

DECEMBER 2014



978-957-2611

Dracut Council on Aging Newsletter

951 Mammoth Road, Dracut MA, 01826

www.dracutma.gov/council-on-aging

Senior Center Hours

Monday - Friday

8:00 AM to 4:00 PM

Mon. Dec. 8th & 15th until 6:00 PM

COA Staff

Executive Director

Bethany Loveless

bloveless@dracutma.gov

Volunteer Coordinator

Judy Gilbert

jgilbert@dracutma.gov

Social Services Coordinator

Donna Houston

dhouston@dracutma.gov

Clerk/Bookkeeper

Pat Cahill

pcahill@dracutma.gov

Bus Driver - Anita Chartier

Bus Driver - Charleen Bennett

Bus Driver - Russ Lahaise

Custodian - Gertrude Frechette

Custodian - Bob Houston

Meal Site Manager - Debra Lasorsa

Meal Site Aid - Donna Campbell

COA Board

Pat Merrill, Chairperson

Ann Casey, Vice Chairperson

Mary Jo Sudol, Treasurer

Renee Espinola, Secretary

William O'Neill

Chet Pater

Gerald Surprenant

Lt. Mike Fleury

Louis Darvirris

Omer Matte

Anna Collupy

Director's Message

Hello All,

I am very excited to be joining the team here in Dracut. I appreciate the staff and you all for bearing with me as I slowly transitioned from my position as COA Director for the town of Templeton to here. As of Monday, November 24th I am now full time here in Dracut.

I have been the COA Director in Templeton for a little over a year where we have been building a new Senior Community Center for the current COA is located in a one room school house. Prior to my time in Templeton I was a van driver, activities coordinator, and volunteer coordinator for the Groton COA. Before that, I was activities coordinator and assistant director for the Pepperell COA.

Despite my time at three previous COA positions, senior programming is actually my second career. For a long time I directed youth and summer camp programs for YMCAs. It was actually Clare Hamilton who convinced me that I was in the wrong career. Clare, Dracut's COA Director before Joyce, and I are Greater Lowell Kiwanis Club members together. At meetings I would talk about the struggles of running childcare programs and she would tell me how she thought I was meant to be in the COA world. Boy was she right!

On the personal side, my husband, Rick, and I live in Pepperell. He grew up in Groton and I in Dunstable. Rick and I have three dogs and love to spend time with family and friends. That is when we are not working or working on the house.

Anyway, I look forward to meeting you all. I want to hear your thoughts and suggestions regarding what additional programs, classes, and events you would like to see us offer. So please don't be shy, because I am not!

Wishing you Happy Holidays and looking forward to seeing you all at the Holiday Party we are having on the 12th (see page 5 for details).

Sincerely,

Bethany

Senior Center Closures: If the Dracut schools are closed due to inclement weather the Senior Center will be opening at 10:00 AM. Depending on the severity of the storm transportation, classes, and other activities may be cancelled so please contact us in advance before leaving the house. The Center is closed during state of emergencies.

Professional Services

Office Hours

Call the COA at 978-957-2611 to make an appointment with below services unless otherwise noted.

SHINE

Thursday, December 4th

Wednesday, December 10th

Appointments with SHINE (Serving the Health Insurance Needs of Elders) Counselor Jill O'Sullivan for free, impartial health insurance information.

Social Security Help

Monday, December 8th

Appointments with Retired Social Security Volunteer Kathy Gosselin for advice and questions regarding SS benefits.

Fuel Assistance

Mondays starting at 12:00 PM

Claire Wuolle, a retired Fuel Assistance professional takes appointments to assist seniors in applying for this assistance program.

Representative Colleen Garry

Monday, December 15th at 10:30 AM

Rep Garry or a staff member from her office will be on hand to answer your questions, take feedback, and talk about state and local issues.

Health Clinics

Drop in: Thursdays 1:30 to 3:45 PM

Drop in hours to see Circle Home (visiting nurses association) RN Nancy Harding for blood pressure checks, weight monitoring and general consultations. 100% of donations received for this service support Circle Home.

Blood Sugar Testing

3rd Thursday 2:30 PM

With RN Nancy Harding. See above.

Hearing Screenings

Monday, December 8th, 10 AM to 12 PM

Appointments with Chris Streeter from Affordable Hearing to have your hearing checked and hearing aids checked/cleaned.

Outreach & Social Services

Donna Houston, Outreach Coordinator

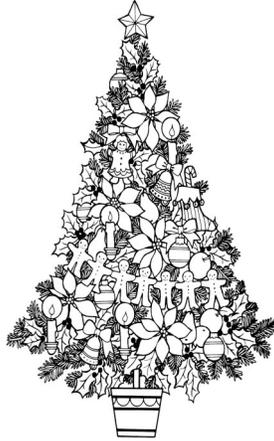
978-957-2611 email: dhouston@dracutma.gov

Signs of the Season

Sparkling lights, decorated houses and trees, store windows filled with children's dreams and wishes, sweet holiday treats, men and woman ringing bells reminding us to help our fellow man, houses of worship filled with faithful, candles in windows, wreaths with the holly & bows, mother, father, child, faith, hope and love. Please remember the brave men and woman proudly serving our country and the many sacrifices their families endure in their absence during the holidays.

Merry Christmas Everyone!

Donna Houston, Outreach Coordinator



Town of Dracut Senior Property Tax Work Off Program 2014 Applications Accepted December 1st to 30th

December is enrollment month for the town's Senior Property Tax Work Off Program. This valuable program can save you money at the same time you are serving your community. Eligible Senior

**Save \$500
off your
Property Taxes
by serving your
Community!**

Citizens can work in a town department for 62.5 hours and receive \$500 off their property tax bill for 2015. Work hours are completed between the months of January to October, 2015. There are numerous positions available in almost all the town departments. It is also a great way to better understanding of how our town government

works. Only 50 eligible seniors can take advantage of this program so if there are more than 50 qualified applicants we will hold a lottery.

Eligibility Requirements:

- Age 60 or older
- Be a Dracut homeowner or spouse and reside in Dracut
- Be retired as of 1/1/2014
- Not receive any other abatement or exemption from the town
- Income not in excess of (based on 2013 tax return):
 - \$55,000 for single person (non-head of household)
 - \$69,000 for single person (head of household)
 - \$82,000 for a married couple filing jointly
- Other requirements apply. See application for complete list.

Applications can be received and submitted at the Dracut Senior Center. Call 978-957-2611 or email bloveless@dracutma.gov. Application deadline is Tuesday, December 30th.

Dracut Senior Citizen's Club

The Dracut Senior Citizen's Club is a social club open to any senior age 60 and older regardless of what town you reside in. Annual membership dues is \$2.00.

Member Meetings

Meetings are held at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3:00 PM. An optional Bingo game follows each meeting.



**Christmas Dinner Dance
Wednesday, December 10th
from 11:00 am to 2:00 PM
at Lenzi's**

Please call Mary Rowe for more info at 978-697-6605.

Friends of the Dracut Elderly

Friend's 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.

Wish List

Coming soon we will have "Wish List" section of the newsletter. This list will name a few items each month that we need around the Center. By accepting donations of these items we can free up money in the budget and funds from the organizations that support us for more impactful purchases.

Thank You

Louie Darvirris & Downtown Page for sponsoring breakfast for the seniors at Bagel & Burgers.

Representative Colleen Garry for making holiday cards with the seniors.

The Power of Flowers Project for making fresh floral arrangements for all our Meals on Wheels recipients.

Member / Donor Form

_____ 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, or \$100

Name: _____

Street Address: _____

Town: _____

State: _____ Zip: _____

Phone: _____

Email: _____

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



New, get the Newsletter by Email!

Send an email to bloveless@dracutma.gov or fill out a form at the front desk of the Senior Center.

Places to Pick Up the Newsletter:

Alexander's Pharmacy, All Dracut Senior Housing, TD Bank, (Bridge St) Market Basket, CVS (Lakeview Ave.) Dracut Family Diner, Dracut Police Station, Dracut Town Hall, Jeanne D'Arc Credit Union (Lakeview Ave), Lucky Oil Burner Service, Bobola's Restaurant, MV Chiropractic (Bridge St Dracut) M.G. Parker Memorial Library, Plaza Cleaning Center Shaw Farm St. Mary Magdalene Church, Tedeschi's (Mammoth Rd) True Value Dracut) St. Francis Church, Washington Savings Bank (Broadway Rd.) Dracut Barber Shop, Village Inn, St. Marguerite D'Youville Parish

Second Hand Rose

Thrift Shop

Open Daily

Dracut Council on Aging
951 Mammoth Road

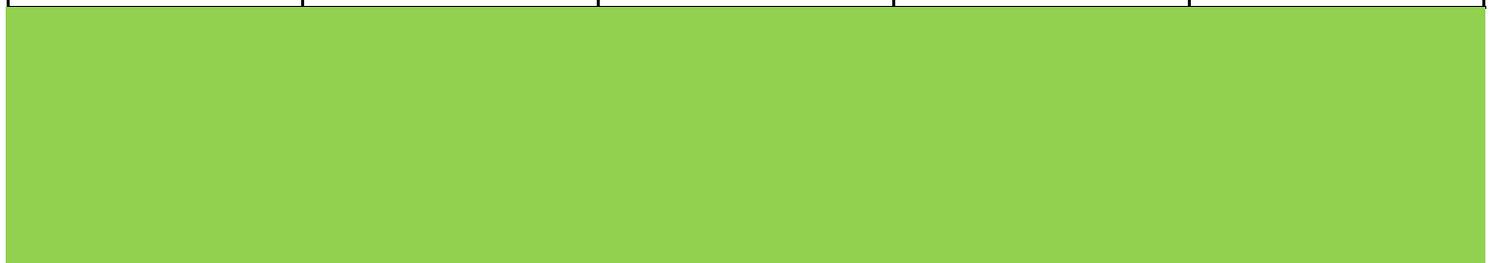
Donations of new or gently used, clean items arrive almost every day and are greatly appreciated.

General Public Welcome

All proceeds benefit the Friends.

December 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Breakfast 10:00 Bone Builders 12:45 Reiki 1:00 Bingo	2 8:30 Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 12:30 Knit /Crochet	3 8:30 Breakfast 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 12:00 Art Class 1:00 Bone Builders 2:30 COA Board Mtg 4:00 Festival Trees	4 8:8:3 Breakfast 9:00 Energetics 9:30 Cards w/ Colleen 9:30 Shine 10:30 Bone Builders 1:00 Bingo 1:30 Nurse Nancy	5 8:30 Breakfast 9:00 Line Dancing 9:00 Walmart/Dracut House of Pizza 10:00 Bone Builders 11:30 Site Special Meal 12:00 Cribbage
8 8:30 Breakfast 10:00 Soc. Sec. Questions 10:00 Bone Builders 10:00 Hearing Screening 1:00 Bingo Open Until 6 PM	9 8:30 Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 12:30 Knit/Crochet	10 8:30 Breakfast 9:00 Computer Class 9:30 Shine 10:00 Tai Chi 10-11 Bone Builders 11:15 Meditation 12:00 Art Class 1:00 Senior Club Mtg	11 8:8:3 Breakfast 9:00 Energetics 10:30 Bone Builders 1:00 Bingo 1:30 Nurse Nancy	12 8:30 Breakfast 9:00 Line Dancing 10:00 Bone Builders 11:30 Special Meal 11:30 Holiday Party 12:00 Cribbage
15 8:30 Breakfast 10:00 Bone Builders 10:30 Rep. Garry Office Hours 1:00 Bingo Open Until 6 PM	16 8:30 Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 12:30 Knit/Crochet	17 8:30 Breakfast 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 12:00 Art Class	18 8:30 Breakfast 9:00 Energetics 10:30 Bone Builders 1:00 Bingo 1:30 Nurse Nancy	19 8:30 Breakfast 9:00 Line Dancing 10:00 Bone Builders 12:00 Cribbage 4:00 Festival of Lights
22 8:30 Breakfast 10:00 Bone Builders 1:00 Bingo	23 8:30 Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 12:30 Knit/Crochet	24 8:30 Breakfast 9:00 Computer Class 10:00 Tai Chi 11:15 Meditation Center Closes at 12:00 PM	 25 Center Closed	26 8:30 Breakfast 9:00 Line Dancing 9:00 Quick Trip TBD 10:00 Bone Builders 12:00 Cribbage
29 8:30 Breakfast 10:00 Bone Builders 1:00 Bingo	30 8:30 Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 12:30 Knit/Crochet	31 8:30 Breakfast 9:00 Computer Class 10:00 Tai Chi 11:15 Meditation 11:30 Special Meal	 1 Center Closed	2 8:30 Breakfast 9:00 Line Dancing 9:00 Quick Trip TBD 10:00 Bone Builders 12:00 Cribbage



On Going Events & Activities

Social & Educational

Beginner's Computer - Wednesdays from 9:00 to 11:00 AM. Get individualized attention from Instructor Pat Merrill as you learn skills in this comfortable environment. \$15 for an 8 week course.

Arts & Crafts

Art with Joan - Wednesdays from 12:00 to 2:00 PM. Cost is \$40 for an 8 week session. Join studio owner Joan Turner for individualized attention as you paint or draw. Bring your supplies and what ever piece you are working on.

Health & Fitness

Energetics - Tuesdays & Thursdays from 9:00 to 10:00 AM. Elaine Corsetti instructs and fun and upbeat class with a mix of cardio and strength training. Cost is \$20 per session. Participation is contingent upon written doctor approval.

Tai Chi - Wednesdays from 10:00 to 11:00 AM. This relaxing class helps with balance and is a great falls prevention option. Cost is \$35 per 6 week session.

Bone Builders - A wellness class focused on increasing your endurance and strength as you improve your balance, thus preventing falls. Class includes stretching, exercises, and the use of weights. Participation is contingent upon written doctor approval. Pre-registration is required, see COA staff for details.
Mondays & Wednesdays from 10:00 to 11:00 AM
Tuesdays & Thursdays from 10:30 to 11:30 AM
Wednesdays 1 to 2 PM & Fridays 10 to 11 AM

Meditation - Wednesdays from 11:15 to 11:45 AM, free. This group meditation will quiet mind, relax your body and give you keys to improving your focus.

Reiki - Appointments available Monday through Friday at 12:45 and 1:30 PM. Reiki is an ancient touch therapy technique that compliments traditional pain therapies. Reiki has a positive effect on all forms of illness. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate. Cost is \$3.00 for a 40 minute session. Call the COA for an appointment.

Beginner Line Dancing - Fridays from 9:00 to 10:00 AM. Cost \$2 a class.

Cards & Games

Cribbage - Fridays at 12:00 PM

Bingo - Mondays & Thursdays at 1:00 PM

Featured Events

Please RSVP in advance for the following events especially if you will be eating lunch.
Call 978-957-2611 to sign up.

Make Your Own Christmas Cards Crafts with Colleen

Thursday, December 4th at 9:30 AM

Join Representative Colleen Garry as you learn how to make your own Christmas Card. Techniques will include paper craft, embossing, stamping and more. This is a free class and Rep. Garry will provide all the supplies you need.
Registration deadline: Tuesday, December 2nd.



Dealing With The Holidays

With Lou Bonano From Beacon Hospice

Mondays 10:00 - 11:00 AM

December 1st, 8th, 15th & 22nd

The holiday season can be extremely stressful for those who have lost loved ones. Please join us as we share our losses, develop coping strategies, and more. Come heal in a supportive, confidential environment.

Lunch & a Movie

Disney's Maleficent, PG

Tuesday, December 9th

Lunch 11:30 AM

Free Movie Showing at 12:00 PM

Lunch is a favorite of macaroni and cheese for a suggested \$2 donation. Following lunch we will be showing recently released on DVD, *Disney's Maleficent*. Come see the fairytale from a different perspective. Angelina Jolie stars as a vengeful fairy who curses an infant princess only to discover that this princess may be the only one who can save the land.



Holiday Celebration with

Entertainment & Re-Gift Yankee Swap

Friday, December 12th at 11:30 AM

First we will enjoy the site special meal from MVNP of seafood chowder and stuffed chicken breast with rice, vegetable medley, cranberry sauce, dinner role, and Boston cream pie for dessert. Following lunch will be a holiday sing-along with Mike & Rocky. Lastly will be an optional Re-Gift Yankee Swap. We do not want you to go out and spend money to participate in this fun game. Bring something wrapped that you want to re-gift (\$5 to \$10 price range) and let the swapping begin. Hot chocolate and holidays cookies will be served throughout the event. A \$2 donation is accepted for lunch.



Featured Excursions

Methuen Festival of Trees Trip

Wednesday, December 3rd, Pickups begin at 3:30 PM

We are headed to the 21st Annual Festival of Trees. There will be over 240 trees and wreaths to view and if you choose you can take a chance on winning the tree of your dreams.

Admission to the Festival is \$10. Optional raffle tickets are \$5 for a set of 26 tickets. Before viewing the trees we will have dinner at the Irish Cottage Restaurant & Pub. Dinner items at the authentic restaurant start around \$10 not including beverage, tax and tip.

Christmas Festival of Lights Trip to La Salette Shrine in Attleboro, MA

Friday, December 19th, Pickups begin at 4:00 PM

This is a longer van trip, but it is worth it. This is a sprawling 10 acre shrine that is decked out with over 300,000 holiday lights in different displays. Viewing the lights at the Shrine is free although donations are accepted. Light concessions are available for sale. Please be advised this is a secular light display. Prior to visiting the shrine, we will have dinner at Morin's Hometown Bar & Grill. Dinner will cost \$15.50 per person and you can choose from Yankee pot roast, fish & chips, or chicken pot pie. Tax & tip is included in the \$15.50.

Reservations for Excursions are taken on the first day of the month unless otherwise noted and are accepted until trip is full.

Quick Trips

Walmart and Dracut House of Pizza

Friday, December 5th, Pickups begin at 10:00 AM

Christmas Shopping time. After the Pelham Walmart will be lunch at the beloved Dracut House of Pizza.

Dracut Public Library

978-454-9190

Performance by the Merrimack Valley Ringers

Saturday, December 13th at 2:00 PM

Pre-registration required, call the Library to RSVP

Now in their 11th season, the Merrimack Valley Ringers are an auditioned community handbell ensemble devoted to sharing the art of handbells and handchimes with everyone. MVR's members delight audiences with their infectious joy, and make it their goal to capture their audience from the first note with their gusto and warmth. Considered partners in each performance, audiences are drawn in by the ensemble's personality, spontaneity, and unflappable spirit.

Dracut COA Buses

COA Dispatcher, TBD
email pending

Reservations call 978-957-2611

Local Shopping/Social Trips

Mondays - Thursdays: 8:30 AM to 3:30 PM

Principle Driver - Anita Chartier

Reservations are taken no later than 12:30 PM the day prior to your trip.

Bus Fare: \$1 each way or 20 ride ticket for \$18
Shopping and errands around Dracut including trips to the senior center, grocery shopping, adult day health programs, hair appointments, pharmacies, banking, and visiting friends just to name a few.

Medical Trips

Mondays - Fridays: 8:00 AM to 2:00 PM

Principle Driver - Charleen Bennett

You are encouraged to book your medical appointment trips as soon as you make your doctor's appointment.

Transportation to the following destinations for medical appointments. Scheduling is done on a first come, first serve basis.

Within Dracut - \$1 each way

Lowell Destinations - \$2 each way

Chelmsford Destinations & Select Destinations in Tewksbury- \$3 one way or \$5 round trip

Merrimack Valley Nutrition

Call 978-957-2611 for reservations or info.

Free Breakfast

Served daily from 8:30 to 9:00 AM. Your choice of oatmeal with egg and cheese or egg and sausage on toast. Served with fruit muffin, and orange smoothie. Milk is a \$0.50 charge.

Meals on Wheels

Meals delivered to clients' homes. Call if you or someone you know could use this service.

Daily Lunch Program

Lunch served daily at 11:30 AM. Please call 3 weekdays in advance to reserve your meal. \$2 donation is suggested. Twice monthly Special:
- Friday the 12th, Stuffed chicken breast, seafood chowder, rice, vegetables & Boston cream pie
- Wednesday the 31st Beef barley soup, corn beef, swiss cheese on rye, tossed salad & yogurt.

1 Chicken Nuggets (4 ea.) Sweet & Sour Sauce Potato Wedges / Ketchup Peas Fig Bar Oatmeal Bread	2 Ziti with Tomato Sauce Italian Sausage Parmesan Cheese Peas and Carrots Strawberry Cup/Diets Peach Cup Italian Bread	3 <i>High Sodium Meal</i> Low Sodium Hot Dog NE Baked Beans Kernel Corn Fresh Orange Hot Dog Roll	4 Roast Pork Gravy Red Bliss Whip Potatoes Mixed Vegetables Mixed Fruits Multigrain Bread	5 <i>Lourence Asian Special</i> Baked Salmon with Lemon Juice White Rice Winter Blend Vegetables Lorna Doones Whole Wheat Dinner Roll
8 Meatball Stroganoff Whipped Potatoes Scandinavian Vegetables Peaches Light Rye Bread	9 Macaroni and Cheese Zucchini & Stewed Tomato Fresh Orange Low Fat Muffin	10 Oven Roasted Chicken Baked Potato/Low Fat Sour Cream Peas and Carrots Butterscotch Pudding Diet Pudding / Biscuit	11 Roast Turkey with gravy Whipped Herb Potatoes Green & Gold Beans Cranberry Sauce, Apricots Whole Wheat Dinner Roll	12 <i>See Site Special</i> Pier 17 Fish Fillet Oriental Rice Vegetable Medley Pineapple Cup Multigrain Bread
15 Cheese Lasagna Marinara Sauce Green Beans Parmesan Cheese Strawberry Cup/Diets Peach Cup Oatmeal Bread	16 Grilled Chicken Breast Whipped Potatoes / Gravy Broccoli Mixed Fruits Whole Wheat Dinner Roll	17 Shepherd's Pie: (Seasoned Ground Beef, Whip Potatoes & Corn) Chocolate Pudding Diet Pudding Light Rye Bread	18 <i>Friday/Holiday Meal</i> Roast Beef with Gravy Whipped Potatoes California Blend Veggies Birthday / Holiday Cake Diets & MOWS - Plain Cake Snowflake Roll	19 Chicken L'Orange Baked Potato Low Fat Sour Cream Peas and Carrots Fresh Orange Italian Bread
22 Cheeseburger Baked Beans, Kernel Corn Baked Potato Chips Peaches Wh. Wheat Hamburger Roll	23 Stuffed Shells with Meat Sauce Peas and Carrots Fresh Orange Whole Wheat Bread	24 Chicken Fillet O'Brian Potatoes Scandinavian Vegetables Cranberry Sauce Ice Cream Whole Wheat Dinner Roll	25 <i>No Meal Served Christmas Day</i>	26 Egg Salad on a Roll Macaroni Salad Cole Slaw Tapioca Pudding / Diet Pudding Hot Dog Roll
29 Sweet & Sour Chicken Meatballs White Rice California Blend Vegetables Fresh Apple Multigrain Bread	30 Shaved Steak with Peppers & Onions Peas & Carrots / Mustard Whip Potatoes with Chives Apricots Whole Wheat Dinner Roll	31 <i>See Site Special</i> Apple Juice (No Milk Served) BBQ Pork Pattie / Mustard Potato Wedges / Ketchup Kernel Corn Fruit Yogurt Wh. Wheat Hamburger Roll	Jan 1 <i>No Meal Served</i>	2 Cheerios Cheese Frittata / Biscuit Breakfast Sausage (2) Oven Fried Potatoes, Ketchup Strawberry Cup Diets Peach Cup

MENU SUBJECT TO CHANGE WITHOUT NOTICE.