

Dracut Council on Aging

Newsletter

July 2010

If you were to ask people what does the 4th of July mean to them, a quick response may be backyard BBQ's, parades & a day at the beach. If we think about the question a little longer, we may become a little more pensive. Remembering the trials & tribulations our country has endured, and the sacrifices of all who have served in the armed forces & to those left behind, our hearts swell with pride of being an American. "Land of the Free & Home of the Brave" are words that touch the essence of who we are & what our country represents. The 4th of July is a day of celebration, the biggest birthday party ever with parades, concerts & fireworks. The Town of Dracut will join thousands of communities across our great nation with a concert & fireworks to commemorate our country's independence. On Friday, July 2nd a concert will be held at the gazebo @ the Englesby Intermediate school on Lakeview Avenue. The festivities begin from 7pm -9pm with a fireworks display @ the end of the concert. Rain date is Monday, July 5th.

July also kicks off our summer programs and Wednesdays are Ice Cream Stand Day. A different ice cream stand is planned for each week.

We now have a new large screen & projector. We will be showing videos of Dracut & events that have been held at the senior center. On Monday July 12th @10am, the first showing will be the "30th Anniversary of the Dracut Senior Center & on the 26th we will show our recently held 2010 talent show.

Have you heard about "The Five Wishes?" It is a health care proxy that allows you to name a person that you know & trust to make health care decisions for you if you are unable to do so. The Five Wishes can guide you & your family in these decisions.

Please join us on Thursday July 22nd @10am to learn more about the Five Wishes.

Quick trips are packed with fun & starting with Walmart* on the 2nd, Christmas Tree Shop & Parker House Grill on the 9th, Stelios Restaurant & shopping at Sears Essentials on the 16th TBD on the 23rd and Chunkies with lunch & a movie on July 30th.

July's movie of the month is Mouse Hunt with Nathan Lane a comedy about the owner of the house trying to get rid of the mouse.

My coffee hour is on Thursday, July 19th @10am. Stop by for coffee & refreshments and bring a friend to the "Best Place in Town."

Happy Birthday America!

Joyce Shadan
Executive Director

Social Services

The Health Care Proxy is a simple legal document that allows you to name the person you know and trust to make health care decisions for you if for any reason and at any time you are unable to do it for yourself. It is an important legal document and you should always make sure it is up to date with the proper information. I have a helpful booklet called “**The Five Wishes**” that will guide you and your family in making such decisions. Please call our office and sign up to attend a Five Wishes presentation at the center on July 22nd at 10am

Donna Houston, Outreach Coordinator

=====

Congratulations to our Volunteers of the Year. Pauline Prescott, Yvette Smith, Claire Wuolle and the MOW drivers. You make a difference in so many valuable ways. We thank you for all you do.

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 July 21 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.

DRACUT COA VOLUNTEERS OF THE YEAR 2010

PAULINE PRESCOTT
YVETTE SMITH
CLAIRE WUOLLE

**DRACUT COA VOLUNTEERS OF THE YEAR
2010
MERRIMACK VALLEY NUTRITION PROGRAM
MEALS ON WHEELS DRIVERS**

JOAN BABALETOS
FRED DAVIS
CLAIRE GEOFFROY
JULIE GEOFFROY
DEBRA LASORSA
GERALDINE MARCHAND

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.

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

TAI CHI

With Connie Rock on Wednesday

Resumes in September

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

Knitting & Crochet
Tuesdays 12:30-3:00pm –No Charge
Tuesdays 12:30-3:00p.m.

Lift Your Spirits

REIKI
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.

Memorial Cards available at the Center

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

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

Upcoming Events
Quick Trips

Friday, July 2 –WalMart* & Bobolas For Lunch
Friday, July 9—Christmas Tree Shop, lunch at the Parker House Grille
Friday, July 16 –Stelios Restaurant, shopping at Sears
Essentials & Marshalls, Rte 38
Friday, July 23 –TBD
Friday, July 30—Chunkies/ Movie & Lunch
Sign up with Monica—front desk

=====

NEW SUMMER PROGRAM
“Large Screen Videos”

Monday, July 12th from 10am-11am. Come & see videos on a large screen about Dracut & COA events. “30th Anniversary of the Dracut Senior Center.”
Monday July 26th 10am-11am -= “2010 Talent Show.”

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

**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.

**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

MOVIE OF THE MONTH

Tuesday, July 20th at noontime
“Mouse Hunt”
Comedy
Starring Nathan Lane

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 DAY TRIP

July 16, 2010

Come and join the fun and try your luck!

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 .

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.

=====

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.

DRACUT’S DAY OUT Pizza Party

Tuesday, August 3rd @12:00

Please sign up with Monica by July 29th

**Winner of the Veteran's Memories Category of the
Legacies Contest**

THE SHADOW SOLDIERS

By: Alma Reeves

When dusk falls across each row of crosses
The shadow soldiers rise and march with cadence step
Along paths they knew
Uniforms tattered; old as the beginning of earth

Men covered with honor and bloody wounds
We see their faces wan and weary
Their mouths speak words we cannot hear
Their cause was just, our rights defended

Tears run down our anguished face
Hearts cry out come home! Come home!
We long to hold them close
Once more

They do not stop to answer
Nor do they sense our pain
Onward go the shadow soldiers
Onward into daybreak

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 meetings July & August.** For more info, please call Laurette Vengren, President at 978-957-7457.