

Senior Center
Hours of Operation:
Monday thru Friday
8:00 to 4:00



Bus Hours of Operation:
Monday thru Friday
8:30 -3:00



COUNCIL ON AGING - SENIOR CENTER

180 Lakeview Ave • Tyngsborough, MA 01879

Mail Address: PO BOX 94

E-mail: broche@tyngsboroughma.gov

Phone 978-649-9211, Fax 978-649-9533

News & Tyngs

Merry Christmas



December 2014

'Tis the season!! I hope by the time you are reading this newsletter, we are packing boxes and getting ready to move into our new senior center. I was told that we would be in before our Holiday party on December 17th. That will make all the difference in the world whether we have 65 seniors at our party or 100 or so! I will keep you posted. Please check out our facebook page "Tyngsborough Council on Aging" for regular updates.

Please feel free to join us as we start packing and moving into our new facility. This is a very exciting time for us all. After we get settled in, we can start looking at new programs and events to offer.

Here are the upcoming Events:

- Monday, December 15th – Wizard Music by John Kienzle at 11:00.
- Wednesday, December 17th – Annual Holiday Party at 11:30 – entertainment provided by Kathy Rodger through cultural council grant.
- Monday, December 22nd – Christmas Open House at 10:00.
- Monday, December 29th – New Year's Open House at 10:00.



REMINDER: We will be closed on Thursday & Friday, December 25th and 26th for the Christmas Holiday.

Enjoy every day! Barbara.

"This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!" --
D.M. Dellinger

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

Robert McCarthy - Chairperson
Roger Downing - Vice Chair
Patricia Quinn - Secretary
Theresa Martineau -
Claire Downing
Fred French
Michael Knight
Charlene Muscato
Philip O'Brien
Mildred Poirier
Maryjo Tatseos

SENIOR LIAISON OFFICER

Thomas Walsh

CORE SERVICES

Bus Transportation
Daily Meals
Exercise
Wellness Programs

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Tyngsborough COA Newsletter

ONGOING ACTIVITIES /DECEMBER

Tai Chi Exercises

Due to Lesley having surgery this month, classes will be cancelled till further notice. The Council on Aging and students wish her a speedy recovery.

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

OLD FASHIONED KNITTING/QUILTING/CROCHETING

Every Monday 1:00 -3:00

Come and enjoy the wonderful ladies here at the center. Bring your talent with you. If you are a beginner these ladies will show you how to get started on becoming a wiz! There's lots of fun and socialization. We'll be looking forward to seeing you.



Elder-Chair Yoga

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. Join us!

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.

ZUMBA Gold

Every Friday

10:30-11:15

CRIBBAGE

Every Tuesday

10:00 -12:00

RUMMY CUBE

Every Friday 12:00-2:00

Come join our group of rummy cube players. We could use more players for more competition. Keep your brain stimulated. If you also would like to come to lunch at 11:30, call the center 2 days in advance to sign up. \$2.00 donation accepted. Volunteers and staff prepare a homemade lunch of the day on Fridays.

Tyngsborough COA Newsletter

SPECIAL PROGRAMS for DECEMBER

SOUP FRIDAYS 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 soup while it lasts. Call two days in advance to add your name to the list. 978-649-9211..Small donation accepted.

CENTER CLOSED

Thursday & Friday, December 25th & 26th Merry Christmas to ALL! From the COA Board and Staff.

ISSUES AND CONCERNS

Monday, December 1st, 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.

PHEASANT LANE MALL (Special Trip) *

Monday, December 1st 10:00-12:00

Now's the time to get caught up on your Christmas shopping. Santa will be at the mall taking Christmas lists. This will be the last day he will be there. So hurry and book your seat. Bus limited to 12 seats

TRADER JOE'S (Special Trip) *

Monday, December 8th, 10:00-12:00

If you have any nutrition addicts on your Christmas list, here's the place go. All natural and organic. Bus limited to 12 seats.

DAY OF BEAUTY...

Wednesday, December 10th, 10:00-12:45

Pamper yourself, the price is right! Visit the Beauty Shop, 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. 12 seats limited.

WAL-MART (Special Trip) *

Monday, December 15th, 10:00-12:00

Stuffing stocker time. Can't forget those little trinkets. Chap sticks, razor blades, combs, perfumes, bracelets, word search, crosswords puzzles, pencils and gift cards. OH, Can't forget the chocolates!

WIZARD MUSIC:

Monday, December 15th, 11:00 to 1:00

John Kienzle from Wizard Music will provide keyboard "George Gershwin" for easy listening.

CHAIR MASSAGE

Wednesday, December 31st 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!

HOLIDAY LUNCHEON/PARTY

Wednesday, December 17th, 11:00

"Senior Center Christmas Party". We will have good food, musical entertainment and fun. Tickets are \$10.00. Please purchase them at the Senior Center in advance. Seating is limited. We will be serving Baked Stuffed Chicken for lunch.

Entertainment: Join us and sing-along with Kathy Rodger. Provided by the Local Cultural Council.



NUTRITION CHRISTMAS LUNCHEON

Thursday, December 18th, at 11:30AM

CHRISTMAS OPEN HOUSE

Monday, December 22rd, at 10:00AM

The Staff of the Tyngsborough Council on Aging will be providing coffee and holiday pastry for all seniors. If you know of anyone who would like to get out and listen to a little holiday music and mingle, pick them up, bring them along, and come and sing some holiday songs.

NEW YEAR'S EVE CELEBRATION.

Monday, December 29th, at 10:00AM

Come join us for a special gathering. Bring your favorite appetizer to share. We will have a toast with sparkling soda!

BATTERY CHECK UP



Don't forget to check your batteries on household alarms such as smoke detectors, carbon monoxide and any other things like flashlights, candle lights, and radios. "Don't be stuck in the dark"!

Tyngsborough COA Newsletter

IN CASE YOU DIDN'T KNOW



COA Board Meeting DECEMBER 16th 3:30

Our goal is to help Tyngsborough Elders age safely in place with dignity and independence in the home and community they helped build...because there is no place like home!!!

'Good Morning Tyngsborough'

In an effort to meet the needs of Senior citizens in the community, a program called "Good Morning Tyngsborough" has been established by the Tyngsborough Police Department.

Senior citizens or persons with disabilities are welcome to participate in the program. An application can be obtained at the police department or the senior center.

The program consists of a requirement to contact the Tyngsborough Police Department every morning prior to 11:00am. The members will "check-in" with the dispatcher to let us know that everything is okay. If the dispatch center doesn't receive an answer, an officer is sent to the residence. The officer will attempt to make contact with the member. If contact isn't made, the officer will obtain a key from a predetermined location and will enter the residence to check on the welfare of the member.

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. If you have a doctor's appointment before 11:00 you will have to cancel your appointment.
 3. If Town Hall in Tyngsborough is closed Tyngsborough Council on Aging will be closed.
 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.**

9-1-1 Silent Call Procedure

If you need to call 911 from a touch tone phone but are unable to speak for any reason, such as potential stroke, physical disability, domestic violence, home invasion, no access to TTY or a language barrier, dial 9-1-1 first, then Press 1 if you need **POLICE**; Press 2 if you need the **FIRE DEPARTMENT**; Press 3 if you need an **AMBULANCE**. Community members can follow the Silent Call Procedure steps and have the appropriate services sent to help. If you have any questions or would like more information please feel free to contact Police Chief R. Howe at 978-649-7504 or rhowe@tyngsboroughma.gov

In Case of a State Emergency

With the winter months upon us, don't forget to stock up on staples for your pantry, such as foods that do not need cooking: bread, crackers, canned tuna, peanut butter, protein bars, milk in a carton, juice, etc. Make sure if you take medication that you have enough on hand to get by for a week or so. In case of a state of emergency you should have enough supplies to survive without leaving your house for a few days. You need to be prepared in case you have to fend for yourself. If there is a state of emergency and the Center is **CLOSED** their will be no bus services, and **NO** staff available to meet your needs. Unless it's an absolute emergency, call your town's police dept. 978-649-7504.

FUEL ASSISTANCE

Starting October 1, 2014, we will be accepting clients for fuel assistance. You can schedule your appointment by calling Tracy at the Tyngsborough Council on Aging 978-649-9211, you will be told what to bring the day of your appointment or we will mail you a copy. You can also go to the Community Teamwork in Lowell, 45 Kirk St 2nd floor, phone number is 978-459-6161.

HOME DELIVERED MEALS

(formerly Meals on Wheels) Elder Services of the Merrimack Valley Nutrition Project. If you have parents who live alone and you are worried that they are not eating during the day, Call ESMV 1-888-820-5423 for a sm. donation they will deliver a meal five days a week around noon time.

BENEFIT CHECK UP

Millions of seniors and adults with disabilities qualify, but are not enrolled in programs that could help them pay for prescription drugs, medical care, food, or heat for the homes. Benefits CheckUp is a free, confidential, an online service to see if you qualify for benefits. Take the first steps towards applying. Go to: www.benefitscheckup.org or call Tyngsborough Council on Aging to help you with the process. 978-649-9211.

DECEMBER 2014

MON	TUES	WED	THURS	FRI
1 10:00 Mexican Train Dominoes 10:00 Pheasant Ln. Mall 10:30 Issues and Concerns 11:30 LUNCH– Chicken Nuggets 1:00 Knitting /Quilting/ Crocheting	2 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Ziti/ Italian Saugus 12:30 Bingo	3 9:00 Yoga 10:00 Walmart 10:00 Bone Builders 11:30 LUNCH– LS Hot Dogs/ Baked Beans	4 10:00 Wii Bowling 11:30 LUNCH– Roast Pork / Potatoes 11:45 Exercise 	5 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
8 10:00 Mexican Train Dominoes 10:00 TRADER JOE'S 11:30 LUNCH– Meatball Stroganoff 1:00 Knitting /Quilting/ Crocheting 	9 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Macaroni / Cheese 12:30 Bingo	10 9:00 Yoga 10:00 Day of Beauty 10:00 Bone Builders 11:30 LUNCH– Roasted Chicken Baked Potatoes	11 10:00 Wii Bowling 11:30 LUNCH- Roast Turkey/ Potatoes 11:45 Exercise 	12 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
15 10:00 Mexican Train Dominoes 10:00 WAL-MART 11:00 Wizard Music 11:30 LUNCH– Cheese Lasagna 1:00 Knitting/Quilting Crocheting	16 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Grilled Chicken Breast 12:30 Bingo 3:30 COA Meeting	17 9:00 Bone Builders 11:00 Christmas Luncheon Ticket \$10.00 Entertainment: Provided by the Local Cultural Council Kathy Rogers 	18 10:00 Wii Bowling 11:30 LUNCH– Nutrition MVNP Christmas Luncheon Roast Beef/Potatoes 11:45 Exercise 	19 AM.. Food Shopping Wal-Mart..1hr 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW 11:30 Soup Friday 12:00 Rummy Cube 12:30 Paint Class
22 10:00 Mexican Train Dominoes 10:00 CHRISTMAS OPEN HOUSE 11:00 LUNCH- Cheeseburger/ Beans 1:00 Knitting/ Quilting/Crocheting 	23 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH– Stuffed Shells 12:30 Bingo	24 9:00 Yoga 10:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH– Chicken fillet	25 CLOSED 	26 CLOSED 
29 10:00 Mexican Train Dominoes 10:00 NEW YEAR'S EVE CELEBRA- TION 11:00 LUNCH– Sweet /Sour Meatballs 1:00 Knitting/Quilting Crocheting	30 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:15 Exercise 11:30 LUNCH- Shaved Steak/ Potatoes 12:30 Bingo	31 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH - BBQ Pork Pattie 	Winter Hours Tyngsborough Public Library 25 Bryant Lane 978-649-7361 Hours: Monday 10:30am-8:00pm Tuesday 9:00am-5:00pm Wednesday 10:30am-8:00pm Thursday 9:00am-5:00pm Saturday 9:00am-2:00pm 	

Tyngsborough COA Newsletter

Bus Info/Regular Programs



BUS NOTICE

PLEASE NOTE: Effective immediately, all medical trips on Mondays and Wednesdays will be handled by the LRTA Paratransit (Roadrunner) Service. Please call them directly to schedule your trip at 978-459-0152. Thank you for your understanding. We are NO longer scheduling medical rides on Mondays and Wednesdays. It has to be done through the LRTA Paratransit (Road Runner) Service.

The Tyngsborough town bus will still be running medical on Thursdays. However there will be no bus going to Harvard on Thursdays.

Tyngsborough medical bus hours will run from 9:00-1:00.

SHOPPING: Road Runner has a 3 bag limited policy. As you know we have allowed for 4 canvas bags, please add a colored ribbon to your bags. This will help the driver to identify which bags belong together (plastic bags roll around!). To ensure space for all customers on the bus, please be respectful of your fellow passengers and abide by the rules. Passengers are allowed to bring a personal grocery cart to transport their bags and are allowed to use the lift to board their personal cart onto the bus.

With the holidays coming this will be strictly enforced.

Drivers are not allowed to enter your home to bring bags in. They can only bring them to your door step. You must bring your own bags into your home. There should be NO driver entering your home, for any reason, at anytime.

By no means is the bus driver to wait for you while you are at your appointment. This delays the bus and other passengers who have called and end up waiting beyond their pick up time. "Time sitting is time wasted".



REGULAR PROGRAMS AT THE CENTER IN DECEMBER

Monday	
Tai Chi	9:00-10:00
Mexican Train Dominoes	10:00-1:00
Needle Art	1:00-3:00
Tuesday	
Wellness Clinic...	10:30-12:00
Cribbage	10:00-11:30
Exercise	10:15-11:15
Bingo	12:30-2:30
Wednesday	
Yoga	9:00-10:00
Bone Builders	10:00-11:00
Chair Massage...	11:00-12:00
Podiatrist... 1/28	12:00-1:15
Thursday	
Wii Bowling	10:00-11:30
Exercise	11:45-12:45
Friday	
Bone Builders	9:00-10:00
Zumba Gold	10:30-11:15
Rummy Cube	12:00-2:30
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**

(Special Trips)

- **Pheasant Lane Mall, Monday Dec. 1st, 10:00am**
- **Trader Joe's, Monday Dec. 8th, 10:00am**
- **Wal-Mart, Mon., Wed., Dec. 3rd, & 15th, 10:00am**

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, December 2nd 10:00-12:00. Blood Pressure Readings, weight checks and medication reviews. First come first served.
- ◆ ***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, January 28th, 12:00-1:15 the podiatrist will at the Center. This is a first come first serve basis.



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.**

UPCOMING in JANUARY

CENTER CLOSED
Thursday January 1st.

NATIONAL TRIVIA DAY
Monday January 5th

ELVIS'S 80TH BIRTHDAY
Thursday January 8th 11:30

ANNUAL FAIR recap.
Monday, January 26th 1:00



FREE Holiday Greeting Cards are available at the Center.



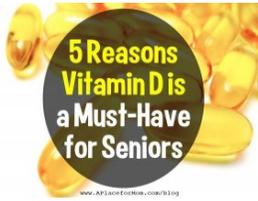
CLASSIFIED Section

DONATIONS NEEDED:

- * ALL types of broths, veg, beef, and chicken
- * 3 ft" roll of clear wrap for raffle basket.
- * Morning Donuts
- * Lg/Med size zip locked bags.
- * Cold Cups & Hot Cups - 8 oz.
- * Holiday Napkins.
- * Packing Boxes

*The Council on Aging would like to thank those of you who sent us donation in November.
Merry Christmas / Happy New Year.*

Aging - Health News



Vitamin D deficiency can have serious health effects on seniors. Getting enough vitamin D through sunlight, diet or supplements can help prevent falls and fractures, autoimmune disorders, high blood pressure, and some cancers.

What is Vitamin D?

Essential for strong bones, vitamin D is produced by the body in response to sunlight. It helps the body absorb calcium, which is ***critical to bone strength and health***. As the ***Vitamin D Council*** explains, without vitamin D, our bodies may lose bone tissue, leading to bone pain, muscle weakness and possible skeletal deformity. We also need vitamin D to:

- Help our muscles move
- Regulate cell growth
- Carry messages through the nervous system
- Fight infection

Lack of vitamin D can happen year-round, not just in winter. Regular sun exposure on bare skin generally gives people all the vitamin D they need. But, in the winter months, time spent indoors prevents vitamin D from penetrating the skin.

Effects of Vitamin D Deficiency on Seniors

Vitamin D deficiency is common among seniors for several reasons. As the ***American Journal of Clinical Nutrition*** describes, older people are prone to certain risk factors, such as:

- Decreased dietary intake of vitamin D
- Less exposure to sunlight
- Reduced skin thickness
- Impaired intestinal absorption

A six-year study from the Netherlands found that seniors aged 65 to 88 with vitamin D deficiency are nearly twice as likely to have a physical limitation compared to seniors with the highest vitamin D levels. The study, published in the ***Journal of Clinical Endocrinology & Metabolism***, also indicated that 70% of seniors in this age group already have at least one physical limitation, and are likely to develop additional physical limitations over time.

5 Reasons Seniors Need Vitamin D

According to ***WebMD***, more and more research points to vitamin D as integral in preventing a number of serious health problems. In fact, seniors who get the recommended amount of vitamin D each day are more likely to:

Prevent falls and fractures

1. Lower risks for osteoporosis and other bone disorders
2. Maintain their physical mobility and independence
3. Decrease risks for cardiovascular problems, diabetes and some cancers
4. Lower chances of early nursing home admission



Tips for Getting Vitamin D

Sun exposure, supplements and ***certain fortified foods*** are the main sources of vitamin D.

Because of the link between sun exposure and skin cancer, the ***National Institutes of Health (NIH)*** recommends that adults rely on food and supplements to get the right amount of vitamin D each day. Adults aged 19 to 70 should get 600 IU of vitamin D daily. People aged 71 and over should get 800 IU. A blood test can tell whether you are getting the right amount of vitamin D.

Bear in mind that too much vitamin D can have serious health effects. Seniors should talk to their doctor before taking supplements to determine if they are necessary and rule out any potential interactions with prescription medications.