



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

April 2015



1-978-448-1170

Dera Friends,

As I write this we can once again see the fence around the garden. Not all of it mind you, but it is peeking through and within a few months it will be green, lush and bountiful. I suppose there's a metaphor for life in the piles of snow (the BIG piles of snow), a message of hope and patience and rebirth but today it's very cold and dreary and I have to dig deep for the optimism! It'll come though, it always does, after all; "No matter how long the winter, Spring is sure to follow."

Thank you everyone for returning your census surveys. As of last count we have 629 returned, that's an amazing number! This demonstrates an engaged and supportive community. Thank you! We are excited to begin the task of tallying the results and putting those results into a meaningful report and as the saying goes many hands make short work. We want to pair volunteers together to work on the results; one will input the information with the second person reading the information as they input. Should you be interested in working on this project in either capacity please let me know.

To supplement the census survey we will be conducting **focus groups**. Our goal is to meet with residents grouped by age (55 and older), to complete our analysis of the current and future needs of our citizens. We encourage Groton residents who currently use the senior center and those *who do not participate in senior center programs and activities*. The discussion will concentrate on attitudes toward aging, community center vs senior center, senior programs and services and building/facilities. Participants are asked to commit to one two-hour meeting in April scheduled at the convenience of the participants. Please call us if you are able to serve the COA in this capacity

Again, thank you for supporting the COA as we plan for the future. As always, feel free to stop in anytime and share your vision.

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

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

Wednesday, April 1

12:00PM Cost: None

Held at the Fire Station



The Groton Fire Department will be hosting their 4th Annual luncheon in their new firehouse where they will be cooking up their famous Firehouse Chilli and cornbread. After lunch, Groton Fire and EMS personnel will be reviewing the File of Life, smoke detector, carbon monoxide detectors, and other fire safety programs with us. It is an afternoon of amazing food, lifesaving information, and a good time spent with this dedicated department.

Coming in May

Sign-up anytime

Cinco De Mayo

Wednesday, May 6 12:00pm Cost: \$5.00

Cinco de Mayo originated with Mexican-American communities in the American West as a way to commemorate the cause of freedom and democracy during the first years of the American Civil War. Today the date is observed in the United States as a celebration of Mexican heritage and pride. We will celebrate Mexican heritage with a taco bar for lunch and George Parker entertaining us with Mexican music!

Mother's Day Breakfast

Friday, May 8 10:00am Cost: none

Open to all women, those who are mothers and those that mothered, join us in celebration of Mother's Day, honoring motherhood, maternal bonds, and the influence of mothers in society. Following breakfast Nashoba Tech Cosmetology school will provide free manicures!

Gay 90's

Wednesday, May 20 12:00pm Cost: none
Held at the Groton Country Club

with Entertainer Darlene Baily

Join us as we celebrate the lives of our residents 90 and older. Entertainer Darlene Baily will share the carefree and easy sounds of the crooners; Frank Sinatra, Bing Crosby, Dean Martin, Peggy Lee, Doris Day and more.

Outreach Corner

Stacey Shepard Jones, Outreach Coordinator



Dear Friends,

Help with Spring clean-up

On Sunday, May 17, the students from the Groton School are having a Community Service Day. They will be available to help you with small projects around your home. They will be available to help you with some yard work, straightening up your garage, taking your patio furniture out and various other things. Let us know what you need done, and we will partner you with the Groton School students and their advisor. If you're interested, please call me at 978-448-1170.

Food Pantry

Some of you may not be aware of the Loaves & Fishes food pantry at Devens, which serves Groton residents. You only need to bring proof of your residency, such as a utility bill. The pantry hours are:

Wednesday and Friday Mornings
9:45 am – 12:30 pm

First & Third Saturday Mornings
9:00 am – 11:00 am

Second Tuesday Evening of the Month
6:00 pm – 8:00 pm

For more information, please call the Loaves & Fishes Client Advocate at 978-772-4627 x312.

Additional Fuel Assistance

If you have run out of your fuel assistance through Community Teamwork, you may qualify for some additional fuel assistance. Please call me for more information about this.

Stacey

NEWS FROM SHINE APRIL 2015

DID YOU KNOW...?

In 2013, Medicare paid for health services for approximately 51 million individuals at a cost of about **\$604 billion**. The Centers for Medicare & Medicaid Services (CMS) estimated that improper payments—some of which may be fraudulent—were almost **\$50 billion**.

Fraud, waste, and abuse contribute to the rising cost of health care. **Taxpayer dollars lost to fraud, waste, and abuse affect all of us.**

You can help stop fraud and abuse by reviewing your Medicare statement (Medicare Summary Notice – MSN) or Part D Explanation of Benefits (EOB) to make sure Medicare is not charged for items or services you did not receive. If you have a question or concern regarding a Medicare claim, you should **first** discuss it directly with your physician, provider, or supplier that provided the service.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements and report fraud and abuse to the proper authorities. You can contact the

Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

Day Trips with Crumudgeon Jay Darrin

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.

IKEA and Curtain Outlet

Thursday, April 9

\$28 includes transportation and lunch
8:45am-4:00pm

Upon arrival at IKEA you'll pick up a store map, a tote bag, a recording form and measuring tape before you begin your investigation (at your own pace) of the IKEA showroom. It can be a bit confusing but is intriguing with many unique items. By 11:45 we will meet in the restaurant for lunch. Following lunch we will head to the nearby Curtain Outlet then compare purchases on our way home.

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.

Friends of the Groton Elders & Merry Trippers

September 25- October 9, 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. You may receive additional information or clarification by calling Nyola at 978-692-8608 or email nyolav@verizon.net.



Groton Dunstable Regional Schools Budget Presentation

**Monday, April 6
10:00am**

at the Groton Senior Center

GDRSD Director of Business and Finance, Jared Stanton will be here with Town Manager Mark Haddad to present the school budget and answer your questions.

Please call the senior center to register,
978-448-1170

There is a copy of the budget at the senior center for your review

Four Weeks of Walt Whitman

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

with Stephen Collins

Fridays, April 3, 10, 17 and 24 10:00am

Cost: none

This lively six week seminar will delve deeply into the life and work of American's beloved poet Walt Whitman. The impact of his writing is still felt today. Whitman found inspiration in the everyday life of America; he saw and wrote of "a teeming nation of nations". He wanted to help Americans understand their past, experience their present, and anticipate their future. "The United States themselves are essentially the greatest poem," he said, adding, "Past and present and future are not disjoined but joined."

A list of the poems that will be discussed will be sent in advance. If students wish to read a biography, *Walt Whitman, a Cultural Biography* by David S. Reynolds is recommended.

Stephen Collins' style of teaching has been described as a hybrid between teaching and performance, with each seminar providing an interactive learning experience.

Groton Senior Center Activities

April 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Join Us and Be Part of Our Growth Tuesdays 10:00am The Garden Club will be meeting Tuesdays at 10am. You've seen what we did last year, just think what we could do with you joining us!</p>		<p>1</p> <p>10:30 Strength Training 12:00 Firehouse Chili at the Fire Station</p>	<p>2</p> <p>10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:30 Hand & Foot 1:00 Mahjong</p>	<p>3</p> <p>VAN DW Highway, Nashua 10:00 Walt Whitman 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p>
<p>6</p> <p>9:00 COA Board 10:00 GDRS Budget 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>7</p> <p>10:00 Advance Directives 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong</p>	<p>8</p> <p>9:00 Book Club 10:30 Strength Training 12:00 Pizza and a Flick: The Judge</p>	<p>9</p> <p>10:00 Yoga 10:00 Scrabble 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong</p>	<p>10</p> <p>VAN Walmart, 10:00 Walt Whitman 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screenings</p>
<p>13</p> <p>10:00 Veterans Breakfast 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage</p>	<p>14</p> <p>10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:00 Creative Creations 12:45 Hand & Foot 1:00 Mahjong</p>	<p>15</p> <p>10:30 Strength Training 11:30 Ask the Officer 12:00 Groton Womens Club Luncheon Entertainment : Groton School Ensamble</p>	<p>16</p> <p>10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong</p>	<p>17</p> <p>VAN Westford Market Basket Plaza 10:00 Walt Whitman 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p>
 <p>Patriots Day Building Closed</p>	<p>21</p> <p>10:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong</p>	<p>22</p> <p>10:30 Strength Training 11:30 Talk with EMTs 12:00 Nashoba Tech Luncheon Selectman Eliot and Selectman Shulman</p>	<p>23</p> <p>10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong</p>	<p>24</p> <p>VAN Christmas Tree Shoppe 10:00 Walt Whitman 10:00 Strength Training 10:00 Groton Swim</p>
<p>27</p> <p>10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage 7:00 Town Meeting Van available</p>	<p>28</p> <p>10:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong</p>	<p>29</p> <p>10:30 Strength Training</p>	<p>30</p> <p>10:00 Yoga 10:00 Scrabble 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong</p>	



Call David Tellier today!
Find out how much your property is worth in today's market.

Cell: 978-448-3400 | Office: 978-448-8288
Email: david@homefitter.com



This Space Available



For Information On Advertising, Please Call Our Representative

Susanne Carpenter
1-800-888-4574 x 3451 or
email: scarpenter@4lpi.com



Liturgical Publications Inc
Connecting Your Community™

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
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 & 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

Cultural Excursion

transportation on the COA van

Tower Hill Botanical Gardens Boylston, MA

Friday, May 29

Depart from the center 9:30am and depart from the
gardens approximately 1pm.

Cost : \$9.00

Lunch is on your own while we are there. It is
available at the café (you can get a copy of the
menu at the senior center) or feel free to pack a
lunch and enjoy one of the picnic tables.

Tower Hill Botanic Garden is New England's
year-round botanic garden, a living museum of
plants exquisite in every season. Several distinctive
gardens arrange plants according to an overall
Master Plan, that includes a Lawn Garden, Secret
Garden, Systematic Garden, Cottage & Vegetable
Garden, Wildlife Refuge Pond, Winter Garden, and
more. Two conservatories--the Orangerie and the
Limonaia--display non-hardy plants in winter, with
blooming flowers in every season. Springtime brings
more than a quarter million flowering bulbs,
including a signature field of more
than 25,000 daffodils.

Talk with our EMTs

Wednesday, April 22, 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

April 15



The Council on Aging Liason 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

Sponsored by the Friends of the Groton Elders

April 27

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

Creative Creations

Please register by calling the senior center

Tuesday, April 14 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

Tuesday, May 5 10:00am

Card Assortment

Cost: None

Join Marian creating one of a kind assortment of birthday, get well and all occasion cards.

Pizza and a Flick

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

Wednesday, April 8

"The Judge"

Robert Downey Jr. plays an urban lawyer who heads back to his rural home when his father, a judge, is implicated as a murder suspect in this comedy-drama.

Wednesday, May 13

"The Theory of Everything"

The extraordinary story of one of the world's greatest living minds, Stephen Hawking. After receiving an earth-shattering diagnosis at 21 years of age he embarks on his most ambitious scientific work, studying the very thing he now has

Special Events

Please make your reservation by calling the center,
978-448-1170

Veteran's Breakfast

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

Monday, March 9 10:00am

Cost: None

Speaker: LTCOL Steven Egan

Next Commander Fort Devens

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, April 15

12:00pm

Cost: None

Groton School String Quartet



We will begin the afternoon enjoying pulled pork on a roll, cole slaw and pineapple Angel Food Cake. Completing the event will be the exquisite Groton School String Quartet dazzling us with their talent..

Please make your reservation by Friday, April 10



Nashoba Tech Catered Luncheon

at the senior center

Wednesday, April 22

12:00pm Cost: \$10 w/optional tip

Speakers: Selectman Anna Eliot and Stuart Schulman

Groton Selectman Anna Eliot And Stuart Schulman will be available for a question and answer session in advance of the Spring Town Meeting.

Menu: BBQ Pork or Baked Stuffed Sole

Cost: \$10pp with tip optional

Please make your reservation by Friday, April 24

HELP PROTECT YOUR FAMILY

Installing a Security System may qualify you for a discount on your Homeowners Insurance

CALL NOW! 1-888-862-6429



ALETA MANUGIAN

Attorney at Law

Real Estate
Wills and Trusts
Elder and Estate Planning

112b Boston Road
Groton, Massachusetts 01450
aleta@manugianlaw.com
978.448.8800
978.448.8801 fax



Thank You to our
Sponsors for their support



- > Visiting nurses
- > Home health aides
- > Rehabilitation therapists
- > Medical social workers

Medicare certified. For a referral or evaluation,
call **978-287-8300** or **1-888-220-5343**.



Janet Jennings Home Hair Care

For your convenience or for the homebound client
Services for Men and Women
978-449-9685



Nashoba Nursing Service & Hospice

"Your Community, Your Choice Since 1931"

*A community partnership
established in 1931 under
the auspices of Nashoba
Associated Boards
of Health*

**Providing Home
Health Care, Hospice
and Public Health
Services**

24 hours/day - 7 days/week



**Tel: (978) 425-6675
(800) 698-3307**

Two Shaker Rd., Suite D225
Shirley, MA 01464

www.nashoba.org

Ashburnham • Ashby • Ayer • Berlin • Bolton • Boxborough
Dunstable • Groton • Harvard • Lancaster • Littleton
Lunenburg • Pepperell • Shirley • Townsend
and surrounding communities

PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > American Made

TOLL FREE: 1-877-801-5055

*First Three Months

**HOLIDAY
SPECIAL**



SeekAndFind.com

is **NEW** and **IMPROVED**

Now it's even easier to shop these advertisers.

Show them your support!



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: Special shopping trips and senior center activities

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

TOWN MEETING

MONDAY , April 27 7:00PM

Should you need a ride the COA van will be available. Please call 978-448-1170 for your reservation prior to Wednesday, April 22

Wellness Education

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

Advance Directives/MOLST

Tuesday, April 7
10:00am

Ever wonder what "living will", "advance care planning", "health care proxy" or "DNR/MOLST" mean? Advanced Care Planning will provide an overview of what these terms mean and discuss what each one of us should have in place to assure that our preferences for health care are honored in the event that we cannot speak for ourselves.

Presented by *Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*

Ask the Nurse

2nd Thursday of each month

Thursday, April 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*

Hearing Screenings

Friday, April 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.

Womens Heart Health

Tuesday, May 12
10:00am

Heart disease affects men and women in vastly different ways. Come and learn the facts and myths about heart disease, as well as how to perform "hands-only" CPR . Presented by *Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*

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.**