



# 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

July 2017



1-978-448-1170

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

As programming quiets during July and August staff at the COA will use this time to evaluate the past year, review outcomes and evaluations and begin the planning process for next year. Two new programs last year, documentaries and the Lunch and Learn, have met with success and will be added as permanent programs in the Fall. New programs already scheduled that will begin in September will be a Friday afternoon meditation class and a Thursday morning health series. We are also working with the Fire Department to schedule a Fire Academy that will be modeled after the popular Police Academy.

Some of next year's early highlights included this Fall are four different programs centered on the Armenian Genocide with a documentary, movie and 2 separate guest speakers. October we are planning to do the same with an emphasis on United States Central Intelligence. September 8 will be a Drive-in Diner and Movie and the end of October we are looking forward to an evening event at the Country Club with music and trivia.

Along with our strength training, yoga and tai-chi, new exercise classes will include line dancing for the beginner and experienced and an early morning Pilates, Mondays at 8:30am.

As we continue to increase and improve our programming your input is important to us, please feel free to call, email or better yet, stop in to share your ideas.

*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



**Monday, July 3**

**12:00PM**

**Cost: \$5.00**

Endicott, NY comes to Groton in a chicken "Spiedie". Kathy will BBQ her hometown favorite cuisine for the seniors of Groton. They are grilled and eaten on buttered Italian bread—YUM! After lunch we will be entertained by Debbie Thompson and Bob Wright and their band, *Back to the Garden*.

*Please make your reservations by Wednesday, June 28.*

## THE COMMONWEALTH OF MASSACHUSETTS HOME MODIFICATION LOAN PROGRAM

The Home Modification Loan Program, depending on household income, provides 0% and 3% loans up to \$30,000 to homeowners seeking to make accessibility modifications to their homes. Since 1999 these loans have helped over 2,000 MA households finance projects like, fencing, ramps, wheelchair and stair lifts, widened doorways, bathroom modifications, and more.

Those eligible for the 0% deferred loan make no monthly payments and no interest accrues and repayment of the loan occurs when the property is sold or title is transferred. Additionally, 3% loans are available to landlords with identified tenants needing accessible adaptations and have building with fewer than ten units.

This program has helped countless MA families by allowing them to remain together in the community and avoid costly assisted living facilities and nursing facilities.

For more information or to find out how to apply for a loan call Susan Gillam @ 1-866-500-5599 or email her at [sgillam@cedac.org](mailto:sgillam@cedac.org).

## FARMERS' MARKET COUPONS

The outdoor farmers' markets offer a variety of MA-grown produce which is freshly picked and sold by local farmers. To qualify, your monthly income cannot exceed:

|          |         |
|----------|---------|
| 1 person | \$1,832 |
| 2 person | \$2,470 |

To be put on a list to receive these coupons in mid-July, please call Stacey at 978-448-1170.



## NEWS FROM SHINE JULY 2017 WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D. In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

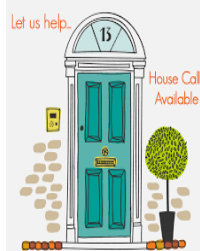
### IMPORTANT INFORMATION

Always remember that if you are turning 65 you should contact social security to enroll in Medicare.


**Medicare eligibility has no connection to your Eligibility for Social Security Benefits.** Also, Coverage for the Health Connector does not exempt you from this requirement to enroll in Medicare., **as you will lose your Health Connector subsidy when you turn 65. If you would like to meet with our SHINE Counselor, please call Stacey at 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  |
|---|---|--|---|---|
| <p><b>3</b></p> <p>11:30 Strength Training</p> <p><b>12:00 July 4th BBQ</b></p> <p>12:00 Groton Swim</p> <p>12:30 Cribbage</p>  | <p><b>4</b></p>    | <p><b>5</b></p> <p>11:00 Strength Training</p> <p><b>12:00 Pizza &amp; Movie "Hidden Figures"</b></p>                      | <p><b>6</b></p> <p>9:00 Yoga</p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Tai-Chi</p> <p>7:00 Meditation</p>  | <p><b>7</b></p> <p>VAN DW Highway</p> <p>10:00 Strength Training</p> <p>12:00 Groton Swim</p> <p><b>12:30 Bridge</b></p>              |
| <p><b>8:30 Pilates 10</b></p> <p><b>10:00 Beginner Line Dance</b></p> <p><b>10:00 Documentary "Behind the Wall"</b></p> <p>11:30 Strength Training</p> <p>12:00 Groton Swim</p> <p>12:30 Cribbage</p> | <p><b>11</b></p> <p><b>9:00 Line Dance</b></p> <p><b>10:00 Focus on Footcare</b></p> <p>10:00 Painting Club</p> <p>10:00 Garden Club</p> <p>10:00 Writing Creatively</p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Mahjong</p> | <p><b>12</b></p> <p><b>9:30 Book Club</b></p> <p>10:00 Documentary "Music of Strangers"</p> <p>11:00 Strength Training</p> | <p><b>13</b></p> <p>9:00 Yoga</p> <p><b>11:30 Blood Pressure Screening</b></p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Tai-Chi</p> <p>7:00 Meditation</p>                | <p><b>14</b></p> <p>10:00 Strength Training</p> <p><b>11:15 Hearing Screening</b></p> <p>12:00 Groton Swim</p>                        |
| <p><b>8:30 Pilates 17</b></p> <p>10:00 Beginner Line Dance</p> <p>11:30 Strength Training</p> <p>12:00 Groton Swim</p> <p>12:30 Cribbage</p>  | <p><b>18</b></p> <p>9:00 Line Dance</p> <p>10:00 Painting Club</p> <p>10:00 Garden Club</p> <p>10:00 Writing Creatively</p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Mahjong</p>  | <p><b>19</b></p> <p>10:00 Documentary "Famous Composers" Robert Schumann</p> <p>11:00 Strength Training</p>                | <p><b>20</b></p> <p>9:00 Yoga</p> <p><b>10:30 Spa Day</b></p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Tai Chi</p> <p>7:00 Meditation</p>                                 | <p><b>21</b></p> <p>VAN Westford Market Basket</p> <p>10:00 Strength Training</p> <p>12:00 Groton Swim</p> <p><b>12:30 Bridge</b></p> |
| <p><b>8:30 Pilates 24</b></p> <p>10:00 Beginner Line Dance</p> <p>10:30 Talk with Tom-</p> <p>11:30 Strength Training</p> <p>12:00 Groton Swim</p> <p>12:30 Cribbage</p>                              | <p><b>25</b></p> <p>9:00 Line Dance</p> <p>10:00 Painting Club</p> <p>10:00 Garden Club</p> <p>10:00 Writing Creatively</p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Mahjong</p>  | <p><b>26</b></p> <p>10:00 Indian Hills Music Cellist Colleen McGary-Smith</p> <p>11:00 Strength Training</p>               | <p><b>27</b></p> <p>9:00 Yoga</p> <p><b>10:00 Memory Café</b></p> <p><b>10:30 Spa Day</b></p> <p>12:30 Hand &amp; Foot</p> <p>1:00 Tai Chi</p> <p>7:00 Meditation</p> | <p><b>28</b></p> <p>VAN Christmas Tree Shop Plaza</p> <p>10:00 Strength Training</p> <p>12:00 Groton Swim</p>                         |
| <p><b>8:30 Pilates 31</b></p> <p>10:00 Beginner Line Dance</p> <p>11:30 Strength Training</p> <p>12:00 Groton Swim</p> <p>12:30 Cribbage</p>  |   |  |   |   |

Accredited by   
National Institute of  
Senior Centers

## Always Available

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

### Mondays

|  |         |
|--|---------|
| Pilates  | 8:30am  |
| Line Dancing                                     | 10:00am |
| COA Board Meeting (1st Mon)                      | 9:30am  |
| Documentaries (2nd Mon)                          | 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 |
| Groton Swim                                      | 3:30pm  |

### Tuesdays

|                                   |         |
|-----------------------------------|---------|
| Line Dancing                      | 9:00am  |
| 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  |
| Watercolor painting (1st and 3rd) | 1:00pm  |

### Wednesdays

|  |         |
|--|---------|
| Book Club (2nd Wed)                            | 9:30am  |
| Strength Training                              | 11:00am |
| Groton Women's Club Luncheon (3rd Wed)         | 12:00pm |
| <i>Sponsored by Groton Trust Lecture Fund</i>  |         |
| Pizza and a Flick (Wed varies)                 | 12:00pm |
| <i>Sponsored by Ebi and Desiree Masalehdan</i> |         |
| Nashoba Tech Lunch - \$10 (Wed varies)         | 12:00pm |
| Holiday Celebrations (Wed. varies)             | 12:00pm |
| Lunch and Learn (4th Wed)                      | 12:00pm |
| <i>Sponsored by RiverCourt Residences</i>      |         |

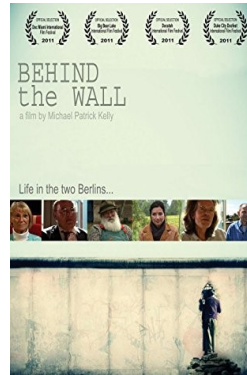
### Thursdays

|   |         |
|---|---------|
| 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 (\$5 per class)   | 12:30pm |
| Meditation  | 7:00pm  |

### Fridays

|                              |         |
|------------------------------|---------|
| Shopping - \$4 for van       | 9:00am  |
| Strength Training            | 10:00am |
| Hearing Screenings (2nd Fri) | 11:15am |
| Bridge (1st and 3rd Fri.)    | 12:30pm |

## Documentary



### Behind the Wall

Monday, July 10  
10:00am

Behind The Wall documents what life was like on both sides of The Berlin Wall through the eyes of ordinary citizens from East and West Germany. They give an in-depth and overlooked perspective of life before, during and after The Wall fell. Beginning with the celebration of the 20th anniversary of the 'Fall of the Wall' then through the voices of the people, weaves a true history of what life was like living on both sides of The Wall.

**Next documentary: Monday, August 14 10am**  
**Disney Nature: Born in China**

## West Point Academy & Hyde Park NY

Home of FDR,  
Vanderbilt Mansion &  
Dinner Theatre Show  
Sunday Brunch at the Famous Thayer Hotel



**Sunday, October 15 &  
Monday, October 16**

\$419pp double occupancy  
\$519pp single occupancy

### Trip includes:

Transportation and one night hotel  
Guided Tour West Point Military Academy  
Brunch at the Historic 5-Star Thayer Hotel  
West Point Historic Museum  
Dinner and Entertainment at the Westchester Dinner Theatre  
Breakfast at the Hotel  
Tour of FDR's Home and Presidential Library  
The Vanderbilt Mansion National Historic Site  
(one lunch and dinner stop on the way home are on your own)  
Gratuity for Guides  
(Driver's Tip not included)

Please call the senior center for more information or stop in to register, \$50 deposit required for registration.



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)



## Join Us and Deliver Dignity

Meals on Wheels delivers the support  
senior needs to be in their homes

We are need of a Monday volunteer driver for  
*Meals on Wheels.*

Help us support them!



Please call Kathy Santiago  
for more information, 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.

## 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**

July 20th Manicure  
August 17th Makeup  
September 21 Dry Cuts - Men and Women

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

## Pizza and a Flick

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

Wed, July 5

12:00pm

### **"Hidden Figures"**

The true story of three brilliant African-American women, at the height of segregation, serve as the NASA brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

Wed, August 2

12:00pm



### **"A Dog's Purpose"**

A devoted dog discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan.

## Hearing Screenings

Friday, July 14

2nd Friday of each month

11:15am-1pm

By Appointment

hearing screenings and hear-  
ing aid cleanings. Please be

sure to make an appointment 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.

## 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.***

## **PILATES STRENGTH TRAINING: THE BASICS WITH PILATES FOR AWESOME ABS**

MONDAYS 8:30 - 9:30AM.

July 10th - August 21st

7 classes \$84.00

Payable to the instructor

**Boost your metabolism and burn more calories with this 60 minute class!**



All that you will need is:  
set of weights  
a mat  
water

Learn how to strength train safely for toning! Strengthen your bones, increase your flexibility, improve your balance and feel great in your body! The weight training segment includes the most effective moves to train your body to burn calories and release stored fat. Remember that weight training is the magic bullet to aging gracefully! At the end of the class we will work on strengthening the abdominal and back muscles using Pilates type exercises for better posture, flatter tummies and stronger backs!

Come and be ready to have fun! This class is perfect for the first time exerciser to the fitness enthusiast! You will be given individual attention to ensure that you are getting the most from your workout and exercising safely!

**Instructor:**

***Susan Robbins brings 30+ years of experience to the class and is ACE and CPR certified.***

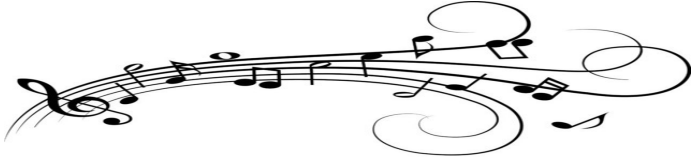
**Talk with Tom**  
**Sponsored by the**  
**Friends of the Groton Elders**

**Discussion Group with Tom Hartnett**  
**July 24**

4th Monday of the month  
10:30 AM

Join Tom Hartnett, previous Town of Groton Treasurer, for a stimulating conversation about local stories and politics. Topics are driven by participants.

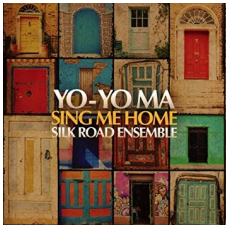
# Leading up to Tanglewood



Wednesday July 12 10am

## **'The Music of Strangers,'**

Documentary on Yo-Yo Ma and the  
Silk Road Ensemble



Inspired by the exchange of  
ideas and traditions along the  
historical Silk Road, cellist  
Yo-Yo Ma established the Silk  
Road Project (Silkroad) in 1998  
to explore how the arts can  
advance global understanding.

Since 2000, the musicians of the Silk Road  
Ensemble have led Silkroad's work to connect the  
world through the arts. Representing dozens of  
nationalities and musical traditions, the musicians  
of the Ensemble model new forms of cultural  
exchange through performances, workshops,  
and residencies.

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Wednesday, July 19 10am

## **Documentary Famous Composers: Robert Schumann**

Interweaving documentary and fiction this film offers  
a glimpse into the life of the composer  
Robert Schumann through his chamber music

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Wednesday, July 26 10am

## **Indian Hills Music Cellist: Colleen McGary-Smith** Cello music/education

Enjoy an intimate performance of the beautiful and  
haunting sounds of the cello.

**Please call the Council on Aging to register,  
978-448-1170**

# *Line Dancing is back!*



## **Learn to Line Dance**

Mondays 10-11 AM

Starting July 10

\$3 per class

Come join us and see for yourself why so many  
already love this wonderful activity. If you can walk  
comfortably, you can learn to line dance, and with  
the fun it brings and its widespread mental,  
physical, and social benefits, your mind, body,  
and spirit will be so glad you did! Give it a try and  
join this welcoming community of music and  
movement!

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## **Line Dancing for Experienced Dancers**

Tuesdays 9-10am

Starting July 11

\$3 per class

For those who have line danced previously and  
prefer a class that moves at a quicker pace, come  
join the fun as we explore dances old and new to a  
wide variety of music. You already know how great  
line dancing is, so all that's left to be said is,

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

## **Groton Swim**

### **Summer Schedule**

During the summer the pool at the Country Club  
is available for use by Groton's seniors .

The schedule will be:

**Mondays and Fridays**

**June 23– September 1**

**12:00-1:00pm**

## **COA Garden Club**

Come be part of our growth.

**Every Tuesday**

**10:00am**

You've seen what we've done in the past! Just  
think what we could do with you joining us!

We invite everyone with an interest, desire, and  
or experience in gardening to join us!



**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  
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**Tel: (978) 425-6675 • (800) 698-3307**  
 3 Patterson Road, Suite 3 • Shirley, MA 01464  
**www.nashoba.org**

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 and surrounding communities

**ALETA MANUGIAN**  
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 Elder and Estate Planning  
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 aleta@manugianlaw.com  
**978.448.8800**  
 978.448.8801 fax

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 8 W. Main St., Groton, MA • [www.elderlydayservices.org](http://www.elderlydayservices.org)

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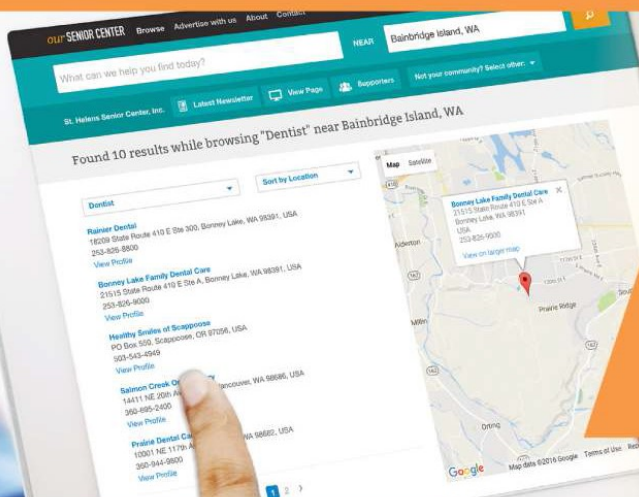
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Groton Council on Aging, Groton, MA

06-5100