

Winthrop Senior Citizen News

COUNCIL ON AGING

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Betty Federico
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MAY 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:

Once again, this month, we will be scheduling seniors in Town Departments to complete their hours of service for the Senior Volunteer Tax Program. Once they complete 83.3 hours of community service, they then will receive a \$500 tax rebate on their real estate taxes. This program has proved to be very beneficial for the seniors, as well as the various departments, and we thank everyone involved for their cooperation.

Also, on behalf of the Friends of the Council on Aging, I would like to thank all our volunteers who helped to make the Gasoline Raffle a success. To all of you who bought tickets, many, thanks for your support, and to the winners—congratulations.

This month, we honor all Mother’s on Mother’s Day, and take time to remember and salute our dear departed veterans on Memorial Day.

Best wishes—

Nancy Williams
Director

RELAXATION AND SLEEP PROGRAM

Wednesday
May 28, 2008
1:00—2:00
Price \$20.00

The session will begin with a brief lecture/discussion on hypnosis and its many benefits by Marilyn Regan. Participants are free to ask questions. The session will last 35-45 minutes. A sign-up sheet and choice of the type of session is available at the Senior Center. Participants may choose relaxation and sleep; smoking, or may suggest another topic. Please be sure to sign-up for this program. Cash or check will be accepted at the time of the session.

ELDER LAW PROGRAM

In celebration of Elder Law Week
Thursday—May 8, 2008
11:00 a.m. at the Senior Center
Guest speaker—Attorney Alan S. Bernstein

Attorney Bernstein is an honor’s graduate of the University of Mass.—Amherst, a graduate of Boston College Law School, and has practiced in Mass. for over 30 years. He also has been a member of the National Assoc. of Elder Law Attorneys for over 15 years, and concentrates in the preparation of Medicaid Estate Plans to maximize eligibility for Medicaid benefits, Medicaid Applications and Appeals.

MEDICAID PLANNING : WHY 60 IS THE NEW 70

Under prior Medicaid Law, one could give away or transfer assets well in advance of needing Medicaid. The corresponding penalty period would begin as of the first day of the month during which the gift or transfer was made. Once the corresponding penalty period was over, those assets would be ignored for purposes of Medicaid eligibility. *This is no longer the case.* Under the new Deficit Reduction Act (DRA), the look-back period for gifts and transfers runs the 5 years before the date of application, and the corresponding penalty period *begins to run on and after the application date.* Result—even though you no longer have these assets, you still have to privately pay the \$8-12,000 a month for nursing home charges until the *post application penalty period runs out.* What a horror show! My advice is to move up your Medicaid Planning allowing your Medicaid Planning to once again employ a whole host of planning devices to protect your home and assets, and to maximize your eligibility for Medicaid Benefits, not available under the new law. If you do not have 5 years to spare, you can still benefit from Medicaid Planning. In either case, *planning* makes sense. Join us to talk about this important issue of Medicaid Planning and other important legal concerns concerning elder citizens.

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.

NEWS FROM THE TRAVEL COMMITTEE...

KEEP THESE DATES POSTED FOR FOXWOODS:

- June 16th
- August 11th
- October 6th

You can now sign-up for the Foxwoods trip on Monday—June 16, 2008 and also June 16th. 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. Last call.

VAN DAY TRIP TO ROCKINGHAM MALL

\$20.00

Friday—May 9, 2008

Leave at 9:30 a.m. and return approximately 3:30 p.m.

Lunch on your own.

If you're interested, sign-up early as seating is limited on the van.

SPRING FLING DAYTRIP

Wednesday—May 7, 2008

12:00—2:00

\$27.00 (includes van transportation)

Prince Pizzeria on Rte. 1 in Saugus

With entertainment by the "Senior Tones"

The Swampscott Senior Center is sponsoring this trip, and is inviting other Council's on Aging to join them for some good food, great entertainment and just a "plain ol'" good time.

Space is limited, so sign-up early if you're interested.

YARD SALE INFORMATION

The Yard Sale Committee will be holding a sale on August 2, 2008, and are starting to accept items to sell. All items donated should be clean and in good condition. Clothing will only be accepted if it is fairly new.



Thank you for your consideration of this Summer Fundraiser!

BOSTON HARBOR CRUISE & MAGGIANO'S LITTLE ITALY LUNCHEON

By Brush Hill Tours

July 24, 2008

\$68.00 per person

The motor coach will depart at 10:30 a.m. from the Senior Center

You will enjoy a 45 minute fully narrated cruise to the USS Constitution at her home in the Charlestown Navy Yard. Afterward you will enjoy lunch at Maggiano's with it's nostalgic Italian charm. The meal will include: Caesar salad, Maggiano's salad, fettuccine alfredo, four cheese ravioli, roasted chicken, fresh fish of the day, tiramisu, New York style cheesecake and a beverage. "Wow", sounds delicious. You may sign-up now with your full payment.

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!*

FREE HEARING SCREENINGS

Friday—June 13, 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.



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
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
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

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.

SPECIAL PROGRAMS FOR MAY

MONDAY

5—SUPPORT GROUP GET TOGETHER
12-9:00-11:00 BLOOD PRESSURES BY VNA NURSE,
CYNTHIA (2nd Mon.)
26-MEMORIAL DAY HOLIDAY—SENIOR CENTER
CLOSED

TUESDAY—

27-10:00-11:00—BLOOD PRESSURES By
SANDY, RN (4th Tuesday)

WEDNESDAY

7—1:00-3:00—MUSIC APPRECIATION WITH
MARC
7-10:30—TRIVIA WITH JUDIE (1st Weds.)
7—11:30—SPRING FLING DAY TRIP
11:30-12:30—COMPUTER CLASS
14-1:00— MOVIE (2nd Weds—)
21—10:00—1:00-VISION IMPAIRED GROUP
MEETING (3rd Weds.)
21-1:00—SING-A-LONG WITH ANNE
28-1:00—TRIVIA WITH JUDIE (last Weds.)

THURSDAY

COMPUTER CLASSES—
1-10:30 RED HAT SOCIETY MEETING
(1st Thursday)
8—10:30—COA MEETING-(2nd Thurs.)
15-1:00—3:00 SHIRT PAINTING WITH RENEE (3rd
Thursday)
1:30-2:30—COMPUTER CLASS
29-1:00—"SPLIT THE POT DRAWING"
(Last Thursday of the month)
7:00 P.M.—COMPUTER CLASS

FRIDAY

9-9:30—VAN TRIP TO ROCKINGHAM MALL
30—1:00—LOTTERY BASKET DRAWING
(Last Friday of the month)

SUNDAY

11- MOTHER'S DAY—HAPPY MOTHER'S DAY
TO ALL THE WONDERFUL
MOTHERS', GREAT, GREAT-GREAT, AND GREAT,
GREAT, GREAT GRANDMOTHERS!

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

“ May 21st “
 “ June 18th “
 “ July 16th “
 “ 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.

.....
 The Senior Center would love to start up the
 Walking Club again.

 Anyone interested in being in charge of this
 group?
 Anyone walkers out there?
 Let the staff at the Senior Center know if you
 wish
 to participate.

SUPPORT GROUP

Monday—May 5, 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 in the if you need guidance and support.

SAVE THESE DATES

For Music Appreciation

With Marc Widershien

- 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.

EXCERPTS FROM THE BOOK -
LIVE AND LEARN AND PASS IT ON.....

- I've learned that there are no unimportant acts of kindness. (Age 51)
- I've learned that most people are honest. (Age 82)
- I've learned that education, experience, and memories are three things no one can take away from you. (Age 67)
- I've learned that people allow themselves to be only as successful as they think they deserve to be. (Age 50)
- I've learned that nothing really bad happens when you tear those little "do not remove" tags from pillows. (Age 31)
- I've learned that it pays to believe in miracles, and to tell the truth. I've seen several. (Age 73)
- I've learned that if you give a pig and a boy everything they want, you'll get a good pig and a bad boy. (Age 77)
- I've learned that everyone is attractive when they smile. (Age. 51)
- I've learned that you should always leave loved ones with loving words. It could be the last time you see them. (Age 50)
- I've learned that singing "Amazing Grace can lift my spirits for hours. (Age 49)
- I've learned that it's okay to be content with what you have, but never with what you are. (Age 51)
- I've learned that if you spread the peas out on your plate, it looks like you ate more. (Age 6)