

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

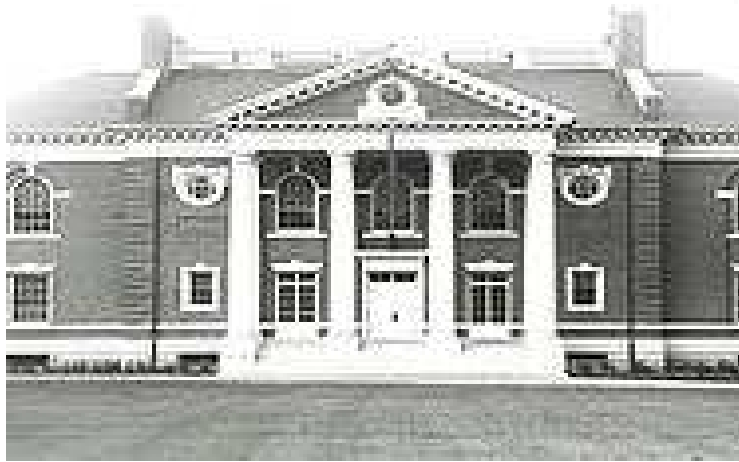
COA Board Members

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 May 16, 2012 at 10:00 AM in the LCC meeting room. The public is invited.

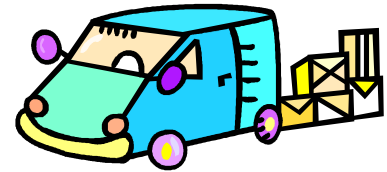
The Senior Van will not be in service on Monday May 28, 2012 due to the Memorial Day Holiday. There will not be any meals on wheels delivered or congregate meals served on that day as well.



Memorial Day Observed May 28, 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 May 2012

May 4, 2012

Water Tower Plaza/ Leominster

May 11, 2012

Searstown/ Whitney Field

May 18, 2012

Wal-Mart/ Jungle Rd. Leominster

May 25, 2012

Kohl's/ Target Leominster

Medical Information

Controlling Your Blood Pressure



Reading your Blood Pressure Numbers

Top Number (Systolic)	Bottom Number (Diastolic)	What the Numbers Mean	What to Do
Less than 120	Less than 80	Normal blood pressure	Maintain a healthy lifestyle
120 ~ 139	80 ~ 89	Risk of developing high blood Pressure (prehypertension)	Talk to your Dr. about diet and lifestyle changes
140 or more	90 or more	High blood pressure (hypertension)	Talk to your Dr. about diet lifestyle changes, and medication
140 or more	Less than 90	High blood pressure (isolated systolic hypertension)	Talk to your Dr. about diet, Lifestyle changes, and medication.

Tips for Controlling Your Blood Pressure

Keep a healthy weight - Being overweight adds to your risk of high blood pressure.

Eat a healthy diet - A diet rich in fruits, vegetables, whole grains and low - fat dairy products may help to lower blood pressure.

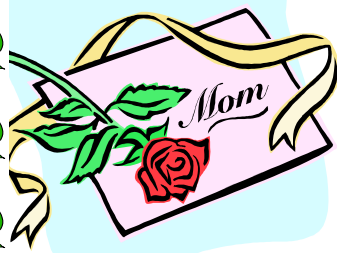
Cut down on salt– Many people eat more salt (sodium) than they need.

Drink less alcohol - Most men shouldn't have more than two drinks a day; most women should not drink more than one drink a day

Don't smoke– Smoking increases your risk for high blood pressure and heart disease.

Always talk to your Dr. about ways to manage your blood pressure.

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.



Happy Mother's Day To All of the Great Mom's



The Kiss

The photograph below shows a red Doberman licking an exhausted fireman. He had just saved her from a fire in her house, rescuing her by carrying her out of the house into her front yard, while he continued to fight the fire. She was pregnant.

The firefighter was afraid of her at first, because he had never been around a Doberman before.

When he finally got done putting the fire out, he sat down to catch his breath and rest.

A photographer from the Charlotte, N.C. newspaper, "The Observer", noticed this red Doberman in the distance looking at the fireman. He saw her walking straight toward the fireman and wondered what she was going to do.

As he raised his camera, she came up to the tired man who had saved her life and the lives of her babies, and kissed him, just as the photographer snapped this photograph. And they say animals are dumb. Yeah, right.



Who you gonna call? Who you gonna call? Not Ghost Busters!

Monday May 21, 2012 from 10:00 AM ~ 12:00 PM at the LCC Meeting Room 39, Harvard Road (behind the town hall) Informational Meeting With Fire, Police, Council on Aging, Montachusett Home Care, Montachusett Opportunity Council, Manager Bigelow Gardens, Nashoba Nursing and the Veterans Agent.



Do you or your loved ones know who to call when a particular crisis arrives in your life? You're probably thinking I'll call 911 and they'll send fire, police, ambulance whatever department is deemed necessary for the emergency at hand. This is great but what happens after the initial response is taken care of. Maybe you'll need homecare, visiting nurse, meals on wheels, help with home repairs or fuel assistance. You might need to move to senior housing or assisted living. If you're a veteran, who do you contact for information or services? What about transportation if you are no longer able to drive? Information on fire safety in the home, or you may be concerned about keeping your home secure. All important information that seniors should be aware of.

This meeting will supply the information you may need or want but you didn't know the services existed or who to call when the need may arise. This meeting is open to all citizens who are interested in the services these agencies provide.

The Lancaster COA will provide transportation to seniors, people with disabilities and veterans. Please call 978-733-4076 for van service by Wednesday May 16th to reserve a seat.



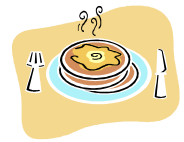


Meals

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 excellent! It's worth getting up early for. A small donation is suggested but not required. Come on down!



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.

About Alzheimer's symptoms.



One of the main cognitive symptoms of Alzheimer's disease is memory loss, but there may also be others. As your loved one's Alzheimer's becomes more severe, these cognitive symptoms may become worse and your loved one may experience more of them. Once cognition is lost, it does not come back. In addition to cognition, Alzheimer's can affect function and behavior.

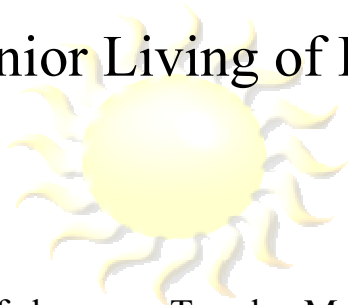
It's important to recognize the symptoms of Alzheimer's disease.

Below are some symptoms of Alzheimer's disease. If any of these symptoms describe your loved one, be sure to discuss it with the doctor.
People with Alzheimer's disease may:

- Not remember details about themselves or family members
- Not recognize you or other family members
- Not be able to identify what they like to eat or cook
- Not be able to recognize and use a spoon or cup appropriately
- Have difficulty identifying what month or day of the week it is
- Have difficulty recalling in which city or state they live
- Not be able to recall important details such as their address or telephone number
- Have trouble distinguishing shapes and colors
- Have a hard time understanding basic directions like "follow me" or "please sit here"
- Argue more often
- Believe things are real when they are not
- Wander, often at night
- Have difficulty managing money
- Show compulsive or repetitive behavior
- Lose interest in conversation
- Have a hard time dressing for the weather or occasion
- Forget to shave or shower
- Have trouble with tasks such as washing dishes or setting the table
- Need help with toileting
- Not be able to draw a circle or square
- Not be able to speak or write their name
- Have problems dressing themselves
- Have problems with speech or may not speak at all
- Forget appointments
- Have difficulty cooking or following recipes

[Next: Talk to the doctor.](#)

Sunrise Senior Living of Leominster



Will host a nutritious meal free of charge on Tuesday May 15, 2012 from 12:00 PM ~1:00 PM at the congregate meal site and senior center at 39 Harvard Road. To attend this event seniors must sign up by Thursday May 10, 2012 by calling 978-706-1958. Seating is limited sign up ASAP.

MENU

Minestrone Soup
Tossed Salad
Chicken Broccoli Alfredo
Garlic Bread
Cookies for desert



Music By Heather Marie



Heather Marie is a talented vocalist who will perform on May 15, 2012 in the LCC meeting room after lunch from 1:00 PM ~ 2:00 PM. Please drop by and enjoy her melodious voice. You won't be disappointed, she has the voice of an Angel and puts on an impressive performance. Some of her popular themes include Hawaiian Luau, Sock Hop, Accentuate the Positive, Motown Memories, Destinations and many more.



Volunteers are needed for the meals on wheels program to deliver noon time meals to disabled seniors on several different days between Monday and Friday . Hours are between 10:30 AM and about 12:00 PM. Volunteers must pass a CORI check. Use of your own vehicle is required and mileage is paid at 55.5 cents 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 10:00 AM until 11:30 AM.



Blue Cross Blue Shield Massachusetts

MOVING AHEAD WITH A NEW WELLNESS PROGRAM

For many years Blue Cross Blue Shield has sponsored the "Keep Moving Program." As part of the program they are actively encouraging older adults to take care of their bones. They have passed out pedometers to promote a healthier lifestyle for seniors. In addition if you are interested in finding out information on existing walking clubs or perhaps asking if one can be started for more information visit www.mass.gov/dph/keepmoving.

If you are interested in a free pedometer visit the COA office between 8:00 AM and 1:00 PM Monday thru Thursday to pick one up.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ask your meal site manager about using SNAP at the meal site.	1 Pork Rib W/ Brown Gravy Red Bliss Potato Green Beans Rye Bread Butterscotch Pudding Diet: SF Pudding	2 Chicken W/ Lemon Mustard Sauce Mashed Potato Carrots Whole Wheat Bread Turnover Diet: Apple Cinnamon Graham	3 Vegetable Gumbo Soup Turkey Salad W/ Cranberries Pasta Salad (Vinaigrette) Wheat Bread (2) Pineapple HDM: 3 Bean Salad w/ chopped tomato	4 Shredded Beef W/ BBQ Sauce Peppers & Onions Brown Rice Pilaf White Bread Applesauce
7 COLD PLATE Homemade Pea Soup W/ Crackers Grilled Chicken Breast Potato Salad Hamburger Bun Sliced Pears HDM: Pea Soup	8 Salisbury Steak W/ Mushroom Gravy Egg Noodles Broccoli Wheat Bread Dried Fruit	9 Lasagna w/ Tomato Sauce Carrots Italian bread Fresh Orange HDM: Green Beans	10 MOTHER'S DAY SPECIAL Chicken Cordon Bleu Sweet Potato Mash Italian Cauliflower Wheat Roll Brownie Diet: SF Choc. Pudding	11 Ground Beef Taco W/ Beans Brown Rice Shredded Cheese Lettuce/Tomato Soft Taco Shell Pineapple
14 Roast Pork W/ Apricot Glaze Mashed Potato Mixed Veggies Wheat Bread Snack & Loaf Diet: Lorna Doones	15 Stuffed Shells W/ Pesto Cream Sauce (without pine nuts) Carrots White Bread Applesauce HDM: Green Beans	16 Sesame Diced Chicken Brown Rice Oriental Veggies Wheat Bread Vanilla Pudding Diet: SF Van. Pudding	17 Tomato Soup W/ Crackers Ham & Cheese Bake Broccoli Italian Bread Prunes HDM: Spinach	18 Liver & Onions Brussels Sprouts Home Fries Rye Bread Fresh Orange
21 Minestrone Soup W/ Crackers Roast Chicken W/ Herb Sauce Egg Noodle Wheat Bread Applesauce HDM: Minestrone	22 COLD PLATE Sliced Turkey Orzo Salad/RP/Spinach Corn/Black Bean Salad Multi Grain Bread Rice Pudding Diet: SF Rice Pudding	23 Meatballs W/ Tomato Sauce Ziti Brussels Sprouts Italian Bread Sliced Pears	24 Crunchy Potato Fish Au Gratin Potato Cauliflower/Carrots Wheat Bread Snack & Loaf Diet: Blueberry Graham	25 Sausage W/ Onions & Peppers Zucchini Blend Brown Rice Hot Dog Roll Fresh Fruit
28 HOLIDAY	29 Chicken Chili Corn Brown Rice White Bread Artic Ice Diet: Sliced Pears	30 Butternut Mac & Cheese California Blend Multigrain Bread Fresh Fruit	31 Roasted Chicken & Spinach W/ Alfredo Sauce Rotini Pasta Spinach Wheat Bread Turnover Diet: Lemon Grahams	