



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

JANUARY 2009

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.

January Calendar of Events

- Thr/Fri 1/2 New Year's Holiday. Center Closed
Tues 6 TRIAD. Shredder Day 11-1pm. Details inside.
Sat 10 ☺ Saturday Night Ballroom Dancing. The Mel Tones. 7:30. \$8.00pp.
Mon 12 Winter Session Classes begin this week!
Tues 13 AARP Meeting. 1:00pm.
Thurs 15 Birthday Party. 11:30am.
Thur 15 Informational Talk: Changes in Prescription Advantage. 1:00pm.
Speaker: Susan Cripps, SHINE Coordinator, ESMV.
Mon 19 Martin Luther King Day. Center Closed.
Tues 20 AARP Meeting. 1:00pm. All are welcome.
Tues 20 Foot Care Clinic. By Appt. Only. \$25.00 fee.
Wed 21 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am.
Appointment required (15 minutes maximum).
Sat 24 ☺ Saturday Night Ballroom Dancing. Boots & Co. 7:30. 8.00pp.
Wed 28 N.A.R.F.E. Meeting. 2:00pm



COMING SOON...

- Feb 3 TRIAD Meeting. 10:00am.
Feb 7 ☺ Sat. Night Ballroom Dancing. The Entertainers. 7:30pm.
\$8.00pp.
Feb 11 Valentine's Day Dance. Hosted by Presentation of Mary Academy. 2:00-4:00pm. All are invited!
Feb 16 President's Day. Center Closed.
Feb 17 AARP Meeting. 1:00pm.
Feb 17 Foot Care Clinic. By Appt. Only. \$25.00 fee.
Feb 18 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am.
Appointment required (15 minutes maximum).
Feb 19 Birthday Party. 11:30am.
Feb 21 ☺ Saturday Night Ballroom Dancing. New Life. 7:30pm.. \$8.00pp.
Feb.25 N.A.R.F.E. Meeting. 2:00pm

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
Theresa Pelczar
Anita B. Pineault**

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

- Jan. 10 The Mel-Tones
- Jan. 24 Boots & Co.
- 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**

| \$ <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**

*(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!)

50/50 CLUB WINNERS ☺

Congratulations to the **December 2008** winners

\$	Mrs. M. Poulin	\$ 191.90	\$
	Mary Jane Beaulieu	\$ 115.14	
	Carolyn McDougall	\$ 76.76	

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 December including: everyone who participated in the Remembrance Day Celebration; John Fouhy of Comcast for valuable information on television digital conversion; the wonderful musicians of Timberlane Band for a fabulous holiday concert; councilor Jennifer Kannan for sponsoring the ice cream social; all of the Happy Heart choral group members for a wonderful holiday concert at our Open House; everyone who attended the open house for their support to the Methuen Senior Activity Center and their donations to Lazarus House Ministries; the Chapel Kindergarten children for sharing holiday music with us; Atty Karol Bisbee for this month's free legal clinic; Diane Blake of Hospice for continued *Fourth Tuesday* support group sessions.

Thank You All!



JANUARY 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
2nd & 4th TUES of the MONTH

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

12:30-3:00
KNIT & CROCHET

1:00-2:00
FITNESS
~~~~~

**AARP** meets the  
third Tuesday of each  
month. 1:00pm.  
~~~~~

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  
~~~~~

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 trans, 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, South 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, tour of 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.
- Sept 20-29, **2010**. Oberammergau Passion Play 2010 – 10 day Alpine Europe Tour featuring Austria, Italy, Switzerland and Germany.   
*Please note: this trip is 2 years out, but is being listed now because space is limited.*

### 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.





## 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!



## Proper Disposal of Prescription Drugs

The beginning of a New Year is a good time to clean out the old/expired prescriptions from your medicine chest. Here are a few guidelines to keep in mind:

- Take unused, unneeded, or expired prescription drugs out of their original containers and throw them in the trash.
- Mixing prescription drugs with undesirable substances such as used coffee grounds or kitty litter and putting them in empty cans or sealable bags will help ensure the drugs are not diverted.
- Flush prescription drugs down the toilet **only** if the label or accompanying patient information specifically instructs doing so.
- Another option: Call your local pharmacy. They may be willing to dispose of unused meds for you.



## 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

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

## INFORMATIONAL TALK



What: Changes in *Prescription Advantage*  
 When: Thursday, January 15, 2009 ~ 1:00pm  
 Speaker: Susan Cripps, SHINE Coordinator  
 Elder Services of the Merrimack Valley  
 Where: Methuen Senior Activity Center

Over 350 seniors in Methuen will be affected by changes to *Prescription Advantage* insurance. Come find out what you need to know today!  
 All are invited!

## Happy Birthday



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

|               |                 |                 |
|---------------|-----------------|-----------------|
| Carol Moquin  | Charlotte Blood | Monica Pitman   |
| John Pitman   | Dora Atkinson   | Carole LaChance |
| Jean Paterson | Al Blazavitch   | Don Gagnon      |
| Vie Garon     | Pat Beaumont    |                 |

Do you have a birthday this month? Sign up for the birthday lunch on January 15th, 2009. Reservations must be made no later than 12:00 noon on Jan. 13<sup>th</sup>. Call 978-983-8825. In the meantime, we wish you...

*Happy Birthday!!!*



*Mark Your Calendar!*

**Tuesday, March 17, 2009 ~ 10:00am**



## CLUTTER – LET IT GO!

How to declutter your life and get organized again!  
Presented by Elder Services of the Merrimack Valley

## SHARE A TIP by Dora Atkinson



- To stop static shock on your carpet, fill a spray bottle with 1 part liquid fabric softener to 5 parts water. Lightly mist carpet.
- Use your dust pan and brush to sweep up snow clumps on your entryway carpet before it melts and makes the carpet soaked! It's quicker and won't waste paper towels!
- Freshen the air with orange peels. Dry orange peels on a sunny window sill for about 4 days then place them in a sachet bags (sold in craft stores) and stash them in drawers, closets and bathrooms).

## INCOME TAX RETURNS

Tax season is nearly here and Tax Assistance will be available again beginning in February through April 15<sup>th</sup>, filing deadline day. As always appointments are required and we will begin scheduling appointments by the last week in January. Watch for further information to come.



## TRIAD SHREDDER DAY

The Methuen TRIAD will host a Shredder Day on Tuesday, January 6, 2009 from 11:00am-1:00pm. A large capacity shredder will be available during this time to destroy personal documents you no longer need.

## HATS & MITTENS PROJECT

Special thanks to **Agatha Lane, Pauline Hargreaves, Lilian Zakia, Brenda Grassello, Ruth Carney and Doris Plantamura**. Together these wonderful ladies made 122 Mittens, 81 Hats, 18 Lap Robes, 39 Scarves, and 33 Bed Socks to be distributed to those in need in Methuen schools and nursing homes. Thank you also to **Monica Pitman** for once again coordinating this program!



## JEWELRY SALE

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



## RMV Initiatives to Reduce Impact of Budget Cuts

**(Boston, MA)**—Registrar Rachel Kaprielian announced that the RMV has instituted new hours at all branches delaying the opening from 8:30 am to 9 am. Hours of operation also changed at the 18 branches that close late at 7 pm on Thursdays. These branches will now be open 10 am to 6 pm.

The RMV will eliminate courtesy notices that are sent to customers for the following services:

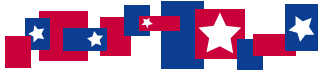
1. License renewals
2. Mass ID renewals
3. License reinstatement notices
4. Vehicle Re-inspection notices
5. Change of address labels

Registrar Kaprielian noted that the RMV spends over \$600,000 a year on the notices. Many of these service transactions are already available online at [www.mass.gov/rmv](http://www.mass.gov/rmv).

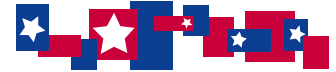
The RMV will continue to mail vehicle registration reminders to customers.

Keep in mind that licenses can be renewed up to one year prior to the expiration date.

For more information visit [www.mass.gov/rmv](http://www.mass.gov/rmv) or call (617) 973-8995.



# CONGRATULATIONS !



The Annual Holiday Volunteer Appreciation Party was held on Friday, December 5, 2008. This special day is set aside each year to honor and thank all the volunteers who have given a minimum 50 hours of their time, talent and energy to the Methuen Senior Activity Center and the community during the past year. Every one of the more than 110 currently active volunteers provide an invaluable service to Methuen seniors and the community as a whole, and we are especially grateful to them all. This year, 7 volunteers were singled out for their outstanding commitment and dedication and so, we wish congratulations to...

**Maureen Donovan** Maureen was chosen as this year's Council on Aging *Volunteer of the Year!* She has demonstrated her commitment to Methuen seniors by serving as Meal Site Coordinator at our center since 1978, but her helping hands reach much further than that. She's also been a dedicated friend to the community by serving 4 terms as a town councilor and to this day, will go out of her way to help whoever needs her!

**Bob Morel** – Bob is one of those volunteers who help out wherever and whenever needed! He's run many errands for the center and has taken many new visitors on tours of our Center. If an event is being held here during non-business hours, Bob often volunteers to be here as contact person. He has monitored several day trips and has been our guest "Santa Claus" for holiday events over the past several years. And in case you were wondering how the coffee station always seems to have coffee ready, well, you can thank Bob for that too!

**Helen Lucchesi** – Helen began volunteering in the Thrift Shop about 2 years ago and has put in more than 380 hours since then! Because our Thrift Shop is one of our biggest fundraising efforts, we really depend upon the volunteers who dedicate their time and energy to it. Helen is one of these very special volunteers. Aside from her regular weekly shift, we are fortunate to be able to call upon her to fill in when necessary too!

**Marilyn Freeman**. Marilyn was recognized for her phenomenal dedication to the Happy Hearts Choral Group. Often referred to as the choral director's right hand, Marilyn spends countless hours helping to plan out programs (especially the Big Show held annually in September), tracking down lyrics and music, and coming up with fresh ideas for the different performances. On top of all that, Marilyn also volunteers lots of time with the Methuen TRIAD program to provide important senior safety programs to Methuen elders.

**Linda Ostrowski**. Linda began volunteering at our center in 2005. Starting out with the meal program, she quickly got involved in other areas of our center as well. As a member of TRIAD, she's been instrumental in promoting senior safety issues. As a member of the Happy Hearts choral group, she spreads music and cheer to everyone they sing for! Linda is also involved in the Adopt-A-Grandparent program that meets weekly during the school year. She's helped out with so many special events, from set up to break down and has even helped out in the main office! It seems no matter what we ask, she's always ready to lend not just one, but both hands!

**Edgar Xiloj**. Delivering meals to homebound seniors is one of the most demanding positions in our center. Edgar has been doing it since 2003, logging more than 3,000 hours during that time! In good weather and bad, easy driving or messy traffic, Edgar delivers 16 meals a day. He must truly enjoy what he does because whenever you see him, he *always* has a big smile on his face! We are so lucky he's here!

**Carl Much**. This will be Carl's 4<sup>th</sup> year of volunteering his expertise in tax preparation assistance at our center! Last year, 2008 was a particularly busy year because of the Economic Stimulus checks offered by the government and a record number of people needed help. Carl definitely rose to the occasion and prepared an incredible 102 tax returns! That's a lot of numbers and we are truly thankful for all his help!

**George Hargreaves**. George is definitely among those volunteers we are so grateful for! An excellent neighbor, he keeps his eye on our center even when we're closed! During regular business hours, you'll often see him here in the building or on the grounds, fixing this, adjusting that or figuring out a better way. Over the last 3 ½ years, he has spent more than 800 hours helping out wherever necessary and he always treats the center as if it were his own home!

## 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.

## FOURTH TUESDAYS

Merrimack Valley Hospice Discussion Group will meet on the following Tuesdays from 10:00-11:30 to discuss various aspects of "Loss". All are welcome to attend!



Merrimack Valley Hospice

