

# Winthrop Senior Citizen News

## COUNCIL ON AGING

Helen Haddow-Chair  
Marilyn Flanagan – Vice  
Donald Tabbut – Treas.  
Elsa Verdy  
Patricia Brown  
Mary DeMinico  
Betty Federico  
Bernice Woolf  
Terry Cronin

MAY 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:

Please plan to come to a coffee hour which will be held in honor of Marge Beaudry who retired from her position here at the Senior Center after 21 years of service.

As many of you may know, Marge did her job well, and along with that, had a great sense of humor, and was never afraid to call a spade “a spade”! We worked together so long, that we could almost read one another’s minds. One day a couple of years ago, I walked into work one morning complaining about my thumb being so sore. Marge replied, “that’s arthritis”! I said, “but it’s so painful”. She replied, “what the heck do you think we’ve all been talking about all these years”! Of course arthritis is painful! How about the day Marge came prancing through the Senior Center lobby on a hobby horse! I thought I had seen everything. You know, Marge and I both came from nursing backgrounds, so you can just imagine some of the other things that were said.

Anyway, last year was a difficult one for Marge with several health issues that she faced, but now all is well and we wish her the very best in her retirement.

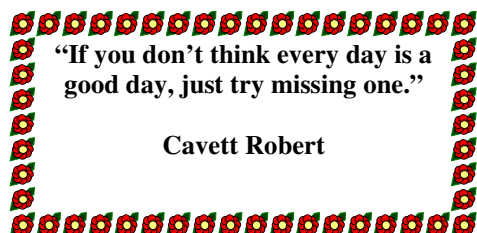
Marge, thanks for the memories!

Also, best wishes to all mothers, grandmothers, and great-great grandmothers for Mother’s Day. Mothers around the world, are special people.

Best wishes—

Nancy Williams, Director

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## SENIOR VOLUNTEER TAX WORKOFF PROGRAM

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

The lottery will be held at the Senior Center on or about Thursday—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.

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BEST OF LUCK—MARGE!

Tuesday—May 12, 2009

10:00 am—11:30 am

A coffee hour will be held for our former staff member, Marge Beaudry who retired as of April 13, 2009. She worked for our Town for 21 years as a Staff Assistant and Van Transportation Coordinator for the Council on Aging/Senior Center and did her job well. If you want to give a gift, that’s OK, but we plan to give her an American Express gift card that she can spend anyway she wants. If you don’t wish to donate, that’s OK too. So, plan to come for coffee and Danish, have a few laughs, and wish Marge well.

**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 May 11th 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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**THE SALEM CROSS INN**  
**W. BROOKFIELD, MA**

**“A TRIBUTE TO NEIL DIAMOND”**

By Jodie's 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!  
Last call—Almost sold out!

**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](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

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 2nd 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  
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.

#### 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

SENIOR CENTER NOW CLOSED ON MONDAYS.

SENIOR LUNCHESES AT GOLDEN DRIVE ON MONDAY

11-7:00 AM—DAY TRIP TO FOXWOODS  
25—MEMORIAL DAY

### TUESDAY—

5-10:30—BLOOD PRESSURES BY CINDY, VNA NURSE (1st Tuesday)  
12-10:00—COFFEE HOUR FOR MARGE  
19-VOTING DAY. GET OUT AND VOTE!

### WEDNESDAY

6-10:30—TRIVIA WITH JUDIE (1st Weds.)  
11:30-12:30—COMPUTER CLASS  
13-1:00— MOVIE (2nd Weds—( Slum Dog Millionaire)  
20-10:00—1:00-VISION IMPAIRED GROUP MEETING (3rd Weds.)  
20-1:30—MUSIC APPRECIATION  
27-1:00—TRIVIA WITH JUDIE (last Weds.)  
27-11:00—BLOOD PRESSURES WITH SANDY, RN From Commonwealth Clinical Services..... (4th Weds.)

### THURSDAY

7-10:30 RED HAT SOCIETY MEETING (1st Thursday)  
14-10:30—COA MEETING-(2nd Thurs.)  
21-12:00—BARBECUE  
10:00—11:00—ART CLASSES WITH DAWN  
1:00—3:00 CERAMICS  
1:00—CARD GAMES—(MOVED FROM FRIDAYS)  
1:00—BINGO

### FRIDAY

SENIOR CENTER NOW CLOSED ON FRIDAY'S .

SENIOR LUNCHESES AT GOLDEN DRIVE ON FRIDAY.

### SUNDAY

10—MOTHER'S DAY - Happy Mother's Day to all!

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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**SPRING BARBECUE**

Thursday—May 21, 2009

Senior Center at 12:00 noon

Chelsea, Revere, Winthrop Elder Services will be sponsoring a barbecue at the Senior Center on May 21st. The food provider for the Senior Lunch Program, Family Foods, will be preparing/cooking the food for the barbecue, and they do a great job. CRW sponsored a barbecue last year, and it was excellent.

If you're interested, please sign-up so we will know how much food to order. Donation—\$1.50.

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**MUSIC APPRECIATION  
WITH MARC WIDERSHIEN**

Wednesday—May 20, 2009  
1:30 at the Senior Center.

Join us as Marc takes you down music's memory lane and elaborates on musical history. He surely will inspire you as he plays his violin and interprets the music in his own style.

Light refreshments will be served.

**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](http://www.safelinkwireless.com).

(A flyer is being distributed advertising “free cell phones and free monthly minutes” from a distributor names [www.trulinkWireless.com](http://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).

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**HEARING LOSS????**

Estimates suggest that 31 million Americans have a hearing loss. That number has grown over time and is now considered the third most prevalent chronic condition of older Americans. Between 25% and 40% of people aged 65 years or older have a hearing loss. 40% to 66% of people older than 75 years of age and more than 80% in those who are older than 85 years have hearing losses due to aging.

One way to promote healthy aging is to take time to learn about the real significance of social, psychological, cognitive, fears, negative stigma and health effects of hearing loss on one's well-being. Hearing loss affects one's relationships with family, friends and caregiver, feelings about self, life overall, mental health, social life, emotional health and physical health.

The overall approach to dealing with hearing loss includes possible use of hearing aids. Yet less than 25% of people who could benefit from hearing aids actually use them. By the time you recognize a need for hearing aids, your quality of life may have deteriorated unnecessarily. For both parties involved, it takes more time to make communication clear, but the rewards are priceless!

For further information call the Department of Communication Access, Training and Technology Services (CATTS) at: 617-740-1600 voice line and 800-882-1155 voice line 617-740-1700 TTY and 800-530-7570 TTY or online at: [www.mass.gov/mcdhh](http://www.mass.gov/mcdhh).

