



# Senior Soundings

*The Newsletter of the Groton Council On Aging*

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

February 2015



1-978-448-1170

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

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

The Groton Council on Aging Future Planning Committee is preparing for your future. By the 2020 federal census it is estimated the senior population of Groton will be between 25 and 30% of the total town 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 Planning Committee is preparing goals for the next three, five and ten years. In your local census you will find an extensive survey (4 pages front and back) that will serve as the foundation for this process. 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 60 years and older to please complete it and return it with your census. ***The importance of participation cannot be stressed enough.*** We really want to understand the needs of our residents. This will make our planning process less challenging and your time in completing it will be well spent. The survey, along with a Utilization Survey completed in October and November and the planned focus groups for January and February will give the Planning Committee, COA staff and Directors facts and figures to make educated decisions and proposals for our future.

Please be part of our future and complete your census survey. You may return it with your census, or you can simply drop it at Town Hall or the Senior Center. Thank you in advance for your participation.

Kathy Shelp, COA Director  
 Groton COA Planning Committee  
 Maydelle Gamester, COA Board Chair  
 George Faircloth, Groton COA Planning Committee  
 Gail Chalmers, Groton COA Planning Committee  
 Marie Melican, Groton COA Planning Committee

## **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](mailto:gcoa@townofgroton.org)  
[kshelp@townofgroton.org](mailto:kshelp@townofgroton.org)

### **Outreach Coordinator**

Stacey Shepard Jones  
[sjones@townofgroton.org](mailto:sjones@townofgroton.org)

### **Activities/Volunteer Co.**

Kathy Santiago  
[ksantiago@townofgroton.org](mailto:ksantiago@townofgroton.org)

### **Maintenance**

Tryna Walsh  
 Jimmy Kuzmitch

### **Van Driver**

Hal Burnett  
 Alan Sinclair

### **Selectmen Liaison**

Peter Cunningham

### **Senior Liaison**

**Police Officer**  
 Kevin Henehan

## **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

## **Chinese New Year Celebration 2015:**

## **The Year of the Snake**

**Wed, February 11      12PM      Cost: \$5.00**



We will be celebrating with Chinese food for lunch followed by surprise entertainment..... one hint, it's the year of the snake (and no, it's not a politician as has been suggested) !

## AARP Tax Service

AARP Volunteers will be here the following dates to process your tax returns:

### Thursdays, February 5, 12 and 19

Appointments are currently being accepted and may be made for 8:30am, 9:30am, 10:30am or 11:30am

An Intake form will be required prior to your appointment, please allow extra time to complete or ask for it when you make your appointment and complete prior to arrival..

### **AARP SUGGESTS EVERYONE FILE A RETURN TO PROTECT YOUR ID, EVEN IF YOU HAVEN'T FILED IN A FEW YEARS.**

We have all heard of the **exponential increase in stolen ID's**. The thieves aren't after just the wealthy; they will use any person's social security number to set up fraudulent accounts. The IRS has set up a large section of about 1200 people to handle stolen ID's. Last year AARP started a new procedure when completing tax returns, filing the federal return regardless of whether it was required. This was done to preclude another person from using the taxpayer's social security number, and also to check whether someone had already used it to file a fraudulent return. We found two possible stolen local ID's last year and expect more in the future. We believe it might be useful for people who don't ordinarily file a return consider making an appointment to complete a federal return for their protection. Doing this might also uncover a few who are eligible for the Massachusetts Senior Circuit Breaker credit (up to \$1050 for 2014). We know there are still people who do not know about the credit. We can file for three past years which might give them up to about \$4100 total.

## Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

Hi Everyone,



If you applied for and received fuel assistance through Community Teamwork and your allotted benefits for 2014-2015 are running out, you may be eligible for **additional fuel assistance**. You must be a Groton senior resident. Please feel free to contact me for more information.

We are working in collaboration with the Florence Roche Elementary School to start a **Senior Read Program**. Would you like to read to 3<sup>rd</sup> and 4<sup>th</sup> graders from on a weekly or monthly basis? These classes tend to read longer books, so you would be reading 1-3 chapters of an on-going book. Each reading takes about 20-25 minutes. After the reading, you can assist the librarian, if you feel comfortable with that. The children love having visitors read to them during their library time!!!

We now have a **COA Mobile Library** Program. If you are temporarily or permanently homebound, we will deliver/return books (and other materials) for you from the Groton Public Library.

If you need **sand for your walkways and/or driveways**, we have sand at the Senior Center for your convenience. Just bring your bucket and help yourself. If you're unable to leave your home to get sand, please let us know and we'll deliver a buck of sand to you within a few days.

Please call me if you are interested or have any questions about these programs. I'd love to hear from you!

**Stacey**

### **News from SHINE February 2015**

#### ***"Help!..My new Part D Plan doesn't cover all my Medications!!"***

If you have a **new** Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about **transition refills**. Transition refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary **OR** that has restrictions (prior authorization or step therapy). It is important to understand that a **transition refill is only a temporary solution**. You need to call your doctor right away to talk about switching to a drug your plan does cover **OR** filing a request with your Part D plan for a "formulary exception" (which may or may not be approved). **A transition refill is not for new prescriptions**. You can only get one if you were already taking the drug before you signed up for the plan. Also, a transition refill does NOT apply to drugs that Medicare doesn't require Part D plans to cover (like Valium and Ativan). If you are in the **same** plan as last year, you **may** still be able to get a transition refill if your plan removed a drug you had been taking in 2013 from its 2014 formulary, for reasons other than safety. **Not all pharmacists know about transition refills**. Ask your pharmacist to call your Part D plan for special instructions.

Trained SHINE volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call Stacey and ask for a SHINE appointment.

## Day Trips with Crumudgeon Jay Darrin

To ensure your place on the bus please stop by the senior center. **We request payment at registration.**

### Warren Sugarhouse

Monday, March 16

\$48 includes:

transportation, tour with gifts,  
& lunch



Rather than just visiting a maple shack, we will experience a narrated walk through the history of maple sugaring, including samples along the way. You will receive a jug of syrup, recipe book, hot-spiced cider and a slice of maple cheesecake. Following the tour we'll eat together at the Black and White Grille in Spencer, MA for lunch.

### Bridge of Flowers and Great Falls Discovery Center

Thursday, May 21

\$42 includes:

transportation, tour & lunch

We'll head out the Mohawk trail stopping to stroll across the magnificent Bridge of Flowers. Next we'll drive to the Port's Seat Tower for a commanding view of Greenfield. After a lunch at Hope & Olive we'll visit the Great Falls Discovery Museum to explore the river.

### IKEA and Curtain Outlet

Thursday, April 9

Hitch a ride with us for the shopping experience of IKEA. After you enjoy lunch on your own we will head to the Curtain Outlet for the best bargains in the country on curtains! Cost TBD

## Friends of the Groton Elders & Merry Trippers

**September 25- October 9, 2015,**

**"EXPORING BRITAIN & IRELAND"**

**featuring England, Ireland, Scotland and Wales"**

highlights include London, Stonehenge Bath, Blarney Castle, Dublin, Edinburgh and much more.

\$4549 pp, double occupancy. \$250 deposit with reservation made prior to March 15, 2015.

**December 29, 2015 – January 2, 2016,**

**CALIFORNIA NEW YEAR'S GETAWAY**

featuring the Tournament of Roses Parade, highlights include Float Viewing, Bandfest, New Year's Eve Party, Tournament of Roses Parade.

\$2399 pp double occupancy. \$250 deposit with reservation by July 18, 2015.

**Rhine and Danube River Cruises are still available in September.**

**See fliers at the senior center for details.**

As always, transportation is provided from Groton to Logan Airport, roundtrip. Some of the fliers but not all are included. 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](mailto:nyolav@verizon.net).

## Wellness Education

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

### Hearing Screenings

**Friday, February 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

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

**Thursday, February 12 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

## Book Club

February 11

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.

# Groton Senior Center Activities

February 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Join Us and Be Part of Our Growth</div> <div>Garden Club</div> <div>Tuesdays 9:00am</div> <p>The <b>Garden Club</b> is back from a much needed break and will be meeting Tuesdays at 9am. You've seen what we did last year, just think what we could do with you joining us!</p> <p><b>We'd love to have you!</b></p>				
<p><b>2</b></p> <p>9:30 COA Board 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p><b>3</b></p> <p>9:00 Garden 10:00 Club 10:00 Painting Club 12:45 Writing Creatively 1:00 Hand &amp; Foot Mahjong</p>	<p><b>4</b></p> <p>10:30 Strength Training <b>12:00 Pizza and a Flick: "And So It Goes"</b></p>	<p><b>5</b></p> <p>8:30 AARP 10:00 Taxes 10:00 Waking 10:00 Yoga 12:30 Scrabble 12:30 Tai Chi 12:45 Hand &amp; Foot</p>	<p><b>6</b></p> <p>VAN DW Highway, Nashua 10:00 Strength 10:00 Training 12:30 Groton Swim Bridge</p>
<p><b>9</b></p> <p><b>10:00 Veterans Breakfast</b> 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p><b>10</b></p> <p>9:00 Garden Club 10:00 Creative Creations 10:00 Painting Club 10:00 Writing Creatively 12:45 Hand &amp; Foot 1:00 Mahjong</p>	<p><b>11</b></p> <p>9:00 Book Club 10:30 Strength Training <b>12:00 Chinese New Year Celebration</b></p>	<p><b>12</b></p> <p>8:30 AARP Taxes 10:00 Yoga 10:00 Scrabble 10:00 Walking 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand &amp; Foot 1:00 Mahjong</p>	<p><b>13</b></p> <p>VAN Walmart, Dollar Tree 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screenings</p>
	<p><b>17</b></p> <p>9:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:00 Creative Creations 12:45 Hand &amp; Foot 1:00 Mahjong</p>	<p><b>18</b></p> <p>10:30 Strength Training 11:30 Ask the Officer <b>12:00 Groton Womens Club Luncheon Entertainment: Vics and Sticks</b></p>	<p><b>19</b></p> <p>8:30 AARP Taxes 10:00 Yoga 10:00 Scrabble 10:00 Walking 12:30 Tai Chi 12:45 Hand &amp; Foot 1:00 Mahjong</p>	<p><b>20</b></p> <p>VAN Westford Market Basket Plaza 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p>
<p><b>23</b></p> <p>10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage</p>	<p><b>24</b></p> <p>9:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:45 Hand &amp; Foot 1:00 Mahjong</p>	<p><b>25</b></p> <p>10:30 Strength Training</p>	<p><b>26</b></p> <p>10:00 Yoga 10:00 Scrabble 10:00 Walking 12:30 Tai Chi 12:45 Hand &amp; Foot 1:00 Mahjong</p>	<p><b>27</b></p> <p>VAN Christmas Tree Shoppe 10:00 Strength Training 10:00 Groton Swim 11:30 Talk with EMTs <b>12:00 Nashoba Tech Luncheon Legal Aid</b></p>

hello february



## 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](mailto: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
Writing Creatively	10:00am
Garden 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 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 - \$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



## 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!

## Talk with our EMTs



### Friday February 27, 11:30am

At each Nashoba Tech luncheon,  
11:30am - 12:30pm  
a representative from our EMT and Fire  
Department will join us to address  
common safety issues and answer any  
of your questions.

## Ask the Officer



Third Wednesday each month  
11:30am-12:30pm

### February 18

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.

## Talk with Tom

### February 23

4th Monday of the month  
10:30 AM

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

## Walk the Winter Away



Get some exercise without ice, snow and cold!

Thursdays, 10:00am  
Feb and March

### Inside at the Groton Pool and Golf Center

The Groton Pool and Golf Center will be open for indoor walking Thursday mornings, 10am. COA staff will meet you there, play some music to boost the energy then we start chatting and walking!

## Creative Creations

Please register by calling the senior center

### Valentines for Yourself and Others

Tuesday, February 10 10:00AM

Cost: none

Join us to create lovely Valentine Cards: a few for yourself and a few to give away to those who need a little love in their life.

Tuesday, March 10 10:00am

### Spring Rag Wreaths

Cost \$4.00

From rags to riches! Re-using scraps of materials we'll make a gorgeous wreath for your door or wall helping to welcome spring

## Pizza and a Flick

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

Wednesday, February 4

### "And So It Goes"

Starring Jack Nicholson and Diane Keaton, There are a million reasons not to like realtor Oren Little and that's just the way he likes it. Oren's life gets turned upside-down when his estranged son appears out of the blue, asking him to temporarily care for the nine-year-old old .granddaughter he never knew existed.

Wednesday, March 4

### "This is Where I Leave You"

When their father passes away, four grown siblings return to their childhood home staying there together for a week. As the brothers and sisters re-examine their shared history and the status of each tattered relationship among those who know and love them best, they reconnect in hysterically funny and emotionally significant ways.

## Special Events

Please reserve your seat by calling the center,  
978-448-1140

### Veteran's Breakfast

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

Monday, February 9 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.

### Groton Women's Club Sponsored Luncheon

Wednesday, February 18

Entertainment: **Vic and Sticks**

Sponsored by Groton Trust Lecture and Program Fund

A husband and wife team Vicki and Rick Ethier...bringing songs from the "comic side of life!" With Vicki on vocals, harmonica and kazoo and Rick on antique washboard and suitcase percussion, their unique Vic and Sticks songs are performed with a vintage/vaudeville recycled rhythm beat! Be sure to invite the kids in your life and enjoy this together. A special lunch will be served to the kids and the adults will enjoy Minestrone Soup, Cheese Toast and Red Velvet Cupcakes.

Please make your reservation by Friday, Feb 13

Please note the date change for the Nashoba Tech Luncheon. It is on FRIDAY, February 27.

**DATE  
CHANGE**

### Nashoba Tech Catered Luncheon

at the senior center

Friday, February 27<sup>h</sup>

12:00pm

Speaker: Legal Aid

The Nashoba Valley Elder Law Project, part of Community Legal Aid with opportunity for questions and discussion.

**Menu:** Roast Sirloin w/demi glaze or Salmon Fillet w/ balsamic glaze

**Cost:** \$10pp with tip optional

Please make your reservation by Wednesday, Feb 25

## 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

- 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

**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.**

## Frozen BBQ

**Friday, March 13      12:00pm**  
**Cost: \$3**

Embrace the winter weather with us for a showing of the ever popular movie "Frozen" and enjoy grilled hotdogs, potato salad and frozen treats for lunch! The movie Frozen seems to have taken over the world with everyone from young children to college students, Military personnel and adults alike belting out the popular song "Let It Go".

*Join us and perk up your winter blues!*

## 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.