



November 2015

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
November 2nd & 16th 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

Featured Events

2015 Harvest Ball

Friday, November 6th, 2:00 to 5:00 PM

Yes folks, this beloved event is back thanks to the partnership and fundraising efforts of the Dracut Jr. High. Fun for both the Jr. High kids and us. Our afternoon will include light sandwiches, dessert, and dancing to DJ Ray Tremblay. Costumes are optional however there will be a costume contest with prizes for both the students and the seniors, so why not dress up? Pick up your ticket at the Senior Center front desk for \$5. This ticket will also enter you to win door prizes!



Friends 120 Tickets
Winners to be drawn
at the Harvest Ball at 4:00 PM.
120 tickets still available!

NEW! Book Club

Wednesday, November 4th at 12:00 PM

A monthly club offered the first Wednesday of each month led by volunteer Jackie Chausse. An informal group where readers get together to share the different books they are currently into. All welcome.

Director's Message

Happy Thanksgiving Everyone!

I am very excited to report that our long distance medical bus is up and running! We only had a few rides in October, but that is to be expected as we grow our service and spread the word. For more info on our new bus please see page 7.

Also, I need to put the call out again for Meals on Wheels Drivers. We were good for a while. However we understand that things come up and sometimes volunteers just can't continue. We have openings for the following: Tues, Thurs & Fridays delivering to Dunstable
Tues & Wednesdays delivering to Tyngsboro
Mon, Tues & Wednesdays delivering to Tyngsboro
Subs for Dracut & Tyngsboro - flex days

If you are available please call us at the Senior Center, 978-957-2611, to inquire about being a Meals on Wheels driver.

- Bethany

Professional Services

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

SHINE

Wednesday, November 12th & 18th

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, November 16th from 3 - 5 PM

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

Fuel Assistance

By Appointment, November to April

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

Representative Colleen Garry

Monday, November 16th 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, November 23rd 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, November 9th 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

3 Vaccines to Keep You Healthy

Vaccines play a vital role in preventing illness and maintaining health. Here are three commonly recommended vaccines covered by Medicare.



Flu shot - Available in both a regular strength dose and a high dose that provides extra immunity, which is often recommended for older adults. **Does Medicare cover?** Medicare Part B pays for one seasonal flu shot (either strength) with no co-pay as long as you visit a provider that agrees to accept Medicare's payment directly. If you have Medicare Advantage, you will not be charged for a flu shot if you visit an in-network provider. **Ask your doctor** if the high dose vaccine is recommended for you.

Shingles vaccine - Shingles is a painful skin rash caused by the same virus that causes chickenpox. Adults aged 50+ are at most risk for shingles, which can lead to lifelong pain. The shingles vaccine (Zostavax) is a one-time shot recommended for all adults over age 60 by the Centers for Disease Control and Prevention (CDC). **Does Medicare cover the shingles vaccine?** Medicare Part B does not pay for the shingles vaccine. However, all Part D plans are required to cover the vaccine and its administration. Part D plans have very specific rules about how to get the shingles vaccine. For example, a plan may only cover the injection if you get it in a health provider's office and not a pharmacy. Some plans might also ask that you pay your doctor upfront for the vaccine and then seek reimbursement. **Ask your Part D plan** about its specific coverage rules. Questions to ask include: How much will I be charged for the vaccine? Do I need to get the shot at a specific location in order for it to be covered? Can I get the vaccine at a pharmacy or drugstore and get reimbursed? How will the plan pay for the administration of the shot if I get it in my doctor's office? Will I need to pay my doctor upfront then seek reimbursement?

Pneumococcal (pneumonia) shots - Pneumococcal disease is a bacterial infection that causes many types of illness, from mild ear and sinus infections to life-threatening pneumonia and meningitis. The CDC recommends that all adults aged 65+ and younger adults with long-term health problems or chronic conditions receive the pneumococcal shot. One shot is usually all a person needs. You can get the pneumococcal vaccine on the same day as the flu shot (or at another time). **Does Medicare cover the pneumococcal vaccine?** Medicare Part B pays for one pneumococcal vaccine with no co-pay as long as you visit a provider that agrees to accept Medicare's payment directly. Medicare Advantage members also cannot be charged for the shot if they receive it from an in-network provider. **Ask your doctor** whether and when you should receive the vaccine.

Friends of the Dracut Elderly

Last Foxwoods trip before Spring Friday, November 20th

\$30 per person - For information call Carol, 978-957-5527.

Lunch and a Show Saturday, December 5th

We will enjoy lunch at the Gloucester House before traveling to the Gloucester Stage Company to see the play, *Every Christmas Story Ever Told (and Then Some!)*. This is a funny and fast paced romp through all your favorite Christmas tales. Cost is \$25 per person all inclusive! Special thank you to Richard Reault. His generous donation to the Friends has helped to offset the true cost of this trip making it more affordable.

Bright Nights & Golden Corral Wednesday, December 9th

Due to the purchasing power of The Friends as well as our fundraising efforts, we were able to take the trip that the COA wanted to offer, and not only enhance it, but make it more affordable. Now, travel to Springfield on a coach bus while still eating at Golden Corral and seeing one of the most spectacular light display in New England for only \$20 per person all inclusive!

Q: Why do you need to be a member of the Friends to go on Friends trips? A: The trips we offer are subsidized by our group's fundraising efforts. This way we can charge less for the trip than what it actually costs. We appreciate your \$3 annual membership.

Next Friends Meeting Open to All Wednesday, November 18th at 10:00 AM

Friend's Board Members

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

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'a 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.

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 \$2.00.

Member Meetings

There are no meetings in November.

See you on Wednesday, December 9th.

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.

Club Officers Still Needed! Please consider serving as an officer. Call Mary (number above) if you are interested.

**Christmas Party Dance
Wednesday, December 16th at Lenzi's**

Wish List

- Shower Chairs
- Used or New Silverware (knives, forks & spoons)
- Paper Towels & Tissues
- Harvest Napkins
- Wheel Chairs
- Bottles of Soda / Water
- Teacups, Saucers, & Tea



Thank You

Mary Rowe - Silverware
Terry Golas - Silverware
Omer Matte - Silverware
Doris Pinard - Silverware
Pauline Marchand - Puzzles
Yvette Beaudoin - Paper Plates
Lois Denaro - Fall Napkins
Paul Larau - Shower Chair

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.

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**THIS SPACE IS
AVAILABLE**

November 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
<p>2</p> <p>10:00 Zumba Gold 10:00 Bone Builders 11:30 Baked Salmon 1:00 Bingo 7:30 Fall Town Meeting at Dracut HS Center Open until 6:00 PM</p>	<p>3</p> <p>Art Exhibit Open 9:00 Vets Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Penne & Meatballs 12:30 Senior Tap 12:30 Stitch & Bitch 12:30 Marvelous Microbes</p>	<p>4</p> <p>8:45 Gentle/Chair Yoga 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Glazed Pork Lion 12:00 Art Class 12:00 Dollar General Trip 1:00 Bone Builders</p>	<p>5</p> <p>9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Broccoli Stuffed Chicken 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>6</p> <p>8:30 Walmart 9:00 Line Dancing 10:00 Bone Builders 11:30 Cheese Ravioli 12:00 Cribbage 2:00 Harvest Ball 4:00 120 Club Drawing</p>
<p>9</p> <p>10:00 Zumba Gold 10:00 Bone Builders 10:00 Hearing Screenings 11:30 Baked Pollock Fish 1:00 Bingo</p>	<p>10</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Beef Burgundy 12:00 Art Show Reception 12:00 Movie – Spy 12:30 Senior Tap 12:30 Stitch & Bitch</p>	<p>Center Closed</p> <div style="text-align: center;"> <p>If you live in a free country, THANK A VETERAN</p> </div>	<p>12</p> <p>9:00 Energetics 9:30 SHINE 10:00 Coloring Club 10:30 Bone Builders 11:30 Lemon Chicken 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>13</p> <p>9:00 Line Dancing 9:00 Christmas Place 10:00 Bone Builders 11:30 Tuna Noodle Casserole 12:00 Cribbage</p>

<p>16</p> <p>10:00 Zumba Gold 10:00 Bone Builders 10:30 Rep. Garry 11:30 Pork Roast & Gravy 1:00 Bingo 3 - 5 SS Help Center Open until 6:00 PM</p>	<p>17</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Peach Glazed Chicken 12:00 Color Interpretation 12:30 Senior Tap 12:30 Stitch & Bitch</p>	<p>18</p> <p>8:45 Gentle Yoga 9:00 Computer Class 9:30 SHINE 10:00 Friends Meeting 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Baked Ham 12:00 Art Class 1:00 Bone Builders 2:30 COA Board Meeting</p>	<p>19</p> <p>9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Lunch Special Roast Turkey 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy</p>	<p>20</p> <p>7:00 Friends Foxwoods 9:00 Line Dancing 9:00 Pheasant Lane Mall 10:00 Bone Builders 11:30 Meat Lasagna 12:00 Cribbage</p>
<p>23</p> <p>10:00 Zumba Gold 10:00 Bone Builders 11:30 Senator L'Italian 11:30 BBQ Chicken 1:00 Bingo</p>	<p>24</p> <p>9:00 Grocery Shopping 9:00 Energetics 10:00 Coloring Club 10:30 Bone Builders 11:30 Baked Rainbow Trout 12:00 Movie - Max 12:30 Senior Tap 12:30 Stitch & Bitch</p>	<p>25</p> <p>8:45 Gentle/Chair Yoga 9:00 Festival of the Trees 9:00 Computer Class 10:00 Tai Chi 10:00 BB Cancelled 11:15 Meditation 11:30 Meatloaf & Gravy 12:00 Art Class 1:00 BB Cancelled</p>	<p>26</p> <p>Center Closed</p>	<p>27</p> <p>Center Closed</p>
<p>30</p> <p>10:00 Zumba Gold 10:00 Bone Builders 11:30 Pot Roast & Gravy 1:00 Bingo</p>	<p>Art Exhibit Ends Dec 1</p> <p>9:00 Vets Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:00 Holiday Card Class 10:30 Bone Builders 11:30 Lunch 12:30 Senior Tap 12:30 Stitch & Bitch</p>	<p>Dec 2</p> <p>8:45 Gentle/Chair 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>Dec 3</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>Dec 4</p> <p>9:00 Line Dancing 9:00 Lenzi's & Local Lights 10:00 Bone Builders 11:30 Lunch 12:00 Cribbage</p> <p>Saturday Dec. 5 10:00 Friends Gloucester Trip</p>




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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.. Starts 10/27

Gentle / Chair Yoga - Wednesdays 8:45 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

Marvelous Microbes

Tuesday, November 3rd at 12:30 PM

Led by the Intuitive Body & Soul, this workshop is all about the mission of "good" bacteria in your body. Especially in your gut, where the bacteria helps with digestion as well as supports your immune system and help with cognitive function. Come learn ways to increase your good bacteria. \$5/senior \$10/non-senior

Veterans Breakfast & D-Day Talk

Tuesday, November 3rd at 9:00 AM

Catered by Peregrine's Landing at Tewksbury

No cost breakfast is open to veterans, their families, and those interested in veteran's affairs. This month breakfast will feature a guest speak, Stephen Bowman, President of Peregrine's landing and avid historian. He will talking about D-Day with us. This morning will also be an opportunity to meet Dracut's new Veterans Service Officer, Rebecca Ferreira.

Color Interpretation

Tuesday, November 17th at 12:30 PM

Led by the Intuitive Body & Soul, in this workshop you will explore color, how colors effect you, how you can use color to influence your energy level, and read someone else based on the outfit color, and more. \$5/senior \$10/non-senior

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

Tuesday, November 10th

Spy, rated R. Melissa McCarthy plays a desk bound CIA analyst who volunteers for a dangerous undercover mission.

Tuesday, November 24th

Max, rated PG. Max is a retired US Marine dog who served in Afghanistan however his handler did not survive. Traumatized, Max refuses to listen to anyone until he meets his handler's younger brother.

Art Show Exhibit, November 3rd - December 1st

Art Show Reception

Tuesday, November 10th from 12:00 to 2:00 PM

Please visit the varied art on display from both the Senior Center's Wednesday Art Class as well as art from instructor Joan's other classes. Get inspired and perhaps think about joining the class. There will be art for sale with 15% of sales donated to the Friends of the Dracut Elderly.

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, November 2nd.

Monday, November 2th - Annual Fall Town Meeting

If you would like transportation to/from the 7:30 PM Annual Fall Town Meeting located at Dracut High School please contact the Dracut Senior Center, 978-957-26111, by 12:00 PM earlier that day (11/2). No charge.

Wednesday, November 4th - The New Dollar General!

A trip to visit the Dracut's newest store. Trip will be after lunch with home pick-ups beginning at 12:00 PM. Cost \$2.

Friday, November 6th - Walmart. This Walmart trip will begin with early pick ups at 8:30 AM, giving you plenty of time to shop before the Senior Center's Harvest Ball. Bus Fee, \$3 round trip.

Friday, November 13th - The Christmas Place in Abington

The largest Christmas store in New England is only about an hour and a half away. It has even been featured on Chronicle! This store has the largest selection of Department 56 houses with 200 on display. They also have over 85 artificial trees, thousands of ornaments, 100 pieces of the Roman Fontanini Nativity collection, Playmobile Toys, and outdoor decorations. Did I mention fudge? After shopping, lunch will be at the nearby Abington Ale House.

Friday, November 20th - Pheasant Lane Mall

Get a jump on the Christmas shopping crowds. Spend the morning shopping at the mall. Lunch is on your own at the mall. Lunch option include the food court, Joe's American Bar & Grill, Burton's Grill, or Red Robin to name a few.

Wednesday, November 25th - Breakfast at Laudi's & Festival of the Trees.

Enjoy breakfast at one of our favorite morning stops in Dracut before traveling to Methuen for the Festival of the Trees. Featuring over 240 trees, wreaths and other displays. Admission to the Festival is \$10. Optional raffle tickets are \$5 for a pack of 26.

Friday, December 4th - Lenzi's and Local Lights

Dinner then a drive around to see local neighborhood light displays. Pick-ups begin at 4:00 PM.

Upcoming Trips

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

12/4 Bright Nights trip moved to 12/9 see page 3 for details.

Friday 11th Rockingham Mall

Friday 18th Walmart & Dracut House of Pizza

Wednesday 23rd Dollar Tree & Mamma'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

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