



The Center

GROTON COUNCIL ON AGING

*Your place for lifelong learning,
wellness, and support.*

Temporary office address: 185 Lost Lake Rd Groton

Temporary mailing address: COA c/o 173 Main Street

February 2019



978-448-1170

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

Protect Yourself from Scammers

Everyday there seems to be a new scam on the horizon. Seems there are those that have nothing better to do than to think of new ways to hurt people. On the AARP website there are 28 different categories of scams including; gift card, funeral, debt collection, charity, government grant, Nigerian, Social Security, romance, W-4, IRS and more. At our January Lunch and Learn DA Marion Ryan presented on scams that are common and some not so common ones however, there is always the first time someone is hit by a new unscrupulous trick. Some things you should be alerted to:

1. Never send money to someone you have not met face-to-face.
2. When searching through the internet, don't click on links or open attachments in unsolicited email. Never open an attachment that ends in ".exe". This is an "execute" command allowing an outsider access to your computer.
3. Just because something looks official doesn't mean it is, unfortunately, even caller ID can be faked.
4. Shopping on line is convenient however don't buy unless the transaction is secure –the website should have "https" in its web address and a small lock symbol on the address bar.
5. Never share personally identifiable information with someone who has contacted you unsolicited. This is not just on-line but any where, some scammers may knock on your door.
6. Don't feel pressure to act quickly whether you are on-line or in person.
7. Use secure traceable payment methods: checks or credit cards - no cash.
8. Never use unusual forms of payments. There have been scammers that have asked for prepaid debit cards or gift cards or wire transfers and third party payments.

To report a scam:

Federal Trade Commission (FTC): 877-3824357.

Massachusetts Attorney General

Elected: 2014, 2018

1 Ashburton Place, Boston, MA 02108-1698

(617) 727-2200

<https://www.mass.gov/orgs/office-of-attorney-general-maura-healey>

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

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Kathy Santiago

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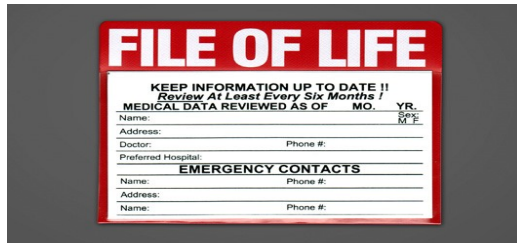
Norma Garvin

Paula Martin

Shelia Nash

Jean Sheedy

Why everyone should have their own File of Life:



Medical emergencies can happen anytime. When they do, there is panic, urgency and confusion. EMT's arrive on the scene with no information about the person in need.

Seconds count—they can make the difference between life and death.

Does the patient have prior medical conditions and/or allergies?

What medications are they taking?

Who do they want us to call?

How do we contact their family or friends?

File of Life puts these answers at the EMT's fingertips. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room.

File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind for every household.

File of Life has a magnetic strip on the back and should be put on your refrigerator once completely filled out. Each person in the household should fill one out.

File of Life packets are available at the Groton Fire Department or the Groton Council on Aging (at our temporary location at 185 Lost Lake Drive).



The Groton COA and Groton Public Library have collaborated to offer a Mobile Library available to Groton seniors unable to go to the library. Please call us at 978-448-1170.

NEWS FROM SHINE FEBRUARY 2019



New From Medicare!

Beginning in 2019 Medicare will have a NEW Medicare Advantage Plan Open Enrollment period. This new period will run from January 1st to March 31st of each year. During this timeframe you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage.

YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.

IMPORTANT INFORMATION

Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare has no connection to your eligibility for Social Security benefits. Also, coverage from the health connector does not exempt you from this requirement.

You will lose your health connector subsidy when you turn 65.

If you have questions please contact the SHINE regional office at 1.800.243.4636 option#3.

The Central Mass Region has recently launched its website. You can visit us at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Groton Council on Aging 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 now visit us on the internet at shinema.org

Veteran's Breakfast Held at Central Fire Station



First Thursday of the month
Thursday, February 7 10:00am
At the Central Fire Station
Cost: None

Speaker: Hanscom Air Force Base
Professional Firefighters of Groton Local 4879
and the Groton Firefighter's Association
sponsor a free breakfast for our area's
veterans and spouses.
Head Chef, Fire Lieutenant Tyler Shute, with the
assistance of Groton's First Responders,
will serve up a hearty meal with the promise no
one will go home hungry!

Pizza and a Flick

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

February 6 12:00pm
First Man

First Man is the riveting story behind the first
manned mission to the moon, focusing on Neil
Armstrong and the decade leading to the historic
Apollo 11 flight. A visceral and intimate
account told from Armstrong's perspective.

March 6 12:00pm
The Wife

*this movie is rated R for some sexual content and
language*



Starring Glenn Close (nominated
for golden Globe for this role)
Joan and Joe remain
complements after nearly 40
years of marriage. Joe enjoys his
very public role as the great
American novelist, Joan pours
her considerable intellect, grace,
charm and diplomacy into the private role of a
great man's wife. As Joe is about to be awarded
the Nobel Prize for his acclaimed and prolific
body of work, Joan starts to think about the
shared compromises, secrets and betrayals.

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

Wed, February 20 12:00pm



For lunch enjoy Spiral Ham, Beans, KFC Cole
Slaw, Corn Bread and Raspberry Yogurt Pie for
dessert will fill you for lunch and then we will
tap your brain for entrainment!
Trivia is on the menu hosted by your COA staff.

*This program is made possible through the generous
support of the Groton Trust Program and
Lecture Fund.*

*Reservations needed by Fri., 2/15
Please call, 978-448-1170.*

Pinterest with Kathy and Kathy Lost lake Fire Station

Alcohol Ink

**Monday, February 25
12:30pm Cost: none**



No experience necessary, you can't make a
mistake! Join us for a fun afternoon complete
with great conversation and create your own
tiles using alcohol ink.



Rustic Eggs

**Friday, March 22 and
Monday, March 25
12:30pm Cost: none**

Using decoupage create these beautiful rustic
eggs to display in your home or give as a gift.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>Accredited by</div> <div>National Institute of Senior Centers</div> <div>ncoa</div> </div>				
			3	1 VAN DW Highway 9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
4 10:00 Groton Swim 11:30 Strength Training	5 10:00 Writing Creatively 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	6 9:30 Pilates 10:30 Strength Training 12:00 Movie & Pizza <i>"First Man"</i>	7 9:00 Yoga 9:45 Line Dancing 10:30 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 12:30 Great Courses King Arthur Meditation	8 VAN Wal-Mart 9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim
11 10:00 Groton Swim 11:30 Strength Training 12:30 Documentary Abacus	12 10:00 Writing Creatively 10:00 Focus on Footcare 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	13 9:30 Book Club 9:30 Pilates 10:30 Strength Training 	14 9:00 Yoga 9:45 Line Dancing 10:30 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 12:30 Great Courses King Arthur Meditation	15 VAN Westford Market Basket Plaza 9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim 12:30 Bridge
	19 10:00 Writing Creatively 10:30 Take a Walk 10:30 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	20 9:30 Pilates 10:30 Strength Training 12:00 Women's Club Luncheon Trivia	21 9:00 Yoga 9:45 Line Dancing 10:30 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 12:30 Great Courses King Arthur Meditation	22 VAN Christmas Tree Shoppes Plaza 9:30 Take a Walk 10:00 Strength Training 10:00 Groton Swim
25 10:00 Groton Swim 11:30 Strength Training 12:30 Creative Creations Alcohol Ink Tiles	26 10:00 Writing Creatively 10:30 Take a Walk 11:00 Bone Builders 11:30 Pickleball 12:30 Hand & Foot 12:30 Mahjong	27 9:30 Pilates 10:30 Strength Training 12:00 Lunch & Learn	28 9:00 Yoga 9:45 Line Dancing 10:30 Take a Walk 10:30 Bone Builders 10:45 Line dancing 11:30 Pickleball 12:30 Great Courses King Arthur Meditation	



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

Mondays

Documentaries (<i>Mon varies</i>)	1:00pm
Strength Training	11:30am
Groton Swim	10:00pm
COA Board Meeting (<i>3rd Mon</i>)	1:00pm

Tuesdays

Take a Walk	10:30am
Pickleball	11:30am
Creative Creations	10:00am
One Stroke Painting Club	10:00am
Writing Creatively	10:00am
Garden Club	10:00am
Hand and Foot Cards	12:30pm
Mahjong	12:30pm
Hearing Screenings (<i>2nd Fri</i>)	11:15am

Wednesdays

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

Thursdays

Yoga—\$3 per class	9:00am
<i>Supported by the Friends of Groton Elders</i>	
Line Dancing Beginners	9:45am
Take A Walk	10:30am
Line Dancing Advance Beginners	10:45am
Pickleball	11:30am
Vet's Breakfast (<i>1st Thurs</i>)	10:00am
<i>Sponsored by Groton Police Association</i>	

Ask the Nurse and Blood Pressure Screenings (<i>2nd Thurs</i>)	11:30am
<i>Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice</i>	
Tech Support (<i>3rd Thursday</i>)	10:00am
Meditation	7:00pm

Fridays

Shopping - \$4 for van	9:00am
Take Walk	9:30am
Strength Training	10:00am
Groton Swim	10:00pm
Bridge (<i>1st and 3rd Fri.</i>)	12:30pm



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.

Hearing Screenings at Lost Lake Fire Station



Tuesday, February 19

3rd Tuesday of each month

1:30 - 2:30pm

By Appointment

Hearing screenings and hearing aid
cleanings. Please be sure to make an
appointment by calling the center.



Due to limited resources the AARP Tax
Preparation program there will be no
service at the Groton or Lunenburg COAs.
Please call one of the senior centers listed
below to schedule your appointment. Please
remember appointments are scheduled on
a first come first serve basis with limited
availability.

Townsend	978.597.1710
Pepperell	978.433.0326
Ayer	978.772.8260
Littleton	978.540.2470

If you are interested in volunteering as a tax
preparer for 2019 returns please call Roger
Kipp at 978-597-6207. AARP provides
extraordinary training for its volunteers.

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
that makes you happy.

Leader: Richard Meibers. After graduating from
Hunter College in the 60's and working as a
therapist, Richard began his career as a
professional writer.

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

Medical

Social

Shopping

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

Mondays, Tuesdays, and Thursdays: First pick ups 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.

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

In-Town \$3.00 roundtrip 12 Ride Voucher \$30

Out-of-Town \$4.00 roundtrip 12 Ride Voucher \$40

Inspire Health

Bone Builders

Tuesdays, 10:30am no cost at Lost Lake
Thursdays, 10:30am no cost at Lost Lake

Pickleball

Twomey Center

Tuesdays, 11:30am no cost
Thursdays, 11:30am no cost

Groton Swim

Groton School Pool

Mondays, 10-11am no cost
Fridays, 10-11am no cost

Line Dancing

Country Club

Beginners

Thursdays 9:45am \$5 per class

Advance Beginners

Thursdays 10:45am \$5 per class

Strength Training

Lost Lake Fire Station

Mondays, 11:30am \$4 per class
Wednesdays, 10:30am \$4 per class
Fridays, 10:00am \$4per 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
Fridays, 9:30-10:30am

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.



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.**

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!

Hand & Foot

Tuesday 12:30pm

Cost: none

Hand and Foot is a North American card game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules. A quick and easy game to learn, always room for newcomers!

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.

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.

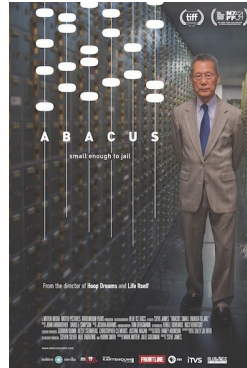
No registration necessary, simple join in!
There is no charge for this program.

Documentary

Monday, February 11 12:30pm
Lost Lake Fire Station

Abacus **Small Enough to Jail** **Running time 88 minutes**

Academy Award nominated for best documentary, Abacus: Small Enough to Jail tells the incredible saga of the Chinese immigrant Sung family, owners of Abacus Federal Savings of Chinatown, New York. Accused of mortgage fraud by Manhattan District Attorney Cyrus R. Vance, Jr., Abacus becomes the only U.S. bank to face criminal charges in the wake of the 2008 financial crisis. It was deemed "small enough to jail" rather than "too big to fail", became the only financial institution to actually face criminal charges following the subprime mortgage crisis



Next documentary: March 11, 1:00pm
Faces Places

Book Club at Legion Hall

February 13 9:30 AM
2nd Wednesday

February's Book **The Masterpiece by** **Fiona Davis**

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 .



TOURS AND MORE TRAVEL
PRESENTS

ICELAND

Travel with Groton Council on Aging

Join Brenda in Iceland and Experience all the highlights

**The Golden Circle
Seljalandsfoss Waterfall
Skogar Folk Museum
Jokulsarlon Glacier Lagoon
Skaftafell Nat'l Park
Blue Lagoon Spa**

A chance to witness the Northern Lights!



For more
information please
call our tour leader
Brenda Pachucki
978.483.1802



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2 Lunches
3 Dinners
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Iceland

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\$3,329
save \$175 if deposited by 1.28.19
\$3,174pp Double Occupancy

Additional cost—Travel insurance
and transfers from home to Logan.

**Co-Sponsored by Groton Public Library and
Groton Neighbors**

Sunday Afternoon Movie and Conversation "Won't You Be My Neighbor?"

**Sunday, February 24, 1:30 pm
Richardson-Mees Performing Arts Center
Lawrence Academy, Powderhouse Rd. Groton, MA**

Won't You Be My Neighbor? takes an intimate look at
America's favorite neighbor: Mister Fred Rogers.
Our post-movie facilitated conversation will address the
ways we can build strong neighborhoods that support the
social and emotional growth of our children.
Registration is not necessary.



Hungry for Knowledge?

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

Long term Care What are the Choices?

**Wednesday, February 27
at the Country Club**

Presented by:
Lauren Watts, CDP, CSA
Senior Living Advisor
Certified Dementia Practitioner
Certified Senior Advisor (CSA)®

Making decisions for long term care can be
complicated and daunting. Whether you
are making decisions for yourself or a loved
one, the questions seem endless and the
answers hard to find.

Please join us with Lauren Watts, a certified
Senior Advisor and expert in long term care,
for a presentation on long term care choices
and options. There will be time for your
questions.

Please call for your reservation by
Friday, 2/22, 978-448-1170.

Focus on Footcare at Lost Lake Fire Station

February 12 10am-1:30pm

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



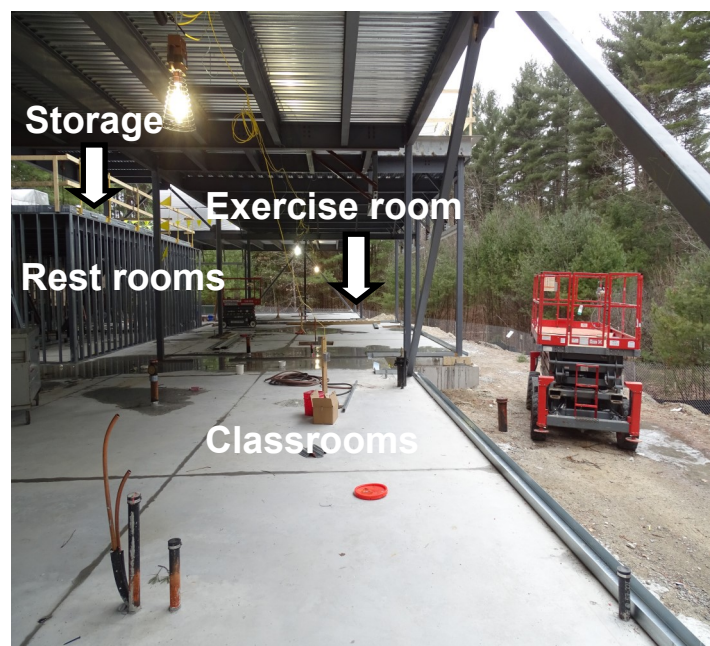
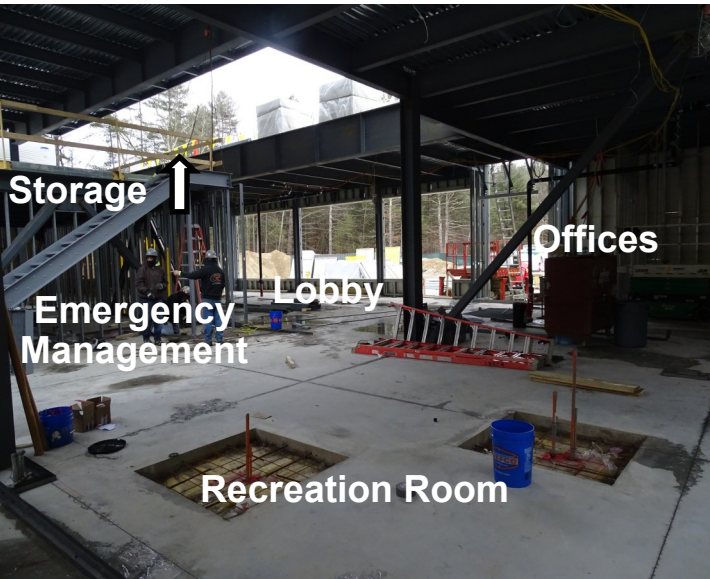
Walk with Us

Tuesdays and Thursdays
10:30—11:30am
Fridays
9:30-10:30am

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