

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



169 Westford Rd • Tyngsborough, MA 01879

Mail Address: 25 Bryant Lane

E-mail: [broche@tyngsboroughma.gov](mailto:broche@tyngsboroughma.gov)

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

[councilonaging@tyngsboroughma.gov](mailto:councilonaging@tyngsboroughma.gov)

# News & Tyngs



**JUNE 2015**

You may have all heard that the Board of Selectmen accepted the new Senior Center at the May 4th meeting, but, we do not have an exact move date. Stay tuned!

At this time, I would like to extend my sincere thanks to all the individuals and businesses who have helped with and donated to the new center. It is a great asset to the Town of Tyngsborough. Our senior citizens have worked so hard and have earned this. Like I have said in the past, this new building opens up so many new opportunities to service the needs of the seniors. With these opportunities, we will also need many more volunteers at the new center. No experience necessary!

Here are the upcoming 'Special' Events:

- Wednesday, June 10<sup>th</sup> – “Virtual Vacation to France”
- Thursday, June 18<sup>th</sup> at 8:30 – Senior/Veteran’s Breakfast; sponsor TBD.
- Wednesday, June 24<sup>th</sup> – “Summer Solstice Party”

REMINDER: It would be very much appreciated if you please remember to sign up for all events by the deadlines stated. It is unfair to those who have signed up if we do not have enough food for everyone!! Also, the sponsors need to plan accordingly. Thank you!

As soon as we move, we will be adding Line Dancing on Monday’s at 10:00 and we will be changing the time of Exercise on Thursday’s to 10:15.

*Enjoy every day! Barbara.*

“Find joy in everything you choose to do. Every job, relationship, home... it's your responsibility to love it, or change it.” - Chuck Palahniuk

### STAFF

Barbara Roche - Director  
Tracy Pecora - Administrative Assistant  
Bernie Mercier - Program Coordinator  
Midge Poirier - Meal Site Coordinator  
Tom Tiano - Custodian  
Louanne Brady - Bus Driver/Outreach  
Phil Molleur - Bus Driver  
Jerry Richall-Bus Driver

### COUNCIL ON AGING

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

### SENIOR LIAISON OFFICER

Thomas Walsh

### CORE SERVICES

Bus Transportation  
Daily Meals  
Exercise  
Wellness Programs

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# Tyngsborough COA Newsletter

## ONGOING ACTIVITIES

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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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**EXERCISE CLASS**  
**Tuesday 10:15/Thursday 10:15 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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**LINE DANCING**  
**Every Monday 10:00-11:00**  
**Cost: 3.00**

Starting June 8th (if we are in the new center)  
Instructor: Marcella

**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.

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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. Join us!

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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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**ZUMBA Gold**  
**Every Friday**  
**10:30-11:15**  
**Cost \$4.00**

**CRIBBAGE**  
**Every Tuesday**  
**10:00 -12:00**

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**RUMMY CUBE**  
**Every Friday 12:30-2:30**

Come join our group of rummy cube players. We could use more players for more competition. Keep your brain stimulated.

**Tyngsborough COA Newsletter**  
**SPECIAL PROGRAMS for JUNE**

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**ISSUES AND CONCERNS**

**Monday, June 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.

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**Virtual Vacation to France**

**Wednesday, June 10<sup>th</sup> at 11:00**

Ooh-la-la! It eez time to visit France with us! Not only will you get to see some beautiful sites in France in the air-conditioned comfort of the TCOA, but you will also get to sample some great French food for lunch. Bring in any French memorabilia you would like to share with us. Au revoir! Sign up by June 5th.

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**WIZARD MUSIC:**

**Monday, June 15, 11:00am to 1:00pm**

John Kienzle from Wizard Music will provide keyboard melodies “Rodgers Hammerstein” for easy listening.

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**LUNCH BUNCH**

**Wednesday, June 17, 11:30-1:00**

“Olive Garden” 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. Sign up by June 15th.

**VETERAN /SENIOR BREAKFAST**

**Thursday, June 18th, 8:30**

**Food Sponsor: TBD**

**Speaker: TBD - sign up by June 12th**

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**Summer Solstice White Party**

**Ice Cream Social**

**Wednesday, June 24<sup>th</sup> at 12:00**

Ice cream sponsor – Tyngsboro Fire-fighter’s Association. Put on your best summer whites to celebration the start of summer with us. To kick off the summer season, the Tyngsborough Fire Fighters will be hosting their annual ice cream buffet for all to sample. We’ll supply bibs for anyone who wants one so your whites stay clean! (Lunch TBD) sign up by June 19th.

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**CHAIR MASSAGE**

**Wednesday, June 17th 11:00**

Given by Tanya Moran. Massage therapy can relieve pain, manage stress and provide emotional release. Fee \$15.00 for 15 minutes. If you want extra time you’re more than welcome. Come relax!

# Tyngsborough COA Newsletter

## IN CASE YOU DIDN'T KNOW

### COA Board Meeting June 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!!!*

### HELPING HAND PROGRAM

The helping Hand Program was founded in 1991 to help defray the high cost of durable medical equipment. This in-kind program provides free donated equipment, such as wheelchairs, canes, commodes, special walkers to those whom otherwise would not be able to afford it. For more information, please call (617.722.2230), email (ayershelpinghand@gmail.com) or visit the website.

### 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.

### '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.

### 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

### BROWN BAG PROGRAM

Elder Services of the Merrimack Valley, Inc and the Greater Boston Food Bank have established an Elder Brown Bag Program. Eligible Elders will receive a free bag of groceries on the fourth Tuesday of each month. Brown bags will be distributed at Tyngsborough Council on Aging, 169 Westford Rd Tyngsborough. **MUST** have transportation to pick up the bags.

Each participant must register in advance & must be 60 yrs. or older and be low income.

For info call:

Laura Marsan (9789-946-1303),

Dayna Brown (978-946-1368)

Applications are also available at the Tyngsborough Council on Aging. Call or stop by for the application. 978-649-9211

### BENEFITS CHECKUP

Millions of seniors and adult 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 on line service to see if you qualify for benefits and take the first steps towards applying. Go to: [www.benefitscheckup.org](http://www.benefitscheckup.org)

# JUNE 2015

MON	TUES	WED	THURS	FRI
<b>1</b> 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Issues/Concerns 11:30 LUNCH– Maple Glazed Salmon 1:00 Knitting/Crocheting	<b>2</b> 10:00 T.J Max Plaza..1hr 10:00 Cribbage <b>10:00 Wellness Clinic</b> <b>10:15 Exercise</b> 11:30 LUNCH– Pineapple Ginger Chicken 12:30 Bingo	<b>3</b> 9:00 Yoga 10:00 Walmart 10:30 Pheasant Lane <b>10:00 Bone Builders</b> 11:30 LUNCH– American Chop Suey	<b>4</b> 10:00 Wii Bowling <b>11:45 Exercise</b> 11:30 LUNCH– LS Hot Dogs 	<b>5</b> AM.. Food Shopping Wal-Mart..1hr* <b>9:00 Bone Builders</b> 10:30 Zumba Gold 11:30 MOW– Potato Fish Filet 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class
<b>8</b> 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:30 LUNCH– Cheeseburger/Potato Chips 1:00 Knitting/ Crocheting	<b>9</b> 10:00 T.J Max Plaza..1hr 10:00 Cribbage <b>10:15 Exercise</b> 11:30 LUNCH - Breaded Chicken 12:30 Bingo	<b>10</b> 9:00 Yoga <b>10:00 Bone Builders</b> 11:00 Virtual Vacation to France 11:30 LUNCH Meatball Subs	<b>11</b> 10:00 Wii Bowling <b>11:45 Exercise</b> 11:30 LUNCH– Baked Ham/Sweet Potatos	<b>12</b> AM.. Food Shopping Wal-Mart..1hr* <b>9:00 Bone Builders</b> 10:30 Zumba Gold 11:30 MOW– Krunch Lite Fish 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class
<b>15</b> 9:00 Tai Chi 10:00 Mexican Dominoes 11:00 Wizard Music 11:30 LUNCH– Chicken a la King 1:00 Knitting/Crocheting	<b>16</b> 10:00 T.J Max Plaza..1hr 10:00 Cribbage <b>10:15 Exercise</b> 11:30 LUNCH– BBQ Pork Patty 12:30 Bingo 3:30 COA Meeting	<b>17</b> 9:00 Yoga <b>10:00 Bone Builders</b> 11:00 Chair Massage 11:30 LUNCH– Mild Chili 11:30 Lunch Bunch “Olive Garden”	<b>18</b> 8:30 Veteran’s / Senior Breakfast 10:00 Wii Bowling <b>11:45 Exercise</b> 11:30 LUNCH– Roast Turkey/ Gravy	<b>19</b> AM.. Food Shopping Wal-Mart..1hr* <b>9:00 Bone Builders</b> 10:30 Zumba Gold 11:30 MOW– Fish Strips 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class
<b>22</b> 9:00 Tai Chi 10:00 Mexican Dominoes 11:30 LUNCH– Beef Meatloaf/Gravy 1:00 Knitting/Crocheting	<b>23</b> 10:00 T.J Max Plaza..1hr 10:00 Cribbage <b>10:15 Exercise</b> 11:30 LUNCH– Chicken Cacciatori 12:30 Bingo	<b>24</b> 9:00 Yoga <b>10:00 Bone Builders</b> 11:30 LUNCH– Stuffed Shells 12:00 Summer Solstice White Party Ice Cream Social 12:00 Podiatrist	<b>25</b> 10:00 Wii Bowling <b>11:45 Exercise</b> 11:30 LUNCH– Chicken Supreme	<b>26</b> AM.. Food Shopping Wal-Mart..1hr* <b>9:00 Bone Builders</b> 10:30 Zumba Gold 11:30 MOW– Fish Filet 11:30 Feast Friday 12:00 Rummy Cube 12:30 Paint Class
<b>29</b> 9:00 Tai Chi 10:00 Mexican Dominoes 11:30 LUNCH– Teriyaki Diced Chicken 1:00 Knitting/Crocheting	<b>30</b> 10:00 T.J Max Plaza..1hr 10:00 Cribbage <b>10:15 Exercise</b> 11:30 LUNCH– Roasted Pork/Sweet Potatoes 12:30 Bingo		<b>LUNCH MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	

# Tynsborough COA Newsletter

## Bus Info/Regular Programs

### BUS NOTICE

**REMINDER: NO MEDICAL ON TUESDAYS AND FRIDAYS.**

**To make an appointment for our bus, please call the Council on Aging office at 978-649-9211. Our office hours are 8:00AM—4:00 PM. Please call before noon, at least 2 days in advance. Thank you.**

**PLEASE NOTE:** All medical trips on Mondays and Wednesdays are handled by the Lowell LRTA (Roadrunner) Service. Please call them directly to schedule your trip at 978-459-0152.

The Tynsborough COA bus will be taking passengers for Bloodwork and Prescription pick ups on Wednesdays.

The Tynsborough COA bus still takes passengers for medical appointments on Thursdays (except Harvard).

Tynsborough medical bus hours will run from 9:00-2:00. Please plan your appointments accordingly.

**SHOPPING:** Road Runner has a 3 bag limit 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!). Please be respectful of your fellow passengers and follow 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.

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. Drivers should not be entering your home, for any reason, at anytime.

**Bus drivers are not allowed to wait for you while you are at your appointment. Please call the office when you are ready for pick up. Thank you.**

### REGULAR PROGRAMS AT THE CENTER IN JUNE

<b>Monday.....</b>	
Tai Chi	9:00-10:00
Line Dancing	10:00-11:00
Mexican Train Dominoes	10:00-1:00
Knitting/Crocheting	1:00-3:00
<b>Tuesday.....</b>	
Wellness Clinic... 6/2	10:30-12:00
Cribbage	10:00-11:30
Exercise	10:15-11:15
Bingo	12:30-2:30
<b>Wednesday.....</b>	
Yoga	9:00-10:00
Bone Builders	10:00-11:00
Chair Massage... 6/17	11:00-12:00
Podiatrist... 6/24	12:00-1:15
<b>Thursday.....</b>	
Wii Bowling	10:00-11:30
Exercise	10:15-11:15
<b>Friday.....</b>	
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 11:00 AM 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 9:30am, second run P/U starts at 10:15am
- \*T.J Max Plaza, Fantastic Sams **Every Tuesday** pick up starts 9:00AM -11:45am

#### **(Special Trips) Off site**

- \*Wal-Mart, **Wed. June 3rd, 10:00-12:00**
- \*Pheasant Lane Mall, **Wed. June 3rd, 10:30 – 12:30**
- \*Lunch Bunch, **Wed. June 17th 11:30 - 1:15**  
Olive Garden

# 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 2nd 10:00-12:00. Blood Pressure Readings, weight checks and medication reviews. First come first served.
- ◆ **Podiatrist. New England Foot & Ankle will be at the Center June 24th 12:00– 1:30**  
First come first served. Please call the Center and let us know you are coming. Their growth in the community is a direct result of the caring and personal treatment they give to patients. Fee \$25.00

### 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.**

### 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.

### CLASSIFIED SECTION

#### DONATIONS NEEDED:

- \* **ALL types of Broths, Veg, Beef, and Chicken.**
- \* **Morning Pastries**
- \* **Lg/Med size zip locked bags.**
- \* **Cold Cups & Hot Cups - 8 oz.**
- \* **Sm/Lg Paper Plates, and Bowls**
- \* **Plain Napkins.**
- \* **Wide Fancy Spring & Summer Ribbon**
- \* **Lg Gift Baskets for Raffles**

**"Thank You! for all who have donated in the month of May!"**

### UPCOMING in JULY

**Closed July 3rd for Independence Day!**

#### **Hawaiian Luau Beach**

**Wednesday, July 22<sup>rd</sup> at 11:00**



Aloha!! Hula on over. Pull out those Rockin' Hawaiian Shirts and your funky grass skirts!! Come and join us at the Center for a sizzling Summer Luau. Entertainment  
Kathy Rodger

#### **Veteran's / Senior Breakfast**

**Thursday July 16th, 8:30**

Sponsored by TBD, Speaker TBD

### TYNGSBOROUGH COUNCIL ON AGING

Senior Gift and Donation account is accepting donations to help supplement current programs, Exercise, Tai Chi, Paint Classes and other events at the Center.

If you wish to donate please make check to:

**Council on Aging, Senior Gift and Donation  
25 Bryant Lane, Tyngsborough MA, 01879**

### 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 fees effect July 1st 2015 will be \$10.00. If you wish to become a member or make a donation you can find the address below.

Thanks to all of our May 2015 Donors.

**The Friends of the Council on Aging  
P.O. Box 415, Tyngsborough MA, 01879**

# Aging - Health News

## A Vitamin B12 Deficiency

You know that vitamins and nutrition are important for a senior's health. So you've been encouraging your parents to eat right and take a daily multivitamin. But did you know that even among seniors who do this, many still end up developing a serious deficiency in one particular vitamin?

It's Vitamin B12.

Experts estimate that up to 20% of people aged 50 and over may be low in vitamin B12, with this deficiency becoming more common as people get older. It's common, serious, and worst of all, commonly overlooked until it causes significant health problems. But if you know the symptoms and risk factors, you can help your parents get a vitamin B12 deficiency detected. Treatment is safe and effective, as long as you catch the problem before permanent damage occurs. Here's what to know.

In the body, vitamin B12 – also known as cobalamin – is especially vital to making red blood cells, and maintaining proper function of nerve cells. When vitamin B12 levels are low, a person can develop health problems related to red blood cells and nerve cells not working well.

The most common problems related to low vitamin B12 levels include:

1. **Anemia.** This means low red blood cell count. Red blood cells carry oxygen in the blood, so anemia can cause fatigue or shortness of breath. The breakdown of faulty red blood cells can also cause jaundice.
2. **Neuropathy.** This means nerves in the body not working well. This can cause a variety of symptoms, including tingling, numbness, burning, poor balance and walking difficulties.
3. **Cognitive impairment.** This means that nerve cells in the brain are not working well. This can cause memory problems, irritability, and even dementia.

You may have heard that [vitamin B12 deficiency can cause pernicious anemia](#). But in fact, the term “pernicious anemia” means a vitamin B12 deficiency that's caused by the loss of a body's ability to make “intrinsic factor.” The body needs intrinsic factor to absorb vitamin B12; without it, vitamin B12 levels eventually drop. This often causes anemia, but sometimes symptoms of nerve and brain problems occur first.

So why does vitamin B12 particularly affect older adults?

As people get older, their ability to absorb vitamin B12 tends to decrease. This is because seniors often develop problems with the acids and stomach enzymes needed to process the vitamin.

Common risk factors for low vitamin B12 levels in older adults include:

- Low levels of stomach acid, which can be due to weakening of the stomach lining, or to medications that reduce stomach acid.
- Medications such as metformin (used for diabetes), which interferes with vitamin B12 absorption.
- Alcoholism, which irritates the stomach and sometimes is linked to a poor diet.
- Surgeries that remove parts (or all) of the stomach or small intestine.
- Any problem that causes poor absorption in the stomach or small intestine, such as Crohn's disease.