



Council on Aging News & Tyngs

COUNCIL ON AGING - SENIOR CENTER

180 Lakeview Avenue • Tyngsborough, MA 01879

Mail Address: PO BOX 94

Phone: 978-649-9211 • Fax: 978-649-9533

January 2014

Email: broche@tyngsboroughma.gov

Happy New Year! Well, 2014 is here and we have many things to look forward to. Especially, our new senior center!!

In December, we rolled out the “Yellow Dot” program. The Yellow Dot program is designed to assist first responders in the event of an automobile accident or other medical emergency involving the participant’s vehicle. Please come to the center, or go to the Police Department or Fire Station to sign up and get your yellow dot. This program can help save lives during the critical “golden hour” by improving communication at a time when accident victims may be unable to communicate for themselves.

Here are the upcoming events:

- ♦ Winter Carnival – Wednesday, January 15th
- ♦ Diabetic Shoe Clinic – Tuesday, January 28th
- ♦ Chinese New Year Celebration – Wednesday, January 29th

Enjoy each day! Barbara

“Always remember that you do not need to explain yourself or prove anything to anyone. If they cannot accept you for you – then it is time to move on.” –Cath B. Akesson.

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STAFF

Barbara Roche - Director

Tracy Pecora - Secretary

Bernie Mercier - Program Coordinator

Midge Poirier - Meal Site Coordinator

Tom Tiano - Custodian

Louanne Brady - Bus Driver

Phil Molleur - Bus Driver

Jerry Richall-Bus Driver

COUNCIL ON AGING

Theresa Martineau - Chairperson

Robert McCarthy -Vice Chair

-Secretary

Mildred Poirier

Michael Knight

Philip O'Brien

Charlene Muscato

Fred French

Roger Downing

Claire Downing

Patricia Quinn

CORE SERVICES

Bus Transportation

Daily Meals

Exercise Programs

Wellness Programs

Senior Center Hours of Operation:

Monday thru Friday

8:00-4:00

Bus 8:15-3:00

Tyngsborough COA Newsletter

ONGOING ACTIVITIES /JANUARY

Tai Chi Exercises
Both Mind and Body
Instructor Lesley Mathews
Every Monday 9:00... Cost \$3.00



The movement is slow, graceful, and fluid. The effort is almost undetectable. Most people are wearing street clothes, and no one has special shoes. "Could this really be exercise? Absolutely!"

MEXICAN TRAIN DOMINOES
Every Monday 10:00-11:30



BINGO
Every Tuesday 12:30-3:00

This activity keeps your mind stimulated. Not only that, you will have plenty of fun and excitement with this activity and it gives you a chance to socialize with others and have a great time. Come join us.

EXERCISE CLASS

Tuesday 10:15/Thursday 11:45
Instructor Elaine Corsetti
Cost \$3.00

Wii TV BOWLING

Every Thursday 10:00-11:30

The Wii TV bowling program helps Senior Citizens stay active and healthy, and it's good exercise and good socialization. Stay for lunch afterwards.

Elder-Chair Yoga Plus
Instructor Lynda Gambale
Every Wednesday 9:00
Cost \$3.00

It includes relaxation for body and mind, as well as gentle stretches to release tension from various areas of the body. All the exercises can be done while sitting in a chair.

OIL PAINTING CLASS
Every Friday 12:30-2:30
Paint Instructor: Michael Vieira
Cost \$5.00

You can learn to paint with this oil painting course for beginners as well as professional painters.

BONE BUILDERS
Wednesdays 10:00/ Fridays 9:00

Bone Builders is a national program that provides seniors aged 60 and up with free twice-weekly group fitness sessions. Classes focus on exercise to improve balance and increase the strength of both bones and muscles. An established curriculum and standardized exercise are used, with ankle weight and hand weights to the individual's capabilities and comfort level. Balance exercises are performed with a chair in

ZUMBA Gold
Every Friday
10:30-11:15

CRIBBAGE
Every Tuesday
10:00 -12:00

BOOK GROUP
The third Thursday of each Month.
January 16th 1:00

SPECIAL PROGRAMS for JANUARY

REMINDER: The center is closed on Wednesday, January 1st for New Year's and Monday, January 20th for Martin Luther King Day.

SOUP FRIDAYS

January, 11:30



Nothing beats the *winter* chill like a steaming bowl of homemade *soup*. You're welcome to stop by any Friday and have yourself a bowl of homemade soup while it lasts. \$2.00 donations will be accepted.

ISSUES AND CONCERNS

Monday, January 6th 10:30-11:30

Mary Gail Martin, Legislative Aide from the office of Representative Colleen Garry will be here every 1st Monday of the month for issues and concerns.

CHAIR MASSAGE

Wednesday, January 8th 10:00-11:30

Given by Tanya Moran. Massage therapy can relieve pain, manage stress and provide emotional release. Fee \$15.00 for 15 minutes. Come relax!

DAY OF BEAUTY

Wednesday, January 8th 10:00-12:45

Pamper yourself, the price is right! Visit the Beauty Shop, the Artisan Restaurant and the little Mini Mall at our local Voke School. If interested call 2 days in advance. 978-649-9211. Transportation is provided, limited seats 12.

WINTER CARNIVAL

Wednesday, January 15th 12:00

Warm yourself up this January with a **free lunch** of homemade hot soup, bread, hot cocoa and hot cider! Afterwards, we'll bring the winter indoors with exciting games for all! Come join the fun!

CHINESE NEW YEAR

Wednesday, January 29th 12:00 Help us to welcome Chinese New Year at the Center! You're sure to enjoy the colorful festivities of the Year of the Horse and the delicious **FREE** Chinese luncheon. Make sure you call or come in to sign up by January 22nd.

ANNUAL FAIR recap.

Monday, January 27th 1:00

The purpose, success and outcome of the Annual Fair will be discussed. We're open to new ideas to make this already successful event even better. All are welcome to join in the conversation.

DIABETIC SHOE CLINIC

Tuesday, January 28th 10:00

Comfort and quality are exactly what the doctor ordered. Our shoes, slippers, socks and inserts are designed to keep your feet healthy today and tomorrow. This is a program for all diabetics on Medicare Part B. Medicare Pays %80 and many supplemental insurances will pick up the copay. They also take private pay. The shoes are \$235 with 3 sets of inserts.

Tyngsborough COA Newsletter

IMPORTANT INFORMATION

COA Board Meeting
January 21, 3:30

FUEL ASSISTANCE

Low-income families and individuals can get help with the cost of heating their home even if they rent. Fuel Assistance is available to income-eligible applicants. They also offer free weatherization service and appliance replacement that can help income-eligible clients save on their utility bills. This Fuel Assistance Program helps qualified applicants pay for a portion of their home heating bill.

The program runs from November 1st to April 30th

Eligibility is based on household size and gross annual income of every household member. ***Household income cannot exceed 60% of the state median income.*** The income eligibility by family size is listed below:

<u>FAMILY SIZE</u> <u>(# of people in family)</u>	<u>60% OF estimated</u> <u>State Median Income</u>
1	\$32,065
2	\$41,932
3	\$51,798

HELPFUL INFORMATION

Emergency Assistance Elder Care Fund

Call 1-800-892-0890

Brown Bag (call the Center to see if you are eligible for an application) OR 1-800-892-0890

Elderly Housing - Call the Tyngsborough Housing 978-649-9941

Safelink Wireless Phone 1-800-977-3768 or online./line.www.safelinkwireless.com

Mobile Food Pantry

If you are in need of food and do not have transportation, call Sue at 978-454-7174

MEDICAL EQUIPMENT

If you or anyone you know needs a walker, shower chair, tub chair, toilet seat raisers or other small medical equipment, call the Center 978-649-9211.

THE FRIENDS OF THE COA

Is a non-profit organization which helps raise money for your Senior Center. They help sponsor holiday events, functions, entertainers, programs, new furnishings, etc. Membership fee is \$7.00 If you wish to become a member, make a donation or become a sponsor to help the organization please make a check out to:



The Friends of the Council on Aging
P.O. Box 94, Tyngsborough, MA 01879

Our new treasurer, Jeanne Checchi, will be available at the Center Mondays and Tuesdays from 10:00-2:00 to collect membership dues.

TYNGSBOROUGH COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs and events at the Center.

The Senior Center relies on donations, sponsors, grants, and user fees to help lower the cost of programs. If you wish to donate please make check to:

Council on Aging, Senior Gift and Donation
P.O. Box 94, Tyngsborough, MA 01879

Massachusetts Bar Association

Lawyer Referral Service

Let us connect you.

www.MassLawHelp.com/
(617) 654-0400

JANUARY 14

MON	TUES	WED	THURS	FRI
		<p>1</p> <p>CLOSED New Years Day</p>	<p>2</p> <p>10:00 Wii bowling 11:30 LUNCH- Cheese Omelet Sausage</p>	<p>3</p> <p>AM.. Food Shopping Wal-Mart..1hr 9:00 Breakfast 10:30 Zumba Gold 11:30 LUNCH- Pier 17 Fish 12:30 Paint Class</p> <p style="text-align: center;"> SOUP Sausage & Tortellini</p>
<p>6</p> <p>9:00 Tai Chi 10:00 Mexican Train Dominoes 10:30 Issues/Concerns 11:30 LUNCH- Pineapple Ginger Chicken 1:00 Needle Art</p>	<p>7</p> <p>10:00 T.J Max Plaza..1hr 10:15 Exercise 10:00 Cribbage 10:30 Wellness Clinic 11:30 LUNCH- Macaroni / Cheese 12:30 Bingo</p>	<p>8</p> <p>9:00 Yoga 10:00 Bone Builders 10:00 Day of Beauty 11:30 LUNCH- BBQ Pork Riblet</p>	<p>9</p> <p>10:00 Holiday Wii Bowling Tournament 11:30 LUNCH- Roast Beef / Gravy 11:45 Exercise</p>	<p>10</p> <p>AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- Crunch Lite Fish 12:30 Paint Class</p> <p style="text-align: center;">SOUP Hamburger Vegetable</p>
<p>13</p> <p>9:00 Tai Chi 10:00 Mexican Train Dominoes 11:30 LUNCH- Chicken Marsala 1:00 Needle Art</p>	<p>14</p> <p>10:00 T.J Max Plaza..1hr 10:00 SHINE 10:00 Cribbage 10:15 Exercise 11:30 LUNCH- American Chop Suey 12:30 Bingo</p>	<p>15</p> <p>9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- New Orleans Diced Chicken 12:00 Winter Carnival</p>	<p>16</p> <p>10:00 Wii bowling 11:30 LUNCH- Baked Ham 11:45 Exercise 1:00 Book Group</p>	<p>17</p> <p>AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- Baked Salmon 12:30 Paint Class</p> <p style="text-align: center;">SOUP Chicken Minestrone</p>
<p>20</p> <p>CLOSED for Martin Luther King</p> 	<p>21</p> <p>10:00 T.J Max Plaza..1hr. 10:00 Cribbage 10:15 Exercise 11:30 LUNCH - Honey Curry Chicken 12:30 Bingo 3:30 COA Meeting</p>	<p>22</p> <p>9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- Cheese Lasagna</p>	<p>23</p> <p>10:00 Wii Bowling 11:30 LUNCH- Meatloaf / Gravy 11:45 Exercise</p>	<p>24</p> <p>AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- Rotisserie Chicken 12:30 Paint Class</p> <p style="text-align: center;">SOUP Winter Beef Ragout</p>
<p>27</p> <p>9:00 Tai Chi 10:00 Mexican Train Dominoes 11:30 LUNCH- L/S Hot Dog 1:00 Needle Art 1:00 Craft Fair re-cap</p>	<p>28</p> <p>10:00 Diabetic Shoe Clinic 10:00 Cribbage 10:00 T.J Max Plaza..1hr. 10:15 Exercise 11:30 LUNCH- Meatball Sub 12:30 Bingo</p>	<p>29</p> <p>9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- Mild Chili 12:00 Chinese New Year</p>	<p>30</p> <p>10:00 Wii Bowling 11:30 LUNCH- Chicken Breast / Gravy 11:45 Exercise</p>	<p>31</p> <p>AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- Florentine Fish 12:30 Paint Class</p> <p style="text-align: center;">SOUP Chicken Stew w/ Tortellini</p>

Tyngsborough COA Newsletter

Bus Info./Regular Programs

TYNGSBOROUGH BUS INFORMATION

Please remember, just because you call to schedule a ride 2 days ahead, does not mean that there is availability on the bus for that day. Try to schedule as early as possible to avoid needing to find alternative transportation.

- ⇒ **Effective July 1 2013, medical appointments to the following locations will be on the corresponding weekday. Latest appointment time is 1:00PM. The dispatcher will not take any appointments after 1:00PM. This makes the pick-up time for the return trip no later than 2:00PM.**
- ⇒ **Nashua: Mondays only. Appointment times between 10:00AM and 1:00PM. Bus travels no further than exit 5**
- ⇒ **Harvard in Chelmsford: Monday and Wednesdays only. Appointment times between 10:00AM and 1:00PM.**
- ⇒ **No regular medical trips to Westford or Tewksbury. This would be on an exception basis only.**
- ⇒ **No changes to existing bus service for medical appointments in Lowell, Dracut and Chelmsford (except Harvard).**

TRANSPORTATION OPTIONS for Older Adults

The Tyngsborough Council on Aging does not provide transportation to Emerson Hospital, or Lahey Clinic.

Alternative Transportation through ESMV. Please call 1.800.892.0890 or 1.888.437.0518 and ask for Gisela Morris Transportation Coordinator. Donations accepted.

Transportation options vary from community to community. Your community might offer additional options. As the need for alternative transportation grows, new options continue to be developed. Find out about the transportation option in your community by contacting the resource listed below. Don't delay—call or visit a web-site today!

**Eldercare Locator at 1.800.677.1116 or
www.eldercare.gov**

REGULAR PROGRAMS AT THE CENTER IN JANUARY

Monday.....	
Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-11:30
Needle Art	1:00-3:00
Tuesday.....	
Wellness Clinic...Jan 7th.	10:30-11:30
SHINE.... Jan. 14th	10:00-11:30
Exercise	10:15-11:15
Cribbage	10:00-11:30
Bingo	12:30-2:30
Wednesday.....	
Yoga	9:00-10:00
Bone Builders	10:00-11:00
Chair Massage	10:00-11:30
Podiatrist... January 22nd,	12:00-3:00
Thursday.....	
Wii Bowling	10:00-11:30
Exercise	11:45-12:45
Book Group... January 16th	1:00-2:30
Friday.....	
Bone Builders	9:00-10:00
Zumba Gold	10:30-11:15
Paint Class	12:30-2:30

Lunch is served promptly @ 11:30 everyday
must make reservations 2 days in advance
BEFORE NOON call 978-649-9211

\$2.00 for seniors & \$4.50 for non-seniors

OFF-SITE BUS TRIPS Pick up times.

- **Food Shopping/Wal-Mart : Friday Mornings first run.. P/U starts at 9:00am, second run P/U starts at 10:15am**
- **T.J Max Plaza Tuesdays, pick up starts 9:00am bus returns 11:45am**
- **Wal-Mart Wednesday, January 8th P/U starts at 10:00am...2 hr trip. Wal-Mart will be on the first Wednesday of each month.**
- **Day of Beauty Wednesday, January 8th pick up starts 9:00, returns 12:45pm**

Tyngsborough COA Newsletter

HEALTH AND WELL BEING/ UPCOMING PROGRAMS

WELLNESS CLINIC at SENIOR CENTER

Nancy Harding, RN, from the

Visiting Nurse Association of Greater Lowell

Tuesday, January 7th 10:30-12:00 Blood Pressure Readings, weight checks and medication reviews.

First come first served.

SHINE -Tuesday, January 14 10:00-11:30 A Shine Counselor will be on hand to help with insurance questions. Call or come to schedule an appointment. 978-649-9211

PODIATRIST -Wednesday, January 22nd at 12:00 To make an appointment call: 978-649-9211.

WELLNESS CLINIC at ELDERLY HOUSING

Nancy Harding, RN, from the

Visiting Nurse Association of Greater Lowell

- Red Pines Elderly Housing, the third Tuesday of each month from **8:30 - 9:30.**
- Brinley Terrace Elderly Housing, the fourth Tuesday of each month **8:30-10:00.**

CLASSIFIED Section

VOLUNTEERS / DONATIONS NEEDED:

DONATIONS NEEDED:

- ♦ Low-Sodium Broth, Chicken, Beef, and Vegetable
- ♦ Soup Crackers
- ♦ Donuts/cookies

VOLUNTEER NEEDED: BINGO CALLER!!

UPCOMING in FEBRUARY

CENTER CLOSED Presidents Day

Monday, February 17th

FREE TAX ASSISTANCE

Monday February 3th

Harry Gong, and David Smith, AARP volunteer tax preparers will be available to assist you with your taxes on Mondays starting February 3rd, through April 7th 2014.

Appointments ***Mondays ONLY beginning at 12:00.*** Call the Senior Center to schedule, 978-649-9211.

VALENTINE SWEET HEART DINNER

Friday, February 14th 11:30

Restaurants can be stressful, crowded, and more expensive than normal on Valentine's Day. So get together here with other couples and friends at the Tyngsborough Council on Aging. Cost: **FREE.** Sponsored by The Tyngsborough Police Union.

SNOW CANCELLATION POLICY

1. If there is no school in Tyngsborough the elder bus WILL NOT RUN.
2. If there is a two hour school delay there will be no morning appointments, bus will start at 10:00.
3. If Town Hall in Tyngsborough is closed, all other depts. will be closed, including The Senior Center.
4. If you are not sure if the Center is opened, call before coming.



Cancellations will be announced on WCAP Radio 98.5 & TV News on 4, 5, 7.

SAND CANS

Come in anytime to pick up your sand can. Last year we filled plastic coffee cans for folks to take for the trunk of their cars or steps. Be safe this winter. Think ahead!

USEFUL INFORMATION

Get Ready - Individual and Family Preparedness

You can take action by developing a family preparedness plan for weather emergencies, power outages and other events. Whether following advice to stay in your home under a shelter-in-place request or to evacuate your home and neighborhood, be informed, plan ahead, and be prepared.

Be Informed:

Communicating with family members is essential to make sure everyone is okay. Have a simple plan in place that accounts for limited cell phone service, texting and e-mails. Make sure everyone in your family has a mutual contact out of the region or state so that person can help keep tabs on you and your loved ones.

Sign up for emergency alerts and call 2-1-1 for information about critical health and human services available in your community.

Plan Ahead: Think about your family's health needs, vulnerabilities and capabilities when you make your emergency plan. Whether you are sheltering in place or evacuating to a different location, a plan will help keep you and your family safe.

Be Prepared:

Every home should have a basic emergency preparedness kit that can be used for any emergency. Store your kit in an area that is dry and easy to get to. Review your kit every six months to identify and replace outdated supplies. While some items should be in everyone's kit, it is important to adapt the kit for the needs of you and your family.

Considerations for Individuals with Access and Functional Needs

Everyone has unique needs and abilities so preparedness plans should be unique too. By thinking about your own situation you can be better prepared for an emergency event. If someone else counts on you to help them with communication, medical care, transportation, supervision or other needs, please take additional steps to protect yourself and them.

EMERGENCY PREPAREDNESS KIT

Every family should prepare for an emergency. An emergency kit will provide you with the basics in the event that you are without water, electricity, or other essential services. Listed below are some of things.

1. First aid kit, Bottled water (1 gallon per person/per day for 3 days.)
2. Canned goods and nonperishable foods, and a manual can opener.
3. Radio (battery-powered or hand crank), **with extra batteries.**
4. Flashlight or lantern, **with extra batteries.**
5. Diapers, wipes, baby food, formula, if needed, pet food supplies, and crate,
6. If needed prescription medications and eyeglasses.
7. Copies of important documents, whistle to signal for help.
8. Sleeping bag or blanket (per person)
9. Change of clothes and sturdy shoes (per person)
10. Personal hygiene items.
11. Matches in a waterproof container
12. Cash or travelers checks