



May 2015

Dracut Council on Aging Newsletter

P: 978-957-2611

F: 978-957-6442

951 Mammoth Road, Dracut MA, 01826

www.dracutma.gov/council-on-aging

Senior Center Hours

Monday - Friday

8:00 AM to 4:00 PM

May 4th & 18th 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

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 Everybody,

Judy's Back!. We are happy to have Judy, our Activities Coordinator, has returned from medical leave. If you have not had a chance to do so, please stop by and welcome her! Anita, our bus driver is still recovering from surgery but perhaps we will see her toward the ends of this month, fingers crossed. In the mean time, I want to recognize what a terrific job our long term sub drivers, Dee-Dee and Louann are doing. Also, Charlene should be commended for taking on the in-town bus and Friday trips instead of her medical runs while Anita is away. I have been hearing good feedback from the trips held so far this Spring. Keep your ideas and suggestions coming!

In other bus news you may have heard, or seen on Cable TV, that the COA has been working with the LRTA in an effort to provide transportation to medical appointments outside of the immediate area. We are still working out the details and the LRTA's budget for next fiscal year is still in its approval stages. If this does happen, the earliest this service will start would be July, but honestly it will depend on when the LRTA can secure a third bus for us. Although we are excited at the possibility of serving you in this new way, we have to be patient in its rollout.

**Happy Mother's Day to all those Mother
and those that have Mothered!**

- Bethany



11th Annual Legacies Anthology

Writing Competition - Deadline Extended!!

All seniors are welcome to submit works even if they do not wish to be judged. Submit short stories, poems, lyrics or other writings. Email submission sent to bloveless@dracutma.gov are preferred, but hand written work can be submitted to the COA office. Let us know if you would like help during this process. Submission are due by Friday, May 15th. The luncheon and award ceremony for participants will be June 9th. Ideas of categories to write about include: funny stories, A life challenge, sentimental stories, a spiritual experience, childhood memory, a story for your grandchildren, Veteran's memories, Dracut History.

Good luck!



Professional Services

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

SHINE

Wednesday, May 13th

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

Social Security Help

Monday, May 18th from 3 to 5 PM

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 Fuel assistance.

Representative Colleen Garry

Monday, May 18th 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

Blood Sugar Testing

3rd Thursday, 2:30 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.

Reiki

Monday - Friday, 1:00 PM

Reiki is an ancient touch therapy technique that compliments traditional pain therapies. Cost is \$3.00 for a 40 minute session.

Hearing Screenings

Monday, May 11th, 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

Enjoy Spring & Drive safely!

May: Older Americans Month

Taking care of our elderly

With May being Older American's Month I wanted to share with you a recourse that may help you stay in your home, CTI's home modification program. Additionally I have information on a Habitat for Humanity home modification program. Give me a call for more information.

Home Modification Program

Assisting your way to accessible living!

MRC, Massachusetts Rehabilitation Commission is a state program that could help you or a loved one live more independently at home. MRC provides loans to make modifications to the primary, permanent residence of elders, adults with disabilities, and families with children who have disabilities.

Any homeowner who is an elder or has a household member who has a disability is eligible. Landlords with fewer than 10 units may be eligible for a tenant loan. This program is not a repair program. The proposed modification must relate to the functional limitation of the elder as documented by a professional with whom there is client history. Some examples of projects are ramps, hardwired alarm systems and other safety systems as well as accessible bathrooms and kitchens.

Income guidelines will determine the amount of your loan from \$1,000 to \$30,000 which is secured by a promissory note and mortgage lien. This program offers 0% to 3% loans, which can be deferred or amortizing loans depending on the total gross household income. This loan process allows for one loan per property, can be paid back in 5-15 years, or can be deferred to when the property is sold or transferred. Applications are reviewed by six regional Provider Agencies to determine both income and proposed modification eligibility. The Provider Agency for Dracut is Community Teamwork Inc. in Lowell. If you think you or a household member may be eligible, you can contact;

Alan Trebat, Community Teamwork

978-654-5741, Mass Relay Available: Dial 711

atrebat@comteam.org

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. Annual membership is \$2.00.

Member Meetings **Wednesday, May 13th & 27th**

Meetings are held at the Dracut Senior Center from 1:00 to 3:00 PM. An optional Bingo game follows each meeting. For information on membership, or other Club related questions, feel free to call Mary Rowe at 978-697-6605.

Officers Wanted

The club is looking for members interested in serving as a club officer. Nominate yourself or some else you believe in. Please attend the May meetings to share your officer nominations.



Senior Club's 44th Anniversary Party **Wednesday, May 20th at the Pelham Inn** **11:00 AM**

Let's celebrate the club's 44th Anniversary with a dinner dance at the Pelham Inn. Tickets cost \$22 each and include the afternoon's chicken dinner. DJ Ray Trembaly will be on hand, playing our favorite dancing songs. We will also have a 50/50 raffle and door prizes.

Don't want to wait for the latest Senior Center news?
Then sign up for our email list
and get the newsletter first!



Send an email to bloveless@dracutma.gov or see the front desk to be on the newsletter email list, and receive it before it is available in print!

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), Dracut True Value Dracut, St. Francis Church, Washington Savings Bank (Broadway Rd), Dracut Barber Shop, Village Inn, St. Marguerite D'Youville Parish.

Friends of the Dracut Elderly



You Should be a Friend!

Next Meeting Open to All
Wednesday, May 20th at 10:00 AM

In April our group purchased a white board for the nutrition program for volunteer scheduling. We also voted to purchase flowers for the Senior Center's flower boxes for the spring, summer, and fall seasons. We are also looking into fundraising for a large screen TV for the dining room which can be used to show movies, presentations and Bingo numbers. Come join our group!

Friend's Board Members

President, Barbara Dickinson
Treasurer, Linda Tamvaklis
Clerk, Mark Ivos
Board Member, Judy Fuller
Board Member, Linda Bloomgren
Board Member, Mike Langlois

Friends Foxwoods Trips

\$30 per person - Sign up at Center Front Desk
Wednesday, May 20th
Friday, June 19th
Friday, July 17th
Wednesday, August 26th
Friday, September 25th
Friday, October 23rd
Friday, November 20th

Friends Atlantic City Trip **October 4th - 7th, 2015**

4 days/3 night deluxe motorcoach for \$299 per person. Includes: accommodations at Bally's Hotel & Casino. round trip transportation from Dracut M.A, \$75.00 slot play bonus, all local hotel taxes, baggage handling (1 suitcase/person) drivers gratuities.

For information on Atlantic City or Foxwoods Trips call Carol at 978-957-5527.

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.

May 2015

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 27 10:00 Zumba Gold 10:00 Bone Builders 11:30 LS Hot Dog 11:30 Senator L'Italian 1:00 Bingo	April 28 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 11:30 Breaded Chicken 12:30 Stitch & Bitch	April 29 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Shepherd's Pie 12:00 Art Class 1:00 Bone Builders	April 30 9:00 Energetics 10:30 Bone Builders 11:30 Macaroni & Cheese 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	1 9:00 Line Dancing 9:00 Walmart 10:00 Bone Builders 11:30 Creole Fish 12:00 Movie - Into the Woods 12:00 Cribbage
4 10:00 Zumba Gold 10:00 Bone Builders MOW Rotisserie Chicken COA Open until 6:00 PM Town Elections  Polls Open 7 AM - 8 PM	5 Vets Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 11:30 Salisbury Steak 12:30 Stitch & Bitch	6 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Fish Sandwich 12:00 Art Class 1:00 Bone Builders	7 9:00 Energetics 10:30 Bone Builders 11:30 Apricot chicken 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	8 9:00 Line Dancing 9:00 Bagels & Burgers & Dollar Tree 10:00 Bone Builders 11:30 Sweet Potato Fish 12:00 Cribbage

<p>11</p> <p>10:00 Hearing Screenings</p> <p>10:00 Zumba Gold</p> <p>10:00 Bone Builders</p> <p>11:30 Hamburger</p> <p>1:00 Bingo</p>	<p>12</p> <p>9:00 Grocery Shopping</p> <p>9:00 Energetics</p> <p>10:30 Bone Builders</p> <p>MOW Chicken A la King</p> <p>11:30 Special - Corned Beef Sandwich</p> <p>12:00 Movie - Night at the Museum 3</p> <p>12:30 Stitch & Bitch</p>	<p>13</p> <p>9:00 Computer Class</p> <p>9:30 SHINE</p> <p>10:00 Tai Chi</p> <p>10:00 Bone Builders</p> <p>11:15 Meditation</p> <p>11:30 Chicken Nuggets</p> <p>12:00 Art Class</p> <p>1:00 Bone Builders</p> <p>1:00 Senior Club Mtg.</p>	<p>14</p> <p>9:00 Energetics</p> <p>10:30 Bone Builders</p> <p>11:30 Roast Turkey</p> <p>1:00 Bingo</p> <p>1:00 Mahjong</p> <p>1:30 Nurse Nancy</p>	<p>15</p> <p>9:00 Line Dancing</p> <p>9:00 Olive Garden & DW Highway</p> <p>10:00 Bone Builders</p> <p>11:30 Breaded Fish Strips</p> <p>12:00 Cribbage</p>
<p>18</p> <p>10:00 Zumba Gold</p> <p>10:00 Bone Builders</p> <p>10:30 Rep. Garry Hours</p> <p>11:30 Chicken Meatballs</p> <p>1:00 Bingo</p> <p>3 - 5 SS Help</p> <p>COA Open until 6:00 PM</p>	<p>19</p> <p>9:00 Grocery Shopping</p> <p>9:00 Energetics</p> <p>10:30 Bone Builders</p> <p>11:30 Beef Stroganoff</p> <p>12:30 Stitch & Bitch</p>	<p>20</p> <p>9:00 Computer Class</p> <p>10:00 Friends Meeting</p> <p>10:00 Tai Chi</p> <p>10:00 Bone Builders</p> <p>11:15 Meditation</p> <p>11:30 Roast Chicken</p> <p>???? Senior Club @ Pelham Inn</p> <p>12:00 Art Class</p> <p>1:00 Bone Builders</p> <p>2:30 COA Board Mtg.</p>	<p>21</p> <p>9:00 Energetics</p> <p>10:30 Bone Builders</p> <p>11:30 Roast Pork</p> <p>1:00 Bingo</p> <p>1:00 Mahjong</p> <p>1:30 Nurse Nancy</p>	<p>22</p> <p>9:00 Line Dancing</p> <p>9:00 Tower Hill Botanical Gardens</p> <p>10:00 Bone Builders</p> <p>11:30 Potato Crunch Fish</p> <p>12:00 Cribbage</p>
<p>25</p> <p>Center Closed</p> 	<p>26</p> <p>9:00 Grocery Shopping</p> <p>9:00 Energetics</p> <p>10:30 Bone Builders</p> <p>11:30 Breaded Chicken</p> <p>12:30 Stitch & Bitch</p>	<p>27</p> <p>9:00 Computer Class</p> <p>10:00 Tai Chi</p> <p>10:00 Bone Builders</p> <p>11:15 Meditation</p> <p>11:30 Lasagna</p> <p>12:00 Art Class</p> <p>1:00 Bone Builders</p> <p>1:00 Senior Club Mtg.</p>	<p>28</p> <p>9:00 Energetics</p> <p>10:30 Bone Builders</p> <p>11:30 Baked Ham</p> <p>1:00 Bingo</p> <p>1:00 Mahjong</p> <p>1:30 Nurse Nancy</p>	<p>29</p> <p>9:00 Line Dancing</p> <p>9:00 British Beer Co. & Home Goods +</p> <p>10:00 Bone Builders</p> <p>MOW Broccoli Bake</p> <p>11:30 Special - Oriental Baked Salmon</p> <p>12:00 Cribbage</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

Stitch & Bitch - Tuesdays at 12:30 PM. Bring your knitting, crocheting, needlepoint, or just come for the company. Whether you are a novice or experienced hand worker, stitch and bitch with friends.

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

Health & Fitness

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

Energetics - Tuesdays & Thursdays from 9:00 to 10:00 AM. A fun and upbeat class with a mix of cardio and strength training. Cost is \$20 per session.

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 - Increase your endurance and strength as you improve your balance and prevent falls. 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 the mind, relax your body, and give you keys to improving your focus.

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

Senior Bowling League - Fridays at 9:00 AM, Park Lanes in Windham, NH. Join this candlepin bowling league that are always looking for new bowlers, especially substitutes.

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

Lunch & Movie

Friday, May 1st

Lunch 11:30 AM - Creole Fish.

Reserve lunch by 5/8. \$2 donation is suggested.

Movie 12:00 PM - *Into the Woods*, rated PG. A modern twist on the Brother's Grim fairy tales with Meryl Streep as the wicked witch.

Veterans Breakfast

Tuesday, May 5th at 9:00 AM

Sponsored by "Operation Thank You"

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

Lunch & Movie

Tuesday, May 12th

Site Special Lunch 11:30 AM - Italian wedding soup and corned beef and Swiss on a bulky roll.

Reserve lunch by 5/8. \$2 donation is suggested.

Movie 12:00 PM - *Night at the Museum Secret of the Tomb*, rated PG. The mysterious gang of museum exhibits is back together along with some new characters as the group travels to London to save the magic of the tablet.

Scam and Fraud Protection

Tuesday, May 26th at 12:00 PM

Home Instead SENIOR CARE *To us, it's personal.* Join us as Home Instead presents tips and tricks to make sure you do not fall victim to the scams and other fraudulent activities targeting seniors. Learn how to spot a scam and who to report it to. Criminals are craftier than you think, so learn how to protect yourself!

Save the Dates:

Legacies Competition Luncheon - Tuesday, June 9th

Still Alice showing with Alzheimer's Presentation - Friday, June 12th

Annual Talent Show - Tuesday, June 16th

Red Cross Blood Drive - Friday June 19th

Van trip to Windsor Place Wilmington - Wednesday, June 24th

Van trip to Hampton Beach Sand Sculptures - Friday, June 26th

Friday Quick Trips

Pick Ups begin at 9:00 AM otherwise noted.

May 1st: Walmart & back to the COA for movie - *Into the Woods*. Trips home to drop off groceries available.

May 8th: Free breakfast at Bagels & Burgers and shopping at the Dollar Tree in Methuen.

May 15th: Olive Garden and shopping along Daniel Webster Highway. Shopping destinations determined by those on the trip. Every effort will be made to accommodate trip goers shopping needs but please be patient with us. Please let us know which store you wish to visit ahead of time.

May 22nd: Tower Hill Botanical Gardens, Boylston MA. How can anyone pass up a chance to visit this sprawling estate that has views of Mt. Wachusett? The botanical garden's 132 acres are divided up into several different themed gardens such as cottage garden, inner lawn, and moss steps. There is a gourmet café at the garden but the bus will also make a stop at a fast food place for those not interested in café food. Admission is \$12, or \$9 if you are 65+.

May 29th: British Beer Company, a restaurant in Westford. Before lunch we will be shopping at Home Goods and Marshalls. There is also a JoAnn's Fabrics near by.

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.

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

Wish List

Thank You

- | | |
|---|---|
| <ul style="list-style-type: none"> • Coffee • Decaf Coffee • Paper Towels • Mahjong Sets • Bottles of Soda • Bottled Water • Patriotic Napkins • Shower Chairs • Transport Chairs (light weight wheelchairs) | <p>Mary Rowe - 72 Corelle Plates</p> <p>Priscilla Cregg - 2 Cases of bottled water</p> <p>Senior Club - Paper towels & toilet paper</p> <p>Louis Darvirris & Keith Bourgeois - hosting the free bi-monthly breakfast at Bagels & Burgers</p> <p>Karen White - Coffee, Napkins, copy paper, plates, water, paper towels</p> <p>Mike Langlois & the Friends Group - spring flower boxes</p> |
|---|---|

Kitchen Volunteers Needed

Call 978-957-2611 for More Information

Thank you for the outpouring of support from the community as a result of the article in the Sun concerning our need for Meals on Wheels Drivers. Now, we turn our attention to the kitchen! If you would like to volunteer in the kitchen helping to pack MOW, serve lunch, and help with clean-up please see Bethany in the office or Debbie or Donna in the kitchen.

Merrimack Valley Nutrition

Call 978-957-2611 for reservations or info.

Special Site Meals,

Tuesday, May 12th - Italian wedding soup with corned beef and Swiss cheese on a bulky Roll and a tossed salad with Ranch Dressing. Ice cream for dessert.

Friday, May 29th - Baked salmon with oriental sauce with rice and stir-fry vegetable medley and tossed salad with ranch dressing. Dessert will be a muffin and peaches.

Daily Lunch Program

Lunch served daily at 11:30 AM. Please call 3 weekdays in advance to reserve your meal. \$2 donation is suggested.

Full lunch menus available with the Senior Center front desk or kitchen.

