

COUNCIL ON AGING

Helen Haddow-Chair
Marilyn Flanagan – Vice
Donald Tabbut – Treas.
Elsa Verdy
Patricia Brown
Mary DeMinico
Betty Federico
Bernice Woolf
Terry Cronin

Winthrop Senior Citizen News

AUGUST 2008

FAX 617- 846-9663/E-MAIL-nwilliams@town.winthrop.ma.us
“Helping to provide quality community services”
Winthrop Senior Center-35 Harvard Street
Open Monday through Friday, - 9 A.M. – 4:00 P.M.
PHONE – (617) 846-8538
email—nwilliams@town.winthrop.ma.us
The Town’s official web-site:www.town.winthrop.ma.us

STAFF

Nancy Williams-Director -
Newsletter Editor
Marge Beaudry-Transportation
Coordinator
Kathy Dixon-Outreach &
Activities Coordinator
Ruth Hames—Staff Assistant
Al Espinola—Van driver
Kenny Brandenburg-Van driver
Billie Schlichting -
Senior Lunch Manager
Margaret Larity—Custodian

DIRECTOR’S MESSAGE—

Dear friends:

I hope that you are enjoying the Summer, and staying as cool as possible with some of the humid “dog days”. We will be starting Senior Center registrations in September this year instead of October. We feel, that promoting registration in September and October will be a longer reminder to help you remember to sign-up! The registration fee will be going up to \$12.00 from \$10.00, as we are trying to generate more money to subsidize programs and maintain our beautiful building. By registering, this gives you priority for activities and trips, and also allows us to have some emergency family contacts in the event you become ill or need some family assistance.

So, if you would all make sure to register, we’d greatly appreciate your support to continue to make our Senior Center the best that it can be.

Enjoy the rest of the Summer.
Best wishes—

Nancy Williams
Director

DON’T WORRY. THERE’S STILL TIME TO FILE FOR YOUR ECONOMIC STIMULUS PAYMENT.

Are you one of the many people who normally do not have to file federal income taxes because your income is quite low? This year it’s different.

To receive an Economic Stimulus Payment, you should file Form 1040A with the IRS by October 15, 2008. This includes people who receive at least \$3,000 in earnings and/or benefits from Social Security, VA disability or a Retired Railroad Worker’s pension.

Visit IRS. gov for details, or ask a friend, relative, or member of the Senior Center staff to help you. Don’t let a little paperwork keep you from getting your stimulus payment.

SEVEN over SEVENTY



In Search of 7 over 70

Today’s senior population is living longer and doing some remarkable things with those extra years. The law offices of Spano & Dawicki, and Home Instead Senior Care are seeking nominations to recognize 7 special people over the age of 70. Here is how the contest works:

- In 400 words or less, tell us about a Winthrop resident over 70 and why you think they are remarkable. (the nominee must be a Winthrop resident.)
- Deadline for submission is August 29, 2008
- Honorees will be selected based on their accomplishments, current activity level and contributions to the community.
- An awards presentation will be held at 1:00 p.m. on September 24, 2008 at the Winthrop Senior Center to recognize the winners.

Please include the name, address, and phone number for the nominee and yourself.

Typed submissions of 400 words or less may be mailed, faxed, or emailed to:

Attn: 7 over 70
Home Instead Senior Care
6 Eastman Place—Suite 207
Melrose, MA 02176

Fax: 781-662-4821

Email: Melrose@homeinstead.com

Brought to you by:

- The Law Offices of Spano & Dawicki
- Home Instead Senior Care

OUTREACH PROGRAM

If you know of a homebound senior citizen living in Winthrop who could benefit from a home visitation, please inform our Outreach Coordinator, Kathy Dixon. Kathy could be their liaison to the outside world. She can refer them to vital services to make their lives more manageable, along with helping them to maintain their independence. Kathy can be reached at the Senior Center Monday through Friday from 8:00 a.m. – 1:00 p.m. at 617-846-8538.

VAN TRANSPORTATION PROGRAM

The Winthrop Council on Aging provides transportation to priority medical appointments (radiation, chemotherapy, and dialysis) and for food shopping to the Winthrop Marketplace, Shaw's and Stop & Shop in Revere—Monday through Thursday. Transportation is door to door with courteous and helpful drivers, and can be scheduled by calling the Senior Center 1-2 days before you wish to be picked up at: 617-846-8538.

Prices are as follows:

LOCAL- Winthrop area—	\$3.00 round trip
NORTHGATE	7.00 “
WALMART	7.00
REVERE MGH	4.00
SHAW'S/STOP&SHOP	4.00
CHELSEA B I...6.00 & CHELSEA MGH	7.00
EBNH	7.00
MELROSE/WAKEFIELD	16.00
SQUARE ONE MALL	8.00
WHIDDEN HOSPITAL	7.00

*Priority medical trip prices and transportation schedule provided upon request.

GREA T TRUTHS ABOUT GROWING OLD

Growing up is mandatory; growing old is optional.
 Forget the health food. You'll need all the preservatives you can get!
 When you fall down, you wonder what else you can do while you're down there.
 You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
 Time may be a great healer, but it's a lousy beautician.
 Wisdom comes with age, but sometimes age comes alone.

NEWS FROM THE TRAVEL COMMITTEE...

FOXWOODS:

October 6th

Price is \$25.00 (trip has gone up \$1.00 due to increase in bus price) and you will be provided with some extra's from the casino upon arrival. Leave from the Senior Center at 7:00 a.m. and return about 6/6:30 p.m. for a full day of gambling fun.

YARD SALE

SATURDAY—AUGUST 2, 2008

All proceeds to benefit the Senior Center.



Looking for something to do on a hot summer day? Come to the nice, cool, air-conditioned Senior Center and join us for our annual yard sale fundraiser. There will be many “attic treasures” on display that are in really good condition. So, if you like to browse, stay cool, and maybe enjoy a cold drink and some “goodies”, this will be the place to go. At the same time, you'll be supporting a good cause too!

Many thanks to the “gals” from the Senior Center Yard Sale Committee, and to the many people who donated items.

A NOTICE FOR THE VISUALLY IMPAIRED...

If you're reading this, please pass the message along to friends and/or family who are visually impaired yet who would enjoy using the library. They now have an Optelec ClearView reader for individuals who need to read enlarged print. People with low vision can use the machine to read letters from friends, pages from magazines, etc. When you go into the library, go to the Circulation Desk for more information.

MOHEGAN SUN CASINO & LOBSTERBAKE

By Brush Hill Tours

August 14, 2008

\$64.00 per person

Your motor coach will depart at 7:15 a.m. from the Senior Center

Return approximately 5:00/5:30 p.m.

You will enjoy a three hour stay at Mohegan Sun Casino, and then you'll be off to a Lobsterbake at Cap'n Jack's Restaurant which will include:

Rhode Island Clam Chowder, 3 clam cakes, shrimp cocktail with luncheon choice of: 1 lobster or prime rib, corn on the cob, apple crisp with ice cream and beverage.

Full payment is due upon making your reservation.

Also, please specify your luncheon choice at that time.

What a fun, delicious time this will be!

WHITE MOUNTAIN HOTEL

FALL LUNCHEON

By Brush Hill Tours for the Senior Center Travel Cmt.

September 18, 2008

\$55.00 per person

The motor coach will depart at 7:30 a.m. from the Senior Center, and return approx. 5:30/6:00 p.m.

Enjoy lunch at the White Mountain Hotel which is nestled beneath Whitehorse and Cathedral Ledge's White Mountain National Forest. Luncheon choices will include:

Chicken Marsala, or Baked Stuffed Haddock. After lunch you will travel to the White Mountain Cider Company

which is a classic New England Country Store featuring locally made products. Then you'll enjoy an afternoon foliage ride along the Kangamangus Highway. Full payment is due upon reservation. Hope you'll sign-up for this very enjoyable trip!

COUNTRY CHRISTMAS SHOPPING TRIP

By Brush Hill Tours

October 16, 2008 \$55.00 per person

Motor coach will depart from the Senior Center at 8:00 a.m. and return approximately 6:30-7:00 p.m.

First stop will be to the Oakwood Farm Christmas Barn in Spencer, MA This is a 175 year old barn chock full of decorations, dolls, bells, bears and the staffs own creations. Then you'll be off to the Salem Cross Inn in West Brookfield for a wonderful luncheon. This Inn is a restored 1705 Colonial Restaurant. Lunch will consist of: fresh vegetable soup, Yankee Pot Roast or Chicken Pot Pie, potato, vegetable, homemade rolls, homemade baked dessert and beverage. After lunch we'll visit the Yankee Candle Company in South Deerfield. This store is filled with delights for the senses. Join us for this wonderful day trip.

A LIVING MEMORIAL/HONOR



This is for your convenience in making a gift to the Council on Aging that will enhance today and tomorrow's elder services in our community. The individual of families of those you have honored, will be notified of your contribution. Your donation is greatly appreciated in support of the Winthrop Council on Aging, 35 Harvard St., Winthrop, MA 02152

Please make your check payable to the Friends of the Winthrop Council on Aging

I am enclosing \$ _____

In memory/honor of: _____

Send card to: _____

Address _____

City _____ State _____ Zip _____

Donor's name _____

Address _____

City _____ State _____ Zip _____

VITAL NUMBERS

Elder Affairs: -800-AGE-INFO
1-800-243-4636

TDD/TTY: 1-800-872-0166

Fax: 1-617-727-9368

Elder Abuse Hotline w/TTY: 1-800-922-2275

ELDER SERVICES ON LINE

Click on www.800ageinfo.com for the latest information on programs, services, resources and related links available to Massachusetts elders and their families.

Chelsea-Revere-Winthrop Elder Services

100 Everett Avenue, Unit 10, Chelsea
617-884-2500

Winthrop Housing Authority—617-846-7100

Senior Lunch Program—CRW Elder Services and
Meals on Wheels - 617-884-2500

Fuel Assistance—CAPIC in Chelsea—617-884-6130

Social Security—1-800-772-1213
TTY: 1-800-325-0778

Mass Health—1-800-841-2900
TTY: 1-800-497-4648

SHINE—1-800-AGE-INFO 1-800-243-4636 press 2

REGULAR MONTHLY SCHEDULE

SPECIAL PROGRAMS FOR AUGUST

MONDAYS

BLOOD PRESSURES BY VNA..(2nd Mon.)
9-11:00
EXERCISE CLASS.....9:30
AEROBIC DANCE CLASS WITH ERNIE.10:30
SUPPORT GROUP.....(1st Mon.)..... 11:00
SENIOR LUNCH PROGRAM.....12:00
BINGO.....1:00

TUESDAYS

TAI CHI.....9:30
BOWLING.....10:00
BLOOD PRESSURES BY SANDY(4th Tues.)10-12
SEWING CLASS/CROCHET & KNITTING.10:00
ARTS & CRAFTS.....10:00
SENIOR LUNCH PROGRAM.....12:00
CARDS.....1:00

WEDNESDAYS

EXERCISE CLASS.....9:30
VISION IMPAIRED GROUP MTG.....10:00
(3rd Weds.)
YOGA FOR ARTHRITIS WITH PAUL.....10:30
SENIOR LUNCH PROGRAM.....12:00
MOVIE.....(2nd Weds.).....1:00
TOPS MEETING.....6:30 PM
QUILTING GROUP (Meets 2nd Weds.)....7:00

THURSDAYS

EXERCISE WELLNESS CLASS.....9:00
BELLY DANCE CLASS WITH NAZERA....10:00
SHIRTPAINING CLASS..(3rd Thurs).....10-1
RED HATTERS MEETING-(1st Thurs.)..10:30
SENIOR LUNCH PROGRAM.....12:00
BINGO.....1:00
COA MEETING (2nd Thurs.).....10:30
COUNSELOR – Pat Brown – by appt.....1-4:00

FRIDAYS

EXERCISE CLASS.....9:30
ART CLASSES WITH DAWN.....10:00
LINE DANCING/CAROL.....10:30
SENIOR LUNCH PROGRAM.....12:00
CERAMICS.....1:00
CARDS & CRIBBAGE.....1:00

SENIOR LUNCH PROGRAM

If you want to order a meal for the senior lunch, make sure you call the day before (up until 1:00 p.m.) for the next days meal. If you order after 1:00, your meal will not be included in the count.

MONDAY

4—SUPPORT GROUP GET TOGETHER
WITH REV. DICK MAY
11-9:00-11:00 BLOOD PRESSURES BY VNA NURSE,
CYNTHIA (2nd Mon.)

TUESDAY—

26-10:00-11:00—BLOOD PRESSURES By
SANDY, RN (4th Tuesday)

WEDNESDAY

6-10:30—TRIVIA WITH JUDIE (1st Weds.)
11:30-12:30—COMPUTER CLASS (Classes to begin
again in the Fall)
13-1:00— MOVIE (2nd Weds—)
20—10:00—1:00-VISION IMPAIRED GROUP
MEETING (3rd Weds.)
20-1:00—SING-A-LONG WITH ANNE
27-1:00—TRIVIA WITH JUDIE (last Weds.)

THURSDAY

COMPUTER CLASSES—(To begin again in Fall)
7-10:30 RED HAT SOCIETY MEETING
(1st Thursday)
14-7:15—MOHEGAN SUN CASINO &
LOBSTERBAKE DAY TRIP
14—10:30—COA MEETING-(2nd Thurs.)
21-1:00—3:00 SHIRT PAINTING WITH RENEE (3rd
Thursday)
1:30-2:30—COMPUTER CLASS
28-1:00-“SPLIT THE POT DRAWING”
(Last Thursday of the month)
7:00 P.M.—COMPUTER CLASS (Classes to begin again
in the Fall)

FRIDAY

15-9:00-11:00—FREE HEARING SCREENINGS

(If you're interested in a free hearing screening by John
from Audibel, please call the Senior Center at:
617-846-8538 to schedule an appointment)

SATURDAY

2—9:00—2:00 0 YARD SALE

Blood pressures sponsored by the
Board of Health at Town Hall are scheduled on:
Tuesdays and Thursdays
From 1-3:00 p.m.

FOR FUTURE REFERENCE....

Sing-a-longs with Anne
 Wednesday 1:00
 “ Aug. 20th “
 “ Sept. 17th “
 “ Oct. 15th “

Don't miss out on Anne's song selections, and her upbeat personality. Remember, "keep a song in your heart".

COMPUTER CLASSES

at the Senior Center
 with instructor, Harvey Maibor

(There will now be an evening class on Thursdays from 7:00-8:00 p.m.)

Classes have begun at the Senior Center and are held on Wednesday morning from 11:30—12:30 p.m. and on Thursday afternoons from 1:30—2:30 p.m. The price will \$60.00 for a six-week course, and must be paid before the program starts.

We are pleased to be able to offer computer classes at the Senior Center as more and more seniors want to become computer literate. Computers open up a world of opportunity for elder citizens, and helps to keep them oriented and informed.

If you're interested in taking a class, call the Senior Center at: 617-846-8538. Classes to begin again in the Fall.

ARE YOU REACHING THE DONUT HOLE?

This year thousands of seniors in Massachusetts have already reached the gap in their prescription drug coverage (Medicare Part D) often know as the "donut hole." They reached this gap when their total (retail) prescription drug costs reached \$2,510. From that point on, the next \$3,200 in prescription drug costs are not covered by Medicare!

This doesn't have to happen to you. Prescription Advantage can help.

Prescription Advantage, the state's pharmacy assistance program, can help to pay for your prescription drugs if you reach that donut hole. Call Prescription Advantage today at: 1-800-AGE-INFO (1-800-243-4636) or speak to your local SHINE Counselor to learn how Prescription Advantage can keep you out of that donut hole!

SUPPORT GROUP

Monday—August 4, 2008 @ 11:00
 (First Monday of each month)

Rev. Richard May of Winthrop will be available on the first Monday of each month for support and counseling. Issues to discuss might be loss of a loved one, facing a life threatening illness, maybe major vision/ hearing loss ,dementia or other issues. This will be a group where the discussion will be focused on circumstances and not religion. Age is not a barrier, and all are encouraged to attend.

So, plan to join us if you need guidance and support.

FREE HEARING SCREENINGS

Friday—August 15, 2008
 9:00—10:00 at the Senior Center

John from Audibel will be here once again to offer free hearing screenings. If you are interested, please schedule an appointment with one of the Senior Center staff members.

GOOD NEWS FOR SENIORS....

HELP IS AVAILABLE TO BEAT THE HIGH COST OF FOOD.

If you are a low-income senior (age 60 or over), you may now qualify for food assistance through the Food Stamp Program, *even if you own a home or a car or have savings.* Thanks to new changes to the Food Stamp Program, assets are no longer considered for seniors whose incomes fall within certain guidelines; and other program improvements have increased benefits for thousands of households. (Seniors whose incomes fall above the guidelines may still be eligible, but their assets will be considered).

New asset rules for senior/disabled households...

Household size	Monthly gross income	Assets
1	Below \$1,734	not counted
2	Below \$2,334	not counted

Food Stamp eligibility is based on income and certain expenses. To find out if you are eligible, call Project Bread's Food Source hotline at: 1-800-645-8333 where you will speak to a counselor not a machine.

Call today!

