

Lancaster Senior Citizens Newsletter

Published by the Lancaster Council on Aging 978-733-1249

Lancaster Community Center/ Senior Center 695 Main Street,Suite 7, Lancaster, MA 01523

COA Board Members

David James, Chair

Claire Griffiths, Mary J. MacLean, Elaine M. Bitter, Eileen McRell, Nicole Jimino , Michele Macdonald

The next Council on Aging board meeting will be held on Wednesday April 18, 2012 at 10:00 AM in the LCC meeting room. The public is invited.

The Senior Van will not be in service on Monday April 16, 2012 due to the Patriots Day Holiday. There will not be any meals on wheels delivered or congregate meals served on that day as well.

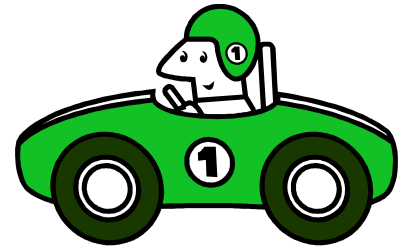


Happy Easter and Happy Patriot's Day



Lancaster Senior Citizen Van

**For Information and Reservations Call:
978-733-4076- Hours of Operation:
Monday – Thursday 8:30 AM to 4:30 PM
Friday - Mall Trips – 9:00 AM to 2:00 PM**



Trips are scheduled as calls are received. We make every effort to coordinate trips to Hannaford's, Shaw's, hairdressers, medical appointments etc. to best serve our seniors and individuals with disabilities.

Trips can be scheduled up to two weeks in advance. This is recommended if you have a medical trip to Leominster or Fitchburg.

Mall Trips on Fridays in April 2012

April 6, 2012

**Christmas Tree Shop
Shrewsbury**

April 13, 2012

Searstown/ Whitney Field

April 20, 2012

Walmart/ Lunenburg

April 27, 2012

Target/ Marlborough

Medical Information

Optometrist from Dr. D'Ambrosio's office will do free eye screening for seniors in the LCC meeting room from 11:00 AM-12:00 PM on April 18, 2012. NO appointment is necessary. For more information

Need Help with prescription drug costs? Prescription Advantage may be your answer



Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$33,510 for single person and \$45,390 for a married couple. (There is no asset limit!)

Who can join?

If you are a Massachusetts resident, eligible for Medicare, and are:



- 65 years or older with an annual income at or less than \$55,850 for a single person or \$75,650 for a married couple
- OR....
- * under 65 years and disabled, with an annual income at or less than \$21,000 for a single person or \$28,444 for a married couple.

*If you have medicare, prescription Advantage helps pay for your prescriptions when you reach the medicare part D coverage gap (donut hole).

- If you are unhappy with your current Part D or medicare Advantage plan, Prescription Advantage allows you to switch your plan **NOW** instead of waiting for Open Enrollment in October.
- If you are NOT currently enrolled but you need a Part D or Medicare Advantage plan **NOW**, joining Prescription Advantage allows you to enroll right away.

Call Prescription Advantage today for an application form. You can reach prescription advantage at 1-800-AGE-INFO (1-800-243-4636), then press 2.

Also, help is available from the SHINE program. A SHINE counselor is available at the Lancaster Senior Center on Tuesdays and Thursdays from 11:00 AM until 1:00 PM. Call 978-733-4076 to make an appointment. If these hours are inconvenient for you other arrangements can be made by calling the Senior Center at the previously listed phone number.

Dear Colleagues,

Please inform seniors regarding the following. Thank you in advance for your assistance in this matter.

ATTENTION: Changes to SSI State Supplement Program (SSP) as of April 1st

SSI (Supplemental Security Income) is a federal program of the Social Security Administration that provides monthly payments to certain individuals 65 or older, blind or disabled. Massachusetts provides additional money to **SSP** recipients who live in this state. Until now, the federal government has been directly depositing both payments to peoples' bank accounts or by mailing them checks.

As of April 1st, there will be a new system for receiving SSI payments. If you currently receive one (combined) check from Social Security you will receive a check from Social Security **and** from the Commonwealth of Massachusetts. ***If you normally have the check deposited in the bank for you, you will see two deposits that will add up to the same amount.*** The Massachusetts deposit appears as "SSI SUPP". This change allows the state to save money by

In sum, ***your SSI payment will be the same*** but you will receive payments from the federal government and from Massachusetts. The conversion will occur automatically and your payment totals will not be affected.

If you have any questions about this change, please call the Massachusetts **SSP** Customer Service Center at 1-877-863-1128. Thank you.

Cindy Phillips

Cynthia Phillips

State SHINE Director

Executive Office of Elder Affairs, Suite 517

One Ashburton Place

Boston, MA 02108

Phone: 617-222-7416

Fax: 617-727-9368

Email: Cynthia.Phillips@state.ma.us

s/

Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, ELD

Designing Rooms for Safety & Comfort

When designing spaces for seniors, aesthetics should not be the only consideration. As we age, many people experience various physical challenges such as limited mobility, balance, as well as sight and hearing problems. To overcome these challenges and help ensure a high quality of life, keep these tips in mind to create a space that's not only comfortable, but safe as well.

- ♦ Strategically space out furniture so it can also be used to help with balance as you move throughout the room. Countertops, chairs and dressers should be at a height that can be held onto and sturdy enough to be leaned on.
- ♦ Use chairs with arms that are light enough to be moved around easily but won't slip out from under you when sitting down or standing.
- ♦ Place your most frequently used items in the cabinets and drawers that are waist-high. Eliminate the need to reach high or bend low as much as possible to promote independence and reduce the risk of losing your balance and falling.
- ♦ Pieces with drawers should have large handles that are easy to grip to open and close, especially for seniors who suffer from arthritis. You may want to consider using drawer pulls instead of knobs that can be harder to grip.
- ♦ Place lamps and telephones so that they are easy to reach from sitting areas and the bed to avoid the need to reach or rush to answer a call.
- ♦ Tape down cords or tuck them behind furniture to prevent tripping.
- ♦ Incorporate round furniture, round furniture keeps the layout open and airy, and keeps the room void of sharp corners. Avoid rectangular glass top tables as they can totally disappear and cause injuries.

Thanks to the **SUNRISE Senior Living** in Leominster and HGTV's 'Design Star' Emily for sharing these helpful tips.

Using Home Oxygen Safely

Using home oxygen increases the risk of fires and burns.

When using home oxygen, learn how to handle it safely— especially if you smoke.

It is important to keep home oxygen and tubing 10 feet away from heat sources.

Common Heat Sources Are:

**Matches
Lighters
Candles
Gas Stoves
Appliances
Electric Razors
Hair Dryers
Heaters**



Don't Use Flammable Products Such As:

**Oils
Grease
Petroleum Products
Oil Based Lip Balms or Lotions**



Smoking Issues:

No one should smoke in your home. The fire danger is too great.

You should not smoke.

Your family and friends should not smoke around you.

Quitting is the best thing you can do for your health and safety.

If you must smoke:

Disconnect the oxygen.

Wait ten minutes.

Go outside to smoke.

This gives the oxygen time to come off your hair and clothes into the open air.

This is not a safe way to smoke but is less risky than smoking indoors.

Pamphlets about using home oxygen safely are available at the Senior Center and in the COA Directors office

Meals

Congregate meals are held at the Senior Center Monday thru Thursday 12:00 PM until 1:00 PM. Reservations are required. Call 978-706-1958 24 hours in advance. to reserve a meal. A \$2.25 donation is suggested to cover the cost of the meal.



Breakfast

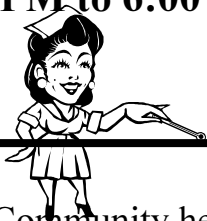
On Tuesdays Dave James volunteers his time and cooking skills to make a breakfast of pancakes, coffee, juice, bacon or sausages from 8:45 AM until 9:15 AM. at the senior center. All ages are welcome. This has become a more than popular well attended fun experience. Plus the food is excellent! It's worth getting up early for. A small donation is suggested but not required.

Bigelow Gardens

English muffins and coffee are served Tuesday through Friday, 7:00 AM till 9:00 AM

Bingo~ Every Wednesday and Friday from 2:00 PM to 4:00 PM. Open to all seniors

WHEAT Community Café High Street Clinton ~ Sunday thru Friday 4:00 PM to 6:00 PM. No COA transportation.



The Community health Nurse will be at Bigelow Gardens on the first Tuesday of the month from 9:00 AM-10:00 AM. She will be at the LCC from 11:00 AM– 12:00 PM on the third Wednesday of the month in the Meeting Room. She will be happy to try and answer any health care concerns you may have.

Odds and Ends

Volunteers are needed for the meals on wheels program to deliver noon time meals to disabled seniors on Mondays, Wednesdays and Fridays from 10:30 AM ~ about 12:00 PM. Volunteers must pass a CORI check. Use of your own vehicle is required and mileage is paid at 55.5¢ a mile. Call the COA office at 978-733-4076 if you are interested in helping out with this program

Swimming

Swimming has resumed for seniors at the Perkins School on Main Street in Lancaster. The pool is available for seniors Monday's and Tuesday's from 10:00AM until 11:30 AM



Helpful Assistance Phone Numbers

Police/ Fire	911
Nashoba Nursing	978-722-3335
Montachusett Home Care	978-537-7411
WHEAT	978-365-9457
Montachusett Opportunity Council 3441	1-800-286-
Lancaster Council on Aging	978-733-4076

Entertainment

Thayer Memorial Library

The library is once again offering free movies to the public starting on
Monday, April 9 1-3:15 Moneyball

Monday, April 23 1-3:10 Hugo

Monday April 30 1-2:45 The Muppets

Free popcorn and beverages will be served.
Senior van transportation will be provided to seniors who make reservations in advance, 978-733-4076

Dick and Dawn

Dick and Dawn entertained a group of folks at the LCC last month. They sang, played the piano and guitar and told jokes. Dick performed some magic tricks. Free cookies and lemonade and coffee was served. The team was upbeat and there were requests for more entertainment. This request is currently being entertained and hopefully we can have another exceptional entertainer come to the LCC next month.

**Stay tuned
for updates!**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Shepherds Pie Mashed Potato Mixed Veggies Whole Wheat Bread Applesauce	3 Gypsy Soup w/Crackers Chef 's Salad Salad Greens(1 cup) 1 oz turkey,1 egg, 1 oz cheese w/Italian Dressing White Bread Pears HDM: Pasta & Pea Salad	4 Roast Chicken w/ Apricot Glaze Carrots Mashed Potatoes Whole Wheat Bread Chocolate Pudding Diet: SF Chocolate Pudding	5 Portuguese Kale Soup Potato Fish Wedge California Blend Whole Wheat Bread Prunes HDM: Corn	6 Stuffed Shells w/Florentine Sauce Italian Green Beans Italian Bread Muffin Diet: Lemon Graham Cookie HDM: Peas
9 Minestrone Soup Roast Pork w/ Rosemary Gravy Mashed Potatoes Whole Wheat Bread Dried Fruit Minestrone Soup	10 Broccoli Cheese Bake Stewed Tomatoes Diced Potatoes Whole Wheat Bread Fresh Orange	11 SPECIAL Baked Ham Scalloped Potatoes Brussels Sprouts w/Honey al- monds Whole Wheat Roll Pear Crisp Diet: Lorna Doones	12 Vegetable Soup w/C Meatballs with Swedish Sauce Egg Noodles White Bread Animal Crackers HDM: Mixed Veg Soup	13 New Orleans Cajun Chicken Brown Rice Winter Blend Vegetables Whole Wheat Bread Artic Ice
16 Holiday	17 Chicken Breast w/ Supreme Sauce Brown Rice Mixed Veg. w/C Italian Bread Apple Turnover Diet: Blueberry Graham Cookie	18 3 C Soup Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Whole Wheat Bread Pears HDM: Green Beans	19 Hot Dog** Carrots Baked Beans Hot Dog Roll Pineapple **High Sodium	20 Chili w/ Cheddar Cheese Rice Corn Rye Bread Fresh Fruit w/C
23 Tomato Chick Pea Soup Chicken w/ Coq Au Vin Sauce Sweet Potatoes Whole Wheat Bread Pears HDM: Peas	24 American Chop Suey Mixed Veg w/C White Bread Fresh Fruit HDM: Green Beans	25 Roast Pork/Brown Gravy Mashed Potato Carrots Whole Wheat Bread Dried Fruit	26 Breaded Baked Fish Cous Cous w/red peppers Broccoli Whole Wheat Bread Artic Ice Diet: Peaches	27 Teriyaki Diced Chicken Brown Rice California Blend Rye Bread Butterscotch Pudding Diet: SF Butterscotch Pud- ding
30 Butternut Macaroni and Cheese w/Breadcrumbs Stewed Tomatoes Rye Bread Fresh Orange HDM: Green Beans	1 Pork Rib/Brown Gravy Red Bliss Potato Green Beans Rye Bread Pudding Diet: SF Pudding	2 Chicken/Lemon Mustard Sauce Mashed Potatoes Carrots Whole Wheat Bread Turnover Diet: Apple Graham	3 Vegetable Gumbo Soup Turkey Salad w/cranberries Pasta Salad (Vinaigrette) Whole Wheat Bread (2) Pineapple HDM: 3 Bean Salad	4 Shredded Beef /BBQ Sauce Peppers & Onions Brown Rice Pilaf Applesauce



BALLROOM DINNER DANCE

DINING AND DANCING ON A SPRING
EVENING.

MAY 12TH

6-10PM

NASHOBA REGIONAL SCHOOL GYM

MUSIC PERFORMED BY NASHOBA ADVANCED JAZZ ENSEMBLE

TICKETS: \$35, PER COUPLE: \$60

SENIORS AND STUDENTS: \$30, PER SENIOR/STUDENT COUPLE: \$50

QUESTIONS? PLEASE CONTACT GILSONHOGAN@GMAIL.COM



LCC and Senior Center

Web: www.lancastercommunitycenter.org
 Email: lancastercommunitycenter@gmail.com



April 2, 2012

Senior Center

On-going Activities in the Senior Center

SENIOR LUNCH - Mon. thru Thurs. at 12
 FREE BREADS/CAKES - Tues., 8:30AM
 BINGO - Tuesdays 1:00-3:00 (note new time)
 CRIBBAGE - Tues and Thurs, 8AM-10AM
 PANCAKES - Tuesdays, 8:30-9:15AM
 COMPUTER CLASS - By Appointment*

*Call [978-263-7962](tel:978-263-7962) to arrange a computer session.

Tuesday Pancakes!

Tuesdays, from 8:30 to 9:15AM, I (David James) will be serving pancakes, orange juice, coffee, and sausage! Donation (\$1) to defray the cost of food is appreciated, but not required. You will notice that Thursday is no longer an official pancake day. I need a day off! Note that I have extended the opening to 8:30 to accommodate the increased attendance.

Phone Numbers

Congregate Meal Site -	978-706-1958
Community Center General Line	978-706-1527
Council on Aging -	978-733-1249
COA Transportation Line -	978-733-4076
Veterans' Representative -	978-706-1754

Save the Date - June 24, 2012!

That is the 1-year anniversary of the opening of the LCC. Plans are in the initial stages for various events that day to celebrate our first year!

Community Center

Tribal Belly Dance Class

Current session: March 6th through April 10th, 6 sessions for \$60. Current session ending soon. Check web site for updates.

<http://www.iulyanadances.webs.com>

This sessions's classes ending soon! Check with the instructor for new schedules.

Pilates - Mondays,
6:15-7:15pm
 LCC gymnasium
 \$80 for eight sessions
 Now thru April 9
DROP-INS WELCOME!

Pilates - Wednesdays,
9-10:00 a.m.,
 LCC gymnasium
 \$80 for eight sessions
 Now thru April 11
DROP-INS WELCOME!

Yoga - Thursdays,
6:30-7:45 p.m.,
 LCC gymnasium
 \$78 for eight sessions
 March 8 thru May 24
DROP-INS WELCOME!

Please pay any fee directly to the instructor.