



# Senior Soundings

*The Newsletter of the Groton Council On Aging*  
**Your Place for Support, Wellness and Life Long Learning**

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

May 2017



1-978-448-1170

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

## *Friends of the Groton Elders*

The work we do at the Council on Aging would not be possible without the support of many collaborators. They come to us from private, public and the non-profit industries. For many years, the Friends of the Groton Elders has been one of our direct supporters with sponsorship of educational programs and, by working closely with the COA Outreach Coordinator, providing assistance to our residents when there is an unmet need. The work they do in this community is often done without notice however, it has an extraordinary impact on our senior residents.

On **Thursday, May 18th at 10:00am** the Friends of the Groton Elders will be hosting a reception at the Senior Center for a conversation about the services they provide and their desire for growth in this community. The work that can be done together is much stronger than if we work alone so please join them and see how you may be able to support their mission through working together.

*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**

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

#### **Outreach Coordinator**

Stacey Shepard Jones  
[sjones@townofgroton.org](mailto:sjones@townofgroton.org)

#### **Activities/Volunteer Co.**

Kathy Santiago  
[ksantiago@townofgroton.org](mailto:ksantiago@townofgroton.org)

#### **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**

#### **Chairman**

Gail Chalmers

#### **Vice Chairman**

Richard Marton

#### **Treasurer**

George Faircloth

#### **Secretary**

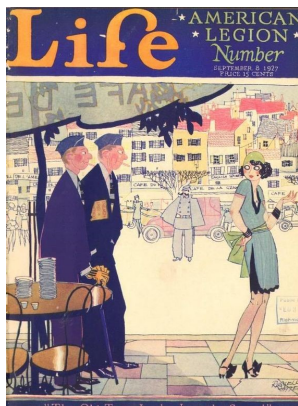
Helen Sienkiewicz

#### **Members**

Ellen Baxendale  
Norma Garvin  
Jean Sheedy  
Vera Strickland  
Eddie Wenzell

## **Groton Women's Club Luncheon**

*Sponsored by the Groton Trust Program and Lecture Fund, the Groton Women's Club & Donelan's of Groton*



## *Gay 90's Celebration*

Held at the Country Club  
Shuttles available from the parking lot

**Wednesday, May 17 12:00PM**

We invite everyone to come out and celebrate the lives of Groton residents turning 90 in 2017! Following a lunch of rotini salad, ham salad and birthday cake, we will enjoy Mr. Brian Cocoran. Brian will join us again this year with "Memories in Music", great songs from the era of the Greatest Generation. Songs like "Sentimental Journey", "As Time Goes By", and "Swinging on a Star" just to name a few. Also a sing-along with classics such as "Beautiful Dreamer", "Let Me Call You Sweetheart", "Moonlight Bay" and many more beloved songs. In addition to the music, the show includes humorous stories about Brian's family and lots of anecdotes about growing up as one of fifteen children!

*Please register by calling the senior center, 978-448-1170 by Friday, May 12.*

## THE CATHOLIC HEART WORK CAMP 2017



The Catholic Heart Work Camp is an amazing organization that restores the homes, and sometimes their hearts, of senior Groton residents that are on a fixed income and/or cannot physically do the work themselves.

The campers will be coming to Groton the week of July 3 through July 7, (with no work on 7/4).

Applicants who qualify for this program, will list on the CHWC application what they need done in and around their homes. Then, the first week of July groups of campers with adult leaders come to their homes and do yard clean-ups, house clean-outs, painting indoors and outdoors (up to 2 levels), repairing screens, washing windows indoors and outdoors (up to 2 levels), re-building stairs, building a small shed, painting fences, and many other jobs as well.

I should have the CHWC applications by May/June. Should you have any questions about this wonderful program, please call Stacey @ 978-448-1170.

## GROTON SCHOOL DAY OF COMMUNITY SERVICE

**Saturday, May 20**

Students from the Groton School want to help you get ready for Spring and Summer. They will be available on Saturday, May 20 to help with yard work, bringing out patio furniture or cleaning off your deck or patio. Call Stacey at the senior center to sign-up for this generous program.



NEWS FROM SHINE

May 2017

## What is a MOON?

For people with Medicare, MOON has a new meaning: "Medicare Outpatient Observation Notice". This newly required notice must be given to some patients who have been admitted to a hospital for "observation". Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an "inpatient". If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

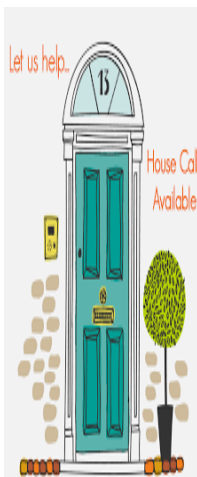
For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs.

To schedule a SHINE appointment call Stacey Shepard Jones, COA Outreach Coordinator, 978-448-1170.

## 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:30 Board Meeting 1</b>  10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	<b>10:00 Glass Craft 2</b> 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong <b>1:00 Watercolor Class</b>	<b>3</b> 11:00 Strength Training  <b>12:00 Pizza &amp; Movie</b>  <i>"Manchester by the Sea"</i>	9:00 Yoga <b>10:00 Veterans Breakfast 4</b>  10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	<b>5</b> VAN DW Highway  10:00 Strength Training 10:00 Groton Swim <b>12:30 Bridge</b>
<b>8</b> <b>10:00 Documentary: "Life Animated"</b> 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	<b>9</b> <b>10:00 Glass Craft</b> <b>10:00 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>1:00 Irving Berlin</b>	<b>9:30 Book Club 10</b> 11:00 Strength Training  <b>12:00 Nashoba Tech Luncheon</b> <i>Music by: Wendee Glick</i>	<b>11</b> 9:00 Yoga <b>10:00 Mother's Day Breakfast</b> 10:30 Take a Walk <b>11:30 Blood Pressure/ Glaucoma &amp; Cataract Screening</b> 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	<b>12</b> VAN Walmart  10:00 Strength Training 10:00 Groton Swim <b>11:15 Hearing Screening</b>
<b>15</b> 10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage	<b>16</b> <b>10:00 Glass Craft</b> 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong <b>1:00 Watercolor Class</b> <b>1:00 Irving Berlin</b>	<b>17</b> 11:00 Strength Training <b>12:00 Women's Club Luncheon</b> <i>"Gay 90's"</i> <b>Entertainment: Brian Cocoran at Country Club</b>	<b>18</b> 9:00 Yoga 10:00 Friends of Groton Elders Reception <b>10:30 Spa Day</b> 12:30 Take a Walk 1:00 Hand & Foot Tai Chi 7:00	<b>19</b> VAN Westford Market Basket  10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
<b>22</b> 10:00 Groton Swim <b>10:30 Talk with Tom</b> 11:30 Strength Training 12:30 Cribbage	<b>23</b> <b>10:00 Glass Craft</b> 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong <b>1:00 Irving Berlin</b>	<b>24</b> 11:00 Strength Training <b>12:00 Lunch &amp; Learn ALICE Training Detective Rachael Mead</b>  <b>4:00 Spaghetti Dinner Fire Station</b>	<b>25</b> 9:00 Yoga <b>10:00 Memory Café</b> 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai-Chi 7:00 Meditation	<b>26</b> VAN Christmas Tree Shop Plaza  10:00 Strength Training 10:00 Groton Swim
<b>Memorial Day 29</b> 	<b>30</b> <b>10:00 Glass Craft</b> 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong <b>1:00 Irving Berlin</b>	<b>31</b> 11:00 Strength Training 	<div>             Accredited by              </div> <div>             National Institute of Senior Centers           </div>	

## 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](mailto: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 &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

## Documentary

### Life Animated

Monday, May 8  
10:00am



LIFE, ANIMATED is the inspirational story of Owen Suskind, a young man who was unable to speak as a child until he and his family discovered a unique way to communicate by immersing themselves in the world of classic Disney animated films. Owen was a thriving three year old who suddenly and inexplicably went silent – and for years after remained unable to connect with other people or to convey his thoughts, feelings or desires. Owen's story is a moving testament to the many ways in which stories can serve as a means of persevering through the dark times, leading us all toward the light.

Next documentary: Monday, June 5 10am

### Minimalism

### 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!!

New walkers 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.



## Talk with Tom

Sponsored by the Friends of the Groton Elders

### Discussion Group with Tom Hartnett May 22

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.

## Pizza and a Flick

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

Wed, May 3 12:00pm

### ***"Manchester By The Sea"***

**This movie is rated R for language**

After the death of his older brother Lee Chandler is shocked to learn that he will become the sole guardian of his nephew Patrick. Taking leave of his job, Lee reluctantly returns to Manchester-by-the-Sea to care for Patrick, a spirited 15-year-old, and is forced to deal with a past that separated him from his wife and the community where he was born and raised.



Wed, June 21 12:00pm

### ***"La La Land"***

LA LA LAND tells the story of Mia, an aspiring actress, and Sebastian, a dedicated jazz musician, who are struggling to make ends meet in a city known for crushing hopes and breaking hearts. Set in modern day Los Angeles, this original musical about everyday life explores the joy and pain of pursuing your dreams.

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](mailto:gcoa@townofgroton.org)



## Hearing Screenings

Friday, May 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 by calling the senior center, 978-448-1170.

## Essentials Skills for Family Caregivers



This three part series provides education and practical tools to those caring for someone with dementia. Improved day-to-day living and overall quality of life for the person with dementia and the caregiver is the goal.

**Monday, June 5 10am**

### **It Starts with Communication**

There are many proven communication techniques that caregivers can learn to improve day-to-day life for those with dementia and reduce their own stress. Learn how to communicate in a way that minimizes frustrations, decreases anxiety and avoids disagreements.

**Monday, June 12 10am**

### **Understanding Dementia Related Behaviors**

Actions, or behavior, may be telling us something. Like "slow down" or "I need something to do". Learning to understand the message and making changes to care can prevent outbursts and arguments.

**Monday, June 19 10am**

### **Safety at Home**

For someone with dementia, a safe and supportive home can prevent injury and enhance independence and a sense of security. Learn to adapt your home environment and make it dementia-safe and supportive.

alzheimer's association

# Beginners Watercolor Painting

The first and third Tuesdays of the Month  
**May 2 and 16**



**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.

## 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

## Police Picnic

**Wednesday, June 7 11:00am**

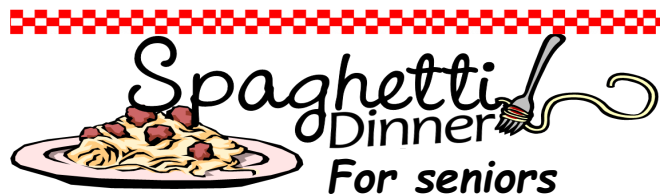


*Held at the Groton Pool and Golf Center!*

*There will be a shuttle available from the parking lot to the building*

Groton's finest hosts a fabulous day complete with juicy burgers, perfectly grilled hotdogs, their famous homemade potato salad, a gift bag for everyone and music by Groton's own John Murphy! A big thank you to Groton's Police Department for a much anticipated day.

Please call the senior center to register by Friday, June 2



## Delizioso!

The Groton Fire Department is treating Groton Seniors to a fabulous dinner!  
Spaghetti & meatballs for all!

**Wednesday, May 24  
4:00pm  
at the Fire Station**



Please call the senior center to register by Friday, May 19

Van transportation is available, please call 978-448-1141 for your reservation.

## Mind Body and Spirit Spa Days



*The third Thursday of the month*

Come to the senior center and pamper yourself with free services generously offered by

**Body Mind Spirit Day Spa  
of Groton**

May 18th  
Mini Facial

June 15th  
Men's Cuts

July 20th  
Manicure

August 17th  
Makeup

September 21  
Dry Cuts - Men and Women

Reservations are necessary, please call the senior center, 978-44-1170.

## 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 Shop, 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.**

Generously sponsored by the  
Friends of Groton Elders



4 WEEKS WITH  
THE MUSIC OF

**IRVING  
BERLIN**

Presented by Theater  
Historians Ben Sears and  
Brad Conner

**TUESDAYS, MAY 9, 16, 23, 30  
1:00 PM**

#### **Week 1      May 9**

The Early Years

His earliest songs through to "Alexander's Ragtime Band"

#### **Week 2      May 16**

The Early Years, continued  
1911 – 1920

Broadway shows, including "Ziegfeld Follies", and his own shows "Watch Your Step", "Stop! Look! Listen!" and the World War One show "Yip Yip Yaphank". Songs featured include "Mandy", "Simple Melody", and "Oh, How I Hate to Get Up in the Morning"

#### **Week 3      May 23**

1921 – 1935

The Music Box Theatre, "As Thousands Cheer" (with "Easter Parade"), and his first film for Fred Astaire, "Top Hat" (with "Cheek to Cheek")

#### **Week 4      May 30**

1936 – 1989

Continued success in film and on Broadway, including more films for Fred Astaire, "Annie Get Your Gun", and his last songs.

#### **Our Presenters:**

*Ben Sears and Brad Conner, entertainers extraordinaire, have been called "Boston's favorite song duo" by the Boston Globe and "the delightful cabaret team" by the Boston Phoenix. Theatre historians Sears and Conner are noted recording artists and performers. Ben Sears received his bachelor's degree from Ithaca College and Brad Conner received his bachelor's and master's degrees from West Virginia University.*



# Mother's Day

## Breakfast and Tea

Thursday, May 11 9:30am

*The Cozy Tea Cart, Brookline, NH*  
Tea lecture and sampling

*Open to all women, those who are mothers and those that mothered, join us in celebration of Mother's Day, honoring motherhood, maternal bonds, and the influence of mothers in society. Following breakfast Nashoba Tech Cosmetology school will provide free manicures! Please make your reservation by Tuesday, May 9*

## Father's Day BBQ

Wednesday, June 14 12:00pm

Cost: none

**Menu: Grilled Sausage, Peppers and onions and Macaroni salad**

Open to all men. Join us and celebrate the special bond of fathers and their children. Please join us if you were a father and/or you had a father!

Special guest speaker:  
Herb Crehan



**Celebrating 20 Years  
with the Boston Red Sox**

Author Herb Crehan recounts the 20 seasons he has spent writing for the team's official program, Red Sox Magazine. During his time with the ball club he has interviewed and written feature articles on more than 125 former Red Sox stars. His presentation focuses on 25 of his favorite interviews and includes little known facts and anecdotes. "Celebrating 20 Years with the Boston Red Sox" gives fans a behind-the-scenes look at what the players are really like and what goes on in the clubhouse.

## Veteran's Breakfast

Thursday, May 4

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

## Nashoba Tech Catered Luncheon

Wednesday, May 10 12:00pm

**Entertainment:**

**Jazz vocalist Wendee Glick**

An experienced jazz vocalist, Wendee Glick is a singer with a strong stage presence, sense of humor, and ability to belt out a tune, even over a full big band orchestra. She has graced the stages of many a New England jazz club, and large venues such as Boston's Fleet Center and Hatch Shell, performing with top-notch musicians.



**Menu:** Chicken Piccata or  
Broiled Salmon Dijonnaise

Cost: \$10pp with tip optional  
Reservations needed by Fri., May 5



**LUNCH — AND — LEARN**  
DALLAS ISD



*Hungry for Knowledge?*

Wednesday, May 24 12:00pm

**ALICE training:  
Response to an Active Shooter**

**Would you know what to do in the event there is an active shooter in a public venue?**

**Groton Detective: Rachael Mead**

ALICE Training is the leading active shooter response training in the country. Join Groton Police Detective, Rachael Mead, and learn proactive safety and response tactics to use in the event you find yourself in an active shooter situation in a public place.

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

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



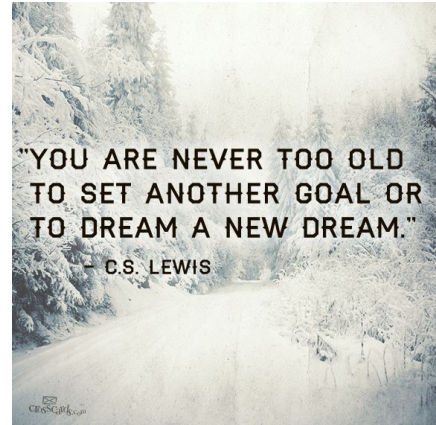
# Senior Center Building Initiative

## Step One - Town Meeting

Last night was a good night for Groton! Article #10 passed at Town Meeting which will provide design money for a new senior center at the current site. I was very moved by the outpouring of support and the recognized need for a new building. Thank you all for staying and seeing it through all the way until 11:10pm! It was worth the wait and we are very anxious to move forward.

I want to thank the Town Meeting Senior Center Building Committee for their extraordinary work that culminated in the two Articles presented last night. This committee's demonstrated dedication to the process; making decisions based on facts and the needs of Groton's seniors. I truly can not find the words to adequately convey my gratitude . Thank you,

John Amaral, Chair  
Mihran Keoseian  
Gary Green  
Annika Nilsson-Ripps  
Greg Sheldon  
Peter Cunningham  
Halsey Platt



## Step Two - There is a ballot question on May 16

### Ballot Question 2:

Shall the Town of Groton be allowed to exempt from the provisions of proposition two and one-half, so-called, the amounts required to pay for the bond issued for the design, or design and construction bidding, of a new Senior Center? Yes \_\_\_\_ No \_\_\_\_

### Groton Neighbors Open Information Sessions

Groton Neighbors, a volunteer, non-profit network of Groton residents dedicated to helping our members remain in our homes and stay connected to our community, is holding two open information sessions. Please join us on

**May 11 from 7-8:30 p.m. at the Lost Lake Fire Station  
or  
May 25 from 3-4:30 p.m. at the new Fire Station on  
Farmers Row**

At the session you will hear how we have organized ourselves as a community of volunteers and how, with one phone call, we provide transportation, technology or household assistance to our members. We share a common concern that we may all need assistance, now or in the future, to maintain a fulfilling life and are united by the belief that neighbors assisting neighbors can help make that possible.

Additional information on Groton Neighbors can be found on the website [www.grotonneighbors.org](http://www.grotonneighbors.org) or by calling [978-272-0123](tel:978-272-0123)

### 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.*



Local elections are **May 16**. As usual, the COA van is available to get you to the polls. Please call **978-448-1141** to reserve your ride.

**Nashoba Nursing Service & Hospice**  
 "Your Community,  
 Your Choice Since 1931"  
 Providing Home Health Care,  
 Hospice and Public Health Services  
*A community partnership established  
 in 1931 under the auspices of Nashoba  
 Associated Boards of Health*



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[www.nashoba.org](http://www.nashoba.org)

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 and surrounding communities

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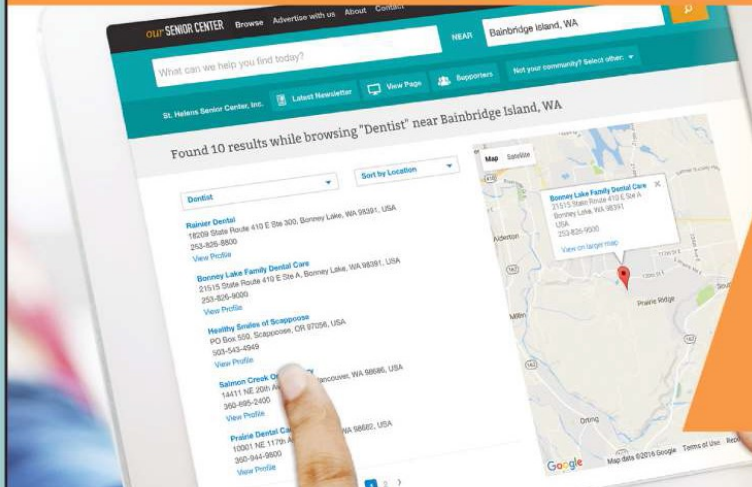


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