



# 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

January 2016



1-978-448-1170

## Program and Space Needs of the Council on Aging

Throughout the past 18 months the Council on Aging Planning Committee conducted research which included identifying our program needs. The research included; 2015 town-wide needs assessment, 6 focus groups, and site visits to other senior centers. The results of this research is the foundation for discussion with the architects when determining the space needs of the senior citizens center. Because building design is based on the programmatic needs of the senior center it was necessary for the architects to understand the program and space needs of our senior center prior to conducting the building feasibility study.

The Council on Aging Building Feasibility Oversight Committee invites you to attend one of the four informational session on the program and space needs, Please join us at the Senior Center at one of the following dates to learn more about this important town-wide initiative at one of the following presentations:

Wednesday, January 11 (snow date 1/25)	6:30pm
Thursday, January 12 (snow date 1/20)	10 am
Saturday, January 14 (snow date 1/21)	10 am
Tuesday, January 17 (snow date 1/19)	1 pm

*Kathy*

## AARP TAX AARP TAX

This year, AARP Foundation is again providing free tax assistance, preparation and e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program.

**Appointments are available Mondays Feb 6, 13 and 27  
Mondays, March 6 and 13**

**Appointments will be scheduled at 9am with 90 minute intervals**

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

An Intake form will be required prior to your appointment, please allow extra time to complete or ask for it when you make your appointment and complete prior to arrival.

### 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.

### Staff

#### Director

Kathy Shelp  
[kshelp@townofgroton.org](mailto:kshelp@townofgroton.org)

#### Outreach Coordinator

Stacey Shepard Jones  
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#### Activities/Volunteer Co.

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#### Maintenance

Tryna Walsh

#### Van Driver

Alan Sinclair  
Marcel Falardeau  
Richard Marton

#### Selectmen Liaison

Peter Cunningham

#### Senior Liaison

Police Officer  
Kevin Henehan

### COA Board of Directors

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## BUCKETS OF SAND



Winter is here!!!!  
If you need sand for your driveway and walkways, there is sand available at the Senior Center. Just bring your empty bucket and fill it up here. If you need our assistance, we're happy to help you.

If you're a homebound senior, and would like a bucket of sand delivered to your home, please call the Senior Center. I will deliver it within a few days.

*Stacey*



If you are a resident of Groton, Loaves & Fishes can help! Loaves & Fishes is a free-choice pantry with no income requirements. All new clients must meet with the Client Advocate and bring a current utility bill to prove residency.

Each visit to the Pantry you will receive \$150 to \$250 worth of groceries, depending on family size, to reduce your monthly food expenses. Clients may shop at the pantry twice a month.

### **Pantry hours are:**

Wednesdays & Fridays	9:45am—12:30pm
1st & 3rd Saturdays	9:00am—11:00am
2nd Tuesday	6:00pm—8:00pm

Council on Aging van services are available for Wednesday pantry hours, call 978-448-1141.

If the weather is questionable, please call Loaves & Fishes @ 978-772-4627 to ensure they are open.



## **NEWS FOR SHINE JANUARY, 2017**

The 2016 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans. For Plan year 2017 The Tufts Medicare Preferred Plan and Blue Cross/Blue Shield HMO Plans have been designated as 5-star Plans by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans or a Blue Cross/Blue Shield HMO Plan at any time between December 8, 2016 and November 30, 2017. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a **Medicare Advantage Plan**: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting **"Extra Help"** paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month. 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.

## **Home Visits**

There are situations that prevent senior residents from coming to the Senior Center. The COA staff understands this, we are more than happy to visit a senior at home to provide service.

# Groton Senior Center Activities

January 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>3</b> 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 <b>Watercolor Class</b>	<b>4</b> 11:00 Strength Training 12:00 <b>Pizza &amp; Movie: "Money Matters"</b>	<b>5</b> 9:00 Yoga <b>10:00 Veterans Breakfast</b> 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	<b>6</b> VAN DW Highway 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
<b>9</b> 9:30 Board Meeting 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Open Studio	<b>10</b> <b>10:00 Documentary Focus on Footcare</b> 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	<b>11</b> 9:30 <b>Book Club</b> 11:00 Strength Training <b>12:00 Nashoba Tech Luncheon</b> <i>Speaker: Mike Chiasson On Cyber Crime</i> <b>6:30 Presentation on Space Needs</b>	<b>12</b> 9:00 Yoga <b>10:00 Presentation on Space Needs</b> 10:30 Take a Walk <b>11:30 Ask the Nurse</b> 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	<b>13</b> VAN Walmart 10:00 Strength Training 10:00 Groton Swim <b>11:15 Hearing Screening</b>
 <b>Martin Luther King Jr. Day</b>	<b>17</b> <b>10:00 Documentary</b> 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong <b>1:00 Presentation on Space Needs</b>	<b>18</b> 11:00 Strength Training <b>12:00 Women's Club Luncheon</b> <i>Entertainment: Bill Reidy (Johnny Cash)</i>	<b>19</b> 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	<b>20</b> VAN Westford Market Basket 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
<b>23</b> 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage 1:00 Open Studio	<b>24</b> <b>10:00 Documentary</b> 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	<b>25</b> 11:00 Strength Training <b>12:00 Lunch &amp; Learn</b> <i>"What is Long Term Care"</i>	<b>26</b> 9:00 Yoga <b>10:00 Memory Cafe</b> 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation	<b>27</b> VAN Christmas Tree Shop Plaza 10:00 Strength Training 10:00 Groton Swim
<b>30</b> 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Open Studio	<b>31</b> <b>10:00 Documentary</b> 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong			

DESIGNED BY vector open stock

## Always Available

For more information and to register  
please call or better yet, stop in and see us!

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)	9:30am
Strength Training	11:00am
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 &amp; Nashoba Nursing Service &amp; Hospice</i>	
Hand and Foot	12:30pm
Tai-Chi	12:30pm
Meditation	7:00pm

### Fridays

Shopping - \$4 for van	9:00am
Groton Swim	10:00am
Strength Training	10:00am
Hearing Screenings (2nd Fri)	11:15am



*Hungry for Knowledge?*

**Wednesday, January 25**

### Untangle the Maze What is Long-term care?

Planning for long-term care can be a maze to transverse. Beginning with the basics, what is the difference between the levels of long-term care: home-care, independent living, assisted living and nursing home. Please join Kathi Crowley, long-term care professional, as she simplifies the choices.

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

*This program is made possible through the  
generosity of RiverCourt Residences.*

### Walk with Us



Tuesdays and Thursdays  
10:30am—11:30am

**At the Peter Twomey Center  
(behind the middle school)**

A great way to get exercise, walk with  
friends, meet new ones chatting and  
walking inside with no weather worries!!

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

### 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.



## 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](mailto: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.*

## Pizza and a Flick

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

Wed., January 4 12:00PM

### **"Money Monster"**

Rated R for language, some violence

In the real-time, high stakes thriller Money Monster, George Clooney and Julia Roberts star as financial TV host Lee Gates and his producer Patty, who are put in an explosive situation when an irate investor who has lost everything forcefully takes over their studio



Wed, February 1 12:00pm

### **"The Choice"**

In this romantic drama adapted from the novel by Nicholas Sparks, medical student Gabby moves next door to a charming womanizer named Travis in North Carolina; over the course of a decade, their relationship faces ups and downs as they try to decide what they want out of life and what is truly important to them



## Special Events

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



### **Veteran's Breakfast**

Thursday, January 5  
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.

### **Nashoba Tech Catered Luncheon** Wednesday, January 11 12:00pm

**Menu: Maple Glazed Virginia Ham or Baked Haddock Newburg**

**Speaker:** Mike Chaisson  
Town of Groton IT Director

We are all surfing the net not only on our computers but our phones as well. Come learn how to protect yourself and your records. You will hear some eye opening advice!

**Cost:** \$10pp with tip optional

### **Groton Women's Club** **sponsored luncheon**

Wed, January 18 12:00pm

A warm soup on a cold day! Today we will be served beef barley soup, Caesar salad with cornbread. For dessert enjoy angle food cake with chocolate sauce. Enjoy the music of Johnny Cash through master musician Bill Reidy to complete a lovely winters day!



*Reservations needed by Fri., 1/13*

## 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

- 1<sup>st</sup> Friday:** Shopping on DW Highway, Nashua  
The mall, Savers, BJ's, Trader Joe's back to Mall
- 2<sup>nd</sup> Friday:** Shopping in Lunenburg: Wal-Mart
- 3<sup>rd</sup> Friday:** Westford Market Basket Plaza (afternoon)
- 4<sup>th</sup> 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.***

## OPEN STUDIO

Every Monday 1-3pm

Let your  
creativity and conversation flow!  
Every Monday will be open studio for

**Alcohol Ink on tile**  
**Stamping**  
**Coloring**

No reservations needed, simply stop in!  
All supplies will be provided.

*This program is provided through the  
generous donation of  
Nashoba Realty*

## Beginners

## Watercolor Painting

The first Tuesday of the Month

**January 3**

**1pm-2:30pm**

**Cost: \$5 per class for supplies**

*Try  
something new!  
No pressure!  
Fun!  
No previous  
training  
necessary!*



Every month enjoy great conversation while creating an impressionistic watercolor painting from beginning to end. Landscape scenes will be the focus with suggestions taken from the class.

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

## Winter Documentary Series

*Join us for a mind stimulating documentary and stay if you'd like for some conversation*

**Tuesdays, 10:00am**

January 10

### **Keep on Keepin' On**

*Keep On Keepin' On* pitches a genuinely heartwarming tale about positivity in the face of adversity, and the many divides—racial, cultural, generational—that music can help bridge.

January 17

### **Nine to Ninety**

A love story of Phyllis and Joe Sabatin, who at the ages of 89 and 90, live in the home of their daughter when Phyllis makes the difficult decision to move 3,000 miles without Joe to live with another daughter and relieve the stress of her family.

January 24

### **The Orphan Train**

Tens of thousands of neglected and orphaned children who over a 75-year period were uprooted from the city and sent by train to farming communities to start new lives with new families.

January 31

### **The Human Experience**

A collection of stories about and images of our world, offering an immersion to the core of what it means to be human.

February 7

### **Cape Cod Heroin**

An unvarnished look at the heroin epidemic sweeping America's small towns and communities, focusing on eight young addicts in idyllic Cape Cod, Mass.

February 14

### **Girl in the River**

A woman in Pakistan sentenced to death for falling in love becomes a rare survivor of the country's harsh judicial system.

February 21

### **Being Mortal**

This film explores the burgeoning art and science of palliative care and the ways in which having a conversation around the question "What are your priorities when your time is limited"?

February 28

### **Wolf Pack**

Imagine a small, dingy Manhattan apartment; imagine you can't leave; and imagine: The only contact you have with the outside world is through movies.

## Day Trips with Jay

### **Eataly and the Top of the Pru**

Thursday, February 16

9:30am-3:30pm

Cost: \$39 includes transportation and Skywalk Observatory. Lunch is on your own

Eataly is the largest Italian marketplace in the world, committed to promoting high-quality yet affordable regional Italian food with a local twist. Eataly USA comprises Eataly New York and Eataly Chicago, and now, set within the Prudential Center Eataly, Boston is the newest location.

Prior to exploring Eataly we will visit the Skywalk Observatory, Boston's only sky-high vantage point for a sweeping 360 degree view of Greater Boston and beyond

#### **Registration opens:**

January 3 residents

January 17 non-residents

### **Pilot Program for Evening Transportation to the Library**

#### **Tuesday evenings**

#### **January—May**

Throughout the past months we have been evaluating our transportation services and researching ways to better serve the senior residents of Groton. Throughout this process one of the requests has been for transportation to evening programs at the Library. Through collaboration with the Groton Public Library and the Groton Library Trust we are excited to offer evening transportation to the library on Tuesday evenings as a pilot program beginning in January and running through the end of May.

#### **For this pilot program:**

The van will run only on Tuesday evenings. Reservations can be made by calling the Council on Aging van line, 978-448-1141 and must be made by 12pm the Friday before the Tuesday program.

The pilot program will run Jan 3 - May 30.

Through the generous sponsorship of the **Library Trust** there is no charge to the rider.

This program is for Groton residents only.

In May, when the program is complete we will evaluate the ridership and make a determination as to whether to discontinue or to expand the program. We're hoping for expansion!



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The Online Directory of Senior Centers

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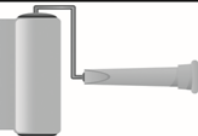
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