

Winthrop Senior Citizen News

COUNCIL ON AGING

Helen Haddow-Chair
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FEBRUARY 2008

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“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

MESSAGE FROM THE “FRIENDS” PRESIDENT

Dear friends:

First I would like to take this opportunity to wish you all a happy, healthy New Year and thank you for your past support of our endeavors on behalf of the Council on Aging/Senior Center.

At a recent meeting of the “Friends”, it occurred to several of us that maybe many of you may not be aware of exactly what the “Friends” Board is, and of what they have done for the Senior Center. The “Friends” is a tax exempt corporation legally recognized in the State of Massachusetts that raises funds for the Senior Center.

Over the years, our group has provided funding for many things to benefit the seniors through programming, and for maintenance and repairs to the building. For example, just this past year, the Friends paid for new hardware for the front doors which cost about \$2000.00, repairs to the roof—\$2,500.00, repair to a heat exchanger on the roof’s heating system, landscaping outside the building, and funding toward the Outreach Coordinator’s salary, programs/activities.

We are in the process of sponsoring another fundraising raffle and hope that you all will participate. The Gasoline Raffle prizes will be two separate gas cards from CITGO for \$150.00 each. Tickets are \$5.00 each or 3/\$10.00. If you can sell some tickets, we would appreciate your efforts, if not, please purchase some tickets as all proceeds will directly benefit the Senior Center.

Believe me, every dollar counts, and until the economic picture improves, I along with the board members, would greatly appreciate your support of our fundraising endeavors.

Best wishes-

Rep. Bob DeLeo, President

Friends of the Winthrop Council on Aging

FIRST GET-TOGETHER FOR TRIVIA WAS A FUN AND MINDFUL AD VENTURE!

Trivia with Judie will be held on the first and last Wednesdays of each month at 10:30. The first games were fun and prizes were given out to team winners. The next games will be held on February 6th and 27th. If you’re interested in fun, exercising your mind, and finding out just how smart you really are, join us!

SUPPORT GROUP

Monday—February 4, 2008
11:00 at the Senior Center

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.

The first get-together in December was very helpful to several people who attended as Rev. May is a very caring, sympathetic, accommodating, and compassionate person. So, plan to join us in the if you need guidance and support.

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.

Fridays- (1st & 3rd Fridays of the month) Van transportation to: Local appointments, DeMoulas in Chelsea and Meadow Glenn Mall.

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.

SAVE THESE DATES

For Music Appreciation
With Marc Widershien

1:00—3:00

- Weds.—March 5, 2008
- Weds.—April 2nd
- Weds.—May 7th
- Weds.—June 4th
- Weds.—June 25th with Marc & Ed

We have all enjoyed music by Marc and Ed, and are pleased to be able to schedule several dates with them to come to the Senior Center for the new year.

SPEAKING OF MUSIC....

The Senior Center needs a piano. If anyone knows of someone who has a piano that is in good condition, and would like to donate it to the Senior Center, we're interested.

THANKS FOR THE BOOKS!!

Many thanks to all of you who have donated books for the Senior Center Library. Our volunteer librarians have been trying to keep up with all the donations. For now, we have an ample supply and do not need any more books at this time. We will let you know when more are needed.

ONE GREAT QUOTE

“When I die, I want to die like my grandfather—who died peacefully in his sleep. Not screaming like all the passengers in his car.”

Author unknown

NEWS FROM THE TRAVEL COMMITTEE...

**BALLY'S RESORT CASINO
Atlantic City, NJ
By Yankee Line Tours
3 days/2 nights—March 26-28, 2008
\$189.00 per person**

Tour includes: Deluxe hotel accommodations for two nights at Bally's, taxes, gratuities & baggage handling (one bag per person), \$20.00 casino slot bonus, two \$5.00 food & beverage coupons, and deluxe Yankee Line motor coach transportation with on board coffee & muffins.

You may sign-up with your \$50.00 deposit now.

KEEP THESE DATES POSTED FOR FOXWOODS:

Monday—April 14, 2008

June 16th

August 11th

October 6th

You can now sign-up for the Foxwoods trip on Monday—April 14, 2008. Price is \$24.00 (*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.

DAY TRIP TO THE AMESBURY PLAYHOUSE

April 9, 2008—\$64.00 per person

This trip includes lunch with choice of sliced roast beef, baked haddock, or stuffed chicken, the theatre production "Don't dress for dinner", and motor coach transportation. Plan to join us for this very enjoyable afternoon.



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

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
AEROBICS & FITNESS FOR BEGINNER.6:15PM
TOPS MEETING.....6:30 PM
QUILTING GROUP (Meets 2nd Weds.)....7:00

THURSDAYS

CHI BALL WELLNESS CLASS.....8:45
BELLY DANCE CLASS WITH NAZERA....10:00
SHIRTPAINTING 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

SPECIAL PROGRAMS FOR FEBRUARY

MONDAY

4-11:00—SUPPORT GROUP GET TOGETHER
18—PRESIDENT'S DAY HOLIDAY—
SENIOR CENTER CLOSED
9:00-11:00 BLOOD PRESSURES BY VNA NURSE,
CYNTHIA (2nd Mon.) (This month only blood pres-
sures will be on Friday—Feb. 22nd)

TUESDAY—

2-26-10:00-11:00—BLOOD PRESSURES By
SANDY, RN (4th Tuesday)

WEDNESDAY

9-10:30—TRIVIA WITH JUDIE
11:30-12:30—COMPUTER CLASS
13-1:00— MOVIE (2nd Weds—)
20—10:00—1:00-VISION IMPAIRED GROUP
MEETING (3rd Weds.)
27-10:30—TRIVIA WITH JUDIE
27-3:00-4:00—COOKING WITH THE
LEARNING GOURMET

THURSDAY

COMPUTER CLASSES—

7-10:30 RED HAT SOCIETY MEETING
(1st Thursday)
14-9:30—FRIEND'S MEETING
14-HAPPY VALENTINE'S DAY
14—10:30—COA MEETING-(2nd Thurs.)
1:00-3:00 21—SHIRT PAINTING WITH RENEE (3rd
Thursday)
1:30-2:30—COMPUTER CLASS
“SPLIT THE POT DRAWING”
(Last Thursday of the month)
7:00 P.M.—COMPUTER CLASS

FRIDAY

8-10:00-12:00 CREW/POET GROUP MEETS
(2ND & 4th Fridays of each month)
22- 9:00—11:00—BLOOD PRESSURES WITH VNA
NURSE, CINDY
22-10:00-12:00—CREW/POET GROUP MEETS
29—1:00—LOTTERY BASKET DRAWING
(Last Friday of the month)

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

GETTING READY FRO THE CONVERSION FROM ANALOG TO DIGITAL TELEVISION

The MA Department of Telecommunications and Cable has issued a notice regarding the upcoming conversion from analog to digital television. Elder consumers are a large audience that may be affected by this change. At midnight on February 17, 2009, full power broadcast stations will be required to stop broadcasting in analog format. Digital TV will replace the analog system. There are several way to prepare for this:

- Buy a new TV that has a built-in ATSC tuner.
- Buy a digital-to-analog converter box.
- Subscribe to a cable TV or satellite TV service.

Since VCR's and DVD players also have built-in analog NTSC tuners, they are also subject to the effects of the analog cut-off date.

To help curb the cost impact for analog TV owners, the National Telecommunications and Information Administration (NTIA) and the U.S. Department of Commerce developed a converter box program to allow analog TV owners to request coupons towards the purchase of a digital-to-analog converter box. The coupons will be available from January 1, 2008 to March 31, 2009. All households that own a TV using over-the-air analog reception are eligible. Coupons, which will look like plastic gift cards, will be redeemable through local electronic stores. Household may request two \$40 coupons toward the purchase of digital-to-analog converter boxes beginning by calling 888-DVT-2009.,(1-888-388-2009) or on-line at: www.DVT2009.gov, which also provides answers to frequently asked questions. Coupons will be forwarded via U.S. mail.

THE SENIOR BREAKFAST SPECIAL

We went to breakfast at a restaurant where the "senior's special" was two eggs, bacon, hash browns and toast for \$1.99. "Sounds good," my wife said. "But I don't want the eggs." Then I'll have to charge you two dollars and forty-nine cents because you're ordering a la carte" the waitress warned her. "You mean I'd have to pay for not taking the eggs" my wife asked incredulously. "YES!!!" stated the waitress. "I'll take the special then" my wife said. "How do you want the eggs" the waitress asked. "Raw and in the shell," my wife replied. She took the two eggs home.

DON'T MESS WITH SENIORS!!! They've been around the block more than once.

ANOTHER FUN COOKING CLASS WITH THE "GALS" FROM THE LEARNING GOURMET

Friday—February 27, 2008
3:00—4:00

at the Senior Center

Not only will Kristine, Kelley, and Jennifer entertain you with their upbeat personalities, during this class, you will learn how to make individual chicken pot pies.

There is not charge for this class and we thank the "gals" for their generosity in offering this class and past classes as well.

If you're interested, make sure you sign-up as food has to be purchased for this class and space is limited.

Thanks Kristine, Kelley, and Jennifer!

COPING WITH VISION LOSS?

National Federation of the Blind—Linking individuals to a network of knowledge....

Are you a diabetic experiencing noticeable vision loss? Are you having trouble reading print, getting around independently or administering your own medications? Would you benefit from connecting with others who can offer you information on managing diabetes and on adjusting to low vision? If so, then you need to learn about NFB-LINK!

NFB-LINK is the National Federation of the Blind's one-of-a-kind, online mentoring resource. Through this program, individuals seeking information about visual impairments will be matched with experienced blind mentors leading successful and independent lives. With just a quick visit to www.nfbblink.org, you can sign up and get a mentor who is ready to answer all of your blindness-related question such as "how can I check my own blood sugar?" or "how can I read my mail?" NFB-LINK offers you the support and guidance you need to live an active and independent life while coping with low vision. Blindness need not be a barrier to living a fulfilling life. Learn how to enjoy your hobbies, pursue educational endeavors, explore employment options, and feel comfortable with your low vision. Join NFB-LINK and locate your link to success! For additional information about this program, contact Rosy Carranza via e-mail at rcarranza@nfb.org, or by calling 410-659-9314, ext. 2283.

If you are having trouble with your vision, are over 50 years old, want to stay active and need help you may call the local chapter for the Massachusetts Commission for the Blind at: 617-727-5550 or toll free: 1-800-392-6450.