



METHUEN ELDER AFFAIRS
Methuen Activity Center
77 Lowell Street, Methuen, MA 01844
(978)983-8825 ~ www.ci.methuen.ma.us
Monday through Thursday ~ 8:00am – 4:00pm
Friday ~ 8:00am – 12:30pm

AUGUST 2011

STAFF

Corinne C. LaCharite, Executive Director
Department Head
Linda Sheehan, Administrative Assistant
Lynneanne Moss, Head Clerk
Susan Foster, Activity Coordinator
Elena Ganem, Office Support

COUNCIL ON AGING

Monica Pitman, Chairman
Elena Ganem, Secretary
Mary Jane Beaulieu, Vice Chair
Leo Kirane, Treasurer
Louise Flynn, Honorary
Elaine Morissette
Alfred D'Agata
Charlotte Blood

SERVICE STAFF

BENEFITS COUNSELING / SHINE Volunteer
Beverly Bradley

GIFT SHOP

Barbara Skinner, Manager

HEALTH CLINIC (VNA)

Jan Giles, RN

MEALS ON WHEELS/NUTRITION PROGRAM

Maureen Donovan

OUTREACH / SUPPORT SERVICES

Louise Edelblute, RN

SENIOR READERS IN SCHOOLS

Linda Sheehan, Susan Foster

TELEPHONE REASSURANCE

THRIFT SHOP

Lilian Zakia

TRIPS

Susan Foster
Elena Ganem

VOLUNTEER MEDICAL TRANSPORTATION

Dorothy Zazopoulos

VOLUNTEER SERVICES/FRIENDLY VISITOR

Linda Sheehan
Dorothy Zazopoulos

SOCIAL GROUPS

AARP

Loretta Andrade

BEANO

Phyllis Hutton

BRIDGE GROUP

Jennie Santacroce

SATURDAY NIGHT BALLROOM DANCE


Elena Ganem, Manny Quintal

SHUFFLEBOARD GROUP

GREETINGS FROM THE COUNCIL ON AGING

The Methuen Council on Aging consists of a seven member board appointed by the Mayor and approved by the City Council. The Council on Aging's main objectives are: (1) To advocate on behalf of the Methuen elderly population in addressing their needs by identifying and developing community resources of assistance. (2) To set policy for the operation of the Senior Center (3) To provide information, referral, outreach, nutrition and health services in cooperation with other City Departments and area agencies. (4) To enhance the quality of life for Seniors and the Community by providing educational, recreational, cultural programs and activities.

Mark Your Calendar!
Informational Health Talk
Tuesday, September 27, 2011 ~ 12:30pm



Hosted by Massachusetts College of Pharmacy and Health Sciences – Pharmacy Outreach Program.

Pharmacists will show an 8 minute DVD program on medication safety, provide information about the program's services, and answer any questions you may have about medicines. After the presentation, pharmacists will be available to talk with you individually to review your medications and answer questions. Bring any medication (including prescriptions, over the counter medications, vitamins and supplements) you currently take or your medication list.

This is a free, confidential services available to all Massachusetts residents seeking information regarding their medication. Whether you are having difficulties affording your medications or want to know what the side effects are to your prescriptions, MCPHS Pharmacy Outreach can help. By calling a toll-free help line at 866-633-1617, you can speak to pharmacists and case managers one-on-one to receive personal assistance with answering your pharmacy related questions or finding programs to help with the cost of your medications.



Mark your calendar...
The Happy Hearts Choral Group's Annual Big Show
"So This Is Love"

Thurs. Sept. 22 ~ 1:00pm and Sun. Sept 25 ~ 2:00pm
Refreshments Tickets: \$5.00 donation



FREE LEGAL ASSISTANCE. Karol Bisbee, Elder Law Attorney will hold a free legal clinic every third Wednesday of the month from 9:00-11:00am. Appointments made on a first come-first served basis, limited to 15 minutes.



MEMORIALS

Memorials have been received in memory of:



**Robert Bistany
Laurence C. Blouin
Betty Bolduc
Patricia K. Clark
Lorraine D. Hollins
Helen A. Manikas
Kenneth McKenna
George M. Moss
William Patenaude**

Memorial monies received to the Methuen Senior Activity Center will be used for special memorial items only.

~~~~~

Memorial cards are available at the Center Office and from your funeral director.

## FUNDRAISING ☺

*Please help our efforts to keep the Center safe, clean and well-maintained by attending our fund-raising activities!* While reading this newsletter, you'll notice a smiley face symbol - ☺ next to several events. This symbol denotes a fundraising activity sponsored by our non-profit Methuen Senior Activity Center Inc. Committee. Those privately raised funds will be put toward our estimated \$25K in utilities and repairs this fiscal year! Also, please remember to patronize our Thrift & Gift Shops, specially scheduled Jewelry Sales and the on-going 50/50 Raffle as we depend upon these major fund-raising venues to keep us going!

**Thank You!**

## **50/50 CLUB WINNERS** ☺

Congratulations to the **June 2011** winners

**\$ Nancy Wilson \$ 185.25 \$**  
**Jean Paterson \$ 111.15 \$**  
**Thomas Savastano \$ 74.10**

If you haven't joined the club yet, it's not too late!  
Enrollment forms are available in the office  
6 months (\$24.00) or 12 months (\$48.00).  
Three chances to win each month! Sign up today!

## **ATTENTION: EZ TRANS RIDERS**



Financial assistance is available for the purchase of EZ Trans transportation tickets through the Methuen Council on Aging's grant funded by HUD. Methuen senior residents who use the EZ Trans program are encouraged to apply for reduced fare (*1/2 price*) ticket books available only through the Methuen Council on Aging. Methuen seniors must be income eligible and provide proof of household income to participate. For more info, stop by the office or call 978-983-8825.



## **Join the Club... METHUEN SENIOR CENTER 50/50 CLUB** ☺



**Three Winners Each Month!**

**Membership \$4.00 per month**

**Must be paid 6 month \$24.00 or 12 months \$48.00**

|              |            | <b>Prize Fund</b>                  |                       |                       |
|--------------|------------|------------------------------------|-----------------------|-----------------------|
|              |            | <b>50% of Total Monthly Income</b> |                       |                       |
| # of Members | Prize Fund | 1 <sup>st</sup> Prize              | 2 <sup>nd</sup> Prize | 3 <sup>rd</sup> Prize |
| 100          | \$200      | \$100                              | \$60                  | \$40                  |
| 150          | 300        | 150                                | 90                    | 60                    |
| 200          | 400        | 200                                | 120                   | 80                    |
| 250          | 500        | 250                                | 150                   | 100                   |
| 300          | 600        | 300                                | 180                   | 120                   |
| 350          | 700        | 350                                | 210                   | 140                   |

**For more information, or to join the club,  
Visit the office at 77 Lowell St, Methuen**

*(Your Donation is Tax Deductible)*

**Membership \$4.00 per month  
Must be paid 6 months or 12 months**

~~~~~  
Donation: \$ _____

**6 months = \$24.00 12 months = \$48.00
(Make Check Payable To: MSC 50/50 Club)**

Date: _____

Name: _____

Address: _____

(Cut out and mail in your membership today!)



August 2011 Calendar of Events



- Aug. 2 Annual Senior Picnic. 12:30-3:00pm. Choice of Grilled Chicken or Sausage & Peppers. Advance tickets only \$8.00pp. More details below.
- Aug. 4 6 Week Informational Health Program. Diabetes Self-Management. Thursdays, Aug 4-Sept 8. 9:00-11:30am. Sponsored by ESMV, Inc. Pre-registration required.
- Aug 6 © Saturday Night Dancing. 
The Fred Manzi Trio. 7:30pm. \$8.00pp
- Aug. 9 Friends Meeting. 1:00pm. Cake & Lemonade will be served. More details page 8.
- Aug 16 Informational Health Talk: Better Living with Arthritis. 10:30am Speaker: Pat Hanley. Sponsored by Northeast Rehab. 
- Aug 16 Foot Care Clinic. 1:00pm. By appt only. \$25 fee.
- Aug 17 Free Legal Clinic. Atty. Karol Bisbee.9-11:00am. Appointment required (15 minutes maximum)
- Aug 17 Postage Stamps for sale in the lobby. 10:30am.
- Aug 18 Birthday Party. 11:30am.
- Aug 20 © Saturday Night Dancing. 
The Mel -Tones. 7:30pm. \$8.00pp
- Aug 25 Day Trip: Foxwoods Casino. 6:30am. \$25.00pp.
- Aug 29 Informational Trip Talk: Collette Vacations to discuss upcoming trips. 10:30am
- Aug 30 Ice Cream Social. 1-3:00pm. Sponsored by Councilor Jennifer Kannan. 



COMING SOON...



- Sept.5 Labor Day. Center Closed. 
- Sept 10 Thrift Shop Open This Saturday! 9-2pm.
- Sept 13 Civil War Presentation. 1-3:00pm . Presented by Bill Cutler. Watch for Details.
- Sept 14 Special Event: Diane Dexter. 1:00pm. Sponsored by Methuen Arts Lottery. Watch for details.
- Sept 15 Birthday Party! 11:30am.
- Sept 20 Foot Care Clinic. 1:00pm. By appt only. \$25 fee.
- Sept 20 AARP Meeting. 1:00pm
- Sept 21 Free Legal Clinic. Atty. Karol Bisbee.9-11:00am. Appointment required (15 minutes maximum)
- Sept 21 Postage Stamps for sale in the lobby. 10:30am.
- Sept 22 Happy Hearts Choral Group – Big Show! Guest Emcee: John Molori. 1:00pm. \$5.00 donation.
- Sept 25 Happy Hearts Choral Group – Big Show! Guest Emcee: John Molori. 2:00pm. \$5.00 donation.
- Sept 27 Informational Health Program. Presented by MA College of Pharmacy. 12:30pm. Details pg 1.
- Sept 29 Day Trip: Foxwoods Casino. 6:30am. \$25.pp

Mark Your Calendar for these Special Saturday Thrift Shop Days

- Sept. 10, 2011 ~ 9-2pm
- Oct. 1, 2011 ~ 9-2pm -featuring "Stuff a Bag" Sale on this day!



FRIENDS



If you are looking for one more way to help support our mission to provide as many programs and Services as possible and keep our Center safe and looking good... please consider becoming a "Friend". Your \$5.00 donation will be added to a special *Friends Fund* designed to help defray the ever-rising daily operating costs. As a "Friend", you are not required to attend any meetings on a regular basis, however, you will be invited to a special annual meeting where we will share the Center's accomplishments, future goals and provide you with a report on how the *Friends Funds* have been utilized. Big Thanks to everyone who has already joined Our Friends group continues to grow this month...

Elizabeth Daly, Mary Margereson, Frank Zacharias and several anonymous donors

(Donation period: May/ 15 -June

15, 2011)

**MARK YOUR CALENDAR FOR THE
FRIENDS MEETING AUGUST 9 AT 1:00PM
WE'LL REVIEW THE CENTER'S ACCOMPLISHMENTS AND FUTURE GOALS
AND REPORT ON HOW THE FRIENDS FUNDS HAVE BEEN UTILIZED SO FAR.**

CAKE & LEMONADE WILL BE SERVED!



AUGUST 2011



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>8:00-9:00 CHAIR YOGA</p> <p>9:30-12:00 JAPANESE BUNKA</p> <p>9:30-10:30 MODIFIED AEROBICS</p> <p>9:30-11:30 NEEDLEARTS</p> <p>1:00-3:00 BINGO ~~~~~</p> <p>EZ Trans Assist Van 685-8767 or for a cab 1-877-308-7267 48 Hrs. Advance Notice Required ~~~~~</p> <p>FOOT CARE CLINIC Once a month by appt only. \$25.00 charge. Call for schedule.</p>	<p>8:00-9:00 AEROFLEX</p> <p>9:00-11:30 12:30-3:00 CERAMICS</p> <p>9:30-11:00 DANCE</p> <p>9:00-11:00 CLINIC 2nd & 4th TUES of the MONTH</p> <p>8:30-11:30 & SHUFFLEBOARD</p> <p>12:30-3:00 KNIT & CROCHET ~~~~~</p> <p>Counseling services Tuesdays 9-11am ~~~~~</p> <p>AARP meets the third Tuesday of each month. 1:00pm ~~~~~</p> <p>4th TUESDAYS Lois Marra, Merrimack Valley Hospice Bereavement Counselor 4th Tuesday of the month, 10:45 am</p>	<p>8:00-9:00 WEIGHT TRAINING</p> <p>9:15-10:15 MODIFIED AEROBICS</p> <p>9:00-11:30 QUILTING</p> <p>10:00-12:00 OIL PAINTING</p> <p>2:15-3:45 ADOPT-A- GRANDPARENT ~~~~~</p> <p>Tom Hargreaves of Methuen Veterans Dept. Office Hours 3rd Wednesday of the month. 10-11:30am ~~~~~</p> <p>LEGAL CLINIC Atty. Karol Bisbee- 3rd Wednesday of the month by appointment</p>	<p>8:00-9:00 CHAIR YOGA</p> <p>9:00-11:30 QUILTING</p> <p>9:30-12:00 JAPANESE BUNKA</p> <p>9:30-10:30 FITNESS CLASS</p> <p>12:30-3:30 BRIDGE</p> <p>12:30-2:00 CHORAL GROUP</p> <p>1:00-3:00 KNITTING ~~~~~</p> <p>RIDES FOR MEDICAL APPOINTMENTS Call Dorothy, 9-12:00n at 978-983-8825. A <u>minimum</u> of 2 days advance notice required</p>	<p>8:00-9:00 WEIGHT TRAINING</p> <p>9:00-10:30 YOGA (On-going)</p> <p>9:30-10:30 MODIFIED AEROBICS</p> <p>9:30-11:30 NEEDLEARTS ~~~~~</p> <p>State Rep. Linda Dean-Campbell or an aide from her office will be here Fridays 11:00am-12:00pm to address questions, concerns & comments. ~~~~~</p> <p>PLEASE NOTE: Exercise programs, yoga and dance classes run continuously throughout the year. Craft classes run on 10 week semesters</p>
<p>Our Newsletter & Mailings are sponsored in part by Executive Office of Elder Affairs, One Ashburton Pl. Boston, MA 02108</p>		<p> LUNCH SERVED Monday through Friday ~11:30am Call Mornings 978-685-8866 (Two day advance notice Required) Donation: \$2.00</p>		<p> The GIFT SHOP and THRIFT SHOP are open Mon-Thur 9:30am-3:30pm Fri 9:30-12:20 THE PUBLIC IS WELCOME!</p>



TRAVEL WITH US!



NOTICE: Tickets must be purchased at time of reservation. Tickets are non-refundable.

For complete details about trips hosted by the Methuen Senior Activity Center, including participant responsibility, a comprehensive "Trip Policy" outline is posted at the Senior Center and copies are available in the main office. All participants are required to have "Emergency Contact" information on them throughout the trip. Wallet sized "**File of Life**" information packets are available free, in the office, for your convenience!

- **August 12, 2011. Maine Lobster Bake at the Clambake Restaurant, Scarborough, ME. 9:30am. \$60.00pp.**
- Sept. 2 –9, 2011. Northern National Parks featuring Jackson, Wyoming, Yellowstone National Park, and The Grand Tetons. \$1,999pp/do.
- **Sept. 20, 2011. Day Tour: Salem, Gloucester, Rock-port. Visit Salem Witch Museum, Lunch at Victoria Station on Pickering Wharf, 2 hour sightseeing tour of Gloucester and Rockport. Time for browsing galleries and shops. 9:45am. \$63.00pp.**
- Oct. 2-8, 2011. Myrtle Beach. 4 nights lodging, 12 meals, shows, garden visit, sightseeing! \$1285pp/do.
- **Oct. 14, 2011. Day Trip: Leaf Peepers Foliage Trip. Tour Smith's Country Cheese in Winchendon, MA, lunch at The Inn at East Hill, Troy, NH, visit to Alyson's Orchards, Walpole, NH. 8:30am. \$60.00pp.**
- **Nov. 10, 2011. Day Trip: Impressionist Mark Verselli at Angelica's Ballroom, Middleton, MA. Lunch and Show. Drive on your own – plan to arrive at 11:30am. \$45.00pp.**
- Nov. 10-19, 2011. Rome & Amalfi Coast. 10 days, 13 meals, lodging, airfare. \$2,699pp/do.
- Dec. 6-8, 2011. New York City... and "Do Your Own Thing". Includes: motorcoach transportation, 2 nights lodging, 3 meals, shopping/sight seeing. Stop at Rein's Deli enroute home! \$645pp/do.
- Jan. 25-Feb 2, 2012. Discover Panama: The Land Between the Seas. \$2,699pp/do.

Fourth Tuesdays. Lois Marra of Merrimack Valley Hospice offers information and support for those suffering loss. Meetings held the fourth Tuesday of each month. 10:00-11:30am. No appointment necessary.

SHARE A TIP by Dora Atkinson

- If coffee grinds are getting around the filter in your coffee maker, try filling the filter with water to wet it and then removing it before adding the coffee. The wet filter will cling to the side of the basket better to keep coffee grinds where they should be!
- Make dull chrome sink fixtures sparkle with a paste of 2 tablespoons salt mixed with 1 teaspoon of distilled vinegar.



Perkins Low Vision Demo Center

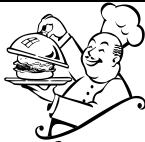
If you or someone you know is struggling with vision loss, there is assistance available. The new Perkins Low Vision Demo Center, located on the campus of the Perkins School for the Blind in Watertown, Massachusetts with a satellite office in Amesbury, provides **free** demonstrations and evaluations of the many different assistive devices and technology which can enable an individual with low vision to read the newspaper and labels on food packaging, watch TV, play games, etc. Just call ahead to make an appointment with our highly experienced staff and try some of the devices that can increase independence. The Demo Center can be reached at 617-972-7308 or by emailing perkinsproducts@perkins.org.



Jewelry Sale Items:

Jewelry boxes filled with pieces you no longer wear? Consider donating them for the next Jewelry Sale at the Methuen Senior Center! You get a neater jewelry box and the proceeds help the senior center ... what could be better? Donations are always gratefully accepted anytime in the office! THANK YOU!

OTHER HAPPENINGS IN OUR COMMUNITY



- **The Holy Family Hospital** hosts a full course dinner for seniors on the 3rd Wednesday of every month. Cost is \$5.00pp. Guest speakers and light entertainment provided. Space is limited so **reservations are required**. Call 1-800-488-5959.
- **The Holy Family Hospital** is looking for volunteers who enjoy sewing. Anyone who would like to sew together simple cloth bags should contact Stacey Sherman, Director of Volunteers at 978-687-0156 x2440. All materials will be supplied and the work can be done in your own home or at the hospital. A sewing machine is available for use in the volunteer office if needed.



CAMPBELL'S SOUP LABELS

Campbell soup labels and General Mills "Box Tops For Education" labels are collected year round. The labels are delivered to local schools to be traded in for new classroom supplies! All you have to do is cut out the "Point Value" symbol or the UPC label from the back of Campbell's products and the "Box Tops For Education" symbols off General Mills products and drop them off here at the center. It's so easy and a great way to help the children in our community!



BLOOD PRESSURE CLINIC
2nd & 4th Tuesdays of the Month ~ 9-11am

This Month: August 9 & August 23, 2011

There is no charge for this service,
but donations are always welcome!



Foxwoods Casino!

Thursdays



Aug 25 Sept 29 Oct 27

Bus leaves promptly at 6:30am from the

Park & Ride on Pelham St,

Tickets are \$25.00pp. Non-Refundable

2011 SATURDAY NIGHT DANCING

At Methuen Senior Activity Center

77 Lowell St, Methuen ~ 978.983.8825

Aug 6	Fred Manzi Trio
Aug 20	The Mel-Tones
Sept 10	Pete Saran – New Life
Oct 1	Boots & Company
Oct 15	The Entertainers
Oct 29	Fred Manzi Trio (Halloween)
Nov 19	The Mel-Tones
Dec 17	Pete Saran – New Life
Dec 31	New Year's Eve Dinner/Dance

Fred Manzi Trio (Tickets: TBA) Tickets available in the office and at the door.
Come in costume for our specially marked dances!



IN APPRECIATION... Special thanks

to all who contributed to the Programming and services at the Senior Center in July including; Jason McCollin for a fun day of country line dancing; Jo-Ann Thibault of The Elder Insider for information on *Aging in the 20th Century*; Methuen Village for a delicious breakfast; Lois Marra, Merrimack Valley Hospice for continued grief support.



Be sure to stop in and visit often.

There's always a lot going on!

6 Week Diabetes Self-Management Program

Sponsored by

Elder Services of the Merrimack Valley, Inc.

Classes held:

Thursdays, August 4 - Sept. 8, 2011

9:00am – 11:30am

Take Advantage Of This Program To:

- Prevent and Delay Complications
- Learn How to Prevent Low Blood Sugar
- Manage Stress and Difficult Emotions
- Learn About Medication Usage
- Administer Foot Care Remedies
- Eat Healthy and Promote Physical Activity

Learn Strategies Developed and Tested by Researcher to:

- Set & Meet Goals
- Identify and try out simple techniques that can improve your quality of life
- Improve communication with your doctor
- Handle stress and learn to relax
- Increase your energy level
- Make choices about your treatment

Pre-Registration Required! Call 978-983-8825.



HAPPY BIRTHDAY!

Best wishes to everyone who celebrated a birthday during the month of July...



**Laurie Kendrick
Stan Marlbas
Cheryl Sirois**

**Bernice Antonewicz
Elena Ganem
Mortimer O'Sullivan**

**Elaine Wiehler
Helen Lucchesi
Al D'Agata**

**Catalina Soriano
Josephine Carelli**

**John McDougall
Joyce Brearly**

Do you have a birthday this month? Sign up for the birthday lunch on August 18th. Reservations must be made no later than 12:00 noon on Aug 16. Call 978-983-8825. In the meantime... ***Happy Birthday!***

MEDICARE INFORMATION SESSION ~ OCTOBER 19, 2011 ~ 1:00PM

Presented by Hal Pierce, SHINE Counselor, ESMV, Inc.

At Methuen Senior Activity Center 77 Lowell St, Methuen

Don't be left out! New Open Enrollment Dates Oct. 15-Dec. 7 for Medicare Advantage and Drug Plans
Open enrollment is much earlier this year and early preparation is key. What should you do first?

- Review your PRESCRIPTION DRUG and HEALTH INSURANCE NEEDS. By September 15th, see your physician and review your medications! Check for contraindications, possible use of generics, and whether you can eliminate unneeded medications. Is your health insurance the right plan? Do you have additional costs or restrictions that are problematic?
- PREVENTION is the best medicine. While at the doctor's, review preventative services under Medicare and sign up for the Annual (FREE) Wellness Visit.
- UNDERSTAND the plan changes. By October 1st, you should receive the 2012 "Medicare and You" handbook. Review the changes at the back of the guide or go to www.medicare.gov. You may expect a lot of marketing material soon, but please know that help is available if you find it confusing.
- OBTAIN INFORMATION AND ASSISTANCE. If you would like to learn about your options, wish to save money or need assistance to change your plan, attend one of the regional SHINE presentations advertised in your local newspaper, call your SHINE Program at 1-800-AGE-INFO or your local Council on Aging for an appointment.
- DON'T BE LEFT OUT! Choose your prescription drug and health insurance plan by December 7, 2011 for January 1, 2012. For help call SHINE at 1-800-AGE-INFO (1-800-243-4636, and press "3").

Did you know you can access our newsletter on the internet? Just go to www.ci.methuen.ma.us. In the left hand column, click on *city departments*, then click on *senior center*.



WISH LIST

In continued effort to stretch our budget, donations are always gratefully accepted. Some items on our wish list include: small paper plates, paper towels, napkins, coffee (both decaf and regular), duct and masking tape, and extra large American flags for our outdoor flag pole! ***Thank you!***

