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:
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
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).

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 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 it 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

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.
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.

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.

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.
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**Mondays**
- Documentaries *(Mon varies)* 1:00pm
- Strength Training 11:30am
- Groton Swim 10:00pm
- COA Board Meeting *(3rd Mon)* 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 *(2nd Fri)* 11:15am

**Wednesdays**
- Book Club *(2nd Wed)* 9:30am
- Pilates 9:30am
- Strength Training 10:30am
- 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*
- Line Dancing Beginners 9:45am
- Take A Walk 10:30am
- Line Dancing Advance Beginners 10:45am
- Pickleball 11:30am
- Vet’s Breakfast *(1st Thurs)* 10:00am
  *Sponsored by Groton Police Association*
- Ask the Nurse and Blood Pressure Screenings *(2nd Thurs)* 11:30am
  *Presented by Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*
- Tech Support *(3rd Thursday)* 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 *(1st and 3rd Fri.)* 12:30pm

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**Always Available**

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

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**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.

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**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.

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**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.

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**Writing Creatively at Legion Hall**

**Tuesdays, 10:00 - 11:30 am**

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.
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.

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**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

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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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**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 $4 per class

**Pilates**

Lost Lake Fire Station

Wednesdays, 9:30am Cost varies

**Yoga**

Lost Lake Fire Station

Thursdays, 9am Cost varies

**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

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**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.
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.

January 17
9:30 AM
2nd Wednesday

February 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.

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

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Walk with Us
Tuesdays and Thursdays
10:30—11:30am
Fridays
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.

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

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
Skafatfell Nat’l Park
Blue Lagoon Spa
A chance to witness the Northern Lights!

This trip includes:
Round Trip Air From Boston
5 Nights at a 5 Star hotel
5 Breakfasts
2 Lunches
3 Dinners
Professionally led daily tours
Transportation to all included activities and to/from airport in Iceland
Full Time Tour Guild
$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.