



*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  
Email: [broche@tyngsboroughma.gov](mailto:broche@tyngsboroughma.gov)

August 2014

Happy Summer! If you have driven down Westford Road lately, you will notice the great strides being made in the construction of our new senior center. Every step is progress and we are all so excited.

Please remember that the center is open for a cooling station Mondays through Fridays 8 a.m. until 4 p.m. Come by to cool down, enjoy a cold beverage and visit with friends. You could always join in any of our activities. Check the newsletter for daily programs. We are still doing “Summer Salad” on Friday’s at 11:30.

Here are the upcoming Events:

- Wednesday, August 13<sup>th</sup> – Senator Eileen Donoghue host an Ice Cream Sundae social event at 12:30. Before that we will be serving lunch at 11:30 sponsored by Nashua Crossings.
- Wednesday, August 20<sup>th</sup> – Casino Day
- Thursday, August 21<sup>st</sup> at 8:30AM – Veterans/Senior Breakfast served at 8:30 sponsored by the Rotary Club with a presentation at 9:00 by Attorney Mark Armstrong on Estate Planning.

*Enjoy every day! Barbara.*

“The only way to do great work is to love what you do.” –  
Steve Jobs

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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  
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 /AUGUST

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**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!"

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

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**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.

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**No Exercise this month EXERCISE CLASS**

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

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**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

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**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.

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**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.

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**BONE BUILDERS**  
**Wednesdays 10:00/ Fridays 9:00**

Bone Builders is a national program that provides seniors aged 60 and up with free twice-a-week group fitness sessions. Classes focus on exercise to improve balance and increase the strength of both bones and muscles.

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<b>ZUMBA Gold</b>	<b>CRIBBAGE</b>
<b>Every Friday</b>	<b>Every Tuesday</b>
<b>10:30-11:15</b>	<b>10:00 -12:00</b>

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**BOOK GROUP**  
**The third Thursday of each month.**  
**August 21st 1:00 p.m.**

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# Tyngsborough COA Newsletter

## SPECIAL PROGRAMS for AUGUST

### ISSUES AND CONCERNS

**Monday, August 4th 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.

**SENATOR Eileen Donohue's Ice Cream Social.**

**Wednesday, August 13th 12:30**

Along with a **FREE** lunch from Nashua Crossing at **11:30**. Must sign up 2 days in advance.

### CASINO DAY

**Wednesday, August 20th 12:00**

This will be our second annual casino day. Come join us for some fun! Try your luck at poker, dice, slots, and the wheel of luck. Earn chips at each game and at the end of the day the gambler with the most chips wins a gift certificate. Good Luck! Don't forget to sign up for lunch 2 days in advance.



## BUS NOTICE



**When scheduling any medical appointment for Monday or Wednesday you will need to call 72 hours in advance, 3 working days, between the hours of 9:00AM and 12:00PM weekends are excluded. The Lowell LRTA is not accepting medical rides after 12:00PM; the center has to have the route sheets sent over to them by 1:00PM. There is not always room on the Tyngsborough bus to add another passenger.**

**The same goes for non-medical rides. We need 72 hours in advance, 3 working days. Call between the hours 9:00AM and 12:00PM, weekends are excluded No rides will be accepted after 12:00.**

**Sorry if this is an inconvenience. Route sheets are made up in the morning, then go out to the drivers by 12 noon. By calling late in the day there is always a chance you will not get a ride. So please call the office between the hours 9:00AM-12:00PM**

### SENIORS/VETERANS BREAKFAST

**Thursday, August 21st 8:30**

Start your day with a healthy breakfast and a smile. Sponsored by Rotary Club Followed by Mark Armstrong – Attorney “Estate Planning” All are welcome to stay afterwards and join in the activities for the day. Sign up at the Center or call 2 days in advance for Lunch 978-649-9211

### LUNCH BUNCH

**Wednesday, August 27th 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. **This month Mama's Restaurant**

### Shredding Service

#### The Tyngsborough Council on Aging

For those of you who don't have a shredder, you can now bring your bills, or any personal documents to the center to be shredded. There will be no cost. Please give us a call so we know you will be coming. 978-649-9211



# Tyngsborough COA Newsletter

## IMPORTANT INFORMATION

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### **NO COA Board Meeting** **Vacation; July /August**

#### **TYNGSBOROUGH COUNCIL ON AGING**

Senior Gift and Donation account is accepting donations to help supplement current programs, Exercise, Tai Chi, Paint Classes 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**

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#### **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 or make a donation you can find the address below.

As many of you know, our new Tyngsborough Senior Center is underway. Although the building will be erected for us, we will be in need of furnishings for the interior of the building.

We are asking you for any donation that you wish to make to help with the furnishings. No amount is too small. Checks can be made out to The Friends of the COA.

Thanks to all of our July 2014 Donors.

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

### **ELDER HOTLINE**

From the desk of Peabody COA

Finding the answer to questions about issues can sometimes be confusing. The Attorney General's Office has a statewide, toll-free telephone hotline to assist individuals on a wide range of elder issues.

**The number is 1-888-243-5337**  
**(TTY: 617-727-4765)**

**Monday thru Friday 10:00 am– 4:00 pm**

This elderly hotline provides a valuable service to Massachusetts' senior citizens, their families and other seeing information about elder-related issues and program throughout the commonwealth.

#### **Common concerns include:**

- ◆ **Debt and Debt Collection Practices.**
  - ◆ **Home Improvement**
  - ◆ **Long-term Care Insurance**
  - ◆ **Telemarketing**
  - ◆ **Health Insurance Landlord and Tenant Issues**
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### **ELDER ABUSE**

From the desk of Peabody COA

Tyngsborough Council on Aging Elder Service is an agency who works with, Elder Services of the Merrimack Valley to investigate reports of suspected abuse or neglect and provide services to elderly in the community. We strive to implement the least restrictive and least intrusive measures possible to keep elders safe and respect the balance between the right of self-determination against the mandate to protect.

#### **REPORTABLE CONDITIONS ARE:**

- ◆ Physical, Emotional or Sexual Abuse.
- ◆ Financial Exploitation
- ◆ Caretaker Neglect
- ◆ Self-neglect

#### **WEEKDAYS: 9:00AM to 3:30PM**

Call Tyngsborough Elder Services, 978-649-9211

#### **NIGHTS, WEEKENDS & HOLIDAYS**

Call the Elder Abuse 24-hour Hotline at  
1- (800) 922 -2275

# AUGUST 14

MON	TUES	WED	THURS	FRI
<p><b>NOTE:</b> <b>NO EXERCISE</b> <b>DURING SUMMER</b> <b>MONTHS!!!</b></p> <p><b>JULY /AUGUST</b></p> <p><b>Starts back in</b> <b>September</b></p>				<p><b>1</b></p> <p>AM.. Food Shopping Wal-Mart..<b>1hr</b> 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– LS Seafood Salad 12:30 Paint Class</p>
<p><b>4</b></p> <p><b>9:00 Tai Chi</b> 10:00 Mexican Train Dominoes 10:30 Issues and Concern 11:30 LUNCH– Cheese Burger/ Chips 1:00 Needle Art</p>	<p><b>5</b></p> <p>10:00 T.J Max Plaza..<b>1hr</b> 10:00 Cribbage 10:30 Wellness Clinic 11:30 LUNCH–No Meal Served 12:30 Bingo</p>	<p><b>6</b></p> <p>9:00 Yoga 10:00 Wal-Mart 10:00 Bone Builders 11:30 LUNCH– Chicken Marsala</p>	<p><b>7</b></p> <p>10:00 Wii Bowling 11:30 LUNCH– Pork Roast/Gravy</p>	<p><b>8</b></p> <p>AM.. Food Shopping Wal-Mart..<b>1hr</b> 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– Chicken Salad 12:30 Paint Class</p>
<p><b>11</b></p> <p><b>9:00 Tai Chi</b> 10:00 Mexican Train Dominoes 10:30 Xmas Tree Shop 11:00 Lunch – Oven Roasted Chicken 1:00 Needle Art</p>	<p><b>12</b></p> <p>10:00 T.J Max Plaza..<b>1hr</b> 10:00 Cribbage 11:30 LUNCH– Fish Sandwich 12:30 Bingo</p>	<p><b>13</b></p> <p>9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Chicken Fajitas 12:30 Senator Eileen Donoghue Ice Cream Social</p>	<p><b>14</b></p> <p>10:00 Wii Bowling 11:30 LUNCH– HS Turkey Ham</p>	<p><b>15</b></p> <p>AM.. Food Shopping Wal-Mart..<b>1hr</b> 9:00 Bone Builders 10:30 <b>No Zumba</b> 11:30 LUNCH– LF Tuna Salad 12:30 Paint Class</p>
<p><b>18</b></p> <p><b>9:00 Tai Chi</b> 10:00 Mexican Train Dominoes 11:00 LUNCH– Sweet-Sour Meatballs 1:00 Needle Art</p>	<p><b>19</b></p> <p>10:00 T.J Max Plaza..<b>1hr</b> 10:00 Cribbage 11:30 LUNCH–BBQ Chicken Breast 12:30 Bingo 3:30 NO COA Meeting</p>	<p><b>20</b></p> <p>9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Baked Salmon 12:00 Casino Day</p>	<p><b>21</b></p> <p>8:30 Senior/Veteran Breakfast 9:00 Mark Armstrong Attorney Estate Plan- ning 10:00 Wii Bowling 11:30 LUNCH– Roast Turkey/Gravy 1:00 Book Group</p>	<p><b>22</b></p> <p>AM.. Food Shopping Wal-Mart..<b>1hr</b> 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH- LF Mayo Marconi Salad 12:30 Paint Class</p>
<p><b>25</b></p> <p><b>9:00 Tai Chi</b> 10:00 Mexican Train Dominoes 11:00 LUNCH– Honey Curry Chicken 1:00 Needle Art</p>	<p><b>26</b></p> <p>10:00 T.J Max Plaza..<b>1hr</b> 10:00 Cribbage 11:30 LUNCH– Stuffed Shells 12:30 Bingo</p>	<p><b>27</b></p> <p>9:00 Yoga 10:00 Bone Builders 11:30 LUNCH– Beef Meatloaf 11:30 Lunch Bunch Mama’s Restaurant</p>	<p><b>28</b></p> <p>10:00 Wii Bowling 11:30 LUNCH– Chicken Louisiana</p>	<p><b>29</b></p> <p>AM.. Food Shopping Wal-Mart..<b>1hr</b> 9:00 Bone Builders 10:30 Zumba Gold 11:30 LUNCH– Sliced Turkey Macaroni Salad 12:30 Paint Class</p>

# Tyngsborough COA Newsletter

## Regular Programs

### 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.

#### 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**

*Alternative Transportation from ESMV is no longer a resource for transportation. They have informed us they are no longer excepting riders.*

### 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.

### REGULAR PROGRAMS AT THE CENTER IN AUGUST

#### Monday.....

Tai Chi 9:00-10:00

Mexican Train Dominoes 10:00-1:00

Needle Art 1:00-3:00

#### Tuesday.....

Wellness Clinic... August 5th 10:30-12:00

Exercise **No 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...No Massage 11:00-12:00

Podiatrist... September 24th 12:00-3:00

#### Thursday.....

Wii Bowling 10:00-11:30

Exercise **No Exercise** 11:45-12:45

Book Group... August 21st 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, Every Tuesdays pick up starts 9:00AM -11:45AM**
- **Wal-Mart Wednesday, August 6th 10:00AM-12:00PM**
- **Christmas Tree Shop, Monday August 11th 10:00-12:00**
- **Lunch Bunch, Wednesday August 27th, 11:30-1:00 Place: Mama's Italian Restaurant Dracut**

# 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, July 1st 10:30-12:00. Blood Pressure Readings, weight checks and medication reviews. First come first served.

**NEWS** ***iMEDICARE-** If you need help with your Health Insurance, and are affiliated with Tyngsborough Family Pharmacy, they will be glad to go over the different plans. Just give them a call 978-226-5679.*

**PODIATRIST-** Wednesday, September 24th 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." "Also ask about the Yellow Dot program." 978-649-9211.

### 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.
- \* Red curling ribbon.
- \* Morning snacks.
- \* Lg/Med size zip locked bags.

#### EVENT VOLUNTEERS NEEDED:

Call the center to see what is available. Ask for our Volunteer Coordinator, Roger 978-649-9211.

### UPCOMING in SEPTEMBER

#### CLOSED FOR LABOR DAY

Monday, September 1st

#### EXERCISE CLASS RETURNS TUESDAY SEPTEMBER 9TH

#### VETERANS/SENIOR BREAKFAST Thursday, September 18th 8:30

**FREE-** Start your day with a healthy breakfast and a smile. Sponsored by the board of Selectmen, following breakfast, there will be a speaker; Pamela Connolly from Home Instead- Talk on Alzheimer's. All are welcome to stay afterwards and join in the activities for the day. Sign up at the Center or call, 978-649-9211

#### LUNCH BUNCH

#### Wednesday, September 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.

Next month T. Bones

#### POLICE UNION END of SUMMER BBQ Friday, September 5th 11:30-1:00

This will be the 5th Annual cook out, come support our Police Officers for the good work they do for our Town. Don't forget to thank them for a wonderful cook-out.

# USEFUL INFORMATION

## ALZHEIMER'S ASSOCIATION

### Where you can ask about Alzheimer's disease 24 hours a day 7 days a week?

The Alzheimer's Association provides support and information on Alzheimer's disease with their 24/7 Helpline. Our staff can help you find the information you need. If you or a family member or friend has Alzheimer's disease or dementia, we can help you. We also help health care professional link to treatment information and options for care. Information is confidential, speak to experienced counselor, get up to the minute information, link to programs and services and receive ongoing guidance.

Make the call today that may make a difference tomorrow. Toll Free Helpline: 1(800) 272-3900 or online at [www.alz.org/MANH](http://www.alz.org/MANH)

### Social Security Administrator: Important information - Changes in certain services.



#### How to get replacement Social Security Card

To meet the increasing demands for our service, we need to make changes to how we provide some services to our customers. To protect the integrity of the Social Security number and prevent fraud, we will discontinue providing Social Security number printouts effective August 1, 2014. If you need proof of your Social Security number and you do not have your Social Security card, you will need to request a replacement Social Security card by completing the *Application for a Social Security Card* (form SS-5) you also will need the required documents proving, your identity, age, and citizenship or lawful immigration status. Which you can find on line at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

Also, effective October 1, 2014, Social Security will stop proving benefit verification letters in our offices. You will still be able to get an instant letter online with a personal **my Social Security** account or you may call us toll-free to request a letter by mail. 1-800-772-1213

If you are unable to go online, you can call our toll-free number, **1-800-772-1213** (TTY **1-800-325-0778**) to request your letter be mailed to you. You also can use your annual cost-of-living adjustment notice or SSA Form 1099 as proof of income from Social Security.

#### How to get benefit verification letters

If you need proof of your Social Security or Supplement Security Income benefits, you can get a benefit verification letter online instantly through a **my Social Security** account. To create an account, visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). With **my Social Security**, you can easily view, print or save an official letter that includes proof of your : Benefit amount and type, Medical start date and withholding amount (if applicable); and Age.