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

The Evolution of Senior Centers

In 1961 the first White House Conference on Aging was held with the realization from communities, government agencies and aging advocates that it was necessary to determine how society will react to the increase in our older population. Retirement was a new phenomenon in American society and we were living past retirement age in not only great numbers of people but life expectancy continued to increase as well. Society in general didn’t know how to address the situation. The growing senior center movement became focused on creating meaningful and productive use of leisure time in retirement while also facing a rise in the poverty levels of older adults. The challenge was how would to provide services to the part of population who had little or no financial ability to support the services. The 1970’s saw an explosion in the development and building of senior centers throughout the country. Federal money became available for building centers, programming and supportive services however, the centers were primarily utilized as a nutrition site to fight hunger and the focal point for social services with minimal recreational and social programs available. (It is the basis of the senior center stereotypes which exist today.) The model of the seventies held for more than three decades however the 21st century saw the nutrition sites dwindle and the demand for education, recreation and health programs grow exponentially. Poverty levels dropped and education levels grew causing centers to evolve to meet the needs of the new senior citizen.

Today senior centers create an atmosphere of energy, creativity, education and socialization. They are places of personal and intellectual growth encouraging participants to take on leadership roles within the center and be part of the process through advocacy, program development, volunteer service and program participation.

Kathy

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.
Outreach Corner
Stacey Shepard Jones, Outreach Coordinator

Farmers’ Market Coupons are distributed through the U.S. Department of Agriculture once a year usually in mid-July. Each year we get 25 sets of coupons worth $25.00 each. We, in turn, distribute them to low-income seniors. Seniors can then use the coupons for fresh fruits and vegetables at local Farmers’ Markets. They must be redeemed by October 31st of this year. If you are interested and think you may qualify, please give me a call. I will put you on a list to receive them and give you a call when they come in.

IRS SCAM! I recently received several calls from senior residents concerned about receiving a call/message from the IRS stating that they owed money. I called and spoke with Kevin Henehan, Senior Liaison Officer. Kevin said it was scammers trying to scare people into giving them money. He said that the IRS will never call you on the phone regarding any issues. They will send any/all correspondence by mail. If you get such a call, just hang up the phone. If you have Caller ID and you’re able to get the number, please call the Groton Police at 978-448-5555, and report it to them.

Stacey

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

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 will 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

NEWS FROM SHINE FOR JULY 2016

WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

If you need to speak to our SHINE counselor for information/questions about Medicare, please contact us and we will put you in touch with her.
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**This Space Available**

For Information On Advertising, Please Call Our Representative

Susanne Carpenter
1-800-888-4574 x 3451 or email: carpenter@4lpi.com
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
Supported by the Friends of Groton Elders
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
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 9:00am
Supported by the Friends of Groton Elders
Vet’s Breakfast (1st Thurs) 10:00am
Supported by Groton Police Association
Take a Walk with Us 10:30am
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

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

9/11 Memorial
First Responder’s Recognition Luncheon

Friday, September 9
12:00pm
Cost: None
Provided through the generosity of Groton residents
Ebi and Deserie Masalehdan

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.

Please call the senior center for your reservation by Tues, 9/6.

COA Garden Club

Tuesdays, 10:00am
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!

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.
**Groton Senior Swim**
Open swim available

During the summer months
**Groton Pool and Golf center.**
Mondays and Fridays 12-1:00pm
Cost: None

During the school year
**The Groton School pool.**
Mon and Fri 10-11AM
Cost: none

For both programs please register at the senior center prior to participation.

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**Pizza and a Flick**
Please reserve your seat by calling the center or stop in

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.

Wed, August 3 12:00pm
**“Trumbo”**
Rated R for language and sexual reference
In 1947, Dalton Trumbo (Bryan Cranston) was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. TRUMBO recounts how Dalton used words and wit to win two Academy Awards and expose the absurdity and injustice of the blacklist, which entangled everyone from gossip columnist Hedda Hopper (Helen Mirren) to John Wayne, Kirk Douglas and Otto Preminger.

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**Guided Lighthouse Tour**

**Monday, September 12**
Cost:
$95 pp for seniors
$120 for non seniors

Includes:
Guided Tours:
- Portland Light
- Nubble Light
- Portsmouth Harbor Light
- 2 hours free time Old Portland
- Dinner at Warren Lobster, Kittery
- Coach Bus Transportation

Not included:
- Lunch is on your own in Portland
- Drivers Gratuity

Registrations opens July 1
$50 deposit required
payment in full due August 19
Checks payable to Town of Groton
Refunds given prior to August 19 unless we can fill your seat.

Minimum of 35 required for trip to go.
All welcome regardless of residency.

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**Movie and a Dog**

**“Revenant”**
Wednesday, July 13 12pm
Cost:$3

Grilled hotdogs with pasta salad then we’ll watch “Revenant”
Rated R (for strong frontier combat and violence including gory images, a sexual assault, language and brief nudity

Starring Leonardo DiCaprio, in an expedition of the uncharted American wilderness, legendary explorer Hugh Glass is brutally attacked by a bear and left for dead by members of his own hunting team. In a quest to survive, Glass endures unimaginable grief as well as the betrayal of his confidant John Fitzgerald. Guided by sheer will and the love of his family, Glass must navigate a vicious winter in a relentless pursuit to live and find redemption.
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 10:00am and with the last trip completed by 2:00pm

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.

WE JUST WANT TO SAY...
THANK YOU!

On behalf of the Groton seniors and COA staff we thank the Groton Police Department for Police Picnic held on June 8th. As usual it was a fabulous afternoon with juicy burgers, and incredible prizes! Thank you so much for all your time and energy!

We also want to thank the following businesses for their generous donations which help make the event extraordinary!

Andy’s Auto
Blackbird Café
Clover Farm General Store
Country Village Yarn Shop
Craven’s Package Store
Donelan’s Supermarkets
Filho’s Cucina
Groton Center Farms
Groton Collision Repair
Groton Exchange
Groton Fire Department/EMS
Groton House of Pizza
Groton Country Club
Groton Patrolman’s Association
Groton Veterinary Hospital
Hollingsworth & Vose
Kazanjian’s Groton Nursery
Lawrence Academy
MacGregor Electric
Middlesex Savings Bank
Moison Ace Hardware
Murphy Insurance Company
Murphy Plumbing & Heating
North Middlesex Savings Bank
R.C. Black Company, Inc.
The Tavern
The Main House
Workers’ Credit Union

Say WHAT?

Hearing Screenings
July 8
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.
**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

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**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.

**Focus on Footcare**

July 12  
August 9

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

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**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.
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

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> 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
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