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 citizenhood 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
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

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Income - No More Than</th>
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<tbody>
<tr>
<td>1</td>
<td>$32,618</td>
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<tr>
<td>2</td>
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<tr>
<td>3</td>
<td>$52,691</td>
</tr>
<tr>
<td>4</td>
<td>$62,727</td>
</tr>
</tbody>
</table>

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 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.
**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*

---

**Four Weeks of Robert Frost**

Presented by Stephen Collins

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

---

**Menopause: The Musical**

---

**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.

---

**Robert Frost**

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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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
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<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>10:00</td>
<td>Garden Club</td>
<td>10:30</td>
<td>Yoga</td>
<td>VAN</td>
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<tr>
<td>10:00</td>
<td>Painting Club</td>
<td>Strength Training</td>
<td>10:00 Veteran’s Breakfast</td>
<td>DW Highway</td>
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<tr>
<td>10:00</td>
<td>Writing Creatively</td>
<td>Pizza and Flick: “Big Eyes”</td>
<td>10:30 Take a Walk</td>
<td>Nashua</td>
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<td>Take a Walk</td>
<td>12:30</td>
<td>12:30</td>
<td>10:00</td>
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<tr>
<td>12:45</td>
<td>Hand &amp; Foot</td>
<td>12:00</td>
<td>Take a Walk</td>
<td>Strength Training</td>
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<tr>
<td>1:00</td>
<td>Mahjong</td>
<td>12:30</td>
<td>Tai Chi</td>
<td>10:00</td>
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<td></td>
<td></td>
<td>12:45</td>
<td>Hand &amp; Foot</td>
<td>Groton Swim</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:00</td>
<td>Mahjong</td>
<td>12:30</td>
</tr>
</tbody>
</table>

**Groton Senior Center Activities**

**September 2015**

1. **MONDAY**
   - 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. **TUESDAY**
   - 10:30 Strength Training
   - 12:30 Pizza and Flick: “Big Eyes”

3. **WEDNESDAY**
   - 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. **THURSDAY**
   - VAN DW Highway
   - 10:00 Strength Training
   - 10:00 Groton Swim
   - 12:30 Bridge

5. **FRIDAY**
   - 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

**Special Events:**
- **Monday, September 7:** Independence Day Picnic
- **Monday, September 14:** Boston Duck Tour
- **Monday, September 21:** Groton Swim
- **Tuesday, September 22:** Cribbage
- **Wednesday, September 23:** Nashoba Tech Luncheon
- **Wednesday, September 24:** Bill Reidy: Music of Elvis and Sinatra

**Accredited by National Institute of Senior Centers**

---

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Susanne Carpenter
1-800-888-4574 x3451 or email: scarpenter@4pi.com

Liturgical Publications Inc Supporting the Community
**Mondays**
- COA Board Meeting (1st Mon) | 9:30am
- Groton Swim | 10:00am
- Vet’s Breakfast (2nd Mon) | 10:00am
  - Supported 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 | 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
  - 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 | 9:30am
  - 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 | 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 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

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**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 calender.

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

Sponsored by

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.

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

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

Groton Neighborhood Food Project
Be part of our neighborhood
Bring you donation for Loaves and Fishes when you come for lunch.
Fill a bag at home—ask you’re your own green bag!
> 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.

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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.