

Dracut Council on Aging

*Newsletter AUGUST, 2010*

There are many factors that contribute to the well-being of the older population. Regular checkups, physical activity, as well as good mental health are important. As we age and when situations in our lives change, social contacts may diminish and, we may feel a little isolated. Regardless of our age however, we all need social contacts. Socializing with family & friends is a way to prevent the feeling of isolation. Studies show that people who spend time engaging in these activities are more apt to maintain a healthy lifestyle.

If you need a little lift in your day, the Dracut COA is the place to be. August is filled with activities and fun. On Tuesday the 3rd at 12noon the Dracut Police Department will sponsor their annual Dracut's Day Out with lunch of pizza and entertainment. \$3.00 A chicken BBQ sponsored by Merrimack Valley Nutrition will be held on the 19th @11:30 (\$2 donation). Reserve with Bob by 12 Aug. On Monday the 23rd @10AM Guardian Angel Senior Services will host "Laugh Yourself Healthy" a workshop on the importance of laughter. Breakfast will be served. We will be showing vintage talent shows that were held at the center on the 16th and on the 30th on the big screen.

The Dracut Fire Fighters Union will host their annual ice cream social and talk on Home & Fire Safety on the 9th @12 Noon (\$1 a Ticket).

The Red Cross will hold a Blood Drive on Wednesday the 25th from 10AM-3PM. Please call 1-800-RedCross to reserve your appointment.

Quick Trips August 6th Walmart\* & Bobolas; August 13 China Buffet, Target, AJ Wright; August 20th Olive Garden, TJ Max Plaza; August 27th Athenian Corner, Michaels Krafts & Kohls.

The movie of the month is on Tuesday 8/17 at noon "The Money Pit" starring Tom Hanks & Shelley Long.

Don't forget we provide transportation to and from the senior center and for medical appointments, trips to CVS, hair appointments, nursing home visits and much more. Please call 978-957-2611 to reserve your ride.

The monthly coffee hour with the director is on Thursday the 26th @10AM. Please join us in our air conditioned senior center @ the Dracut Council on Aging "The Best Place in Town."

Joyce Shadan  
Executive Director

**COUNCIL ON AGING STAFF**

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Joyce H. Shadan,  
*Executive Director*  
Judy Gilbert, *Social Services*  
*Volunteer Coordinator*  
Donna Houston  
*Outreach Coordinator*  
Charlene Gertz

*Clerk/Bookkeeper*  
Alma Reeves,  
*Administrative Assistant*  
Anita Chartier, *Bus Driver*  
Gertrude Frechette, *Custodian*  
Omer Matte, *Custodian*  
Monica Gagne, *Greeter, CTI*

#### **NUTRITION PROGRAM**

Roberto Pagan, *Site Manager*  
Stephanie, *Site Aide*

#### **COUNCIL ON AGING BOARD**

Pat Merrill, *Chairperson*  
Ann Casey, *Vice Chairperson*  
Mary Jo Sudol, *Treasurer*  
Renee Espinola, *Secretary*

#### **MEMBERS**

Lt. Michael Fleury  
William O'Neill  
Chet Pater  
Gerald Surprenant  
Louis Darvirris

Senior Center Hours  
Monday through Friday  
8:00 am to 4:00 pm

#### *Social Services*

Remember to hydrate! Keep up the fluids...some medications are diurectics and cause dehydration, so it is very important to drink lots of fluids in the warm weather. If you want to cool off even more, come to the air conditioned center and enjoy all that we offer to our seniors.

**All the really “cool seniors” make sure they meet right here at the DCOA!**

Donna Houston, Outreach Coordinator

August, I celebrate my five year anniversary at the DCOA. I've met some wonderful people and shared in many special events and have had the privilege to work with the most devoted volunteers around. I hope to continue another five years and just want to say “thank you!”

Judy Gilbert  
Social Service/Volunteer Coordinator

### MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least two mornings in advance by calling the Title III # 978-957-0129, speak with Bob Lafferty between 9:00 am and 12:30 pm. Meals are served at the center at 11:30 am. \$2.00 donation. **Meals on Wheels** are available to eligible homebound seniors Monday thru Friday. **Please note:** Sometimes the menu for MOW's changes once it is printed in the Newsletter. This is due to changes made at Merrimack Valley Nutrition, not the senior center.

### MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM

Lowell \$2.00 each way; Dracut \$1.50 each way

Tewksbury, Harvard Vanguard, Research Place, Lowell VA & Village Square

Chelmsford -\$3.00 one way; \$5.00 round trip.

Everyone must be picked up before 2PM

**Please reserve your ride with us as soon as you make your medical appointment.**

**You must be ready for pick up to one hour before your**

**scheduled appointment. We kindly ask,**

**whenever possible, you schedule your lab work on Mondays or Fridays. Thank you for your patience.**

### TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social daycare, hair salons, barber shops, quick trips, CVS, Walmart\*, banking, nursing home visits & other locations. The fare is \$1 each way and bus ticket for 20 rides are \$18. Quick trips are \$3.00 round trip.

### ALTERNATIVE FORMATS

To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc), please contact A.D.A. Officer William Zounes @978-453-9492.

### NOTICE TO ALL DRACUT-TYNGSBORO LRTA PASSENGERS

**The Dracut-Tyngsboro bus services the Senior**

**Center on an ON CALL basis. If you need to be picked up at the Senior Center please call (978) 452-6161 and the next bus will be sent to pick you up. By doing this we hope to keep this bus on schedule.**

## SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available Wednesday, August 11th between 9:30 am and 1:00 pm. Please make your appointment at the office by calling 978-957-2611.

## FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

Health Clinics

**Dracut Council on Aging**

**951 Mammoth Road**

Nancy Harding, RN from the VNA

Every Thursday from 1:30-3:45PM, blood pressure checks, weight monitoring and personal consultation. **Blood sugar testing (3rd Thursday at 2:30 pm) for known Diabetics.** 100% OF ALL DONATIONS GO THE VNA FOR THE ENHANCEMENT OF VNA SERVICES.

**Second Hand Rose**

Thrift Shop - Open Daily

Dracut Council on Aging

951 Mammoth Road

8:00-4:00p.m.

Donations of new or gently used, clean items arrive almost every day and are greatly appreciated. General Public Welcome. Please come meet Pauline our perky always smiling store volunteer. All proceeds benefit the Friends of the Dracut Elderly, Inc.

Thank you to the Senior Citizen's Club for their generous donation to the Friends.  
Thank you to Charles & Pauline Hobbs for your kind donation to the Friends.

## FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan

Treasurer, Charlene Gertz

Clerk, Barbara Dickinson

Member, Judy Fuller

Member, Karen Cunningham

Member, Linda Bloomgren

The Friends are a fundraising group for the sole purpose of the Dracut Council on Aging. They supplement the cost for classes such as the Art class, Energetics, TAI-CHI & computer class. They purchase supplies for the senior center such as paper goods, decorations, furniture, wall décor, curtains & whatever is needed. All volunteer events & parties & the Director's Coffee hour are sponsored by the Friends such as gifts, food & entertainment. Part of their mission is help for seniors in the community who are in need. They raise funds through "second hand rose" thrift shop & various basket raffles etc.

Anyone who wishes to be a sponsor may do so at anytime. A \$3.00 donation or any amount is appreciated.

### **Dracut Senior Citizen's Club.**

The Dracut Senior Citizen's Club is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident. Members meet at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3PM unless otherwise noted. A bingo game is held right after the meeting. Annual dues are \$2.00 payable on meeting days. **NO meeting in August.** For more info, please call Laurette Vengren, President at 978-957-7457.

**Farmer's Market** @1660 Lakeview Ave. Seven (7)  
Saturdays 10AM to 1PM. July 24, July 31, Aug 7, Aug 14, 21 & 28 and Sept 4th

*Groups - Classes - Events*

*Groups Classes*

### **BEGINNER'S COMPUTING**

With Pat Merrill

**Wednesdays 9:00-11:00**

**Resume in September**

**8 Weeks at \$15.00**

### **INTERNET COMPUTING**

**Will resume in September**

### **ENERGETICS**

With Elaine Corsetti

**Resumes in September**

**\$20.00 per session**

Tuesdays 8:45-9:45

Thursdays 9:00-10:00

All energetic participants are urged to continue this class w/Elaine's video.

### **TAI CHI**

With Connie Rock on Wednesday

Resumes September 15—October 20th

**10:00-11:00am**

\$35.00 for Six Week Course

### **ART CLASS**

With Stella Pappas

**Resumes in September**

**Tuesdays at 9:00 am to 11:30 am**

\$40.00 per 8 week session

New students may join at any time.  
Sponsored in part by a grant from the Dracut  
Cultural Council

**BONE BUILDERS  
FREE**

10:00-11:00 Mondays & Wednesdays  
11:30-12:30 Tuesdays & Thursdays

**NOTE: To sign up for any class, please either come to the office or call 978-957-2611**

*Lift Your Spirits*

**REIKI**

**Resumes in September**

**11:30-1:00pm**

Reiki is an ancient touch therapy technique that compliments traditional pain therapies. Reiki has a positive effect on all forms of illness from minor to chronic conditions such as arthritis, fibromyalgia and other pain syndromes. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate. Free.

Please call the center to make an appointment.

**NOTE: PLEASE PAY FOR CLASSES WITH A CHECK MADE OUT TO:  
The Friend's of The Dracut Elderly.**

**Bowlers Needed**

Small candlepins Bowling @Park Lanes in Windham, NH Fridays at 9AM. \$12.00 includes bowling and all banquets. Call the COA office at 978-957-2611

**HELP THE DRACUT FOOD PANTRY**

We need to help our Dracut Food Pantry. Please drop off any non-perishable items in our bin here at the center or the Dracut Fire Station on Pleasant Street.

Library News

DCOA Librarian: Ruth Chappas

The DCOA Library has a magnifier for enlarging print. The magnifier is available during Center hours. LARGE PRINT Newsletter available in our Library.

Group jigsaw puzzle every day in the Library. Chess Game Set Up In Library

**Memorial Cards available at the Center**

The newsletter may be obtained in a **LARGE PRINT** format. Please see Staff at the Senior Center Office.

**Upcoming Events  
Quick Trips**

**Friday, August 6 –WalMart\* & Bobolas For Lunch**  
**Friday, August 13-China Buffet, Target, AJ Wright**  
**Friday, August 20 –Olive Garden, TJ Max Plaza**  
**Friday, August 27—Athenian Corner, Michaels Krafts & Kohls.**

**Sign up with Monica—front desk**

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**NEW SUMMER PROGRAM  
“Large Screen Videos”**

**Vintage Talent Shows—Monday, August 16 and August 30th at 10AM.**

**Wednesdays is Ice Cream Stand Day. A quick trip is planned to visit local ice cream stands. Mikes, Heritage, Orchard Hill, Frosty Boy, Haywards. Each week will be a different place. Pickup starts at 10am. Sign up with Monica**

**RSVP VOLUNTEER TEAM LEADERS NEEDED FOR  
BONE BUILDER’S CLASS**

\*Balance \*Fitness  
\*Health Education \*Falls Prevention

Want to help other seniors stay healthy and stay fit, too? You’ll find seniors can do more, feel stronger, and think this is the best thing they ever did! Volunteer leaders need to commit to co-leading classes for seniors 2 to 4 hours per week for at least 6 months. For more information, contact Joan Aseltine, Bone Builders Coordinator, 978-654-5080 X14 Coordinator, 978-654-5080 X14 or jaseltine@comteam.org.

*Program Funded by Tufts Health Plan Foundation*

**VOLUNTEER PROGRAMS**

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities. Find out what may be available for you. RSVP (CTI) Retired people 55 and over in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. Please call Judy Gilbert at 978-957-2611 or stop by the center.

**MOVIE OF THE MONTH  
Tuesday, August 17th at noontime  
THE MONEY PIT  
starring Tom Hanks and Shelley Long.  
Comedy**

**Come and enjoy the movie, popcorn & drinks.**

**“My Senior Center Cards”**

Anyone who does not have their card yet, please come to the office to receive your card.

**FOXWOODS -Wednesday, September 1, 2010**

**Bus leaves at 6:45AM at Senior Center**

**Returns at approximately 7PM**

Payment can be made at the Dracut Senior Center, given to Gert Frechette or Barbara Dickinson or mailed to Carol Gavriel 84 Tennis Plaza Road Unit 20 Dracut, MA 01826. Please make check payable to Carol Gavriel, 84 Tennis Plaza, Unit 2, Dracut, MA 01826. Call Carol at 978-957-5527 for more .

**PLEASE PARK YOUR CARS IN THE REAR PART OF THE PARKING LOT  
NEAR THE WOODS.**

**DRACUT'S DAY OUT Pizza Party**

**Tickets are \$3.00**

Tuesday, August 3rd @ 12:00

Please sign up with Monica by July 29th

**Monday, August 9th Ice Cream Social**

Sponsored by the Dracut Fire Fighters Union

12:00noon (\$1 a ticket)

**Chicken BBQ**

August 19th @ 11:30 (\$2 Donation) sponsored by the Merrimack Valley Nutrition Project. Menu is BBQ Chicken Breast, Corn on the Cob, Baked Beans, Potato Salad, Dinner Roll & Watermelon. Call Roberto at 078-957-0129 by 12 August 2010.

**Winner of the Challenges in Life Category of the Legacies Contest**

**Jeanne Driscoll**

Isn't it beautiful to watch a child at play? First they have a friend, real or imaginary that they play with. Give the friend a name, serve a cup of tea and watch them enjoy the company. The conversation is scintillating. This activity is good for children but is it good for the elderly to pretend?

From personal experience I remember when I was 30 years old I was asked to be Godmother to a beautiful blond blue eyed baby girl. I already had three Godchildren all boys. What a treat, a girl. This little girl had been born to my very best friend who was kind enough to let me pick her name which I did with great pleasure. Barbara was my

favorite name at the time, so her name is Barbara. I had been told that I would never have a child of my own so in my mind she became my daughter. I loved her so, she became a very nice young lady and at her confirmation she took my name as her middle name. What a compliment, she was showing her love for me.

She became a very loving and caring nurse. Her beautiful smile filled a room. Happily married she was enjoying life. Then the dreaded diagnosis: Cancer.

For five years she struggled valiantly. She lived each day with acceptance and faith. A few weeks ago God decided that He needed another flower in His garden. So He took Barbara home. She left this world with dignity. She was only 60 years old. I will always love Barbara. She is always in my heart. I miss her so. This is the reason I ask: Is it good for old people to pretend?