The Buzzwords. . . . Intergenerational Programs

The first formal intergenerational program began in the late 1960s as the Foster Grandparents program. It was established as part of the nations “war on poverty” with duel goals; help reduce isolation in the elderly and provide special one-on-one contact for at risk children. As with all social programs, intergenerational programing is now designed to meet the ever growing needs of older adults and children. Today programing includes everyone across social and age lines. The potential benefits are not limited to just those at risk or isolated. Intergenerational Programs are vehicles that allow the generations to interact, break down stereotypes and actually engage in social and political issues that affect all. They are based on reciprocity, and they are sustained and intentional. Both populations, old and young, are seen as assets and not problems to be solved.

“Somehow we have to get older people back close to growing children if we are to restore a sense of community, a knowledge of the past, and a sense of the future.” ~ Margaret Mead

The Council on Aging is very please to be collaborating with GDRS to establish an intergenerational initiative. We believe working together is imperative to a healthy community to breakdown barriers and in understanding not only where we are going, but where we have been. We are striving for new opportunities every month to engage with one another on multiple levels. Please join us in this initiative and be part the whole community.

Opportunity for November:
The middle is drama production is looking for older adults to work with the students to practice their lines for the upcoming play.
You have the opportunity to help this student be the best they can be and achieve a higher level of success.
The student has an opportunity to learn from your life experience and dispel their stereotypes of what an “old” person is all about.

Please call me and offer the priceless commodity of time.

Kathy

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. Home delivered meals, delivered by Groton Police Depart-
Veteran's Breakfast
Thursday, November 2   10:00am
Cost: None

Speaker: State Representative
Sheila Harrington
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.

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.

Groton Women’s Club
sponsored luncheon
Wed, November 15   12:00pm

Entertainment:
Music by Emma
Enjoy a delicious meal of Chicken with grape sauce, white rice, copper penny carrots, pumpkin cheesecake followed by the delightful Emma! Emma Riffelmacher is a classically trained singer with a very eclectic range of musical styles. She performs anything and everything from the big band music of the war era, to classic country, to rockin music from the 60’s and 70’s, and even some classical. Emma will take you on a "Sentimental Journey" throughout the decades that you surely won’t forget!

Emma lives in Holden with her husband and her two daughters who are five years old and nine months old.

Please call the center by Fri. 11/10 for your reservation.

Nashoba Tech Luncheon
Wed, November 8 12:00pm

Feeding the Birds During the Winter
Speaker: Sandy Hurd
Wild Birds Unlimited Westford

Food, Water and Shelter!
To survive the long winter months birds that make Massachusetts their home throughout the winter need what we need, food, water and shelter. Join bird expert, Sandy Hurd and learn how to keep the in your gardens and help them thrive.

Menu: Yankee Pot Roast or Broiled Salmon

Please call the center by Fri. 11/3 for your reservation.

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

Wednesday, November 29  12:00pm

How to Watch TV Without Cable
Presented by: Mike Preston
So many choices! Roku, Firestick, google TV, Amazon, Netflix, and on and on and on! Mike Preston will be here to sort it all out with a Roku demonstration. Learn how you can watch all your favorite shows without a cable package.

Please register by calling the senior center, 978-448-1170, by Friday, 11/24.

November Events
Please make your reservation by calling the center, 978-448-1170.
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**Mondays**

- **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
- **Take a Walk with Us** 10:30am
- **Garden Club** 10:00am
- **Hand and Foot Cards** 12:30pm
- **Mahjong** 1:00pm
- **Watercolor painting (1st and 3rd)** 1:00pm
- **Line Dancing** 7:00pm

**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** 11:30am
- **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 ($5 per class)** 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
- **Bridge (1st and 3rd Fri.)** 12:30pm
- **Meditation** 1:00pm

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**Documentary**

**Bright Lights**

*A Different Kind of Love Story*

Monday, November 20 10:00am

An intimate portrait of actress Debbie Reynolds and her relationship with her beloved children, Carrie Fisher and Todd Fisher.

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**Next documentary: December 18, 10am**

**Finders Keepers**

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**Pizza and a Flick**

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

Wed, November 1 12:00pm

**“Light Between Oceans”**

*(Based on the novel of the same name)*

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.

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**“Founder”**

The true story of how Ray Kroc a struggling salesman from Illinois, met Mac and Dick McDonald who were running a burger operation in 1950s Southern California. Kroc was impressed by the brothers’ speedy system of making the food and saw franchise potential. Kroc soon maneuvers himself into a position to be able to pull the company from the brothers and create a multi-billion dollar empire.
**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, 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

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**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:**

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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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**Coil Basket Weaving Workshop**

**Tuesday, November 28** 1:00pm

**Cost:** $20 pp

The traditional art of coil basketry with Groton native Pam Gaskins. This workshop introduces students to coil basketry, teaches the skill to allow participants to continue the artform on their own. Using marshes for weaving materials, learn three types of coil basketry using cattails and raffia. All material are provided.

A minimum of 10 participants is needed for this class. Call the COA, 978-448-1170 to register by Wednesday, November 22.

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**Trip: The Breakers**

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
Education for your Health

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

November 10
10am
**Focus on Footcare**
Presented by: The American Podiatric Medical Association (APMA) considers your feet a marvel of engineering. Together, your two feet contain more than 50 bones, accounting for about one-fourth of all the bones in your body. And somehow they also make room for more than 60 joints and 200 muscles, tendons, and ligaments that hold them together and help them move.
Learn how proper care of your feet can affect your overall feeling of well-being.

November 16
10am
**Water: An Essential Nutrient**
Presented by: Massachusetts Opportunity Council
A High Fluid intake is associated with a Lower Risk of kidney stones, and some types of cancer? How much water do I need? What is the best way to get enough water every day? How much water is too much?

To learn about the many vital functions water performs in our body, as well as the best ways to get enough water, join us for a free Nutrition Education Presentation.

November 30
10am
**Medical Cannibus**
Presented by: Arron Green
What are cannabinoids? How might cannabinoids be useful as medicine? What are the benefits? What are the risks? We'll take a look at medical Marijuana.

Exercise for your Health

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

**Learn to Line Dancing**
Tuesdays, 7pm $5 per class

**Line Dancing**
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

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!!

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
NEWS FROM SHINE
Medicare Open Enrollment
Oct 15th - Dec 7th
Don’t Wait Until It’s Too Late!

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 unusually 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.

MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM

If you have a permanent disability that in the majority of circumstances limits your ability to use the phone effectively, you may be eligible to receive assistive telephone equipment free of charge or at a discounted rate. This equipment is available for people with cognitive impairments, people with speech impairments, people who are blind/visually impaired, people with mobility impairments, and for people who are deaf/hard of hearing.

To learn more about this program and to obtain an application, please contact the Verizon Center for Customers with Disabilities Monday through Friday 8:30am to 5:00pm at 1-800-974-6006 (Voice/TTY).

Holiday Tea Party
Wednesday, December 13
12:00pm

Do you need a break from the stress of the holidays?
Join us for an afternoon “tea” at The Center.
Relax, reminisce and enjoy Mike on the piano softly playing all our favorites.
Please register by Friday, December 8, 978-448-1170.

A Matter of Balance is an evidence-based program developed Boston University: It demonstrates reliable and consistently positive changes in the important health-related and functional measures of fall prevention.

A Matter of Balance: Managing Concerns About Falls

10 Weeks
Tuesdays, January 9, 16, 23, 30 and February 6, 13, 20, 27, and March 6, 13 (snow date)
10:00AM

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase your activity levels.

Register by calling, 978-448-1170.

This program is made possible through the generosity of the Community Foundation of North Central Massachusetts.
Coping with Holiday Stress

**Monday, November 13**

The “Holiday Season” (the time from Thanksgiving through New Year’s) is supposed to be happy times filled with get-togethers between friends, neighbors, and family. It might include comfort food, family traditions and conversations by the fireplace — spending quality time with loved ones for the holidays is something we cherish. Unfortunately, this special time of the year can turn out to be a time when joy is replaced with sadness, love with anger, and contentment with anxiety. For many, the holidays magnify losses and become a time of year that’s hard for seniors and families to navigate.

Please join Beth Rubio, LICSW, social worker at Tandem Care Associates for a discussion and helpful tips for navigating the holidays.

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

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AARP Tax Program

**Needs Volunteers**

AARP provides free tax preparation to our residents. Please help them help us and become a volunteer preparer or greeter.

This is a program that prepares taxes for free for seniors and low income residents in our area.

Training will be provided. This can be an experience which a volunteer will find very rewarding.

If interested, contact Roger Kipp at 978-597-6207.

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Alcohol Ink Trivets

**with**

**Kathy #1 and Kathy #2**

**Tuesday, December 12**

**10am**

**No cost**

Alcohol ink is a fun, creative and a very forgiving medium. You can’t make a mistake! Join Kathy #1 and Kathy #2 for a great morning of conversation, creation and fun!

Please call the center to register, 978-448-1770.

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Beginning Watercolor Painting

The first and third Tuesdays of the Month

**December 5 and 19**

**1pm-2:30pm**

**Cost: $5 per class for supplies**

**Try something new!**

No pressure!

Fun!

No previous training necessary!

Every month enjoy great conversation while creating an impressionistic watercolor painting from beginning to end. Landscape scenes will be the focus with suggestions taken from the class.

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

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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 us, 978-448-1170.
At Fall Town Meeting, Monday, October 23 the Council on Aging was successful with Article #7, design money for a new or renovated senior center. To say we are pleased with the results would be a vast understatement! Thank you all that came to support the Council on Aging, it is a community project and will take the community to make it successful.

The Council on Aging Board of Directors saw a need to establish a future plan for the COA, to keep the department moving forward while creating a culture of excellence. To that end the board appointed the COA Planning Committee (a sub-committee of the COA Board) with a charge of completing a long range plan for the council. Included in that plan is the needs of this building and the recommendation for a Building Feasibility Study.

The Building Feasibility Oversight Committee was then formed to oversee the study of the current location, Prescott School and the Country Club to determine the best site for the senior center.

At the 2016 Fall Town meeting another committee was formed, Town Meeting Senior Center Review Committee, to take a closer look at the Prescott School and address other viable sites in Groton.

Currently, the Senior Center Building Committee is carrying the weight of this project.

It is difficult to find the words that appropriately express my gratitude for the countless hours of service and advocacy of the people on these committees. They are the energy which keeps us moving, the strength that holds us up, and they have a heart that knows no limits. Their work is not done and they are ready to continue forward.

The contributions of the volunteers that have worked on this initiative are immeasurable. It has taken three years and the work of many to reach this first goal and I am humbled by their service. I am grateful to those that have served on one or more of the above committees:

John Amaral
Ellen Baxendale
Charlotte Carkin
Gail Chalmers
Michelle Collette
Peter Cunningham
George Faircloth
Maydelle Gamester
Norma Garvin
Gary Green
Mihran Keoseian
Bob Lotz
Richard Marton
Marie Melican
Annika Nilsson Ripps
Halsey Platt
Jean Sheedy
Greg Sheldon
Helen Sienkiewicz
Beverly Smith
Vera Strickland
Millie Wells
Eddie Wenzell

Also, I thank our the Town Manager, Mark Haddad and the COA Selectman Liaison, Josh Degen for their continued support of this project and of the Council on Aging.

Moving forward: The Senior Center Building Committee will work closely with the architect and Project Manager throughout the design process. The first decision to be made by the committee will be to determine the whether to more forward with a new build or addition/renovation. The decision will be based on cost, accessibility and senior center programs and services. This decision should be made very early in the process and will be presented to the community as soon as possible. There will be updates monthly in our newsletter and should something important arise in the meantime, there will be public meetings, postings and emails to notify the taxpayer.

It is an exciting time at the Council on Aging, a time for positive engagement and change. If you would like to be part of this and serve on a Senior Center Building Advocacy Team please call and let me know. We expect there will be a meeting soon to brainstorm and share ideas.

Kathy
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