



Senior Soundings

The Newsletter of the Groton Council On Aging

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

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

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

June 2016



1-978-448-1170

This is the first in a series of articles on senior centers; why we have them, how they have evolved and where they going.

The Philosophy of Senior Centers

The fundamental philosophy of senior centers is conceptually the same among centers across the country however the path to fulfilling this philosophy varies from each program as a senior center will reflect the needs of the constituents they serve. The National Institute of Senior Centers' philosophy, which is the root of the mission of all senior centers, is as follows:

"A senior center seeks to create an atmosphere that acknowledges the value of human life, individually and collectively, and affirms the dignity and self-worth of the older adult. The atmosphere provides for the reaffirmation of creative potential, the power of decision making, the skill of coping and defending, the warmth of caring, sharing, giving and supporting. The uniqueness of the senior center stems from its total concern for older people and its concern for the total older person. In an atmosphere of wellness, it develops strengths and encourages independence, while building interdependence and supporting unavoidable dependencies. It works with older persons, not for them, enabling and facilitating their decisions and actions, and in so doing creates and supports a sense of community that further enables older persons to continue their involvement with and contribution to the larger community.

The philosophy of the senior-centered movement is based on the premises that aging is a normal developmental process; that human beings need people with whom they can interact and who are available as a source of encouragement and support; and that adults have the right to have a voice in determining matters in which they have a vital interest." (National Institute of Senior Centers, 1978)

The mission of the Groton Council on Aging complements the National Institute of Senior Centers' philosophy and guides our daily decisions in programs and outreach. It directs our goals and future planning enabling staff to remain focused on the needs of the people we serve.

Next month: The development of senior centers.

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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Police Picnic

Wednesday, June 8 11:00am

Held at the Groton Pool and Golf Center!

There will be a shuttle available from the parking lot to the building

Groton's finest hosts a fabulous day complete with juicy burgers, perfectly grilled hotdogs, their famous homemade potato salad, a gift bag for everyone and music by Groton's own John Murphy! A big thank you to Groton's Police Department for a much anticipated day.

Please call the senior center to register by Friday, June 3

Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

MA PRESCRIPTION ADVANTAGE PROGRAM (SPAP)

Prescription Advantage (MA State Pharmaceutical Assistance Program) is a state run program that helps many seniors pay for prescription drugs. For those individuals on Medicare, Prescription Advantage will help them with the cost of their Part D drug coverage. You are eligible if a MA senior resident on Medicare and your income does not exceed:

Single \$35,641 - \$59,400 (if income is less than \$35,641, there is no charge)

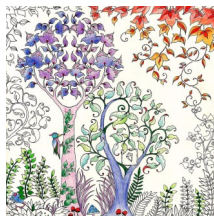
Married \$48,061 - \$80,100 (if income is less than \$48,061, there is no charge)

If you would like to learn more or apply, please call Prescription Advantage's toll free number at (800) 243-4636.

FARMERS' MARKET COUPONS COMING IN JULY

If you are a Groton senior single resident that has a monthly income of \$1,815 or less, or as couple a monthly income of \$2,456 or less, you qualify for Farmers' Market Coupons. Please call and have your name put on a list to receive them. We receive 25 of them, and it's on a first come first serve basis. The coupons usually arrive in mid-July. If you have any questions, please give us a call or stop in.

Coloring Coffee Conversation



Every Monday 1-3pm

This has been so popular we're keeping it going! Coloring is said to reduce stress, tap into your creativity and encourage mindfulness. Join us for great conversation while we all see what the craze is all about.

NEWS FROM SHINE FOR JUNE 2016



Staying Healthy with No Cost Medicare Preventative Benefits

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or call the Senior Center and we will put you in touch with our SHINE counselor.

Free Help with MASS Health Application

for
**In-Home Care
Placement in Long-term Care Facility**

Treading the waters of long term care can be difficult and confusing and is often done in a highly emotional state.

Gina Cronin a paralegal with attorney Nancy Catalini Chew, will be available to help you complete the Mass Health application and guide you through the application process.

**Please call the senior center, 978-448-1170,
to schedule your appointment.**

***Gina is not a lawyer and cannot offer legal advice

Groton Senior Center Activities

June 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:30 Strength Training 12:00 Pizza & Movie "Concussion"	2 9:00 Yoga 10:30 Take a Walk 10:30 Line Dancing 12:30 Hand & Foot 1:00 Tai Chi	3 VAN DW Highway 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
6 9:30 Board Meeting 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring	7 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	8 9:00 Book Club 10:30 Strength Training 11:00 Police Picnic	9 9:00 Yoga 10:30 Take a Walk 10:30 Line Dancing 11:30 Ask the Nurse 12:30 Hand & Foot 1:00 Tai-Chi	10 VAN Walmart 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screening
13 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring	14 10:00 Creative Creations 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Focus on Footcare 12:30 Hand & Foot 1:00 Mahjong	15 10:30 Strength Training 12:00 Father's Day BBQ	16 9:00 Yoga 10:30 Take a Walk 10:30 Line Dancing 12:30 Hand & Foot 1:00 Tai Chi	17 VAN Westford Market Basket 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
20 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring	21 10:00 Creative Creations 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	22 10:30 Strength Training 10:30 Art Matters Georgia O'Keeffe	23 9:00 Yoga 10:00 Memory Café 10:30 Take a Walk 10:30 Line Dancing 12:30 Hand & Foot 1:00 Tai Chi	24 VAN Christmas Tree Shop Plaza 10:00 Strength Training 10:00 Groton Swim
27 No Van Service today 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring	28 No Van Service today 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	29 12:00 Movie: "Room" <i>With hotdogs and pasta salad \$3</i>	30 9:00 Yoga 10:30 Take a Walk 10:30 Line Dancing 12:30 Hand & Foot 1:00 Tai Chi	1 4th of July BBQ at noon

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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
Talk with Tom - Current Events (4th Mon)	10:30am
<i>Supported by the Friends of Groton Elders</i>	
Strength Training	11:30am
Cribbage	12:30pm
Coloring, Coffee and Conversation	1:00pm

Tuesdays

Creative Creations	10:00am
One Stroke Painting Club	10:00am
Writing Creatively	10:00am
Garden Club	10:00am
Take a Walk with Us	10:30am
Hand and Foot Cards	12:30pm
Mahjong	1:00pm

Wednesdays

Book Club (2nd Wed)	9:00am
Strength Training	10:30am
Groton Women's Club Luncheon (3rd Wed)	12:00pm
<i>with Entertainment</i>	
<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	9:00am
<i>Supported by the Friends of Groton Elders</i>	
Vet's Breakfast (1st Thurs)	10:00am
<i>Sponsored by Groton Police Association</i>	
Take a Walk with Us	10:30am
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

Fridays

Shopping - \$4 for van	9:00am
Groton Swim	10:00am
Strength Training	10:00am
Hearing Screenings (2nd Fri)	11:15am
Bridge (1st and 3rd Fri.)	12:30pm

Father's Day BBQ

Wednesday, June 15 12:00pm

Cost: none

Open to all men, fathers and non-fathers.

Join us and celebrate the special bond of fathers and their children. Please join us if you were a father and/or had a father!

Entertainment by local singer John Murphy. Please make your reservation by Tuesday, June 14.



Friday, July 1

12:00 PM

Cost: \$5.00

Endicott, NY comes to Groton in a chicken "Spiedie". Kathy will BBQ her hometown favorite cuisine for the seniors of Groton. They are grilled and eaten on buttered Italian bread—YUM! After lunch we will be entertained by Debbie Thompson and Bob Wright and their band, *Back to the Garden*.

Please make your reservations by Wednesday, June 29.

COA Garden Club

Tuesdays, 10:00am

Attendance at all meetings is not necessary, join us anytime for as much time as you can give.

You've seen what we did last year! Just think what we could do with you joining us!

We invite everyone with an interest, desire, and or experience in gardening to join us in the planning process.

**Come be part of our growth.
We'd love to have you join us!**

Art Matters

Wednesday, June 22 10:30am

Georgia O'Keeffe

We Bring the Museum to You

On the front lines in the conflict between realism and abstraction was a woman. Georgia O'Keeffe was a woman who was able to influence even the male dominated Avant



Garde culture of New York City in the beginnings of the "Modern Century". Join us for a look at her art, her own conflicts, and her solutions in a fertile era of great cultural change.

A typical presentation comprises 35 - 50 fine art reproductions, displayed in the salon style, thereby encouraging comparison, discussion and reflection. Only oversized prints are used and can be viewed up close and personally.

Call the COA to register, 978-448-1170.

Pizza and a Flick

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

Wed, June 1 12:00pm

"Concussion" Rated PG13

In Pittsburgh, accomplished pathologist Dr. Bennet Omalu uncovers the truth about brain damage in football players who suffer repeated concussions in the course of normal play.

Wed, July 6 12:00pm

"Lady in the Van" Rated PG13



Alan Bennett's story is based on the true story of Miss Shepherd (played by a magnificent Maggie Smith), a woman of uncertain origins who "temporarily" parked her van in Bennett's London driveway and proceeded to live there for 15 years.

What begins as a begrudged favor becomes a relationship that will change both their lives. Filmed on the street and in the house where Bennett and Miss Shepherd lived all those years.

Creative Creations

Please register by calling the senior center
Sponsored by Nashoba Realty

Tuesday May 31 and June 14
10:30am

Primitive Flag

Cost: \$5 (for both weeks)

This primitive flag is made of wood and fabric to create a celebratory display for your door or wall. To give your paint time to dry this will be a 2 week class.

Tuesday, June 21
10:00am

Tea Cup Candle Holders

Cost: \$5

Re-using dainty tea cups we will attach fine chains for a very sweet luminary.

Day Trips with Jay Darrin

Thursday, June 30

Salem Sound Aboard the Endeavor Salem, MA

Cost is \$53 for cruise, brunch and transportation
Following brunch at Red's we'll board the canopy-covered. Motorized catamaran *Endeavour* for a narrated tour of Salem Sound featuring Marblehead, Salem, Manchester-by-the-Sea and Beverly.
On sale now.

Movie and a Dog

"Room"

Wednesday, June 29 12pm
Cost:\$3



Grilled hotdogs with pasta salad then we'll watch
"Room"

Both highly suspenseful and deeply emotional, ROOM is a unique and touching exploration of the boundless love between a mother and her child. After his escape from the enclosed surroundings that 5-year old Jack has known his entire life, he experiences all the joy, excitement, and fear that this new adventure brings. He holds tight to the one thing that matters most of all--his bond with his mother.

Please call the senior center for reservations.

Transportation Information

Lahey, Mass General, Brigham and Women's, Dana Farber, Emerson Hospital, Boston VA and Bedford VA

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.

Wednesday: 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 Mondays and 8:30am Tuesdays and Thursdays 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
The mall, Savers, BJ's, Trader Joe's back to Mall
- 2nd Friday:** Shopping in Lunenburg: Wal-Mart
- 3rd Friday:** Westford Market Basket Plaza (afternoon)
- 4th Friday:** Nashua Drop at BJ's or Christmas Tree
Kohls, Burlington Coat, LL Bean

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.**

Cultural Excursion

Massachusetts Vietnam Memorial Worcester, MA

Friday, July 29
9:00am

Cost: Please consider a donation to the memorial

We will experience a guided tour by a Vietnam Veteran of the 4-acre memorial.

It is a place to provide a dignified, quiet, natural location for reflection and learning. The

Memorial is designed in three sections; the PLACE OF FLAGS, PLACE OF WORDS and PLACE OF NAMES. The PLACE OF WORDS shows text from letters written home by some of the Soldiers, Sailors, Airmen and Marines who died in Vietnam. The PLACE OF NAMES proclaims in stone the name of each and every Massachusetts resident who died in combat or as a result of wounds received while in action in Vietnam.



Please register by calling the senior center, 978-448-1170.

Memory Cafe

Thursday, June 23
4th Thursday of each month
10:00am-12:00pm



Come join us for coffee and conversation in a welcoming place for individuals and families living with memory changes. There will be a monthly guest artist who will lead music, art or other activities. (A care partner must accompany guests who require personal care assistance) This program is run by Cooperative Elder Services, Inc. made possible through a grant received from *Middlesex Savings Charitable Foundation*



Bask in Beethoven

with the Groton Senior Center
Call to register : 978-448-1170

Learn about Beethoven, his life and his music
and then join us for a superb afternoon at
Tanglewood for his 9th Symphony.

Wednesday, August 10 10:00am

Immortal Beloved

Immortal Beloved is a 1994 film about the life of
composer Ludwig van Beethoven. The story follows
Beethoven's secretary and first biographer Anton Schindler
as he attempts to ascertain the true identity of the
Unsterbliche Geliebte (Immortal Beloved) addressed in
three letters found in the late composer's private papers.

Wednesday, August 17 10:00am

From the BBC Great Composer Series : Beethoven

This program explores all aspects of Beethoven's life, the
music and the man, his views on life, politics and the
French Revolution. Contributors include conductors
Nikolaus Harnoncourt and Michael Tilson Thomas, pianist
Vladimir Ashkenazy, violinist Peter Cropper from The
Lindsays, musicologist Charles Rosen and many more!

Wednesday, August 24, 10:00am

Dissecting the 9th Symphony

John Murphy, retired Lowell Music Director will
cover the musical components of this symphony.

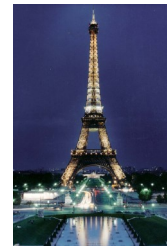
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Flyers available at the Senior Center or call
Nyola, 978-692-8608

Tanglewood

Boston Symphony Orchestra

Beethoven's 9th Symphony

Sponsored by Friends of the Groton Elders

Sunday August 28

Cost: \$77 for seniors

\$102 for non seniors

Includes: transportation, ticket, dinner and drivers gratuity

We will depart from the senior center at 10:00am with a lunch stop on your own on the Mass Pike. While in transit
Groton resident and previous symphony chorus member (has sung Beethoven's 9th many times with the chorus)

John Murphy will share the history of Tanglewood then once we arrive you will have a few hours to peruse the
beautiful grounds and find your seat in the Shed. Following the concert we will stop for a lovely dinner at Michaels
in Stockbridge and then make our way home arriving back in Groton approximately 9:00pm.

Reservations are accepted until we are at maximum capacity or July 13 with a minimum deposit of \$35.

Due to our deadline with BSO, final payment must be received by July 13.

This program is open to all.

Health and Wellness

Please register by calling the center or stop in and register at the front desk.

Strength Training

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

Cost: \$3 per class

Elaine Corsetti,

our instructor, offers

just the right mix of aerobic
& strength in your workout.

Class is set to vibrant music.



Line Dancing Thursdays

10:30-11:30 AM

Cost: \$25 for six weeks or \$5 per class drop in

Open to all levels of dancers. Beginners can come early for a bit of private instruction, please just ask!

A great way to exercise with upbeat music.

Leave feeling invigorated, energetic and positive!

Instructor: Barb Longfellow

Call the senior center to register.

Yoga

Supported by the Friends of Groton Elders.

Thursdays, 9:00AM

Cost: \$3.00 per class

A gentle yoga class with a focus on mental peace.

Work on your flexibility as you experience tranquility.

Take a Walk

Open to all adults

Tuesdays and Thursdays

10:30am—11:30am



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 for some chatting and walking!

Hearing Screenings

June 10

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.

JOY OF LIVING

Meditation Group

7:00 PM Thursdays

at the senior center

Each session includes a video teaching with clear instructions on the basics of meditation practice, guidelines for daily practice, advice for bringing mindfulness into your everyday life, and questions to reflect upon throughout the week.

Focus on Footcare

June 14

July 12

Appointments beginning at 12:30pm

During your visit you can expect a 30 minute appointment which will include; assessment, nail clipping, filing callus reduction and, completing the appointment, a gentle massage. Each appointment is \$30

Provider:

Sarah Kinghorn: BSN RN CFCN

Ask the Nurse

2nd Thursday of each month

June 9

11:30am

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*

Instructional Tai Chi

Thursdays 1:00pm ~ 2:00pm

Cost: \$5 per class

payable to the instructor

Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all fitness levels. It is known to increase balance, reducing fall risk and aid in lowering blood pressure through its meditative qualities.

Instructor Debbie LaDue



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