



Senior Soundings

The Newsletter of the Groton Council On Aging

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

August 2015



1-978-448-1170

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

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

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

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

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.

Stacey

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 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.

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.

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.



Now on the 1st Thursday of each month

Monthly Veterans Breakfast

Thursday, September 3

10:00

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

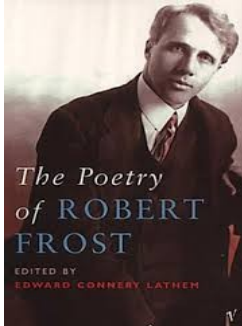
To honor our Veterans, Groton Police Union sponsor a free breakfast for our area's veterans and spouses. Head Chef, Police Chief Donny Palma will serve eggs, sausage, bacon and hash brown potatoes with the assistance of his officers and other town employees. Following each breakfast, Bob Johnson, Groton's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

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

Four Weeks of Robert Frost

Presented by Stephen Collins

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



Thursdays,
September 10, 24,
October 15, 22
10:00am
Cost: none

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.

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

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!

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.

Groton Senior Center Activities

August 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage	4 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	5 10:00 Strength Training 12:00 Pizza and a Hotdog: "The Best Exotic Marigold Hotel"	6 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	7 VAN Walmart 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
10 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage	11 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	12 9:00 Book Club 10:00 Strength Training 12:00 Pizza and a Flick "The Second Best Exotic Marigold Hotel"	13 10:00 Let's go to the Theater 10:00 Yoga 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	14 VAN Westford Market Basket Plaza 10:00 Strength Training 11:15 Hearing Screenings 12:00 Groton Swim
17 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage	18 10:00 Garden Club 10:00 Paint - One Stroke 10:00 Creative Creations 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	19 10:00 Strength Training	20 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	21 VAN Christmas Tree Shop 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
24 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage	25 10:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:45 Hand & Foot 1:00 Mahjong	26 10:00 Strength Training	27 10:00 Yoga 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	28 VAN DW Highway Nashua 10:00 Strength Training 12:00 Groton Swim
31 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage			Accredited by  National Institute of Senior Centers	



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

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	12:00am
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	10:00am
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	10:00am
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	12:30pm
Mahjong	1:00pm

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 Winnepesaukee 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

Wish List

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
- Cooper 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!

Wednesday, September 2 12:00pm

“Big Eyes”

A drama about the awakening of the painter Margaret Keane, her phenomenal success in the 1950s, and the subsequent legal difficulties she had with her husband, who claimed credit for her works in the 1960s.

**THESE ARE THE PLATES
AND BOWLS WE NEED!**



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 calendar.

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.



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

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**.

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

Janet Jennings Home Hair Care



For your convenience or for the homebound client

Services for Men and Women

978-449-9685



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!

