



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

December 2014



1-978-448-1170

Dear Friends,

Recently I've been asked about my opinion of the senior center moving to the Country Club or to the Prescott school. It's a great conversation and I welcome it but I believe we are making a lot of assumptions in this preliminary discussion.

The first question we should be asking is not **where** should we be going but **why** should we be moving. Why would we need to make this move and if we need to move, **when** would it be necessary to go? Are the proposals to move to either Prescott or the Country Club simply to fill the space and make us feel better about empty buildings? Or is there an actual need that can be filled by making a move. I don't profess to know all the answers however we need to address these questions before putting a plan into place. Right now opinions seem to be driven by emotion and while I respect this and have made my share of emotionally decisions, it doesn't usually end well for those involved. By the next federal census it is estimated the senior population of Groton will be between 25 and 30% of the total population, as is the estimate for the state. With this growth, the needs of today's and future senior residents should to be addressed therefore the Council on Aging is preparing goals for the next three, five and ten years. In your local census this January, you will find an extensive survey (4 pages front and back). It is the goal of the COA planning committee that this comprehensive survey will shed some light on our future needs. We are asking citizens 50 years and older to please complete it and return it with your census. The importance of participation cannot be stressed enough. This survey, along with a Utilization Survey completed in October and November and with the planned focus groups for January and February will give the COA staff and Directors facts and figures to make educated decisions and proposals for our future. One result of our Utilization survey (50% of those that completed the survey have never attended a COA program) has shown that 60% believe the senior center is in a convenient location and that 12% stated the location of the center prevents them from participating in COA programs. These are an example of statistics we will be examining closely with our census survey.

For the record, I have told anyone that has asked that I will do my job wherever it is deemed necessary by the town and neither I nor the COA Board has expressed a definitive interest in either location. I do have an opinion of where we should ultimately be but I'll reserve that for now because while it is based on my professional experience and national trends, it also has a lot of emotion tied in to it. Presently, we are working well in the building we occupy. When necessary we have used the Country Club for large groups and collaborated with the library for some evening educational programs. We have time to study and examine this issue and make a fact-based plan.

We invite you to be part of our future. Please complete your census survey, join a focus group and feel free to call me or a board member anytime with your thoughts.

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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Vera Strickland
Eddie Wenzell



Outreach Corner

Stacey Shepard Jones, Outreach Coordinator



Hi Everyone,

I frequently have people ask me "What is SHINE?"

SERVING THE HEALTH INSURANCE NEEDS OF EVERYONE (SHINE)

SHINE is a state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers. The SHINE Program is administered by the Massachusetts Executive Office of Elder Affairs (MEOEA) in partnership with elder service agencies, social service and community based agencies, as well as Council on Agings.

A SHINE Counselor is a volunteer who is trained and certified by the MEOEA in many areas of health insurance including Medicare Part A, B, and D, Medigap insurance, Medicare HMOs, retiree insurance plans, prescription drug programs, Medicaid, Medicare assistance programs (QMB, SLMB, and QI), and other programs for people with limited resources.

A SHINE Counselor can assist elders and individuals with disabilities in understanding their Medicare and MassHealth benefits and other health insurance options. **The SHINE Program ensures that MA residents with Medicare and their caregivers have access to accurate, unbiased and up-to-date information about their health care options.** If you need to speak to or meet with our SHINE Counselor, please call me.

Fuel Assistance Applications:

The fuel assistance season is November 1, 2014 through April 30, 2015. The gross income for a 1-person household is \$32,618 and a 2-person household is \$42,654. 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

Book Club

December 10
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.

Garden Club

Join Us and Be Part of Our Growth
January 13 10:00AM

The **Garden Club** is taking a much needed break but we will be back beginning the

second Tuesday of January!

You've seen what we did last year! Just think what we could do with you joining us!

Come be part of our growth.

We'd love to have you!



Meals On Wheels

Would you or someone you know benefit from a home delivered meal and a daily visit from a volunteer. Meals on Wheels provides meals to seniors who need help preparing their meals and are homebound with the added benefit of a daily friendly hello.

The service can help:

1. On temporary basis if you've just had surgery or have been ill.
2. On a long-term basis.

Volunteers from Groton will deliver you meal between 11:30am and 12:30pm, Monday—Friday (except for holidays).

A voluntary, confidential contribution of \$2.25 per meal to help cover costs is suggested.

For more information, please call the COA Outreach Director, Stacey Shepard Jones, 978-448-1170.

Day Trips

To ensure your place on the bus please stop by the senior center. **We request payment at registration.** If you are unable to pay at registration, please see Stacey to make alternate arrangements.



IMAX Double Feature

Pandas the Journey Home
and
Mystery of the Maya

Cheers for lunch

Thursday, January 9
9:30am –4:30pm

\$56 includes transportation, lunch and movies

We'll start the adventure by enjoying an early lunch at Boston landmark, Cheers. Following lunch we'll head to the Museum of Science where we'll use their 5-story IMAX screen to enjoy our films!

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.

September 21-29 Rhine River Cruise:
Amsterdam to Nuremberg

September 21-October 6 Rhine and Danube Grand
European River Cruise Amsterdam to Budapest

September 28-October 6 Danube River Cruise
Eastbound: Nuremberg to Budapest

September 25-October 9
Exploring Britain and Ireland
featuring England, Ireland, Scotland and Wales

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, December 13

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, December 11 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

Gift Tags

Tuesday, December 9 10:00AM
Cost: \$2

Join Mariam aging this month, using scrapbooking techniques, to make gorgeous gift tags. Impress your family and friend when you attach your homemade tag to their gift. They just may like the tag more!

Groton Senior Center Activities

December 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 COA Board 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	2 10:00 Painting Club 10:00 Writing Creatively 12:00 Music Wellness 12:45 Hand & Foot 1:00 Mahjong	3 10:30 Strength Training 12:00 Pizza and a Flick: "Jersey Boys"	4 10:00 Let's Go To The Theater 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	5 VAN DW Highway, Nashua 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
8 10:00 Veteran's Breakfast 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	9 10:00 Painting Club 10:00 Writing Creatively 10:00 Creative Creations 12:45 Hand & Foot 1:00 Mahjong	10 9:00 Book Club 10:30 Strength Training 12:00 Nashoba Tech Luncheon With Groton School Ensemble 1:00 Beading	11 10:00 Yoga 10:00 Scrabble 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	12 VAN Walmart, Dollar Tree 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screenings
15 10:00 Groton Swim 11:30 Eating Healthy 11:30 Strength Training 12:30 Cribbage	16 10:00 Painting Club 10:00 Writing Creatively 10:00 Creative Creations 12:45 Hand & Foot 1:00 Mahjong	17 10:30 Strength Training 12:00 Groton Womens Club Luncheon Entertainment : Groton Dunstable High School Chorus	18 10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	19 VAN Westford Market Basket Plaza 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
22 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage	23 10:00 Paint - One Stroke 12:45 Hand & Foot 1:00 Mahjong	24 10:30 Strength Training	26  VAN Christmas Tree Shoppe 10:00 Strength Training 10:00 Groton Swim	
29 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage	30 10:00 Paint - One Stroke 12:45 Hand & Foot 1:00 Mahjong	31 10:30 Strength Training 12:00 Noon Years Eve Celebration with Bingo	Noon Year's Eve BINGO & Lunch Wednesday, December 31 10am Bingo 12pm Lunch Cost: \$4.00 Call for your reservation	



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 December 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 Swedish Meatballs \$2.25
- 2 Potato Pollack Filet \$2.25
- 3 Pizza sponsored by Right at Home Free
- 4 Shaved Steak \$2.25
- 5 Butternut Mac and Chees \$2.25
- 8 Sloppy Joe \$2.25
- 9 Roast Chicken \$2.25
- 10 Chicken Piccata or Baked Stuffed Shrimp
Nashoba Tech \$10.00
- 11 Chicken Divan \$2.25
- 12 Meat Loaf \$2.25
- 15 Meatball Cacciatore \$2.25
- 16 Roast Beef \$2.25
- 17 Stuffed Shells by Groton Women's Club Free
- 18 Roast Turkey \$2.25
- 19 Fish Wedge \$2.25
- 22 Salmon \$2.25
- 23 Meatballs \$2.25
- 24 Salisbury Steak \$2.25
- 25 Merry Christmas
- 26 Chicken Penne a la Vodka \$2.25
- 29 Pork Lo Mein \$2.25
- 30 BBQ Beef Rib \$2.25
- 31 Holiday Fun Food \$4.00



Ask the Officer



Third Wednesday each month

11:30am-12:30pm

December 17

The Council on Aging Liaison Officer,
Kevin Henahan, will be on hand to
answer your questions, problem solve and share
in conversation. No appointment necessary,
simply stop in!

Please remember, in an emergency, please call
the police department.

Let's go to the Theater

Thursday, December 4 10:00AM

Our newly forming Theater Group went to our first performance of "Chicago" on Sunday, August 3rd at the U Mass Lowell Theatre with great success. We also attending "lion King" in Boston. Please join us in sharing your ideas for activities. **All are welcome.** You may call Nyola at 978-692-8608 with any questions.

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.

Pizza and a Flick

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



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.

Wednesday January 7

"The Hundred-Foot Journey" Wednesday,

Starring Helen Mirren, the Kadam family clashes with Madame Mallory, proprietress of a celebrated French restaurant, after they open their own nearby eatery, until undeniable chemistry causes the Madame to take gifted young chef Hassan under her wing.

Talk with Tom

December 22

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, December 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. Bring your Christmas stories to share.

Please call the senior center for your reservation.

Nashoba Tech Catered Luncheon

at the senior center

Wednesday, December 10

Entertainment: Groton School Select Chorus

It is the *Elegant Chef*, Nashoba Technical High School's restaurant, on wheels. Monthly, the culinary students from Nashoba Tech cater a three course lunch, with an entrée choice. Lunch, served at noon will be followed the Groton School Select Chorus

Cost: \$10pp with tip optional

Menu: Chicken Piccata or Baked Stuffed Shrimp

Please make your reservation by Friday, Dec 5

Groton Women's Club Sponsored Luncheon

Wednesday December 17

12:00PM

Holiday Music

While we truly enjoyed the Women's Club Holiday Choir directed by Officer Henehan last year, this year the Groton-Dunstable High School Choir will be here to raise our spirits with their holiday program. We'll enjoy a lovely meal of Stuffed Shells, salad, and Bread pudding

Please make your reservation by Friday, Dec 12



Noon Year's Eve

December 31 10am Bingo 12pm Lunch

Cost: \$4.00

Why stay up until midnight when you can count down to noon at the Senior Center. Yes, you read it right; we are going to count down to 12 in the afternoon! The Senior Center will have the noise makers ready and sparkling cider chilled. Following the countdown will be a party buffet lunch with BINGO for prizes beginning at 10am.

Please make your reservation by Friday, 12/26

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: Visit to Loaves and Fishes (no charge for this) and appointments beginning 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

Cultural Excursion

transportation on the COA van

Russian Icon Museum

Friday, January 30

Depart from the center at
9:30am

Cost: \$8.00

We need a minimum of
8 for tour



Guided tour of the Russian Icon Museum. The Museum of Russian Icons includes more than 1000 Russian icons and artifacts, the collection is the largest of its kind in North America, and one of the largest private collections outside Russia. Spanning six centuries, the collection includes important historical paintings dating from the earliest periods of icon "writing" to the present.

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!

Mahjong

Tuesdays and Thursdays

1:00pm

Cost: none

Mahjong, is a popular Chinese game played with sets of tiles. Like many popular games,

Mahjong has a small infinity of regional variations, from the Chinese prevailing wind system, to the American Mahjong with special bingo-like scoring cards.

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.**