



163 West Main Street Groton, MA 01450

978-448-1170

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

We've have begun making plans to re-open The Groton Center. Below is the **first draft** of our plan. Please take a look and feel free to call or send an email with your thoughts as we finalize our protocols. *Your safety is our first concern!*

***If you would like to be part of a ZOOM conversation concerning our re-opening please call us, 978-448-1170.***

***Zoom with us Tuesday, May 12 at 10am. If you are unsure how to use Zoom we can help.***

The Groton Center will follow all directives of the Town Manager and Selectboard which supersedes anything in this document.

The Council on Aging adds the following provisions for The Groton Center:

1. Anticipated opening Monday, July 6 (subject to change).
2. Masks and a no touch thermometer will be available at the reception desks. We require all participants to check their temperature and wear a mask.
3. Anyone entering the building must have an appointment or be registered for a program. Staff will confirm all registrations and appointments through email. In the event of a question of registration the email will serve as confirmation. Without confirmation, access to the building will be denied.
4. There will be no "drop in" activity.
5. There will be no more than 25 people *in the building* at one time, excluding staff.
6. Staff will document wiping of public surfaces including; chairs, tables, doors and bathroom stall doors every ½ hour.
7. Appointments to use the fitness center will be mandatory and scheduled every 45 minutes. The user will have 30 minutes in the room and must comply with sanitation process by wiping all equipment used. Only 2 users in the room at once and they cannot be on adjoining equipment and must following social distancing protocols.

When the Town Manager and Selectboard permit the classroom maximums with proper social distancing are as follows:

Community Room: 20 for a movie and 24 for a lecture  
Classroom (divider always open): 12  
Exercise Room: 8 for a meeting, not enough space for exercising at a social distance. Exercise classes will be held in the community room.  
Fitness Center: 2  
Lobby: Sitting Nooks 2, Café Tables 4  
Only staff will be permitted in the reception area. Meetings between the public and staff will be held in the exercise space by appointment with social distancing protocols in place.

There will not be any meals offered in the building until further notice.

With the fluidity of this situation protocols specific to different programs will come prior to re-opening.

#### **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](mailto:kshelp@townofgroton.org)

#### **Outreach Coordinator**

Stacey Shepard Jones

#### **Activities/Volunteer Co.**

Kathy Santiago

#### **Maintenance**

Jimmy Kuzmitch

#### **Van Driver**

Richard Marton  
Peter Cunningham  
Heather Rhodes  
Eddie Wenzell

#### **Selectmen Liaison**

John Reilly

#### **School Committee Liaison**

Marlena Gilbert

#### **Police Liaison**

Pat Timmins

#### **COA Board of Directors**

##### **Chairman**

Gail Chalmers

##### **Vice Chairman**

Richard Marton

##### **Secretary**

Helen Sienkiewicz

##### **Members**

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

# The Groton Center Writes

*If a story is in you, it has got to come out.*

*William Faulkner*

The Council on Aging invites you to submit your original writing for publication in The Groton Center literary publication.

*Send us your stories, poetry or essays.*

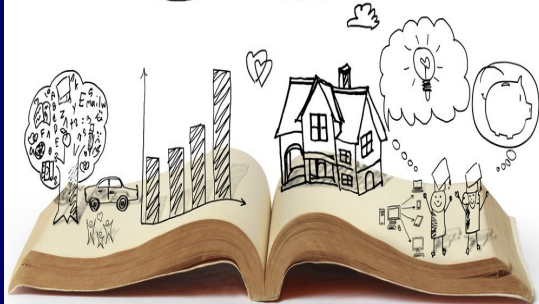
*Send us fiction or non-fiction.*

**We know you have the time right now so there are no excuses! Deadline Friday, May 8**  
(But please don't all wait until then)

**Email your submissions to :**  
**[gcoa@townofgroton.org](mailto:gcoa@townofgroton.org)**

**Or snail mail:**  
**Groton COA 163 W Main Street**  
We will return copies you need them back

**Once we have them all we will be publish a hard and digital copies.**



## Groton Community



The food pantry at The Groton Center is still open to Groton Residents however moving forward, we are referring all further donations to Loaves and Fishes. We have been blessed by extraordinary support of this community and will be able to maintain services with our current donations.

Please call Stacey at the Council on Aging for your confidential appointment, 978-448-1170.

Groton Council on Aging presents

### Saturday Night Concert



**God Bless America**

Dan Clark  
The Singing Trooper

**Saturday, May 9 6:00pm**

**On the Groton Channel**

Channel 40 on Verizon or Channel 191 on Charter

WE ARE NOT ALL IN  
THE SAME BOAT

BUT WE ARE ALL IN THE SAME STORM



SUPPORT EACHOTHER

#DONTJUDGE #BEKIND



## Classes with The Groton Center

*More to come in a few weeks!*

Register for any of the classes below by calling  
The Groton Center 978-448-1170.  
You will receive your Zoom invitation prior  
to class.

If you need help getting on Zoom give us a call and  
we'll walk you through it. Also, the library is  
running classes.

(see their program at the bottom of the page)

### Technology support with Tom Pistorino

By Appointment—call us 978-448-1170  
Tom can also work with you by phone.

#### Pilates

**Mondays 9am and 6:30pm**

**Thursdays 6:45pm**

**Fridays 8:45am**

Please contact Sue directly  
978-247-9067 or [slbjrobbins@gmail.com](mailto:slbjrobbins@gmail.com)

#### Yoga with Louise

Wednesdays at 10am

\$35 for classes May 13—June 24

#### Joy of Living Meditation

Thursdays 7 - 8:30pm

#### Writing Creatively

Tuesdays, 10-11:30am

#### Trivia with Kathy

Tuesdays, May 19 - June 23  
1:00pm

#### Bone Builders

Tuesdays, May 19 - June 30  
10:00am

#### Book Club

Wednesday, May 13 10am  
Wednesday, June 10 10am

#### Craft Class

**Wine Bottle Wind Chimes**  
Wednesday, June 3 1:00pm



### Behavioral Health Services

[massachusetts.networkofcare.org](http://massachusetts.networkofcare.org)

Information about resources in your  
community for children and adults  
with mental health and substance  
use needs. Network of Care Massachusetts  
includes a directory of over 5,000  
programs and organizations across the  
Commonwealth, searchable by keyword and  
zip code.

### Massachusetts COVID 19 SHINE resources

<https://www.mass.gov>

### National Council on Aging

<http://www.ncoa.org>

Take some time and check out their website  
and the COVID-19 and

## INTRO TO ZOOM with Susanne Groton Public Library

**Wednesdays**

**10:00 AM to 11:00 AM**

**ZOOM Meeting**

Learn the basics of using ZOOM with GPL reference  
librarian Susanne Olson! You will learn to join a  
meeting, schedule a meeting, and trouble shoot is-  
sues that arise.

PLEASE SIGN UP to receive your invitation!

If this time doesn't work for you, please  
email [info@gpl.org](mailto:info@gpl.org) to arrange a different  
time for help with Zoom!



## Groton Public Library to Go

Curbside Pickup & Groton Delivery  
If it's on our shelves, it's available to you.

1. Search **our catalog** to make a list of what you want, or ask us for recommendations. Your choice is limited to what's available in our building. Do not place holds on items in the catalog.

2. Fill out our **online form (the preferred method)**. If you can't use the form, email [circulation@gpl.org](mailto:circulation@gpl.org), or call 978-448-1167.

3. Pick up hours 10 am - 2 pm, 7 days a week (or other pre-arranged time, if needed).

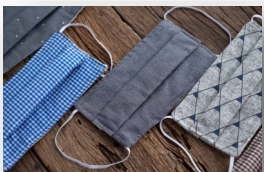
Safety: there is no direct contact and staff are wearing gloves and masks at all times and disinfecting the outdoor bin after every pickup. All items are on a one-way trip and are not due until after the quarantine ends.

To all the grandparents  
who are missing their  
grandchildren.  
When this is over you can  
have them for a month.  
Promise.



[www.familiesmagazine.com.au](http://www.familiesmagazine.com.au)

## **Generosity All Around! We Have Masks Available**



Through the generosity of  
super sewers in Groton  
we have a supply of  
masks for distribution.

If you are in need of a mask please call us  
and we will arrange delivery or safe pick up.

Please call the COA , 978-448-1170.

## **GPL Staff to Groton: We're Here for You!**



Need materials? A library card? Virtual group discussion? Homework or research assistance? Are there community resources you need? Let us know how we can help and support you through this time. Call us at:

- Circulation: 978-448-1167  
or [circulation@gpl.org](mailto:circulation@gpl.org) (checked 7 days/week)
- Reference: 978-448-8000 or [info@gpl.org](mailto:info@gpl.org)
- Children's: 978-448-1168 or [kids@gpl.org](mailto:kids@gpl.org)

## **Strength Training with Elaine on the Groton Channel**

**You can continue  
To exercise with**

Join us now even if you haven't taken her class.

**Watch The Groton Channel:  
Verizon Channel 40  
Charter Channel 191**

**Monday, Wednesdays and Fridays at 10am and  
exercise with Elaine!**

*This class is made available on the Groton Channel  
through the COA Formula Grant from the Office  
of Elder Affairs.*

You can also watch the class on demand on your  
computer or device:

[http://schedule.thegrotonchannel.org/Cablecast/  
public-site/index.html#/show/7983?channel=1](http://schedule.thegrotonchannel.org/Cablecast/public-site/index.html#/show/7983?channel=1)

If you would like to borrow weights please call us  
and we will arrange safe delivery or pickup.

**TOWN OF GROTON – COVID-19 UPDATE**

The Groton Select Board and Groton Board of Health have taken action to further protect the public in light of the COVID-19 Pandemic. Specifically, the following action has been taken by both Boards:

1. The Board of Health has voted unanimously to ratify the Executive Order of the Governor of the Commonwealth to require that masks be worn in all public buildings, commercial and retail establishments. This Order will be enforced by the Groton Police Department. The Board of Health urges everyone to comply with this directive for the safety and health of the public.
2. The Select Board has voted unanimously to extend Groton's essential services emergency order to May 18<sup>th</sup> in compliance with the Order issued by the Governor. Town Hall, the Groton Country Club, the Center in West Groton and the Groton Public Library will be closed to the public until at least May 18, 2020. This order will be reviewed in the next two weeks to determine if it will be extended. The Town Manager presented to the Select Board at their regularly scheduled meeting on May 4, 2020 proposed Protocols for the re-opening of public buildings, as well as, a proposal to open the Farmers Market this summer at Williams Barn. The Select Board plans on adopting these protocols at their next regularly scheduled meeting to be held on May 11, 2020. The Protocols will be posted on the Town's website ([grotonma.gov](http://grotonma.gov)) prior to the meeting.
3. The Town Moderator met with both the Board of Health and Select Board to discuss whether or not Town Meeting will be held on May 18<sup>th</sup>. At this time, it is likely that the Town Meeting will be postponed and rescheduled for a later date. Please pay attention to future press releases and the Town's website ([grotonma.gov](http://grotonma.gov)) for updates. The Annual Town Election will be held on June 9, 2020. The Select Board and Town Clerk are strongly encouraging all voters to vote in this election by absentee ballot in the interest of safety. An absentee ballot application can be found here:

<https://www.sec.state.ma.us/ele/elepdf/absentee/English-Absentee-Ballot-Application.pdf>

A completed application may be mailed to Town Clerk, 173 Main Street, Groton, MA 01450, faxed to 978-448-2030 or emailed to [townclerk@townofgroton.org](mailto:townclerk@townofgroton.org). In addition, in an abundance of caution to protect the Town's Election Workers and residents participating in the Election, **the Select Board has set the polling hours on June 9<sup>th</sup> from 1:00 p.m. to 7:00 p.m.**

The Town of Groton and the Commonwealth of Massachusetts are taking unprecedented steps in order to reduce the rate of spread by working proactively to reduce transmission and promote public health recommendations. We urge all citizens to exercise appropriate measures in order to reduce the risk of infection. Additional information regarding risk and containment can be found on the CDC website <https://www.cdc.gov/coronavirus/2019-nCoV/>. Thank you for your immediate attention and cooperation with this. We will continue to update the community as information becomes available. Please keep checking the Town of Groton website and social media outlets for updates as they become available.

Sincerely,

Mark W. Haddad  
Town Manager



Meals on Wheels is delivering Monday, Wednesday and Friday. Your delivery can also include frozen meals for non-delivery days.

Please call the  
**Montachusett's  
Opportunity Council  
for more information,  
978-345-8501 ext. 2**

They will set up a program for you and the COA will deliver your meals!



## From our Town Clerk: Mike Bouchard

Press Release – Town Election June 9, 2020

Groton's Select Board has postponed the Spring 2020 Town Meeting and Annual Town Election. The new date for the Town Meeting is May 18. The rescheduled date for the Town Election is June 9. Both these dates are subject to the safety of our environment. Please look for updates and future announcements at [www.grotonma.gov](http://www.grotonma.gov).

The Town Clerk is strongly encouraging all voters to vote by absentee ballot by mail for the Town Election to help reduce opportunities for possible person-to-person transmission of the virus. Absentee ballots by mail will be safer for voters and our poll workers. Please strongly consider this voting option. Applications for absentee voting by mail are being accepted now. Once the town ballot is finalized, all applicants will be mailed a ballot. The ballot may be returned by mail or by using the dropbox at the rear of Town Hall. Absentee ballots are kept in a secure vault and are processed on election day. Absentee ballots count the same as a ballot cast at the polls. In these times, absentee voting is safer for all concerned.

Absentee ballot applications can be found on-line at [www.grotonma.gov](http://www.grotonma.gov). Search for "absentee ballot application" and follow the link to the Massachusetts Secretary of State web site. Signed absentee ballot applications may be:

Mailed to Town Clerk, 173 Main Street, Groton, MA 01450  
Emailed to [Townclerk@townofgroton.org](mailto:Townclerk@townofgroton.org)

Faxed to 978-448-2030

Thank you for considering this safer voting option. Please contact the Town Clerk's Office at 978-448-1100 if you have any questions.

# Massachusetts Official Absentee Ballot Application

See reverse side for instructions



William Francis Galvin  
Secretary of the Commonwealth

## Voter Information

1

Name: \_\_\_\_\_

Legal Voting Residence: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Date of Birth: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

## Ballot Information

*(Independent  
voters may vote in  
a primary without  
registering with a  
party)*

2

Mail Ballot to: \_\_\_\_\_  
\_\_\_\_\_

Ballot Requested For:

☐ All elections this year

☐ All general elections (No primaries)

☐ A specific election: \_\_\_\_\_  
Date of Election

Party (only if requesting primary ballot):

State Primaries: \_\_\_\_\_

Presidential Primary: \_\_\_\_\_

## Special Circumstances *(If applicable)*

3

☐ This application is being made by a family member of the voter.

Relationship to voter: \_\_\_\_\_

☐ Voter is a member of military on active duty or dependent family member of active duty personnel.

☐ Voter is a Massachusetts citizen residing overseas.

☐ Voter has been admitted to a healthcare facility after noon on the fifth day before the election and has designated the following person to hand-deliver the ballot: \_\_\_\_\_

☐ Voter required assistance in completing application due to physical disability.

Assisting person's name: \_\_\_\_\_

Assisting person's address: \_\_\_\_\_

Signed (under penalty of perjury): \_\_\_\_\_ Date: \_\_\_\_\_