

COUNCIL ON AGING

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Terry Cronin

Winthrop Senior Citizen News

APRIL 2009

FAX 617- 846-9663/E-MAIL-nwilliams@town.winthrop.ma.us

“Helping to provide quality community services”

Winthrop Senior Center-35 Harvard Street

Open Tuesday through Thursday, - 8:30A.M. – 3:30 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:

Finally, the snowflakes are gone, and warmer temperatures have arrived! It has been a long, cold winter that we thought would never end.

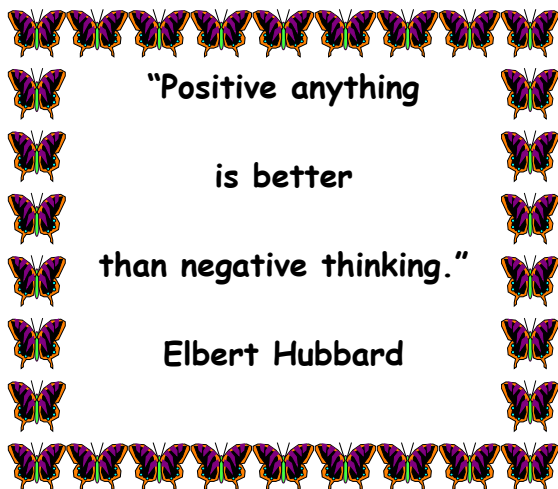
Once again, I would like to thank everyone for your generosity. We have received many donations over the last several weeks, and truly appreciate your support.

Weather you donated paper products or made monetary donations, I am grateful for the outpouring of support that you have extended to the Senior Center.

I’ll simply close with—to all our Jewish friends, I wish you the best for Passover, and to our Christian friends, the best for Easter

Best wishes—

Nancy Williams, Director



KEYS TO RETIREMENT WORKSHOP

Wednesday—April 8, 2009
1:30 a.m. at the Senior Center

Matthew C. Peck of Senior Health Partnership will be hosting his fourth annual “Keys to Retirement” Workshop at the Senior Center on April 8th. You may recognize the company from its popular radio show on 1120 am at 11:00 am. Regardless, with the difficulty of the times and rising prices, you cannot miss this insightful information. He will be discussing a range of topics from the Medicare system to the Medicaid system to conservative financial planning. Make sure that you never outlive your assets and enjoy the retirement that you deserve. There will be refreshments, good information, and lots of fun.

Plan to join us for this very informative discussion.

SENIOR VOLUNTEER TAX WORKOFF PROGRAM

Applications are available now. Applications can be picked up at the Winthrop Senior Center, Town Hall in the Town Clerk’s Office or Library.

All applications should be returned to the Senior Volunteer Service Program, Council on Aging/Senior Center, 35 Harvard Street, Winthrop, MA 02152.

Application deadlines for the fiscal year are as follows: Applications will be accepted until the close of business on Wednesday—April 30, 2009.

The lottery will be held at the Senior Center on or about Friday—May 7, 2009.

Winners will be notified by mail the week of May `18, 2009.

Work will begin May/June, through the summer into September with the final date being October 16, 2009.

Any questions?? Call the Senior Center at: 617-846-8538 and ask for Nancy, Kathy or Ruthie.

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	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.

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.

HOW TO FILE A CONSUMER COMPLAINT

Are you experiencing engine problems with your new car? Are you having a problem with a home improvement contractor? Having trouble redeeming your gift card? If you have a consumer complaint, there are a number of state agencies that work to educate Massachusetts consumers about their rights and assist them in resolving complaints. The Office of Consumer Affairs and Business Regulation will provide you with information on your consumer rights and a referral to the appropriate consumer agency in your area for assistance with a complaint. You can reach the Office of Consumer Affairs Hotline at (617) 973-8787 or toll free at (888) 283-3757. You may also reach them at consumer @state.ma.us or use the online contact form. The Attorney General's Consumer Protection Division offers a similar information and referral service. While they will not take legal action on an individual complaint, they may consider filing suit if there is a pattern of complaints that affect a large number of people. You can reach the Attorney General's Consumer Protection Hotline at (617) 727-8400 or file a complaint online at File a Complaint with the Attorney General's Office.

NEWS FROM THE TRAVEL COMMITTEE...

DAY TRIPS TO FOXWOODS FOR 2009

Monday—May 11th Price—\$24.00
Monday— July 13th
Monday September 14th

We are accepting reservations now for the March 9th trip. Transportation is by motor coach, with some extras upon arrival.
So, hope all you gambling fans will win some big money!

THE SALEM CROSS INN
W. BROOKFIELD, MA

“A TRIBUTE TO NEIL DIAMOND”

By Jodies Place. Inc. with the Senior Center Travel Cmt.
Thursday—May 14, 2009
\$59.00 per person

The motor coach will depart from the Senior Center at 9:45 am.

Lunch is included at the well renowned and historic 1705 Colonial Salem Cross Inn. The luncheon entrée will feature Yankee Pot Roast. After lunch, sit back and enjoy a wonderful performance by Charlie Lask, a Neil Diamond Tribute Artist. Neil Diamond’s music has never failed to delight and surprise his fans. Before returning home you’ll visit the Brookfield Orchards. Experience the old-fashioned flavor of the Country Store offering a large selection of apples, cider, cheese, jams, honey, maple products, penny candy, a book nook, old maps, antiques, collectibles crafts and more!

For reservations—call the Senior Center at 617-846-8538.
Full payment is due upon reservation.



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

SENIOR CENTER CLOSED ON MONDAYS.
(SEE REVISED ACTIVITIE SCHEDULE.)

TUESDAYS

WALKING CLUB (High school football/track field)...8:00
BLOOD PRESSURES BY VNA NURSE.....9-10:30
TAI CHI.....9:30
EXERCISE.....10:30
BOWLING.....10:00
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.)
BLOOD PRESSURES WITH SANDY, RN....10-11:00
(4th 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 (High school football/track field....8:00
EXERCISE WELLNESS CLASS.....9:00
SHIRTPAINTING CLASS..(3rd Thurs).....10-1
COA MEETING (2nd Thurs.).....10:30
RED HATTERS MEETING-(1st Thurs.)..10:30
SENIOR LUNCH PROGRAM.....12:00
BINGO.....1:00

FRIDAYS

SENIOR CENTER CLOSED ON FRIDAYS.

LINE DANCING/CAROL.....10:30
(On hold for the Winter and will resume in the Spring)

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 APRIL

MONDAY

SENIOR CENTER NOW CLOSED ON MONDAYS.

—**SUPPORT GROUP GET TOGETHER
WITH REV. DICK MAY (1st Mon) - (ON HOLD)**

**-9:00-11:00 BLOOD PRESSURES BY VNA NURSE,
CYNTHIA (2nd Mon.) - (Moved to Tuesdays)**

20- PATRIOT'S DAY HOLIDAY.

SENIOR LUNCHESES AT GOLDEN DRIVE ON MONDAY.

TUESDAY—

7-10:30—BLOOD PRESSURES BY CINDY, VNA
NURSE

(1st Tuesday)

10:30—MONDAY EXERCISE MOVED TO TUESDAY.

-10:00-11:00—BLOOD PRESSURES By
SANDY, RN (4th Tuesday) (Moved to Weds.)

WEDNESDAY

22-11:00—BLOOD PRESSURES WITH SANDY, RN
(4th Weds.)

1-10:30—TRIVIA WITH JUDIE (1st Weds.)

11:30-12:30—COMPUTER CLASS

8-1:00—MOVIE (2nd Weds—) (No movie this month).

8-1:30—RETIREMENT WORKSHOP

15-10:00—1:00-VISION IMPAIRED GROUP
MEETING (3rd Weds.)

29-1:00—TRIVIA WITH JUDIE (last Weds.)

THURSDAY

2-10:30 RED HAT SOCIETY MEETING
(1st Thursday)

9-10:30—COA MEETING-(2nd Thurs.)

9-FIRST DAY OF PASSOVER

10:00—11:00—ART CLASSES WITH DAWN

16-1:00—3:00 SHIRT PAINTING WITH RENEE (3rd
Thursday)

1:00—CARD GAMES—(MOVED FROM FRIDAYS)

1:00—BINGO

FRIDAY

10- GOOD FRIDAY

SENIOR CENTER NOW CLOSED ON FRIDAY'S .

SENIOR LUNCHESES AT GOLDEN DRIVE ON FRIDAY.

SUNDAY

EASTER

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

COMPUTER CLASSES

at the Senior Center
with instructor, Harvey Maibor

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 and for further information, call the Senior Center at: 617-846-8538.

**BLOOD SUGAR CONTROL LINKED TO
MEMORY DECLINE.....**

As the body loses its ability to regulate glucose, parts of the brain involved in memory lose blood flow researchers find. Spikes in blood sugar can take a toll on memory by affecting the dentate gyrus, an area of the brain within the hippocampus that helps form memories, a new study reports. High glucose seemed to affect the dentate gyrus, part of the hippocampus. Researchers said the effects can be seen even when levels of blood sugar, or glucose, are only moderately elevated, a finding that may help explain normal age-related cognitive decline, since glucose regulation worsens with age. Bruce S. McEwen, who heads the Neuroendocrinology Lab at Rockefeller University in New York said the study's findings were "compelling," with important implications not just for the elderly but for the growing number of overweight children and teens at risk. (Type 2 diabetes) "When we think about diabetes, we think about heart disease and all the consequences for the rest of the body, but we usually don't think about the brain," he said. This is something we've got to be really worried about.

Previous observational studies have shown that physical activity reduced the risk of cognitive decline, and also found that diabetes increases the risk of dementia.

SAFELINK WIRELESS ...

SafeLink Wireless was created by TracFone Wireless, Inc. when the Federal Communications Commission (FCC) recently approved the company to offer Lifeline—a public assistance program that ensures telephone service is available and affordable for low-income subscribers. SafeLink Wireless will be available to eligible consumers throughout Massachusetts, and the State is the fourth in the nation where this valuable program will be offered.

SafeLine Wireless offers free cell phones to low-income seniors, limitless E911 access, 80 minutes of free talk time per month for one year, access to in demand features such as voicemail, text, web access, three way calling, call waiting, and caller ID. (There is no charge if you exceed the 80 minutes as ELD has previously noted).

For more information call—1-800-977-3768 or online at: www.safelinkwireless.com.

(A flyer is being distributed advertising "free cell phones and free monthly minutes" from a distributor names www.trulinkWireless.com. However, this distributor is charging a \$30.00 fee to assist in the application process for the *legitimate* company of SafeLink Wireless).

**ONE LESSON TO MAKE YOU THINK ABOUT THE
WAY WE TREAT PEOPLE.....**

The Cleaning lady...

At college, our professor gave us a pop quiz. Being a conscientious student, I had breezed through the questions until I read the last one:

"What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello."

I've never forgotten that lesson. I also learned that her name was Dorothy.