



February 2016

Dracut Council on Aging Newsletter

978-957-2611

951 Mammoth Road, Dracut MA, 01826

www.dracutma.gov/council-on-aging

Senior Center Hours

Monday - Friday
8:00 AM to 4:00 PM
February 1st & 29th until 6:00 PM

COA Staff

Executive Director

Bethany Loveless
bloveless@dracutma.gov

Activities & Volunteer Coordinator

Judy Gilbert
jgilbert@dracutma.gov

Social Services Coordinator

Donna Houston
dhouston@dracutma.gov

Clerk/Bookkeeper

Pat Cahill
pcahill@dracutma.gov

Dispatcher

Kathie Zabbo-Greenwood
kgreenwood@dracutma.gov

Bus Driver - Anita Chartier

Bus Driver - Charleen Bennett

Bus Driver - Dee Dee Idras

Bus Driver - Louanne Brady

Custodian - Gertrude Frechette

Custodian - Bob Houston

Meal Site Manager - Debra Lasorsa

Meal Site Aid - Donna Campbell

COA Board

Lt. Mike Fleury, Chairperson

Ann Casey, Vice Chairperson

Renee Espinola, Secretary

William O'Neill

Chet Pater

Gerald Surprenant

Louis Darvirris

Omer Matte

Anna Collupy

Legacies Writing Competition

This year marks the 12th annual Dracut COA Legacies Writing Competition. Open to all seniors, this is an opportunity to submit works of prose or poetry regarding a multitude of topics. The entries will be judged, however all are valued as literary works, deserving publication. Therefore the Legacies Anthology will be a compilation of all the contest entries submitted.

The 2016 edition will include the following categories:

- Veteran's memories
- Funny or sentimental story
- Challenge in your life
- Spiritual experience
- Travel experience
- Memories of Dracut from bygone years
- Long lost Dracut landmarks and points of interest
- Prominent Dracut residents of the past
- Little known or surprising fact about Dracut

If you would like some help in getting started you may contact Legacies editor Mike Langlois, 978-957-4127. Entry deadline is April 29, 2016, earlier submissions are appreciated. Submissions accepted by emailing bloveless@dracutma.gov, mailing or dropping them off at the Senior Center (address at top of the page).

Director's Message

Although we had months where our Meals on Wheels team was complete, we once again are in need of volunteer drivers. This is the nature of a volunteer team, turnover is inevitable. The good news is that there are now openings for the most meaningful volunteer position in the Senior Center. Volunteer as little as one day a week all the way to five days a week for approximately 2 hours a day. Please remember, for many of our seniors who receive MOW, the volunteer delivery driver may be the only person that they have contact with all day.

Please consider volunteering as a driver even if it is as an on-call substitute. However, in the mean time, I hope to see you all at our two special events this month. What's more exciting than parties on back to back Fridays? On the 5th we are celebrating Mardi-Gras and celebrating Valentines day on the 12th. Please see page 6 for more event details.

Professional Services

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

SHINE

Wednesday, February 10th & 24th

Appointments with SHINE (Serving the Health Insurance Needs of Elders) Counselor Jill O'Sullivan for impartial health insurance information at no charge.

Social Security Help

Monday, February 29th from 3 - 5 PM

Appointments with retired Social Security volunteer, Kathy Gosselin, for advice and questions regarding SS benefits.

Fuel Assistance

By Appointment

Claire Wuolle, a retired Fuel Assistance professional, schedules appointments to assist seniors in applying for Fuel Assistance.

Representative Colleen Garry

Monday, February 22nd 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.

Senator Barbara L'Italien

Monday, February 29th at 11:30 AM

Senator L'Italien, or a staff member from her office, will be available to discuss your concerns regarding state and local issues, especially in regards to elder affairs.

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 or blood sugar checks, weight monitoring and general consultations. 100% of donations received for this service support Circle Home.

Hearing Screenings

Monday, February 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, Social Services Coordinator

978-957-2611 dhouston@dracutma.gov

People with dementia gain from learning self-management skills A Helpful Start

People with early-stage dementia benefit when they are empowered to manage their own condition, a study led by researchers at the University of Exeter has found. Research involving Bangor University and published in the journal *International Psychogeriatrics*, found that attending weekly 'self-management' group sessions which encouraged socialization, discussion, problem solving and goal setting fostered independence and promoted social support amongst people with dementia. The groups, led by trained facilitators, were focused on providing people with a better understanding of their dementia and ways to cope with it. Participants were supported in their ability to manage their own symptoms, treatment and lifestyle changes with information and expert help. They were then encouraged to share ideas and strategies for dealing with their condition and were encouraged to record notes and reminders in a handbook.

"Developing dementia can be a scary and isolating experience. We developed a group program to help people with dementia manage their condition and find ways of dealing with the changes in their lifestyle. We found early evidence that empowering people to manage their own symptoms and bringing them together helped them feel more confident about managing everyday life with dementia," said lead researcher Dr. Catherine Quinn, Senior Research Fellow in The Center for Research in Aging and Cognitive Health (REACH). "All this has helped to enhance their quality of life. The group members became friends and supported each other, and we found that they benefited from being able to learn from each other." The impact of the sessions was assessed by interviews with people with dementia and their caregivers after three months and then again after six. Results showed that participants benefitted from the facilitator support, information and help provided, and became better able to help themselves and found support in other group members.



Senior Center Closures: If the Dracut schools are closed because of weather, the Senior Center is also closed for all activities. While we will make every effort to deliver Meals on Wheels and provide medical transportation, cancellations may be necessary. If so, we will notify MOW recipients, and those scheduled for medical rides, of the cancellation. The Center is also closed during any state of emergencies.

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 where you reside. Annual membership is \$5.00.

Upcoming Meetings

Wednesday, February 10th & 24th at 1:00 PM

An optional Bingo game follows each meeting.

Valentines Day Dinner Dance

Wednesday, February 17th at Lenzy's

Tax Preparation Appointments

For an appointment call the center at 978-957-2611

This is a free service for seniors provided by AARP. Appointments - Fridays and Tuesdays from February 5th to April 8th. Appointments fill up fast, Call today!

Bring the following documents to your appointment:

- Copy of previous year tax return
- W-2 forms from each employer
- All 1099 forms (1099-INT, 1099-Div, 1099-misc) showing interest and/or dividends
- Documents showing the original purchase price of your sold assets (stock) unless that info. is included in document from trading company
- Paid Social Security benefits? Bring SSA-1099
- Received a personal annuity? Bring your 1099R
- Forms indicating federal or Mass estimated tax paid
- Received Unemployment? Bring statements
- Paid for childcare? Bring Name, Employer ID, SSN
- Itemized Deductions? Bring list with receipts etc.
- MA Circuit Breaker? Bring applicable bills
- Proof of taxes/mortgage interest paid
- Itemized Medical Deductions? Bring list of expenses with receipts etc.
- Claiming Medical Mileage? List of dates & miles
- Social Security Numbers of all dependents

Friends of the Dracut Elderly

**Next Meeting Open to All
Wednesday, February 17th at 10:00 AM**

The Friends Group is a private non-profit (501(c)(3)) which raises money to support COA activities as well as provide assistance for Dracut seniors in need. Membership is open to all, \$3 a year. To become a member, please attend our next meeting

2016 Friends Foxwoods Trips

Cost is \$30. Contact Carol at 978-957-5527 for all the details!

April 1 st	May 13 th
June 17 th	July 15 th
August 19 th	September 23 rd
November 2 nd	

Annual Atlantic City Trip October 2nd to 5th.

Wish List

- Valentines Napkins
- St Patrick's Day Napkins
- Patriotic Napkins
- Paper Towels & Tissues
- Transport Chairs
- Shower Chairs

Thank You

Ray Carignan - Tea Bags
Fran Desmarais - Pens & Post-its
Bob Rheume - Silverware
Dolly Williams - Adult Coloring Books & Pencils
Flo Brennan, Sue Landies & Kathy Jaques - Noon-Years Eve Goodies
Kathy from Seasons Florist - Poinsettia Plants
Doreen Farrell - Silverware

Places to Pick Up the Newsletter: Alexander's Pharmacy, Dracut Senior Housing, TD Bank (Bridge St), Market Basket, CVS (Lakeview Ave), Dracut Family Diner, Dracut Police Station, Dracut Town Hall, Primo's, 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), The Club House (Skyline Dr), Dracut True Value Dracut, St. Francis Church, Washington Savings Bank (Broadway Rd), Dracut Barber Shop, Village Inn, St. Marguerite D'Youville Parish, Elite Creations.

Second Hand Rose

Thrift Shop

Open Daily at the Dracut Senior Center. Donations of new/gently used, clean items arrive daily and are greatly appreciated.

General Public Welcome
 All proceeds benefit the Friends.

February 2016

For a full menu please see the Senior Center kitchen or front desk. MOW = Meals On Wheels entrée only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Zumba Gold 10:00 Bone Builders 11:30 Chicken Marsala 1:00 Bingo 1:00 Grief Group Center Open Until 6:00 PM	2 AARP Tax Apts. 9:00 Grocery Shopping 9:00 Vets Breakfast 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Oriental Pork 12:30 Senior Tap 12:30 Stitch & Bitch 12:30 Bone Builders	3 9:00 Gentle Yoga 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Shepherd's Pie 12:00 Frobie's Trip 12:00 Art Class 1:00 Bone Builders 1:00 Book Club	4 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Chicken Primavera 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	5 AARP Tax Apts. 8:30 Walmart 9:00 Line Dancing 10:00 Bone Builders 11:30 Baked Haddock 12:00 Mardi-Gras Party 12:00 Cribbage 12:30 Bone Builders
8 10:00 Zumba Gold 10:00 Bone Builders 10:00 Hearing Screenings 11:30 Baked Ham 1:00 Bingo 1:00 Grief Group	9 AARP Tax Apts. 9:00 Grocery Shopping 9:00 Energetics 10:00 Valentines Cards 10:30 Bone Builders 11:30 American Chop Suey 12:00 Movie: The Martian 12:30 Senior Tap 12:30 Stitch & Bitch 12:30 Bone Builders	10 9:00 Gentle Yoga 9:00 Computer Class 9:30 SHINE 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Spinach Frittata 12:00 Art Class 1:00 Bone Builders 1:00 Senior Club Mtg.	11 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Lunch Special Yankee Pot Roast 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	12 AARP Tax Apts. 8:30 Daniel Webster Sq. 9:00 Line Dancing 10:00 Bone Builders 11:30 Macaroni & Cheese 12:00 Valentines Day Party w/ Swing Musician 12:00 Cribbage 12:30 Bone Builders

<p>Center Closed</p>  <p>PRESIDENTS ★ DAY ★</p>	<p>15</p> <p>AARP Tax Apts.</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 LS Hot Dog 12:30 Senior Tap 12:30 Stitch & Bitch 12:30 Bone Builders</p>	<p>16</p> <p>Gentle Yoga 9:00 Computer Class 10:00 Friends Meeting 10:00 Tai Chi 10:00 Bone Builders 11:00 Senior Club, Lenzi's 11:15 Meditation 11:30 Sweet & Sour Chicken 12:00 Art Class 1:00 Bone Builders</p>	<p>17</p> <p>9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Eggplant Parm 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>18</p> <p>AARP Tax Apts.</p> <p>9:00 Line Dancing 9:00 Kalwoons & Kmart 10:00 Bone Builders 11:30 Baked Cod 12:00 Cribbage 12:30 Bone Builders</p>
<p>22</p> <p>10:00 Zumba Gold 10:00 Bone Builders 10:30 Rep. Gary 11:30 Chicken Drumsticks 1:00 Bingo 1:00 Grief Group</p>	<p>16</p> <p>AARP Tax Apts.</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Meatloaf 12:00 Movie: The Intern 12:00 Hypnosis 12:30 Stitch & Bitch 12:30 Bone Builders 12:30 Senior Tap</p>	<p>23</p> <p>Gentle Yoga 9:00 Computer Class 9:30 SHINE 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Sliced Pork 12:00 Art Class 1:00 Bone Builders 1:00 Senior Club Mtg.</p>	<p>24</p> <p>9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Swedish Meatballs 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>25</p> <p>AARP Tax Apts.</p> <p>9:00 Line Dancing 9:00 Parker's & Christmas Tree 10:00 Bone Builders 11:30 Baked Salmon 12:00 Cribbage 12:00 MA Association for the Blind</p>
<p>29</p> <p>10:00 Zumba Gold 10:00 Bone Builders 11:30 Peach Glazed Chicken 11:30 Senator L'Italien 1:00 Bingo 1:00 Grief Group 3 - 5 Social Security Help</p> <p>Center Open Until 6:00 PM</p>	<p>29</p> <p>Presidential Primary</p> <p>AARP Tax Apts.</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Lunch 12:30 Stitch & Bitch 12:30 Bone Builders 12:30 Senior Tap</p>	<p>March 1</p> <p>Gentle Yoga 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Lunch 12:00 Art Class 1:00 Bone Builders</p>	<p>March 2</p> <p>9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Lunch 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>March 3</p> <p>AARP Tax Apts.</p> <p>9:00 Line Dancing 9:00 Walmart & Primos 10:00 Bone Builders 11:30 Lunch 12:00 Cribbage 12:30 Bone Builders</p>
<p>March 4</p> <p>AARP Tax Apts.</p> <p>9:00 Line Dancing 9:00 Walmart & Primos 10:00 Bone Builders 11:30 Lunch 12:00 Cribbage 12:30 Bone Builders</p>				

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

Coloring Club - Tuesdays & Thursday at 10:00 AM. Supplies provided, No charge!

Stitch & Bitch - Tuesdays at 12:30 PM. Bring your knitting, crocheting, needlepoint and stitch with friends. Novice and experienced welcome. No charge.

Art with Joan - Wednesdays from 12:00 to 2:00 PM. \$40/ 8 weeks. Join studio owner Joan Turner as you paint or draw. Bring your supplies and the piece you are working on. Supported by the Dracut Cultural Council.

Health & Fitness

Senior Tap - Tuesdays 12:30 PM \$48/ 6 class
All levels welcome from the experienced to those putting on their tap shoes for the first time.

Gentle / Chair Yoga - Wednesdays 9:00 AM \$5/ class
Participants can choose to switch between a mat or a chair throughout the class or use the chair only.

Zumba Gold - Mondays 10:00 AM \$4/ class
A party-like dance workout, specifically designed for seniors and beginners.

Energetics - Tues. & Thurs. 9:00 AM \$4/ class
A fun and upbeat class with a mix of cardio and strength training.

Qigong & Tai Chi - Wednesdays 10:00 AM \$5/ class
These self healing practices are based on gentle movements, relaxation, and deep breathing. They improve blood pressure, cardiovascular health, sleep, balance, and more.

Bone Builders - Pre-registration is required, see COA staff for details. Currently all classes have a wait list.

Meditation - Wednesdays 11:15 AM *No Charge*
Quiet your mind, relax the body, improve your focus.

Beginner Line Dancing - Fridays 9:00 AM \$2/ class

Senior Bowling League - Fridays at 9:00 AM
Park Lanes in Windham, NH. New bowlers welcome.

Cards & Games

Cribbage - Fridays at 12:00 PM

Bingo - Mondays & Thursdays at 1:00 PM

Mahjong - Thursdays at 1:00 PM

Featured Events

Please RSVP in advance for the following events. Call 978-957-2611

Veterans Breakfast

Tuesday, February 2nd at 9:00 AM

Breakfast is open to veterans, their families, and those interested in veteran's affairs.

Monthly Book Club

Wednesday, February 3rd at 1:00 PM

An informal group who share the different books they are currently into. All welcome.

Mardi-Gras Party

Friday, February 5th at 12:00 PM

Trivia, beads, pulled pork sandwiches and even a king's cake. Tickets cost \$5, available at the COA.

Valentine Card Workshop

Tuesday, February 9th at 10:00 AM

Learn stamping and scrapbooking techniques from Representative Colleen Garry as you make your own valentines. A free workshop and Rep. Garry will provide all the supplies. RSVP at the COA front desk.

Lunch (11:30 AM) & Movie (12:00 PM)

Tuesday, February 9th

The Martian, rated PG-13. During a manned mission to Mars, Matt Damon's character gets separated from the rest of the crew and left for dead. Now he has to find a way to survive alone on Mars.

Valentines Day Party with Swing Musician

Friday, February 12th at 12:00 PM

Join us for a performance by Swing Musician, Brian Kane. If you would like the optional macaroni and cheese lunch served at 11:30 AM please RSVP with a member of the kitchen staff. Thank you to the Dracut Cultural Council for sponsoring the musician.

Lunch (11:30 AM) & Movie (12:00 PM)

Tuesday, February 23rd

The Intern, rated PG-13. Robert De Niro plays a 70 year old widower who becomes an intern at an on-line fashion company. Also stars Ann Hathaway.

Hypnosis & Weight Loss

Tuesday, February 23th at 12:00 PM

Learn how hypnosis can assist you in your weight loss goals. Class is run by the Intuitive Body & Soul. Cost is \$5 for seniors (\$10 for non-seniors).

MA Association for the Blind Presentation

Friday, February 26th at 12:00 PM

Featured Excursions

Pick-ups begin at 9:00 AM unless otherwise noted.
 Bus fare - \$5 round trip for below trips unless noted.
 Sign-ups for below trips open Monday, February 1st.

Wednesday, February 3rd - Frobie's Café & Ice Cream
 Another winter Wednesday Ice Cream trip. Frobie's also has soups, sandwiches, coffee and other non-ice cream options. Pick ups begin at 12:00 PM. Bus Fare: \$2

Friday, February 5th - Walmart & Mardi-Gras Party
 It is time for our monthly trip to Walmart. After shopping, head to the Senior Center to participate in our Mardi-Gras party. Home pick-ups begin at 8:30 AM. Bus Fare: \$3

Friday, February 12th - Daniel Webster Sq. & Valentines Party. This plaza in Nashua has Michaels, TJ Maxx, 5 below, Trader Joe's, and the Avenue (to name a few). Following our visit to the plaza we head to the Senior Center for the Valentines Day party featuring a Swing musician. Home pick-ups begin at 8:30 AM.

Friday, February 19th - Kowloons & Kmart, Saugus
 This themed restaurant is truly a destination. Featuring award winning Chinese and Thi cuisine, the real reason to make the trip is the over the top décor. There are multiple dining rooms with murals, fountains and one even has a ship to dine on. While on route 1 we will also have time to shop at Kmart.

Friday, February 26th - Parker's Maple Barn & Christmas Tree Shop
 I love breakfast at Parkers. My favorite is the "Parker's Special" which is basically two of everything. However, don't just travel to Mason, NH for breakfast. The picturesque, rustic setting includes a unique gift shop on the property as well. And, for an additional opportunity to brose unique wares we will stop at the Christmas Tree Shop on our way home. Home pick-ups begin at 8:30 AM.

Wednesday, March 2nd - Frobie's Café & Ice Cream
 Pick ups begin at 12:00 PM. Bus Fare: \$2

Upcoming Trips

Reservations for the below March trips open Tuesday, March 1st and are accepted until the trip fills.

- Friday 4th** Walmart & Primo's Pizza
- Friday 11th** Home Goods & Nathaniel's Family Eatery
- Fridays 18th** Discount Madness & COA St Pats Party
- Friday 25th** Breakfast at Alicia's

Dracut COA Buses

Kathie Zabbo - Greenwood, COA Dispatcher
 kgreenwood@dracutma.gov

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 to the senior center, grocery shopping, adult day health programs, hair appointments, pharmacies, banking, and visiting friends, just to name a few.

Local Medical Trips

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

Principle Driver - Charleen Bennett

You are encouraged to book your medical 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

Distance Medical Trips

Principle Drivers -

Dee Dee Idris & Louanne Brady

Please book your medical transportation as soon as you make your doctor's appointment. The bus is scheduled on a first come, first served basis, and only operates when there are reservations, so requests made with less than 3 days notice cannot be accommodated.

Tuesdays & Thursdays - Points South

Serving Appointments 11 AM to 1 PM

Mass General, Dana Farber, Brigham & Womens, Lahey Clinic, and the VA in Jamaica Plain and Bedford.

Bus Fare Greater Boston \$20 round trip

Burlington Area \$15 round trip

Wednesdays - Points North

Serving Appointments 10 AM to 1 PM

Southern New Hampshire Medical Center, Saint Joseph's, Parkland Outpatient Center (Pelham).

Bus Fare Greater Nashua \$10 round trip