



Senior Soundings

The Newsletter of the Groton Council On Aging

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

October 2015



1-978-448-1170

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

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

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

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.

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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 a 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 disguise the bad from the good sites

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

COA Board of Directors

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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



A MEDICARE OPEN ENROLLMENT UPDATE MEETING

will be held at the
Groton Senior Center

November 6, 1:00PM

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.



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.

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
S.



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.*

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.

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.

Nashoba Tech Catered Luncheon
at the senior center

Wed, October 28 12:00pm

Cost \$10 with tip optional

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

Groton Senior Center Activities

October 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <p>Accredited by</p> <p>National Institute of Senior Centers</p>  </div>			2	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	VAN DW Highway Nashua 9:00 Theorem Painting 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
5	6	7	8	9
9:30 COA Board 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage	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	9:00 Book Club Loaves and Fishes 10:30 Strength Training 12:00 Building will be closed at noon while staff is at training	9:30 Yoga 10:00 Robert Frost 10:30 Take a Walk 12:00 <i>Building will be closed at noon while staff is at training</i>	VAN Walmart 9:00 Theorem Painting 10:00 Strength Training 10:00 Groton Swim
	13	14	15	16
	10:00 Garden Club 10:00 Paint - One Stroke 10:00 Writing Creatively 12:30 Footcare Focus 12:45 Hand & Foot 1:00 Mahjong	10:30 Strength Training 11:30 Ask the Officer 12:00 Pizza and a Movie: The Immitation Game	9:30 Yoga 10:00 Robert Frost 10:30 Take a Walk 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	VAN Westford Market Basket 9:00 Theroecom Painting 10:00 CPR 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
19	20	21	22	23
10:00 IT Training Phones and Gsdgets 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	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	10:30 Strength Training 12:00 Women's Club Luncheon Speaker: Haunted Lighthouses	9:30 Yoga 10:00 Robert Frost 10:30 Take a Walk 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	VAN Christmas Tree Shoppe Nashua TRIP Castle in the Clouds 9:00 Theorem Painting 10:00 Strength Training 10:00 Groton Swim
26	27	28	29	30
10:00 Groton Swim 11:30 Strength Training 10:30 Talk with Tom 12:30 Cribbage	10:00 Creative Create 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:45 Hand & Foot 1:00 Mahjong	10:30 Strength Training 12:00 Nashoba Tech Luncheon Charles Smigelski, RD Nutrition for a Stronger Immune System	9:30 Yoga 10:00 Flu Shots 10:30 Take a Walk 10:00 Flu Shots 12:30 Tai Chi 12:45 Hand & Foot 1:00 Mahjong	VAN Alpaca Farm 10:00 Strength Training 10:00 Groton Swim



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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.

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

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

Creative Creations

Please register by calling the senior center

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 calendar 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.

Pizza and a Flick

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

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.

Wed, November 4 12:00pm
"Woman In Gold"

Sixty years after fleeing Vienna, Maria Altmann (Helen Mirren), an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klimt's "Portrait of Adele Bloch-Bauer I." With the help of young lawyer Maria embarks upon a lengthy legal battle to recover this painting.

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.



**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 2nd, 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.

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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.