



Dracut Council on Aging Newsletter

APRIL 2014

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

Spring is the season for new beginnings and renewals. The first hints of spring emerge from the earth with lively colors and fragrant blooms. Its nature's delicate way of nudging us awake from winter's slumber. With an abundance of daylight and warmer weather we begin to feel energized once more. Spring is in the air and the air has that familiar scent that we welcome like an old friend.

The 10th Annual Legacies Writing Competition begins this month. It's an opportunity to write that story you have always wanted to tell. The deadline for submissions is April 25th. The stories will be judged in each category and all stories will be printed in the 10th Legacies Anthology. All will be announced at the Legacies Ceremony and Luncheon on May 23rd at noon. For anyone needing a little help writing their story, Mike Langlois a good writer himself can help you get started, edit or type for you. More info on the competition in this issue.

We are taking spring's lead and starting a new class. Connie Rock our Tai Chi instructor will facilitate a meditation group. The practice of meditation can be most beneficial. It helps us to focus, relax and it's fun to do. This is a free class on Wednesdays starting April the 2nd from 11:15-11:45am. Please sign up in the office.

Our volunteer family is the heart of our senior center. Without their dedication and devotion we would not be the place where everyone calls their home away from home. National Volunteer Week is April 7-April 11. All volunteers are invited to a continental breakfast on Monday the 7th at 9am. On Thursday the 10th at 10 am Hannaford's Pharmacy will sponsor a "Brown Bag Event". You can bring in all your prescriptions and the pharmacists will answer your questions or concerns. As Easter is celebrated this month Representative Colleen Garry will be back on Monday the 14th at 9:30 am to show us how to make handmade Easter cards. It's a free class, sign up is needed. On Tuesday the 29th at 9 am Bayberry at Emerald Court in Tewksbury will sponsor the Veteran's Breakfast and talk on Veteran Aid and Assistance Program.

My coffee hour will be on Thursday the 24th at 10 am. Please join me for coffee, refreshments and lively conversation.

Come to Dracut's Center for Healthy Aging and fling into spring!!

Happy Spring,
Joyce H. 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*
Charlene Bennett, *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 Fleury
Louis Darvirris
Omer Matte
Anna Coullupy

Senior Center Hours
Monday through Friday
8:00 am to 4:00 pm
Second and Fourth
Monday open till 6pm

Don't be fooled! There are many things you can be doing, but the Council on Aging is the place to come to for your senior needs and socialization.. We need talent for our upcoming Talent Show...give me a call!!! Please remember, Fuel Assistance ends April 30th. To all of you were so thoughtful and kind by sending good wishes during my recuperation after my recent knee surgery, I thank you all from the bottom of my heart! It meant the world to me . Thanks again!!

Donna Houston, Outreach Coordinator

April 7th.-Apr.11th is National Volunteer Week. Lets celebrate with all our volunteers at a continental breakfast in your honor and thanks for all you do. The breakfast will be on Monday Apr. 7th at 9am.

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 **THREE MORNINGS** in advance by calling Debbie Lasorsa between 9:00 am and 12:30 pm.at 978-957-2611. 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. **Driver's urgently needed for the Meals on Wheels Program.** Training will be given to drivers on each route. A stipend is given to drivers.

Total time involved is between 1 & 1 1/2 hours. Please stop by the center or call **Debbie at A NEW PHONE NUMBER—978-957-2611**

DRACUT SENIOR CENTER

NEW: Extended Hours. The second and fourth Monday of each month open till 6pm. April 7th. & 28th

Learn more about our programs, services and events. Get information on SHINE, Transportation, Food Stamps, Needy Meds, File of Life, 911 Applications, Medical Equipment Loan Program, Meals on Wheels. Fuel Assistance, AARP Tax Prep, COA Library. Other general information and volunteer opportunities. Call Donna Houston for appointment at 978-957-2611

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. You may purchase bus ticket from bus driver.** 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. FGP Foster Grandparent Program, volunteer in schools, daycare and Head Start facilities and after school programs. They work with children who need extra help and attention to thrive and succeed. Dracut public schools would like to have more FGP volunteers in their classes. Learn about opportunities and benefits with CTI's volunteer program. **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 on **Wed. April 23rd**. 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 TO 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.. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise noted. **Meetings: Wed. Apr. 9th & Apr. 23rd. Saturday Apr. 19th Ham & Bean Supper at The Senior Center from 4-6pm.**

A bingo game is held right after the meeting.
Annual dues are \$2.00 payable on meeting days. **Please call Mary Rowe for more info @ 978-697-6605**

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. Download, print, clip and save.

Second Hand Rose

Thrift Shop - Open Daily
Dracut Council on Aging
951 Mammoth Road

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

The "Friends of the Dracut Elderly, Inc." is a non-profit organization dedicated to supporting the needs of our older residents. They fund raise for the COA to supplement our programs, classes, holiday parties, health screening and wellness programs. We hope you will take this opportunity to join the Friends or renew your annual membership on the form below.

Sincerely

The Friends of the Dracut Elderly, Inc.
I would like to join or renew for the annual fee of \$3.00.

I would like to make a contribution of \$10
\$25, \$50, \$100

NAME _____

ADDRESS _____

Please make checks payable to:
Friends of the Dracut Elderly, Inc.
951 Mammoth Rd, Dracut, Ma. 01826

THANK YOU TO

Frank Sleeper for his generous donation
Ray & Phyllis Carrigan and the Friends of the Dracut Elderly for the purchase of the new pool table.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	5
	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-10:00.....Art Class 9:00...Grocery Shopping 10:30.... Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 10-11.....Bone Builders 11:15..Meditation Group 1-2.....Bone Builders 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00..... 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30.....Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00...Walmart & Mama's 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
7	8	9	10	11
8:30-9....Free Breakfast 9:00Volunteer Breakfast 10:00... Bone Builders 1:00.....Bingo 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30.... Bone Builders 11:30MVNP Site Special 12:00..Movie (Gravity) 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 10-11.....Bone Builders 10:00-11:00.....Tai Chi 11:15..Meditation Group 1-2.....Bone Builders 1:00..Senior Citizens Club Meeting 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00Hannafords Pharmacy 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00...Dollar Tree & Irish Cottage 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
Center Open Till 6:00				
14	15	16	17	18
8:30-9.....Free Breakfast 9:30 Crafting w/ Colleen 10:00..... Bone Builders 10:00 Affordable Hearing (Free Hearing Screening) 1:00.....Bingo 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30..... Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 10-11.....Bone Builders 10:00-11:00.....Tai Chi 11:15..Meditation Group 1-2.....Bone Builders 1:00.....Reiki 2:30..Dracut COA Board Meeting	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9-00.....Line Dancing 9:00..Breakfast at Alicia's NO MEALS CENTER WILL CLOSE AT 12NOON
21	22	23	24	25
PATRIOT'S DAY CENTER IS CLOSED FOR THE HOLIDAY	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30..... Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 9-11Beginners Computer 9:30.....Shine 10-11..... Bone Builders 1-2..... Bone Builders 1:00.....Reiki	8:30-9.....Free Breakfast 9:00 -10:00.....Energetics 10:00...Coffee with the Director 10:30..... Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9-00.....Line Dancing 9:00...Kohl's / TJmax & Greenfields for lunch 12:00.....Cribbage 1-2..... Bone Builders 1:00.....Reiki LAST DAY TO SUBMIT STORIES FOR LEGA- CIES
28	29	30	<h1>APRIL 2014</h1>	
8:30-9.....Free Breakfast 10:00... Bone Builders 1:00.....Bingo 1:00.....Reiki Center Open Till 6:00	8:30.....Free Breakfast 9:00-10:00.....Energetics 9:00..Veterans Breakfast 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30..... Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9...Free Breakfast 9..Begginner's Computer 10-11..... Bone Builders 1-2..... Bone Builders 1:00.....Reiki		



Groups - Classes - Events



BEGINNER'S COMPUTING

With Pat Merrill
Apr. 2, 9, 16, 23 & 30th.
Wednesdays 9:00-11:00
\$15.00 for 8 Week Course

ENERGETICS

With Elaine Corsetti
Apr. 1st.—Apr. 29th.
Tuesdays & Thursdays
9:00 –10:00
\$20.00 per session

TAI CHI

With Connie Rock
Apr. 2, 9th & 16th
10:00—11:00
\$35 for Six Week Course

ART CLASS

With Stella Pappas
Apr. 1, 8, 15, 22, & 29th
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

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
1:00-2:00 Wednesdays & Fridays

New Meditation Group

with Connie Rock, In the Senior Center Library,
Wednesday, April 2, 9 & 16th at 11:15-11:45
This group meditation will help quiet the mind. Re-
lax the body, keys to improve our focus and is fun
to do. It's a free class, sign up in office.

Lift Your Spirits

REIKI

Appointments are 1:00 & 3:00pm
each session is 40 minutes
\$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.
@ 978-957-2611

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**

Library News

DCOA Librarian: Ruth Chappas

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

M.G. Parker Memorial Library

Library delivery to the homebound. Call **978-454-
5474** for more info **www.dracutLibrary.org**

LEGACIES VOLUME IX ANTHOLOGY

Are available at the senior center for **\$3.00**
In Memoriam, Friends of the Dracut Elderly, Inc.
memorial cards are available at the center.

UP COMING EVENTS IN APRIL

FREE BREAKFAST PROGRAM:

Oatmeal, Fruity muffin, Orange Smoothie. Cost is 50. for milk. **Mon.—Fri. at 8:30 Call Judy**

DINNER & MOVIE

Tuesday Apr. 8th

Dinner at 11:30—MVNP Site Special .

Movie at 12 noon Gravity-Staring Sandra Bullock & George Clooney .Popcorn & Drinks Served

APRIL MVNP SITE SPECIAL Tuesday Apr.

8th at 11:30. Sliced ham, American cheese, shredded lettuce, sliced tomatoes and pickles. Oil, mayo or mustard on a sub roll with chips. Served with Italian wedding soup and cheese cake with strawberry topping. Please call Debbie 3 days in advance to reserve you're your dinner. \$2 donation is suggested. 978-957-2611

Thursday April 10th at 10am

Hannaford Pharmacy

Will host a Brown Bag medications. .Bring your medication and have the pharmacists will check them out for possible interactions and other issues

**Affordable Hearing, Monday Mar. 10th.
10 –12pm**

Please call for appointment at **978-957-2611**

Make Your Own Easter Card

Crafting with Colleen

Monday April 14th. At 9:30

Representative Colleen Garry will show seniors how to make a Easter card using paper craft, embossing stamps and more! Sign up by **Thursday Apr. 10th.**

Rep. Colleen Garry

office hours **Monday Apr.21st. at 10:00**

Quick Trips for April 2014

Friday-Apr. 4th..Walmart & Mama's

Friday-Apr. 11th..Dollar Tree & Irish Cottage

Friday—Apr. 18th..Breakfast at Alicia's

Friday-Apr. 25th..Kohl's/ TJmax & Greenfields for lunch

VETERANS BREAKFAST

Tuesday April 28th at 9am

Sponsored by Bayberry at Emerald Court

All veterans spouses are welcome to attend

ANNUAL LEGACIES WRITING COMPETITION

A writing competition open to all seniors. Submissions due by **April 25th.** Contestants are invited to write in five categories

Veteran's Memories

Spiritual Experience

Life: Challenges

For My Great-Grandchildren

Best & Funniest Things In Life

(New) Travel Stories

Mike Langlois can assist you getting started, edit or type your story.

Dracut Senior Citizens Property Tax Work Off Program 2014

Work in a town department for 62.5 hours and receive \$500 off your property tax bill. Applicant must be 60 years or older, a resident of Dracut or current spouse of homeowner. Eligibility is based on income and other factors. Please call the senior center office at 978-957-2611 for more info

FUEL ASSISTANCE PROGRAM 2013

Please call for gross income guidelines and to make appointment at **978-957-2611.**

Last day to apply is Apr. 30, 2014

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.



KEY:		1		2		3		4				
Kcal =	Kilocalories	Stuffed Shells / Meat Sauce	BBQ Pork Riblet	Baked Beans	Baked Beans	Roast Turkey with Gravy	Pier 17 Fish	Potato Wedges				
Na+ =	Sodium mg.	Broccoli & Cauliflower	Kernel Corn	Peach Cup	Kernel Corn	Fruited Gelatin	Ketchup / Vegetable Medley					
CHO =	Carbohydrates	Diet Pudding	Sandwich Roll		Peach Cup	Diet Gelatin	Fresh Apple					
% Fat =	% Kcal	Italian Bread			Sandwich Roll	Whole Wheat Dinner Roll	Light Rye Bread					
	from Fat	Kcal	Na+	CHO	% Fat	Kcal	Na+	CHO	% Fat			
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<i>See Site Special</i>												
7 High Sodium Meal												
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17 Birthday Meal												
805	1699	101	37	15	547	1130	66	30	652	1313	100	22
18 Good Friday												
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21 No meal Served												
<i>Patriot's Day Holiday</i>												
												
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81												
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96												
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681	63											