



Senior Soundings

The Newsletter of the Groton Council On Aging

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

November 2014



1-978-448-1170

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

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

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in"
Marjorie Moore

The third week of October we held a regional training at our senior center for those serving on COA Boards. It was a great training run by the Massachusetts Office of Elder Affairs. It reminded me of the value of our board, I always appreciate their service but I don't always remember to say it. Our board is an advisory board, we meet monthly discuss programs, policy, budget and other issues that may present themselves but their underlying responsibility, support of the COA Director and staff is immeasurable. I rely on them for advice and strategies, they are a great sounding board for new ideas and their vision for the kind of community they want to live in is what keeps us moving forward. They are dedicated, communicative, supportive, enthusiastic, and best of all they all have visions and opinions they are willing to share. I thank them all for their support and service to me, the staff and the seniors of Groton!

Thank you Ellen Baxendale!
Thank you Charlotte Carkin!
Thank you Gail Chalmers!
Thank you George Faircloth!
Thank you Maydelle Gamester!
Thank you Marie Melican!
Thank you Vera Strickland!
Thank you Millie Wells!
Thank you Eddie Wenzell!

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.

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Police Officer
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COA Board of Directors

Chairman

Maydelle Gamester

Vice Chairman

Marie Melican

Treasurer

George Faircloth

Secretary

Gail Chalmers

Members

Ellen Baxendale
Charlotte Carkin
Mildred Wells
Vera Strickland
Eddie Wenzell



Gibbet Hill Holiday Dinner

Thursday, November 20

5:30 PM

Music by "The McMurphy's"

Our much anticipated annual dinner is held at the Gibbet Hill Barn and provided through the generosity of Mark Lynch and his team. This event is free and open to residents of Groton 60 and older. It is a ticketed event with limited seating. Tickets can be picked up at the senior center beginning **Tuesday, November 4th, 9am.**

The Groton Police department generously provides transportation for those needing a ride to the dinner and also deliver meals to those unable to attend. Please contact the senior center to reserve your ride or meal.



Outreach Corner

Stacey Shepard Jones, Outreach Coordinator



Hi Everyone,

There are a few things I'd like you to be aware of:

Emergency Preparedness Forms: The COA works in collaboration with the Groton Police, Fire, and EMS to ensure senior and/or disabled residents are safe in the event of a severe weather emergency. The information you provide on this form is confidential, and will only be used in the event of a severe weather emergency to ensure you are safe and comfortable. If you don't fill out one of these forms, you will not go into our database, and we will not necessarily be aware of where you live and/or what your needs are in the event of an emergency. If you haven't already filled out one of these forms, I strongly encourage you to do so. If you need a form, please contact me.

Options Counseling through Montachusett Home Care Corp: Options Counseling is a FREE service that assists people in making informed choices about long term care services, resources & supports. A major goal of Options Counseling is to assist individuals to remain in the community, safely and independently. To speak to an Options Counselor, call Montachusett Home Care at 978-537-7411.

Fuel Assistance Applications: The fuel assistance season is November 1, 2014 through April 30, 2015. If you'd like to see if you may qualify for assistance, or if you need help filling out your fuel assistance application, please contact me.

If I can ever assist you with anything, please don't hesitate to contact me!!!

Stacey

NEWS FROM SHINE NOVEMBER 2014

MEDICARE OPEN ENROLLMENT UPDATE MEETING PLAN YEAR 2015

**The Medicare Open Enrollment ends on December 7th!
Don't Wait Until It's Too Late! Make a SHINE Appointment Now!**

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.



Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at shinema.org

Assistance is available from the SHINE program. Call the senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You may also contact Medicare directly at 1-800-MEDICARE.

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched it website. You can visit us on the web at www.shinema.org. The site has valuable information and links to other agencies that can assist you with you insurance needs.

Day Trips

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

We're still working out the details for the winter trips, be sure to look in the December newsletter.

Boston Science center IMAX **Pandas The Journey Home and Jerusalem**

Dress rehearsal Boston Symphony Orchestra

Please let us know if there is a trip you think would interest our travelers.

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

"EXPLORING 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!*

Wellness Education

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

Hearing Screenings

Friday, November 14

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, November 13 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

November 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 COA Board 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	4 10:00 Shakespear 10:00 Painting Club 10:00 Writing Creatively 12:00 Music Wellness 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	5 10:30 Strength Training 12:00 Pizza and a Flick: "Mother"	6 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	7 VAN DW Highway, Nashua 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
10 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage		12 9:00 Book Club 10:30 Strength Training 12:00 Nashoba Tech Luncheon Speaker: Community Legal Aid	13 9:30 Carter Myseum 10:00 Yoga 10:00 Scrabble 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	14 VAN Walmart, Dollar Tree 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screenings
17 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	18 10:00 Painting Club 10:00 Writing Creatively 10:00 Creative Creations 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	19 10:30 Strength Training 12:00 Groton Womens Club Luncheon Entertainment : Tony Funches Motown	20 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong 5:30 Thanksgiving at Gibbet Hill	21 VAN Westford Market Basket Plaza 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
24 10:00 Veteran's Breakfast 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage	25 10:00 Paint - One Stroke 12:00 Music Wellness 12:45 Hand & Foot 1:00 Mahjong 4:15 Pilates	26 10:30 Strength Training		28 VAN Christmas Tree Shoppe 10:00 Strength Training 10:00 Groton Swim
<div> <p>Join us fo Mahjong! Now we're playing on Tuesdays and Thursdays 1:00PM Play one or both days, just stop in!</p> </div>				



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 - \$4for 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 November 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!

3	Chicken Primavera	\$2.25
4	Turkey Chow Mein	\$2.25
5	Pizza by Right at Home	Free
6	Breaded Chicken	\$2.25
7	Fish Sticks	\$2.25
10	Roast Pork	\$2.25
11	Veterans Day Building	Closed
12	Nashoba Tech Chicken Parm or Seafood	
	Casserole	\$10
13	Broccoli Bake	\$2.25
14	Roast Chicken	\$2.25
17	Salmon	\$2.25
18	Turkey with gravy	\$2.25
19	Womens Club Beef Barley Soup	Free
20	Chicken Meatballs	\$2.25
21	Stuffed Cabbage	\$2.25
24	Turkey with corn stew	\$2.25
25	Baked Chicken Breast	\$2.25
26	Beef Stroganoff	\$2.25
27	Happy Thanksgiving	
28	Chicken Patty Parm	\$2.25

Available now at the senior center for your
reference:

The Code of the Town of Groton

The various chapters of the Code contain all currently effective legislation of a general and permanent nature enacted by the Town Meeting, the Board of Selectman, Board of Health of the Town of Groton, as well as certain rules, regulations and bylaws adopted by various boards, commissions, departments.

Let's go to the Theater

After a successful outing to "The Lion King" the next offerings include:

Boston Symphony Orchestra Chamber Concert,

Sunday Nov. 2 at 2:00 pm,
Durgin Hall, U Mass, Lowell
tickets are free but require reservation

Our Holiday offering is

Meet Me in St. Louis

Stoneham Theater
Wednesday, Dec. 17 at 10:00 am
Show \$35. transport \$25.

Sign up at Senior Center.

Theater Group next meeting: Thursday, Dec. 4
10:00 am
Groton Senior Center

Pizza and a Flick

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

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.

Wednesday, December 3

"Jersey Boys"

They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard but while their harmonies were perfect on stage, off stage it was a very different story. The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons. You'll be singing and dancing in your seats.

Talk with Tom

November 24

4th Monday of the month
10:30 AM

Join Tom Hartnett, previous Town of Groton Treasurer, for a stimulating conversation. Topics are driven by participants

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, November 10 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.

Nashoba Tech Catered Luncheon

at the senior center

Wednesday, November 12 12:00PM

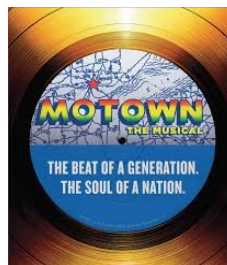
Speaker: Community Legal Aid

Cost: \$10pp with tip optional

The Nashoba Valley Elder Law Project, part of Community Legal Aid, will offer a two part program: (1) Elder Abuse. What is it and what can you legally do about it? AND (2) Accessing Health Insurance. Navigating the legal roadblocks. This program will be provided by an elder law attorney and will be followed by an opportunity for questions and discussion.

Menu: Chicken Parm or Seafood Casserole

Please make your reservation by Friday, Nov 7



Groton Women's Club Luncheon

Open to everyone

Wednesday, November 19
12:00pm

Entertainer: Tony Funches

Cost: None

Start the afternoon with a lunch of Beef Barley Soup, Shredded Wheat bread, and apple nut bars with rum sauce the complete the afternoon with one of our favorites, former Platters singer, **Tony Funches**. Tony's energy and music is infectious, you will be dancing in your seats as he plays your Motown favorites!

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.**

Cultural Excursion

transportation on the COA van

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.

Book Club

November 12

2nd Wednesday 9:00 AM

Each month read along with the group then meet the 2nd Wednesday to share your thoughts and listen to those of the other group members

Some Games We Play

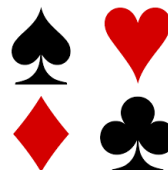
Cribbage

Mondays

12:30pm

Cost: none

Visually, cribbage is known for its scoring board, a series of holes on which the score is tallied with pegs but it is a card game for 2-4 players per board. Join us for great play and great conversation! If you don't know how to play we will teach you.



Hand & Foot

Tuesday and Thursdays

12:30pm

Cost: none

Hand and Foot is a North American card game related to Canasta, in which each player is dealt two sets of cards - the **hand**, which is played first, and the **foot**, which is played when the hand has been used up. There are numerous variations of this game and no standard rules. A quick and easy game to learn, always room for newcomers!