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
Richard Marton
Peter Cunningham
Herb Peterson
Heather Rhodes
Eddie Wenzell

Selectmen Liaison
John Reilly

School Committee Liaison
Marlena Gilbert

Police Liaison
Pat Timmins

COA Board of Directors
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Gail Chalmers

Vice Chairman
Richard Marton

Secretary
Helen Sienkiewicz

Members
Ellen Baxendale
Peter Cunningham
Mihran Keoseian
Paula Martin
Sheila Nash
Jean Sheedy

The Groton Senior Smoke Program
FREE! FREE! FREE!
The Groton Fire Department along with The Groton Center (Council on Aging), work closely together to provide programs that will help senior residents stay safe in their homes. The Senior Smoke Program is fully funded by a grant the Fire Department applies for each year. As part of this program, Groton Fire Department personnel will conduct a home visit, and will check your current smoke/carbon monoxide detectors to make sure they are properly operating. If you currently have battery operated detectors, members will change out the batteries and/or replace the detector if it is needed.

Because this program is funded by a grant, **there is no charge to Groton senior residents.** To register, please call Stacey at The Groton Center at 978-448-1170.

The Groton Senior Smoke Program

FILMMAKER KRISTIN CANTY
Farmageddon – A Quest for Healthier Food and Farming

Sunday, February 23 • 1:00 PM
Kristin Canty is a farm owner, advocate for small farmers, restaurateur and an avid proponent of ancestral foods. She will be presenting and talking about her critically acclaimed documentary, Farmageddon – The Unseen War on American Family Farms, which explores food and farming issues, and she will share her quest to find healthy food for her family. Kristen owns farm to table restaurant, Woods Table, in Concord and after the first of the year will be opening Woods Hill at Pier 4 in Boston.

To register, for Filmmaker Kristin Canty’s presentation please call The Groton Center, 978-448-1170.
Pizza and a Flick

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

December 4    12:00pm
Best of Enemies
Civil rights activist Ann Atwater faces off against C.P. Ellis, Exalted Cyclops of the Ku Klux Klan, in 1971 Durham, North Carolina over the issue of school integration.

February 5    12:00pm
Yesterday
A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

There is no movie in January due to the holiday.

Call today to connect with a SENIOR LIVING ADVISOR
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

There's no cost to you!
(888) 612-8951
We're paid by our partner communities

Ad info. 1-800-477-4574 • Publication 1-800-888-4574 • www.4lpi.com Groton Council on Aging, Groton, MA 06-5100
Emergency Preparedness Forms

(For 60+ Seniors/Disabled Living Alone, who would like a wellness check if a severe weather emergency or other emergency situation were to occur).

This upcoming year (2020), we will not be including an Emergency Preparedness Form in the census. **We will be including it as an insert in the January 2020 Newsletter.** If you have not filled out an Emergency Preparedness Form, we at the Council on Aging, Fire, and Police departments highly recommend you complete and return this form to us. Your safety and well-being is our priority, and this information will allow us to serve you at the highest level. We guarantee this information will be kept confidential and not used for any other purpose. When you receive your form in the January 2020 newsletter, please complete and return it to The Groton Center (163 West Main Street, Groton, MA 01450).

**TAX EXEMPTIONS FOR QUALIFYING VETERANS (Clause 22)**

Veterans with a wartime service connected disability of 10% or more as determined by the Veterans Administration or branch of service from which separated.

Veterans who have been awarded the Purple Heart.

Gold Star mothers and fathers.

Spouses (when the domicile is owned by the veteran’s spouse) and surviving spouses (who do not remarry) of veterans entitled to exemption under Clause 22.

Surviving spouses (who do not remarry) of World War I veterans so long as their whole worth, less any mortgage on the property, does not exceed $20, 000.

The state exemption amount is $400.00. The Town of Groton has approved to increase it to $800.00.

NEWS FROM SHINE
December 2019

The Medicare Open Enrollment begins on October 15th and ends on December 7th.

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.

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. You can 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. During Open Enrollment it may take a couple of days to return your call.

You can now visit us at www.shinema.org

Vitamin D is sometimes called the “sunshine vitamin” because it’s produced in your skin in response to sunlight.

Vitamin D fights disease, reduces depression, and boosts weight loss.
Health and Wellness
Register for all the programs by calling the COA, 978-448-1170

Bone Builders
Osteoporosis affects many. This free class will help
Using light weights, our routines are centered around slow, methodical movements.

Tuesdays and Thursdays  10:30am
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

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

Senior Pilates

Wednesdays 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!

Strength Training
Mondays at 11:30 AM
Wednesdays at 10:30 AM
Fridays at 10:00 AM
Cost: $4 per class
Elaine Corsetti, instructor
Just the right mix of aerobic & strength in your workout. Class is set to vibrant music.

Yoga
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.

Tai Chi
Beginning November 7
Thursdays, 12:30-1:15PM
Cost: $5 per class
New students welcome anytime. Focusing the mind solely on the movements helps to bring about a state of calm and clarity, as you improve your balance and flexibility.
Instructor: Debbie LaDue

Focus on Footcare
October 8 10am-1:30pm
November 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
Transportation Information

Lahey, Boston’s Hospitals, Emerson Hospital, Boston VA and Bedford VA

Local Trips

Medical 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: First pick ups are at 10:00am and with the last trip completed by 3:00pm.

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
4th Friday: Nashua Drop at BJ’s or Christmas Tree Shop, Kohls, Burlington Coat Factory, LL Bean.

Round Trip Fees:
Trips to COA sponsored programs no charge
In-Town $3.00 roundtrip  12 Ride Voucher $30
Out-of-Town $4.00 roundtrip  12 Ride Voucher $40

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.

Serving Boston area hospitals Mass General, Dana Farber, Brigham & Women’s, Boston VA, St. Elizabeth. Please make your appointments between the hours of 10am and 1pm.

Serving Concord, Waltham, Lahey and Bedford VA and surrounding area.
Please make your appointments between the hours of 10am and 1pm.

Round Trip Fees: Boston $15, Emerson $5, others $10 No charge for the VA.

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.

Tai Chi

Thursdays 12:30-1:30pm
Cost: $5 per class payable to the instructor

Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all fitness levels. It is known to increase balance, reducing fall risk and aid in lowering blood pressure through its meditative qualities.
Instructor Debbie LaDue

Please call to register, 978-448-1170.

Hearing Screenings

Tuesday, December 17
Tuesday, January 21
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.

Writing Creatively

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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Groton Women’s Club
sponsored luncheon

Wed, January 8    12:00pm

Entertainment:
Groton Dunstable Regional
High School Chorus
Thank you Buckingham Bus for student
transportation services.

For lunch we will delight in a holiday meal of
Inside Out Ravioli, Scali Bread, Caesar Salad
and peppermint Stick Ice Cream for dessert!

Following lunch
Groton-Dunstable High School Chorus
As tradition has dictated the extraordinary Groton-Dunstable
High School Choir will be here
to raise our spirits with their
holiday program.

Please make your reservation by
Friday, December 13.

This program is made possible through the
generous support of the
Groton Trust Program and Lecture Fund and the
Groton Woman’s Club.

Wed, December 18    12:00pm

Groton Women’s Club
sponsored luncheon

Lunch menu:
Chicken marsala or baked Haddock
Entertainment:
Pianist, Dick Sawyer

Following a delicious lunch enjoy the
extraordinary talent of
Richard Sawyer on the piano. His command of
this instrument is truly
something to experience.

Please make your reservation by Fri, Jan. 3

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Holiday Tea

Wednesday, December 11
12:00pm

Do you need a break from the stress of the holidays or just want some time to enjoy a relaxing afternoon?
Join us for an afternoon “tea”.

Music by pianist Mike Woods

Reservations needed by Fri., 12/6
Please call, 978-448-1170.

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Noon Year’s Eve

Tuesday, December 31

10:30am Bingo    12pm Lunch
Cost: $5.00

Why stay up until midnight when you can count down to noon at the Senior Center. The Senior Center will have
the noise makers ready and sparkling cider chilled. Following the
countdown there will be a party buffet lunch with BINGO for prizes
beginning at 10:30am.

Please call the senior center
Friday, December 27

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Nashoba Tech
catered luncheon

Wed, January 8    12:00pm

Cost: $10pp with tip optional

Lunch menu:
Chicken marsala or baked Haddock
Entertainment:
Pianist, Dick Sawyer

Following a delicious lunch enjoy the extraordinary talent of
Richard Sawyer on the piano. His command of
this instrument is truly
something to experience.

Please make your reservation by Fri, Jan. 3
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.

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
Tuesdays 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!

JOY OF LIVING
Meditation Group
7:00 PM Thursdays
Meditation Practice
We gather weekly to practice, study, and discuss meditation based on the Joy of Living teachings of Yongey Mingyur Rinpoche. Feel free to drop in anytime!

When: Every Thursday from 7:00 – 8:30 p.m.
No registration necessary, simple join in! There is no charge for this program.

Joy of Living
Meditation Group
7:00 PM Thursdays

Meeting Gorbachev
Running time 90 minutes
If not me, who? And if not now, when? In 1985, when Gorbachev became General Secretary of the Soviet Union, no one would have believed that within 6 years, the USSR would cease to exist. This is the award winning story of the man who changed the world.

Next documentary: January 6, 12:30pm
My Brother’s Keeper

Book Club
December 11
2nd Wednesday
December’s Book
Major Pettigrew's Last Stand
By Helen Simonson

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.

January’s Book: The Chaperone
By Laura Moriarty

Tech Support
Thursday, December 19
Thursday, January 16
10:00am
1 hour individual appointments
Bring your laptop, phone or tablet and meet with our tech expert Tom Pistorino. He will spend up to 1 hour with you and help get you through your challenges.

Appointments are necessary, please call the COA,
In *How to Live Forever*, Encore.org President and CEO Marc Freedman tells the story of his thirty-year quest to answer some of contemporary life’s most urgent questions:

- **With so many living so much longer, what is the meaning of the increasing years beyond 50?**
- **How can a society with more older people than younger ones thrive?**
- **How do we find happiness when we know life is long and time is short?**

In a poignant book that defies categorization, Freedman finds insights by exploring purpose and generativity, digging into the drive for longevity and the perils of age segregation, and talking to social innovators across the globe bringing the generations together for mutual benefit.

Join us as we read and discuss our thoughts on living longer and finding meaning with other generations.

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**Great Courses Video lecture**

**The Inexplicable Universe: Unsolved Mysteries**

Video Taught by Professor Neil deGrasse Tyson

Tuesdays, December 3, 10 and 17
12:30PM

What do scientists know about the universe? What still remains to be uncovered? What are some of the next avenues of exploration? Professor Neil deGrasse Tyson's course *The Inexplicable Universe: Unsolved Mysteries* is a marvelous journey to the frontiers of the known (and unknown) universe and introduces you to tantalizing questions being addressed by the world’s top scientists.

*The Great Courses* (TGC) is a series of college-level video courses produced and distributed by The Teaching Company. The company was founded in 1990 by Thomas M. Rollins, former Chief Counsel of the United States Senate Committee on Labor and Human Resources. Rollins had been inspired by a 10-hour videotaped lecture series he watched while at Harvard Law School, and began recruiting professors and experts to record lectures.

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**Billiards**

**Learn Billiard Basics with Mike Bouchard**

Tuesdays, 5:00pm
Beginning January 7

Join Groton’s own pool shark, Town Clerk, Mike Bouchard and learn the basics of the game. Play 8-Ball and 9-Ball, learn the rules and practice your skills.

Register by call The Groton Center, 978-448-1170.

**Open play for billiards**

Monday—Friday
8am-4pm
(with the exception of Wednesdays 11:30-2:30pm the table is closed)

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**Ping Pong**

Wednesdays: 1:00-4pm

Play with a group for a little friendly competition. Refine your skills or begin anew.

Call The Groton Center to register, 978-448-1170.

**Open play for ping pong is available:**

Monday: 1-4pm
Tuesday: 12:00-4pm
Thursday: 12:00-4pm
Friday: 11am-4pm

Equipment provided
**Introduction to Knitting**
Monday, December 9
1:00pm

Stop in and give knitting a try. Novice or experienced, Violetta O’Donnell will work with you and give you a taste of the knitting and the skills needed. If you enjoy the process you might want to learn to knit a sweater with Violetta after the holidays. Give it try, you’ve got nothing to lose.

Please call us at The Groton Center, 978-448-1170 to register.

**Learn to Knit a Sweater**
Monday and Fridays
January 6 - March 13
1:00pm

Participant responsible for cost of supplies. If you would like to participate and need financial help to purchase supplies please call Stacey Shepard Jones, Outreach Coordinator.

Great class for the beginner or an experienced knitter. Expert knitter, Violetta O’Donnell will teach those just learning and help when needed for those more experience.

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

**Veteran’s Wall of Honor**
Generously sponsored by Rollstone Bank

We at the Council on Aging in Groton are proud of our veterans and would like to add you or your loved one to our Veteran’s Wall of Honor here at the Groton Center.

We are asking you to share stories and pictures from your time of service. Include your name, years of service, military branch, rank and other information you would share.

Please drop them off at the center or email them to us at gcoa@townofgroton.org and be part of our Veteran’s Wall of Honor.

If you are a spouse or a child of a Groton veteran we would also love to hear from you about your loved one who served.

**Opportunities with Groton’s Students**

**Middle School Performances**
Complimentary tickets are available for the Middle School concerts. If you would like tickets please call the COA, 978-448-1170.

Chorus Concert, December 17, 7:00pm
Band Concert, December 19, 7pm

**Mystery Readers at Florence Roche**

Florence Roche Elementary is looking for 4-5 people to come to the school once a month to be “mystery readers” in the classroom. The books will focus on kindness, community and food insecurity.

Please call Kathy Santiago at the COA if you are interested.

**Veteran’s Breakfast**
Held at Central Fire Station
This program is made possible through the generous support Professional Firefighters of Groton Local 4879 and the Groton Firefighter’s Association

First Thursday of the month
Thursday, December 5 10:00am
At The Groton Center
Cost: None
Speaker: TBD

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!
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 services.

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.

COA Van Excursions
Call the COA for your reservation 978-448-1170

Van trip to Boston MFA

Friday, January 31
Cost $20
museum admission

Depart the Groton Center at 9am and return approximately 2pm. Lunch on your own in the museum café.

Please call the Council on Aging, 978-448-1170 to register for programs.

Memory Cafe
Thursday, January 23
Thursday, February 27
4th Thursday of each month
10:30am-11:30am

Come join us for coffee and conversation in a welcoming place for individuals and families living with memory changes. There will be a monthly guest artist who will lead music, art or other activities. (A care partner must accompany guests who require personal care assistance.)

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

Play with Clay
Cost: $5

Take some clay and see what you can make. We will have materials to make holiday ornaments or a contemporary dried flower hanging.

To register please call, 978-448-1170.

Dirty Pour Painting
Cost $10

Okay, so what the heck is dirty pour art? Dirty pour painting is a term for combining more than one pre-mixed paint color in the same container before pouring it on a canvas. When you pour the paint on the canvas, you’ll create a puddle of color. Then when you tilt the canvas, the colors move and create interesting shapes, marbled effects, and beautiful lines. And here’s the thing: It’s a total blast to make!

Please register by calling the COA, 978-448-1170.

Pinterest with Kathy and Kathy
Monday, December 9 12:30pm

Play with Clay

Cost: $5

Take some clay and see what you can make. We will have materials to make holiday ornaments or a contemporary dried flower hanging.

To register please call, 978-448-1170.

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Please register by calling the COA, 978-448-1170.
Fitness Center
Monday - Friday 8am-4pm
Membership is required

If not now, when? It’s time to increase your cardio and build some muscle!

Equipment available for your use:
  2 Treadmills
  1 Rowing Machine
  Free Weights
  1 Recumbent Bike (wheelchair assessable)
  1 Recumbent Stepper (wheelchair assessable)
  State of the Art Hydraulic resistant machines for:
    Legs
    Upper Back
    Arms
  Heavy Bag

The Groton Center Fitness Center will open as of Monday, December 2, Monday - Fridays 8:00am - 4:00pm, and is open to Groton residents 50 years and older and non-residents 60 and older.

The fees are:

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<th>Groton Residents:</th>
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<table>
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<tr>
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<th>Non-Residents:</th>
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The membership fees will be used to cover equipment maintenance and replacement as needed. If you are unable to pay please see Stacey Shepard Jones for confidential membership support.

All participants must attend an orientation class and complete the following forms:

- Registration form
- Informed consent to participate
- Medical clearance signed by physician
- Receipt of policies

Once the paperwork is complete and payment received, participants will have unlimited access to the equipment during the center’s regular hours. The fitness center is unsupervised.

Stop in to see us and we’ll have all the paperwork is waiting for you.
Wednesday, January 22 12:00pm

Tanzania
Through the Photo Lens of Harold Sandford

Take a virtual trip through the animal kingdom of Tanzania. Photographer Harold Sandford will share his magnificent photos of giraffes, hyenas, spectacular birds, lions, and more, all surrounded by the spectacular beauty of Africa.

Please register by calling The Groton Center, 978-448-1170 prior to Friday, January 17.

Next Lunch and Learn February 12
Downsizing Made Easy

COA Mobile Library
In collaboration with the Groton Public Library we will pick up books, tapes, DVDs, etc., and deliver them to homebound older adults, and those needing this service on a temporary basis. We will also pick up and return items you borrowed from the library as your due date nears. Please call us for more information, 978-448-1170.

Housing Options
If you are looking for housing, whether it be low income, independent, or assisted living, we can work with you and help research different options that will best meet your needs. Please call for an appointment with the COA Outreach Coordinator, Stacey Shepard Jones, at 978-448-1170.

Medication Management
Presented by:
Joanne McCole,
RN, BSN-Nashoba Nursing Service & Hospice
Tracie Ezzio,
Pharmacist/Owner-Pepperell Family Pharmacy

We will discuss the importance of medication management, especially when it comes to caring for the elderly, who often take multiple medications simultaneously to treat different conditions and symptoms. This can lead to overmedication and dangerous drug interactions. Teaching can be done to help older adults take medications safely. Learn the tools and tips to stay safe. Discussion of real-life scenarios will be encouraged.

Hand-outs and free medication boxes, compliments of the Friends of Nashoba Nursing Service & Hospice.

Tech Support
Thursday, December 19
10:00am
1 hour individual appointments

Bring your laptop, phone or tablet and meet with our tech expert Tom Pistorino. He will spend up to 1 hour with you and help get you through your challenges.

Appointments are necessary, please call the COA, 978-448-1170.
Due to limited availability this program is for Groton residents only.

Groton Community Dinners are Back
Free Groton Community Dinners are open to all and held at the First Parish Church
Friday, January 17
5:45-7:00pm