



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

July 2016



1-978-448-1170

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

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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Celebrate the 4th

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*



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.

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

Groton Senior Center Activities

July 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	1 VAN DW Highway 10:00 Strength Training 12:00 Groton Swim 12:00 4th of July BBQ 12:30 Bridge 
	5 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	6 10:00 Strength Training 12:00 Pizza & Movie "Lady and the Van"	7 9:00 Yoga 10:30 Take a Walk 11:30 Ask the Nurse 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	8 VAN Walmart 10:00 Strength Training 12:00 Groton Swim 11:15 Hearing Screening
11 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage 1:00 Coffee & Coloring	12 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	13 9:00 Book Club 10:00 Strength Training 12:30 Movie: "The Revenant"	14 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	15 VAN Westford Market Basket 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
18 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage 1:00 Coffee & Coloring	19 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	20 10:00 Strength Training 	21 9:00 Yoga 10:00 Memory Café 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	22 VAN Christmas Tree Shop Plaza 10:00 Strength Training 12:00 Groton Swim
25 10:00 Strength Training 12:00 Groton Swim 10:30 Talk with Tom 12:30 Cribbage 1:00 Coffee & Coloring	26 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	27 10:00 Strength Training 12:30 Movie: "Spotlight"	28 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	29 9:00 Vietnam Memorial 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge

This Space Available



Susanne Carpenter
 1-800-888-4574 x 3451 or
 email: scarpenter@4lpi.com

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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</i>	
<i>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

9/11 Memorial

First Responder's Recognition Luncheon

Held at the fire station

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

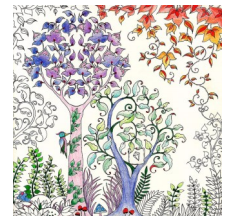
Tuesdays, 10:00am

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.

Pizza and a Flick

Please reserve your seat by calling the center or stop in

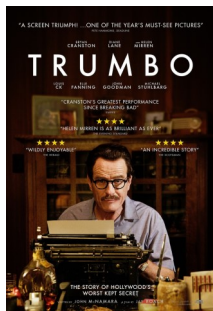
Wed, July 6 12:00pm
"Lady in the Van"
Rated PG13

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.

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.

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.

Bask in Beethoven

with the Groton Senior Center



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

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

Sunday, August 28

Beethoven's 9th Symphony Tanglewood

Cost: \$77 for seniors \$102 for non seniors
Waiting list only.

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*

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

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

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.



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