

Winthrop Senior Citizen News

COUNCIL ON AGING

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MARCH 2009

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“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:

First off, I would like to take this opportunity to congratulate our friend, Rep. Bob DeLeo on his being voted by his constituents as Speaker of the House. Over the years, we have had a true friend in Bob as he has always been supportive of our endeavors for the senior citizens in our community. He is truly deserving of this honor, and we are delighted for him.

As you know, the past few months have been difficult as all Town Departments have faced two mid-year budget cuts, but in the last weeks, the Council on Aging/Senior Center has had a tremendous outpouring of support from the community. When I see some of our seniors parting with the few dollars they have and donate it to the Senior Center, it warms my heart. I am also inspired with donations from people I have never met, family members who support their parents use of the Senior Center, and the younger mothers with their children who have made donations as well. I am humbled and grateful for the tremendous support and respect for those we serve. With this continued support over the next weeks, we will hopefully be able to keep the Senior Center open three/four days a week until the end of the fiscal year which ends June 30th.

At this difficult economic time when many are pointing the finger and trying to find fault, I thought, I should share these positive gestures of kindness and generosity with everyone. You know, I always say, out of bad comes good. Thank you all for being so good, and my heartfelt thanks for your outpouring of support.

As it is the month of March, I leave you this with this Irish quote—

“A good laugh and a long sleep are the two best cures.”

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.

MUSIC APPRECIATION WITH MARC WIDERSHIEN

Wednesday—March 18, 2009
1:00 at the Senior Center.

Plan to join Marc for his wonderful ability to give us information on various pieces of music and for his ability to play violin pieces that are absolutely beautiful. Light refreshments will be served.

“Change will not come if we wait for some other person or some other time.
We are the ones we’ve been waiting for.
We are the change that we seek.”

President Barack Obama

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.

REMEMBER HOLLYWOOD SQUARES????

Q. Do female frogs croak?

A. Paul Lynde: If you hold their little heads under water long enough!

B.

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.

VISION INFORMATION

If you are age 60 or older, experiencing vision loss, and are not Legally blind, MAB Community Services will conduct a functional vision assessment and safety evaluation in your home, help you develop strategies to use your remaining vision, and demonstrate adaptive equipment. This service is free.

Chelsea-Revere-Winthrop Services Elder Services funds MAB's in-home vision rehabilitation services. For more information, call Carol Nestor at 617-884-2500.

NEWS FROM THE TRAVEL COMMITTEE...

OVER NIGHT TRIP:

3 DAY ATLANTIC CITY, NJ
TROPICANA CASINO & RESORT

"The Home of the Quarter"

**By the Senior Center Travel Cmt.
through Brush Hill Tours**

April 27—29, 2009

\$239.00 pp Twin/\$229.00 pp Triple

\$329.00 pp Single

**The motor coach will depart at 7:00 am from the
Senior Center.**

The Tropicana Casino & Resort Hotel, the largest hotel in New Jersey offers a complete entertainment experience unlike any other. The resort is located on the boardwalk between the Atlantic City Hilton and the Trump Plaza. The resort offers over 20 restaurants from casual to gourmet dining, spectacular lounges, superstar headline entertainment, specialty shops, health club. Indoor & outdoor pools, & casino gambling from slots to blackjack, craps, poker and more.

Trip includes:

2 night accommodations at the Tropicana Casino & Resort Hotel, \$20.00 coin bonus, 2 buffet dinners & \$15.00 meal credit, 1 revue show, (show not available—you'll receive a drink coupon at the Top of the Trop), all taxes, baggage handling & service charges, and the services of a professional tour director.

You may sign-up now!

DAY TRIPS TO FOXWOODS FOR 2009

Monday—March 9th

Monday—May 11th

Monday— July 13th

Monday September 14th

Price—\$23.00

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!



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 MARCH

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.

MONDAY

SENIOR CENTER NOW CLOSED ON MONDAYS.

—**SUPPORT GROUP GET TOGETHER**
WITH REV. DICK MAY (1st Mon) - (ON HOLD)
9-9:00-11:00 BLOOD PRESSURES BY VNA NURSE,
CYNTHIA (2nd Mon.) - (Moved to Tuesdays)

NO SENIOR LUNCHES ON MONDAY.

TUESDAY—

9-10:30—BLOOD PRESSURES BY CINDY, VNA NURSE
10:30—MONDAY EXERCISE MOVED TO TUESDAY.
-10:00-11:00—BLOOD PRESSURES By SANDY, RN (4th Tuesday) (Moved to Weds.)

WEDNESDAY

10-11:00—BLOOD PRESSURES WITH SANDY, RN (4th Weds.)
4-10:30—TRIVIA WITH JUDIE (1st Weds.)
11:30-12:30—COMPUTER CLASS
11-1:00— MOVIE (2nd Weds—) Secret Life of Bees
18-10:00—1:00-VISION IMPAIRED GROUP MEETING (3rd Weds.)
25-1:00—TRIVIA WITH JUDIE (last Weds.)

THURSDAY

5-10:30 RED HAT SOCIETY MEETING (1st Thursday)
12-10:30—COA MEETING-(2nd Thurs.)
10:00—11:00—ART CLASSES WITH DAWN
19-1:00—3:00 SHIRT PAINTING WITH RENEE (3rd Thursday)
1:00—CARD GAMES—(MOVED FROM FRIDAYS)
1:00—BINGO
1:30-2:30—COMPUTER CLASS

FRIDAY

THE SENIOR CENTER WILL BE CLOSED ON FRIDAY'S .

NO SENIOR LUNCHES ON FRIDAY.

SUNDAY

8 - DAY LIGHT SAVINGS TIME BEGINS

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.

HEALTHY AGING

Medications and Alcohol

Family, work, hobbies, travel...all this can keep you busy! Don't let problems with medications or alcohol slow you down. Take a few simple steps to get the most out of life!

Step 1: Know your medications

Medications should help you feel better and be healthy. But it's important that you use your medications safely and correctly. Taking medications correctly will help you to:

- Avoid unhealthy "interactions" (when medications react with each other and cause side effects).
- Prevent dangerous interactions with alcohol.

Did you know that "over-the-counter medications and supplements can also cause interactions? These include anything you can buy without a prescription, such as:

- Aspirin and pain reliever, cold or allergy medicine, antacids, laxatives, vitamins and minerals, and herbal and dietary supplements.

(con't above)

Here are some tips to help keep track of your medications: Make a list of your medications, what they are for, how much to take, and when to take them. Your pharmacist, nurse, or doctor can help you make this list. Be sure to include all prescriptions, over-the-counter medications, and herbal and dietary supplements.

Use a medication chart. Order a free copy of "Prescription Medicines and You: A Consumer Guide" (800-358-9295), which includes a fill-in chart. Your doctor, nurse, or pharmacist may also have medication charts.

Bring your list, chart, or all you medications to all your doctor visits.

And remember!

Take medications as prescribed, and on schedule. If you have any questions, contact your health care provider. Don't share prescription medications with others.

Ask your doctor to go over all your medications and supplements at each visit. Check how much you take and if you still need to take it.

Your doctor, nurse and pharmacist are great resources and can answer your questions.

Step 2: Find out the facts about alcohol

Did you know that:

Older adults are more sensitive to alcohol than younger adults.

Alcohol can interact with some prescription and over-the-counter medications.

Alcohol can be especially risky for people with high blood pressure, diabetes, liver disease, and dementia.

Alcohol can cause or make health problems worse, and can contribute to falls, trouble sleeping, and heart problems.

Maximum recommended drinking limits for adults age 65 and older are:

One drink per day for men, and less than one drink per day for women. Drinking more than the recommended limit can be unhealthy.

So watch out for problems such as poor memory, accidents or getting hurt, sleeping problems or feeling depressed, and get the support you need.

You can get help 24 hours per day by calling the Massachusetts Substance Abuse Information and Education Helpline at: 800-327-5050, the Mass Health Promotion Clearinghouse at:800-952-6637, AARP Mass. Chapter at: 617-720-5600, or MassMedLine at 866-633-1617 (toll-free).