

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**

March 2012

COA Board Members

David James, Chair

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

**The March 2012 COA Meeting will be held on Wednesday March 21,
2012 at 10:00 AM in the Meeting Room at the Community Center.
The meeting is open to the public.**

**The SHINE counselor is available Tuesday from 10:00 AM
till 1:00 PM and Thursday's from 10:00 AM till 12:00 PM.
To make an appointment call 978-733-4076**



Happy Saint Patrick's Day

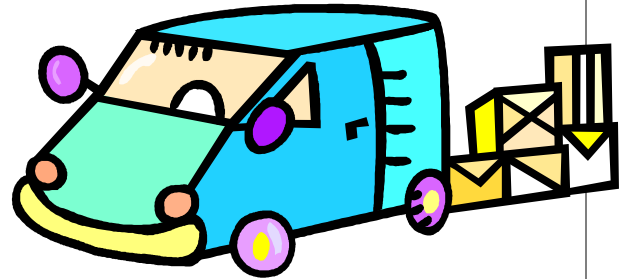
Lancaster Senior Citizen Van

For Information and Reservations Call:

978-733-4076—Hours of Operation:

Monday thru 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 March

March 2, 2012	Water Tower Plaza/ Leominster
March 9, 2012	Searstown/ Whitney Field
March 16, 2012	Solomon Pond/ Marlborough
March 23, 2012	Wal-MART/ Jungle Road, Leominster
March 30, 2012	Kohl's/ Target, Leominster

Noteworthy

Virtual Travel Series Presents Author Michael Tougias...and More

On Tuesday, March 6 at 7 pm, travel and adventure writer Michael Tougias will present a 1-hour talk and slide show on the Quabbin Reservoir, including a natural history tour of the wildlife there. Part of the library's Virtual Travel Series, this free program is sponsored by the Greater Worcester Community Foundation, Rosemary Davis Memorial Fund.

The following Tuesday, March 13 at 7 pm, Australian Brett Barton of Lancaster will present "Off the Beaten Path in the Outback of Australia." Barton, who served as a professional tour guide in the Outback, will share his stories of Australia's unique territory. This free program is sponsored by the Friends of the Thayer Memorial Library.

On Tuesday, March 20 at 7 pm, Danielle Beaudette will present "Traveling the Tea Country of India and Sri Lanka." A member of the Specialty Tea Institute, she has traveled extensively to learn about tea. Several freshly brewed teas will be available for sampling. This free program is sponsored by the Friends of the Thayer Memorial Library.

Nancy

Nancy Hayes Clune

Assistant Director/Adult Services Librarian

Thayer Memorial Library 978-368-8928 x 4

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 Wednesday and from 1:30 PM till 3:30 PM. All

Bingo every Tuesday from pick up can be arranged.

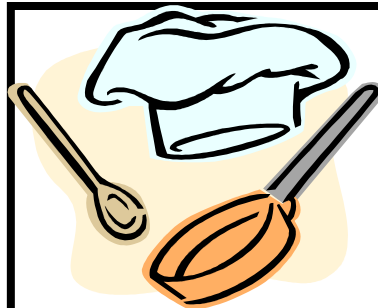


Thursday at Bigelow Gardens Seniors welcome

1:00PM—3:00 PM at the LCC. Van



Meals for seniors are served at the Senior Center at 39 Harvard Road Monday through Thursday from 11:45 AM until 1:00 PM. Reservations are required at least 24 hours in advance, call 978-706-1958. A menu is published at the back of this newsletter. A lot of effort is put into this program and you will get a nutritious meal for a suggested donation of \$2.25.



If you haven't taken advantage of this breakfast you are missing the best deal in town.

The price is right, the food is great and it's a lot of fun. Please join us and see what you've been missing. You won't be sorry!

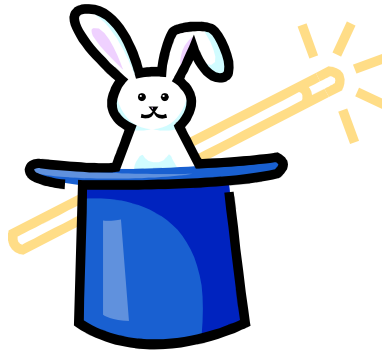
LCC 39 Harvard Road



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 stars! 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!

Free Entertainment for seniors Monday March 19, 2012

From 1:00 PM until 2:00 PM At the LCC 39 Harvard Road



LIVE MUSIC, MAGIC and COMEDY

Variety Show With

“MUSIC IS LOVE”

Dick and Dawn

Dawn Kelley on the Amazing Piano Keyboard that sounds like a full orchestra, including bass, and drums.

Dick Miller on the beautiful Les Paul Guitar and Magician Extra ordinaire.

Piano, Guitar, Vocals, Magic, and Comedy

Specializing in Great Old Favorite Popular Songs form the 1930's, 1940's, 1950's and 1960's.

Come on down and enjoy a lively entertaining time!

Odds and Ends



The Lancaster COA has assistance devices to loan or give to Seniors who need a walker, shower seat or pronged cane. If you have a need for any of this equipment call the COA at 978-733-4076.

Arts and Crafts



Gloria has offered to conduct classes on Artistic

Cutouts. You can create beautiful paper designs with just a pair of scissors and a piece of paper. She has created valentines, snowflakes, hearts, Easter eggs, cupids and other decorative pieces that you can either hang up like a mobile or paste in your window. These classes are free. All you have to bring is a pair of scissors and yourself to create your design. Paper will be supplied. Gloria will be available on the following Wednesdays from 1:00 PM till 2:00 PM at the Senior Center, March 7, March 21, and March 28th. You do not need to be artistically inclined to enjoy this class. We hope to see you there! For more information call the COA at 978-733-4076.

Speaking of Dogs.....

Every Dog Has A Gift

By Rachel McPherson

A construction worker who loses his leg-

And his will to live— after an on the job

Accident. A little boy whose autism keeps him locked in his own

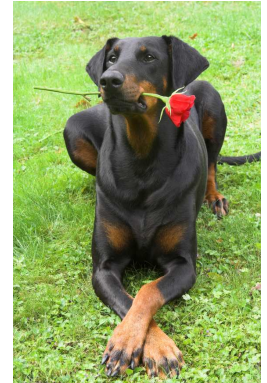
World. A girl for whom reading is a gigantic struggle. Their stories-and those

of the dogs who helped them—are what make this a hymn of praise to the

pups who make people's lives better. McPherson is founder and executive di

rector of the Good Dog Foundation. Read these stories and you'll think, Not

good dogs— *great dogs!*



Beat the Winter Itch: The Moist Skin Recipe



Here are some suggestions to stop that scratching:

Lotions are good for most parts of your body, but *creams* are best for the really rough areas such as elbows, knees, hands and feet.

Try **not** to use **bath oils** because they don't stay on the skin very long and make the tub slippery and more dangerous.

Apply a moisturizer after you take a bath or shower. This will help keep your skin hydrated. Pat, **DO NOT RUB**, dry! It's often best to take a bath or shower before you go to bed. Cold dry air tends to cause the moisture on your skin to evaporate, setting up a cycle of drier skin.

Drink plenty of **water** (as long as you have no fluid restrictions), not soda or caffeinated beverages. Breathing, sweating and most of your other bodily processes remove water from your cells. That's why it's so important to drink at least 6-8 glasses of water every day.

Avoid long showers or baths, use warm water, not hot, and try not to use scented soaps or detergents.

Don't wear wool or other scratchy materials against your skin.

Wear gloves when washing dishes, or if your hands are exposed to harsh chemicals.

Consider getting a cool-mist humidifier during the heating season to increase the moisture in the air.

Don't lick chapped lips because this will lead to even more fluid loss and more lip cracking.

Essential fatty acids are crucial to keeping your skin healthy. Find them in your favorite foods: (Omega-6) poultry, grains, cooking oils, (Omega-3) cold-water fish like salmon and sardines, kidney beans, walnuts, and spinach

Excessive sun exposure can actually age your skin, causing it to look & feel dry and leathery.

Resources:

WebMd-online resource, "winter itch"Discovery Health (www.health.howstuffworks.com) Dry Skin: Stop Scratching

This Winter by Dr.Rob Danoff

Dry Skin and Itching - When to Call a Doctor

Call your doctor if:

You itch all over your body but there is no obvious cause or rash

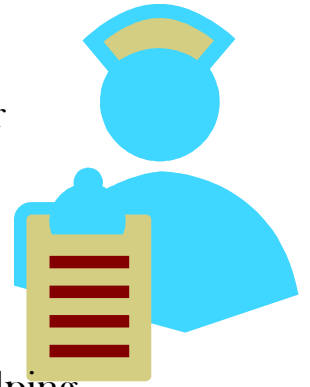
Itching is so bad that you cannot sleep and home treatment is not helping.

Your skin is badly broken from scratching.

You see signs of infection, including:

Increased pain, swelling, redness, warmth, or tenderness.

Red streaks extending from the area.



Falls and Older Adults

Devices to Help Prevent Falls

Appropriate use of assistive devices can prevent harmful falls. These devices may include canes, walkers, and reachers. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely. Talk with your doctor about having a physical therapist or occupational therapist assess your device needs

Falls and Older Adults

Fall Proofing Your Home

Take steps to "fall proof" your home, both inside and outdoors. To make your home safer, you can

- **remove or avoid safety hazards**
- **improve lighting**
- **install handrails and grab bars**
- **move items to make them easier to reach.**

Falls and Older Adults

Causes and Risk Factors

Risk Factors

Scientists have linked a number of personal risk factors to falling.

- **Muscle weakness, especially in the legs, is one of the most important risk factors.** Older people with weak muscles are more likely to fall than are those who maintain their muscle strength, as well as their flexibility and endurance.
- **Your balance and your gait -- how you walk -- are other key factors.** Older adults who have poor balance or difficulty walking are more likely than others to fall. These problems may be linked to a lack of exercise or to a neurological cause, arthritis, or other medical conditions and their treatments.
- **Blood pressure that drops too much when you get up from lying down or sitting can increase your chance of falling.** This condition -- called postural hypotension -- might result from dehydration, or certain medications. It might also be linked to diabetes, neurological conditions such as Parkinson's disease, or an infection.
- **Some people with postural hypotension feel dizzy when their blood pressure drops.** Other people don't feel dizzy, even if their blood pressure drops a lot when they get up.
- **Your reflexes may also be slower than when you were younger.** The increased amount of time it takes you to react may make it harder to catch your balance if you start to fall.
- **Foot problems that cause painful feet, and wearing unsafe footwear can increase your chance of falling.** Backless shoes and slippers, high-heeled shoes, and shoes with smooth leather soles are examples of unsafe footwear that could cause a fall.
- **Sensory problems can cause falls, too.** If your senses don't work well, you might be less aware of your environment. For instance, having numbness in your feet may mean you don't sense where you are stepping.
- **Not seeing well can also result in falls.** One reason is that it may take a while for your eyes to adjust to see clearly when you move between darkness and light.
- **Other vision problems contributing to falls include poor depth perception, cataracts, and glaucoma.** Wearing multi-focal glasses while walking or having poor lighting around your home can also lead to falls.
- **Confusion, even for a short while, can sometimes lead to falls.** For example, if you wake up in an unfamiliar environment, you might feel unsure of where you are. If you feel confused, wait for your mind to clear or until someone comes to help you before trying to get up and walk around.

MOC Elder Services
356B Broad St.
Fitchburg, MA 01420

March 2012

All meals include 1% Milk

Your Donations Help Keep the Meals Coming
Suggested Voluntary Confidential Contribution \$2.25

PLEASE CALL YOUR MEAL SITE AHEAD TO MAKE RESERVATION

Questions: Please call 1-800-286-3441 or 978-345-8501

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?</p> <p>If you are interested call Jessica at the MOC office at 978-345-8501.</p>			<p>1</p> <p>Teriyaki Diced Chicken Brown Rice Oriental Blend Veggies White Bread Blueberry Graham</p>	<p>2</p> <p>Butternut Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Peach Cup HDM: Mixed Vegetables Diet: Applesauce w/C</p>
<p>5</p> <p>3C Soup Roast Turkey w/Gravy Mashed Potato Whole Wheat Bread Pears HDM: Peas</p>	<p>6</p> <p>BBQ Rib Patty Red Bliss Potatoes Brussels Sprouts Whole Wheat Dinner Roll Turnover Diet: Cinnamon Diced Apples</p>	<p>7</p> <p>Minestrone Soup Chicken Breast w/ Mushroom Sauce Brown Rice Pilaf Rye Bread Peach Cup Diet: Mandarin Oranges HDM: Mixed Vegetables</p>	<p>8</p> <p>American Chop Suey Broccoli/Cauliflower Blend White Bread Banana Pudding Diet: SF Banana Pudding</p>	<p>9</p> <p>Lasagna with Tomato Sauce Carrots Italian Bread Pineapple HDM: Green Beans</p>
<p>12</p> <p>Diced Chicken White Bean Chili Green Beans Brown Rice Whole Wheat Bread Pineapple</p>	<p>13</p> <p>Lentil Spinach Soup Roasted Chicken w/Chick Pea Sauce Cauliflower/Red Peppers 5 Grain Bread ¼ C. Dried Fruit HDM: Spinach</p>	<p>14</p> <p>Penne w/ Bolognese Sauce(2 Compartment) Winter Blend Whole Wheat Bread Apple-Cinnamon Muffin Apple Cinnamon Graham</p>	<p>15</p> <p>Special Corned Beef Hash Carrots Cabbage/Balsamic Glaze Rye Bread Pear Lime Jello</p>	<p>16</p> <p>Pea Soup Breaded Fish Wedge Cous Cous with Carrots Whole Wheat Bread Fresh Orange HDM: Pea Soup</p>
<p>19</p> <p>Portuguese Kale Soup Chicken Breast w/ BBQ Sauce Brown Rice Whole Wheat Bread Chocolate Chip Cookie Diet: Blueberry Graham HDM: Spinach</p>	<p>20</p> <p>Roast Pork/applesauce Mashed Potato Mixed Vegetables Rye Bread Chocolate Pudding Diet: SF Chocolate Mouse</p>	<p>21</p> <p>Tomato Cabbage Soup Chicken Salad w/Cranberries Italian Pasta salad Small Sub Roll HDM: Vit C Applesauce Fresh Fruit</p>	<p>22</p> <p>Meatballs/Swedish Sauce Noodles Broccoli Rye Bread Pears</p>	<p>23</p> <p>Tuna Casserole Carrots Whole Wheat Bread Peach Cup Diet: Mandarin Oranges</p>
<p>26</p> <p>Mulligatawny Soup (w Carrots) Ham & Cheese Bake Diced Parsley Potatoes Rye Bread Fresh Fruit w/C HDM: Mixed Vegetables</p>	<p>27</p> <p>Breaded Chicken Cutlet/Marsala Sauce Brown Rice Brussels Sprouts Multigrain Bread Stewed Prunes</p>	<p>28</p> <p>Beef Stew Boiled Potatoes Green Beans Whole Wheat Bread Applesauce w/C</p>	<p>29</p> <p>Vegetable Soup Roast Chicken w/ Rosemary Gravy Mashed Potatoes Whole Wheat Bread Tapioca Pudding Diet: SF Tapioca Pudding HDM: Carrots</p>	<p>30</p> <p>Fish Sticks Broccoli Corn Apple Turnover Diet : Lemon Graham HDM: Lemon Supreme Sauce</p>

Menu is subject to change without notice. Home Delivered Meals may receive vegetable in place of soup or salad.

Diet= diet dessert per request

HDM= Home Delivered Meals

**** = High Sodium Entree - all HDM high sodium entrees are substituted with a low sodium entree**



Free Gardens!



Garden in your hometown!

Growing Places will be installing raised bed vegetable gardens at the Lancaster Senior Center.

We are looking for up to six senior residents who would be interested in having a vegetable garden in this location.

For more info, please contact:
Noreen Piazza, 978-368-4007
Email: npiazza@lancasterma.net

Get in touch with Growing Places:



978.598.3723



staff@growingplaces.org



500 Main, Clinton MA 01510

Get started on a healthier and happier life gardening vegetables at the Lancaster Senior Center!

Your garden will be:

- Filled with the veggies you like
- A fun way to get fit
- Environmentally friendly
- FREE!

There are options for:

- Raised bed and container gardens
- Healthy eating and cooking classes
- Ongoing gardening support

Eligibility for a garden is determined by:

- Income qualifications
- Resident of Lancaster
- Commitment of 5-7 hours per week in the sunshine and fresh air tending the garden.



LCC and Senior Center



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

Leap Day - February 29, 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](tel: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! 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

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

Next Tribal Belly Dance Class

Current session: March 6th through April 10th, 6 sessions for \$60.

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

More Classes!

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.