Long Term Listening for Long Term Planning

The Council on Aging is committed to dedicate its resources and expertise to research methods and opportunities that improve our existing programs and services. Overall, our mission has, to date, met the needs of our current population of our senior citizens. However, given the expanding needs of our target population, in 2013 Groton residents 60 years and older were 23% of the adult population, we are researching and revisiting our current operations in order to better serve our citizens.

Our research, which currently consists of a town-wide needs assessment, facilitating four focus groups, and interaction with up to 100 seniors on a daily and weekly basis, valuable information is being gathered that will guide our future planning. Once all the data from all the sources have been completed, the COA Planning Committee will present a 3 – 7 year strategic plan to the Board of Selectmen and the town at large by February 2016.

We look forward to working with all citizens, civic groups, the Board of Selectmen, and the Town Manager to help us bring this exciting and challenging initiative to implementation.

Respectfully,

Kathy Shelp, Director Groton Council on Aging
Mihran Keoseian, Chairman, Groton COA Planning Committee

Technology Assistance

Groton-Dunstable School District Technology Director will be here to give you directions and answer your questions about your smartphone, tablets and computers. Please note these dates are subject to change should there be an unscheduled priority at the school.

Smartphone and Tablets

- Monday, October 19
- 10:00
- Cost: None
- Apps? Navigation? Snapchat?
- Facetime? Voicemail? Texts?
- Books? Movies?
- What’s it all about!

Please bring your personal device.
Register by calling the senior center, 978-448-1170.

Internet

- Monday, November 16
- 10:00am
- Cost: None
- Do you need HELP!
- What do you need help with?
  - Browsing history
  - Cookies
  - Safe websites and how to distinguish the bad from the good sites

Laptops will be provided or you may bring your personal laptop.

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
- Van Driver
  Alan Sinclair
  John Marriner
  Herb Peterson
- Selectmen Liaison
  Peter Cunningham
- Senior Liaison
  Police Officer
  Kevin Henehan

COA Board of Directors
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  Maydelle Gamester
- Vice Chairman
  Marie Melican
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- Secretary
  Gail Chalmers
- Members
  Ellen Baxendale
  Charlotte Carkin
  Richard Marton
  Vera Strickland
  Eddie Wenzell
Outreach Corner
Stacey Shepard Jones, Outreach Coordinator

BENEFITS CHECK UP
National Council on Aging

Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. Many people don’t know these programs exist or how they can apply. You can go to BenefitsCheckUp.org to complete the questionnaire. Once you are on the site you will be asked a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

Once completed, you will get a report created just for you that describes the programs which may help! You can apply for many of the programs online or you can print an application form.

If you need help accessing the website, please call me! I’d be happy to help you!

PLEASE REMEMBER MEDICARE OPEN ENROLLMENT IS OCTOBER 15 - DECEMBER 7TH.
This is the time to make any changes to your Medicare plan for 2016.

Stacey

Thursday
October 29
10am-12pm
at the Senior Center
please bring your medicare card

Cultural Excursions
Transportation provided by the Council on Aging Van.
Call the senior center to register, seating is limited.

Luina GreineAlpaca Farm
Friday October 30
10:30 am
Cost: none

An alpaca is a domesticated species of South American camel. It resembles a small llama in appearance. There are two breeds of alpaca; the Suri alpaca and the Huacaya alpaca and we are so lucky to have an Alpaca farm right here in Groton. Join us for the opportunity to tour the farm and learn about these gentle creatures.

NEWS FROM SHINE OCTOBER 2015
MEDICARE OPEN ENROLLMENT UPDATE MEETING

PLAN YEAR 2016

At this meeting we will be discussing your options for MEDICARE IN 2016. We will be reviewing changes to MEDICARE Health Plans, we will also talk about MEDICARE Part D coverage and how it works. Finally we will speaking about programs that may be available to assist you with some or all of your MEDICARE costs. Please call the Senior Center to reserve a space for this important meeting. Remember MEDICARE Open Enrollment is from October 15th to December 7th. YOU MUST MAKE ANY CHANGES TO YOUR PLAN BY DECEMBER 7th. If you have any questions call us at 1-800-AGE-INFO/1-800-243-4636 option 3 or call our direct line at 508-422-9931.

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 have received information from your plan by the end of September. It is important to understand and save this information because it explains any 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.
**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, October 1**
10:00
Speaker:
State Representative
Shelia Harrington

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.

your reservation, 978-448-1170.

---

**CPR Training**

Friday, October 16
10am - 12pm
at
Groton Central Fire Station
for Groton Senior Citizen's

The ability to perform CPR and to know how to use an automatic external defibrillator can make a lifesaving difference when someone suffers a cardiac or breathing emergency. Groton EMT’s Susan Daley and Tyler Shute will provide excellent training with real life experiences. You will be CPR certified at the conclusion of this class.

Please call the senior center to register. 978-448-1170.

---

**Monthly Veterans Breakfast**

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State Representative
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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.

your reservation, 978-448-1170.

---

**TOWN MEETING**

**MONDAY**
October 19
7:00PM

Should you need a ride the COA van will be available. Please call 978-448-1170 for your reservation prior to Wednesday, October 14.

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**Talk with Tom**

**Discussion Group with Tom Hartnett**

**October 26**
4th Monday of the month
10:30 AM

Join Tom Hartnett, previous Town of Groton Treasurer, for a stimulating conversation about local stories and politics.

Topics are driven by participants.

Sponsored by the Friends of Groton Elders.

---

**Nashoba Tech Catered Luncheon**

at the senior center

Wed, October 28            12:00pm
Cost $10 with tip optional

Menu:
Chicken Coq Au Vin or Baked Haddock

Reservations needed by Fri., Oct 23

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**Groton Women’s Club Sponsored Luncheon**

Wed, October 21           12:00pm
Cost: none

For lunch there will be a Fall menu of Cowboy beans, cole slaw, cornbread and of course, a pumpkin dessert.

Following lunch:

**New England’s Haunted Lighthouses**

Lighthouses are picturesque icons that remind us of New England’s rich maritime history but they also have a dark side. Join author, historian and photographer Jeremy D’Entremont as we hear the tales of our coastal beacons.

---

**Speaker: Charles Smigelski, RD**

Nutrition for a Stronger Immune System
You have an innate and acquired immune system; both are nutrient sensitive. Before the winter flu hits learn how to protect yourself or make your recovery stronger. Speaker Charles Smigelski is a Groton resident with 30 year experience in nutritional counseling, lecturing and research.

Menu: Chicken Coq Au Vin or Baked Haddock

Reservations needed by Fri., Oct 23
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Call David Tellier today! Find out how much your property is worth in today’s market.

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Email: david@homefitter.com
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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

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.

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 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
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

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

Christmas at Blithewold Mansion
Bristol, RI
December 11
Cost:$54

Blithewold, a 33-acre summer estate with grand views of Narragansett Bay, is nationally significant in American history as one of the most fully developed and authentic examples of the Country Place era. The property features a 45-room mansion filled with family heirlooms. Come…and be inspired.

Following our tour we will lunch at Leo’s for outstanding Italian cuisine.

On sale:
Groton Residents: Wednesday, September 30
Non-Residents: Wednesday, October 14
**Pizza and a Flick**

Please reserve your seat by calling the center or stop in

Sponsored by **Right at Home**

Tuesdays, 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 calender using professional scrapbooking techniques. In the end you will take home an 11x17 2016 calendar.

Tuesday, October 27
10:00am

**Framed Glass Mosaics**

Cost: $5

Let your imagination run as you create your very own beach scene. Made with shards of glass and resin you will impress yourself with your creation! We will use frames that when completed, can be displayed in a window for perfect light reflection.

**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.

**Gibbet Hill Holiday Dinner**

Thursday, November 19
5:30 PM

Music by “The McMurphy’s”

Our much anticipated annual dinner is held at the Gibbet Hill Barn and provided through the generosity of Mark Lynch and his team. This event is free and open to residents of Groton 60 and older. It is a ticketed event with limited seating. Tickets can be picked up at the senior center beginning **Tuesday, November 2**, 9am.

The Groton Police department generously provides transportation for those needing a ride to the dinner and also deliver meals to those unable to attend. Please contact the senior center to reserve your ride or meal.

**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!
HELP PROTECT YOUR FAMILY
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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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Groton Council on Aging, Groton, MA 06-5100
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: Van leaves COA at 9:30am and with last trip completed by 3:00pm.

Wednesdays: Visit to Loaves and Fishes (no charge for this) the van leaving the COA at 11:00am and with the last trip completed by 3:00pm

Fridays: Special shopping trips and senior center activities

Friday Special Shopping: 9:30 AM - 2:00 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
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
Please register by calling the center or stop in and register at the front desk.

Ask the Nurse
2nd Thursday of each month
There is no screening in October
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
October 9
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.