



Senior Soundings

The Newsletter of the Groton Council On Aging

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

August 2016



1-978-448-1170

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

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

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

A couple of nights ago there was an extraordinary fire at a three story apartment complex near my home. My neighbors and I watched fire trucks from six surrounding towns respond and an ambulance take 2 firefighters to the hospital.

I turned to one of my neighbors and said, "I do crafts for a living". It was my impulse response feeling very unworthy to someone that was potentially offering their life as part of their work. Of course, because I overthink everything, I continued to think about what I witnessed and analyze the work we do. We know with almost 100% certainty that we are going to go home after a days work in the same condition as when we arrived but I also know that what we do runs much deeper than to minimize it as "just crafts". Senior Centers represent an important entry point into the aging system and into the continuum of Long Term Care. In a continuum of care that ranges from the least intensive to the most intensive, Senior Centers are often the first support service sought by an individual, his/her family or friends. The role of the Senior Center is to reverse or delay the need for more intensive services. Everything we do has purpose and meaning and is driven to achieve the goal to help people remain independent.

Financially, the investment a town and state make to their senior center is exactly that, an investment. Through support of senior services, people stay out of or delay institutional long term care therefore saving money not only for an individual but also the taxpayer. With nursing home care costing upwards of \$15,000 per month most cannot pay that bill and must rely on government (taxpayer) support for their care. Through education, socialization, outreach, and wellness programs we continue to meet our mission. The services we provide are critical to a strong community, our absence, especially as the senior population grows, would be felt by all.

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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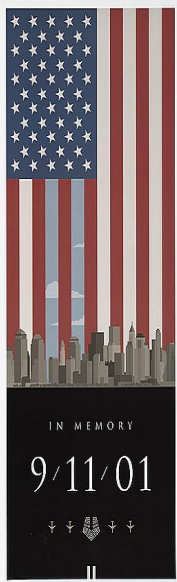
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9/11 Memorial

First Responder's Recognition Luncheon

Held at the fire station

Friday, September 9 12:00pm Cost: None

lunch provided through the generosity of Groton residents
Ebi and Deserie Masalehdan

Music provided by John Murphy

This program is also made possible through the generous
donation of Massachusetts State Senator Eileen Donoghue

*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.**

Outreach Corner

Stacey Shepard Jones, Outreach Coordinator

FREE! FREE! FREE!

Did you know that the Groton Fire Department will:

1. **Install New Smoke Detectors**
2. **Install New Carbon Monoxide Detectors**
3. **Put Up House Number Signs in a visible spot for police and fire to see in an emergency**
4. **They will also check existing Smoke Detectors & Carbon Monoxide Detectors to make sure that they are in good working condition, and that they are installed in the correct places in your home.**

THESE SERVICES ARE FREE TO GROTON SENIOR RESIDENTS!!!!

If you would like the Groton Fire Department to provide any of the services listed above, please call Stacey at 448-1170.



Thursday, August 25
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
AUGUST 2016

MASSACHUSETTS VETERANS ENTITLED TO REIMBURSEMENT FOR MEDICAL EXPENSES

Chapter 115 of the Massachusetts General Laws entitles Massachusetts Veterans and their spouses to reimbursement of their medical expenses if they meet certain income and resources guidelines. If you are a veteran, widow or widower of a veteran with an income of \$1980.00 or less and cash assets of less than \$5,000, or if you are a married veteran or married to a veteran, and your combined income is less than \$2,670 per month and combined cash assets are less than \$9,800, then you may be eligible for these benefits. This program is an entitlement in recognition of your service and not charity. You may be reimbursed for your Medicare Premium and all your other health insurance expenses.

If you think you meet these guidelines, contact Groton's Veteran's Service Officer, Bob Johnson @ 978-448-1175, and tell him you would like to submit a Chapter 115 application for benefits.

IMPORTANT INFORMATION

Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for Social Security benefits. Also, coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector subsidy when you turn 65. If you have any questions you should contact the Senior Center at 978-448-1170, and we will put you in touch with Groton's 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

August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage 1:00 Coffee & Coloring	2 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	3 10:00 Strength Training 12:00 Pizza & Movie "Trumbo"	4 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	5 VAN DW Highway 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
8 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge 1:00 Coffee & Coloring	9 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	10 9:00 Book Club 10:00 Strength Training 10:00 Movie: "Immortal Beloved"	11 9:00 Yoga 10:30 Take a Walk 11:30 Ask the Nurse 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	12 VAN Walmart 10:00 Strength Training 12:00 Groton Swim 11:15 Hearing Screening
15 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage 1:00 Coffee & Coloring	16 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	17 10:00 Strength Training 10:00 Movie: "Great Composers"	18 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	19 VAN Westford Market Basket 10:00 Strength Training 12:00 Groton Swim 12:30 Bridge
22 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage 1:00 Coffee & Coloring	23 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	24 10:00 Strength Training 10:00 Dissecting Beethoven's 9th Symphony By John Murphy	25 9:00 Yoga 10:00 Memory Café 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	26 VAN Christmas Tree Shop Plaza 10:00 Strength Training 12:00 Groton Swim
29 10:00 Strength Training 12:00 Groton Swim 12:30 Cribbage 1:00 Coffee & Coloring	30 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	31 10:00 Strength Training 		

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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

"Give Em Hell Harry!"

The Truman Presidential Campaign

Friday, September 30
10:30am



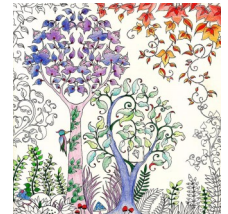
With this year being a presidential election year, let's revisit one of the most exciting elections in American history. The 1948 "whistle-stop" election was the first presidential election after the war and the first since Roosevelt's death. The election of 1948 still commands the imagination of the nation. A feisty Truman ran and won a fabled upset victory over Governor Thomas Dewey.

This program is present by Dr. Gary Hylander.

Dr. Hylander earned his PhD at Boston College and is currently an independent scholar who specializes as a presidential historian.

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

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

This program is made possible through the generous donation of Ebi and Deserie Masalehdan

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.

Wed, September 28 12:00pm

"Hello My Name is Doris"

Rated R for language

Comedy starring Sally Fields. When Doris Miller meets the much younger John Fremont, her company's hip new art director, sparks fly-at least for Doris. In the cluttered house she shared with her late mother, Doris mines the Internet for information on her one-and-only, guided by the 13-year-old granddaughter of her best pal Roz. When Doris begins showing up at John's regular haunts her new life brings Doris a thrilling perspective, but also creates a rift between her and her longtime friends and family, who believe she's making a fool of herself over a guy half her age. Eager for all the experiences she has missed out on, Doris throws caution to the wind and follows her heart for the very first time.



Special Events

Please make your reservation by calling the center, 978-448-1170



Veteran's Breakfast

Thursday, September 1

10:00am

Cost: None

Nine months a year the 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. At each breakfast, Bob Johnson, Groton's Veterans' Agent/Veterans' Service Officer; will schedule a veterans themed presentation or speaker.

Groton Women's Club Sponsored luncheon

Wed, September 21

12:00pm



A fabulous lunch of Curried Chicken Salad, broccoli salad and roll complete with a brownie and ice cream will start our program followed by **"Music Through the Decades"** commissioned by Norman Rockwell Museum. You will learn how the last hundred-plus years of American and world history have influenced the great American Popular Song Book. Using keyboard, trumpet, and vocals the music of George M.Cohan, Irving Berlin, Fats Waller, George Gershwin, Hoagy Carmichael, and others will be brought to life with historical significance.

Nashoba Tech Catered Luncheon

Wed, September 14

12:00pm

Cost: \$10

(with optional tip)



Program:

Birds of Prey

WINGMASTERS is a partnership of two people dedicated to increasing public understanding and appreciation of North American birds of prey. Julie Anne Collier and Jim Parks are both licensed raptor rehabilitators based in Massachusetts. This program incorporates live birds of prey and may include; eagles, hawks, owls and falcons.

Menu:

Look for the menu in the September newsletter

Please make you reservation by Fri., 9/9

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.**

Guided Lighthouse Tour

Monday, September 12

Cost: \$95 pp for seniors
\$120 for non seniors

Depart the senior center at 7:45 and return 9:30pm

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.

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 process.

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



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

August 11 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

August 9

September 13

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

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



Hearing Screenings

August 12

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.

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