Winthrop Senior Citizen News

COUNCIL ON AGING
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Patricia Brown
Mary DeMinico
Betty Federico
Bernice Woolf
Terry Cronin

JUNE 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

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, I would like to thank everyone for their vote of confidence during the recent override. The Town was at a crossroad during a difficult financial time and I must say, my faith has been restored because of the people in this community. We will continue to do the best we can to provide quality community services to the elders in our Town.
On June 18th, we will be hosting our annual Volunteer Appreciation Luncheon. Our Senior Center has 50 volunteers who donate their time to assist with various programs and activities. Without their help, it would be impossible to offer the many programs that we do. We are grateful to the Executive Office of Elder Affairs for grant funding for this event. So, many thanks to all our volunteers for a job well done.
Last but not least—
To all dads, the very best for Father's Day.

Best wishes—

Nancy Williams, Director

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INFORMATIONAL DISCUSSION WITH DR. ANNE KELTY

Naturopathic Doctor
Wednesday—June 10, 2009
10:30
at the Senior Center

Dr. Kelty will speak on the prevalence of gastro-intestinal issues prominent in today's society and its relationship to the immune system. You will learn five ways to increase your digestive health and boost your immune system.
Dr. Kelty has an office here in Winthrop and specializes in trauma, PTSD, and working with military personnel and their families.
Join us for this very informative discussion.

GUIDING ELDERS THROUGH THE AGING NETWORK…..

CRW Elder Services

Chelsea Revere Winthrop Elder Services was incorporated in 1972 and is a private non-profit Home Care Corporation dedicated to serving people age 60 and over in the communities of Chelsea, Revere, and Winthrop.
Over the years, they have assisted thousands of people to remain successfully at home with services such as meals on wheels, home care, transportation and personal care services, To help families meet the challenges of caring for an elder family member, they can provide caregiver support and help with information an referral assistance. Many of their services are provide free of charge or are on a sliding fee basis.
Core programs and services are:
Home delivered meals, homemaker services, chore work, meal preparation, grocery shopping, laundry, home safety modifications, case management, personal emergency response, respite care, personal care, meals in a group setting, collaboration with the Councils on Aging, services for special needs elders, Caregiver Advisor Program, protective services, Money Management Program, social and medical day care, transportation for medical reasons, supportive housing, wellness programs, fuel assistance referrals, legal services, information and referral, advocacy, nursing home selection assistance, and long-term care ombudsman.
CRW Elder Services is located in Chelsea at:
100 Everett Ave., Unit 10
P.O. Box 6427
Chelsea, MA 02150
Their phone number is:
617-884-2500

E-mail: crw@crwelderservices.org
Web: www.crwelderservices.org

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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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.

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NEWS FROM THE TRAVEL COMMITTEE ...

DAY TRIPS TO FOXWOODS FOR 2009

Price—$24.00

Monday– July 13th
Monday September 14th

We are accepting reservations now for the July 13th trip. Transportation is by motor coach, with some extras upon arrival.

So, hope all you gambling fans will win some big money!

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NEWS FROM THE TRAVEL COMMITTEE…

SUFFOLK DOWNS SENIOR'S DAY LUNCHEON

Wednesday—June 24, 2009

Leave from the Senior Center at 11:30…

Price $15.00 if you ride over on your own

$20.00—if you ride over on the Senior Center van

Join us for a exciting afternoon at Suffolk Downs. You will enjoy a luncheon buffet which will consist of: soup and salad, fresh garden greens with dressing choice, Boston Scrod in lemon butter, Chicken Cordon Bleu with Supreme Sauce, Macaroni & Cheese, Shepard's Pie, Rice Pilaf, fresh vegetable, rolls & butter, Carrot Cake, fruit cocktail and coffee/tea. Wow! The group package will also include: a race names for the group, clubhouse admission, daily racing program at your table, betting explanation, trophy presentation to the winning jockey of your race, and an 8X10 color photograph of the presentation. Sounds like a great time!

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MAINE LOBSTERBAKE AT THE CLAMBAKE RESTAURANT

Scarborough, Maine

Trip by Jodie's Place, Inc. and the Senior Center Travel Cmt.

Thursday—July 23, 2009

$59.00 per person

Your motor coach will depart from the Senior Center at 9:15 am and return approximately 6:00 pm.

The Clambake Restaurant sits on Maine's largest salt water marsh right beside the famous Old Orchard Beach. The restaurant has plenty of window seating so you will have a view of the marsh which is home to many of the area's most beautiful wildlife.

The lobster clambake will include:

Caesar Salad, cup of clam chowder, steamed clams, 1 fresh Maine lobster or baked haddock, baked potato, cole slaw, rolls & butter, hot drawn butter, Strawberry Shortcake for dessert, and coffee/tea.

After the lobster bake, you can visit the Nestling Duck Gift Shop next door to the restaurant. Then there will be an afternoon visit to Kennebunkport for shopping and browsing. Sounds like a great day. If you're interested you may sign-up with your full payment.

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 ACTIVITY 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 2rd Weds.)….7:00

THURSDAYS

WALKING CLUB (High school football/track field….8:00
EXERCISE WELLNESS CLASS……9:00
EXERCISE……..10:15
CERAMICS……..…….1:00—3:00
ART CLASSES WITH DAWN……...10:00-11:00
COA MEETING (2nd Thurs.)……..10:30
RED HATTERS MEETING-(1st Thurs.)..10:30
SENIOR LUNCH PROGRAM……...12:00
BINGO……...1:00
CARD GAMES……1:00
CERAMICS……...1:00—3:00

FRIDAYS

SENIOR CENTER CLOSED ON FRIDAYS.

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 JUNE

MONDAY

SENIOR CENTER NOW CLOSED ON MONDAYS.

SENIOR LUNCHES AT GOLDEN DRIVE ON MONDAY

TUESDAY—
2-10:30—BLOOD PRESSURES BY CINDY, VNA NURSE (1st Tuesday)

WEDNESDAY

3-10:30—TRIVIA WITH JUDIE (1st Weds.)
11:30-12:30—COMPUTER CLASS
10-10:30 INFORMATIONAL DISCUSSION WITH DR. ANNE KELTY
10-1:00— MOVIE (2nd Weds—(Benjamin Buttons)

17-10:00—1:00-VISION IMPAIRED GROUP MEETING (3rd Weds.)
17—BUNKER HILL DAY HOLIDAY— SENIOR CENTER CLOSED
24-1:00—TRIVIA WITH JUDIE (last Weds.)
24-11:00—BLOOD PRESSURES WITH SANDY, RN From Commonwealth Clinical Services….. (4th Weds.)

THURSDAY

4-10:30 RED HAT SOCIETY MEETING (1st Thursday)
11-10:30—COA MEETING-(2nd Thurs.)

FRIDAY

SENIOR CENTER NOW CLOSED ON FRIDAY'S .

SENIOR LUNCHES AT GOLDEN DRIVE ON FRIDAY.

SUNDAY

14—FLAG DAY

21—FATHER'S DAY

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. 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.

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VOLUNTEER OPPORTUNITIES AT VNA HOSPICE CARE….

VNA Hospice Care, formerly known as Hospice Care, Inc. cares for patients who have a life-limiting illness and are seeking care and comfort. Volunteers are an important part of their team, which also includes nurses, social workers, home health aides, and chaplains. Hospice volunteers are men and women who come form diverse backgrounds and range in age from their 20's to their 80's. They are caring and compassionate people who provide patients with company and emotional support, give the spouse or other caregiver a needed break from care giving, and/or help caregivers run errands or get to and from appointments.
If you have any questions or are interested in learning more about become a hospice volunteer, call Lisa Palais, Volunteer Coordinator at: 1-866-279-7103, at 781-569-2888 or by email at: LPalais@vnab.org

LESSONS TO MAKE YOU THINK ABOUT THE WAY WE TREAT PEOPLE..

Pickup in the Rain….

One night, at 11:30 p.m., an elderly African-American woman was standing on the side on an Alabama highway trying to endure a lashing rainstorm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car. A young white man stopped to help her, generally unheard of in those conflict-filled 60s.The man took her safety, helped her get assistance and put her into a taxicab. She seemed to be in a big hurry, but wrote down his address and thanked him.
Seven days went by and a knock came on the man's door. To his surprise, a giant console TV was delivered to his home. A special note was attached……
It read: "Thank you do much for assisting me on the higway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's bedside just before he passed away. God bless you for help me and unselfishly serving others."
Sincerely, Mrs. Nat King Cole.

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Always remember those who serve…

In the days when an ice cream sundae cost much less, a 10 year old boy entered a hotel coffee shop and sat at a table. A waitress put a class of water in front of him. "How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the coin in it. "Well, how much is a plain dish of ice cream?" he inquired. By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied. The little boy again counted his coins. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. There, placed neatly beside the empty dish were two nickels and five pennies…. You see, he couldn't have the sundae, because he had to have enough left to leave her a tip.