



Dracut Council on Aging Newsletter

OCTOBER 2014

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

Website: www.dracut-ma.us

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Autumn in New England is a magical time of year. Mother Nature is overflowing with her display of autumnal tints. In what may seem like a short while, she changes the leaves into hues of red, yellow, orange and does not neglect the tall grasses and bushes but instead she finishes her palette with a renewed vibrancy. As we observe our changing landscape it is also the time each year when Medicare sees changes as well. On Monday the 20th at 10 am a SHINE Counselor will be on hand to talk about Medicare Open Enrollment and new changes for 2015. New service for Social Security Benefits Information by appointment only, call Donna Houston. The Dracut Board of Health is hosting its annual Flu Clinic on Saturday the 4th at the Richardson Middle School from 8am-2pm. For more info please see inside this issue. Our Veteran's Breakfasts resume this month on Tuesday the 28th at 9am. All veterans and their families are welcome. A Halloween Coffee sponsored by Senior Whole Health will be held on Thursday the 30th at 10 am.

There's a new Dracut Town Hall and we will have a trip to see it on Wednesday the 29th, with a stop for a frozen yogurt at Orange Leaf Yogurt. Our office will be open till 6pm on Monday the 20th and the 27th. Fuel Assistance will begin in November; however we will take applications starting in October for New Applicants ONLY.

October has always been my favorite month, it's my birth month and the fall is the season I look forward to most of all. This October will be unique for me as I will retire on the 10th. As I write this article I am overcome with bitter sweet emotions. My time here has been a journey of gratifying experiences. Even though it has been my responsibility to offer life enhancing programs for you, my life has been enriched by knowing you. You've shared your life experiences, your wisdom, and your sense of humor. As I start the next phase of my life, I will take with me the lessons learned, the gift of friendship and many fond memories. Please join me at my Open House on Thursday the 2nd from 10-1pm at the Dracut Council on Aging "The Best Place in Town".

I will miss you,
Joyce

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
 Anita Chartier, *Bus Driver*
 Russ Lahaise, *Bus Driver*
 Charlene Bennett, *Bus Driver*
 Gertrude Frechette, *Custodian*
 Bob Houston, *Custodian*
 Ruthie Chappas, *Librarian*

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 Collupy

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

The Fuel Assistance Program is starting again!!

Beginning on Nov. 1st we will be making appointments for Fuel Assistance applications and helping with re-certifications here at our office. You can make appointments for daytime hours or take advantage of our Extended hours for an appointment between 4pm and 6pm, two Mondays a month. Call and speak to Donna Houston for an appointment and more information.

Donna Houston, Outreach Coordinator

I'd like to thank everyone for your lovely cards and get well wishes. I have missed you all, feeling much better and looking forward to being back.

Judy Gilbert , Social Services/ Volunteer Coordinator

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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 978-957-2611**

DRACUT SENIOR CENTER

NEW: Extended Hours. Monday October 20th & 27th. will be open till 6pm.

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

New Service! Welcome Kathy Gosselin

Kathy Gosselin is a Dracut resident who is retired from the Social Security Office. She will be available by appointment only, one Monday a month, to answer questions and advise seniors regarding issues with their social security benefits.

Please contact Donna Houston to make appts.

TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social daycare, hair salons, barber shops, quick trips, CVS, Wal-Mart, banking, nursing home visits & other locations. The fare is \$1 each way and a **bus ticket, for 20 rides, is \$18. You may purchase a bus ticket from any 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

2014 FOXWOODS DAYTRIPS

Oct. 24th, and Nov. 21st.

\$30. For more information call:

Carol Gavriel @ 978-957-5527

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. Oct. 8th & 22nd**. 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 Circle Home

Every Thursday from 1:30-3:45PM,
blood pressure checks, weight monitoring
personal consultation. **Blood sugar test-**
(3rd Thursday at 2:30 pm) for known Diabetics. 100%
OF ALL DONATIONS GO TO ESMV AND CIRCLE HOME.



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 are Wednesday Oct. 8th & Oct 22nd. On October 15th there will be the annual Harvest 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 DISCOUNTCARD

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.

SITE SPECIAL LUNCH

Friday, October 10, 2014
Sign up with Debbie by **OCT 3rd**
Tomato Tortellini Soup with Sub Sandwich

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

**The Friends for sponsoring the
Annual Volunteer Recognition Event
And Louie Darvirris for sponsoring the
trip to Orange Leaf Yogurt**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 2014				
		1	2	3
		8:30.....Free Breakfast 9:00Beginners Computer 10:00.....Tai Chi 10-11.....Bone Builders 11:15..Meditation Group 1-2.....Bone Builders 12:45 & 1:30.....Reiki	8:30.....Free Breakfast 10:30.....Bone Builders 10:30-1:00 Director's Open House 1:00.....Bingo 1:30-3:45...Nurse Nancy 12:45 & 1:30.....Reiki	8:30.....Free Breakfast 9:00.....Bowling 10:30.....Line Dancing 9:00.....Wal-Mart & Olive Garden 10:00-11:00..Bone Builders 12:00.....Cribbage 12:45 & 1:30.....Reiki
6	7	8	9	10
8:30-9...Free Breakfast 10:00... Bone Builders 10...Affordable Hearing Free Hearing Screening 1:00.....Bingo 12:45 & 1:30.....Reiki	8:30-9.....Free Breakfast 9:00...Grocery Shopping 9:00-10:00.....Energetics 10:30... Bone Builders 12:30...No Knit/Crochet Class 12:45 & 1:30.....Reiki	8:30-9.....Free Breakfast 9:00Beginners Computer 9:30.....Shine 10:00.....Tai Chi 10-11.....Bone Builders 11:15..Meditation Group 1-2.....Bone Builders 12:45 & 1:30.....Reiki 1:00.....Senior Citizens Club Meeting	8:30-9.....Free Breakfast 10:30..... Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 12:45 & 1:30.....Reiki	8:30-9Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00.....Home Goods & "99" in Derry 10:00-11:00..Bone Builders 12:00.....Cribbage 12:45 & 1:30.....Reiki
13	14	15	16	17
CLOSED COLUMBUS DAY	8:30-9.....Free Breakfast 9:00...Grocery Shopping 9:00-10:00.....Energetics 10:30.....Bone Builders 12:00...Movie: Blended 12:30.....Knit/Crochet 12:45 & 1:30.....Reiki	8:30-9...Free Breakfast 9:00Beginners Computer 10:00.....Tai Chi 10-11.....Bone Builders 11:15..Meditation Group 1-2.....Bone Builders 12:45 & 1:30.....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 12:45 & 1:30.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9:00.....Line Dancing 9:00..Kmart/Marshall's & Cracker Barrel in Andover 12:00.....Cribbage 10:00-11:00..Bone Builders 12:45 & 1:30.....Reiki
20	21	22	23	24
8:30-9...Free Breakfast 10:00..... Bone Builders 10...Rep. Colleen Garry Office Hours 10:00 Medicare Update 1:00.....Bingo 12:45 & 1:30.....Reiki Center is open until 6:00pm	8:30-9.....Free Breakfast 9:00...Grocery Shopping 9:00-10:00.....Energetics 10:30.....Bone Builders 12:30.....Knit/Crochet 12:45 & 1:30.....Reiki	8:30-9.....Free Breakfast 9:00Beginners Computer 9:30.....Shine 10-11..... Bone Builders 11:15..Meditation Group 1-2..... Bone Builders 12:45 & 1:30.....Reiki 1:00.....Senior Citizens Club Meeting	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:30..... Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 12:45 & 1:30.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9:00.....Line Dancing 9:00..Christmas Tree & T- Bones in Salem 10:00-11:00..Bone Builders 12:00.....Cribbage 12:45 & 1:30.....Reiki
27	28	29	30	31
8:30-9.....Free Breakfast 10:00..... Bone Builders 1:00.....Bingo 12:45 & 1:30.....Reiki Center is open until 6:00pm	8:30.....Free Breakfast 9:00... Veteran's Breakfast 9:00...Grocery Shopping 9:00-10:00.....Energetics 10:30..... Bone Builders 12:30.....Knit/Crochet 12:45 & 1:30.....Reiki	8:30-9.....Free Breakfast 9:00Beginners Computer 9:30.....Shine 10-11..... Bone Builders 11:15..Meditation Group 1-2..... Bone Builders 12:45 & 1:30.....Reiki	8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00Senior Whole Health talk 10:30..... Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 12:45 & 1:30.....Reiki	8:30-9.....Free Breakfast 9:00.....Bowling 9:00.....Line Dancing 9:00..Dollar Tree in Methuen & Scola's 10:00-11:00..Bone Builders 12:00.....Cribbage 12:45 & 1:30.....Reiki





Groups - Classes - Events



BEGINNER'S COMPUTING

With Pat Merrill
 Oct. 1, 8, 15 & 22nd
 Wednesday 9:00-11:00
\$15.00 for 8 Week Course

ENERGETICS

With Elaine Corsetti
 Oct. 7th. -30th.
 Tuesdays & Thursdays
 9:00 -10:00
\$20.00 per session

TAI CHI

With Connie Rock
 Oct. 1, 8 & 15th
 10:00—11:00
\$35 for Six Week Course

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
Fridays class is now 10-11

New Meditation Group In the Senior Center Library, Wednesday, at 11:15-11:45
 This group meditation will help quiet the mind. Relax the body, keys to improve our focus and is fun to do. It's a free class, sign up in office.

FREE BREAKFAST PROGRAM:

NEW: Egg & Cheese or Egg & Sausage on Toast. Oatmeal, fruity muffin, Orange Smoothie. Cost is .50 for milk. **Mon.—Fri. at 8:30**
 Call Judy

VETERN'S BREAKFAST

October 28th at 9:00
 Sponsored by Steve Coravos
In memory of his father Aristides Coravos

Lift Your Spirits

REIKI

Appointments are 12:45 & 1:30pm
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**
\$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 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 OCTOBER

AFFORDABLE HEARING FREE HEARING SCREENING

Monday Oct. 6th
10 –12pm

Please call for appointment at 978-957-2611

Medicare

Open enrollment Monday
October 20th at 10:00 am

REP. COLLEEN GARRY

office hours Monday, Oct. 20th at 10:30

Senior Whole Health

October 30th at 10:00am
Refreshments will be served

2014 Seasonal Flu Clinic

Saturday, October 4, 2014

Richardson Middle School
1570 Lakeview Avenue

Last names beginning from A to H

8:00am - 10:00 am

Last names beginning from I to Q

10:00 am - 12:00 pm

Last names beginning from R to Z

12:00 pm - 1:30 pm

Open

1:30 pm - 2:00 pm

- *Must be a Dracut Resident ages 19 & Up
- *Must bring ALL Medicare and insurance cards

Further information can be obtained at the Dracut Board of Health(978)453-8162 and the town website www.dracut-ma.us

QUICK TRIPS FOR OCTOBER

Friday-Oct. 3rd..Walmart & Olive Garden in Tyngsboro

Friday-Oct.10th..Home Goods, Macs Apples & the “99”
in Derry, NH

Friday–Oct.17th.. Kmart/Marshall’s & The Cracker
Barrel in Andover

Friday– Oct. 24th..Christmas Tree & T-Bones in Salem

Friday– Oct. 31st..Dollar Tree in Methuen & Scola’s

DINNER & MOVIE

Tuesday Oct. 14th.

Dinner at 11:30- Chicken Supreme

Please call Debbie at 978-957-2611—3 days in advance to reserve your dinner. \$2 donation is suggested.

Free Movie at 12noon - Blended

Starring: Adam Sandler and Drew Barrymore

After a disastrous blind date, single parents Lauren and Jim agree on only one thing: they never want to see each other again. But when they each sign up separately for a fabulous family vacation with their kids, they're all stuck sharing a suite at a luxurious African safari resort for a week.

Rated PG-13 by the Motion Picture Association of America for crude and sexual content, and language.

Popcorn & Soda will be served.

The Fuel Assistance Program begins November 1st.,

however we will take applications in October for NEW

Applicants ONLY! If they do not wish to wait until November, by appointment only. Please call Donna at 978-957-2611

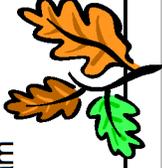
Thursday October 2nd. from 10:30-1pm.

In her honor an open house will be held here at the Council on aging as we say good-bye and thank you to Joyce for 16+ years of service to the Dracut elderly. Refreshments will be served along with the sharing of many wonderful memories of seniors having good times here at

“The Best Place in Town”

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

Alexander’s Pharmacy Inc., All Dracut Senior Housing Complexes, TD Bank (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 (Lakeview Ave Branch), 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 Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway Rd, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D’Youville Parish.

	<p>1 Maple Glazed Salmon Scalloped Potatoes Mixed Vegetables Chocolate Pudding Diet Pudding Whole Wheat Dinner Roll</p>	<p>2 <i>High Sodium Meal</i> LS Hot Dog Mustard & Relish Baked Beans Cole Slaw Regular & Diet Gelatin Hot Dog Roll</p>	<p>3 <i>Lawrence Asian Special</i> Breaded Chicken Whip Potatoes Carrot Coins Cranberry Sauce Fresh Apple Light Rye Bread</p>
<p>6 Cheeseburger Ketchup Kernel Corn Baked Potato Chips Pineapple Hamburger Roll</p>	<p>8 American Chop Suey Peas and Carrots Parmesan Cheese Fresh Orange Rye Bread</p> 	<p>9 <i>High Sodium Meal</i> Baked Ham with Fruit Sauce Whip Sweet Potatoes Broccoli and Cauliflower Ice Cream Oatmeal Bread</p>	<p>10 <i>See Site Special</i> Krunch Life Fish Potato Wedges Green and Gold Beans Fig Bar Whole Wheat Bread</p>
<p>13 <i>No Meal Served Columbus Day Holiday</i> </p>	<p>15 Meatball Sub with Tomato Sauce & Parmesan Cheese Oven Brown Potatoes California Blend Veggies Fresh Apple Sub Roll</p>	<p>16 <i>Birthday Dinner</i> Roast Turkey with Gravy Red Bliss Whip Potatoes Carrot Coins Birthday Cake / Diets & MOW'S Plain Cake Whole Wheat Dinner Roll</p>	<p>17 Potato Fish Fillet Whip Potato with Chives Mixed Vegetables Pear Cup Rye Bread</p> 
<p>20 Chicken Cacciatore White Rice Peas & Carrots Parmesan Cheese Mandarin Oranges Whole Wheat Bread</p>	<p>22 Mild Chili Shredded Cheese LF Sour Cream Green Beans Peach Cup Tortilla Chips</p> 	<p>23 Teriyaki Diced Chicken White Rice Scandinavian Blend Vegetables Pineapple Multigrain Bread</p>	<p>24 Fish Strips Florentine Rice Italian Blend Vegetables Tartar Sauce Fresh Orange Italian Bread</p>
<p>27 Beef Meatloaf with Gravy Whip Potato and Chives Chuckwagon Corn</p>	<p>29 Chicken Fillet Roasted Red Potatoes Green & Gold Beans</p>	<p>30 <i>Special Dinner</i> Beef Bourguignon White Rice Vegetable Medley</p>	<p>31 Stuffed Shells with Meat Sauce California Blend Veggies</p>

