We are proud to announce we have achieved national accreditation from the National Council on Aging’s Institute of Senior Centers which offers the nation’s only National Senior Center Accreditation Program. Nationally only 120 of the over 5000 senior centers meet the high standards of accreditation. It provides official recognition that our senior center meets the nine standards of senior center operations. It was a two-phase process:

The **Community Self-Assessment phase** is based on nine national senior center standards of Senior Center operation: purpose, community collaboration, program planning, evaluation, financial management, governance, administration/human resources, record keeping, and facility. Key questions are addressed by members of Board of Directors, staff, participants, community stakeholders, etc.

The **Accreditation phase** involves compiling supporting documentation related to the National Senior Center Self-Assessment and National Accreditation Manual, an on-site review of documentation and the Center by a certified Peer Reviewer, and a review of the Peer Reviewers’ findings and recommendation by the National Institute of Senior Centers Accreditation Board.

By completing this process we demonstrated that our senior center met the highest national professional standards, providing quality programs and services with accountability. We could not have achieved this recognition without the continued support of a dedicated Board of Directors, support of our Town Manager Mark Haddad and our Selectman Liaison Peter Cunningham. I also thank senior center staff for their support and diligence throughout this year-long process.

We are planning a celebratory event this Fall, please watch the newsletter for details.

Kathy

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**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
  - 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
  - John Marriner
  - Herb Peterson
- **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
  - Richard Marton
  - Vera Strickland
  - Eddie Wenzell

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**9/11 Memorial & First Responder’s Recognition**
- **Held at the fire station**
- **Friday, September 11**
- **11:30am**
- **Cost: None**

On the solemn anniversary of 9/11, please join us at the fire station, as we honor Groton’s First Responders. Their service and dedication to the seniors of Groton cannot be measured but through this small gesture they are celebrated.

The afternoon will include a brief ceremony prior to a lunch of homemade beef BBQ and tortellini salad.

Please call the senior center for your reservation by Tues, 9/8

Thank you to our generous sponsors
- Senator Eileen Donoghue
- RiverCourt Residents
Outreach Corner
Stacey Shepard Jones, Outreach Coordinator

I hope you’re all enjoying your summer.

UNWANTED CALLS – We all get them and they are annoying!!! Make sure you are registered with the National Do Not Call Registry. You can call and register free at 1-888-382-1222 or visit the website at https:donotcall.gov.

If you have caller ID and don’t recognize the number, don’t answer it. If it’s someone you know, they’ll leave you a message.

If you do answer a robocall, you should hang up. Don’t press any other numbers, because if you do you’re signaling the robocaller that they have reached a live number, and it will probably lead to more robocalls.

Contact your phone provider and ask if they block robocalls. Make sure you ask if there is a fee for the service.

Certain robocalls are allowed:
- Emergency Warnings
- Candidates Running for Office

If you get a recording and it’s a sales message, and you haven’t given your written permission to get calls from that company, then the call is illegal. Try and get the robocalls phone numbers from your Caller ID. Please report illegal robocalls to the FTC at 1-888-382-1222 or to ftccomplaintassistant.gov.

Notice to Medicare Subscribers

Medicare subscribers may appeal decisions you disagree with, but all steps in the appeal process have specific time frames and other requirements. You must pay close attention to the time limits for appeals!

Some appealable situations are:
- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage of your medication

The Medicare Advocacy Project (MAP) provides free advice, assistance with appeals and legal representation.

MAP can help anyone with Original Medicare or a Medicare Advantage Plan regardless of income. To reach MAP call the Massachusetts Senior Legal Helpline at 1-866-778-0939.

To understand and access Medicare benefits, 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.

Veterans

Are you a military veteran or do you have a friend or relative who is a veteran? In the past the Defense Department provided a bugler to perform Taps at a veteran’s funeral, but budget cuts have made this no longer possible. A few years ago a veteran of the US Marine Corps, Tom Day of Illinois, founded a charitable organization to perform this duty. His organization is called Bugles Across America. The organization has hundreds of volunteers in the United States and in other countries. If you are a veteran make your wishes known to your loved ones. A volunteer bugler may be requested by completing a short form on www.buglesacrossamerica.org. The service is free.

COA MOBILE LIBRARY PROGRAM

The Senior Center is happy to be working in collaboration with the Groton Public Library to offer a COA Mobile Library Program with pick-up, delivery, and return of books, tapes, DVDs, etc. to homebound seniors, and those that may need this service just on a temporary basis.

To register, please contact Lisa Baylis at the Groton Public Library at 978-448-1167 x1318 or email her at lbaylis@gpl.org.
**Monthly Veterans Breakfast**

**Thursday, September 3**

10:00

_This year the breakfasts will be held the first Thursday of each month._

To honor our Veterans, Groton Police Union sponsor a free breakfast for our area’s veterans and spouses. Head Chef, Police Chief Donny Palma will serve eggs, sausage, bacon and hash brown potatoes with the assistance of his officers and other town employees. Following each breakfast, Bob Johnson, Groton’s Veterans’ Agent/Veterans’ Service Officer; will schedule a veterans themed presentation or speaker.

Please call the senior center for your reservation, 978-448-1170.

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**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.

**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.

**Hand & Foot**

Tuesdays and Thursdays 1:00pm  
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!

**Bridge**

Fridays 12:30pm  
Cost: none  
Bridge is a member of the family of trick-taking games; a game of strategy, memory, tactics, probability, and communication. Great for brain health!

**Book Club**

August 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.

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**Four Weeks of Robert Frost**

Presented by Stephen Collins

Co-sponsored by the Groton Council on Aging & the Friends of the Groton Elders

<table>
<thead>
<tr>
<th>Thursdays, September 10, 24, October 15, 22</th>
<th>10:00am</th>
<th>Cost: none</th>
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This interactive seminar will meet for a four week term, one hour per class. Robert Frost is an underread and often misunderstood poet. He doesn’t fit easily into any preconceived category, however that is precisely what some people have tried to do with him.

Frost said, "I never dared to be radical when young for fear it would make me conservative when old."

We will work with some of his better known poems as well as some that never seem to get much attention.
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Accredited by National Institute of Senior Centers

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

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**Always Available**
For more information and to register please call us at the senior center, 978-448-1140 or email us, gcoa@townofgroton.org

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

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<tr>
<th>Mondays</th>
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<td>Talk with Tom - Current Events (4th Mon)</td>
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| Wednesdays            |              |         |
| Book Club (2nd Wed)   | 9:00am       |         |
| Strength Training     | 10:00am      |         |
| Groton Women’s Club Luncheon (3rd Wed) | 12:00pm |         |
| **Thursdays**         |              |         |
| Yoga—$3 per class    | 10:00am      |         |
| Scrabble              | 11:00am      |         |
| Ask the Nurse         | 11:00am      |         |
| and Blood Pressure Screenings (2nd Thurs) | 11:30am |         |
| **Fridays**           |              |         |
| Shopping - $4 for van | 9:00am       |         |
| Groton Swim           | 12:00pm      |         |
| Strength Training     | 10:00am      |         |
| Hearing Screenings (2nd Fri) | 11:15am |         |
| Bridge (1st and 3rd Fri.) | 12:30pm |         |

**Day Trips with Curmudgeon Jay Darrin**

Please note our new Trip Policies
- Due to the popularity of the day trips they will go on sale to Groton residents 2 weeks prior to non-residents.
- Please note the on-sale dates listed with each trip.
- We ask for payment one month prior. Refunds will be given if money has not been paid to vendors, if we can fill your seat from the waiting list and if we have to cancel.
- Registrations are open until all seats are filled.
- Minimum of 10 participants per trip and maximum 14.

**Boston Duck Boats**
Monday, September 14
Depart the senior center 8am and return 3:30pm
Cost: $47

Following the 90 minute cruise on the Duck Boats we will head to Quincy Market for lunch on your own and some shopping!
Waiting list available.

**Castle-in-the Clouds**
Friday, October 23
Depart from the senior center 9am and return 4:30pm.
Cost $54

After a scenic ride above Lake Winnipesaukee we’ll enjoy lunch at Castle’s Gate House Restaurant. Following lunch we’ll tour the Castle and time permitting, we’ll stop at the Moultonborough Country Store on our way home.
On sale: Now open to everyone

**Coming in December**

**Christmas at Blithewold Mansion**
Bristol, RI
On sale:
Groton Residents: Wednesday, September 30
Non-Residents: Wednesday, October 14
We are preparing for the upcoming season of craft classes and are looking for some supplies. As you clean closets, cabinets and drawers we would be happy to take the following off your hands!

- Buttons
- Old Frames with the glass 11X14 and larger
- Sea glass
- Vintage and costume jewelry
- Clear or colored glass decorative plates—dinner and/or salad sizes
- Glass votive or tea light candle holders
- Clear or colored glass bowls—cereal size
- Tea cups and saucers
- Copper pipe—1/2-3/4 inch thick, 1-3 feet tall

*Thank You!*  

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

**Wednesday, August 5 12:00pm**  
*“The Best Exotic Marigold Hotel”*  
A small group of British retirees learn that the life they want to live might not be the life they need to live after pooling their resources to spend their twilight years in a unique setting located in India. But just when it starts to seem that the privileged seniors have been swindled out of their life savings, they summon the courage to sever their ties to the past, and embrace their new life with a sense of wonder and adventure.

**Wednesday, August 12 12:00pm**  
*“The Second Best Exotic Marigold Hotel” 2015* Sequel to last week’s movie!  
Hot dogs for lunch this week!

**Creative Creations**  
Please register by calling the senior center

**Tuesdays, Sept 8, Oct 13 & Nov 3 10:00am**  
**Scrapbook 2016 Calendar**  
Cost: $5  
(class size is limited please sign up early)  
A project unique enough to give as a gift or treasure for yourself. Each session we will create 4 months of a calendar using professional scrapbooking techniques. In the end you will take home an 11x17 2016 calender.

**Tuesday, September 22 10:00am**  
**Fall Twig Wreath**  
Cost: $5  
Create your fall wreath in a most unusual shape! Using a base you will add the twigs and make a swag to your own taste  
No two will be the same.

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**See you in September!**

**Thurs. Sept 3**  
**Veteran’s Breakfast**

**Fri. Sept 11**  
**Honoring Our First Responders**

**Wed. Sept 16**  
**Women’s Club Luncheon**

**Wed. Sept 30**  
**Nashoba Tech Luncheon**
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 (afternoon)
4th Friday: Trips around Christmas Tree Shop, Nashua

Round Trip Fees:
Trips to Senior Center no charge
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.

Senior Moment Bowling
Looking for Bowlers for some friendly competition

Tuesdays, 9:30am at the Harvard Alley
Cost:$6.50 per week for 3 strings
Play starts the first Tuesday in September
You can sign-up to be a regular or sub.
If you’re interested call Carol Clark, 978-448-5480

Health and Wellness
Please register by calling the center or stop in and register at the front desk.

Ask the Nurse
2nd Thursday of each month
Thursday, August 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

Hearing Screenings
Friday, August 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.

Strength Training
Summer hours 10am M,W and Fri
Cost: none during the summer
Elaine Corsetti, our instructor takes the summer off and thoughtfully leaves us with a great DVD to maintain our program.
Just the right mix of aerobic & strength in your workout. Class is set to vibrant music.

Yoga
Supported by the Friends of Groton Elders.
Thursdays, 10:00 - 11:00 AM
Cost: $3.00 per class
A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.
HELP PROTECT YOUR FAMILY
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