



COUNCIL ON AGING - SENIOR CENTER
 180 Lakeview Avenue • Tyngsborough, MA 01879
 Mail Address: PO BOX 94
 Phone: 978-649-9211 • Fax: 978-649-9533
 Email: broche@tyngsboroughma.gov

June 2014

Summertime! Here are a few tips on how to stay cool this summer.

- ◇ Buy a Popsicle, ice cream, or some other frozen yummy treat.
- ◇ Drink plenty of cool water.
- ◇ Find a friend, and go for a swim.
- ◇ Place an ice pack on your wrists.
- ◇ Sleep with a sheet when you go to bed.
- ◇ Turn off unnecessary lights, TV, oven, etc.
- ◇ Shower or bathe frequently in mildly warm, or cold water to stay refreshed.
- ◇ If you have an air conditioner, turn it on.
- ◇ Make sure the setting on the AC is on “high” to move the air through faster and farther.
- ◇ Use a portable fan set at the desired setting to keep you at your own comfort zone, too.

Here are the upcoming events:

- ◇ Wednesday, June 11th – “Cupcakes & Comedy” – Entertainment provided by a local cultural council grant. 
- ◇ Thursday, June 19th – Veteran’s/Senior Breakfast – Sponsor: Lion’s Club; Speaker: Dr. Thomas Shea.
- ◇ Wednesday, June 25th – “Armchair Vacation to Spain”

Enjoy every day! Barbara.

Reminder: The Senior Center is always open for a cooling station Mondays through Fridays 8 a.m. until 4 p.m.

Newsletter Index

Page 1 - Director’s Message
 Page 2, 3, - Activities/Programs
 Page 4, 5 - Bus/ Important Info / Calendar
 Page 6, 7 - Wellness/ Up Coming Program
 Page 8-Miscellaneous

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
- Claire Downing
- Roger Downing
- Fred French
- Michael Knight
- Charlene Muscato
- Philip O’Brien
- Mildred Poirier
- Patricia Quinn
- Maryjo Tatseos

CORE SERVICES

- Bus Transportation
- Daily Meals
- Exercise Programs
- Wellness Programs
- Activity Programs

**Senior Center
 Hours of Operation:**
 Monday thru Friday
 8:00-4:00
 Bus 8:15-3:00

Tyngsborough COA Newsletter

ONGOING ACTIVITIES /JUNE

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. Sign up two days in advance. 978-649-9211



Come Join the knitting group Mondays
1:00-3:00 p.m.

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 front of the participants.

ZUMBA Gold
Every Friday
10:30-11:15

CRIBBAGE
Every Tuesday
10:00 -12:00

BOOK GROUP
The third Thursday of each month.
June 19th 1:00 p.m.

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for JUNE

ISSUES AND CONCERNS

Monday, June 2nd, 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.

WIZARD MUSIC:

Monday, June 9th, 11:00am to 1:00pm

John Kienzle from Wizard Music will provide keyboard melodies for easy listening. Come in for lunch, relax and enjoy the music of Johnny Mathis. Sign up two days in advance for lunch.

COMEDY AND CUP CAKES

Wednesday, June 11th, 11:15



The Tyngsborough Council on Aging will be hosting Music & Magic. **Dawn Kelley** on the Amazing Piano Keyboard, **Dick Miller** on the Beautiful Les Paul Guitar. The songs they play include the wonderful old standard tunes in styles such as Swing, Ballads, Waltzes, Polkas, Show Tunes, Country/Western, Jazz, Blues, and many other styles. Free Cup Cakes!!

CHAIR MASSAGE

Wednesday, June 18th, 11:00

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

LUNCH BUNCH

Wednesday, June 18th, 11:30-1:00

If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus, just call 3 days in advance 978-649-9211. We are open to all suggestions where you might like to go. Please let Barbara or Tracy know. **This month 99 Restaurant**

SENIORS/VETERANS BREAKFAST

Thursday June 19th 8:30

Sponsored by the Lion's Club

Followed by speaker, Dr. Thomas Shea. From UML. Must sign up 2 days advance.

ARMCHAIR VACATION TO SPAIN

Wednesday, June 25th, 11:15-1:00

See the sights of Spain right here in the air-conditioned comfort of the Senior Center, Followed by a FREE Spanish Luncheon. All seniors are welcome, Must sign up 3 days in advance. We will need a head count. Only 60 seats available. Please see Tracy for tickets.



BUS NOTICE

When scheduling a medical appointment for Monday or Wednesday you will need to call two days in advance, between the hours of 9:00 a.m. and 12:00 p.m. The Lowell LRTA is not accepting medical rides after 12:00 p.m. The center has to have the route sheets sent over to them by 1:00 p.m. There is not always room on the Tyngsborough bus to add another passenger. So please make sure you call your medical in, Mondays and Wednesdays two days in advance by 12:00 noon. This also applies to the Tyngsborough Bus.

Tyngsborough COA Newsletter

IMPORTANT INFORMATION

COA Board Meeting
JUNE 17, 3:30

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

“THE BEERS LIST”

Over the last months of my grandmother's life, our family learned there is something called "The Beers List," which is named after a Dr. Beers. It lists medications that are known to have potential side effects in anyone over 65. We were unaware that it is a common problem among seniors to have reactions to medications they may have used when they were younger with no complications. It is my hope that by sharing this information, we can help others avoid what my grandmother endured during the final months of her life.

Several months ago, my grandmother was given antibiotics for a bladder infection and as a result of taking that medication, she had an adverse reaction that caused sudden onset dementia and hallucinations. The reaction also caused multiple other physical side effects as well. Her symptoms were extreme and profoundly debilitating and traumatic. Because of her experience, our family became aware that many common medications can induce side effects in older patients. Even as she was dealing with the symptoms that arose from this reaction, her doctor prescribed another medication to try to help alleviate some of her symptoms and it made things worse. The doctor should have been aware that medication was on The Beers List and was known to cause the side effects we saw in her. Not everyone has problems with these medications, but it helps to be aware that it is a possibility and when you are informed, you can make better decisions for yourself or your loved ones and perhaps avoid complications that may not be able to be reversed. So here is a link that you can bookmark and hopefully pass on to others as well so they can become aware of this issue. <http://www.americangeriatrics.org/files/documents/beers/BeersCriteriaPublicTranslation.pdf>

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](http://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.

Alternative Transportation through ESMV.

Please call 1.800.892.0890 or 1.888.437.0518 ask for Transportation Coordinator. Donations accepted.

Gentle Arms Daily Transportation Co.

Specializing In Adult Transport.

Door to Door Service. 1-978-809-0033

Ann B. McGuigan cell: 978-376-2804

E-Mail: ann@gadtransport.com

SOCIAL SECURITY

Typically does NOT publish the phone numbers of their local offices. However, you can reach them, toll-free, at **1-800-772-1213** (TTY **1-800-325-0778 for deaf or hard-of-hearing**) for their automated telephone services to get recorded information and conduct some business 24 hours a day. You can speak to a Social Security representative between **7 a.m. and 7 p.m. Monday through Friday**. Generally, **you'll have a shorter wait time if you call during the week after Tuesday**.

THE FEDERAL GOVERNMENT

One person's observation about email from or any of its branches: **JUST PRETEND THEY DON'T HAVE EMAIL!! No federal office will email you!** If you have a concern, contact the federal agency via a secure web-site (typically a ".gov" or, occasionally a "usa.gov"). If in doubt about a web-link, go through the COA or the local police, or call a congressional office (check the web) for an appropriate contact number with respect to federal concerns.

JUNE 14

MON	TUES	WED	THURS	FRI
2 9:00 Tai Chi 10:00 Mexican Train Dominoes 10:30 Issues/Concerns 11:30 LUNCH– Chicken Whipped Potatoes 1:00 Needle Art	3 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 10:30 Wellness Clinic 11:30 LUNCH– Broccoli Egg & Cheese 12:30 Bingo	4 9:00 Yoga 10:00 Bone Builders 10:00 Walmart 11:00 Pheasant Ln 11:30 LUNCH– Ground Beef Stroga- noff	5 10:00 Wii Bowling 11:30 LUNCH– Pork Roast and Gravy 11:45 Exercise	6 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– LF Seafood Salad 12:30 Paint Class Summer Salad Stained Glass fruit Salad
9 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 Wizard Music 11:30 LUNCH– Sweet & Sour Meatball 1:00 Needle Art	10 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Orange Glazed Chicken 12:30 Bingo	11 9:00 Yoga 10:00 Bone Builders 11:15 Comedy-Cup Cakes 11:30 LUNCH– Lasagna Meat Sauce 	12 10:00 Wii Bowling 11:30 LUNCH– Roast Turkey with Gravy 11:45 Exercise	13 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– Sliced Ham /Cheese 12:30 Paint Class Summer Salad Mom's Cucumber
16 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:30 LUNCH-Salisbury Steak/Gravy 1:00 Needle Art	17 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Fish Strips/Rice 12:30 Bingo 3:30 COA Meeting	18 9:00 Yoga 10:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH– Chicken Breast Fillet 11:30 Lunch Bunch	19 8:30 Senior/Veteran Breakfast, Followed by a speaker. 10:00 Wii Bowling 11:30 LUNCH– Turkey Ham/ Swt Potatoes 11:45 Exercise 1:00 Book Group	20 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH–Sliced Turkey/LF Mayo 12:30 Paint Class Summer Salad Grilled Tomato, Onion / Bread Salad
23 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 LUNCH-Apricot Glazed Chicken 1:00 Needle Art	24 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH–Macaroni and Cheese 12:30 Bingo	25 9:00 Yoga 10:00 Bone Builders 11:15 Armchair Vaca- tion to Spain 11:30 LUNCH– Cheeseburger	26 10:00 Wii Bowling 11:30 LUNCH– Beef Meatloaf/Gravy 11:45 Exercise	27 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– Chicken Salad 12:30 Paint Class Summer Salad Mexican Cucumber
30 9:00 Tai Chi 10:00 Mexican Train Dominoes 11:00 LUNCH– Chicken Morney /White Rice 1:00 Needle Art				

Tyningsborough COA Newsletter

Bus Info./Regular Programs

BUS INFO

Weekly Bus Schedule:

Lunch at the Senior Center:

Monday thru Friday 11:30-12:00 p.m. Bus P/U Starts @ 9:15 a.m. will return @ 12:00 p.m. If you decided to stay longer the bus will return at 2:30 p.m. the latest. **(No bus pick up on Fridays /shopping day)**

Activities at the Senior Center:

Monday thru Friday 10:00 a.m. -2:30 p.m. Exercise, Events, and Programs. Bus P/U Starts @ 9:15 a.m. will return @ 12:00 p.m. If you decided to stay longer the bus will return at 2:30 p.m. the latest.

Shopping, Market Basket/ Walmart:

Every Friday Morning, first run starts 9:00 a.m., second run pick up starts at 10:15 a.m. Any special shopping days will be on a Wednesday. Look in your newsletter to see these days.

The first Wednesday of each month is 2hr shopping at Walmart, 11:00 a.m.-1:00 p.m. Bus P/U starts at 10:00 a.m. and will return at 12:45 p.m. If we happen to have to cancel for any reason we **will not** reschedule the trip, due to set activities going on the rest of the month.

T.J Max Plaza, Fantastic Sam's, Town Hall, Post Office every Tuesday. P/U starts 9:15 a.m. and will return at 11:45 a.m.

Medical:

We only accept appointments Mondays, Wednesdays and Thursdays.

Bus hours for medical; Call two days in advance. When Scheduling your medical appointment please schedule between the hours of 9:30 a.m. and 1:00 No appointment will be accepted after 1:00 p.m.

Nashua: Mondays only, 10:30 a.m.-1:00 p.m. Bus only travels to Exit 5.

Harvard Chelmsford: Mondays and Wednesdays 10:00 a.m. -1:00 p.m. **NO THURSDAYS.**

Lowell, Dracut, and Chelmsford. NO changes to existing bus service appointments. **(Except Harvard, NO Thursday.) Harvard will be on Mondays and Wednesdays only.**

Thank you for your understanding.

REGULAR PROGRAMS AT THE CENTER IN JUNE

Monday.....

Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-11:30
Needle Art	1:00-3:00

Tuesday.....

Wellness Clinic... June 3rd	10:30-11:30
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... June 18th	11:00-12:00
Podiatrist... July 23rd	12:00-3:00

Thursday.....

Wii Bowling	10:00-11:30
Exercise	11:45-12:45
Book Group... June, 19th	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, June 4th P/U starts at 10:00am...2 hr trip. Wal-Mart will be on the first Wednesday of each month.**
- **Pheasant Lane, Wednesday June 4th 11:00 -1:00.**
- **Lunch Bunch, Wednesday, June 18th pick up starts 10:30 Place: 99 Restaurant**

Tyngsborough COA Newsletter

HEALTH AND WELL BEING/ UPCOMING PROGRAMS

WELLNESS CLINIC
Tyngsborough Council on Aging
180 Lakeview Ave 978-649-9211

Nancy Harding, RN, from the
Circle Home, Inc.

Tuesday, June 3rd 10:30-12:00. Blood Pressure Readings, weight checks and medication reviews. First come first served.

SHINE - *If you need help with your Health Insurance, please call this number 1-800-243-4636, for assistance. For Medicare customer service representative 24 hours 7 days a wk call 1-800-MEDICARE.*

PODIATRIST - Wednesday, July 23rd at 12:00 p.m. To make an appointment call: 978-649-9211.

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Tyngsborough seniors 60 years and older. Contact TCOA if you are in need of one. "Place on your refrigerator or glove box of your car". 978-649-9211. "Also ask about the Yellow Dot program."

WELLNESS CLINIC at ELDERLY HOUSING
Nancy Harding, RN, from the
Circle Home, Inc.

- 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:

- * **Coffee**
- * **Industrial trash bags.**
- * **Morning snacks.**
- * **Heavy Duty paper plates, heavy duty plastic forks, knives, and spoons.**
- * **Seasonal table cloths, and napkins.**

VOLUNTEERS NEEDED:

- **SHINE Counselor, Volunteer needed within the community. Training required, 14 classes over a 7 week period. Call Tracy for more information. 978-649-9211.**
- **Event Helpers.**

UPCOMING in JULY

**CLOSED FRIDAY JULY 4TH
INDEPENDENCE DAY.**

**INDEPENDENCE DAY-ICE CREAM
SOCIAL "Town Trivia"**
Wednesday July 9th 11:15 Ice cream sponsored by Tyngsborough Fire Department.

SENIORS/VETERANS BREAKFAST
Thursday July 17th 8:30
Sponsored by the Paramount Healthcare Service. Followed by speaker; Paramount HealthCare

SUMMER BEACH PARTY
Wednesday July 23rd 11:15
Get your picnic baskets, sunglasses, sunblock, and beach chairs ready for our second annual Beach Party. If you do not have transportation call the COA two days in advance. 978-649-9211. Hope to see you this year. Pray no rain.



LUNCH BUNCH
Wednesday July 16th,
"Village Inn" Dracut.

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**

USEFUL INFORMATION

Planned Giving – Bequest

A bequest is a simple way to provide for the Council on Aging's future and to save on estate taxes.

A Charitable Bequest for the COA can be easily included in your Will when it is written or revised. A bequest may also be added through a Codicil, a separate document amending your existing Will. All Charitable bequests are fully deductible from your gross estate.

The following examples illustrate a variety of bequest techniques. You should consult an attorney to adapt this language to your individual circumstances as part of your overall estate plan.

A Specific Bequest is a gift of a particular dollar amount or a particular piece of property.

For example: I bequest (dollar amount or description of property) to the Friends of the Tyngsborough Council on Aging.

A Residuary Bequest is a gift of all or part of the property remaining in your estate after debts, expenses, and specific bequests have been paid. When you use a percentage instead of a specific amount, your give will stay relatively the same in proportion to your entire estate, regardless of unexpected increases or decreases in its value.

For example: I give, bequest, and devise (all, or ___ percent of) the rest, residue, and remainder of the property, both real and personal, wherever situated, which I may own or be entitled to at my death, to the Friends of the Tyngsborough Council on Aging.

A Contingent Bequest is a gift that takes effect only if the primary beneficiary or beneficiaries of the bequest predecease you.

For example: If neither my spouse nor any descendant of mine survives me, then I give, bequest, and devise all the rest, residue, and remainder of the property, both real and personal, wherever situated, which I may own or be entitled to at my death, to The Friends of the Tyngsborough Council on Aging.

As in the examples noted above, please note that the full legal name is The Friends of the Tyngsborough Council on Aging. Our legal address is P.O. Box 94, Tyngsborough, MA 01879.

For designation purposes, please note that the full legal name, address, and tax identification number for the Friends are:

**The Friends of the Tyngsborough Council on Aging
P.O. Box 94
Tyngsborough, MA 01879
TIN: please see Friends representative for this number.**

NEW!

DISABILITY INDICATOR FORM

NEW!

You are required to complete this form if you want your police department, fire department, or other emergency agency to know about you when you call 9-1-1 in an emergency.

When your 9-1-1 call is answered at your local Police Department, the 9-1-1 system automatically displays your name, address and telephone number on the dispatcher's screen.

At your request, codes will be displayed on the dispatcher's screen that will identify the disability indicators that have been reported for you or someone living with you at your address. These codes will help the dispatcher at the 9-1-1 Public Safety Answering Point to communicate with the caller and provide useful information to your responding public safety agency.

The information is confidential and will **only** appear at the dispatcher's location when a 9-1-1 call originates from **your** address.

The information you provide for input to the 9-1-1 system will remain until you request a change or make a request to have it removed. **It is your responsibility to notify your 9-1-1 Municipal Coordinator when there is a change in the information described on this form.** When there is a change, complete another form and send it to your 9-1-1 Municipal Coordinator. Forms are available at the Senior Center.