Planning for Your Health Care

It can be a hard decision and a harder conversation. What do you want your health care to include, more specifically, our end of life health care? It’s something we need to think about, make clear choices and then make those choices known while we have the capability to do so. By doing so we take the responsibility from our loved ones with clear and concise directions.

Honoring Choices Massachusetts will walk you through the steps of health care planning providing achievable steps to this ongoing process ensuring your choices are honored. They believe this is not about one document or one conversation, but a life process to promote everyday wellness, plan for the future, and get the best possible person-centered care all through your life. Your choices will be based on:

- Your legal rights
- Your medical information
- Your values and belief system
- Your relationship with your family.

Please join us at the senior center with Kathy Benson, LICSW with Nashoba Nursing Services to ensure your healthcare providers, family and friends Honor Your Choices.

It’s Your Health Care. It’s Your Choice.

Tuesday, October 17    1:00pm
or
Wednesday, October 18   6:30pm

Your health care is your choice, make your choices known. Join us and empower your decisions for your health care plan or help a loved one make a plan to ensure your choices are honored.

You’ll receive a “Getting Started Took Kit” which include information and documents to:

- Choose a Health Care Agent for your Health Care Proxy
- Complete your Personal Directive or Living Will.
- Talk with your health care providers to align care to your choices.

This program is presented by Nashoba Nursing Services and Hospice.

Please call the COA to register, 978-448-1170.

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.

Director
Kathy Shelp
kshelp@townofgroton.org

Outreach Coordinator
Stacey Shepard Jones

Activities/Volunteer Co.
Kathy Santiago

Maintenance
Jimmy Kuzmitch

Van Driver
Alan Sinclair
Marcel Falardeau
Richard Marton
Herb Peterson

Selectmen Liaison
Josh Degen

Liaison Police Officer
Kevin Henehan

School Committee Liaison
Marlena Gilbert

COA Board of Directors

Chairman
Gail Chalmers

Vice Chairman
Richard Marton

Treasurer
George Faircloth

Secretary
Helen Sienkiewicz

Members
Ellen Baxendale
Peter Cunningham
Norma Garvin
Jean Sheedy
Eddie Wenzell

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

Veteran’s Breakfast
Thursday, October 5  10:00am
Cost: None

Speaker: Bedford VA
If you have not signed up for Veteran’s healthcare benefits you can do so today.

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. At each breakfast, Bob Johnson, Groton’s Veterans’ Agent/Veterans’ Service Officer; will schedule a veterans themed presentation or speaker.

Groton Women’s Club Sponsored Luncheon
Wed, October 18  12:00pm

Groton Old Burial Ground
We are excited local expert Eleanor Gavazzi will explore Groton’s Old Burial ground with her presentation. Prior to the program we will enjoy a lunch of Cowboy Beans, Cole Slaw, corn bread and, of course, cake for dessert!

Please call the center by Fri. 10/13 for your reservation.

Nashoba Tech Catered Luncheon
Due to Governor Baker’s visit to Nashoba Tech on October 11 there will be no October luncheon.

Join us for Trunk or Treat

The Council on Aging is very excited to participate in the Florence Roche Trunk or Treat Halloween Parade. For Trunk or Treat the children parade in the school parking lot as candy is distributed from the trunks of cars and the COA van! Join us and enjoy all the kids and their costumes!

Sunday October 29
at Florence Roche
2:00-4:00pm

We are looking for support from the senior community for the following:

1. We would love to have you join us to hand out candy to the children.
2. Donations of Halloween candy.
3. Donation of Halloween decorations to “trick” out the van.

Please give us call and let us know you’ll be joining us! Drop off candy and decorations anytime prior to October 25.

FOUR WEEKS OF W. B. Yeats
Presented by Stephen Collins
This program is made possible through the generous support of the Friends of the Groton Elders

Mondays, Oct. 16, 23, 30 and Nov. 6  1:00pm

Born in Dublin in 1865, his poetry would eventually win for him the Nobel Prize in 1923. He along with Lady Augusta Gregory spearheaded the Irish literary revival. Critics have called him the great poet of old age. Most of what are considered his masterpieces he composed after age sixty. We will look at those and some of his earlier poetry and the influences upon him.

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

- Line Dancing 10:00am
- Groton Swim 10:00am
- Documentaries (2nd Mon) 10:00am
- Talk with Tom - Current Events (4th Mon) 10:30am
  - Supported by the Friends of Groton Elders
- Strength Training 11:30am
- Cribbage 2:30pm
- COA Board Meeting (3rd Mon) 1:00pm

**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
- Pilates 9:30am
- Strength Training 11:00am
- Groton Women’s Club Luncheon (3rd Wed) 12:00pm
  - Sponsored by Groton Trust Lecture Fund
- Pizza and a Flick (Wed varies) 12:00pm
  - Sponsored by Ebi and Desiree Masalehdan
- Nashoba Tech Lunch - $10 (Wed varies) 12:00pm
- Holiday Celebrations (Wed. varies) 12:00pm
- Lunch and Learn (4th Wed) 12:00pm
  - Sponsored by RiverCourt Residences

**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

**Fridays**

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

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**Documentary**

**Spymasters**

Monday, October 16
10:00am

The Spymasters: CIA In the Crosshairs is a 2015 documentary film which covers the experience of the Central Intelligence Agency as seen through the eyes of the twelve living CIA directors, all of whom were interviewed for the film. This Documentary is 2 hours.

**Next documentary: November 20, 10am**

**Bright Lights**

Wed, October 4 12:00pm

“The Zookeepers Wife”

The time is 1939 and the place is Poland, homeland of Antonina Zabinski and her husband, Dr. Jan Zabinski. The Warsaw Zoo flourishes under Jan's stewardship and Antonina’s care. When their country is invaded by the Nazis, Jan and Antonina are forced to report to the Reich’s newly appointed chief zoologist, Lutz Heck. The Zabinskis covertly begin working with the Resistance and put into action plans to save the lives of hundreds from what has become the Warsaw Ghetto.

Wed, November 1 12:00pm

“Light Between Oceans”

Tom is a World War I veteran who maintains a lighthouse off the shore of Australia with his wife Isabel, a woman desperate to have a baby. Her prayers are answered when an infant washes up on shore in a rowboat. Fate strikes again when the couple meet the child’s biological mother on the mainland. Now, Tom and Isabel must make a decision that will forever affect the lives of four people.
Serving outlying Medical services

*Boston, Concord, Burlington, Waltham 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, St. Elizabeth. Please make your appointments between the hours of 11am and 1pm.

**Monday, Tuesday and Thursdays:** Serving *Concord, Waltham, Lahey and Bedford VA and surrounding area.* 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.

Please call if you absolutely cannot get an appointment within the requested days 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
- 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.

**Round Trip Fees:**

Reservations for all COA Van rides must be made using the COA Van line, 978-448-1141.

Reservations cannot 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.**

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**THE 5 STAR URGENT RESPONSE ALERT SYSTEM FROM GREATCALL**

The 5 Star Urgent Response Device operates on a cellular network (Verizon), so wherever a Verizon cell phone works, this device works as well.

It is very simple to use, as it only has 1 button. You push it once to connect to the emergency call center or hold the button down to connect directly to 911.

This has a built-in GPS location tracking device, which pinpoints your location so that emergency personnel can respond to you faster.

The 5 Star Urgent Response Alert is available at Walmart, Best Buy, and Sears for around $49.99, and their monthly plans start at $19.99. There is no contract, so you can cancel at any time.

For more information about The 5 Star Urgent Response Alert System from GreatCall call 1-800-650-5921.

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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 us, 978-448-1170.

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**Hearing Screenings**

**Friday, September 8**

2nd Friday of each month
11:15am-1pm
By Appointment
hearing screenings and hearing aid cleanings. Please be sure to make an appointment by calling the center, 978-448-1170.
Discussion Group with Tom Hartnett
October 23
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.

Freeform Collage Art
Friday, October 27  10am—1pm
Instructor:
Professional Artist,
Linda Dunn,
(Linda’s art was showcased at the Groton Library),
Work with abandon. Use stamps and stencils to create a colorful library of personal fabric or papers. Then tear, cut, and rearrange. Deepen your understanding of color. Explore the possibilities of design. Every class is tailored to the students’ interests. Fun and discovery guaranteed.

Gibbet Hill Holiday Dinner
Thurs., November 16  5:30 PM
Our much anticipated annual dinner is held at the Gibbet Hill Barn and provided through the generosity of Mark Lynch and his team. This event is free to residents of Groton 60 and older and is a ticketed event with limited seating. Tickets are available at the Senior Center beginning Monday, October 30. Entertainment for the evening will be Groton’s own, John Murphy and The McMurphys. Home delivered meals, delivered by Groton Police Department, are available by request.

October News from SHINE
The Medicare Open Enrollment begins on Oct 15th and ends on Dec 7th
Don’t Wait Until It’s Too Late!
Open Enrollment Appointments will begin mid-October.

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It’s important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

Assistance is available from the SHINE program. Call the senior center, 978-448-1170, and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

Medicare Options
Friday, October 27  1pm
Shine Counselors will be conducting a Medicare Open Enrollment Update Meeting at the Senior Center to explain any changes to Medicare or Medicare Health Plans or Drug Plans for the 2016 plan year. Please be sure to attend by calling the senior center, 978-448-1170.
**Inspire Health**

**Education for your Health**

**Thursdays, 10:00am**
Please call the COA to register, 978-448-1170.

October 12 10am
**Stroke Prevention**
Presented by: LifeCare Littleton
Pam Cole, Director of Rehab at Lifecare will discuss steps people can take to help prevent strokes, warning signs and how to respond, and the potential for rehabilitation after a stroke.

October 19 10am
**Diabetes Management**
Presented by: Nashoba Valley Hospital
Managing diabetes is a challenge everyday. There are many variables to keep in mind: food, exercise, stress and general health. Keeping blood sugar levels in the desired range is a constant balancing act. We want to make managing diabetes easier and help prevent the onset.

October 26 10am
**Gluten Free Living**
Presented by: Nashoba Valley Hospital
Getting the basic gluten-free diet right is easy when you know the ground rules. Join us and you will be on your way to a happy, healthy gluten-free life.

**Coming in November:**
November 9  Focus on Footcare
November 16  The Importance of Hydration
November 30  Medical Properties of Cannabis

**Exercise for your Health**

**Groton Swim**
at the Groton School Pool
Mondays, 10am  no cost
Fridays, 10am  no cost

**Learn to Line Dancing**
Mondays, 10am  $3 per class
9am if you need some personal instruction
Tuesdays, 7pm  $5 per class

**Line Dancing for Experienced Dancers**
Tuesdays 9am  $3 per class

**Strength Training**
Mondays, 11:30  $3 per class
Wednesdays, 10:30am  $3 per class
Fridays, 10am  $3 per class

**Pilates**
Wednesdays, 9:30am  8 classes $80

**Yoga**
Thursdays, 9am  $3 per class

**Tai Chi**
Thursdays, 1pm  $5 per class

**Meditation**
Thursdays, 7pm  No cost
Fridays, 1pm  No cost

**Walk with Us**
at the Twomey Center
Tuesdays, 10:30-11:30am
Thursdays, 10:30-11:30am

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**Alzheimers Know the 10 Signs:**

**Wednesday, October 25 6:30PM**

If you or someone you know is experiencing changes in memory, it’s time to learn the facts. Knowing the warning signs can help determine if you should speak to a doctor. Early detection matters!

Please call the COA to register, 978-448-1170.

Knowledge is power. Attend Alzheimer’s Association free education programs and learn about Alzheimer's disease and related disorders. Understanding the challenges will help you take control.

**Wednesday October 18**

1:30-2:30pm at the Senior Center downstairs

please bring your Medicare card.
Senior Center Building Initiative
FAQs
Please feel free to call the center should you have additional questions or would like clarification.

At 2017 Spring Town Meeting, the Council on Aging asked for up to $400,000 for design of a new senior center. There was also an Article to determine the appropriate site. The Article for design monies passed for the current W. Groton location. However, at the town election on May 16, the debt exclusion ballot question for design money did not pass.

The Senior Center Building Committee listened to voter concerns regarding the ballot question vote. We are now more ready to move forward at Fall Town Meeting to request funding for building design. Our Selectmen unanimously approved their support for an RFP for the design phase. The bids were due September 20 and voters will have an exact cost for the design at Fall Town Meeting.

**Why ask for design money? — What’s included?**

Design Bidding covers the following: Building Design Development, including choosing whether to build new or renovate. This is not unique to this project, it is done in every building or renovation project. It includes:

- Site Design, including sewage disposal system, storm water management, building layout, landscaping, parking etc.
- Construction Documents – Full Set of Plans and Specifications to bid the project
- Bid advertising, reviewing bid, checking references, recommending award

The design phase will give us an exact amount for the final project. The Building Committee has heard taxpayers’ concerns. Through value engineering and creative design, and without compromising programs, the Committee is committed to keeping the cost of the final project within a range that will minimize taxpayer burden. It is clearly understood that project costs previously estimated were too high and those costs must be reduced a lot.

**What will the design phase cost?**

Currently the Senior Center Building Committee is interviewing architects for the design phase and the town Manager will negotiate fees. There will be an exact cost by time meeting. The cost will not exceed $400,000.

**Renovation vs new build**

The architect awarded this bid will recommend feasibility of a renovation/expansion of the current building as compared to a new build. Using their information re: cost differences, and accessibility and considering programming needs, the Building Committee will make a determination as to the better option for final design. The voters ultimately will still have the final say in the spring.

**Why seek design money now at Fall Town Meeting, vs waiting until spring?**

Townspeople need a clear picture of the exact costs for total project and to consider that within the context of other capital needs at the 2018 spring town meeting. That can only happen if an architect provides full construction design for a facility and then that design is put out for bid. The total project, with firm costs, would then be placed on the ballot at the town election ballot in May 2018.

**Why not a debt exclusion ballot?**

The short answer is that Article 7 will not be funded by borrowing money. That action requires debt exclusion ballot vote. It is proposed that the funding for the Senior Center Design come from funds that are available from the sale of town owned property ($175,000) supplemented by money from the excess and deficiency account - free cash.

**In Summary**

There is very little disagreement over the need to address the serious shortcomings of the current facility either through renovation or new construction. Failure to do so and to specifically address the lack of universal accessibility and code violations places the town in jeopardy of legal action and a possible court order to address these issues. Estimates have placed the cost of doing this at close to $900,000. However, this would only correct deficiencies and does nothing to address the programming needs of our growing senior population.
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

The Groton Senior Center and
Tours and More Travel Presents

Christmas at the
Newport Mansion
The Breakers

November 28, 2017
$89 per person
Payment due at registration

Join us and see this beautiful mansion decorated for the Holiday Season!
We look forward to meeting you!
Trip Includes:
Round Trip Transportation by Luxury Motor Coach Bus
Professional Driver
Driver Gratuity
Entrance to the Breakers & Lunch

Pick Up at 9:00 am and return is 5:00pm

Minimum 20 to run program/max 28 spaces

On sale for Groton October 2
On sale for non-residents October 16

COA Van service available—please call 978-448-1141 by Wed. 11/1

The Groton Dunstable High School Drama Guild invites you to attend:

Twelve Angry Jurors

By Reginald Rose
Adapted by Sherman L. Sergel

Sunday, November 4  2:00pm
Groton Dunstable High School

Tickets are only $8 at the door.

Twelve Angry Jurors produced by special arrangement with the Dramatic Publishing Company of Woodstock, Illinois

Tanya Sheppard was born in Bavaria, Germany of Russian and German parents and came to the U.S. as a child. She attended New Jersey public schools and has a B.A. in History. She earned an M.A. in Russian Language and Literature from Fordham University.

Tanya travelled extensively throughout the former Soviet Union, Russia and Eastern Europe from 1978 until 2005. As a result of her many friends and relatives there, she has a deep and personal understanding of Soviet/Russian Culture.

Please register by calling the senior center, 978-448-1170, by Friday, 10/20