you will need prior to our appointment.

Stacey

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

NEWS FROM SHINE

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.

At this meeting we will be discussing your options for MEDICARE IN 2015. We will be reviewing changes to MEDICARE Health Plans, we will also talk about MEDICARE Part D coverage and how it works.

Finally we will speaking about programs that may be available to assist you with some or all of your MEDICARE costs.

Remember MEDICARE Open Enrollment is from October 15th to December 7th.

YOU MUST MAKE ANY CHANGES TO YOUR PLAN BY DECEMBER 7th.

If you have any questions call Medicare at 1-800-AGE-INFO/1-800-243-4636 option 3 or call our direct line, 508-422-9931.

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.



Day Trips

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

Cocheco River & Great Bay Fall Foliage Cruise Portsmouth, NH

Tuesday, October 7 and 14

\$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.



Friends of the Groton Elders & Merry Trippers

River Cruises have become quite popular and if you have never tried one this may be the year. There are several offered and they are unique by allowing constant location changes without constant packing/repacking. Your travel is generally during the night and daily tours are included in your cruise price.

April 2-10, 2015

VIKING RIVER CRUISE: PARIS & the HEART OF NORMANDY.

September 21-29, 2015

RHINE RIVER CRUISE: KD Cruise Line SONATA. Amsterdam to Nuremberg.

September 21-October 6, 2015

RHINE & DANUBE GRAND EUROPEAN RIVER CRUISE: KD Cruise Line SONATA. Amsterdam to Budapest.

September 28-October 6, 2015

DANUBE RIVER CRUISE EASTBOUND: Nuremberg to Budapest on KD Cruise Line SONATA.

September 25- October 9, 2015

"EXPORING BRITAIN & IRELAND featuring England, Ireland, Scotland and Wales".

December 29, 2015 – January 2, 2016

CALIFORNIA NEW YEAR'S GETAWAY

As always, transportation is provided from Groton to Logan Airport, roundtrip. Fliers are available at the Groton Senior Center. You may receive additional information or clarification by calling me at 978-692-8608 or email nyolav@verizon.net.

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, October 10

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

2nd Thursday of each month

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 & Hospice

Creative Creations

Please register by calling the senior center

Tuesday, November 18

Holiday Cards

Cost: \$2.00

Professional scrapbooker and senior center volunteer, Marion Mattison will be here to teach card making techniques. Create your own beautiful holiday cards.

Groton Senior Center Activities

October 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:30 Strength Training 12:00 Pizza and a Flick: "Belle"	2 10:00 Yoga 10:00 Scrabble 10:00 Let's Go to the Theater 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	3 VAN DW Highway, Nashua 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
6 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	7 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	8 9:00 Book Club 10:30 Strength Training 12:00 Oktoberfest Entertainer Dave LaPrise on the Accordion	9 10:00 Flu Shots 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	10 VAN Walmart, Dollar Tree 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screenings
	14 10:00 Painting Club 10:00 Garden Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	15 10:30 Strength Training 12:00 Groton Womens Club Luncheon Entertainment : Emergency Preparedness GPD Chief Palma	16 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	17 VAN Westford Market Basket Plaza 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
20 10:00 Veteran's Breakfast 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	21 10:00 Shakesphere 10:00 Paint - One Stroke 10:00 Garden Club 12:00 Music Wellness 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates 6:30 Long Term Care Options	22 10:30 Strength Training 12:00 Nashoba Tech Luncheon Entertainment: Andrea Allen Psychic Medium	23 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	24 VAN Christmas Tree Shoppe 10:00 Strength Training 10:00 Groton Swim
27 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage	28 10:00 Shakesphere 10:00 Paint - One Stroke 10:00 Garden Club 10:00 Writing Creatively 12:00 Music Wellness 12:45 Hand & Foot 1:00 Mahjong	29 10:30 Strength Training 6:00 Art with a Splash held at the Country Club	30 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	31 VAN Parkers Maple Bard 10:00 Strength Training 10:00 Groton Swim

Dear October,
I am going to make you
AWESOME!

Always Available

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



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

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

Creative Creations	10:00am
One Stroke Painting Club	10:00am
Hand and Foot Cards	12:30pm
Mahjong	1:00pm
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</i>	
<i>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 - \$4 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 October 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 Pizza no cost sponsored by Right at Home
- 2 Lasagna \$2.25
- 3 Chicken Breast w/lemon sauce \$2.25
- 6 Roast Turkey \$2.25
- 7 Beef BBQ Tips \$2.25
- 8 Oktoberfest sausage and peppers \$5.00
- 9 Breaded Chicken \$2.25
- 10 Meatloaf
- 13 Closed for Columbus Day
- 14 Chicken Penne ala Vodka \$2.25
- 15 Women's Club Shepards Pie no cost
- 16 Roast Port \$2.25
- 17 Swedish Meatballs \$2.25
- 20 Mac and Cheese \$2.25
- 21 Fish Sticks \$2.25
- 22 Nashoba Tech Pork Chops or Talapia \$10.00
- 23 Thai Diced Chicken \$2.25
- 24 Sliced Turkey \$2.25
- 27 Home Style Chicken Stew \$2.25
- 28 Chicken Kielbase \$2.25
- 29 Broccoli Bake \$2.25
- 30 Chicken Cordon Bleu \$2.25
- 31 BBQ Burger \$2.25



**Thursday
October 9
10:00-12:30
at the
Senior Center
please bring your
medicare card**

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 3rd 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, 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.

Wednesday, November 5

"Mother"

An endearing comedy starring Albert Brooks and Debbie Reynolds, Brooks as a successful science fiction writer is finalizing his second divorce. Perplexed by the issues he has with women, he decides to initiate a project that will help him understand what went wrong in his relationships—he moves back in with his mother, occupying the same bedroom he had as a child.

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, October 20 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.



October 8 12:00PM Cost \$5.00

The Oktoberfest is an important part of Bavarian culture, having been held since 1810 and keeping with traditional pretzels, (root)beer, sweet sausage and peppers and homemade hot German potato salad will start the celebration with David LaPrise and his accordian to entertain us following lunch.

Groton Women's Club Luncheon

Open to everyone

Wednesday, October 15 12:00pm
Entertainer: Emergency Preparedness

Cost: None

Groton Police Chief Palma and Senior Liaison Office Henahan will advise us all about preparing for emergencies and discuss the Town of Groton's Emergency Plans. Bring your questions and concerns for the Chief to address during this afternoon conversation. Lunch will be Shepherd's Pie, Cooper Penny Carrots and Pumpkin Bars.



Nashoba Tech Catered Luncheon

at the senior center

Wednesday, October 22 12:00PM

Speaker: Andrea Allen

Psychic/Medium

Cost: \$10pp with tip optional

Following lunch will be a presentation by nationally recognized Physic Medium, Andrea Allen. Andrea will speak about her ability to connect with the spirit world, and perhaps communicate some message from loved ones who have passed.

Menu: Stuffed Pork Chops or Talapia w/Fruit Salsa

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

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.**

Music Wellness at the Senior Center

In collaboration with
Indian Hills Music

Tuesdays at 12:00pm

Beginning October 7 for eight weeks

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.

Cultural Excursion

transportation on the COA van

Parker's Maple Barn

Friday, October 31 9am

Cost: \$3 for transportation with breakfast on your own.

Enjoy breakfast and shopping at Parker's Maple Barn a family establishment since the late 1960's. It began with nothing more than a small Sugar House by the original Parker family and has grown to become a very popular country restaurant serving hearty breakfasts and lunch. The Corn-Crib gift shop features all of our maple products along with many unique gifts like our maple syrup gift baskets and maple syrup tins.

Carter Myseum of Groton History

Thursday, November 13

Depart from the center at 9:30am

Cost: none



The Carter Myseum of Groton History is a non-commercial venture of nearly 4,000 items professionally displayed. The collection tracks the history of Groton from the Colonial Period and Indian Wars to the present. Be advised this exhibit is on the second floor and **not** handicapped accessible.