



**METHUEN ELDER AFFAIRS**  
**Methuen Activity Center**  
**77 Lowell Street, Methuen, MA 01844**  
**(978)983-8825**  
**Monday through Friday ~ 8:00am – 4:00pm**

**F E B R U A R Y 2 0 0 9**

**STAFF**

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

**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**  
Celeste McDonald DiFruscia

**BEANO**  
Phyllis Hutton

**BRIDGE GROUP**  
Mary Letizio

**CABARET!**  
Elena Ganem, Manny Quintal

**SHUFFLEBOARD GROUP**

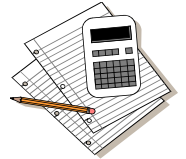
**COUNCIL ON AGING**

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

**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.*

**INCOME TAX RETURNS**



Tax season is here and Tax Assistance is available  
February 2 through April 15<sup>th</sup>, filing deadline day.

Appointments are required and can be made by calling 978-983-8825.  
Please remember, this is a **volunteer service** and the program is designed to help Methuen seniors with **limited income** and **limited investments!** Appointments are limited to 45 minutes.

**Who must file?**

Single	Under 65	Gross income \$ 8, 950 or more
	65 or older	Gross Income \$10,300 or more
Married	Under 65 (both)	Gross income \$17,900 or more
(filing jointly)	65 + (one spouse)	Gross income \$18,950 or more
	65 + (both)	Gross income \$20,000 or more

**Stimulus Tax Rebate:** If you didn't receive a tax rebate in 2008 or if you didn't receive the maximum allowed, you may qualify this year.

**Senior Circuit Breaker Credit:** Residents of MA 65 or older who qualify are eligible for a credit/refund of up to \$930, regardless of whether they paid state income tax or were required to file a tax return.

**What Documents You Should Bring To Your Appointment:**

- Copy of last year's tax return (Federal & State).
- All W-2's, 1099's and other information related to taxes.
- Last year's real estate tax bills or amounts paid
- Last year's water & sewer bills or amounts paid
- Form MA 1099HC

## 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 that will be put toward our estimated \$25K in utilities and repairs this fiscal year! Additionally, always remember to patronize our Thrift & Gift Shops, specially scheduled Jewelry Sales and the on-going 50/50 Club Raffle as we depend upon these major fund-raising venues to keep us going! *Thank You!*

## MEMORIALS



*Memorials have been received in memory of:*

**Betty Basha  
Rose Gemellaro  
James L. Johnson  
William E. Milligan**

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

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



## SATURDAY NIGHT BALLROOM DANCING! ☺ Saturdays 7:30-11:00pm

- Feb. 7 The Entertainers (Valentine's)
- Feb 21 Pete Saran – New Life
- Mar 7 Fred Manzi Trio (St. Patrick's)
- Mar 21 Fred Manzi Trio
- Apr 4 The Entertainers
- Apr 25 Boots & Co.
- May 16 Pete Saran
- June 6 The Mel-Tones
- June 20 Fred Manzi Trio
- July 11 Boots & Co.
- July 25 The Entertainers
- Aug 8 Pete Saran - New Life (Hawaiian Night)
- Sept 12 The Mel-Tones
- Oct 3 The Fred Manzi Trio
- Oct 24 Boots & Co (Halloween)
- Nov 14 The Entertainers



*Tickets: \$8.00pp available in the office and at the door.*

## **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

*(Your Donation is Tax Deductible)*

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

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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!)*

\$ <u>Prize Fund</u> \$				
50% of Total Monthly Income				
# 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**



# February 2009 Calendar of Events

- Tues 3 TRIAD Meeting. 10:00am.
- Sat 7 ☺ Sat. Night Ballroom Dancing. The Entertainers. 7:30pm. \$8.00pp.
- Tue 10 Information Table: Methuen Village Assisted Living will be in the lobby area with information about the facility and to answer questions. 9:30am-11:00am. Stop by!
- Wed 11 Stamps. Postage stamps available for purchase in lobby area. 9:30am.
- Wed 11 Valentine's Day Dance. Hosted by Presentation of Mary Academy. 2:00-4:00pm. (Snow Date: Feb 12) All are invited!
- Thur 12 Mayor Manzi's Annual "State of the City" Address. Hosted by the Methuen Board of Trade. 6:00pm. All are welcome to attend.
- Mon 16 President's Day. Center Closed.
- Tues 17 AARP Meeting. 1:00pm.
- Tues 17 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- Wed 18 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum).
- Thurs 19 Birthday Party. 11:30am.
- Fri 20 Informational Talk: Health Care Proxy. Speaker: Capt. Ebacher of Essex County Sheriff's Dept. 10:30am. All are invited.
- Sat 21 ☺ Saturday Night Ballroom Dancing. New Life. 7:30pm.. \$8.00pp.
- Tues 24 Informational Talk: Fall Prevention Discussion. Speaker: Carol Felides, P TA Rehab Team Coordinator at Sunbridge of Woodmill. 10:00am. All are invited.
- Wed 25 N.A.R.F.E. Meeting. 2:00pm



## COMING SOON...

- Mar 3 TRIAD Meeting. 10:00am.
- Mar 7 ☺ Sat. Night Ballroom Dancing. The Fred Manzi Trio. 7:30pm. \$8.00pp. Dress for St. Patrick's – "Mr. McNamara" to be chosen for prize!
- Mar 10 Ice Cream Social. 1-3:00pm. \$3.00pp. Music by Chet Harden.
- Mar 11 Stamps. Postage stamps available for purchase in lobby area. 9:30am.
- Mar 12 St. Patrick's Day Celebration! 1-3:00pm. Irish luncheon & performance by the Happy Heart Chorus. Ticket Price: To Be Announced.
- Mar 17 AARP Meeting. 1:00pm.
- Mar 17 Foot Care Clinic. By Appt. Only. \$25.00 fee.
- Mar 17 Informational Talk: Clutter: Let It Go! Presented by Elder Services of the Merrimack Valley. 10:00am. All are invited.
- Mar 18 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum).
- Mar 19 Birthday. 11:30am.
- Mar 21 ☺ Sat. Night Ballroom Dancing. The Fred Manzi Trio. 7:30pm. \$8.00pp.
- Mar 25 N.A.R.F.E. Meeting. 2:00pm
- Mar 26 Day Trip: Foxwoods Casino. 6:30am. \$25.00pp.



## The Happy Hearts Chorus

Present



## Songs of America

A CD featuring 6 of our country's best-loved Patriotic Songs is available in the office for \$10.00.



**Get Your Copy Today!**



## JEWELRY SALE



Donations for the Jewelry Sale Table are always gratefully accepted anytime in the office!

## 50/50 CLUB WINNERS ☺

Congratulations to the **January 2009** winners

\$	<b>Priscilla Sanguedolce</b>	<b>\$ 194.75</b>	\$
	<b>Theresa Hollins</b>	<b>\$ 116.85</b>	
	<b>Henry Hardacre</b>	<b>\$ 77.90</b>	

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!



## IN APPRECIATION!

Special thanks to all who contributed to the Programming and services at the Senior Center in January including: Susan Cripps of Elder Services for valuable information on Prescription Advantage changes; Dan DiBurro, guest speaker at AARP meeting; Atty. Karol Bisbee for the monthly free legal clinic; Wal-Mart of Methuen for donating the 8' decorated Christmas Tree that graced our lobby area in December!

**Thank You All!**

## 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 and limited to 15 minutes. Call 978-983-8825.



## FOXWOODS CASINO 2009 Schedule

### THURSDAYS

March 26

April 30

May 28

June 25

July 30

August 27

Sept. 24

Oct 29

Nov. 19

**Bus leaves promptly at 6:30am from the Park & Ride Parking Lot on Pelham St. Return bus leaves Foxwoods at 4:30pm sharp! Ticket available in the office.  
\$25.00pp – Non-Refundable**

## N.E.E.T. DRIVERS



Volunteer drivers are needed to take seniors to and from their medical/dental appointments. Drive as often or as little as you like – just tell us when you're available to help out. Drivers are reimbursed at 40¢ per mile. A valid drivers license and your own vehicle are required. For more info, please call 978-983-8825.

## MARK YOUR CALENDAR!



Veteran's Night ~ April 15, 2009 ~ 7:00pm

Hosted by Tom Hargreaves, Methuen Veterans Director  
Information Available ~ Questions & Answers

**All Veterans Are Invited!**



Join us for an

# IRISH CELEBRATION

Thursday, March 12, 2009  
1:00-3:00pm



at Methuen Senior Activity Center featuring:  
A Traditional Corned Beef & Cabbage Dinner  
prepared by the *Original Cafe*  
and entertainment by  
The Happy Heart Choral Group

Ticket cost: To be announced – watch for details



Don't miss this one... after all,  
Everyone is Irish on St. Patrick's Day!

Valentine's

*Sponsored by  
the students of  
Presentation of Mary  
Academy*

Day Dance



Wednesday  
February 11, 2009  
2:00-4:00pm

At Methuen Senior Activity Center  
No Admission Cost. Refreshments.  
All are welcome!

## TRIAD NEWS: Winter Safety Tips that Could Save Your

LifeWinter safety and emergency preparation probably aren't the first things on your mind, but if you find yourself in an unexpected blizzard or winter storm, being prepared could save your life. Even if the storm of the century doesn't hit your home this winter, there are things you need to do to stay safe. These are just a few...

**KEEP YOUR CAR STOCKED:** You can't always tell when a blizzard or severe storm is going to hit. The last thing you want is to be driving down an out-of-the-way road in sub-zero weather or a full-blown blizzard, only to have your car die on you and you don't have anything with you to keep you safe and warm. It's a good idea to keep a winter safety kit in your car at all times. Include blankets, canned heat, food rations and water. Just make sure any water bottles are not full completely or they might explode if they freeze.

**KEEP YOUR PANTRY FULL:** If a severe storm hits your area and roads are closed for a few days or more, would you starve? If the answer to that question is yes, then you need to stock some emergency food and water in your pantry as well as some simple winter safety tools like flashlights, canned heat and an emergency weather radio. While some people insist you should keep 3 to 6 months of emergency rations on hand, not everyone can do that. Another suggestion is try for at least 3 days of food and water, if not 2 or 3 weeks.

**BE ALERT:** Of course, knowing when a huge storm or blizzard is coming is one of the best ways to make sure you and your family stay safe through it. Use services like the Weather Channel and your local news to stay on top of weather developments. Some weather programming will even include winter safety tips to help you through any inclement weather that may be approaching.



# FEBRUARY 2009



## MONDAY

8:00-9:00  
CHAIR YOGA

9:30-12:00  
JAPANESE BUNKA

9:30-10:30  
MODIFIED  
AEROBICS

9:30-11:30  
NEEDLEARTS

12:00-3:30  
SHUFFLEBOARD  
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### **EZ Trans**

Assist Van  
685-8767  
or for a cab  
1-877-308-7267  
48 Hrs. Advance  
Notice Required  
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## TUESDAY

8:00-9:00  
AEROFLEX

9:15-10:45  
DANCE

9:00-11:30  
12:30-3:00  
CERAMICS

9:00-11:00 CLINIC  
2<sup>nd</sup> & 4<sup>th</sup> TUES of the MONTH

8:30-11:30 &  
12:30-3:30  
SHUFFLEBOARD

12:30-3:00  
KNIT & CROCHET  
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**AARP** meets the  
third Tuesday of each  
month. 1:00pm.  
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**Counseling services**  
**Tuesdays 9-11am**



## WEDNESDAY

8:00-9:00  
WEIGHT TRAINING

9:00-11:00  
11:30-1:30  
COMPUTERS

9:15-10:15  
MODIFIED  
AEROBICS

10:00-12:00  
OIL PAINTING

9:00-11:30  
QUILTING  
~~~~~

### **N.A.R.F.E.**

Meets the last  
Wednesday of the  
month at 2:00pm.  
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### **PLEASE NOTE:**

Exercise programs,  
yoga and dance classes  
run continuously  
throughout the year.  
Craft classes run on 10  
week semesters.

## THURSDAY

8:00-9:00  
AEROFLEX

9:00-11:30  
QUILTING

9:30-10:30  
FITNESS CLASS

9:00-11:00  
11:30-1:30  
COMPUTERS

9:30-12:00  
JAPANESE BUNKA

12:30-3:30  
BRIDGE

12:30-2:00  
CHORAL GROUP  
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### **RIDES AVAILABLE FOR MEDICAL APPOINTMENTS**

Call Dorothy, 9-12:00n at  
978-983-8825. A  
minimum of 2 days  
advance notice required.



## FRIDAY

8:00-9:00  
WEIGHT TRAINING

9:30-10:30  
MODIFIED  
AEROBICS

9:00-10:30  
YOGA (On-going)

1:00-3:00 BINGO

1:00-3:00  
KNITTING  
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### **FOOT CARE CLINIC**

Once a month . by appt  
only. \$25.00 charge.  
Call for schedule.  
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Representative Linda  
Dean-Campbell will be  
here Fridays 11:00am-  
12:00pm to address  
questions, concerns &  
comments.

Our Newsletter & Mailings are  
sponsored in part by Executive  
Office of Elder Affairs,  
One Ashburton Pl.  
Boston, MA 02108



**LUNCH SERVED**  
**Monday through Friday ~11:30am**  
**Call Mornings 978-685-8866**  
**(Two day advance notice Required)**  
**Donation: \$2.00**



**The GIFT SHOP and  
THRIFT SHOP are open**  
**Monday – Friday**  
**9:30am – 3:30pm**  
**THE PUBLIC IS WELCOME!**

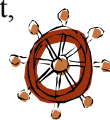


## TRAVEL WITH US!

- Feb. 11, 2009. Spinelli's Luncheon/Show "Mel Simons.
- March 21, 2009. Red Cliffs Adventure – Monument Valley, Arches & Canyonlands National Parks. Air, lodging, 10 meals. \$1,999pp/do.
- March 22-23, 2009. White Mountain Hotel. Transportation, lodging, 3 meals, show, shopping, sightseeing. \$260pp/do.
- April 15-17, 2009. Stowe, VT. Transportation, 2 nights lodging, 4 meals, sightseeing, more. \$390pp/do.
- April 24-May 4, 2009. New Orleans. Transportation, 10 nights lodging, 18 meals, tours, riverboat cruise, gaming, more! \$899pp/do.
- April 26-29, 2009. Penn-Dutch Tour. Transportation, 3 nights lodging, 5 meals, sightseeing, shows, tour, more. \$575pp/do.
- May 2-8, 2009. California Wine & Rail Discovery Tour. San Francisco, Napa Valley, Sacramento & Lake Tahoe. R/T transportation, lodging, 13 meals, sightseeing, more! \$2050pp/do.
- May 3-9, 2009. Southern Charm: Charleston, Savannah & Jekyll Island. Transportation, lodging, 7 Days, 10 meals, more! \$2,149pp/do.
- May 27, 2009. Lunch & Show featuring Impressionist, Mark Verselli at DiBurro's, Haverhill. \$45pp. Transportation on your own.
- June 1-8, 2009. Mackinac Island, Michigan. Transportation, 7 nights lodging, \$1950pp/do.
- June 2-4, 2009. Cape Cod. Transportation, 2 nights lodging, 4 meals, visit Hyannis, Sandwich, Martha's Vineyard, JFK Museum, Foxwoods, more! \$289pp/do.



- June 14-17, 2009. Niagara Falls. Transportation, 3 nights lodging, 3 breakfast, 3 dinner, entertainment, tours, Imax theater, more! \$670pp/do.
- June 20, 2009. Alaska Inside Passage Cruise. 8days/7 nights. \$2,099pp/do includes airfare.
- June 26, 2009. The Cheesecake Factory and Charles River Boat Co. Cruise, Lunch, & Shop. \$84pp. 8:30am.
- July 10, 2009. Tall Ships Boston. 3 hour buffet & cruise of Boston Harbor on the MV Harbor Queen. \$81pp. 8:15am.
- August 21-27, 2009. The Black Hills & Badlands, S. Dakota. Transportation, lodging, 7days, 10 meals, more. \$1,879pp/do.
- September 4-12, 2009. Trains of the Colorado Rockies. Transportation, lodging, 9 days, 12 meals, more. \$2,579pp/do.
- Sept. 20, 2009. Myrtle Beach, SC. 7 days, transportation, 12 meals, shows, sights, more! \$990pp/do.
- Oct. 10-17, 2009. Great Smokies & Kentucky. Transportation, lodging, 8 days, 10 meals, more! \$2,399pp/do.
- Oct 12-14, 2009. Foxwoods & Newport. Transportation, 2 nights lodging, 4 meals, Tour of Newport, and Newport Mansion, visit Mohegan Sun Casino, more. \$289pp/do.
- Nov. 1, 2009. Florida Keys Resort Getaway. 6 days/ 5 nights, 6 meals, transportation, lodging, airfare 1,899pp/do.
- Nov. 4-11, 2009. French Riviera. Transportation, lodging, 8 days, 10 meals, more! \$2,399pp/do.
- Nov. 5-14, 2009. Hawaiian Adventure: 3 Islands. Transportation, lodging, 10 days, 12 meals, more! \$3,999pp/do.
- Nov. 12-16, 2009. Branson Musical Holiday. Transportation, lodging, 5 days, 5 meals, more! \$1,729pp/do.
- Dec. 1, 2009. Mohegan Sun Casino & Cornerstone Theater, Mystic, CT. "Mistletoed". 7:15am. \$61.00pp.
- Sept 20-29, **2010**. Oberammergau Passion Play 2010 – 10 day Alpine Europe Tour featuring Austria, Italy, Switzerland and Germany.





# CLUTTER



We all have it, but hate to admit it.

## LET IT GO!

How to de-clutter your life and get organized again!

Tuesday, March 17, 2009 ~ 10:00am

at Methuen Senior Activity Center



Learn about:



- Types of clutter, why it's so hard to get rid of it
- Tips for organizing and managing clutter
- How to stay clutter-free once it's gone



Presented by Elder Services of the Merrimack Valley and Methuen Senior Activity Center  
Light refreshments will be served

# Happy Birthday



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

|                |                 |               |
|----------------|-----------------|---------------|
| Lorraine Floyd | George Mendonsa | Evelyn Benson |
| Shirley Bevin  | Helen Anderton  | Lilian Zakia  |
| Sue Foster     | Bill Donovan    | Shirley King  |
| Shirley Eaton  | Johanne Smith   |               |

Do you have a birthday this month? Sign up for the birthday lunch on February 19th, 2009. Reservations must be made no later than 12:00 noon on Feb. 17<sup>th</sup>. Call 978-983-8825. In the meantime, we wish you...

**Happy Birthday!!!**

## Informational Talk



What: Health Care Proxy  
When: Friday, February 20, 2009  
10:30am  
Speaker: Capt. Jason Ebacher  
Essex County Sheriff's Department  
Where: Methuen Senior Activity Center

Join us for an informational presentation about this important health document – what it is and how it works. Question and Answer period to follow discussion. All are invited to attend!

## INFORMATIONAL TALK



What: Fall Prevention Discussion

When: Tuesday, February 24, 2009 ~ 10:00am

Speaker: Carol Felides, PTA Rehab Team Coordinator at Sunbridge of Woodmill

Where: Methuen Senior Activity Center

### Quick facts:

- The risk of falling increases with age and is greater for women than for men.
- 2/3 of those who experience a fall will fall again within 6 months
- Decrease in bone density contributes to falls and resultant injuries.
- Failure to exercise regularly results in poor muscle tone, decreased strength and loss of flexibility
- At least 1/3 of all falls in seniors involve environmental hazards in the home!

## SHARE A TIP by Dora Atkinson



- Safety first. Place a damp paper towel under your cutting board to keep it from sliding while you chop.
- Spray a paper towel with your favorite perfume, then place in the bottom of a drawer for an instant sachet!
- Spray a grater with cooking spray before grating cheese to keep it from gumming up!

## FOOT CARE CLINIC



Foot Care Clinics will be held the following Tuesdays from 1:00-3:00pm. Appointments are necessary and a \$25.00 charge is due at time of service.

**2009**

|         |         |        |         |
|---------|---------|--------|---------|
| Feb 17  | Mar 17  | Apr 21 | May 19  |
| June 16 | July 21 | Aug 25 | Sept 15 |
| Oct 20  | Nov 17  | Dec 15 |         |



## CAMPBELL'S SOUP LABELS



bell soup labels and General Mills "Box Tops For Education" labels are still being collected. These labels are delivered to local schools and then traded in for 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! Thanks.