Feasibility Study Update

The newsletter is a bit late because I wanted to be able to give you the most up to date information on the Feasibility Study. As a quick refresher, March 2016 the COA convened a committee to provide oversight to the RFP which had been issued at the Spring Town Meeting in which we were conducting a feasibility study of the viability of a senior center at three town owned properties; the current sight, the Prescott School and the Country Club. Several architect firms applied and the committee offered interviews to three firms (two came for the interviews). Reinhardt and Associates was the firm selected and throughout the summer they conducted their study. In August the first result draft was released with the current senior center sight being the favorable sight. There were seven metrics used to make this determination (a full copy of the report is available at the senior center and on the town website through the COA page). As of Thursday, September 22 the COA Feasibility Oversight Committee had an article on the Fall Town Meeting warrant asking for $300,000 for a design study for a new senior center on the current sight. During this process the committee was confident with the professionalism of the architect firm hired and the unbiased approached taken by the committee itself. We did learn, however, that we had failed to educate the community on the process and the results. We have listened to what the community is asking for and therefore voted on September 23 to withdraw the original Article on the Fall Town meeting Warrant. It is vital to us that the community understand the reasoning behind the decisions made and questions and concerns are addressed. We are in fact asking a lot from the Groton taxpayer and would not want anyone to believe we have anything other the needs of this community and the Groton senior foremost in our minds.

Moving forward the committee will recommend to the Board of Selectman that the following Article to be placed on the Fall Town Meeting Warrant:

Motion: Seek further funding TBD for the sole purpose of:
Getting additional hard cost estimates on Prescott School, specifically for:
Renovation that meets the requirements of the COA center plans as defined in the Site and Building Analysis and other related documents;
Secondary road access:: Emergency shelter adaptability as defined by Groton’s Fire and Police Chiefs respectively; and
ADA universal adaptability

With the understanding that working with the Board of Selectman and Finance Committee, once a determination is made, a Special Town Meeting would be called in January, 2017 to appropriate the design/bid funding to bring bids in hand to the Spring Town Meeting.

I encourage you to call or stop in should you have any questions or concerns.

Kathy
Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It’s important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

Assistance is available from the SHINE program. Call the senior center, 978-448-1170 and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

MEDICARE UPDATE MEETINGS
There are 25 Medicare Update Meetings in the Central Massachusetts area. If you cannot make the meeting at our senior center on October 31 at 1pm or check the Shine website www.shinema.org for a list of local meetings.

CENTRAL MASS SHINE WEBSITE
The Central Mass Region has recently launched it website. You can visit us on the web at www.shinema.org. The site has valuable general information and links to other agencies that can assist you with you insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the senior center, 978-448-1170 and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call.

CPR Training
Friday, October 28
10am - 12pm
at
Groton Central Fire Station
Cost $5
certification processing
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.
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<td>10:00 Painting Club</td>
<td>12:00 Pizza &amp; Movie: “Suffrage”</td>
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<td>7:00 Energy Healing</td>
<td>10:00 Focus on Footcare</td>
<td>12:00 Nashoba Tech Luncheon Speaker: Capt. Susan Daley</td>
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<td>10:00 Painting Club</td>
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Mondays
COA Board Meeting (1st Mon)  9:30am
Groton Swim                   10:00am
Talk with Tom - Current Events (4th Mon)  10:30am
Support 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)          9:30am
Strength Training            11:00am
Groton Women’s Club Luncheon (3rd Wed)  12:00pm
with Entertainment
Pizza and a Flick (Wed varies)  12:00pm
Sponsored by Groton Trust Lecture Fund
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
Sponsored 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

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

Thursday October 13
1-3pm
at the Senior Center

Talk with Tom
Discussion Group with Tom Hartnett
October 24
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.

Writing Creatively
At the senior center
In collaboration with Groton Library Lifelong Learning
Tuesdays, 10:00-11:30 a.m.
There are many people who know how to write, but may not know how to write creatively.
In this seminar, participants will write every week on topics of their choice and then share their work with other seminar participants. With peer critiques, we will learn valuable editing skills and how to turn ideas into prose.
Leader: Richard Meibers. After graduating from Hunter College in the 60’s and working as a therapist, Richard began his career as a professional writer. His most recent work includes the novel, Falling off the Wind (2012), but he has also written non-fiction, The Fitchburg Watch: History of a Masterpiece (2002). He has been a Groton resident for over forty years.
**Veterans Wall of Honor**

We at the Council on Aging in Groton are proud of our veterans and would like to add to our Wall of Honor here at the center. We are asking you to share stories and pictures from your time of service. Anything and all you would like to share. Please drop them off at the center or email them to us at gcoa@townofgroton.org and be part of our Veterans Wall of Honor.

If you are a spouse or a child of a veteran we would also love to hear from you about your loved one who served.

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**Pizza and a Flick**

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

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**Veterans Breakfast**

Thursday, October 6  
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.

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**Groton Women’s Club Sponsored Luncheon**

Wed, October 19  
12:00pm

We begin with a menu of Pork over rice, copper penny carrots and baked apple square. In the Halloween spirit we will enjoy a Patricia Perry and her program; Witches

"Witches" will look at witchcraft through history from the perspective of the accused and the accusers, with that special Sneak Peek twist, of course. Audience members may just find themselves accused of witchcraft and a trial may break out at any moment.

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**Nashoba Tech Catered Luncheon**

Wed, October 12  
12:00pm

Menu: Chicken Coq Au Vin (bite sized chicken with onions and mushroom in red wine sauce) or Baked Haddock with crumbed topping

Speaker: Captain Susan Daley Groton Fire Department  
Susan will take us on her beautiful odyssey through the orphanages of Ethiopia and reuniting hers sons with their brother.

Cost: $10pp with tip optional

Reservations needed by Fri., Oct 7

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**Wed, October 5  
12:00pm
“Suffragette”**

In this galvanizing feminist drama, a working-class laundress (Carey Mulligan) in 19th century London becomes radicalized when she meets a brave cadre of women organizing to obtain the vote.

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**Wed, November 2  
12:00pm
“Me Before You “**

Young and quirky Louisa "Lou" Clark moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for a cynical, wealthy young banker left paralyzed from an accident two years earlier. His cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could.
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.

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**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.*

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Creative Creations
Please register by calling the senior center
Samples on display at the senior center

Tuesday, October 25
**10:00am**
**Alcohol Ink on Tiles**
Cost: $5
Express your creativity through the use of alcohol ink on tiles, you can simply “play” with the medium and get amazing effects. You don’t have to be an artist to get fabulous results! Learn the techniques that are easy to do on your own. Kathy #1 will lead this class.

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Tuesday, November 29 and Wednesday, November 30
**10:00am**
**Photo transfer**
Cost: $5
Create your own personalized tiles using your favorite photos, quotes, postcards or anything that can be photocopied. This technique is simple but produces phenomenal results. This is a two day class because we need drying time. Kathy #1 will lead this class

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**Gibbet Hill Holiday Dinner**

**November 17** **5:30 PM**

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 to residents of Groton 60 and older and is a ticketed event with limited seating. Tickets are available at the Senior Center beginning **Monday, October 31**. Entertainment for the evening will be Groton’s own, **John Murphy and The McMurrphys**.
Home delivered meals and transportation are available.
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.

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**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.

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**Take a Walk**
Please call the senior center to register
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!

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**Ask the Nurse**
2nd Thursday of each month
September 8, 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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**Groton Senior Swim**
Open swim available
During the school year
*The Groton School pool.*
Mon and Fri 10-11AM
Cost: none
Please register at the senior center prior to participation.

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**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.

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**Focus on Footcare**
October 11
November 15
Appointments beginning at 10am
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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**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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**SAY WHAT?**
**Hearing Screenings**
October 14
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.
Four Weeks of Thomas Hardy
This program is made possible through the generosity of the Friends of the Groton Elders

Mondays, Oct 31 - Nov 21
10-11am

Thomas Hardy’s reputation as a man of letter is firmly established by his novels. However, he had told his good friends that he wanted to be remembered first and foremost as a poet. He was writing poetry while writing the novels but his first book of poems wasn’t published until 1898 when he was 58 years old. This poetry does not tell, it shows what it often means in a world indifferent to suffering. His war or anti-war poems are among the best ever written. His love poems, or elegies, written after his wife’s Emma’s death, are some of the very best in the English language. During this seminar, we will study and examine his greatest work.

Day Trips with Jay
Reagle Players
It’s Christmas Time
Saturday, December 3
Depart from the senior center 9am and return 3PM.
Cost: $61
Includes transportation; show and breakfast at In a Pickle
This is a truly spectacular show that rivals anything you could see in Boston or New York City. The Living Nativity Scene and the Parade of Wooden Soldiers are each worth the price of admission alone.
On sale:
Groton Residents: September 30
Non-Residents: October 14

Gloucester and Peabody Trips
Waiting list only

Gloucester’s Beauport by the Sea
Friday, October 7
8:30am-4:30pm
Cost $53 includes guided tour and lunch

Peabody Essex Museum
Thursday, November 3
9:00am-3:00pm
Cost $49 includes tour and lunch

Coloring Coffee Conversation
Every Monday 1-3pm
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.

ART Matters
We Bring the Museum
Thursday, October 20
10:30 AM

MONET and RENOIR
They were fast friends at the very heart of the most radical revolution in art since the Renaissance. Join us for a tour through the life and works of Claude Monet and Auguste Renoir, two of the most beloved of the Impressionist artists.

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. All of the images are arranged and displayed together so they can be enjoyed and compared for the entire length of the presentation.

Call the COA to register, 978-448-1170.
Charlie Smigelski is a well-known nutrition counselor, writer and speaker in Boston, with an office in Groton. He was a dietitian at the Harvard University student-faculty health service for 14 years. He also spent a number of years at the Fenway Health and The Framingham Heart Study. He was also visiting faculty for Bristol Myers Squib, and Abbot Labs. He has a special interest in diet and immune function: plus nutrition for coping with chronic conditions, like MS, rheumatoid arthritis, Crohn’s disease, and ulcerative

WORKSHOP #1
Documentary and conversation

The CONNECTION
Mind your body.

October 4, 1:00pm at the senior center
or
October 5, 7:00pm at the library

After being diagnosed with an autoimmune disease, journalist filmmaker Shannon Harvey traveled the world in search of the missing link in healthcare. From interviewing world leading scientists to meeting people with remarkable stories of recovery from severe back pain, heart disease, infertility, cancer and multiple sclerosis, this documentary delves into the link between our bodies and mind. After the documentary join us in a conversation about the mind/body connection led by Charlie.

WORKSHOP #2
Energy Healing Using Tong Ren

October 11, 1:00pm at the senior center
or
October 12, 7:00pm at the library

In Eastern medicine, the flow of Chi, a subtle bioelectrical current, is a key component of the healing the body. Tai Chi, Chi gung, and acupuncture get Chi moving. Tong Ren is a new method for doing this. Many people are finding this healing energy works to reduce chronic pain of arthritis, or improve nerve function in multiple sclerosis and ALS. Those with migraines, fibromyalgia and Parkinson’s disease feel better too. People with advanced cancers are also getting benefit, as are people with diabetes and anxiety or depression. There are no hopeless cases.

WORKSHOP #3
Acid Reflux - GERD

October 18, 1:00pm at the senior center
or
October 19, 7:00pm at the library

You take medicines to manage infections, manage blood pressure, manage acid reflux, manage diabetes, etc. What do you take to actually repair better, so things get fixed? Medicine has side effects, but food has direct effects. It can restore you. This talk provides practical advice for smart breakfast, lunch and dinner meals. Good nutrition and great eating aren’t supposed to be a major hassle. So improving stomach and intestine health is the goal, not taking meds for years. Come learn how to pamper your gut and make happy intestine cells. Improve stomach valve function too. If your intestines aren’t happy, this affects your lungs, liver, your brain and even your mood.

WORKSHOP #4
Diabetes Diet Update

October 25, 1:00pm at the senior center
or
October 26, 7:00pm at the library

The term “diabetes” literally means sugar trapped in the blood, not moving into cells. It is a descriptive term. In Type 1 diabetes, “juvenile onset”, something has happened in the pancreas, and there is suddenly no insulin produced, to do the job of directing sugar into cells. There is also Type 2 diabetes, “adult onset”. In Type 2, there is generally plenty of insulin, but Insulin’s “move sugar” message is not getting through to cells. Either the insulin message is being ignored, or actually “resisted” or it is simply not talking to muscle and other cells well enough.

Smart diet is still far stronger for managing blood sugar than any medicine is. Eating well need not be a major hassle. Cave men were nourished, without stoves and refrigerators. So no excuses for you. Now, what do you need to know to be a 21st century Hunter and Gatherer?