

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

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

councilonaging@tyngsboroughma.gov

News & Tyngs

August 2015

I hope you all have had an opportunity to visit the new Senior Center. We have volunteer greeters here every day to assist you and answer any questions you may have.

Last month I mentioned that we are getting a new bus from the LRTA. I just wanted to mention this again. This will be in addition to the existing bus. This will allow more rides and trips. We will dedicate one bus for medical appointments, 5 days a week. The other bus will be for social, shopping, special day trips, etc. also for 5 days a week. Please let us know what other trips that you would be interested in. This should all be in service by August 1, 2015.

Here are the upcoming 'Special' Events:

- ♦ Wednesday, August 5th at 12:00 – Senator Eileen Donoghue's "Ice Cream Social"
- ♦ Wednesday, August 12th at 12:00 – "Casino Day"
- ♦ Thursday, August 20th at 8:30 – Senior/Veteran's Breakfast; sponsored by the Town of Tyngsboro Employees; Guest Speaker will be Kathy Devine from the Executive Office of Elder Services talking about "Prescription Advantage".

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!

Enjoy every day! Barbara.

"Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve." - [Mary Kay Ash](#)

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

SENIOR LIAISON OFFICER

Thomas Walsh

CORE SERVICES

Bus Transportation
Daily Meals
Exercise
Wellness Programs

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Tyngsborough COA Newsletter

ONGOING ACTIVITIES

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 CLASSES
Tuesday & Thursday 10:30-11:30

Our instructor, Elaine, is on vacation the month of July/August, however we will be exercising to her video on TV to keep in shape. Elaine will be back September 15th.

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

LINE DANCING
Every Monday 10:00-11:00
Cost: \$3.00



Have you ever wanted to start Line Dancing? Well here's your chance! Get those boot scooting boogie boots on, and come on over and dance and meet new friends. 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.

OIL PAINTING CLASS
Every Friday 12:30-2:30
(Painting)
Every Tuesday 12:30 - 2:30
(Focus on Drawing)
Instructor: Michael Vieira
Cost \$5.00 per class

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. Call to sign up 978-649-9211.

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

CRIBBAGE
Every Tuesday
10:00 -12:00

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 AUGUST

ISSUES AND CONCERNS

Monday, August 3rd, 10:30-11:30

Mary Gail Martin, Legislative Aide from the office of Representative Colleen Garry is available here every 1st Monday of the month to hear your concerns.

SENATOR Eileen Donoghue's Ice Cream Social.

**Wednesday, August 5th
At 12:00 PM**



LUNCH BUNCH "T-Bones"

Wednesday, August 19th 11:30-1:00

If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus. Call 3 days in advance 978-649-9211. Sign up by Aug 14th

CASINO DAY

Wednesday, August 12th 12:00

This will be our third 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! Sign up by August 7th

LABYRINTH/WALKING MEDITATIONS

Monday, August 10th at 1:00 PM

Benefits can include decreased stress, reconnection to your inner knowing/wisdom, sparked creativity, inspiration, community unification & more. Instructor: Laura Kirk; Fee \$3.00

CRYSTAL SINGING BOWL MEDITATIONS

Monday, August 24th at 1:00 PM

Benefits include deep relaxation, an increased sense of peace, improved sleep, heightened awareness and calming of the nervous system. Instructor: Laura Kirk; Fee \$3.00. Bring a mat, blanket and/or pillows for comfort.

VETERAN/SENIOR BREAKFAST

Thursday, August 20th, 8:30

Food Sponsor: Town Employees

Speaker: Kathy Devine, Outreach Coordinator from the Prescription Advantage Program of the Executive Office of Elder Affairs.

CHAIR MASSAGE

Wednesday, August 26th 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!

ATTENTION

Bone Builders are considering a second Bone Builders class in the afternoon. Please let us know if you are interested in joining the class as a participant or a volunteer leader. Training will be provided. Call center at 978-649-9211 for more info.

Tyngsborough COA Newsletter

IN CASE YOU DIDN'T KNOW

NO - COA Board Meeting July and August have a great summer!

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!!!

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.

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 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**
- ◆ **Scam Awareness**

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

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 2015

| MON | TUES | WED | THURS | FRI |
|---|--|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 10:30 Issue and Concern 11:30 LUNCH- 1:00 Silver Knitters | 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:00 Wellness Clinic 10:30 TV Video Exercise 11:30 LUNCH - 12:30 Bingo 12:30 Focus on Drawing | 9:00 Yoga 10:00 Bone Builders 10:30 Wal-Mart 11:30 LUNCH 12:00 Senator's Ice Cream Social | 10:00 Wii Bowling 10:30 TV Video Exercise 11:30 LUNCH- | AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- 11:30 Feast Friday 12:30 Rummy Cube 12:30 Paint Class |
| 10 | 11 | 12 | 13 | 14 |
| 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:30 LUNCH- 1:00 Knitting Group | 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 TV Video Exercise 11:30 LUNCH- 12:30 Bingo 12:30 Focus on Drawing | 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- 12:00 Casino Day | 10:00 Wii Bowling 10:30 TV Video Exercise 11:30 LUNCH- | AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- 11:30 Feast Friday 12:30 Rummy Cube 12:30 Paint Class |
| 17 | 18 | 19 | 20 | 21 |
| 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 10:30 Pheasant Lane 11:30 LUNCH- 1:00 Knitting Group | 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 TV Video Exercise 11:30 LUNCH- 12:30 Bingo 12:30 Focus on Drawing No COA Meeting | 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- 11:30 Lunch Bunch "T-Bones" | 8:30 Veteran's / Senior Breakfast 10:00 Wii Bowling 10:30 TV Video Exercise 11:30 LUNCH- | AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- 11:30 Feast Friday 12:30 Rummy Cube 12:30 Paint Class |
| 24 | 25 | 26 | 27 | 28 |
| 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:30 LUNCH- 1:00 Knitting Group | 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 TV Video Exercise 11:30 LUNCH- 12:30 Bingo 12:30 Focus on Drawing | 9:00 Yoga 10:00 Bone Builders 11:00 Chair Massage 11:30 LUNCH- 12:00 Podiatrist | 10:00 Wii Bowling 10:30 TV Video Exercise 11:30 LUNCH- | AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:30 Zumba Gold 11:30 MOW- 11:30 Feast Friday 12:30 Rummy Cube 12:30 Paint Class |
| 31 | | | | |
| 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:30 LUNCH- 1:00 Knitting Group | | | | |

Tyngsborough 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 bus hours are 9:00AM-3:00PM. Please call before noon, at least 2 days in advance. Thank you.

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

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

Tyngsborough 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.

The bus is for Tyngsborough Residents only!

REGULAR PROGRAMS AT THE CENTER IN AUGUST

| | |
|----------------------------------|-------------|
| Monday..... | |
| Tai Chi | 9:00-10:00 |
| Line Dancing | 10:00-11:00 |
| Mexican Train Dominoes | 10:00-1:00 |
| Knitting Group | 11:00-1:00 |
| Tuesday..... | |
| Wellness Clinic... Aug.4th | 10:30-12:00 |
| Cribbage | 10:00-11:30 |
| Exercise TV Exercise July & Aug. | 10:30-11:30 |
| Bingo | 12:30-2:30 |
| Wednesday..... | |
| Yoga | 9:00-10:00 |
| Bone Builders | 10:00-11:00 |
| Chair Massage... Aug. 26th | 11:00-12:00 |
| Podiatrist... Aug . 26th | 12:00-1:15 |
| Thursday..... | |
| Wii Bowling | 10:00-11:30 |
| Exercise TV Exercise July & Aug. | 10:30-11:30 |
| 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 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 Need more riders for a second run.
- *T.J Max Plaza, Fantastic Sams **Every Tuesday** pick up starts 9:45AM -11:45am

(Special Trips) Off site

- *Wal-Mart, **Wed. Aug 5th, 10:30-12:30**
- *Pheasant Lane Mall, **Mon Aug 17th, 10:30 – 12:30**
- *Lunch Bunch, **Wed. Aug 19th, 11:30 - 1:15**

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, Aug 4th 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 August 26th 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:

- * **Morning Pastries**
- * **Cold Cups & Hot Cups - 8 oz.**
- * **Sm/Lg Paper Plates, and Bowls**
- * **Plain Napkins.**

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

UPCOMING in SEPTEMBER

CLOSED FOR LABOR DAY

Monday, September 7th

EXERCISE CLASS RETURNS TUESDAY SEPTEMBER 15th

**VETERANS/SENIOR BREAKFAST
Thursday, September 17th 8:30**
FREE- Start your day with a healthy breakfast and a smile. Sponsored by **The Tyngsboro/Dunstable Rotary.**

LUNCH BUNCH

Wednesday, September 16th 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. **(99 Restaurant) Nashua N.H**

POLICE UNION END of SUMMER BBQ Friday, September 4th, 11:30-1:00

This will be the 5th annual cookout, come support our Police Officers for the good work they do for our town. Don't forget to thank them for a wonderful cookout.

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 effected 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 **July 2015** Donors.

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

Aging - Health News

As elderly parents begin to rely on family for more support, the amount of conflict between adult children can increase. Dealing with a parent's care can rekindle sibling rivalries that have lain dormant for years, and the discord can tear families apart.



Causes of Conflict Between Siblings Caring for Elderly Parents

Family dynamics are infinitely complex, but two underlying themes run through most sibling disputes about their parent's care: injustice and inheritance.

1. Injustice

When one sibling shoulders a disproportionate burden of Mom or Dad's care, that sense of unfairness can foster resentment. Often, by virtue of distance, the siblings who live further away are "off the hook" when it comes to caring for an aging parent, while the nearest siblings are obliged to take on a caregiving role. When the caregiving sibling asks for help from other siblings, the other siblings often don't fully appreciate, or choose to ignore, how much help their parent needs, and how much work one sibling is doing.

2. Inheritance

Many **siblings clash over a parent's finances**. With the average American household's net worth declining since 2007, siblings must divide an even smaller inheritance, naturally increasing the likelihood of conflict. In a perfect world, each of us is selfless and not motivated by money, but we live in a far from perfect world where money is indispensable, so it remains a problem within families.

Caregiving is stressful on its own, but when injustice and inheritance are added to a situation, they can create animosity between siblings. When family dynamics are already tense because one sibling feels unjustly overburdened with a parent's care, money can compound the conflict.

A sibling who provides most of a parent's care may feel entitled to a greater share of an inheritance. Or, siblings who are more distant or not involved may believe that the caregiving sibling is spending too much money on a parent's care. Sometimes, the children of aging parents will even resist plans for professional care in order to "protect" an inheritance.

Tips for Improving Communication with Your Siblings During a Family Disagreement

There are no easy answers to **settle disputes between siblings** who are butting heads over a parent's care, but maintaining communication is crucial. Consider using these tips for improving communication with your siblings during a family disagreement:

A Family Meeting

Ideally, siblings can identify and correct issues before they become irreconcilable. The key is good communication, and a tried and true strategy to facilitate the exchange of ideas is the family meeting. At a family meeting, there should be frank and open discussion about a parent's care needs. Each sibling's role and obligations should be established, and future plans should be made. But if the question of where to hold a family meeting leads to a bitter argument in and of itself, the friction may have gotten past the point when a family meeting can help.

Advisors, Counsels and Mediators

Sometimes a neutral third-party can calm feuding siblings. A Place for Mom [Senior Living Advisors](#), who work directly with families as they plan a parent's care, have defused many disputes between siblings over lengthy conference calls. Family counselors can also help to bridge the differences between siblings, assuming they still talk to one another. If things have become really heated, a family mediator specializing in senior care issues may be able to break through the ill will and help build consensus and find middle-ground.

The High Road

Ultimately, the only person we can change is ourselves. No matter how much we try to reason with a disagreeable sibling, we may not succeed.

While advocating for what's best for our parent, it's wise to **let go of anger or resentment towards a sibling** who has been unhelpful or hurtful, and to strive for the undeniable peace that comes from acceptance and forgiveness; neither stifling our impulse to call out an uncooperative brother or sister, nor allowing ourselves to be consumed with anger.