

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

September 2014

Volume 06 Issue 9



COA Director– Ashley Stewart, MS, LSW
astuart@tewksbury-ma.gov

Join us For Our
September Wellness Series

On September 10th, at 9:30am

“Longevity Gifts of Abkhazia, Vilcabamba & Hunza”

By: Tricia Silverman, Dietician & Nutrition Expert

There are secrets of longevity in the traditional diets of the Abkhazians, Hunzans, and Vilcabambans, cultures recognized as having people thrive into old age. “One secret of longevity is eating lots of vegetables. In other cultures, vegetables are not only eaten at lunch and dinner, but also as a regular part of breakfast. The Abkhazians, for example, may enjoy a nice salad alongside their whole grain corn porridge. Another secret of longevity is minimally processed foods in the diet. If Americans would just clean up their diets and eat what nature intended them to, there would be less obesity, and more people living longer, healthier, and more fulfilling lives,” says Ms. Silverman, who is a registered Dietitian and Nutrition Expert, owner of NuTricia’s Lifestyles, a wellness consulting firm from Needham. This seminar is being sponsored by the Tewksbury Cultural Council.

On September 17th, at 9:30am

“What to Expect After a Total Knee or Hip Surgery”

By: Andrea Mendes

Are you considering a total joint replacement surgery, but unsure what to expect? Please join us for this informational Q&A to find out more. Andrea Mendes is an instructor for UMass Lowell’s Doctorate

in Physical Therapy Program. She will give a brief overview of the surgery, what to expect post-op and considerations for rehabilitation. See you there!

**** Prizes for Our Readers ****

Some intentional and maybe not so intentional mistakes have been made in this month's newsletter. Find one and you'll be entered into a raffle to win a prize. Limit won entry per person.

Volunteer Of The Month



Kay Maher has been a dedicated volunteer at the Senior Center for many years. She is our Thursday morning receptionist. She also organizes tickets for our raffles, helps with the consignment shop receipts and helps coordinate Zingo, whist and Cribbage at the Senior Center. She also runs the Cribbage Tournaments and bakes for the baking table at our monthly breakfast. She is an active community member at the Elks and the Emblem Club, as well as, the clerk for both the Friends of the Elderly and the Golden Age Club. Kay is always willing to help in any way she can. She always welcomes new faces at the center and she is always a pleasure to be around.

Thank you to the Executive Office of Elder Affairs for supporting our newsletter.

Golden Age Club

Submitted by: Rose McKenna

By the time this article is published a great number of our seniors will be in Niagara Falls having a great time. Our next trip will be in December. We will be going to the White Mountain Resort in North Conway, NH from December 1-3, 2014. Last weekend my son took down all the boxes from the top shelf of my closet and much to my surprise, there were all of the nutcrackers that we received at the White Mountains packed away in a box. Each year at our Christmas Party, "Santa" gives us a nutcracker for a gift. I have nine of them. This year will be our 10th year... here comes nutcracker number 10. This trip is wonderful! The cost is \$399 per person in double occupancy, \$379 in triple occupancy and \$509 for a single. This year we will be having a sleigh ride. We do have a great time and of course "Santa" is always a jolly old man. Deposits of \$50 are now due.

I am starting to look into trips for next year and suggestions will be gladly accepted and taken into consideration. We are sorry to say that our Fashion Show needed to be postponed. Keep checking the paper for the show's new date in the Spring.

It is time for the renewal of Golden Age Club dues. Check your membership card, it expires every two years. New members are always welcome.

Submitted by Nancy Zabawa

Our next meeting is on September 9th. We are having a Veteran's Drive during the months of Sept, Oct & Nov. Any items you feel they may need will be appreciated: Toiletries, diabetic socks, warm hats & gloves, non-perishable snacks and games, cards, dominos, etc... We have a new Veteran's Agent in the center. Lets show her that we care about our Vets. Thanks!

Upscale Consignment Shoppe

Submitted by: Martha Marshall

Due to the Labor Day Holiday, the next In-Take for the Upscale Consignment Shoppe will be held on the SECOND Monday of the month, September, 8th, from 2-6pm.

Summer items will no longer be accepted. To increase the probability of sale, heavy winter items such as winter coats and sweaters should be brought in for consignment no sooner than October or November. *Where* did the summer go?

CAUTION: We have had a couple of instances here at Elder Services of the Merrimack Valley where an elder will get sales calls regarding Personal Emergency Response Systems [Lifeline]. These calls offer a \$1/day cost and then they start asking for the elder to get their check book and give routing and account numbers in a very high pressure way. We are keeping an eye on it here so that if we can determine that the source is local we will notify the DA. I just wanted to make you all aware so that the word can be spread to be aware of this scam.

Regards,

Michael Springman, LSW- Protective Services Supervisor

Recycling

Submitted by Kay Maher

I am still collecting new cards, can tabs, teabag tags, bottle caps and eyeglasses.

Thank you to all that have contributed!



SPECIAL EVENTSMonday September 4th

7:00AM Foxwood's Day Trip

Sunday September 7th

7-11AM Friends of the Elderly Breakfast Benefit

Monday, September 8th

2-6PM Upscale Intake Day

Tuesday September 9th

State Primary—No Activities

Wednesday, September 10th

9:30AM—Nutrition Seminar

Thursday, September 11th

1PM—Oil Painting with Barbara Antinoro

Friday, September 12th

7-10PM - Fred Manzi Band

Tuesday, September 16th

10:00AM—Diabetes Academy (Q&A)

3-4PM—Swinging Seniors Chorus— Public welcome

Wednesday, September 17th

9:30AM— What to Expect After Total Knee or Hip Surgery

12:00PM—COA Board Meeting

Thursday, September 18th

9AM-3:30PM—Foot Care Clinic

Friday, September 19th

7-10PM—Silvertones Dance

Monday, September 22nd

12:30PM— Cootie Party

Tuesday September 23rd

9:30-11AM— Representative Jim Micelli Office Hours

Saturday, September 27th

9AM—2PM Senior Center Yard Sale

Monday, September 29th

12PM—DJ Jon Dance

**Did you know...****By: Jan Canole, COA Senior
Clerk Secretary****Shampoo Warning:****Do NOT Wash Your Hair in the Shower**

I don't know WHY I didn't figure this out sooner! When I wash my hair the shampoo runs down my entire body. The label on the shampoo clearly reads "FOR EXTRA BODY AND VOLUME" .

NO WONDER I'VE BEEN GAINING WEIGHT!!

Well I got rid of that shampoo and from now on I will shower with Dawn dishwashing soap. The label clearly reads, "DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE"!

Where Did September Get It's Name?

Prior to 46BC the Roman Calendar only had 10 Months and began in March. The name of the month of September is derived from "septem" which means seven in Latin. But the Julian calendar reform shifted the start of new year back two months to where it is now: January 1. This change put September in the position of the ninth month of the year. Julius Caesar also added two months. July in honor of his birth month and August in honor of his nephew who had risen to military might. September had 29 days until the Julian calendar, when one more day was added. There are so many days to celebrate in September, such as Labor Day and Grandparents Day the following Sunday. September is also National Preparedness Month. Turn to Page 6 for more information on how to prepare for public health and medical emergencies, threats, and disasters.

There are openings on the COA Board and we are looking for new members. If you're interested please contact COA Director Ashley Stuart.

Starting on September 8th, the Snooti Patooti will be open Monday-Friday, from 10AM- 4PM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:45 Mov'n & Grov'n Exercise 11:30- 4 Piecemakers for Charity 12:45 Zingo 1:00 Independent Painting</p> <p>LABOR DAY HOLIDAY SENIOR CENTER CLOSED</p>	<p>2</p> <p>9:00 Arts & Crafts 9:00 Quilting 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:00 Diabetes Academy Q & A 10:30 Country Line Dance Class 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's</p>	<p>3</p> <p>7:00 Foxwoods Departure 8:30 Tap Dance Class 9:00 Diet Workshop 9:00 Men's Group 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 2:00 Bone Builders #1 2:30 45's</p>	<p>4</p> <p>8:30 Walking Club 12:30 International Mah Jong</p> <p>Sunday September 7th Breakfast Benefit 7:30—11:30AM Public Welcome</p>	<p>5</p>
<p>8</p> <p>9-11:30 VNA Nurses Clinic 9:00 Forever Fit 9:00-11 VNA Nurses Clinic 9:30 Men's Yoga 10:15 Therapeutic Yoga 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga 2-6 Upscale Intake of Items Day</p>	<p>9</p> <p>State Primary Elections Held From 8AM to 8PM ALL ACTIVITIES ARE CANCELLED</p>	<p>10</p> <p>7:00 Foxwoods Departure 9:00 Arts & Crafts 9:00 Quilting 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:00 Nutrition Seminar 10:30 Country Line Dance Class 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's</p>	<p>11</p> <p>8:30 Tap Dance Class 9:00 Diet Workshop 9:00 Men's Group 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 1:00 Oil Painting Class 2:00 Bone Builders #1 2:30 45's</p>	<p>12</p> <p>8:30 Walking Club 12:30 International Mah Jong</p> <p>7—10pm Dance Fred Manzi Band \$10 per person Tickets available at the door</p>
<p>15</p> <p>9-11:30 VNA Nurses Clinic 9:00 Forever Fit 9:00-11 VNA Nurses Clinic 9:30 Men's Yoga 10:15 Therapeutic Yoga 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga</p>	<p>16</p> <p>8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg 9:45 Mov'n & Grov'n Exercise 10:00 Diabetes Academy Q & A 11:30- 4 Piecemakers for Charity 12:45 Zingo 1:00 Independent Painting 3-4 Swinging Seniors Chorus</p>	<p>17</p> <p>9:00 Arts & Crafts 9:00 Quilting 9:30 Men's Mind & Muscle 9:30 Total Knee/Hip Seminar 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 12:00 COA Board Meeting 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:30 Gentle Yoga 2:30 45's</p>	<p>18</p> <p>8:30 Tap Dance Class 9:00 Diet Workshop 9:00 Men's Group 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 12:30 Experienced Yoga 12:30 Whist 1:00PM Oil Painting Class 2:00 Bone Builders #1 2:30 45's</p>	<p>19</p> <p>8:30 Walking Club 12:30 International Mah Jong</p> <p>7—10PM Silvertones Monthly Dance \$10 per person Tickets at the door</p> <p>Sunday 9/21— Walk to End Alzheimer's Brickstone Square</p>

<p>2:30 45's</p>	<p>9am-3pm- Foot Care Clinic</p>	<p>2:30 45's</p>	<p>Andover</p>
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Andover

8:30 Walking Club
12:30 International Mah Jong

26

The Senior Center will have a table at this year's Applefest Fair on 10/25/14. Contact: Jan Conole At 978-640-4482 if you are interested in selling your crafts at this event. Crafters have the option to make a voluntary donation to the Senior Center from their proceeds.

All are welcome on Tuesdays at Piecemakers for Charity!

8:30 Tap Dance Class
9-3:30 Foot Care Clinic
9:00 Diet Workshop
9:30 Wii Bowling League
9:30 Traditional Line Dance
10:30 Body Works
12:30 Experienced Yoga
12:30 Whist
1:00PM Oil Painting Class
2:00 Bone Builders #1
2:30 45's

25

The Billiards Room is open daily from 8am-4pm.

There is a **Pool Tournament** with other centers every Wednesday, from 9:30am- 12pm. Stop by the Senior Center to check the schedule.

9:00 Arts & Crafts
9:00 Quilting
9:30 Men's Mind & Muscle
10-12 Town Nurse Office Hours
10:30 Country Line Dance Class
12:30 Cribbage
12:30 Mah Jong
12:40 Bone Builders #2
2:30 Gentle Yoga
2:30 45's

24

The **Snooti Patooti Gift Shop** will be open 10am-4pm, starting Monday September 8th. Summer hours are in place until that time.

The **Upscale Consignment Shoppe's** hours remain 11am- 3pm.

8:30 Tai Chi
8:45 TOPS Weigh In/ Mtg
9:45 Mov'n & Grov'n Exercise
9:30-11 Jim Miceli Office Hours
11:30- 4 Piecemakers for Charity
12:45 Zingo
1:00 Independent Painting
3-4 Swinging Seniors Chorus

23

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12:30 Cootie Party, \$4/pp
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September is National Preparedness Month

National Preparedness Month provides an opportunity to raise awareness of the important work we all do to ensure our communities are safe, healthy, and ready for emergencies. The Massachusetts Department of Public Health (DPH) Office of Preparedness and Emergency Management is sponsoring a statewide campaign to encourage Massachusetts residents, families and communities to make plans and prepare for public health and medical emergencies, threats, and disasters.

Together We're Ready: Massachusetts Prepared is a month long public awareness campaign organized by weekly themes:

Week 1: Get Ready: Individual and Family Preparedness

Prepare a Go-Kit, something to be grabbed at a moments notice. Include items that you would need for at least a two day supply. Don't forget medications and make sure that you have a few days supply available. If you rely on electricity to generate oxygen have a battery backup. Don't forget the pets. Carry containers, leashes and food in case of evacuation. Also if the animals are on medications, then those should be planned for and always have their rabies information with you. Don't forget to check on your family and neighbors. They are our best support in an emergency.

Week 2: Get Involved: Join the Response

Volunteer for the Medical Reserve Corps. Volunteers come from both medical and non-medical professions as well as residents with no medical background at all. All you need is a desire to serve others. For more information on volunteering visit <http://www.mrc.com> or contact Coordinator I.M. Available at ima@mrc.com

Week 3: We're All in this Together: Considerations for Individuals with Access and Functional Needs

Individual needs are unique and only that person knows their capabilities and needs during an emergency. Establish a network of family neighbors and friends who are knowledgeable about your situation and what your needs are during an emergency. Have a list of medications, dosage included, extra batteries for hearing aids, cords for oxygen generators and any other specialty items in your go-bag.

Week 4: Get Vaccinated: Fight the Flu

The Tewksbury Health Department is looking at dates to hold a flu clinic. When this date is confirmed we will let residents know. Residents are encouraged to have their immunizations. Immunization not only protects you, but will also protect those around you. Remember to practice good cough and hand hygiene. Cough or sneeze into your sleeve and use hand sanitizer. When you are sick stay home to prevent further spread to others.

DPH has established one central web page at www.mass.gov/dph/ready to provide information, tips and links for the public. The web page also provides resources to support local, regional and state preparedness initiatives for you to use with your community or organization. Check the web page often as additional resources to support preparedness messaging and awareness will be posted in the weeks to come. For more information on personal emergency planning, visit the Massachusetts Emergency Management Agency at <http://www.mass.gov/mema>.

Free Stanna chain-driven chair lift in good shape. Call Jan or Ashley if you're interested.

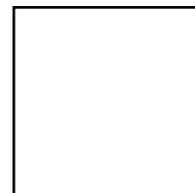
Fuel Assistance: Applications have been mailed from CTI to individuals who received fuel assistance last year. CTI will be sending applications for new applicants to the COA Director shortly. We will keep you informed as to when we get them. The funding is usually not available until November 1st so there is still time.

The following are the guidelines and requirements:
Household Size and Income Cap. The benefit is based on a sliding scale.

Family Size	Income
1	32,065
2	41,932
3	51,978
4	61,664

Identification	Proof of Income	Taxes (If Applicable)	Condo Owners	Utility Statements	Other Items if applicable
Driver's License or photo ID of everyone in household	Social Security Long Form	House/Property	Proof of Condo Fee	Electric Bill	Telephone Bill
Social Security Number	Pension Statement	Insurance-Home or Apartment		Gas Bill	
If no photo ID: Birth Certificate – Social Security Card	Interest earned statement	Mortgage		Fuel Bill	
	Veteran's benefit Statement			Last 12 month history of fuel consumption	

Tewksbury Senior Center
175 Chandler Street
Tewksbury, MA 01876



Participants needed for Oil Painting

The cost of the class is \$90 for 10 weeks. Class will take place on Thursdays, beginning Sept. 11th and ending Nov. 13th. Let Jan know if you are interested!

Walk to End Alzheimer's- Members of the Council on Aging will be participating in this year's walk at 200 Brickstone Square in Andover, on Sunday September 21st. Contact Jan or Ashley at the Senior Center if you would like to walk with our team or make a donation.

SAVE THE DATE...Upcoming TRIAD Events:

-Wednesday, October 1st, from 9:30-11:00 AM-

We will welcome Lt. Gaynor of the Tewksbury Police Department as he talks about Frauds & Scams, specific to the older population. He has presented on this topic before and got rave reviews!

-Friday October 3rd, 10:30-11:30 AM- AAA will present on "How to Go On Snow & Ice", with important seasonal information for safe winter driving. To sign-up for this event, please contact Jan at the Senior Center.

IT'S IMPORTANT TO KEEP IN TOUCH!

We would be happy to mail you a copy of our newsletter, "SENIOR MOMENTS" each month...for only the cost of postage! Simply fill in the information requested below.

Return this portion of the newsletter with a check or money order in the amount of \$8.00, which covers the postage and handling for a 12-month subscription. Check the *expiration date* on the label to see if it is time to renew your subscription.

Check here for renewal

Make check payable to: *Town of Tewksbury/COA*

Please do not mail cash

Mail to: TEWKSBURY SENIOR CENTER
175 Chandler Street
Tewksbury, MA 01876

DATE: _____

NAME: _____

PHONE: _____

MAILING ADDRESS: _____

TOWN/STATE/ZIP: _____