

Lancaster Senior Citizens Newsletter

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

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Alexandra Turner Director

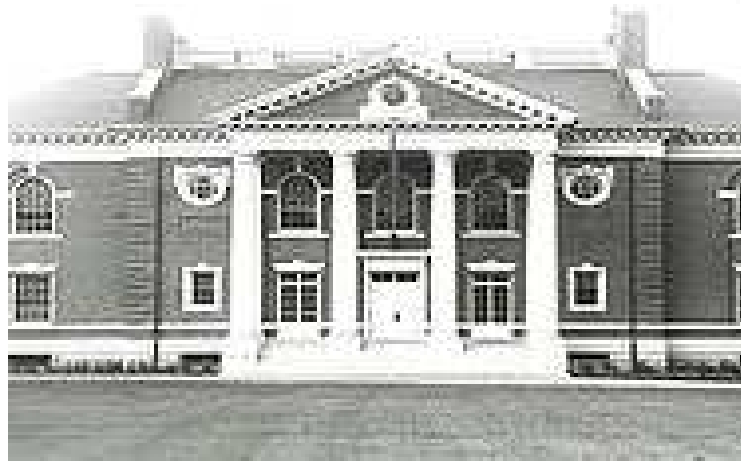
COA Board Members

David James, Chair

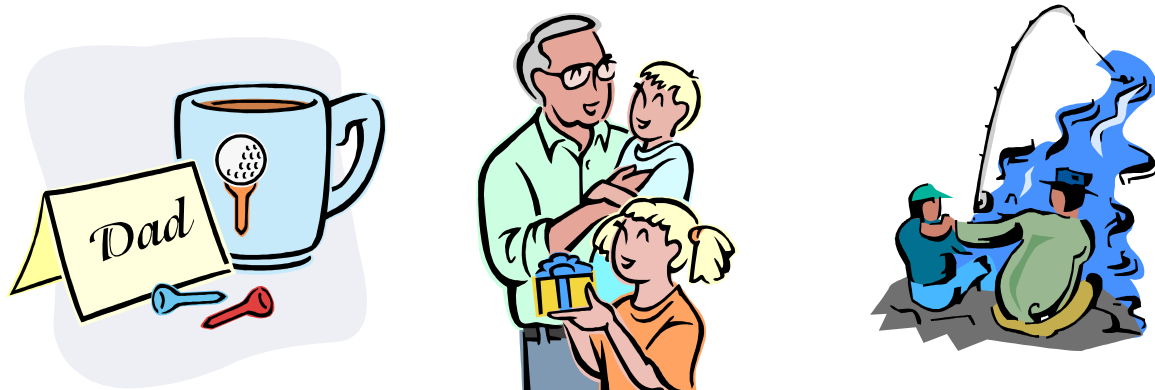
Claire Griffiths, Mary J. MacLean, Elaine M. Bitter, Eileen McRell, Nicole Jimino , Michele Macdonald

The next Council on Aging board meeting will be held on Wednesday June 20, 2012 at 10:00 AM in the LCC meeting room. The public is invited.

The SHINE councilor is available to meet with seniors Tuesdays and Thursdays from 11:00 AM ~ 1:00 PM in the LCC Meeting Room, 39 Harvard Road, Lancaster, MA. This is also where the Senior Center is located. For more information call 978-733-4076



Happy Father's Day June 17, 2012



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 June 2012

June 1, 2012

Water Tower Plaza/ Leominster

June 8, 2012

Searstown/ Whitney Field

June 15, 2012

KMART

June 22, 2012

Target / Marlborough

June 29, 2012

Wal-Mart/ Jungle Rd. Leominster

Medical Information



Animal lovers have always known it. Now health researchers are confirming it: animals are good for your health. Just 10 minutes of physical interaction with a beloved pet can lower blood pressure and increase finger temperature— both clear signs of relaxation-according to a number of research studies.

Benefits to people with high blood pressure have been documented as well. A recent study showed that pets can do what medicine cannot. It involved two groups of stockbrokers who were already being treated with ACE-inhibitor therapy.

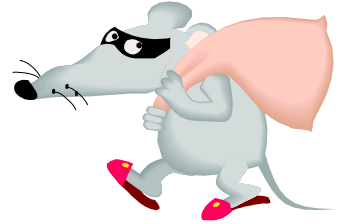
The study found significant differences in their physiological reactions to stress tests. Those with pets were about half as reactive to stressors. This study demonstrates the health effects of pets in conjunction with medication. That's significant because it's well known that this type of medication plays an important role in controlling resting blood pressure, but does not control blood pressure related to stress.

Another study of people with borderline hypertension shows equally encouraging results. Two groups were evaluated for their reactions to psychological stress tests and monitored for several days. The group with dogs in the home reduced resting blood pressure (to within normal range) and reactivity to stress, as well as ambulatory blood pressure, even while at work. The lowest pressure was recorded on the day participants took their dogs to work.



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.

FINANCIAL SCAMS TARGETING THE ELDERLY



1. Medicare Fraud: In these cases, the scam artists pose as Medicare representative and get personal information from the individual. They often provide bogus services at makeshift mobile clinics and then use the information to bill Medicare and keep the money.
2. Counterfeit prescription drugs: These scams often operate over the Internet offering lower than normal prices on medications. They are not only a waste of money of but may also may do physical harm due to unsafe drugs.
3. Funeral and cemetery scams: There are several types. Some funeral homes take advantage of a family member's unfamiliarity with funeral costs and add unnecessary charges. Another funeral directors insisting the most expensive casket is needed even for cremation.
4. And another: Scammers read newspaper obituary pages and contact the grieving spouse saying the deceased has a debt—which is typically untrue—and the scammer wants to collect it.
5. Scammer reads obituary page; noting the time of a funeral; uses the phone book or goes online to determine the spouse's address; and during the funeral robs the home.
6. Fraudulent anti—aging products: The search for the fountain of your continues. Scammers offer fake Botox, such as with the scam in Arizona that netted \$1.5 million in less than a year.
7. Charity scam: Money is solicited for fake charities, often the case following natural disasters.

The bottom line is if you think something sounds too good to be true it probably is. There is no free lunch! Call your local police department if you have questions or concerns about someone trying to scam you.

Announcing a Caregiver's Support Luncheon sponsored by the Shirley COA and the MA Dept of Elder Affairs (via a SIG Grant)

"Is it a senior moment or something more?"

As you all know, Caregivers are an over worked, many times under appreciated segment of our target audience. Many are seniors caring for other seniors and some are "youngster" in their 50's with elderly parents. We are planning a luncheon to begin working closer with this group. A key to being successful in the long run is to begin to identify as many local caregivers as possible.

With this initial program, we are reaching out to all caregivers who do not typically attend programs like support groups. The goal is to expand the reach of the Montachusett Home Care (MHC) Caregivers support program and our local COA activities and be able to help more caregivers. We want to provide support as best we can and to understand key issues that are causing stress and health issues.

To accomplish this, we will be utilizing the Alzheimer's Association programs which have been approved by Elder Affairs already. MHC's caregiver support program manager will drive this portion of the activity. We will focus on reaching a more generic caregiver audience since rural communities may not be able to generate a significant audience for Alzheimer's alone. The Topic selected is *"10 early warning signs"*.

We expect to be able to create an 'anxiety free" environment which will allow us to get a better attendance than we might otherwise see if we ran a "support group" or a group discussion. It will be HOSTED by Shirley COA at our senior center along with MHC and the Ashby COA. As seen by this note to you, we plan to engage with many of the rural communities in our region. As rural communities, individually we have trouble obtaining critical mass to make such programs viable. Collectively, we believe we can reach more caregivers and begin to make them aware of issues and services that will assist them to stay healthy themselves and to work better with their loved ones and the local service providers. As you can see from the distribution list, we have sent this note to the COA Director's in Ayer, Groton, Lunenburg, Lancaster, Harvard, Pepperell, Ashby and Townsend to make the information available to as many people as possible.

We will be offering the program on June 19th beginning at 12:30. As an enticement to attend, we will use a portion of the grant to provide respite care for the 3-4 hours required for the caregiver to attend. This will be managed by MHC as they have the resources already in place. In addition, we will provide a simple lunch as a way of making the environment comfortable and to solicit more involvement by each of the participants.

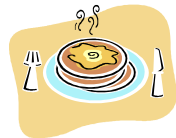
For more information contact the Montachusett Home Care @ 978-466-5400.



Meals

Meals on Wheels are available for homebound seniors over 60. If you have limited mobility and qualify for home delivered meals call MOC at 1-800-821-6141 ext. 1, or call the COA at 978-733-4076. There is a \$2.25 per meal suggested donation.

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 nutritious meal served by caring, friendly individuals. A nice place to have enjoyable conversations with other seniors. 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 8:30 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 delicious.

excellent! It's worth getting up early for. A small donation is sug-



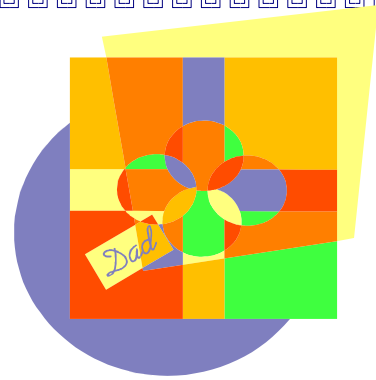
Bigelow Gardens

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

Bingo~ Every Wednesday and Friday from 1:30 PM to 3:30 PM. Open to all seniors

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

Thank you Dad!



by [Kylie Munoz](#)

Dad, you've always been there for me and I don't think I've ever really said thank you.
No matter where I was or what you were doing,
You came to my aid and rescued me.
But I don't think I really said thank you.
You showed me a path, I couldn't find alone.
You showed me how to succeed, without giving up on me.
And strangely, I don't think I ever said thank you.
You picked me up, whenever I fell.
You took heat from me and were badly hurt.
But again, I don't think I ever said thank you.
I've been in your life for almost 29 years.
There are so many things that you have done for me.
And yet again, I still don't think I said thank you.
You have shared your words of wisdom.
You have taught me well on life's lessons.
Yet, I have this lingering feeling that I have not said thank you.
I have watched you rise, I have watched you fall.
No matter what happens though,
I am still grateful, that you are in my life.
You've taught me well to be who I am and again,
I have not said thank you.
I want to change that, right now.
THANK YOU DAD, for everything you have ever said or done,
To make my life better, the way it is today.
THANK YOU DAD, for showing me the right path,
For giving me the love and support only a father could give to his daughter.
THANK YOU DAD, for being the man that you are today,
For being the man, you've always been.
THANK YOU DAD, for seeing the light and staying with us,
And for helping me be the woman I am now.
THANK YOU DAD, for all of your hard work and compassion.
For looking after your family like a real man should.

Informational Meeting May 21, 2012



The COA would like to thank all of the following area agency representatives for sharing their areas of expertise informing folks on how to acquire their services if the need arises. Police, Andy Shaw and Ronald Knoll, Fire, TJ Coolidge, Bigelow Gardens, Wanda Munding, Montachusett Home Care, Joyce Ryane, MOC, Jennifer Ayers, Nashoba Nursing, Tamara Bedard, SHINE, Gretchen Pruden, Veterans Agent, Roland Nelson. Local Cable TV channel 8 will broadcast the presentations from May 28, 2012 through June 10, 2012 at 2:00 PM and 8:00 PM.



Growing Places Garden Project at the Senior Center

Greg Stirk is doing a fantastic job of not only maintaining his garden at the Senior Center but also planting, weeding, fertilizing, watering and doing whatever he deems necessary to make sure all of the raised beds are being taken care of. He will be harvesting an abundance of vegetables in the upcoming months. If anyone is interesting in helping Greg care for the garden

they can
call
the Senior
Center at 978-
733-



they can
call
the Senior
Center at 978-
4076.

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 ext 1.</p>				<p>1</p> <p>Spinach Lentil Soup W/ Crackers Pulled Pork W/ BBQ Sauce Red Bliss Potato Sub Roll Fresh Fruit HDM: Green Bean w/ tomato</p>
<p>4</p> <p>Roast Turkey W/ Brown Gravy Mashed Potato Mixed Veggies Wheat Bread Fresh Fruit</p>	<p>5</p> <p>American Chop Suey Green Beans Wheat Bread Tropical Fruit HDM: Carrots</p>	<p>6 COLD PLATE</p> <p>Frozen Split Pea Soup W/ Crackers Deli Ham & Cheese Coleslaw Hamburger Roll Pears</p>	<p>7</p> <p>Roast Chicken W/ Marsala Sauce Scalloped Potato Carrots Rye Bread Rice Pudding Diet: SF Rice Pudding</p>	<p>8</p> <p>Meatballs W/ Mushroom Gravy Rice Pilaf Brussels Sprouts Italian Bread Cherry Turnover Diet: Blueberry Graham</p>
<p>11</p> <p>Lasagna Spinach Italian Bread Pear W/ Lime Jello HDM: Carrots</p>	<p>12 COLD PLATE</p> <p>Vegetable Gumbo Soup W/ Crackers Chicken Caesar Salad Pasta Salad Dinner Roll Fresh Fruit w/ C HDM: Three Bean Salad</p>	<p>13</p> <p>Sweet & Sour Meatballs Broccoli Brown Rice Multigrain Bread Muffin Diet: Lemon Graham</p>	<p>14</p> <p>Meatloaf W/ Brown Gravy Mashed Potato Mixed Veggies Wheat Bread Vanilla Pudding Diet: SF Van. Pudding</p>	<p>15</p> <p>Grilled Chicken W/ Chick Pea Sauce Sweet Potato Italian Blend Rye Bread Dried Fruit</p>
<p>18</p> <p>Fish Sticks California Blend Diced Potato Wheat Bread Muffin Diet: Graham</p>	<p>19</p> <p>Penne W/ Bolognese Sauce Mixed Veggies Italian Bread Applesauce w/ C HDM: Peas</p>	<p>20 FATHER'S DAY SPECIAL</p> <p>Pot Roast W/ Jardiniere Gravy Baked Potato Green Beans/Almonds Wheat Roll Peach Crisp Diet : Cinn. Peaches</p>	<p>21</p> <p>Fr Minestrone Soup W/ Crackers Roast Chicken Picatta Egg Noodles Rye Bread Fresh Orange</p>	<p>22</p> <p>Broccoli Bake Stewed Tomatoes Multigrain Bread Chocolate Pudding Diet: SF Choc. Pudding HDM: Green Beans</p>
<p>25</p> <p>Hot Dog Baked Beans Carrots Hot Dog Bun Pineapple</p>	<p>26</p> <p>Roast Pork W/ Gravy Mashed Potato Green Beans Multigrain Bread Butterscotch Pudding Diet: SF Butterscotch Pudding</p>	<p>27</p> <p>Roast Chicken W/ BBQ Sauce Red Bliss Potato Brussels Sprouts Wheat Bread Prunes</p>	<p>28 COLD PLATE</p> <p>Portuguese Kale Soup W/ Crackers Tuna Salad Pasta Salad Sub Roll Turnover Diet: Graham HDM: Applesauce</p>	<p>29</p> <p>Empanada Pico de Gallo Spanish Rice Blend Veg Fresh Fruit</p>

LCC and Senior Center



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

May 31, 2012

Lancaster Old Fashioned Community Day - June 24, 2012!

That is the 1-year anniversary of the opening of the LCC. Join us for music, games, food, and fun from 12-5pm that day to celebrate our first year!

Senior Center

Welcome to our new COA Director:

Alexandra "Alix" Turner

Join us on Friday, June 1, at 12PM, for a light lunch in the Senior Center to meet Alix. Alix will be transitioning into the position over the next week or two.

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. Note that I've 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
Commission on Disability	978-706-1527
Council on Aging -	978-733-1249
COA Transportation Line -	978-733-4076
Veterans' Representative -	978-706-1754

Community Center

Tribal Belly Dance Class

Current session: Tuesdays, 7:30-8:30PM, through June 12.

6 sessions for \$60. Check web site for updates.

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

More On-Going Classes at the LCC.

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

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

Yoga - Done for the summer!
Watch for the Fall schedule.

Please pay any fee directly to the instructor.

**Check out the new
Community Gardens behind
the LCC. Thanks to
Growing Places for their
donation.**