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

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.

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**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.

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**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.

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**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.
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<td>10:00 Documentary: “Life Animated”</td>
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<td>11:30 Strength Training</td>
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**May 2017**
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
  Supported by the Friends of Groton Elders
- Strength Training 11:30am
- 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
  Sponsored by Groton Trust Lecture Fund
- Pizza and a Flick (Wed varies) 12:00pm
  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
- 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

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.

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
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.

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 park 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.
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.

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.

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

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.

**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 Shop, Kohls, Burlington Coat Factory, LL Bean.

**Summer Hours**

**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.*

**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.
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

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 Crehen
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.

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 or by calling 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 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.