



Dracut Council on Aging Newsletter

OCTOBER 2012

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

New England living offers something for everyone. Ask anyone who lives here and they will deliver a rendition of distinctive landscapes, a rich history and charm. From the mountains to its sandy beaches and rocky coastline, they love to talk about the lighthouses that stood guard to welcome home seafarers of another time.

The lakes, rivers and streams defined the land where people would settle, creating cities, towns and villages each with their own history and folklore. They proudly exclaim how they experience all four seasons and are only too eager to entertain you with accounts of New England's fickle and dramatic weather.

Ask them about fall foliage and they relate that the month October is an experience that feeds the senses and nurtures the soul. The already beautiful landscape bursts with autumnal tints and the colors of fall. Blazing hues of yellow, red and orange fall to the ground, and carpet the countryside and roadways with the sound of rustling leaves.

It's a gift from mother earth, the last hoorah before the season changes again and mother earth then settles down for a long winter's nap.

Mother earth can have her nap, but there's no napping at the Council on Aging. The cool crisp air awakes our motivation and desire to live, learn and laugh. Join us on Monday the 29th at 10am to learn about Medicare changes for 2013 and how they may affect your benefits, changes in Medicaps, Medicare Advantage and Part D prescription plans. Our Veteran's breakfast will be held on Tuesday the 16th at 9am. All veterans and their spouses are welcome. The cooler weather entices our appetite for comfort food and a special meal of beef stew in a bread bowl will be served Thurs. the 25th at 11:30. Please reserve your meal by the 18th. We will show the 2012 volunteer recognition video on Monday the 15th at 10:30am. Dinner and a movie will feature Snow White and the Huntsman on Tues. the 16th dinner at 11:30, movie begins at noon.

Fuel Assistance Program begins Nov. 1st. Please call the COA at 978-957-2611 to make an appointment. Quick Trips will travel all around the area during the fall foliage. Walmart and Bobola's on the 5th, Rockingham Mall and Ruby Tuesdays on the 12th, Home Goods and Al Fresca Ristorante in Tewksbury on the 19th and TJ Maxx Plaza and the Olive Garden on the 20th. Join me for coffee and refreshments on Thurs. the 25th at 10am for information and fun discussions. We are fortunate to live in this area of our country enjoying the many faces of New England, it's the best place to live, and just like the Dracut Council on Aging is the best place in town.

Executive Director, Joyce 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*
Bill Dorris *Bus Driver*
Gertrude Frechette, *Custodian*
Bob Houston, *Custodian*
Monica Gagne, *Greeter, CII*

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 Fluery
Louis Darvirris
Omer Matte

Senior Center Hours
Monday through Friday
8:00 am to 4:00 pm

Social Services

OCTOBER 2012

The colors of autumn may mean rides in the country, so remember to check your drivers License to make sure you have renewed on time! Because we don't renew every year, people sometimes tend to forget. Suggestion....jot down a reminder on your calendar. So, go out and enjoy the beauty of the season and please remember to keep your cell phone charged whenever you're going on those long rides!

Drive safely and enjoy the leaf peeping!

Donna Houston, Outreach Coordinator

Congratulations to our volunteers of the year who received the Helen Connerton Award
Ann Casey, Marguerite O'Hara, Lorraine & Raymond Lowe, Terry Golas and Laurette Vengren We thank for you for all you do.

Judy Gilbert Social Service/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 two mornings in advance by calling the Title III # 978-957-0129, speak with Debbie Lasorsa between 9:00 am and 12:30 pm. 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

MVNP SPECIAL MEAL IN OCTOBER

Tuesday October 25th at 11:30

Please reserve your meal by the 18th. A \$2 donation is suggested. Call Debbie at 978-957-2611

Beef Stew served in a Bread Bowl
garden salad with ranch dressing
Pumpkin pie with whip cream

FOXWOOD TRIPS

(FRIDAY OCTOBER 5th. TRIP IS SOLD OUT)

Next trip is Wed. November 14, 2012 \$30 per person, receive a \$15 Keno play voucher and free buffet or \$10 in food voucher. Includes transportation, drivers gratuity. Friends donation and refreshments.

Bus leaves the senior center at 6:45 am. Parking available at far end of the parking lot. For more information call Carol Gavriel at 978-957-5527

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. 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. We kindly ask, whenever possible, you schedule your lab work on Mondays and Fridays. Thank you for your patience.

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. 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 **Wed. Oct. 10th & 24th**. 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 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. **Meeting: Oct. 10th & 24th. Harvest Dinner Dance at Lenzi's is on Wed. Oct 17th. at 11:00 am.**

A bingo game is held right after the meeting.
Annual dues are \$2.00 payable on meeting days.
Call Ed Bishop for more info @ 978-453-0969

THE FREE NEEDY MEDS DRUG DISCOUNT CARD

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*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
8:00-4:00p.m.

Donations of new or gently used, clean items arrive almost every day and are greatly appreciated. General Public Welcome. Please come meet Pauline our perky always smiling store volunteer.

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 are a fundraising group for the sole purpose of the Dracut Council on Aging. They supplement the cost for classes such as the Art class, Energetics, Tai Chi & Computer class. They purchase supplies for the senior center such as paper goods, decorations, furniture, wall décor, curtains & whatever is needed. All volunteer events & parties & the Director's Coffee hour are sponsored by the Friends such as gifts, food & entertainment. Part of their mission is help for seniors in the community who are in need. They raise funds through "second hand rose" thrift shop & various basket raffles etc. Anyone who wishes to be a sponsor may do so at anytime. A \$3.00 donation or any amount is appreciated. We hope you will take this opportunity to join the Friends or renew your annual membership Sincerely
The Friends of the Dracut Elderly, Inc.
THANK YOU to Therese Beauregard, Catherine Larose, for their donations in memory of Jeanne Driscoll. Many thanks to Paul Banacos, Alexandre Veras for their generous donations.

OCTOBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Cards/Pool/Chess 1 Wii/Foosball</p> <p>10-11.....Bone Builders 1:00.....Bingo</p>	<p style="text-align: center;">Cards/Pool/Chess 2 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet</p>	<p style="text-align: center;">Cards/Pool/Chess 3 Wii/Foosball</p> <p>9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi 11:00.....Reiki</p>	<p style="text-align: center;">Cards/Pool/Chess 4 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:30-12....Quilting Class 10:30-11:30..Bone Builders 1:00.....Bingo 1:30-3:30...Nurse Nancy</p>	<p style="text-align: center;">Cards/Pool/Chess 5 Wii/ Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30....Walmart and Bobola's 12:00.....Cribbage</p>
<p style="text-align: center;">8</p> <p style="text-align: center;">CENTER IS CLOSED</p> <p style="text-align: center;">Columbus Day Holiday</p>	<p style="text-align: center;">Cards/Pool/Chess 9 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet</p>	<p style="text-align: center;">Cards/Pool/Chess 10 Wii/Foosball</p> <p>9-11Beginners Computer 10:00.....Bone Builders 10-11.....Tai Chi 1:00Senior Club Meeting</p>	<p style="text-align: center;">Cards/Pool/Chess 11 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:30-12....Quilting Class 10:30-11:30.Bone Builders 1:00.....Bingo 1:30-3:45....Nurse Nancy</p>	<p style="text-align: center;">Cards/Pool/Chess 12 Wii/Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30...Rockingham Mall & Ruby Tuesday in mall 12:00.....Cribbage</p>
<p style="text-align: center;">Cards/Pool/Chess 15 Wii/Foosball</p> <p>10:30...Large Screen Video 10...Affordable Hearing (Free Hearing Screening) 10-11.....Bone Builders 1:00.....Bingo</p>	<p style="text-align: center;">Cards/Pool/Chess 16 Wii/Foosball</p> <p>9:00...Veterans Breakfast 9:00-10:00...Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:00.....Movie (Snow White and the Huntsman) 12:30.....Knit/Crochet</p>	<p style="text-align: center;">Cards/Pool/Chess 17 Wii/Foosball</p> <p>9-11Beginners Computer 10-11.....Bone Builders 10_11.....Tai Chi 11:00...Senior Club (Harvest Dinner Dance) 11:00..... Reiki 2:30..Dracut COA Board Meeting</p>	<p style="text-align: center;">Cards/Pool/Chess 18</p> <p>9:00-11:00.....Energetics 9:30-12....Quilting Class 10:00...Dealing w/ Life's Changes 10:30-11:30.Bone Builders 1:00.....Bingo 1:30-3:45....Nurse Nancy</p>	<p style="text-align: center;">Cards/Pool/Chess 19 Wii/Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30...Home Goods & AL Fresca Ristorante in Tewksbury 12:00.....Cribbage</p>
<p style="text-align: center;">Cards/Pool/Chess 22 Wii/Foosball</p> <p>10:00..Supporting Family Members With Dementia Video 10-11.....Bone Builders 1:00.....Bingo</p>	<p style="text-align: center;">Cards/Pool/Chess 23 Wii/Foosball</p> <p>9:00-10:00.....Energetics 9:00-11:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet</p>	<p style="text-align: center;">Cards/Pool/Chess 24 Wii/Foosball</p> <p>9-11Beginners Computer 10-11.....Bone Builders 1:00Senior Club Meeting</p>	<p style="text-align: center;">Cards/Pool/Chess 25</p> <p>9:00-10:00.....Energetics 9:30-12... Quilting Class. 10:00..Coffee w/ Director 10:00..Dealing w/ Life's Changes 10:30-11:30.Bone Builders 11:30..... MVNP Special Meal 1:00.....Bingo 1:30-3:45....Nurse Nancy</p>	<p style="text-align: center;">Cards/Pool/Chess 26 Wii/Foosball</p> <p>9:00.....Bowling 9-10.....Line Dancing 9:30...TJ Maxx Plaza & Olive Garden 12:00.....Cribbage</p>
<p style="text-align: center;">Cards/ Pool/Chess 29 Wii/Foosball</p> <p>10:00..Shine presentation Medicare 2013: Open Enrollment 10-11.....Bone Builders 1:00.....Bingo</p>	<p style="text-align: center;">Cards/Pool/ Chess 30 Wii/Foosball</p> <p>9:00.....Energetics 9:00-10:00.....Art Class 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet</p>	<p style="text-align: center;">Cards/Pool/Chess 31 Wii/Foosball</p> <p>9-11Beginners Computer 10-11.....Bone Builders 10:00-11:00.....Tai Chi</p>		

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Groups Classes

BEGINNER'S COMPUTING

With Pat Merrill

Oct. 3, 10, 17 and 24th

Wednesdays 9:00-11:00

8 Weeks at \$15.00

FREE QUILTING CLASS

Thursdays 9:30am—12:00pm

ENERGETICS

Oct. 2nd—Oct. 30th

Tuesdays & Thursdays

9:00 –10:00

With Elaine Corsetti

\$20.00 per session

TAI CHI

With Connie Rock on Wednesdays

Oct. 3, 10 and 17th

10:00—11:00

\$35 for Six Week Course

ART CLASS

With Stella Pappas

Tuesdays at 9:00 am to 11:00 am

\$40.00 per 8 week session

Oct. 2, 9, 16, 23 and 30th

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

For any info on classes please call Judy Gilbert at 978-957-2611

Lift Your Spirits

REIKI

October 3rd. & 17th.

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. **Free**

Please call the center to make an appointment. appointments are 30 minutes each and start at 11:00am

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 hours.

Group jigsaw puzzle every day in the Library.

Chess Game Set Up In Library

LEGACIES VOLUME VIII 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
Hearing Clinic
with Christopher Streeter
Monday Oct.15th From 10am –12pm**

Free service for:

Hearing screenings, evaluations, hearing aid maintenance and cleaning. minor hearing aid repairs
Please call for appointment at 978-957-2611

**LARGE SCREEN VIDEO
2012 Volunteer Recognition Video
Mon. Oct. 15th at 10:30 am**

**VETERANS BREAKFAST
TUESDAY OCTOBER 16, 9AM
Sponsored by Steve Coravos**

**In memory of his father
Aristides Coravos US Army**

All veterans and spouses are welcome to attend.

**DINNER & MOVIE
Tuesday October 16th
at 11:30**

Dinner: Chicken, broccoli and ziti with alfredo sauce, strawberry cup. Call Debbie at 978-957-0129 two days in advance to reserve your dinner. \$2.00 donation is suggested.

and

**Free movie starts at 12noon
Snow White and the Huntsman**

Snow White is the only person in the land fairer than the evil queen out to destroy her. But what the wicked ruler never imagined is that the young woman threatening her reign has been training in the art of war with a huntsman dispatched to kill her.

Rated: PG Action, Adventure **Staring:** Kristen Stewart & Chris Hemsworth.

Free Popcorn & Drinks Served

Quick Trips for October 2012

**Friday-Oct. 5th...Walmart & Bobolas's
Friday Oct. 12th..Rockingham Mall & Ruby Tuesday
Friday Oct. 19th...Home Goods & Al Fresca Ristorante
in Tewksbury
Friday-Oct. 26th... TJ Max Plaza & Olive Garden**

**BEACON HOSPICE, INC.
Bereavement Group**

**“Dealing with Life’s Changes”
Six week group**

**Thursday Oct. 18th & 25th.
Nov.1, 8, 15 and 29th.
10:00-11:00am**

Come join our group where Support is provided though sharing our knowledge and experiences.
Family members can share concerns and information

SUPPORTING THOSE WITH DEMENTIA

Because of the great amount of interest, an encore presentation of the “Supporting Family Members with Dementia” will be held in the conference room on **October 22 at 10am**. The DVD presentation is well worth watching for anyone who has a friend or family member with dementia and also, just to be more knowledgeable.

**COFFEE WITH THE DIRECTOR
Thursday Oct.25th at 10:00am**

Stop by for coffee and refreshments
Discussions on upcoming events,
issues and concerns.

**SHINE PRESENTATION 2013
MEDICARE CHANGES
MONDAY OCTOBER 29th AT 10AM**

You will be informed about Medicare benefits for 2013 plan changes for Medigaps Advantage and Part D Prescription Plans. You have the opportunity to make changes to your plan between **October 15—December 7, 2012**

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.

MVNP October 2012

Menu

<p>1 Beef Meatballs with Ziti and Marinara Sauce Parmesan Cheese Green & Gold Beans Straw'ry Cup/Peaches D' Oatmeal Bread</p>	<p>2 Grilled Chicken Breast LS Chicken Gravy Dirty Rice California Blend Veggies Apricots Whole Wheat Bread</p>	<p>3 Broccoli, Egg and Cheese Bake Zucchini & Stewed Tom Vanilla Pudding Diet Pudding Oatmeal Bread</p>	<p>4 High Sodium Meal German Brat / Mustard Sauerkraut Potato Wedges / Ketchup Brussel Sprouts & Carrots Chocolate Cake/Plain Diet Roll</p>	<p>5 Fish a la Ritz Lemon Juice Packet Garlic Whip Potatoes Green Beans & Tomatoes Fresh Banana Light Rye Bread</p>
<p><i>No Meal Served Columbus Day Holiday</i></p> 		<p>9 Tangerine Chicken White Rice Vegetable Medley Pineapple Oatmeal Bread</p>	<p>10 Cheese Lasagna Marinara Sauce Parmesan Cheese Tuscan Blend Vegetables Apricots Italian Bread</p>	<p>11 Roast Turkey with Gravy Bread Stuffing Cranberry Sauce Broccoli & Cauliflower Fresh Orange Wh Wheat Dinner Roll</p>
<p>15 High Sodium Meal Baked Ham with Pineapple Ginger Sauce Roasted Red Potatoes Scandinavian Veggies Fig Bars Low Fat Muffin</p>	<p>16 Cranberry Juice Chicken, Broccoli, and Ziti with Alfredo Sauce Strawberry Cup Fruit Cocktail Whole Wheat Bread</p>	<p>17 Fish Cakes Tartar Sauce New England Baked Beans Chuckwagon Corn Fresh Orange Multigrain Bread</p>	<p><i>18 Happy Birthday</i> Beef Meatloaf Gravy Whip Potato & Chives California Blend Veggies Birthday Cake Plain Cake Diets Snowflake Roll</p>	<p>19 Chicken Marsala Red Bliss Whip Potatoes Peas and Carrots Ice Cream Cup Multigrain Bread</p>
<p>22 Hamburger Ketchup Potato Wedges Kernel Corn Pears Wh Wh Hamburger Bun</p>	<p>23 Grape Juice Macaroni and Cheese Zucchini & Stewed Tomatoes Fresh Apple Whole Wheat Bread</p>	<p>24 Rotisserie Chicken Florentine Rice California Blend Veggies Ice Cream Cup Low Fat Muffin</p> 	<p>25 Roast Pork with Gravy Garlic Whip Potato Sweet Peas Peaches Whole Wheat Bread</p> 	<p>26 Fishwich Sandwich Green Beans & Tomatoes Coleslaw Fruited Gelatin Diet Gelatin Sandwich Roll</p>
<p>29 Salmon Boat with Dill Sauce Whip Sweet Potatoes Broccoli & Cauliflower Strawberry Cup Pears, Diets Oatmeal Bread</p>	<p><i>No Meal Served Trinida Day</i></p> 		<p>31 Stuffed Shells with Marinara Sauce Parmesan Cheese Green and Gold Beans Fresh Orange Garlic Bread</p>	<p>1-Nov Chicken L'Orange Baked Potato Low Fat Sour Cream French Green Beans Lorna Doones Light Rye Bread</p>
<p>29 Salmon Boat with Dill Sauce Whip Sweet Potatoes Broccoli & Cauliflower Strawberry Cup Pears, Diets Oatmeal Bread</p>	<p>30 High Sodium Meal LS Hot Dog Mustard Packet Baked Beans Coleslaw Fresh Apple Hot Dog Roll</p>	<p>2 High Sodium Meal LS Hot Dog Mustard Packet Baked Beans Coleslaw Fresh Apple Hot Dog Roll</p>	<p>2 High Sodium Meal LS Hot Dog Mustard Packet Baked Beans Coleslaw Fresh Apple Hot Dog Roll</p>	<p>2 High Sodium Meal LS Hot Dog Mustard Packet Baked Beans Coleslaw Fresh Apple Hot Dog Roll</p>



RADIUS
Northwood
HealthCare Center

- Short Term Rehabilitation Sub-acute Care
 - Dementia Specific Care Unit
 - Long Term Care • Respite or Hospice Care
- 1010 Varnum Avenue, Lowell, MA
978-458-8773

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 1) need an oil change
 2) get a hair cut
 3) find a plumber
 Anything else?

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