



# Dracut Council on Aging Newsletter

**MARCH 2013**

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442 Editor, Joyce H. Shadan

Website: [www.dracut-ma.us](http://www.dracut-ma.us) E-Mail: [councilonaging@dracut-ma.us](mailto:councilonaging@dracut-ma.us)

As we continue to burrow through winters' hold, March appears like a beacon in the night beckoning us with the promise of spring. As we approach the much awaited season we begin to awaken with a desire to create and experience something new. So get on board, we have much to offer to satisfy your newly energized self.

On Tuesday March 7th Mike Langlois an avid model train enthusiast will introduce us to model trains, show photographs and display a model train layout.

Mike will also discuss teaching basic guitar and offering to teach a class for those interested.

Roberta Crevier from Meadow Lodge will offer a talk on their services on Monday Mar.11th at 10:00am. On Monday the 18th, Roberta will demonstrate how to make a spring wreath. Anyone wanting to make a spring wreath should sign up on the 11th.

The March Veteran's Breakfast will be held on Tuesday Mar. 19th at 9am and will be sponsored by Richard Harvey in memory of all Dracut Veterans. Do you need information on financial decisions for retirement? Mike Savastano of MacDonald Insurance and Financial Services will speak on that and more on Thursday the 21st at 10:00am.

At one time or another we may need rehabilitation services. Fairhaven Health Center will stop by on Thursday the 14th at 10am and offer information on their rehab services. Directors coffee hour on the 28th. at 10am.

Representative Colleen Garry will hold office hours on Monday Mar.25th. at 10:30am. Friday's Quick Trips go to Wal-Mart and Princeton Station on the 1st, Dollar Tree and Scolas on the 8th. Rockingham Mall and the Food Court on the 15th, The Christmas Tree Shop and Ruby Tuesday's on the 22nd, and breakfast at Alicia's on the 29th.

Remember that submission of your stories for the Legacies Contest are due on the 29th and the Legacies Ceremony will be held in April. Come join us for dinner and the movie Flight on Tuesday the 12th. at the Dracut Council on Aging "The Best Place in Town"

Executive Director, Joyce Shadan

## COUNCIL ON AGING STAFF

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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

### **MARCH 2013**

**Your health and driving safely...**did you know that Massachusetts is a self reporting state? That means it is your responsibility to report to the **Registry of Motor Vehicles** and medical conditions that may affect your ability to drive. The **RMV** consulted with medical experts before developing regulations about minimum physical abilities necessary for driving, and these regulations apply to all licensed drivers and new applicants.

#### **Message from Donna**

To all the wonderful seniors who offered their prayers and words of support to me after the loss of my sweet mother, I thank you from the bottom of my heart. I can't express to you how much your kindness and gentle hugs meant to me...thank you so very much.

**Donna Houston, Outreach Coordinator**

Reminder to all volunteers, please drop off your time sheets the last Monday of the month. Thank you for all you do.

Wishing all our seniors a Happy St. Patrick's Day!

**Judy Gilbert Social Service/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.

### **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. We kindly ask, whenever possible, you schedule your lab work on Mondays and Fridays. Thank you for your patience.**

### **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. Mar.27th**. 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.



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### 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. Mar.13th & Mar.27th. Saint Patrick's Dinner Dance at Lenzi's March 20th at 11:30**

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](http://www.needymeds.org)  
download, print, clip and save.

## 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

Thanks to Frank Sleeper for his generous donation. Thank you to Richard Harvey for sponsoring the veterans breakfast.

# FEBRUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Cards/Pool/Chess 1 Wii/Foosball  9:00.....Bowling 9-10.....Line Dancing 9:30Walmart & Princeton Station in Chelmsford 12:00.....Cribbage 3:00.....Reiki
Cards/ Pool/Chess 4 Wii/Foosball  10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 5 Wii/Foosball  9:00-10:00.....Energetics 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 6 Wii/Foosball  9-11Beginners Computer 9:30-1:00.....Shine 10:00.....Bone Builders 3:00.....Reiki	Cards/Pool/Chess 7 Wii/Foosball  9:00-10:00.....Energetics 9:30-12...Quilting Group 10:00.....Model Trains 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 8 Wii/Foosball  9:00.....Bowling 9-10.....Line Dancing 9:30.....Dollar Tree & Scola's 12:00.....Cribbage 3:00.....Reiki
Cards/Pool/Chess 11 Wii/Foosball  10:00.....Meadow Lodge 10:.....Affordable Hearing (Free Hearing Screening) 10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 12 Wii/Foosball  9:00-10:00.....Energetics 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:00...Movie (FLIGHT) 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 13 Wii/Foosball  9-11Beginners Computer 9:30.....Shine 10-11.....Bone Builders 10:00.....Tai Chi 1:00Senior Citizens Club Meeting 3:00.....Reiki	Cards/Pool/Chess 14 Wii/Foosball  9:00-11:00.....Energetics 9:30-12...Quilting Group 10:00..Fairhaven Rehab 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 15 Wii/Foosball  9:00.....Bowling 9-00.....Line Dancing 9:30Rockingham Mall & Food Court 12:00.....Cribbage 3:00.....Reiki
Cards/Pool/Chess 18 Wii/Foosball  10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 19 Wii/Foosball  9:00... Veterans Breakfast 9:00-10:00.....Energetics 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 20 Wii/Foosball  9-11Beginners Computer 10-11.....Bone Builders 10:00.....Tai Chi 11:30..Senior Citizens Dinner Dance at Lenzi's 2:30.....Dracut COA Board Meeting 3:00.....Reiki	Cards/Pool/Chess 21 Wii/Foosball  9:00-10:00.....Energetics 9:30-12...Quilting Group 10:00.Financial Decisions for Retirement 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3;45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 22 Wii/Foosball  9:00.....Bowling 9-10.....Line Dancing 9:30Christmas Tree Shop & Ruby Tuesdays 12:00.....Cribbage 3:00.....Reiki
Cards/ Pool/Chess 25 Wii/Foosball  10:00.....Spring Wreath Class 10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 26 Wii/Foosball  9:00-10:00.....Energetics 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet 3:00.....Reiki	Cards/Pool/Chess 27 Wii/Foosball  9-11Beginners Computer 10-11.....Bone Builders 10:00.....Tai Chi 9:30.....Shine 1:00Senior Citizens Club Meeting 3:00.....Reiki	Cards/Pool/Chess 28 Wii/Foosball  9:00-10:00.....Energetics 9:30.. <b>No Quilting Class</b> 10:00.....Coffee with the Director 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30.3:45...Nurse Nancy 3:00.....Reiki	Cards/Pool/Chess 29 Wii/Foosball <b>Center closed at 12:00</b> <b>Holiday Good Friday</b>  9:00.....Bowling 9-10.....Line Dancing 9:30.Alicia's for break- fast in Pelham <b>NO MEALS</b>



# Groups - Classes - Events



## Groups Classes

### **BEGINNER'S COMPUTING**

**With Pat Merrill**  
**Mar.6—April 24th**  
Wednesdays 9:00-11:00  
**8 Weeks at \$15.00**

### **FREE QUILTING CLASS**

Thursdays 9:30am—12:00pm

### **ENERGETICS**

**Mar.5th –28th**  
Tuesdays & Thursdays  
9:00 –10:00

**With Elaine Corsetti**  
**\$20.00 per session**

### **TAI CHI**

**With Connie Rock**  
**Mar.13th –Apr. 17th.**  
10:00—11:00  
**\$35 for Six Week Course**

### **ART CLASS**

**With Stella Pappas**  
**Mar.5th—Apr.23rd**  
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 MARCH

**Thursday Mar.7th at 10am** the hobby of model trains will be demonstrated by Mike Langlois.

**Affordable Hearing, Hearing Clinic  
with Christopher Streater Monday Mar.11th  
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**

**Representative Colleen Garry**

Will hold office hours at the COA on

**Monday Mar. 25th at 10:30 am**

**Meadow Lodge of North Chelmsford**

Will give an overview on their services and programs on **Monday Mar. 11th. at 10:00am**

Refreshments will be served.

**DINNER & MOVIE**

**Tuesday Mar.12th  
at 11:30**

**Dinner:** Chicken meatballs with marinara sauce, potato wedges, kernel corn. **Call Debbie at 978-957-0129** two days in advance to reserve your dinner. \$2.00 donation is suggested.

**MOVIE: FLIGHT**

Whip Whitaker is a seasoned airline pilot who miraculously crash lands his plane after a mid-air catastrophe, saving nearly every soul on board. After the crash, Whip is hailed as a hero, but as more is learned, more questions than answers arise as who or what was really at fault and what really happened on the plane. **Staring:** Denzel Washington & John Goodman. **Rated: R**

**Free movie starts at 12noon  
Free Popcorn & Drinks Served**

**Fairhaven Health Care Center**

**Thursday Mar. 14th at 10:00am**

Speak on their rehabilitation services.

## Quick Trips for March 2013

**Friday-.Mar.1st...**Walmart & Princeton Station In Chelmsford

**Friday-Mar.8th...**Dollar Tree & Scola's

**Friday-Mar.15th...**Rockingham Mall & Food Court

**Friday-Mar.22nd...**Christmas Tree & Ruby Tuesdays

**Friday Mar. 29...**Alicia's for breakfast in Pelham N.H

## VETERANS BREAKFAST

**Sponsored by Richard Harvey**

**In memory of all Dracut Veterans**

**Tuesday Mar.19th at 9:00am**

All veterans and spouses are welcome to attend.

## Financial Decisions For Retirement

**Thursday Mar.21st at 10:00am**

Presented by Michael Savastano, CLU

Refreshments will be served.

**Monday Mar.25th at 10:00**

## Spring Wreath Class

w/ Roberta Crevier from Meadow Lodge of North Chelmsford. Sign up by Mar. 11th

## COFFEE WITH THE DIRECTOR

**Thursday Mar.28th at 10am**

Stop by for coffee and refreshments.

Discussions on up coming events, issues and concerns.

## ANNUAL LEGACIES WRITING COMPETITION

Is a writing competition open to all seniors. Submissions are due by March 29, 2013. Stories may be written in one or all categories. Categories are: veterans memories, tell a funny or sentimental story, a challenge in your life, a story for your grandchildren and describe a spiritual experience The Dracut Jr. High Students will be available to assist in writing your stories, editing or typing. They can also help you with getting started. Please let the office know if you need assistance.

### 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.

