COA Board of Directors
Chairman
Gail Chalmers
Vice Chairman
Richard Marton
Secretary
Helen Sienkiewicz
Members
Ellen Baxendale
Peter Cunningham
Norma Garvin
Paula Martin
Shelia Nash
Jean Sheedy

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.

978-448-1170
Hours: M-F 8:00am - 4:00pm

Director
Kathy Shelp
kshelp@townofgroton.org

Outreach Coordinator
Stacey Shepard Jones

Activities/Volunteer Co.
Kathy Santiago

Maintenance
Jimmy Kuzmitch

Van Driver
John Barnard
Marcel Falardeau
Richard Marton
Herb Peterson

Selectmen Liaison
Josh Degen

Liaison Police Officer
Kevin Henehan

School Committee Liaison
Marlena Gilbert

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A Cautionary Tale

Last week I called my mom to check on her August schedule so I could go and visit for a few days. Talking to her she seemed a little “off” and I was a bit confused. Out of nowhere, with dread in her voice, she then said, “I have something to tell you”. I felt my heart beat faster and was expecting horrible news, however her next words were, “remember I did it because I love my grandchildren”. What could she have done that has caused her such sadness?

“I was scammed”

It wasn’t dread in her voice, the tone of shame was clear to me now. She felt so ashamed and my heart broke. My mother is smart and well read and had I had called her and talked with her about scams she would have used that mom voice and told me she would never fall for such things and I would have believed her. But this call she received seemed to have an inside view of my family. They knew my nieces name, they knew her husband’s name and even knew she was pregnant and they knew that my mother was her grandmother. The young woman that called was crying that she needed immediate help and she was having trouble reaching other family members. My mother instinctively put her super-grandma cape on and went into action, “Ang, don’t cry I will take care of it”. My smart, well read mother put $8,000 cash in an envelope and mailed it off.

As I write this I feel so angry that this happened to my mom, not because of the money they stole but for the shame and the embarrassment they put upon her. She carried this for a week and wouldn’t tell anyone and that causes me great pain. She was a victim and it was not her fault and she is having a difficult time seeing it that way.

The perpetrators of these scams are heartless, ruthless and manipulative opportunists preying on people’s need to be needed and the unconditional love we have for our children and grandchildren. Please head this cautionary tale, share it and take it to heart. None of us are immune.

Kathy

9/11 Memorial
First Responder’s Recognition Luncheon
Held at Central Fire Station
Tuesday, September 11  12:00pm
Cost: None

On the solemn anniversary of 9/11, please join us at the fire station, as the COA and our senior residents honor Groton’s First Responders. Their service and dedication to the seniors of Groton cannot be measured but through this small gesture they are celebrated. Please call for your reservation by Thursday, September 7, by calling 978-448-1170.

lunch provided through the generosity of Groton residents
Ebi and Desiree Masalehdan
Music provided by John Murphy

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NEWS FROM SHINE SEPTEMBER 2018
If you need to speak with our SHINE Counselor, please call the COA at 978-448-1170 for an appointment.

LIHEAP, also known as Fuel Assistance, helps eligible households challenged by the high cost of home heating fuel pay a portion of their winter heating bills. Eligibility is based on the household size and the gross annual income of every household member, 18 years of age and older.

Applicants must apply each year. Applications are mailed to households after the first year. Fuel Assistance for actual usage or fuel delivery are made directly to the heating vendor for primary energy needs from November 1 to April 30.

2018-2019 LIHEAP INCOME ELIGIBILITY

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<th>FAMILY SIZE</th>
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<td>1</td>
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If you think your household may qualify for Fuel Assistance, or you have any questions about this program, please call Stacey at the Groton Council on Aging at 978-448-1170.

NEWS FROM SHINE FOR SEPTEMBER 2018

Need Help with your Medicare Plan Comparisons for Open Enrollment??

It’s that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be mailed an information package by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, providers and the drugs covered by your plan can change significantly! This is important information and if you do not understand it, you should discuss it with your family or caregivers.

During the annual Medicare Open Enrollment Period (October 15th - December 7th), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

REMINDER: You should have received your new Medicare Card in the mail by the end of August. If you don’t receive it by September 14th call Social Security to check on the status of your new card.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine leave your name and number. A volunteer will call you back. You can also visit us on the internet at shinema.org

Home Visits

There are situations that prevent senior residents from coming to the 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, senior services, referrals, or a social visit, please call us, 978-448-1170.
Nashoba Tech Catered Luncheon
Held at the Groton Country Club

Wed, September 12 12:00pm
Cost: $10pp with tip optional

Lunch menu:
Baked Haddock or Bake Chicken

Following lunch please join us in a presentation by:

The Prescott School Community Center
Mary Jennings, Chair Friends of Prescott

The Prescott School Community Center offers a set of programs for the enrichment of the community. Programs include classes for both children and adults and room rentals – including a gym – for a wide variety of needs. Friends of Prescott is a 501 (c) 3 non-profit organization whose mission is to “Preserve Prescott for the Community” by developing a centrally located gathering place that; keeps the building as a historic town asset, provides space for non-profit and for-profit organizations, and creates educational programming for all ages.

Reservations needed by Fri., September 7, please call The Center at 978-448-1170.

Groton Women’s Club sponsored luncheon
Held at the Groton Country Club

Wed, September 19 12:00pm

Judith Kalaora History at Play
Victorian Gossip Girl: Annie Adams Fields
This program is made possible through the generous support of the Groton Trust Program and Lecture Fund

We’re so happy to be back with the Groton Woman’s Club! Join us for a delicious lunch of Layered Chicken Salad, rolls, pineapple, with brownies and ice cream for dessert. Following lunch history comes alive with Annie Adams Fields, Victorian Gossip Girl. Mrs. Fields has incredible influence on literary decisions at Ticknor and Fields Publishing House and a great ear for gossip! Counting Nathaniel Hawthorne, Oliver Wendell Holmes, and Henry Wadsworth Longfellow amongst her closest friends, she witnessed a great deal of Victorian revelry at her waterside museum in Beacon Hill. Mrs. Fields wrote about her guests’ embarrassing moments in her novel Authors and Friends and shares them with you during an intimate teatime conversation.

Reservations needed by Fri., 9/14
Please call, 978-448-1170.

Pizza and a Flick
Held at Central Fire Station
This program is made possible through the generous donation of Ebi and Desiree Masalehdan

September 5 12:00pm
Murder on the Orient Express (2017)

Belgian Detective Hercule Poirot probes the mystery of a murdered American tycoon aboard the legendary Orient Express as Agatha Christie’s classic whodunit comes back to the big screen.

October 3 12:00pm
LBJ

LBJ centers on the political upheaval that Vice President Johnson faced when he was thrust into the presidency in November 1963. Johnson faces off against enemies from within his own party and his own White House as he frantically strives to secure the of his presidency before it slips through his fingers forever.
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**McGaffigan Family Funeral Home**

“Our local family serving yours”
37 Main St. • Pepperell, MA
(978) 433-2100

- Customized Funeral and Cremation Services
- Pre-planning and funeral consultations
- Fully renovated facilities, off-street parking
- Authentic, affordable care

**Groton Resident of 32 years**
**Writing Creatively**

At Legion Hall
Tuesdays, 10:00-11:30 am

There are many people who know how to write, but may not know how to write creatively. In this seminar, participants will write every week on topics of their choice and then share their work with other seminar participants. With peer critiques, we will learn valuable editing skills and how to turn ideas into prose. The final product will be something you’re happy with.

---

**Tech Support**

Thursday, September 20
10:00am
1/2 hour individual appointments

Bring your laptop, phone or tablet and meet with our tech experts Tom Pistorino and Bruce Chase. They will spend 1/2 hour with you and help get you through your challenges.

Appointments are necessary, please call the senior center, 978-448-1170.

---

**Focus on Footcare**

at Lost Lake Fire Station

September 18
During your visit you can expect a 30 minute appointment which will include; assessment, nail clipping, filing callus reduction and, completing the appointment, a gentle massage. Each appointment is $35

Provider: Sarah Kinghorn: BSN RN CFCN

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**Hearing Screenings**

at Lost Lake Fire Station

Friday, September 14
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.

---

**Always Available**

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

Local Trips
within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton

Medical Social Shopping (Wednesday and Fridays only)

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: Trips to Senior Center no charge

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.

Kayak Club

We have formed a Kayak Club for those interested in kayaking with a group. There is safety in numbers! You need to have your own kayak and ability to transport it. Outings vary once or twice a week, scheduled dates are available through email within the group.

To join call and let us know and we will add you to our mailing list.

Call The Center, 978-948-1170.

Bone Builders
Tuesdays, 10:30am no cost at GELD

Thursdays, 10:30am no cost at Lost Lake

Pickleball
Lost Lake Fire Station
Tuesdays, 8:30am no cost
Thursdays, 8:30am no cost
Friday, 8:30am no cost

Groton Swim
Groton School Pool
Mondays, 10-11am no cost
Fridays, 10-11am no cost

Line Dancing
Lost Lake Fire Station
Beginners
Tuesdays 10am $5 per class
Advance Beginners
Tuesdays 11am $5 per class

Strength Training
Lost Lake Fire Station
Mondays, 11:30am $4 per class
Fridays, 10:00am $4 per class

Pilates
Lost Lake Fire Station
Wednesdays, 9:30am Cost varies

Yoga
Lost Lake Fire Station
Thursdays, 9am $3 per class

Meditation
Lost Lake Fire Station
Thursdays, 7pm No cost

Walk with Us
at the Twomey Center
Tuesdays, 10:30-11:30am
Thursdays, 10:30-11:30am
**Yoga at Lost Lake Fire Station**  
Supported by the Friends of Groton Elders.  
Thursdays, 9:00AM  
Cost: $3.00 per class  
A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.  

**Walk with Us**  
Tuesdays and Thursdays  
9:30-10:30am  
A great way to get exercise, walk with friends or meet new ones all in a climate controlled setting.  
New walkers please register by calling COA, 978-448-1170.  

**Mahjong**  
Tuesdays 12:30pm  
Cost: none  
Mahjong, is a popular Chinese game played with sets of tiles. Like many popular games, Mahjong has a small infinity of regional variations, from the Chinese prevailing wind system, to the American Mahjong with special bingo-like scoring cards. Join us anytime!  

**Bridge**  
1st and 3rd Fridays 12:30pm  
Cost: none  
Bridge is a member of the family of trick-taking games; a game of strategy, memory, tactics, probability, and communication.  

**Yoga at Lost Lake Fire Station**  
Supported by the Friends of Groton Elders.  
Thursdays, 9:00AM  
Cost: $3.00 per class  
A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.  

**JOY OF LIVING Meditation Group**  
7:00 PM Thursdays at the Lost Lake Fire Station  
Each session includes teaching meditation 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. No registration necessary, simple join in! There is no charge for this program.  

**Groton Swim at the Groton School**  
Open to Groton residents 60 and older  
Through the generosity of the Groton School and volunteer facilitators, Amy Killham and Scott Wilson.  
Open swim available:  
Mondays 10-11am  
Fridays 10-11am  
First time swimmers are required to stop at the senior center temporary location, Lost Lake Fire Station 185 Lost Lake Drive, to complete a registration form.  

**Book Club at Legion Hall**  
2nd Wednesday 9:30 AM  
Each month read along with the group then meet the 2nd Wednesday to share your thoughts and listen to those of the other group members.  

If you would like a copy of our monthly newsletter e-mailed to you, please call us at the COA, 978-448-1170 or email us, gcoa@townofgroton.org.
Lives Well Lived celebrates the incredible wit, wisdom and life experiences of seniors who are living life to the fullest.

Although they may have seen the worst of humanity, their outlook is still optimistic. Their stories are about perseverance, the human spirit, and staying positive in the midst of the great challenges.

Friday, October 12
The Black Box Theater
Groton Dunstable High School

8:30 - 9:45am
documentary

9:45 - 10:30am
intergenerational conversation with students, seniors and the film maker

Please call the Council on Aging for your reservation, 978-448-1170

Transportation is available

Sponsored by
Friends of the Groton Elders and Groton Council on Aging
Inspire Service

Meals on Wheels Substitute Driver
We have a great group of dedicated drivers but on occasion we need some support covering some deliveries. Be part of a national program of delivering dignity to our residents.

Drive-In Diner & Movie at Lost Lake Fire Station
Say good-bye to summer in style! BBQ dinner then, as darkness falls, we’ll enjoy Book Club on the big outdoor screen loaned to us by the Groton Police Department.

Book Club
Friday, September 14
6:00pm BBQ dinner
Movie on the pickleball court at dusk
$5pp to cover food
Sausage, peppers and onions, fries, onion rings & ice cream
Call 978-448-1170 for your reservation by Wed., September 12. The van is available for transportation. Please let us know if you need the van when you make your reservation.

Creative Creations with Kathy and Kathy
Creativity and conversation are on the calendar when we get together for our creative creations.

First in a two part series
Monday, September 14
1:00pm
Cost:$3 includes both classes

Marbling Paper
Paper marbling is a method of surface design, which can produce patterns similar to smooth marble or other stone. We will experiment with a couple of methods which bring about extraordinary results.

Part 2
Monday, October 29
1:00pm
Marbled Pumpkins
Using our marbled paper we will learn how to bind it and create 3D designs.

Changes for Strength Training class
In support of our incredible instructor, classes and payment structure will change a bit beginning this Fall.
Beginning September 17 Strength Training classes will be held:
Mondays  11:30am
Fridays  10:00am
There will be no classes on Wednesdays
Cost of class will be $4 per class and we ask that they be paid one month in advance.
$8 a week for four weeks is $32 per month payable the beginning of each month to the instructor.
Months that have an additional Tuesday or Thursday will be adjusted accordingly.
For those joining the class mid month charges will be pro-rated.
Thank for your cooperation.
If you have questions please feel free to stop in the office or call anytime.

Professional Support
Do you have a professional or licensed skill which you would share with your community. A electrician, construction or plumber license that can help a senior with small repairs in their home would help our residents remain living in their homes. Perhaps a retired attorney able to provide complimentary direction to someone in need.

Instructors
Do you have a skill or knowledge on a specific subject that you would like to share with others. We would love to have you come and teach a class at the senior center or facilitate a biking, snowshoeing or other sporting group.

Meals on Wheels Substitute Driver
We have a great group of dedicated drivers but on occasion we need some support covering some deliveries. Be part of a national program of delivering dignity to our residents.
Bone Builders

Osteoporosis affects many. This free class will help

Using light weights, our routines are centered around slow, methodical movements.

Classes will be Tuesdays, 10:30am at GELD and Thursdays, 10:30am at Lost Lake Fire Station Beginning October 2

A recent study in the Journal of Sports Medicine and Physical Fitness found that low-weight, high-repetition resistance training is especially effective for increasing bone mineral density in adults. Participants in the study experienced up to 8 percent bone density increases in their arms, pelvis, spine and legs.

This program is generously sponsored by:
Community Teamwork
Senior Corp Volunteer Program

Senior Pilates

LOCATION: LOST LAKE FIRE
Wednesdays, September 5 - October 31

9:30 AM - 10:30 am
9 WEEKS $90

Boost your metabolism and burn more calories with this 60 minute class! 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! If your goal is weight loss, a scale will be available along with initial and ending measurements and Weight Loss tips along the way!

Register by calling the COA, 978-448-1170

Trips with Friends of the Groton Elders

Vermont Fit for a King
October 24
$81pp
Includes: Tour of King Arthur Flour, visit to Simon Pearce and Vermont Country Store, transportation, and drivers tip.

Hyde Park, West Point, Hudson Valley
Monday and Tuesday, October 1-2
Includes: Tour of West Point, Hudson River Cruise, Hyde Park, three meals, drivers tip and transportation.
Cost: $309pp dbl $289pp triple $379 single

Call the COA for more information or to make a reservation, 978-448-1170.

Groton Place Monarch Butterfly Habitat

The Groton Place habitat is a conservation project to support the monarch butterfly population. In order to help offset the serious loss of monarch habitat the New England Forestry Foundation, owner of Groton Place, gave permission to the Groton Sustainability Commission to create a habitat for monarch butterflies and other pollinators on this property.

There has been an alarming decline in the monarch population primarily due to the milkweed habitat loss. The number of monarchs has plummeted by almost 90% since the 1990’s. milkweed is crucial for monarch survival since it is their only caterpillar host plant. In addition to their role in the monarch life cycle, milkweeds are valuable nectar plants for many other species of pollinators.

Part of the habitat was completed last spring and work will resume in the fall to finish the habitat. For more information or to volunteer to help with the project please contact Alison Dolbear at alison.dolbear@gmail.com

Can you help?

EMAIL
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.
Monday Educational Series

Programs are held at Lost Lake Fire Station

Guest lecturer, Nancy LeMay

Monday, September 17
9:30am

Transcendentalist Bronson Alcott
Alcott was a teacher, philosopher and founder of Fruitland’s short lived utopian community. Emerson paid a visit to the newly settled community in July 1843 and saw the writing on the wall when he wrote to a friend, “…they look well in July but we shall see in December”.

Monday, September 24
9:30am

Transcendentalist Margaret Fuller
From her childhood in Cambridge and Groton to Rome as an expatriate journalist during the Roman Revolution of 1848. Fuller became a force for social justice and a ground-breaking pioneer on women’s rights. Follow her through the New England transcendentalist circles until her tragic death at the age of 40.

Nancy LeMay, a Groton resident, was employed by the Fruitlands Museum as an Historical Interpreter for 8 seasons. She has lectured on nineteenth century history throughout the region including the Groton Library and the Worcester Antiquarian Society.

Trip to Fruitlands

Friday, September 21
Depart Lost Lake Fire Station at 9:30am
Cost: $10 for entrance to the museum
Lunch available at their café costs vary or you may bring your own for a picnic

You will have 3 hours to enjoy the galleries and buildings at your pace located on the Fruitlands campus. A docent is available in each area to answer your questions and provide history and background.

We will be traveling in the COA vans, please call 978-448-1170 to register.

Documentary

September 10
1:00pm
Lost Lake Fire Station

Teachings of Henry David Thoreau
Following the documentary there will be discussion and commentary with Nancy LeMay, retired Historical Interpreter at Fruitlands Museum.

An introduction to this famous 19th century American philosopher, writer and Intellect. This film features instructional insights by distinguished scholars. Each educator develops essential information about Thoreau's life and his significant ideas to create a better understanding and appreciation for this nineteenth century American writer.

Next documentary: October 15, 1:00pm

The American Experience:
The Chinese Exclusion Act of 1882

This program is made possible through the generosity of RiverCourt Residences

Wednesday, September 26
12:00pm

Emerson and the New England Transcendentalist
Presented by: Nancy LeMay, Retired Historical Interpreter at Fruitlands Museum

Completing our series we will bring the individual movers and shakers of the transcendentalist movement of the 1840’s together as a whole. Included will be a few famous Transcendentalists such as Amos Bronson Alcott and Margaret Fuller. Also teacher Elizabeth Peabody (founder of the kindergarten movement) where the who’s who of that time would be found in her West Street Boston Foreign Book Store where the transcendentalist gathered and well known, poet Walt Whitman and Henry David Thoreau, naturalist.

Please register by calling the senior center, 978-448-1170, by Friday, 9/21
Ready for tree removal

Bitter sweet building demolition

Remains of the building foundation

This view is looking west coming into the parking lot

The “garden” view!
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