

# Groveland Council on Aging Newsletter May/June 2022

Town Hall 183 Main St. Groveland, Ma 01834 Grovelandma.com (Council on Aging under Town Depts.)  
Groveland Council on Aging- Facebook / Phone 978-372-1101 / Fax 978-469-5008 Open Monday 8:00-4:00 p.m.  
Tuesday-Thursday 8:00-4:30 p.m. Friday 8:00-12:00 p.m.

*The Mission of the Council On Aging is to advocate for Groveland's older adults, to identify their needs, to develop and implement services, to meet their health, economic, social, and cultural needs, to encourage maximum independence and to improve their quality of life.*

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## Free COVID-19 TESTS

The Groveland Council on Aging now has free at-home COVID-19 rapid tests provided by Age Span, formally known as Elder Service of Merrimac Valley. This is in collaboration with the Groveland's Board of Health which will also be providing free masks and what to do if the test is positive. Groveland residents over the age sixty can now call the COA to get one test per household member over the age of sixty on May 19th between 9 am—2 pm. **Sign up is required!** If you are unable to come to the COA, then a test can be delivered to your home. For more information, please call the Groveland Council on Aging 978-372-1101.

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## ~ Food Pantry Resources ~

### Groveland Residents

Council on Aging Food Pantry – Open Wednesdays & Thursdays at 10:00 a.m. – 2:00 p.m. Our Neighbors' Table Market in Amesbury – Wednesday– Saturday and

Wednesday Grocery Delivery at 2:00 p.m. for homebound seniors only / (978) 388-1907

St. Vincent De Paul Society Pantry & Services – Free Curbside and Grocery pick up/delivery

48 South Chestnut St. Bradford, MA 01835

Help line 978-372-5824

**COA Staff: Director:** Amanda Fisher **Activities/Data/Transportation:** Nisha Burke

**Outreach:** Maria Yagual **Van Drivers:** Frank Sapienti—Maureen Lee-Locke

**COA Board:** Kathryn Alesse (*Chairman*) Dot DiChiara (*Treasurer*) Irene Thomas (*Secretary*) Marie Waller, Anita Wright

Next Board Meetings May 18<sup>th</sup> & June 15<sup>th</sup>, 2022 @ 9:30 am—Town Hall meeting room

## On-Going Services

For information on any of the following services, or for reservations, please call the COA office at:  
**372-1101**

◆ **Meals on Wheels** Available for homebound

elders. Call the COA office at (978) 372-1101 to arrange assistance. *Current clients* with cancellations / changes: Call Meals Program at 978-686-1422

◆ **Plaza Shopping /Rivers Edge, bank, Post Office & CVS– Wednesdays – Pick Up Time: 9:00 am (11:00 am return) – FREE**

◆ **Westgate** (call COA) too! for \$8.00 round trip

◆ **Our Neighbors' Table** –Phone in or online orders pick up on own Wed-Sat (Anyone 18 +) or delivery scheduled on Wed afternoons for **Groveland homebound only**.

◆ **Hairdresser** is available for in-home “hair care” for women *and* men: Flexible schedule with day/evening hours. Women’s Wash/Cut - \$25, Color/Style - \$30, Men’s Cut - \$15.

◆ **Health Maintenance Clinic** Thursday, June 16th @ 9:30 a.m. Call the Board of Health nurse Anita Wright **978-556-7210**

## Emailed Newsletter

Join our email list for the newsletter and be the first ones to see the events and luncheons happenings at the COA!

**Perks ~** Join our newsletter folding group and be the first ones to be able to sign up for the trips and luncheons!

**May 2022**

**Town Elections!!!  
Vote**

**Monday May 2, 2022**

**Voting is one of the foundations of our beloved democracy. Select a candidate who reflects your values... your point of view. Exercise your civic duty. Make your voice heard! COA Van will run / NEET rides if seniors need a ride to vote**

### Transportation Options

#### One time registration required

◆ **COA Van rides (Please note the *INCREASE* before booking your ride)**

**LOCAL (Groveland, Haverhill, Georgetown) = \$8.00 round trip**

**OUT OF TOWN = \$15.00 round trip**

**Call us to book a ride at 978-372-1101.**

◆ **NEET (Northern Essex Elder Transport) Program – (for medical and necessary transportation) NEW Required registration form for riders available at the COA. The cost of a NEET ride is .43 cents/mile to AND from appointment. Donation only for low income elders. The COA requires two (2) BUSINESS DAYS notice when you call to make a reservation. Ride fulfillment is not guaranteed. Call the COA at (978) 372-1101**

◆ **FREE Rides: Call MVRTA's “Ring & Ride” (978-469-6878) for rides within Groveland and to ... Amesbury, Georgetown, Haverhill, Lawrence, Methuen and Newburyport. Choose “Special Services” when prompted—Press “option #3”—Call MINIMUM 24 hours ahead to book transportation!**

◆ **CARERIDE is a subsidized transportation service for non-emergency medical appointments for people 65 and over residing in the Greater Lowell and Greater Haverhill areas.**

### **Groveland Van Trips**



*You are welcome to call ... on the  
1<sup>st</sup> day of the new month to sign up for  
trips!*

*You can book for both May and June.*

*Please call us to request a new trip  
destination!*

*Call Nisha @ 978-372-1101 or email  
NBurke@grovelandma.com between the hours of  
9:00am to 3:00pm for information or reservations*

### **Thursday, May 12th      Lunch and shopping at the Lynnfield Market**

Designed to be an “on your own” trip, enjoy time for shopping, lunch, ice cream, bowling and outdoor activities. Shops include, Loft, J. Jill, Pottery Barn, Gap and more. Restaurants, Kings Bowling, Wahl-burgers, Legal Seafood, Yard House and more.

Full list of restaurants and shops: <https://marketstreetlynnfield.com/>

**Depart: 10:00 am / Return: 4:00pm**

**Cost: Van \$15.00 (New Price) /Lunch on your own**

### **Tuesday, June 21 Encore Casino in Everett**

Encore Casino in Everett! This trip is on your own. Time for table games, slots, 15 dining options, exhibits, and spa. Sign up for a free membership card ahead of time or when you arrive. (Space is Limited. Call Early!)

**Depart: 9:00am / Return: 3:30pm**

**Van: \$15.00 (New Price) / Lunch on your own**

*If there is a travel destination you  
are interested in visiting, please  
contact the office and we will  
look into booking it.*

### **Thursday, June 30th** **Cove**

**Perkins**

Located in Ogunquit, Maine you may enjoy walking the Marginal Way or boardwalk, shopping, or having lunch at one of the many restaurants in the area. There are art studios, jewelry shops, and more. This is sure to be a great trip.

**Depart: 9:30am / Return: 3:30pm**

**Cost: Van \$15.00 (New Price) /Lunch on your own**

### **Like our Groveland Council on Aging**

**Facebook Page (scan the  
code below)**



### **Part Time Van Driver Wanted**

Council on Aging is looking to fill a part time van driver position. This position is for 13 hours a week. The pay rate is \$15.42/hr with no benefits. Day trips, within 1-1/2 hours of Groveland, will also be scheduled. Ability to navigate Boston required. The driver may be asked to assist client, when necessary, in and out of vehicle and to and from their door. Please send a cover letter, resume, and references to [apply@grovelandma.com](mailto:apply@grovelandma.com) or via mail to the Town of Groveland, Attn: Town Administrator at 183 Main Street Groveland

## ***Exercise classes***

### **Reiki –Ongoing Virtual**

Register w/Sue Cullen of High Vibration Wellness via email or phone for Zoom

Link- 978-478-8241 or

sue@highvibrationwellness.com

**Wednesdays at 4:00 p.m.** \$5.00 per class

### **Bones Brain Balance!!**

**3B Fitness** with Brian Coyne- **Tuesdays at 9:00 a.m.** Under the tent /the Fire Station meeting room (inclement weather only)/ \$5.00 per class. Drop in! Introducing 3B Fitness (balance, bones and brain) to Groveland! It's a high energy and results driven class that incorporates balance exercise to help prevent falls, strength training to improve bone density, and trivia and brain games to help with cognition. All this with great music will keep you motivated and accountable. Make friends and have fun!

This class is appropriate for all fitness levels and is run by certified personal trainer Brian Coyne, who has over 15 years of experience.

Take the first step and call today...978-372-1101

**Mask required if not vaccinated**

### **Outdoor Yoga**

**Outdoor Yoga** with Mary Van Abs- **Fridays at 10:45 a.m.** On the Town Hall lawn/ in the center meeting room (inclement weather) \$5.00 per class.

**Mask required if not vaccinated**

## **Get Movin!**

### **With Leah Miller**

Come get fit and have fun with "Get Movin' With Leah". Increase your cardiovascular strength, mood, flexibility, and balance. We use bands, weights, and balls to strengthen the core, enhance muscle strength and flexibility, and increase endurance. Bring a friend, or make new ones and enjoy the benefits of a happier, healthier, more fit life together.

*What to bring: one weight of their choice, a resistance band, and water.*

**Beginning, May 9th Mondays 12:00-1:00 p.m. in the center meeting room \$5 per a class**

Certified AFAA Group Fitness Instructor Leah Miller

### **Tuesday Movie Mornings at 11:00 a.m. in the center meeting room**

**May 10<sup>th</sup>**

**Hamilton**—Starring Lin Manuel Miranda and Daved Diggs

**Rated: PG-13/ Drama/Musical film**

**2h & 40mins**

**May 24th**

**West Side Story 2021**—Starring Ansel Elgort & Rachel Zegler

**PG-13 2021 Musical/Romance 2h 36m**

**June 14th**

**House of Gucci**—Starring Jared Leto and Lady Gaga

**Rated: R/Drama/Crime Movie**

**2H & 38mins**

**June 28th**

**Belfast**—Starring Jamie Dornan and Caitriona Balfe

**Rated: PG-13/Drama/Comedy Drama**

**1h 38mins**

***Donations Appreciated***

# May 2022

## Programs-Services-Events

Mon	Tue	Wed	Thu	Fri
<b>2</b> <b>Election Day!!</b>	<b>3</b> 3B Fitness 9am Walking Club @9am Brown Bag	<b>4</b> Shopping 9—11 am UTEC Food Box 12 pm ONT Grocery 2pm Virtual Reiki 4 pm	<b>5</b>  <b>Happy</b> <b>Cinco De Mayo!</b>	<b>6</b> <b>Yoga @</b> <b>10:45am</b>
<b>9</b> <b>Legal Monday</b> <b>Get Movin with</b> <b>Leah @12:00pm</b>	<b>10</b> 3B Fitness @9 am Walking Club @9am Movie @ 11:00 a.m.	<b>11</b> Shopping @9—11 am UTEC Food Box @12 pm ONT Grocery 2pm Virtual Reiki 4 pm	<b>12</b> <b>Lynnefield</b> <b>Market Place @</b> <b>10am</b>	<b>13</b> <b>Yoga @</b> <b>10:45am</b>
<b>16</b> <b>Get Movin with</b> <b>Leah @12:00pm</b>	<b>17</b> 3B Fitness @9 am Walking Club @9am Senator Tarr @ 12pm	<b>18</b> Shopping @9—11 am UTEC Food Box @12 pm ONT Grocery 2pm Virtual Reiki @4 pm	<b>19</b> <b>Older American's</b> <b>Day 9am—2pm</b>  <b>COVID-19 Test Pick-</b> <b>ups 9am—2pm</b>	<b>20</b>  <b>Yoga @</b> <b>10:45am</b>
<b>23</b> <b>Get Movin with</b> <b>Leah @12:00pm</b>	<b>24</b> 3B Fitness @ 9am Movie @11am Walking Club @9am	<b>25</b> Shopping @9—11 am UTEC Food Box @12 pm ONT Grocery 2pm Virtual Reiki @4 pm	<b>26</b> <b>Traveling Chef</b> <b>@11am</b>	<b>27</b>  <b>Yoga @ 10:45am</b>
<b>30</b> <b>COA Closed for</b> <b>Memorial Day</b>	<b>31</b> 3B Fitness @9 am Walking Club @9am Veterans Services 1:30pm			

# June 2022

## Programs-Services-Events

Mon	Tue	Wed	Thu	Fri
		<b>1 Shopping</b> 9—11 am UTEC 12 pm ONT Grocery 2pm Reiki 4 pm	<b>2</b>	<b>3</b> <b>Yoga 10:45am</b>
<b>6</b> <b>Get Movin with Leah</b> <b>@12:00pm</b> <b>Watercolor @11am</b>	<b>7</b> <b>3B Fitness</b> 9 am <b>Walking Club @</b> <b>9am</b>	<b>8 Shopping</b> 9—11 am UTEC 12 pm ONT Grocery 2pm Reiki 4 pm	<b>9</b> <b>Ice Cream Social @</b> <b>1pm</b>	<b>10</b> <b>Yoga @</b> <b>10:45am</b>
<b>13</b> <b>Watercolor @11am</b> <b>Get Movin with Leah</b> <b>@12:00pm</b> <b>Legal Monday</b>	<b>14</b> <b>3B Fitness @9am</b> <b>Movie @11am</b> <b>Walking Club @</b> <b>9am</b> <b>Senator Tarr @ 12—</b> <b>1pm</b>	<b>15</b> <b>Shopping</b> <b>9-11am</b> <b>UTEC 12pm</b> <b>ONT Grocery 2pm</b> <b>Reiki 4 pm</b>	<b>16</b> <b>Health Maintenance</b> <b>Clinic 9:30 am</b> <b>Traveling Chef 11am</b>	<b>17</b> <b>Yoga @</b> <b>10:45am</b>
<b>20</b> <b>COA Closed</b>  <b>Watercolor</b> <b>@11am</b>	<b>21</b> <b>3B Fitness @9 am</b> <b>ENCORE @ 9 am</b> <b>Walking Club @ 9am</b> <b>Sen. Tarr Office</b> <b>Hours 12:00pm</b>	<b>22</b> <b>Shopping</b> <b>9-11 am</b> <b>UTEC 12 pm</b> <b>ONT Grocery 2pm</b> <b>Reiki 4 pm</b>	<b>23</b> <b>History of</b> <b>Presidency @ 11am</b>	<b>24</b> <b>Yoga @ 10:45am</b>
<b>27</b> <b>Get Movin with Leah</b> <b>@12:00pm</b> <b>Watercolor @11am</b> <b>Veterans 1:30pm</b>	<b>28</b> <b>3B Fitness @9am</b> <b>Walking Club @</b> <b>9am</b> <b>Movie @11:00</b>	<b>29 Shopping</b> <b>9-11 am</b> <b>UTEC 12pm</b> <b>ONT Grocery 2pm</b> <b>Reiki 4 pm</b>	<b>30</b> <b>Perkins Cove Trip @</b> <b>9:30am</b>	

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**GROVELAND COA PRESENTS**

**COA SENIOR DAY**

**THURSDAY, MAY 19**



**CENTER MEETING ROOM, ART WORK IN THE HALLS, &  
OUTDOOR TENT— TOWN HALL**

**CALL THE COA IF YOU WOULD LIKE TO DISPLAY YOUR  
ARTWORK!**

Stop in for coffee, snacks, and lunch! Enjoy the beautiful creativity on display by Groveland residents, pick up some informative literature on various ways to save money or improve your health AND make new Friends!

**Schedule of Events**

All Day: 9:00 a.m – 2:00 p.m

Exhibition of Seniors' Art, Hand Work

(Events in Center Meeting Room & Hallway at Town Hall & Outdoor Tent)

All Day:

Free Coffee and Conversation

All Day Fire Department—File of Life

9:00—11:00 a.m. N.E.E.T Table

9:00—11:00 a.m. Age Span Table—Bonnie Sisson

9:00— 11:00 a.m. Clear Captions Phone Demonstration

9:00—11:00 a.m. Friends of Groveland COA Table

11:00 a.m. Luncheon (Ticket and Reservation required)

FREE Panera Luncheon ~ (Partially funded by the Friends of the COA, Anita Wright & Dot Dichiara ) –

Please call for a Luncheon reservations at COA Office by Thursday, May 12 by  
2:00 pm (978)372-1101

12:00 p.m. Music (registration required)

1:00 p.m. 3B Fitness demonstration on the lawn

**Please see the following page for more information about Groveland Senior Day activities!**

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**GROVELAND COA PRESENTS**  
**COA SENIOR DAY**



**Come buy your tickets for Raffle Prizes!!**

**Donate to the COA and receive a monogram Groveland COA Tote Bag**

**Donate \$12 for 1 or \$20 for Two**

**If you would like to display artistic creations call the Groveland COA today!!**

**ENTERTAINMENT: THOMAS RULL STARTING AT 12PM**

**UNDER THE TENT**

**WILL PERFORM HIS SHOW**

**“A MUSICAL JOURNEY THROUGH THE YEARS”**

**FOR THE GROVELAND COUNCIL ON AGING’S**

**TAKE A WALK DOWN MEMORY LANE. ENJOY THE MUSIC OF SINA-  
TRA, NEIL DIAMOND, KENNY ROGERS, PAUL ANKA, BARRY MANILOW,  
ELVIS, PERRY COMO, LOU RAWLS, ENGELBERT . . . AND MANY MORE!**

Thomas Rull Sponsored by: Groveland Cultural Council Society

For a short video of song clips from Tommy’s show:

His home page is <http://www.tommyrull.com/>

“This program is supported in part by a grant from the Groveland Cultural Council,  
a local agency which is supported by the Massachusetts Cultural Council, a state  
agency.”





**Ice cream social, Thursday, June 9<sup>th</sup> @ 1:00 p.m. under the tent!**

**Free -sign up required 978-372-1101 – Sponsored by CCA**

**Bringing You *uncommon care*®**

At Commonwealth Care Alliance (CCA), our *uncommon care*® model helps our Senior Care Options (SCO) health plan members get access to the care they need, when they need it. A model of care refers to the way healthcare services are delivered. The CCA care team works in the community and can provide care in the setting that is most comfortable and convenient for our health plan members. The people on the care teams are skilled in several different services, including:

Behavioral healthcare, including mental health and substance use services

Connecting you to resources for important needs, like housing and food

Nursing care, such as wound care or checking vitals

Primary care support, such as treating health conditions and helping with urgent needs

CCA Senior Care Options is highly rated by our members and by Medicare and Medicaid. In fact, the Centers for Medicare & Medicaid Services, which evaluates plans each year based on a 5-star rating system, rated CCA Senior Care Options 5 out of 5 stars for 2022.

If you have questions about CCA and how we can bring you *uncommon care*, please call Aaron Scola at 617-356-3992.

**Watercolor Class:Peggy Poppe**

“Exploring creativity in Watercolor -Beginners” with Peggy Poppe

Mondays, June 6,13,20,27 (Town Hall Closed June 20th- Class is still being held)

9:30-11:00 a.m. Outside under the tent.

The fee for 4 weeks is \$40. Registration Required

The instructor will provide boards and pallets.

Students must buy paper and paint for the class, and call for specific materials list.

**The History of the Presidency with Lee Thomas**

Thursday, June 23rd @ 11:00 a.m. in the center meeting room.

Donations accepted

Lee Thomas, retired history teacher, will present a history of the US Presidency using pictures and music to show how the job has evolved from Washington to Biden. Looking at the Constitution, Politics, the White House and anecdotes he will give an overall look at what has become the most powerful position in the world today.

*Reservations required– 978-372-1101.*

# Groveland Council on Aging to Distribute Free At-Home COVID-19 Tests to Residents Aged 60 and Up

## WHEN

Thursday, May 19, from 9 a.m. to 2 p.m.

## WHERE

Outside of Groveland Town Hall, 183 Main St.

## WHAT

- ◆ The Groveland Council on Aging will distribute at-home COVID-19 tests while supplies last. There is a limit of one test per Groveland resident aged 60 and up.
- ◆ To secure a test, please call the Groveland Council on Aging at 978-372-1101. Sign-up is required.
- ◆ The COA would like to thank AgeSpan, a non-profit organization dedicated to supporting residents of Northeast Massachusetts as they age, for donating the 200 tests to the COA, and the Groveland Board of Health for providing face masks and instructions on what to do if it is a positive test.

## **Health Maintenance Clinic**

COME AND VISIT THE ONE AND ONLY ANITA WRIGHT WHO IS  
GROVELAND'S BOARD OF HEALTH NURSE!!!

DO YOU HAVE QUESTIONS ABOUT A NEW MEDICATION?

NEED YOUR BLOOD PRESSURE CHECKED?

QUESTIONS ABOUT A NEW MEDICAL DIAGNOSIS?

DON'T WANT TO SPEND HOURS WAITING IN THE DR. OFFICE?

FEELING WORRIED, SAD, OR UNMOTIVATED? COME AND CHAT.

LET'S SEE IF WE CAN HELP...



WELL, IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, THEN ANITA IS THE WOMAN YOU NEED  
TO COME AND SEE ON THURSDAY, JUNE 16TH @ 9:30 A.M. IN THE CENTER MEETING ROOM.

WILL DO B-12 SHOTS IF YOU BRING THE MEDICATION

### Free-UTEC

Fresh food boxes with fruits, vegetables, milk and two pre-prepared meals are now available for Wednesday delivery.

Boxes are limited. Please call to schedule a delivery. Available to Groveland seniors. 978-372-1101.

May 5 <sup>th</sup>	June 1st
May 12 <sup>th</sup>	June 8th
May 19 <sup>th</sup>	June 15th
May 26 <sup>th</sup>	June 22nd
	June 30th

## Traveling Chefs

**Thurs. May 26th & June 16th –  
11:00 – 12:30 p.m. delivery**

First 40 callers receive delivery of a FREE lunch!

### **May ~ Chicken Fajitas**

Diced chicken with peppers & onions, Spanish rice, corn, black beans & red onion, tortilla, salsa, and Tres Leches cake

### **June ~ Soup & Salad**

Spring spinach mix, strawberries, cheese, Italian Wedding Soup, pita bread, and blueberry sour cream coffee cake

**Sen. Bruce Tarr's Office Hours  
with Mary Ann Nay Tuesday, May 17<sup>th</sup> &  
June 14th 12:00 – 1:00 p.m.**

**Problems/Concerns? Call (617) 722-1600  
or Maryann.Nay@masenate.gov**

### **Water Discount for Seniors**

The Water Department will begin offering a 10% discount for residents who are 65 years of age and older that will be applied to the Water Minimum tier. An application was included in your April water bill. Please fill out the form and return it to the Water Dept. with the required "date of birth" documentation. If you need any help with this, please call the Water/Sewer Dept. at 978-556-7220.

## **Brown Bag Program**

Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank, have joined forces to offer an **Elder Brown Bag Program** for income eligible residents 60 years and older and disabled adults who live in elder housing in the Merrimack Valley. ***People who qualify will receive a free bag of groceries once a month.***

Recipients must be 60 years of age or older (or a disabled adult living in elder housing) and must be low income as measured by participation in (or eligibility for) at least one program for which proof of income has been demonstrated. This includes enrollment in MassHealth, SNAP (food stamps), SSI, Medicaid,

Fuel Assistance, or similar programs, which establish that recipients earn a maximum of \$21,775 yearly (gross) for a single person, or \$29,471 yearly (gross) for a couple. To request an application, or if you'd like more information about the Brown Bag program, please contact the Groveland COA.

## **VETERANS' SERVICES**

**TUESDAY, MAY 31ST & MONDAY JUNE  
27TH**

**1:30 PM – 3:30PM**

**IN THE GROVELAND COA OUTREACH  
OFFICE**

**CALL MIKE AT 978-973-2118**

**Or**

**MINGHAM@GROVELANDMA.COM**

## Shout Outs

Cong'l Church  
Friends of the COA  
Nichols Village  
Janet Nolan  
Irene Thomas  
Doug Soper  
Ed Reed  
Helen McGarth  
Mary Weeks  
Ron Mertens

Cynthia Batista  
Doreen Blades  
Charlie Herman  
Jane Fields  
Elaine Dalton  
Marcia McGowan  
Valerie Mitchell  
Mary Wood  
Ann Jones  
Carol Patnaude

AMERICAN LEGION  
(NATHAN WEBSTER POST  
248)

VEASEY PARK

USUALLY 2<sup>ND</sup> WEDNES-  
DAY AT 7:00PM

**FOR MORE INFO RE. NEXT  
MEETING**

CALL -DAVE TUTTLE 978-  
360-8107

**Legal Monday**

**May 9<sup>th</sup> & June 13<sup>th</sup>**

With Atty. Elaine Dalton

**Call Elaine's Office for  
Appointments**



[This Photo](#)

## Our Outreach Services

Are you, or someone you know, concerned about maintaining independence? Are you concerned about the high cost of buying groceries? Would you like someone to "check in" on you periodically? Call Maria Yugal at the COA anytime to set up a private, confidential appointment – for help filling out applications or faxing forms for your loved ones.

## **Ecosmith Recycling to Support COA**

Please check out the recycle bin in the parking lot behind the police station (just before, and to the right of the entrance to River Pines)! The purpose of the textile recycling bin is to collect clothing, towels, blankets, stuffed animals, curtains, shoes, purses and rags. All textiles are acceptable – even if the clothes are ripped or stained! **Important:** Please use a plastic bag to deposit textiles. Make sure the materials are dry. (Wet materials will create mold and mildew and the load will have to be trashed.)

**(Note: Ecosmith DOES NOT accept furniture, books, TVs electronics, or paper)**



## **Spring is Here! Volunteer!**

**Become a volunteer driver and help seniors in your community.**

Can you donate your time to offer two rides a month? The average ride is less than 30 miles round trip. You will receive mileage reimbursement and supplemental automobile liability insurance.

NEET- Northern Essex Elder Transport, Inc. is a non-profit organization providing non-emergency essential transportation for seniors with the support of volunteer drivers.

Check with a staff member at your local Council on Aging or call Dori at 978-388-7474. Visit our web-

## **Getting to Know You: Meet Your Groveland Neighbor**

### **By Valerie Osborne**

Laurel Beth (Decker) Puchalski was born in 1951 in West Hampstead, NY on Long Island to Clair (Buzz) Decker and mother, Dagny (means New Dawn in Norwegian) Samuelson. . Her mother spoke English and Norwegian. Laurel grew up with one sister, Debra, in the 50s in W. Hampstead, where she walked to school. After High School, she went on to State University College of Oswego, NY. She studied Elementary Education, Speech and Theater. College was where she was to meet her lifelong love, John Puchalski, when he was a sophomore and she a freshman. A Glencoe lifeguard, John impressed Laurel when she was looking for a ride home for Thanksgiving. He showed her how to use the bulletin board to look for a student with wheels going her way and offering a ride. Living not too far from her, John found them both rides home, and she fell hard for this helpful young man. John graduated as a teacher and they got married in 1973. After getting married, they found the house on School Street in Groveland where they have lived for all the years since. When Laurel graduated from college, Proposition 2 ½ had recently been passed and restricted the budgets in cities and towns in the state. It severely affected the hiring of teachers in every community and Laurel could not find a teaching job. Instead, she worked at Jordan Marsh (remember them?) and later, Homestart, an early intervention teaching program for low-income families with young children. “Working at Homestart opened my eyes to the poor living conditions and the needs of low-income families,” said Laurel. “That’s also when I learned to use teachable ‘moments’”, she remembered. That’s when a moment in time presents itself to teach a young child – and, maybe, its parent using something of interest to them to teach a lesson.

She stayed with Homestart for 5 years, working up to 1979, when her first son, Nathan, was born. Laurel enjoyed being an at-home mom and getting to know her neighbors. The second son, Adam, came along in 1982. That’s when John, a shop teacher, got very ill after inhaling noxious elements at his workplace. The third child, Leah, came along in 1985, and Laurel took her to Story Hour at Langley Adams Library, which was a great way to meet new folk. When Leah entered first grade Laurel became a substitute teacher at Bagnall School, enjoying working with Principal Marie Witham. Then, in 1993 the opportunity presented itself to work at the Christ Church Children’s Center, run by the Episcopal Church, and she was there for 5 years. Originally a “filler” at the Center, she was told, “You should be the Director of the Center,” located in the former Conte Funeral Home building on Main Street. She was persuaded to apply, and found out on Groveland Day from Mitch Kroner, that the job was hers! “Some of my proudest moments came while working there, from 1998 to 2014,” she recalls. Eventually, with her daughter Leah working beside her, she bought the business from the owners. Unfortunately, a serious drop in Groveland’s population meant daycares had a hard time surviving, forcing several out of business. In 2014, she had to close the business, which had been near and dear to her heart. Laurel and John are very proud of their 3 children: Nathan works for an Insurance Co. in Philadelphia, Adam is a Pharmacy Technician, and Leah has work experience with pre-schoolers.

Not one to twiddle her thumbs, Laurel has jumped into many volunteering opportunities in the community. Her two boys got her into Scouting with Cub Pack 87 sponsored by the Congregational Church, and she became Pack leader for two years, and now serves as Chartered Organization Representative for Troop 87 and Pack 113. She has been a Library Trustee for many years, serving as Chair and Secretary. She loves knitting and in 2003 started the Knit-a-Bit group at the library, for veteran and wannabee knitters. She also serves on the State Safe Church Committee. People also see her working at the polls on election days too.

Laurel has noted how the town has changed since she first arrived – “Does anyone remember Pete the Pig Man, who drove his van around town, available to slaughter the pigs being raised in town? Also, the Witch Hunts run by the Rec. Department, which had teams racing their cars all over town from one secret location to another, aiming to reach the prize, first, and there was the iconic Country Store on Main Street, the owners of which raised a ruckus when they sold the building, had it taken down at night, and moved it to another state. Oh, and the Shanahan School – remember that?” In spite of health problems over the years this intrepid woman, who loves to travel, and longs to do more once Covid is over – keeps on working as an integral part of the Groveland volunteer community.





## *The Friends of the Council on Aging*

The Friends raise money to support the efforts of the COA and its Director for the seniors of Groveland, and supplement the funds provided by the town. For more information call Friends President at 978-374-6253 .



JOIN THE FRIENDS

### **Golden Crab Cakes**

**2 Servings • 20 Min. Prep Time • 8 Min. Cook Time**

1 lb. fresh lump Florida crabmeat  
2 Tbsp. red onion, minced  
2 Tbsp. bell pepper, green or red, minced  
1 Tbsp. garlic, minced  
2 egg whites  
3/4 c. mayonnaise  
1 tsp. dry mustard  
2 tsp. Old Bay seasoning  
juice of 1 lemon  
salt and pepper to taste  
cracker meal, as needed  
fresh bread crumbs, as needed  
olive oil, as needed for pan frying

Directions:

1. In a medium-sized bowl combine the first four ingredients.
2. In a separate bowl combine the next five ingredients and stir mixture until smooth. Add to crabmeat mixture; stir and gradually add cracker meal until cakes can be formed.
3. Roll formed cakes in the fresh bread crumbs and pan fry in olive oil over medium heat until golden brown on both sides.

Courtesy of Florida Agriculture Bureau of Seafood & Aquaculture