



Senior Soundings

The Newsletter of the Groton Council On Aging

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

September 2015



1-978-448-1170

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

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

Integrating Seniors

I was at a meeting a few weeks ago and someone commented that the seniors in town needed to be *integrated* into the community. A lot of emotion surfaced in me listening to that comment and I apologize if it appears if I'm on a soapbox but well, I guess I just might be. Once again someone, albeit with the greatest of intention, doesn't really understand what happens when we become "seniors".

Our society continues to stereotype seniors as something less than other parts of society. It's as if once we hit senior citizenship we stop integrating with the rest of society and simply lock ourselves away hiding behind Jeopardy and bingo. Jeopardy and bingo can be wonderful pieces of our lives but it is not all we are. The community of seniors in Groton is 60 –106 years old, they are wealthy and struggle financially. They are physically strong and physically challenged, they play bingo and serve on committees in town. Many still work, while others are retired, they volunteer and they play, some play very hard. Some drink and others don't, they tell off color jokes and read the bible. They go to the library, museums, travel, attend church, read, exercise, paint, create, flirt and date one another with music interest ranging from classical to rock and roll. They are married, divorced, single and widowed. Some have a lot of free time and some have limited time. Seniors live in homes, apartments, condos, mobile homes and some might be homeless. They are healthy and they are sick. Some are nice and others are downright mean. There are smart seniors and some not so smart, ambitious ones and tired ones. They have full lives and some are living lives of quiet desperation.

Trying to place the senior population neatly aside is comparable to trying to teach students as if they are all one child. We are all complex unique human beings that certainly do not stop participating in our community simply because of our sixtieth birthday.

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

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



These last few days have been so hot and humid, it's hard to believe that **Fuel Assistance** season is right around the corner. If you have received your re-certification in the mail, and need help with your application, please don't hesitate to contact me. I will let you know the documentation you will need, and we can set up a time to meet. For those of you that want to apply for Fuel Assistance, but have never received it before, please give me a call in early October if you need help applying. Community Teamwork in Lowell will be sending me 2015-2016 applications for new applicants at around that time. If you have any questions, feel free to call me.

INCOME ELIGIBILITY AND BENEFIT CHART

<u>Family Size</u>	<u>Income - No More Than</u>
1	\$32,618
2	\$42,654
3	\$52,691
4	\$62,727

Stacey

NEWS FROM SHINE FOR SEPTEMBER 2015

Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2016. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the senior center and ask for a SHINE appointment.

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.



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.





Please join us!

Sunday, October 25 2:00pm

Carpool to the theater in Lexington

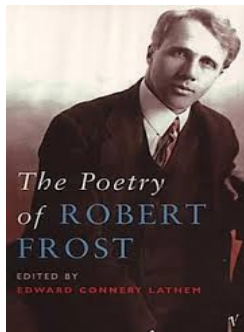
Cost: 49.50—69.50 depending on ticket availability

Call Ginny Reinap, by September 11, for your ticket: 978-448-5385

This hilarious musical parody staged to classic tunes from the '60s, '70s and '80s will have you cheering and dancing in the aisles. Set in a department store, four women with seemingly nothing in common come to find they have more to share than ever imagined. The cast makes fun of their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats and chocolate binges.

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.

Special Events

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

Monthly Veterans Breakfast

Now on the 1st Thursday of each month

Thursday, September 3

10:00

Speaker: Michael Roberts: Preservation in Paradise experiences in the Central Pacific

To honor our Veterans,
Groton Police Union sponsor
a free breakfast for our

area's veterans and spouses. Head Chef, Police Chief Palma will serve eggs, sausage, bacon and hash brown potatoes with the assistance of his officers and other town employees. Please call the senior center for reservations.



Groton Women's Club Sponsored Luncheon

Wednesday, September 16 12:00pm

Cost: None

For lunch we will enjoy Chicken Casserole, Tomato and green bean salad with gingerbread, sliced peaches for dessert.

Following lunch

*This program is sponsored by the
Groton's Trust Fund Lecture Fund*

Marvelous Amusing Quack Medicine Show

Always entertaining and enlightening, Dave Downs acquaints his audience with unique, fascinating and extraordinary medical techniques practiced during the 18th and 19th century. His medical presentation is a memorable experience that you won't find anywhere

Please make your reservation by Friday, September 11.

Nashoba Tech Catered Luncheon

at the senior center

Wednesday, September 30

12:00pm

Entertainment: Music of Elvis and Sinatra

Music can certainly take us to another place and time. Musician Bill Reidy will take transport us to the days of Elvis and Sinatra.

Menu: Braised Beef in Burgundy Sauce or Baked Sole Florentine

Cost: \$10pp with tip optional
Please make your reservation by Fri., Sept. 25

Groton Senior Center Activities

September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:45 Hand & Foot 1:00 Mahjong	2 10:30 Strength Training 12:30 Pizza and Flick: "Big Eyes"	3 9:30 Yoga 10:00 Veteran's Breakfast 10:30 Take a Walk 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	4 VAN DW Highway Nashua 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
 Happy Labor Day!	8 10:00 Garden Club 10:00 Creative Craft 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:45 Hand & Foot	9 9:00 Book Club 10:30 Strength Training	10 9:30 Yoga 10:00 Robert Frost 10:30 Take a Walk 11:30 Ask the Nurse 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	11 VAN 9/11 event 10:00 Strength Training 10:00 Groton Swim 11:30 September 11 Memorial
14 Boston Duck Tour 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	15 10:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 10:30 Take a Walk 12:30 Footcare Focus 12:45 Hand & Foot 1:00 Mahjong	16 10:30 Strength Training 11:30 Ask the Officer 12:00 Women's Club Luncheon Marvelous Amusing Medicine Quack Show	17 9:30 Yoga 10:30 Take a Walk 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	18 VAN Westford Market Basket 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
21 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	22 10:00 Creative Creations 10:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 10:30 Take a Walk 12:45 Hand & Foot 1:00 Mahjong	23 10:30 Strength Training	24 9:30 Yoga 10:00 Robert Frost 10:30 Take a Walk 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	25 VAN Christmas Tree Shopee Nashua 10:00 Strength Training 10:00 Groton Swim
28 10:00 Groton Swim 11:30 Strength Training 10:30 Talk with Tom 12:30 Cribbage	29 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:45 Hand & Foot 1:00 Mahjong	30 10:30 Strength Training 12:00 Nashoba Tech Luncheon Bill Reidy: Music of Elvis and Sinatra	<div>  </div>	



**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 x3451 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	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	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	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	9:30am
<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

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.



Pizza and a Flick

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

Wednesday, September 2 12:00pm
Cost: None
"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.

Wednesday, October 14 12:00pm
Cost: None
"Imitation Game"

In 1939, newly created British intelligence agency MI6 recruits Cambridge mathematics alumnus Alan Turing to crack Nazi codes, including Enigma -- which cryptanalysts had thought unbreakable. Turing's team analyze Enigma messages while he builds a machine to decipher them. Turing and team succeed and become heroes, but in 1952, the quiet genius encounters disgrace when authorities reveal he is gay and send him to prison.

Groton Neighborhood Food Project

Be part of our neighborhood

Bring your donation for Loaves and Fishes when you come for lunch.

Fill a bag at home—ask you're your own green bag!

Theorem Painting

Please register by calling the senior center
This program is sponsored by the
Friends of the Groton Elders

Fridays, October 2, 9, 16 & 23
9am-12pm

Cost: \$10.00 for supplies

Instructor: Peg McWade

Theorem art form can be done by everyone!
Beginners and experienced.



Theorem stencil, sometimes also called theorem painting is the art of making stencils and using them to make drawings or paintings.

A vogue for theorem stencil painting began in England at the turn of the 19th century. The art was first taught to women in academies and boarding schools throughout colonial New England. The stencils are multiple overlays and designs are always three-dimensional, primitive and stylized in nature. The resulting design is bridgeless—there are no gaps in between the overlays. Subjects often included foods, scenes, and symbols that were popular in the artist's area.

Groton Town Charter Review

Do you know your Constitution?

- Groton's Constitution is our Town Charter
- It sets forth how our Town is governed
- The Charter is undergoing a periodic review
- Periodic reviews keep the Charter up to date

It's an opportunity to affirm the best of our governing structure and to consider improvements

Be heard! Participate!

- What is working in Town Government?
- What should be changed?

Send us Your Suggestions

Web: www.TownOfGroton.org

click on Charter Review Committee

Email:

TownCharterReviewCommittee@TownOfGroton.org

USPS: c/o Town Clerk, 173 Main St., Groton 01450



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!



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 9:30am and must be completed by 2:30pm.

Wednesdays: Visit to Loaves and Fishes (no charge for this) and appointments beginning 11:00am and must be completed by 2:30pm.

Fridays: Special shopping trips and senior center activities

Friday Special Shopping: 9:30 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.**



Take a Walk

Beginning September 8

Open to all adults
Tuesdays and Thursdays
10:30am—11:30am

There will be no walking 9/29 and 10/13

**At the Peter Twomey Center
Located on the Middle School campus
(behind the middle school)**

A great way to get exercise, walk with friends, meet new ones. COA staff will meet you there, play some music to boost the energy then we start chatting and walking!

Health and Wellness

Ask the Nurse

2nd Thursday of each month

Thursday, September 10 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

No screenings in September

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

Mon 11:30, Wed 10:30 and Fri 10:00

Cost: \$3 per class

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, 9:30-10:30 AM

Cost: \$3.00 per class

A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.