

Lancaster Senior Citizens Newsletter

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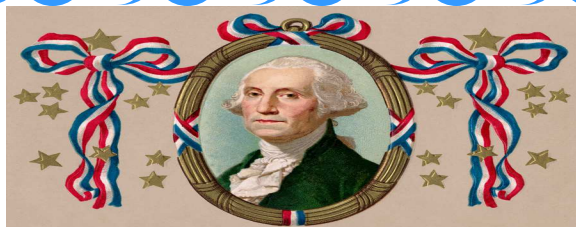
COA Board Members

David James, Chair

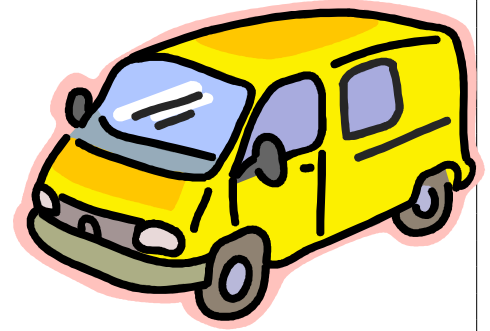
Claire Griffiths, Mary J. MacLean, Elaine M. Bitter, Eileen McRell, Nicole Jimino and Michele Macdonald

The February 2012 COA Meeting will be held on Wednesday February 15, 2012 at 10:00 AM in the Meeting Room at the Community Center. The meeting is open to the public.

The COA and congregate meal site will be closed on February 20, 2012 in observance of President's Day. There will not be van service on that day as well.



Lancaster Senior Citizen Van



For Information and Reservations Call:

978-733-4076—Hours of Operation:

Monday thru Thursday 8:30 AM to 4:40 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 February

February 3, 2012	Searstown/ Whitney Field
February 10, 2012	Wegman's / Northboro
February 17, 2012	Wal-MART/ Jungle Road, Leominster
February 24, 2012	Kohl's/ Target, Leominster

Thayer Memorial Library

NOW is the time to write down your memories!

This class is for YOU and also for your descendants, whether they are living now or yet to be born.

MEMOIR WRITING CLASS

WITH SALLY CRAGIN



**MONDAY, MARCH 5 – MONDAY, APRIL 2 (5 WEEKS)
1:00 - 2:30 PM**

Welcome to your past! In this class, you will have the opportunity to explore your own family history. Instructor Sally Cragin will encourage class members to bring in writing “prompts” in the form of props (yearbooks, scrapbooks, family recipes, objects that have emotional significance) week by week.

This is a FREE discussion and writing class sponsored by the Friends of the Thayer Memorial Library. Each class will include time for writing, with a goal of creating a series of vignettes or a longer reminiscence. **Registration required; class limited to 15.**



Noteworthy

A lot of people don't realize that the Talking Book Library provides **FREE Large Print books as well as audio books** for the visually impaired. This federally funded service is underused, and I hope you'll help us spread the word about it to townspeople.

The collection is housed both in Worcester (at the sub regional center in the Worcester Public Library) and at the Perkins School for the Blind in Watertown. A doctor's signature is required to register. Books/audios (along with special players) arrive by mail to the patron's home, and patrons pop them in the mail free of charge when they're done.

Here's the link for a registration form, FAQs, and other information: <http://www.worcpublib.org/talkingbook/index.htm>

From the Worcester Public Library:

The Talking Book Library provides free services to Massachusetts residents of any age who are unable to read traditional print materials due to a visual or physical disability. The Library has access to more than 800,000 volumes of recorded books, 5,500 large type titles, 900 described video titles and 100 magazines in recorded and Braille format. Providing mail-order service by telephone, as well as immediate service on a walk-in basis, the Talking Book Library serves customers from 9 months to over 100 years old. The Talking Book Library, located at the Worcester Public Library, is funded by the Commonwealth of Massachusetts Board of [Library Commissioners](#).

If you need additional information, please let me know.

Sincerely,

Nancy

Nancy Hayes Clune, 978-368-8928 x4



Bigelow Gardens, Senior Center and LCC Information

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.

Bingo every Tuesday from 1:00PM—3:00 PM at the LCC. Van pick up can be arranged.

A representative from AARP is available to help seniors with their 2011 income tax returns at the Clinton Senior Center. Call 978-365-9416. Appointments available in March and April.

*A representative from New England Farm Workers will come to Lancaster to help people who have **never applied** for fuel assistance before and help with application process. An appointment is necessary. Call 978-733-4076 for more information.*

LCC and Senior Center

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



Thursday, Jan 26, 2012

Attend the Peter Yarrow concert April 1st, Hanover Theater, in Worcester and support the Lancaster Community Center!
<http://www.thehanovertheatre.org/shows/showDetail.php?showID=365>
When you click the above link, and you purchase your tickets through their site, remember to put LCCCAUSE in the "Coupon Code" box, click "Apply Coupon," and then select "Lancaster Com Ctr" in the drop down menu under the "Discount" column for each seat you are purchasing. A portion of your ticket price will be donated to the Lancaster Community Center! Thank you!

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, 8:45-9:15AM
COMPUTER CLASS - By Appointment*

*Call 978-263-7962 to arrange a computer session.

Tuesday Pancakes!

Tuesdays, from 8:45 to 9:15AM, I (David James) will be serving pancakes, orange juice, coffee, and bacon and/or sausage! I recently passed the ServSafe Certification test and am now certified to prepare and serve food. Donations to defray the cost of food appreciated, but not required. You will notice that Thursday is no longer an official pancake day. I need a day off!

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
Commission on Disability -	978-706-1662
Veterans' Representative -	978-706-1754

Community Center

Tribal Belly Dance Class

Current session: January 3rd through February 7th, 6 sessions for \$60.
<http://www.julyanadances.webx.com>

More Classes!

Pilates - Mondays,
6:15-7:15pm
LCC gymnasium
\$80 for eight sessions
STARTED: January 2nd
DROP-INS WELCOME!

Pilates - Wednesdays,
9-10:00 a.m.,
LCC gymnasium
\$80 for eight sessions
STARTED: January 4th
DROP-INS WELCOME!

Yoga - Thursdays,
6:30-7:45 p.m.,
LCC gymnasium
\$78 for eight sessions
STARTED: January 12th
DROP-INS WELCOME!

Please pay any fee directly to the instructor.

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LCC 39 Harvard Road

Dave James does a fantastic job serving breakfast on Tuesday mornings from 8:45 AM till 9:15 AM. He serves the best pancakes (made to order) crisp bacon/ and or sausages, coffee and juice that you could ask for. A modest donation is requested but not required. If you like a great breakfast and enjoy the camaraderie of others come on down! I have taken advantage of this event and can assure you it's a meal that is worthy of four ★★★★★ This is open to all and transportation is provided for seniors if you call the transportation line at 978-733-4076 24 hours in advance. We look forward to seeing you there!



Pat Ciampaglia Interim Director Lancaster COA

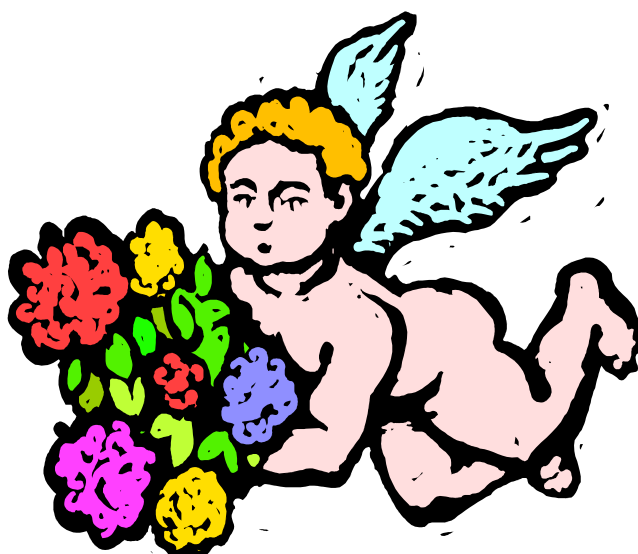
Happy Valentines Day

It's More Than Saying I Love You

I wondered behind the city walls,
Waiting for the birds of Heaven,
To take me towards You; Angel,
You departed so early,
To the point of no return,
You passed away with the sole tie,
That binds us together,
Please let me see you once,
Allow me one chance,
To see you even in dreams,
And I shall be glad and thankful,
Because I only dreamed to love you,
And be with you,
No matter where, when or how,
Just believe me,

I will no longer stand behind the city walls,
and when my night falls,
I shall see you at the Gates of Heaven.

Waheb FERACHE, Algeria



DID YOU KNOW.....

...there are 206 bones in an adult body.

...that the cerebrum part of your brain helps you to remember things.



...that the stomach is part of your digestive system and acts

like a mixer.

...that bile, juice from your liver, helps to absorb fats in the

bloodstream.

...that a sneeze travels 100 miles per hour.

...that your hair will grow about half an inch in a month. It will

take 72 months (6 years) for it to grow 3 feet.

WHAT IS DIABETES?

Diabetes is a disease of high blood sugar. Your body's main source of energy is glucose. Glucose is a simple form of sugar that is broken down from carbohydrates (sugar and starches) and is used for energy by the body. It is important to balance the level of sugar in your body. Your body has to do this by releasing insulin, a hormone made by the pancreas. Insulin moves the sugar from your blood into your cells to use for energy.

There are four types of diabetes. Two types that affect older adults are pre-diabetes and type 2 diabetes. Pre-diabetes occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes. Type 2 diabetes is when the body does not make enough insulin or the insulin that the body makes does not work the way that it should. The body may also keep making sugar even though it does not need it.

Two tests to monitor blood sugar are A1C and blood screening. The A1C test is a standard test that shows the average amount of sugar (glucose) in your blood over the past 2-3 months—as well as how well your blood sugar level are being controlled over time. Blood screening with a monitor is obtained from a fingerstick sample of blood. It will

Ways to control your blood sugar is healthy eating, exercise and talking with your doctor.

Come to the well adult clinic and visit with the town nurse.

Come to the well adult clinic and visit with the town nurse.

Diabetes Myths

Myth #1: PEOPLE WITH DIABETES CAN'T EAT SWEETS OR CHOCOLATE

If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more “off limits” to people with diabetes, than they are to people without diabetes.

Myth #2: EATING TOO MUCH SUGAR CAUSES DIABETES

No. Diabetes is caused by a combination of genetic and lifestyle factors. However, being overweight does increase your risk of developing type 2 diabetes. If you have a history of diabetes in your family, eating a healthy meal plan and regular exercise are recommended to manage your weight.

Myth #3 PEOPLE WITH DIABETES SHOULD EAT SPECIAL DIABETIC FOODS

A healthy meal plan for people with diabetes is the same as that for everyone – low in fat (especially saturated and trans fats), moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit. Diabetic and “dietetic” versions of sugar containing foods offer no special benefit. They still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

Myth #4 IF YOU HAVE DIABETES, YOU SHOULD ONLY EAT SMALL AMOUNTS OF STARCHY FOODS, SUCH AS BREAD, POTATOES AND PASTA

Starchy foods are part of a healthy meal plan. What is important is the portion size. Whole grain breads, cereals, pasta, rice, and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. The key is portions. For most people with diabetes, having 3-4 servings of carbohydrate containing foods is about right. Whole grain starchy foods are also a good source of fiber which helps keep your gut healthy.

Myth #5 PEOPLE WITH DIABETES ARE MORE LIKELY TO GET COLD AND OTHER ILLNESSES

No. You are no more likely to get a cold or other illness if you have diabetes. However people with diabetes are advised to get flu shots. This is because any infection interferes with your blood glucose management, putting you at risk of high glucose levels and for those with type 1 diabetes, and increased risk of ketoacidosis.

Myth #6 FRUIT IS A HEALTHY FOOD, THEREFORE IT IS OK TO EAT AS MUCH OF IT AS YOU WISH

Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruit contains carbohydrates, it needs to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat.

Myth #7 YOU DON'T NEED TO CHANGE YOUR DIABETES REGIMEN UNLESS YOUR A1C IS GREATER THAN 8 PERCENT

Suggested voluntary donation is now \$2.25 per meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Your donations help keep the meals coming!</p> <p>Did you know you can use SNAP as your donation? If you are interested call Jessica at the MOC office at 978-345-8501.</p>		<p><i>Feb 1</i></p> <p>Hamburg and Zit Bake With Cheese(2 compartments) California Blend Veg Rye Bread Fresh Fruit</p>	<p>2</p> <p>Gypsy Soup Breaded Chicken Cutlet Scalloped Potatoes Multigrain Bread Pineapple HDM: Peas</p>	<p>3</p> <p>Beef Stew Boiled Potatoes Green Beans Whole Wheat Bread Mandarin Oranges</p>
<p>6</p> <p>Hot Dog Carrots Baked Beans Hamburger Bun Pineapple</p>	<p>7</p> <p>Lentil Spinach Soup w/Crackers Baked Chicken w/ Apricot Glaze, Brown Rice Whole Wheat Bread HDM:Spinach Peach Cup Diet: Peaches</p>	<p>8</p> <p>2 ea stuffed shells w/meat(1oz) sauce Italian Green Beans Wheat Bread Cherry Muffin Diet: Lemon Graham Cookie HDM: Peas</p>	<p>9</p> <p>Tomato Rice Soup Turkey w/Gravy Mashed Potatoes White Bread Fresh Fruit HDM: Mixed Vegetables</p>	<p>10</p> <p>Roast Pork w/ Rosemary Gravy Sweet Potatoes Winter Blend Veg. Rye Bread Cinnamon Applesauce</p>
<p>13</p> <p>Vegetable Soup Roast Chicken w/ Tarragon Sauce Mashed Potatoes Whole Wheat Bread Fruited Jello with Pears HDM: Vegetable soup</p>	<p>Valentines' Day Special</p> <p>Cheese Ravioli w/ Newburg Sauce Italian Green Beans Beets Whole Wheat Dinner Roll Apple Cherry Crisp Diet: Apple Cheery Compote</p>	<p>15</p> <p>Chili(Beef) w/ Cheddar Cheese Corn Carrots Rye Bread Fresh Fruit</p>	<p>16</p> <p>Teriyaki Chicken w/Brown Rice Winter Blend Vegetables Whole Wheat Bread Yogurt</p>	<p>17</p> <p>Meatballs with Swedish Sauce Egg Noodles Green Beans/red pepper White Bread Pineapple</p>
<p>20</p> <p>Holiday</p>	<p>21</p> <p>Chicken Breast Cacciatore Ziti Spinach Italain Bread Cutie Pie Diet: Blueberry Graham Cookie</p>	<p><i>22 Ash Wednesday</i></p> <p>Broccoli Bake Stewed Tomatoes Green Peas Italain Bread 1/4cup dried fruit</p>	<p>Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Rye Bread Pears</p>	<p>24</p> <p>Pea Soup Tuna Salad Marinated Winter salad Hot Dog Roll Tropical Fruit HDM : Split Pea Soup</p>
<p>27</p> <p>Minestrone Soup Chicken w/ Coq Au Vin Sauce Couscous with Onions,Peas, and carrots Whole Wheat Bread Pineapple HDM: Minestrone Soup</p>	<p>28</p> <p>Sheppard's Pie Mashed Potato Carrots Rye Bread Butterscotch Pudding Diet: SF Butterscotch Pudding</p>	<p>29</p> <p>Marinated Diced Chicken (w/garlic,lemon,lime,cilantro) Corn and Black Beans Brown Rice Whole Wheat Bread Fresh Fruit</p>	<p>March 1</p> <p>Baked Ham Steak w/ Raisin Sauce Oven Roasted Potatoes Broccoli White Bread Blueberry Grahams</p>	<p>2</p> <p>Butternut Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Peach Cup HDM : Mixed Vegetables Diet: Applesauce</p>