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

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.
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.

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.
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<th>MONDAY</th>
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<tbody>
<tr>
<td>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!</td>
<td>9:00</td>
<td>10:00</td>
<td>10:00 Yoga</td>
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<td>COA Board</td>
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<td>Firehouse Chili at the Fire Station</td>
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**Patriots Day Building Closed**

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**This Space Available**

For Information On Advertising, Please Call Our Representative

Susanne Carpenter
1-800-888-4574 x 3451 or email: scarpenter@4lpi.com
### Mondays
- **COA Board Meeting (1st Mon)** 9:30am
- **Groton Swim** 10:00am
- **Vet’s Breakfast (2nd Mon)** 10:00am
  - *Sponsored by Groton Police Association*
- **Talk with Tom - Current Events (4th Mon)** 10:30am
  - *Supported by the Friends of Groton Elders*
- **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
  - *Sponsored by Groton Trust Lecture Fund*
- **Pizza and a Flick (Wed varies)** 12:00pm
  - *Sponsored by Right at Home*
- **Nashoba Tech Lunch - $10 (Wed varies)** 12:00pm
- **Holiday Celebrations (Wed. varies)** 12:00pm

### Thursdays
- **Yoga—$3 per class** 10:00am
  - *Supported by the Friends of Groton Elders*
- **Scrabble** 11:00am
- **Ask the Nurse**
- **and Blood Pressure Screenings (2nd Thurs)** 11:30am
  - *Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*
- **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

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**Cultural Excursion**

**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

**April 15**

The Council on Aging Liaison Officer, **Kevin Henehan**, 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.

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
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Aleta Manugian
Attorney at Law
Real Estate
Wills and Trusts
Elder and Estate Planning
1126 Boston Road
Groton, Massachusetts 01450
aleta@manugianlaw.com
978.448.8800
978.448.8801 fax

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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

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.

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