



Dracut Council on Aging Newsletter

APRIL 2013

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442

Editor, Joyce H. Shadan

Website: www.dracut-ma.us

E-Mail: councilonaging@dracut-ma.us

Most people will agree that of all New England's seasons spring is the most anticipated. We eagerly await the milder weather and start of our spring projects. And even though the first day of spring was ushered in with a wallop of a snow storm, it did not dampen our expectation of what's to come. After all we New Englanders are a hardy bunch. With April on our doorstep there's much to do. I like to start with a good spring cleaning of my home to clear out winter's staleness and let the fresh air in. On the top of my list is to de-clutter. Clean out those things which we no longer love or need. Lift whatever is on the floor like magazines, books, newspapers and remove items which clog closets, drawers and cupboards. A rule of thumb when we want to de-clutter is "if you haven't used it or worn it in the past year, then clear it out"! Once you begin this process, it gets easier to do as you will feel lighter about your surroundings. It's therapy for your home and yourself. Remember your trash is our treasure. Bring your unwanted items to our Thrift Shop. All proceeds benefit The Friends of the Dracut Elderly who supplement all COA programming.

As spring is a time for new beginnings we welcome you to join us on April 4th at 10am for an overview on Genealogy. Cathy Bence from the Dracut Library will speak on Basic Genealogy and show us ways to learn about family history, records and family trees. On Thursday April 11 at 10am, Elder Law Attorney Marta Brooks from Merrimack Valley Legal Services will speak on legal issues for senior citizens.

Merrimack Valley Elder Services, "Protective Services" Diane Powell will be here on Thursday Apr. 18th at 10am to speak on Elder Abuse, having to do with neglect, physical, sexual, psychological and financial. MVNP special meal of BBQ ribs with all the fixings will be served on Thursday Apr. 18th at 11:30, please sign up with Debbie by Thur. April 11th Come watch a demonstration on scrapbooking on Monday the 22nd at 10am. We will start a class if there's enough interest. Lunch out with friends can lift one's spirit any day of the week. Our Friday quick trips do just that, and adding a bit of shopping makes it much more fun. Join us as we head to Walmart and on the Bobalo's on the 5th. A special trip to Fairhaven on the 12th for a tour of their facility, lunch and bingo. On the 19th Chunky's for lunch and a movie and then to Savors discount and Chili's in Nashua N.H. on the 26th. Join me for a volunteer breakfast on Thursday Apr. 24th at 10am for National Volunteer Week at The DCOA "The Best Place in Town"

Executive Director, Joyce Shadan

COUNCIL ON AGING STAFF

=====

Joyce H. Shadan,
Executive Director
Judy Gilbert, *Social Services*
Volunteer Coordinator
Donna Houston
Outreach Coordinator
Pat Cahill
Clerk/Bookkeeper
Alma Reeves,
Administrative Assistant
Anita Chartier, *Bus Driver*
Russ Lahaise, *Bus Driver*
Bill Dorris *Bus Driver*
Gertrude Frechette, *Custodian*
Bob Houston, *Custodian*
Monica Gagne, *Greeter, CTI*

NUTRITION PROGRAM

Debra Lasorsa, *Site Manager*
Donna Campbell, *Site Aide*

COUNCIL ON AGING BOARD

Pat Merrill, *Chairperson*
Ann Casey, *Vice Chairperson*
Mary Jo Sudol, *Treasurer*
Renee Espinola, *Secretary*

MEMBERS

William O'Neill
Chet Pater
Gerald Surprenant
Lt. Mike Fluery
Louis Darvirris
Omer Matte

Senior Center Hours
Monday through Friday
8:00 am to 4:00 pm

Social Services

The RMV and you...Your Vision

One of the most important requirements for safe driving is good vision. For an unrestricted license, you must have at least 20/40 vision in one eye (even with glasses) and 120 degrees peripheral vision. If you have 20/50, 20/60, or 20/70 vision, you can still obtain a license that allows you to drive during the day. As always, speak to your doctor and/ check with the **RMV**.

Donna Houston, Outreach Coordinator

Celebrate National Volunteer Week April 22 –26th. Join us for a volunteer continental breakfast on Thursday Apr.25th at 10am. Volunteers are the heart of our community. Congrats to all our volunteers.

Judy Gilbert , Social Services/ Volunteer Coordinator

MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least two mornings in advance by calling the Title III # 978-957-0129, speak with Debbie Lasorsa between 9:00 am and 12:30 pm. Meals are served at the center at 11:30 am. \$2.00 donation.

Meals on Wheels are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels.

MVNP APRIL SPECIAL SITE MEAL THURSDAY APRIL 18th at 11:30

Barbeque spare ribs, potato salad, corn on the cob, parker house roll w/ butter. Served with tossed salad and ranch dressing. Finishing touch: Strawberry sundae with whipped cream, chocolate jimmies, nuts and a cherry. Sign up with Debbie by April 11th. Please call 978-957-0129 A \$2.00 donation is suggested.

DRACUT SENIOR CITIZENS PROPERTY TAX WORK OFF PROGRAM 2013

Work in town department for 62.5 hours and receive \$500 off your property tax bill. Apply at the DCOA 951 Mammoth Rd. Dracut. Application Period: Open until slots are filled. To be eligible for this program an applicant must be 60yrs.or older. A homeowner or current spouse of homeowner. Reside in the town of Dracut. Occupy the property for which the taxes are paid. Present a copy of the current property tax notice upon application. Be retired and not working as of Jan. 1st of the program year. Work 62.5 hours in the program in order to receive a \$500 credit to their tax bill in the following year. The taxpayer may not be receiving any other abatement or exemption from the town of Dracut. Present an income tax return, first two pages of Federal Tax Return 1040. If the applicant does not file taxes, forms 4506-T will need to be completed. 4506-T forms are available at the COA office.

TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social day-care, hair salons, barber shops, quick trips, CVS, Walmart*, banking, nursing home visits & other locations. The fare is \$1 each way and bus ticket for 20 rides are \$18. Quick trips are \$3.00 round trip.

MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM
Lowell \$2.00 each way; Dracut \$1.00 each way
Tewksbury, Harvard Vanguard, Research Place, Lowell VA & Village Square Chelmsford -\$3.00 one way; \$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only**

Everyone must be picked up before 2PM

Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment.

VOLUNTEER PROGRAMS

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities .Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. **Please call Judy Gilbert at 978-957-2611 or stop by the center.**

ALTERNATIVE FORMATS: To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc), please contact A.D.A. Officer William Zounes at 978-453-9492

SHINE

(Serving Health Information Needs of Elders)
The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available **Wed. April 10 & 24th**. Please make your appointment at the office by calling. 978-957-2611

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

Health Clinics

Dracut Council on Aging 951 Mammoth Road

Nancy Harding, RN from the VNA
Every Thursday from 1:30-3:45PM,
blood pressure checks, weight monitor-
and personal consultation. **Blood sugar testing (3rd
Thursday at 2:30 pm) for known Diabetics.** 100% OF
ALL DONATIONS GO THE VNA FOR THE ENHANCEMENT OF
VNA SERVICES.



ing

DRACUT SENIOR CITIZEN'S CLUB

The Dracut Senior Citizen's Club is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join., stop by the Dracut COA every Tues. @ 9:30—11:00 and every Thurs. @ 9:30—12:45 for a membership. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise note. **Meetings Wed. Apr. 10th & 24th. Ham & Bean Supper on Saturday April 20th (4:00—6:00 pm) at the Dracut Senior Center**

A bingo game is held right after the meeting.
Annual dues are \$2.00 payable on meeting days.
Call Ed Bishop for more info @ 978-453-0969

THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

*No fees or registration

*No financial, age or residency restrictions

*Cannot be used with insurance

See or call Donna Houston at 978-957-2611

Or on line @www.needymeds.org

Second Hand Rose

Thrift Shop - Open Daily
Dracut Council on Aging
951 Mammoth Road
8:00-4:00p.m.

Donations of new or gently used, clean items arrive almost every day and are greatly appreciated.

General Public Welcome

All proceeds benefit the Friends of the
Dracut Elderly, Inc.

FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan

Treasurer, Pat Cahill

Clerk, Barbara Dickinson

Member, Judy Fuller

Member, Linda Bloomgren

Member, Mary Beth Shanahan

The Friends are a fundraising group for the sole purpose of the Dracut Council on Aging. They supplement the cost for classes such as the Art class, Energetics, Tai Chi & Computer class. They purchase supplies for the senior center such as paper goods, decorations, furniture, wall décor, curtains & whatever is needed. All volunteer events & parties & the Director's Coffee hour are sponsored by the Friends such as gifts, food & entertainment. Part of their mission is help for seniors in the community who are in need. They raise funds through "second hand rose" thrift shop & various basket raffles etc. Anyone who wishes to be a sponsor may do so at anytime. A \$3.00 donation or any amount is appreciated. We hope you will take this opportunity to join the Friends or renew your annual membership.

THANK YOU

Thank You to Richard Harvey for sponsoring the veterans breakfast.

APRIL 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cards/Pool/Chess 1 Wii/Foosball</p> <p>10-11.....Bone Builders 1:00.....Bingo</p>	<p>Cards/Pool/Chess 2 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9-11.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki</p>	<p>Cards/Poll/Chess 3 Wii/Foosball</p> <p>9-11Beginners Computer 10-11.....Bone Builders 10-11.....Tai Chi 3:00.....Reiki</p>	<p>Cards/Pool/Chess 4 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:30-12...Quilting Group 10:00..Talk on Genealogy 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:34....Nurse Nancy 3:00.....Reiki</p>	<p>Cards/Pool/Chess 5 Wii/Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30..Walmart & Bobola's 12:00.....Cribbage 3:00.....Reiki</p>
<p>Cards/ Pool/Chess 8 Wii/Foosball</p> <p>10....Affordable Hearing (Free Hearing Screening) 10-11.....Bone Builders 1:00.....Bingo</p>	<p>Cards/Pool/Chess 9 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:00-11:00..... Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki</p>	<p>Cards/Pool/Chess 10 Wii/Foosball</p> <p>9-11Beginners Computer 9:30-1:00.....Shine 10-11.....Bone Builders 10-11.....Tai Chi 1:00.....Senior Citizens Club Meeting 3:00.....Reiki</p>	<p>Cards/Pool/Chess 11 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:30-12...Quilting Group 10:00..Merrimack Valley Legal Service 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45....Nurse Nancy 3:00.....Reiki</p>	<p>Cards/Pool/Chess 12 Wii/Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30.....Fairhaven, tour, lunch & bingo 12:00.....Cribbage 3:00.....Reiki</p>
<p>15</p> <p>CENTER CLOSED FOR PATROITS DAY</p>	<p>Cards/Pool/Chess 16 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:00-11:00..... Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:00...Movie (Argo) 12:30.....Knit/Crochet 3:00.....Reiki</p>	<p>Cards/Pool/Chess 17 Wii/Foosball</p> <p>9-11Beginners Computer 10-11.....Bone Builders 10-11.....Tai Chi 2:30.Dracut COA Board Meeting 3:00.....Reiki</p>	<p>Cards/Pool/Chess 18 Wii/Foosball</p> <p>9:00-11:00.....Energetics 9:30-12...Quilting Group 10:00.....Elder Service (Protective Services) 10:30-11:30.....Bone Builders 11:30..Special Site Meal 1:00.....Bingo 1:30-3:45....Nurse Nancy 3:00.....Reiki</p>	<p>Cards/Pool/Chess 19 Wii/Foosball</p> <p>9:00.....Bowling 9-00.....Line Dancing 9:30...Chunky's lunch & movie 12:00.....Cribbage 3:00.....Reiki</p>
<p>Cards/Pool/Chess 22 Wii/Foosball</p> <p>10:00... ..Scrapbooking Class 10:30....Representative Colleen Garry will hold office hours. 10-11.....Bone Builders 1:00.....Bingo</p>	<p>Cards/Pool/Chess 23 Wii/Foosball</p> <p>9:00... Veterans Breakfast 9:00-10:00.....Energetics 9:00-11:00..... Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki</p>	<p>Cards/Pool/Chess 24 Wii/Foosball</p> <p>9-11Beginners Computer 9:30-1:00.....Shine 10-11.....Bone Builders 1:00....Senior Citizens Club Meeting 3:00.....Reiki</p>	<p>Cards/Pool/Chess 25 Wii/Foosball</p> <p>9:00-10:00.....Energetics 10:00..Volunteer Breakfast 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3;45...Nurse Nancy 3:00.....Reiki</p>	<p>Cards/Pool/Chess 26 Wii/Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30...Savors & Chili's 12:00.....Cribbage 3:00.....Reiki</p>
<p>Cards/ Pool/Chess 29 Wii/Foosball</p> <p>10-11.....Bone Builders 1:00.....Bingo</p>	<p>Cards/Pool/Chess 30 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:00-11:00..... Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki</p>			



Groups - Classes - Events



Groups Classes

BEGINNER'S COMPUTING

With Pat Merrill
Apr. 3, 10, 17 & 24th
Wednesdays 9:00-11:00
8 Weeks at \$15.00

FREE QUILTING CLASS

Thursdays 9:30am—12:00pm

ENERGETICS

Apr. 2nd.—30th.
Tuesdays & Thursdays
9:00 –10:00

With Elaine Corsetti
\$20.00 per session

TAI CHI

With Connie Rock
Apr. 3, 10, & 17th.
10:00—11:00

\$35 for Six Week Course

ART CLASS

With Stella Pappas
Apr. 2, 9, 16, 23 & 30th.
Tuesdays at 9:00 am to 11:00 am
\$40.00 per 8 week session

Sponsored in part by a grant from the Dracut Cultural Council

BONE BUILDERS

FREE

Helps increase endurance & strength with activities to improve balance & to prevent falls. Warm up exercises, stretching. Class uses weights. You work out at your own pace.

10:00-11:00 Mondays & Wednesdays

10:30-11:30 Tuesdays & Thursdays

For any info on classes please call Judy Gilbert at 978-957-2611

Lift Your Spirits

REIKI

EVERY TUESDAY—FRIDAY AT 3:00PM
\$3.00 a session

Reiki is an ancient touch therapy technique that compliments traditional pain therapies. Reiki has a positive effect on all forms of illness from minor to chronic conditions such as arthritis, fibromyalgia and other pain syndromes. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate.

Please call the center to make an appointment.

NOTE: PLEASE PAY FOR CLASSES WITH A CHECK MADE OUT TO:

The Friend's of The Dracut Elderly, Inc.

Bowlers Needed

Small candlepins Bowling @Park Lanes in Windham, NH Fridays at 9AM. \$12.00 includes bowling and all banquets. Call the COA office at 978-957-2611

BEGINNERS LINE DANCING

With Marcella Groulx
Every Friday @ 9:00—10:00 am \$2 a class
\$2.00 a class

Library News

DCOA Librarian: Ruth Chappas

The DCOA Library has a magnifier for enlarging print. The magnifier is available during Center hours.

Group jigsaw puzzle every day in the Library.
Chess Game Set Up In Library

LEGACIES VOLUME VIII ANTHOLOGY

Are available at the senior center for \$2.00

In Memoriam, Friends of the Dracut Elderly, Inc. memorial cards are available at the center

UP COMING EVENTS IN APRIL

Genealogy

Thursday Apr. 4th at 10am. Talk on Genealogy Cathy Bence from the Dracut Library will speak on getting started on genealogy. She will show how to access free website to learn your family history, records and your family tree.

Affordable Hearing, Hearing Clinic with Christopher Streeter Monday Apr.8th. 10am –12pm

Free service for:

Hearing screenings, evaluations, hearing aid maintenance and cleaning. minor hearing aid repairs
Please call for appointment at 978-957-2611.

DINNER & MOVIE

**Tuesday Apr. 9th.
at 11:30**

Dinner: Baked macaroni & cheese, zucchini and tomatoes. **Call Debbie at 978-957-0129** two days in advance to reserve your dinner. \$2.00 donation is suggested.

Free Movie Starts at 12 Noon

MOVIE: Argo

During the Iran hostage crisis, the CIA and Hollywood collaborated in a life-or-death covert operation to rescue six Americans. Their role in these events was little-known until information was classified many years later. On November 4th 1979, as the Iranian revolution reaches its boiling point, militants storm the U.S. Embassy in Tehran taking 52 Americans hostage.

Staring: Ben Affleck & John Goodman

Free Popcorn & Drinks Served

Quick Trips for April 2013

Friday-.Apr.5th..Walmart & Bobola's
Friday-Apr.12th...Fairhaven Health Care Center, tour, lunch and bingo
Friday-Apr.19th...Chunky's for lunch & movie
Friday-Apr.26th...Savers Discount & Chilli's

Merrimack Valley Legal Services

Thursday Apr.11th at 10am

Elder Law Attorney Marta Brooks will speak on legal issues for seniors

Talk on Elder Abuse

Thursday Apr. 18th at 10am. Diane Powell from Elder Services, Protective Services will speak on elder abuse, such as neglect, physical, sexual, psychological and financial abuse.

Representative Colleen Garry

Will hold office hours at the COA on
Monday Apr.22nd at 10:30 am

VETERANS BREAKFAST

Sponsored by Richard Harvey

In memory of all Dracut Veterans

Tuesday April 23rd at 9:00am

All veterans and spouses are welcome to attend.

National Volunteer Week

Continental Breakfast

Thursday April 25th at 10am

All volunteers are welcome.

Please Note: Copies of this newsletter are placed in the following locations:

Alexander's Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D'Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola's Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw's, St. Mary Magdalene Church, Tedeschi's (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D'Youville Parish.

