



Senior Soundings

The Newsletter of the Groton Council On Aging

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

March 2017



1-978-448-1170

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

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

Prior to coming to Groton I had been employed in two different areas of senior service; in NY State I was the Executive Director of a private non-profit senior center for 12 years following which I worked one year at an assisted living facility in Nashua directly. The year I spent at the assisted living was enlightening, giving me a fuller understanding of our needs as we age. Part of my responsibility was a liaison between the families and the facility and what I saw over and over again were families that were unprepared to make decisions about long term care placement for their parents or themselves. It seems we plan for a lot of things in our future but most people don't what to plan for or discuss the possible need for long term care.

What happens when there is no planning? A placement decision is made and often times it is an emotionally charged decision and not one based on choices. A scenario I witnessed more often than you would think would be the parent of an adult child who fell or experienced a medical episode and needed to be placed in long-term care within 48 hours because Medicare coverage at a rehab would end. Without preplanning the decision of placement would often be based on availability of the closest care facility and not on the needs and choices of the parent or spouse. There were also those that found there was not enough money to pay for services and then had no idea what to do next.

I encourage you to join us to begin your planning. Planning for long-term care does not mean you will have to use it, less than 17% of the population needs to go to a long-term care facility. What it does mean is that you will get to choose the care and programs you want and not what others think you should have.

Wednesday, April 26 at 6:30pm
Please register by call the COA, 978-448-1710

Kathy

Mission Statement:

The Groton COA serves as the community focal point promoting independence of older adults, through information and referral, support, health and wellness, socialization and education. Providing opportunities for all individuals as they age by leveraging resources, developing a sustainable future, and engaging in strong partnerships and collaborations.

Staff

Director

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kshelp@townofgroton.org

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COA Board of Directors

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George Faircloth

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Helen Sienkiewicz

Members

Ellen Baxendale
Norma Garvin
Jean Sheedy
Vera Strickland
Eddie Wenzell

Senior Citizens' Police Academy

Groton Police Department



Thursdays, March 2 - April 20
at the Council on Aging

1pm - 3pm

The Groton Senior Citizens' Police Academy provides an excellent opportunity to become familiar with the day-to-day operations of the
Groton Police Department.

Topics Covered :

Law Enforcement
Criminal Investigation
Crime Prevention
TRIAD
Station/jail tour

Basic Criminal Law
K-9 Demonstration
Police equipment
Special Investigations
Range Training

Special Operations
Forensics
Senior Safety/
Attorney General's

Registration open now, we recommend registering early, this is a popular program and fills quickly.

Senior Tax Exemption and Deferral

An exemption is a discharge from the obligation to pay all or a portion of a tax. They are enacted by the legislature and can be expanded upon (under the law) by municipalities.

Applications must be filed with the Assessor's office on or before 3 months after actual tax bills are mailed which in the ***Town of Groton would be on or before April 1.***

Groton Elderly Tax Exemption:

Clause 41C of section 5 of Chapter 59 provides an exemption to persons 70 years of age and older who satisfy certain whole estate or asset, annual income and residency requirements. The exemption amount for clause 41C is \$500 however Groton approved the exemption to be \$1,000. Eligibility:

- ⇒ Must live in Massachusetts for previous 10 years.
- ⇒ Must own and occupy resident in Groton for previous 5 years.
- ⇒ Must earn \$20,000 or less if single (minus SS) or \$30,000 or less if married (minus SS).
- ⇒ Whole estate assets cannot exceed \$40,000 if single and \$55,000 if married.
- ⇒ Assets include bank accounts, IRA, bonds, stocks, etc. Excluded is home value with contents, automobiles, cemetery plots and whole life insurance policy.

Elderly Tax Deferral

A Tax deferral defers or postpones the tax payment to a later date. Eligibility requirements are the same as above, except the age is reduced to 65.

If accepted into the program an agreement between the property owner and the town is established and a lien will be recorded at the Registry of Deeds (\$75 fee). Deferred taxes (up to 50% of the assessed value) will be paid (with interest – 8% simple interest) upon transfer/sale of the property or upon the applicant's death.

For more information on these programs please call the Town of Groton Assessor's office.



NEWS FROM SHINE MARCH 2017

Affordable Care Act Repeal and Medicare!!

If the Affordable Care Act (Obama Care) (ACA) is repealed Seniors and people with disabilities will pay more in Medicare costs. The ACA helped people with Medicare by closing the Medicare "donut hole" and providing free preventative services. One in four Medicare Part D enrollees has high enough prescription drug spending to fall into the Medicare "donut hole". This means that 9 million seniors and people with disabilities would face much higher prescription costs. Since 2010, Medicare enrollees have saved \$2,272 per person on prescription drugs. Seniors and other beneficiaries would also see costs for Medicare preventative services that are free under the Affordable Care Act.

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement. Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2016! If you need to speak or meet with our SHINE counselor, please call us at 978-448-1170.



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!

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.

If you or someone you know would like a visit to discuss COA services, referrals, or a social visit, please call Stacey at the COA, 978-448-1170.

Groton Senior Center Activities

March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 11:00 Strength Training 12:00 Nashoba Tech Luncheon <i>Speaker: Mass Senior Medicare Patrol</i>	2 10:00 Veterans Breakfast 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 1:00 Police Academy 7:00 Meditation	3 VAN DW Highway 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
9:00 Taxes 6 9:30 Board Meeting 10:00 Groton Swim 11:30 Strength Training 12:00 Pizza & Documentary/Groton Reads "The Big Burn" 12:30 Cribbage	7 10:00 Documentary "Orphan Train" 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Watercolor Class	8 9:30 Book Club 11:00 Strength Training 12:00 Pizza & Movie "Florence Foster Jenkins"	9 9:00 Yoga 10:30 Take a Walk 11:30-1:00 Ask the Nurse & Diabetes Screening 12:30 Hand & Foot 1:00 Tai-Chi 1:00 Police Academy	10 VAN Walmart 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screening 
9:00 Taxes 13 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	14 10:00 Focus on Footcare 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	15 11:00 Strength Training 12:00 Women's Club Luncheon <i>Entertainment: Gary Landgren Irish Music</i>	16 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai-Chi 1:00 Police Academy 7:00 Meditation	17 VAN Westford Market Basket 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
20 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	21 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Watercolor Class	22 11:00 Strength Training 12:00 Lunch & Learn FY 18 Town Budget	23 9:00 Yoga 10:00 Memory Cafe 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 1:00 Police Academy 7:00 Meditation	24 VAN Christmas Tree Shop Plaza 10:00 Apple Store iPhone workshop 10:00 Strength Training 10:00 Groton Swim
27 10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage	28 10:00 Painting Club 10:00 Creative Creations 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong	29 11:00 Strength Training 	30 9:00 Yoga 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai-Chi 1:00 Police Academy 7:00 Meditation	31 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge 

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, 978-448-1170 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 of Health & Nashoba Nursing Service & 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, March 22

FY18 Groton Town Budget

Join representatives from the School Committee and Finance Committee to review the budget and respond to your questions and concerns.

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 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, March 8 12:00pm
"Florence Foster Jenkins"

In the 1940s, New York socialite Florence Foster Jenkins (Meryl Streep) dreams of becoming a great opera singer but her ambition far exceeds her talent. The voice Florence hears in her head is beautiful, but to everyone else it is quite lousy. When Florence announces her plans for a concert at Carnegie Hall her husband soon realizes that he's facing his greatest challenge yet.

Wed, April 5 12:00pm
"Sully"



On January 15, 2009, the world witnessed the "Miracle on the Hudson" when Captain "Sully" Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.

May good luck be your friend
in whatever you do
and may trouble be always
a stranger to you.

- Irish Blessing

Special Events

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



Veteran's Breakfast
Thursday, February 2
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. Please call the senior center for a reservation, 978-448-1170
Guest Speaker will be the Commander of Fort Devens;

Nashoba Tech Catered Luncheon
Wednesday, March 1 12:00pm

Menu: Three Cheese Lasagna or Rosemary Skewered Shrimp

Speaker: Massachusetts Senior Medicare Patrol

Empowering seniors to prevent Medicare fraud! The Massachusetts Senior Medicare Patrol works in partnership with government, non-government and grassroots community based organizations across the state to raise awareness about protecting, detecting and reporting healthcare errors, fraud and abuse which cost taxpayers billions. Through this presentation you will learn how to identify potential fraud.

Cost: \$10pp with tip optional
Reservations needed by Fri., Feb 24



Groton Women's Club sponsored luncheon

Wed, March 15 12:00pm

For lunch we will bring out the Irish in everyone! Shepherd's pie, wedge salad, with homemade Irish soda bread and a pineapple dessert. Following lunch, Gary Langdren, the original Honkey Tonk piano man will have you singing along with your toes tapping to his Irish tunes. An upbeat, exhilarating afternoon guarantee

Please make your reservation by Friday March 10.



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 Shoppe, Kohls, Burlington Coat Factory, 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.***

Groton Reads at the senior center!

Pizza and a Documentary

The Big Burn: Teddy Roosevelt and the Fire that Saved America

Monday, March 13
12:00pm

Please join us for a fun afternoon. We will be enjoying pizza and a movie followed by a conversation with GPL's Lisa Ballis.

Following the 1 hour PBS documentary on the topic we will have a lively discussion on the Groton Reads selection, *The Big Burn: Teddy Roosevelt and the Fire that Saved America* by Timothy Egan.



Sponsored by the
Groton Public Library
Pizza provided Groton Council on Aging
anonymous donor

Beginners Watercolor Painting

The first and third Tuesdays of the Month

March 7 and 21

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.



Held at the Fire Station
Monday, March 20 12:00PM

Cost: None

The annual luncheon with the Groton Fire Department making their famous Firehouse Chili and corn bread to share with us. After lunch, Groton Fire and EMS personnel will share the life saving equipment used in the day and life of a firefighter. It is an afternoon of amazing food, lifesaving information, and a good time spent with this dedicated department.

Please call the senior center for your reservation,
 978-448-1170

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



Day Trips with Jay

Wayside Inn

Thursday, March 16
 10:00am - 3:30pm

Cost: \$42 includes transportation and lunch

Longfellow's Wayside Inn is proud to be the oldest operating Inn in the country, offering comfort and hospitality to travelers along the Boston Post Road since 1716. We will enjoy an elegant lunch with a stop at the Wayside Country Store and Olde Tyme Candy Shoppe on the way.

Creative Creations

Please register by calling the senior center



Tuesday, March 28
 10:00am

Pine Cone Flowers

Cost: \$5

Back by popular demand we will once again make zinnias out of pinecones. This time learn the process from the beginning to the end.

Tanglewood with Yo-Yo Ma, cello

Boston Symphony Orchestra

Mozart Symphony No. 25

Schumann Cello Concerto

Schumann Symphony No. 2

Sunday, August 6

Cost: \$85 for seniors

\$110 for non seniors

Includes: transportation, ticket, dinner and drivers gratuity

We will depart from the senior center at 10:00am with a lunch stop on your own on the Mass Pike. Once we arrive you will have some time to peruse the beautiful grounds and find your seat in the Shed. Following the concert we will stop for a lovely dinner at Michaels of Stockbridge and then make our way home arriving at approximately 9:00pm.

Your reservation will be held with a minimum deposit of \$40 beginning March 1.

Due to our deadline with BSO, final payment must be received by June 16.

This program is open to all. Please make checks payable to the *Friends of the Groton Elders*.

Sponsored by Friends of the Groton Elders

Outside Support and Resources

(this is not a comprehensive list but is a work in progress)

Support Groups:

Caregivers Support

At RiverCourt Residences
First Wednesday of every month
10:30am or 6:00pm
Contact: 978-448-4122

Bereavement Support

Pepperell Senior Center
Every other Monday
9:00am
Contact: 978-433-0326

A.W.A.K.E.

Sleep Apnea Support

Nashoba Medical Center
First Thursday every other month
Contact: 978-784-9399

Homebound Support:

The holy Eucharist can be brought to if you are Catholic and experiencing a homebound situation. Please contact Thérèse Keoseian, homebound Coordinator for St. Catherine's Parish at 978-692-3715.

Websites:

Mass Office of Elder Affairs

www.mass.gov/elders

there is a tremendous amount of information available here for all things aging

National Council on Aging

www.ncoa.org

public policy, advocacy, Medicare, federal benefits, health and wellness education

My Medicare Matters

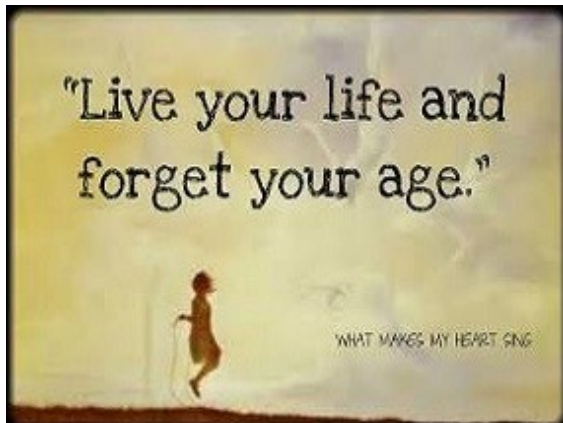
www.mymedicarematters.org

Everything you need to know about Medicare

MassOptions

Referral services for elders, and individuals with disabilities

www.massoptions.org



Catholic Heart Workcamp

Information meeting
Thursday, March 30
10:00am



Love and Service abounds!

The Catholic Heart Workcamp's mission is to revitalize communities and beautify homes for the seniors who cannot afford needed repairs or those that cannot physically do the work. A multigenerational volunteer workforce will come to your home providing the needed labor for painting, cleaning out, yardwork or other necessary repairs.

They will be serving Groton July 3-7.

Come and meet the camp manager and hear about this exciting program and how these dedicated adults and teenagers can help you.

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

ABSENTEE BALLOTS

Did you know that you can vote by absentee ballot if you meet one of these criteria?

- ⇒ The voter will be absent from the town during normal polling hours; **or**
- ⇒ The voter has a disability preventing going to the polling place; **or**
- ⇒ The voter has a religious belief

An absentee ballot is counted just like a ballot cast at the polls. Absentee voting is a way to offer an opportunity to vote to voters who may otherwise be unable.

An absentee ballot can be requested for a specific election. If the Voter has a disability of an ongoing nature, the Voter may request an absentee ballot for any election which occurs during the year. These "permanent" absentee ballot applications, however, are only valid for the calendar year and must be renewed each year. It's possible to sign up this year and not next, or renew every year, as long as the Voter meets the criteria.

It's easy! The process to obtain absentee ballots consists of filing an absentee ballot application with the Town Clerk's Office. If a "permanent" application is on file, the Clerk's Office will mail you an absentee ballot about 3 weeks prior to the election. The voted ballot must be received back in the Clerk's Office before election day if it is to be counted.

For more information about absentee voting, or to obtain an absentee ballot application, contact the Town Clerk at 978-448-1100 or townclerk@townofgroton.org.



Help with Everything Apple

**Friday, March 24
10am—11:30
At the Apple Store
Nashua**

We have secured a group session at the Apple store in Nashua to help you understand your product and how to maximize its use. We hope to get all your questions answered.

The van is available for transportation or you may meet us in Nashua. It is necessary to register with us as we have very limited seating.

Please call the COA for your reservation, 9078-448-1170.



Free Diabetes Screening Please join us!

Thursday March 9, 2017
11:30AM – 1:00PM



Your public health nurse will be providing information about diabetes prevention and management. In addition to regular blood pressure checks, this is a great opportunity to have a personal diabetes screening. This screening includes one-on-one consultation with the nurse and a finger stick sample of blood to determine your blood sugar level.

BROUGHT TO YOU BY:
*your local board of health and
Nashoba Associated Boards of Health*



If you would like a copy of our monthly newsletter e-mailed to you, please call us at the senior center, 978-448-1170 or email us, gcoa@townofgroton.org

Long Term Care Myths, Facts & Options

Wednesday, April 26 6:30pm
Van transportation available

Separate fact from fiction.
Where to live. How to cover the costs.
What's right for your family?
In-home care, Day Wellness, Assisted Living, Skilled Nursing



Our professional panel includes:

Kathy Shelp

Groton Council on Aging Director

Nancy Catalini Chew

Elder Law and Estate Attorney

Kathi Crowley

Director Community Outreach, RiverCourt Residences

Nashoba Nursing Service & Hospice
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24 hours/day - 7 days/week
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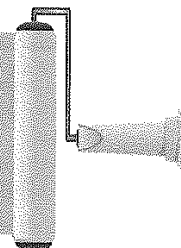
email: ursula@nashobarealestate.com
nashobarealestate.com



COOPERATIVE ELDER SERVICES, INC.
 ADULT DAY HEALTH CARE PROGRAMS

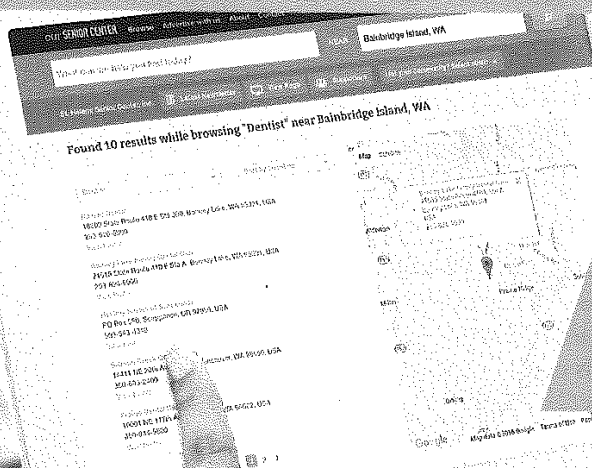
Social & Therapeutic Activities
 Exercise • Meals • Skilled Nursing Care
 Caregiver Support & Education
 Door to Door Transportation • Memory Care Programs
 Mon-Fri • Call: 781-863-1166 x104 for info.
 8 W. Main St., Groton, MA • www.elderlydayservices.org

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Groton Council on Aging, Groton, MA

06-5100