



Dracut Council on Aging Newsletter

FEBRUARY 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

February's weather can be harsh. Plenty of cold, wind and snow will make even the heartiest of us to crave a southern climate. Even winters' sun retreats earlier than we would like. Mostly though, much of what New England's wintertime creates for us is a longing to snuggle with a warm and fuzzy blanket. Our calendar however has a funny way of giving us bitter weather conditions and then arranges for a sweet way to adapt and make the journey through less tart. In the middle of the February we are bestowed with Valentine's Day, a celebration of love. Traditionally we send a Valentine to someone as a token of our love. Flowers and candy are also given and can warm and soften our hearts. Lovely customs such as Valentine's Day evolve and change with each generation. In this age of e-mail, texting and Facebook, a Valentine greeting may not resemble one from days gone by. An e-mail card is very nice but I'm old fashioned and a handwritten note or pretty card is cherished. And a handmade Valentine brings me over the top. As I'm sure most will agree when we take the time to design and create a card for someone, it means so much more. But how do we make a handmade card? Representative Colleen Garry knows how and she will show us. She will use paper crafts, embossing and more to make beautiful Valentines' Day cards. Join "Crafty Colleen" on Monday Feb. 10 at 9:30 am to learn how. This is a free class. Please sign up in the office. Rep. Garry will also hold office hours on Mon the 17th at 10:30 am. Starting Feb 7th AARP Tax Preparers will be available on Fridays to prepare tax returns at no charge for mostly low and moderate income residents by appointment only. They will also prepare the Circuit Breaker Tax Credit forms for those who do not file taxes. For residents 65 years and older who meet income and other requirements, they may be entitled to a tax credit. Hannaford Pharmacy of Dracut will give a talk on Herbal Medicines on Feb 27th at 10 am. On Monday the 24th at 9am, Bayberry at Emerald Court of Tewksbury will prepare a hot breakfast of eggs, sausage, bacon, home fries and more. And for your entertainment we will show the DVD CAVALLIA, a spectacular demonstration of horse and man. Please sign up for this event by Feb. 20th. You can beat the blues of February with the warmth of Valentine's Day.

Join us for a fun filled month at the Dracut Council on Aging.

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*
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

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

Happy Valentine's Day! Valentines & hearts go together...and exercise & laughter are two things that help keep your heart healthy. We offer both here at the center. You may want to join one of our exercise classes or scoot on over to sign up to do some line dancing! That's how you can meet new friends, see old ones and have a few laughs!

Donna Houston, Outreach Coordinator

All volunteers are required to attend a meeting on Thursday Feb.13th at 10am. Here at the center in the conference room. The meeting is about monthly time sheets and scanning in hours in the computer. If you would like to give some of your time, make new friends, stay active, get involved in your community, become a volunteer. Stop by or call me here at the center.

Happy Valentine Day

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.
(No evening hours in February)**

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

**SEEKING SUBSTITUTE DRIVER FOR
DRACUT COUNCIL ON AGING
Contact William Zounes, Human Resource**

978-453-9492 humanresources@dracut-ma.us

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. Feb. 19th**. 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., 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. Feb. 12th and Wed. Feb. 26th On Wed. Feb. 19th St. Patrick's Day Dinner Dance at Lenzi's**

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

Rep. Colleen Garry (Valentine Cards)

Bayberry at Emerald Court

Hannaford Pharmacy

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
8:30-9.....Free 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 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9.....Free Breakfast 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 1-2.....Bone Builders 1:00.....Reiki	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 9-10.....Line Dancing 9:00..Walmart & Dracut House of Pizza 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
10	11	12	13	14
8:30-9.....Free Breakfast 10:00...”Crafty Colleen” Make Valentine Cards 10:00.....Bone Builders 10:00Affordable Hearing 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 12:00.Movie(Last Vegas) 12:30.....Knit/Crochet 1:00.....Reiki	8:30-9...Free Breakfast 9-11Beginners Computer 9:30.....Shine 10-11.....Bone Builders 10:00-11:00.....Tai Chi 1-2.....Bone Builders 1:00.....Reiki 1:00.....Senior Citizens Club Meeting	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00..Volunteer Meeting 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..Job Lot & Ristorante Al Fresca 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
17	18	19	20	21
CENTER CLOSED PRESIDENT’S DAY	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 9-1Beginners Computer 9:30.....Shine 10-11.....Bone Builders 11:30.Senior Club Din- ner Dance at Lenzi’s 1-2.....Bone Builders 1:00.....Reiki 2:30..Dracut COA Board Meeting	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00...Coffee with the Director 10:30.....Bone Builder 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...Target in Lowell & Good Times 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
24	25	26	27	28
8:30-9.....Free Breakfast 9:00Bayberry at Emerald Court (hot breakfast) 10:00.....Bone Builders 10:30...Rep. Colleen Garry office hours 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 9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 1-2.....Bone Builders 1:00.....Senior Citizens Club Meeting 1:00.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00..Hannaford Phar- macy of Dracut 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/Michaels Crafts & Princeton Station 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki



Groups - Classes - Events



Groups Classes

BEGINNER'S COMPUTING

With Pat Merrill
Feb.5, 12, 19 & 26th
Wednesdays 9:00-11:00
\$15.00 for 8 Week Course

ENERGETICS

With Elaine Corsetti
Feb.4th—Feb.27th
Tuesdays & Thursdays
9:00 –10:00
\$20.00 per session

TAI CHI

With Connie Rock
Feb.5, 12, & 26th
10:00—11:00
\$35 for Six Week Course

ART CLASS

With Stella Pappas
Feb. 4, 11, 18 & 25th
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
1:00-2:00 Wednesdays & Fridays

Please call Judy Gilbert for any info on any of the classes. @ 978-957-2611

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 FEBRUARY

FREE BREAKFAST PROGRAM:

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

Affordable Hearing, Monday Feb.10th 10 –12pm

Free hearing screening, evaluations, hearing and maintenance and cleaning, minor hearing aid repairs. Please call for appointment at **978-957-2611**

Make Your Own Valentine with “Crafty Colleen”

Monday Feb. 10th at 9:30

Representative Colleen Garry will show seniors how to make a Valentine card using paper craft, embossing stamps and more! Sign up by **Monday Feb. 3rd.**

DINNER & MOVIE Tuesday Feb. 11th

Dinner at 11:30– Beef Fajita’s/Call Debbie 3 days in advance, 978-957-2611 \$2 donation suggested.

Movie at 12 noon–Last Vegas Semi-retired baby bommers have been friends since childhood. When the four head to Las Vegas, determined to stop acting their age and relive their glory days **Comedy / Staring:** Michael Douglas, Robert De Niro, Morgan Freeman and Kevin Kline. **Popcorn & Drinks**

MVNP Site Special , Wednesday, Feb. 12th

Cream of broccoli soup, meatball sub, tomato sauce & shredded cheese, garden salad, croutons and ranch dressing. Call Debbie at **978-957-2611**
THREE DAYS in advanced to reserve your dinner. **\$2 donation is suggested.**

We’re taking appointments for the free **AARP Income Tax Preparations.** Please call the center for your appointment.

COFFEE WITH THE DIRECTOR Thurs. Feb. 20th at 10am.

Rep. Colleen Garry
office hours **Monday Feb.24. at 10:30**

Quick Trips for February 2014

Friday-Feb.7th..Walmart & Dracut House of Pizza

Friday-Feb.14th..Job Lot & Ristorante Al Fresca

Friday–Feb.21st..Traget in Lowell & Good Times

Friday-Feb.28th..Kohl’s / Michaels Crafts & Princeton Station

Bayberry at Emerald Court

Will host a hot breakfast on Monday Feb. 24th at 9am
We will be showing The Cavalia video, a breath taking ode to horse and man. It marries the equestrian arts, stage arts and high –tech theatrical effects. It is a spectacular event.

Please sign up at the office by Feb. 21st.

Hannaford Pharmacy of Dracut

Will give a talk on Herbal Medicines

Thursday Feb. 27th at 10AM

Refreshments will be served

SENIOR CENTER CLOSING

If there is no school in **Dracut** because of bad weather please listen to **WCAP @ 980AM** and listen for **THE DRACUT SENIOR CENTER ANNOUCEMENT.** Tell you if the center is open or closed. If activities, classes, transportation is going on or if meals will or will not be served.

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 Annual Household Income Guidelines

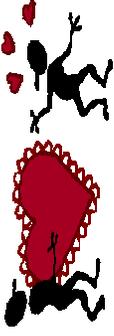
Household Size	Maximum Gross Income
1	\$32.065
2	\$41.932
3	\$51.798

Families with more than 4 members, call us for gross income guidelines & to make appointment @ **978-957-2611**

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.



<p>3 Hamburger Baked Beans Ketchup Kernel Corn Pineapple Hamburger Bun</p> 	<p>4 Thai Diced Chicken White Rice California Blend Veggies Peaches Whole Wheat Dinner Roll</p>	<p>5 Stuffed Shells with Marinara Sauce Carrot Coins Fresh Orange Italian Bread</p>	<p>6 Beef Stroganoff Pasta Mixed Vegetables Strawberry Cup Diets Pears Multigrain Bread</p>	<p>7 Fish a la Ritz Red Bliss Whip Potatoes Peas and Carrots Tapioca Pudding Diet Pudding Whole Wheat Bread</p>
<p>10 Apricot Glazed Chicken Red Bliss Whip Potatoes Carrot Coins Ice Cream Cup Whole Wheat Dinner Roll</p>	<p>11 Beef Fajita's Sour Cream Lettuce / Kernel Corn Peaches Tortilla</p> 	<p>12 Sweet Potato Fish Fillet Rice Pilaf Tuscany Blend Veggies Strawberry Cup Diets Pears Hot Dog Roll</p>	<p>13 Roast Turkey / Gravy Whip Potatoes Peas & Carrots Cranberry Sauce Vanilla Pudding/Diet Pudd. Oatmeal Bread</p>	<p>14 Salmon, Broccoli & Pasta  Fresh Orange Light Rye Bread</p>
<p>17 <i>No Meal Served</i> <i>Presidents' Holiday</i> </p>	<p>18 Chicken Jambalaya (Brst) White Rice Scandinavian Blend Vegetables  Pineapple Whole Wheat Bread</p>	<p>19 Low Sodium Hot Dog Potato Wedges / Ketchup Kernel Corn Mustard  Artic Ice Hot Dog Roll</p>	<p>20 <i>Birthday Dinner</i> <i>High Sodium Meal</i> Turkey Ham & Raisin Sc. Baked Potato with Sour Cream Tuscany Blend Veggies Birthday Cake / Diets & MOW'S Plain Cake Snowflake Dinner Roll</p>	<p>21 Potato Crunch Fillet Potato Wedges Ketchup California Blend Veggies Ice Cream Cup Multigrain Bread</p>
<p>24 Meatloaf with Gravy Whipped Potatoes Mixed Vegetables Fresh Apple Italian Bread</p>	<p>25 Honey Lemon Chicken Whip Potatoes w/ Chives Carrot Coins Strawberry Cup Diets Pears Multigrain Bread</p>	<p>26 Beef Chop Suey (8 oz) Chinese Noodles White Rice Fresh Orange Whole Wheat Dinner Roll</p>	<p>27 New Orleans Diced Chicken White Rice California Blend Veggies Mixed Fruits Oatmeal Bread</p>	<p>28 Fiesta Style Fish Scallop Potatoes Green and Gold Beans Butterscotch Pudding Diet Pudding Snowflake Dinner Roll</p>

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

Happy Valentine's Day!!! Joyce Shadan

You can beat the blues of February with the warmth of Valentine's Day. Join us for a fun filled month at the Dracut Council on Aging, Dracut's Center for Healthy Aging.

