

**COUNCIL ON AGING**

Helen Haddow-Chair  
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Patricia Brown  
Mary DeMinico  
Betty Federico  
Bernice Woolf  
Terry Cronin

# Winthrop Senior Citizen News

**OCTOBER 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**

**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:

Is it really October? The days are flying by. Now I understand what you have all been telling me over the years about how the time flies!

We have many programs/activities scheduled in the coming weeks which we hope you will all partake in.

Let me share these words with you which I found so inspiring:

There comes a point in your life when you realize who matters, who never did, who won't anymore...and who always will. So, don't worry about people from your past, there's a reason why they didn't make it to your future.

“Be kinder than necessary because everyone you meet is fighting some kind of battle.

Best wishes to all our Jewish friends for Yom Kippur.

Nancy Williams  
Director

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**SQUEEZE BOX STOMPERS**

**Saturday—November 8, 2008**

**2:00 at the Senior Center—for our senior guests**

**Tickets—\$5.00**

**7:00 at the Senior Center**

**(Open to the general public)**

The Squeezebox Stompers are a local group that will bring you the sounds of New Orleans. They play a unique brand of Roadhouse Roots music; (Cajun, Zydeco, Blues, Country and originals, music heard at a Southern roadhouse or in a walk down Bourbon Street.

They perform at coffeehouses, festivals, and private functions throughout the Northeast. Their music is lively and is sure to get you off your feet.

Come for some wonderful cheesecake, coffee, tea and plan to dance and be uplifted.

Many thanks to Ralph Tufo and the Squeeze Box Stompers for donating their time for this performance.

**CONGRATULATIONS TO OUR  
SEVEN over SEVENTY RECIPIENTS!**



*Virginia Wallace, Renee Edelstein, Elaine Marley,  
Dave Murphy, Richard N. Bangs, Ruth Housman, and  
Billie Schlichting*

Also, many thanks to the law offices of  
Spano and Dawicki and Home Instead Senior Care for  
sponsoring this program..

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**PREPARING FOR THE UNEXPECTED**

**Wednesday—October 22, 2008**

**11:00 at the Senior Center**

Disasters can strike quickly and without warning. “Preparing for the Unexpected” is an American Red Cross presentation that provides vital information to help people and their families prevent, prepare for, and cope with emergencies. After this one hour presentation, you will know how to create a communication network, assemble a disaster supplies kit and establish a meeting place for your family.

In this day and age, this is a very important presentation which we hope that you will plan to attend.

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**OCTOBER FEST HARVEST FAIR**

**Saturday—October 25, 2008**

**10:00—2:00**

**at the Senior Center**

There will be specialty homemade foods for sale, along with freshly baked pies, strudel, crafts, ceramics and a White Elephant table. Lunch will also be available:  
Hot dog, chips, beverage and dessert for \$5.00.

*So, plan to get into a “festive Fall mood by joining us at  
our October Fest Harvest Fair!*

All proceeds to benefit the Senior Center.

**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.

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**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	10.00
( If three people go to Square One the price will drop to \$8.00).	
WHIDDEN HOSPITAL	8.00

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

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**BAKE SALE**

Tuesday—October 14, 2008  
10:00—1:00 at the Senior Center

Come down and purchase some homemade baked goods. Also, there will be Fall and Halloween decorations for sale. If you would like to donate some baked goods, we would appreciate it.

**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. Some seats left.

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**REVERSE MORTGAGE PROGRAM**

Monday—October 20, 2008

10:30 at the Senior Center

*Muffins and coffee will be served compliments of Mr. Petrilli.*

Assistant Vice-President, Al Petrilli of MSA Mortgage will be at the Senior Center to give you information about Reverse Mortgages. Not only is Mr. Petrilli a resident of Winthrop, but his business is here as well.

There are many questions frequently asked regarding Reverse Mortgages:

- How do I qualify for a Reverse Mortgage?
- How much money can I get?
- How do I receive the money?
- What are the cost associated with a Reverse Mortgage?
- If it required that I receive counseling before getting a Reverse Mortgage?
- Do I get taxed on the money I receive from my Reverse Mortgage?
- Do I have to pay any fees to the Reverse Mortgage lender during the course of my loan?

There are many other questions that people ask. So, plan to come down and have these and other questions answered so that you can make an informed decision regarding Reverse Mortgages.

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**COOKING WITH THE GALS FROM THE LEARNING GOURMET...**

Friday—October 24, 2008

3:00—4:00 at the Senior Center

We're going to make some tasty Halloween treats!

Please sign-up early for this class as space is limited. Many thanks to Christine, Kellie and Jennifer for donating this free class for our senior participants.

**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, home-made 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 few seats left.

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**NEW FROM THE TRAVEL COMMITTEE...**

Upcoming trips for October, November & December 2008

**Friday—October 17th Van trip to Newburyport**

Lunch on your own—\$20.00 for van transportation

Leave at 9:30—return about 3:30 for

Newburyport and holiday shopping.

**Holiday shopping trips on the van -**

**Friday—November 14—North Shore Mall**

**21-South Shore Mall**

Lunch on your own—\$15.00-transportation

**Friday—December 5 & 12—Square One Mall, North Shore Mall & Christmas Tree Shop**

Lunch on your own—\$10.00-transportation  
\$15.00 if going to N. Shore Mall

**Wayside Inn van daytrip**—Leave about 11:00 a.m. for lunch at the Wayside at 12:00. Lunch on your own—\$20.00 for transportation. After lunch there will be a stop at Wilson Farm in Lexington.

**See the Holiday Lights—evening van trip-Thurs.—Dec. 18**

Be picked up about 5:00 p.m. and then

You'll be off to D'Parma's in Winthrop for dinner. After dinner, then you'll be off to see some holiday lights in the surrounding areas and in Winthrop.

Special holiday price for transportation—\$9.00.

*Please note- all trips (with the exception of van trips) must now be paid by check.*

*Please make your check payable to the Friends of WCOA.*

*Please remember, we cannot accept cash over \$20.00.*

**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](http://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

WALKING CLUB MEETS AT DEER ISLAND...8:00  
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  
SHINE COUNSELOR ....1st & 3rd Weds.....1:00-3:00  
TOPS MEETING.....6:30 PM  
QUILTING GROUP (Meets 2nd Weds.)....7:00

### THURSDAYS

WALKING CLUB MEETS AT DEER ISLAND....8:00  
EXERCISE WELLNESS CLASS.....9:00  
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 OCTOBER

### MONDAY

6-7:00—DAY TRIP TO FOXWOODS  
6—SUPPORT GROUP GET TOGETHER  
WITH REV. DICK MAY (1st Mon)  
13-COLUMBUS DAY HOLIDAY—SENIOR CENTER  
CLOSED  
-9:00-11:00 BLOOD PRESSURES BY VNA NURSE,  
CYNTHIA (2nd Mon. ) (Due to holiday on Oct. 12th-  
Blood pressures will be on Thursday-Oct. 16th)

### TUESDAY—

20-10:30—REVERSE MORTGAGE PROGRAM  
28-10:00-11:00—BLOOD PRESSURES By  
SANDY, RN (4th Tuesday)

### WEDNESDAY

1-10:30—TRIVIA WITH JUDIE (1st Weds.)  
11:30-12:30—COMPUTER CLASS (Classes to begin  
again in the Fall)  
8-1:00— MOVIE (2nd Weds—)  
15—10:00—1:00-VISION IMPAIRED GROUP  
MEETING (3rd Weds.)  
15-1:00—SING-A-LONG WITH ANNE

22-11:00—PREPARING FOR THE UNEXPECTED  
29-1:00—TRIVIA WITH JUDIE (last Weds.)

### THURSDAY

16-9:00-11:00 BLOOD PRESSURES BY VNA NURSE  
COMPUTER CLASSES—(To begin again in Fall)  
2-10:30 RED HAT SOCIETY MEETING  
(1st Thursday)  
9—10:30—COA MEETING-(2nd Thurs.)  
16-1:00—3:00 SHIRT PAINTING WITH RENEE (3rd  
Thursday)  
16-8:00—COUNTRY CHRISTMAS DAYTRIP  
1:30-2:30—COMPUTER CLASS  
30-1:00-“SPLIT THE POT DRAWING”  
(Last Thursday of the month)  
7:00 P.M.—COMPUTER CLASS (Classes to begin again  
in the Fall)

### FRIDAY

10-9:00-11:00—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)  
17-9:30-VAN TRIP TO NEWBURYPORT  
24-3:00-4:00—COOKING CLASS

### SATURDAY

4—10-3:00PARKS & RECREATION HARVEST FAIR  
AT INGLESIDE PARK  
25-10:00-2:00 SENIOR CENTER HARVEST FAIR

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

Wednesday

“ Oct. 15th Sing-a-long with Anne  
1:00

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

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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.

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SHINE PROGRAM

(Serving Health Insurance Needs for Elders)

Charles Randall, certified SHINE Counselor, will be available at the Senior Center on:

The first and third Wednesdays of each month between 1:00 & 3:00 at the Senior Center to assist you with your health insurance needs.

The SHINE Program and Elder Affairs receives many calls from Medicare beneficiaries who have purchased health plans that do not meet their needs. These elders are often confused and do not understand what the plan covers. They are being subjected to high pressure sales from a few unscrupulous agents selling Medicare Advantage plans such as Special Needs Plans and Private Fee For Service Plans. Once a beneficiary has joined one of these plans, they are generally locked into the plan for a year. Please make an appointment with our SHINE-Counselor if you have any concerns regarding your health insurance. Call the Senior Center at: 617-846-8538 to schedule an appointment with Mr. Randall.

SUPPORT GROUP

**Mondays @ 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.

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THE POWER OF TOUCH...YOUR TOUCH

A one night introductory class

by Rhoda Zagorsky

Thursday—October 23, 2008

7:00 p.m. at the Senior Center

\$10.00....\$15.00 at the door

All proceeds to benefit the Senior Center.

Learn to connect with and use the abundant universal energy all around us so you can give aid and comfort to yourself and others. This class will be totally experiential. Rhoda will share the tips, tools and techniques she has learned over the past thirty years. Included in the evening's agenda will be the value of centering (meditation), prayer, working with the aura, your intention, defining and understanding the word "healing" and other connected topics. So, plan join us for this wonderful program.

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NEED HELP WITH YOUR FUEL BILLS?

Fuel Assistance can help you with the cost of heating your home in the winter.

**IS YOUR HOME WARM ENOUGH?**

Weatherization can help you prevent loss of heat from your home in the winter.

The Fuel Assistance Program begins - 11-01-08 and ends 4-30-09.

WHO IS ELEGIBLE ?

Any low-income family within the income guidelines. You can own or rent (including renters whose heating costs are included in the rent). Eligibility is determined by the gross income of all family members over the age of 18, as well as family size.

WHAT DO I HAVE TO DO?

Call for information. A staff member will give you information on what you need to do to apply—proof of income, fuel bill and heating costs for the last 12 months (print-outs from utilities, if you have gas or electric heat).

Call: Community Action Programs Inter-City  
100 Everett Ave., Unit 14, Chelsea, MA  
617-884-6130.