



HERITAGE

April 2020 is U.S. Census Month

Census data is confidential.

- Your personal information is protected by law and is never released to any other local, state, or federal agencies (Title 13 of the U.S. Code.) Your individual Census responses will not affect your tax status or your insurance premiums.
- The Census Bureau will never ask for your Social Security number, bank account number, or money of any kind.

Census data affects your community.

- Census data determines federal funding to Medicare and Medicaid, MassHealth, Children’s Health Insurance Program, and several Health Center programs.
- The data collected by the U.S. Census will determine your political representation for the next 10 years at the local, state, and federal levels.

Responding to the Census is easy.

- You can respond to the U.S. Census online and over the phone in 13 languages, or wait for the paper form to be delivered to you.

The Lowell Senior Center reminds you to respond for *all people* who live in your home including extended family and friends staying with you. The 2010 Census under-counted people in Lowell. A better count will bring more federal money to support local needs.

Stand Up! Be Counted!



Did You Know?

[Learn More: 2020census.gov](https://www.census.gov)

Happy Cambodia Laos Thailand New Year!



Khmer New Year, traditionally known as “Choul Chnam Thmei”, is celebrated in the month of April at the end of the South-east Asian harvest season. It is a time for family and friends to gather and celebrate the New Year. During this period people play traditional games, attend ceremonies at temples to receive blessings from Buddhist Monks, share wishes of peace, prosperity, and happiness with friends and family for the year to come.

Photo by Rdghalayini - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=32124325>



CMAA គម្រោងជំនួយ
CAMBODIAN MUTUAL ASSISTANCE ASSOCIATION OF GREATER LOWELL, INC.

Look Inside for Lowell Senior Center Contacts, Programs and Transportation

LOWELL
SENIOR CENTER

Main Number:
978-674-4131

Fax: 978-970-4134

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**Temporary Hours:**  
**Daily 7 a.m. to 12 noon**  
**for Takeout Meals only**

Staff are available by phone and email  
Monday to Friday, 8 a.m. to 4 p.m.

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Executive Director: Lillian Hartman
LHartman@lowellma.gov

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**Receptionist:** Tara Donnelly  
978-674-1171 ~ TDonnelly@lowellma.gov

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Trips & Events Coordinator: Carol Lannan
978-674-1169 ~ CLannan@lowellma.gov

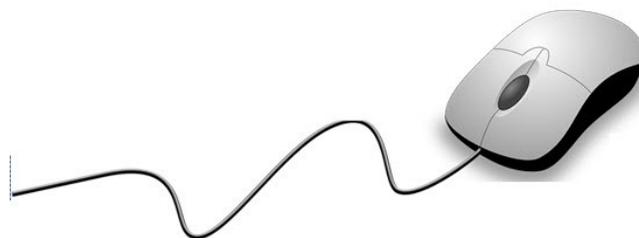
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**Outreach Worker:** Amy Medina Leal  
978-674-1167 ~ ALeal@lowellma.gov

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Volunteer Coordinator: Gladys Rosa
978-674-1168 ~ CRosa@lowellma.gov

Prefer reading *The Heritage Newsletter* online?

Visit: www.lowellma.gov/373

*Join our e-mail list for weekly updates about events,
and a notice when the newsletter is available online.
Visit <https://www.lowellma.gov/list.aspx> or click the
“Notify Me” button from our website*



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Assistant City Manager

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Vice Chair

Rita M. Mercier

Sokhary Chau

David J. Conway

John Drinkwater

Rodney M. Elliott

Vesna Nuon

Daniel Rourke

William Samaras

City of Lowell
Veterans Services

Director / Agent

Eric Lamarche
978-674-1595

ELamarche@lowellma.gov

Head Clerk

Carmen Felix
978-674-1596

CFelix@lowellma.gov

Head Clerk

Nancy McGuire
978-674-1597

NMcGuire@lowellma.gov

By Phone Only:

8:00 A.M. - 4:00 P.M.

Monday - Friday

COA 2nd Floor
Fax: 978-446-7270

COUNCIL ON AGING

BOARD OF DIRECTORS

Andrew Hostetler, Chair

Joyce E. Dastou

Mary Donnelly

Eric Lamarche

John R. Lawlor

Vincenzo Milinazzo

Amy Pessia

Anne-Marie Porter

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**Next meeting:**

**Monday, May 11th, 9 a.m.**

**Public Welcome**



**Senior Abuse**  
**Hotline Number**

To report suspected elder  
abuse, call: 1-800-922-2275

**DTA Hotline**  
**(SNAP/Food Stamps)**

Direct line for seniors:  
1-833-712-8027

**Elder Services of Merri-**  
**mack Valley & North Shore**

Meals on Wheels, Assistance  
with Home Care, Case  
Management, Support for  
Seniors and Caregivers  
**1-800-892-0890**

**Legal Services**  
**Assistance & Referrals**

1-800-342-5297

**Project Bread Food Source**  
**Hotline** 1-800-645-8333 or  
dial 211

## Help Completing the US Census

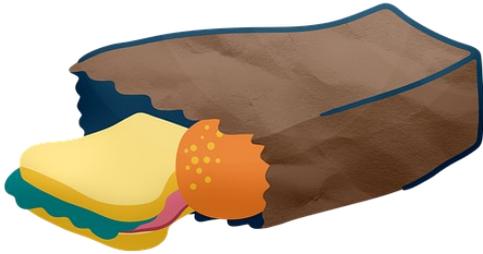
Tentatively Fridays, April 10 to May 1st  
9:00 am-11:00 am at Lowell Senior Center

Meet with a U.S. Census worker for help completing the U.S. Census, which you will receive in the mail mid-March. If you complete your census online, by phone, or on paper with a census worker *at the senior center*, earn a one-day free lunch pass (age 60+ only).

## Medicare, Prescription and Supplemental Insurance Questions for Medicare-Eligible Individuals:



Call 1-800-243-4636, press 3 for SHINE to leave a message for a trained counselor, who will call you back within 2 business days



The Senior Center continues to offer breakfast and hot lunches for takeout daily. Optional donation of \$1.50 for breakfast and \$2.50 for lunch. Menu varies by day, and may be similar to Meals on Wheels offerings.

If you need hot meals, we recommend joining Meals on Wheels for home delivery (open to anyone over 60 regardless of health): **1-800-892-0890**



# BROWN BAG

A distribution of pre-bagged groceries

In partnership with



## Calling Volunteers:

If you are under age 60 without pre-existing conditions, please consider supporting Lowell seniors by volunteering for Meals on Wheels, 1-800-892-0890 or the Merrimack Valley Food Bank, 978-454-7272.

You can also help by donating blood:



**American Red Cross**

## Lowell Community Blood Drive

Lowell Senior Center  
276 Broadway St.  
Lowell MA 01854

**Thursday, April 23, 2020  
1:00 p.m. to 7:00 p.m.**

Lowell Senior Center hosts monthly grocery distribution during the last week of the month by appointment. If you did not attend in March, please call us to check in or apply: 978-674-4131.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org to schedule an appointment.

# COVID 19

CORONAVIRUS DISEASE

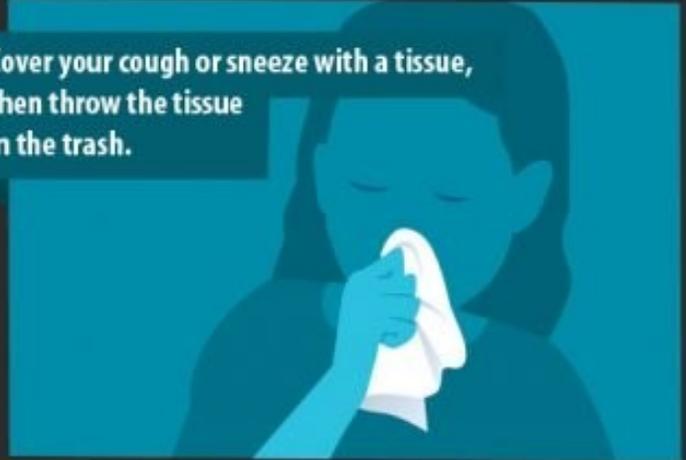
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

## Veterans and Widows

You may be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES if you are an unmarried veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

You may also be entitled to FINANCIAL ASSISTANCE: if you are an unmarried senior citizen veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits. Call the Veterans Services Office to arrange an interview to see if you qualify for benefits.

If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov) or by phone at 978-674-4066.



## Amy's Outreach Corner

You can reach Amy at 978-674-1167 weekdays to make a phone appointment. Our offices are currently closed to the public. Here are some important numbers for managing food security and stress in this difficult time:

**SNAP DTA Hotline (Food Stamps)**  
Direct line for seniors: 1-833-712-8027

**Cash Assistance DTA Applications** can be filed (started) online at [DTAConnect.com](http://DTAConnect.com) (click the blue "apply" banner). Just like with SNAP, a case manager will need to speak with the client after the application is filed.

**Meals on Wheels** (open to anyone over 60 regardless of health): 1-800-892-0890

**Project Bread Food Source Hotline** 1-800-645-8333

**Merrimack Valley Food Bank Mobile Pantry Program:** 978-454-7272

**Manage Anxiety & Stress:** Need Help? Know Someone Who Does? Contact the Disaster Distress Helpline at 1-800-985-5990

**National Suicide Prevention Lifeline** 1-800-273-8255: Provides free and confidential support 24/7 for people in distress and crisis...

If you live alone and would like to receive calls from Lowell Senior Center staff or volunteers to check in while you stay home during the COVID-19 pandemic, please let us know! Sign up with Tara, Lil or Amy by calling the senior center.



## Bus Trips to Group Travel Venues

Detailed flyers available outside the 2nd floor office. For more information, contact Carol Lannan. **Parking locations to be announced prior to each trip.**

| <u>Event</u>                                     | <u>Date</u>                                              | <u>Meal Choices</u>                           | <u>Cost</u>                                         |
|--------------------------------------------------|----------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------|
| <b>Twin Rivers Casino</b>                        | Monday, May 18, 2020<br><i>sign up starting March 23</i> | \$7 lunch credit and \$10 bonus play included | \$20 payable to LCOA - no longer "buy 4 get 1 free" |
| <b>Carole King Tribute</b>                       | Tuesday, May 19, 2020                                    | Stuffed Chicken Breast OR Baked Schrod        | \$82 payable to Best of Times                       |
| <b>Newport Playhouse Comedy and Cabaret</b>      | Thursday, June 4, 2020                                   | Buffet Lunch                                  | \$65 payable to LCOA                                |
| <b>Comedy Hypnosis Show</b>                      | Tuesday, June 16, 2020                                   | Stuffed Chicken Breast OR Baked Schrod        | \$79 payable to Best of Times                       |
| <b>Newport Playhouse Comedy and Cabaret</b>      | Thursday, August 6, 2020                                 | Surf and Turf Buffet                          | \$75 payable to LCOA                                |
| <b>Newport Playhouse Comedy and Cabaret</b>      | Tuesday, Sept. 15, 2020                                  | Lobsterfest Buffet                            | \$75 payable to LCOA                                |
| <b>A Chicago Celebration</b>                     | Thursday, Sept. 17, 2020                                 | Stuffed Chicken Breast OR Baked Schrod        | \$82 payable to Best of Times                       |
| <b>Nashville/Memphis Trip</b>                    | Thurs. - Mon., Sept. 17-21                               |                                               | \$1949 and up (see flyer), payable to Best of Times |
| <b>Newport - "Ghost of a Chance" and Cabaret</b> | Thursday, Oct. 15, 2020                                  | Buffet lunch                                  | \$65 payable to LCOA                                |
| <b>The British Invasion Years</b>                | Tuesday, Oct. 20, 2020                                   | Stuffed Chicken Breast OR Baked Schrod        | \$79 payable to Best of Times                       |
| <b>Cabaret Lulu Fall Festival of Comedy</b>      | Wednesday, Oct. 21, 2020                                 | Turkey with dressing or Baked Haddock         | \$55 payable to LCOA                                |
| <b>Newport Playhouse Holiday Comedy/Cabaret</b>  | Thursday, Dec. 3, 2020                                   |                                               | \$65 payable to LCOA                                |
| <b>Mainly Christmas Special Getaway</b>          | Thurs. Dec. 3—Fri. Dec. 4                                | See flyer for itinerary                       | \$299 Double pp<br>\$399 Single pp                  |
| <b>Cabaret Lulu Holiday Celebration</b>          | Wednesday, Dec. 9, 2020                                  | NE Pot Roast or Baked Haddock                 | \$55 payable to LCOA                                |



## May Trips

| Day      | Date | Destination        | Price   | Depart  |
|----------|------|--------------------|---------|---------|
| Monday   | 4    | Hampton Beach      | \$7 bus | 10 am   |
| Thursday | 7    | Salisbury Beach    | \$7 bus | 9 am    |
| Monday   | 11   | Hampton Beach      | \$7 bus | 10 am   |
| Thursday | 14   | Newburyport        | \$7 bus | 9 am    |
| Friday   | 15   | Quincy Market      | \$7 bus | 9 am    |
| Thursday | 21   | Ikea               | \$7 bus | 9 am    |
| Tuesday  | 26   | Kimballs Ice Cream | \$7 bus | 9:30 am |
| Thursday | 28   | York Beach         | \$7 bus | 8:30 am |

\* To promote social distancing during the COVID-19 pandemic, there will be no day trips during the month of April with possible extension into later months.

On grocery trips, attendance will be limited to 4 riders per trip. Please space yourself with at least one empty row of seating between you and the next person and return to the same seat for your return trip. Buses are sanitized after each round-trip.

We do not offer a lunch bus to the senior center at this time. If you need hot meals made for you, please sign up for Meals on Wheels at 800-892-0890.

## Affordable Senior Transportation

### \$1 Roundtrip Rides for Grocery Shopping

|                                                  |                           |                              |
|--------------------------------------------------|---------------------------|------------------------------|
| Acre, Downtown                                   | Fridays, April 3 and 17   | Market Basket on Broadway St |
| Centralville Pawtucketville                      | Tuesdays, April 14 and 28 | Sunrise Plaza, Lowell        |
| Highlands Lower Highlands                        | Fridays, April 10 and 24  | East Gate Plaza, Chelmsford  |
| Back Central Belvidere Sacred Heart South Lowell | Tuesdays, April 7 and 21  | Stadium Plaza, Tewksbury     |



## CareRide

CareRide, a program of Elder Services of Merrimack Valley, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 65+. Sign up at the Lowell Senior Center (978-674-4131), and a ride share vehicle will be scheduled for you by Elder Services.



No need to use a smartphone or pay the driver; bills come to your address monthly, \$4/each way for local trips.

## LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types. Senior Dial-a-Ride is available for all people age 65+ for medical rides only.

Call Road Runner at  
978-459-0152

Welcome  
*Friends*

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**DIRECTORS**

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Lenny Gendron

Beverly Gonsalves

Joe Peirce

Doris Santos

Office: 978-674-1175

**To Be Announced for  
April 2020**

Public Welcome

## Friends of the Lowell Council on Aging

The Friends of the Lowell Council on Aging Center Inc. is the fund-raising group for the Lowell Senior Center. Funds raised are utilized for many purposes. Annual Fee is \$5 Per Person and membership includes voting rights. Meetings are held on the last Friday of the month at 9:30 a.m. in the Board Room on the second floor of the Senior Center. No meetings are scheduled in July and August. Donations are accepted and happily welcomed.

Happy Spring Everyone!

Next month there will be a list of the March calendar winners. There will also be a financial statement for the Pot of Gold. Our raffle this year was not as successful as in years past. We had a glitch in the mailing so many members who do not come to the center were not aware of our contest. Hopefully this will be resolved for our Horn of Plenty raffle in September. Thank You all for your loyal participation.

Once again our Rita is in the news. She is this year's Lowell House Inc.'s Lifetime Achievement Award Recipient. The gala is being held at the Inn and Conference Center Thursday, April 2, 2020 Congratulations Rita.

On a sadder note Arthur Toupin, a longtime director on the FLCOA board has resigned. Arthur has been an active and loyal member for many years. He has volunteered many hours and contributed not only with time but many helpful ideas. Thank You Arthur and we hope to see you enjoying the center. We also hope to see you and the monthly meetings where you always added valuable opinions. The next candidate in line from the April 2019 election is Joe Peirce. He will be the newest member of our board starting immediately. Welcome Joe.

This is another thank you to all of you who have asked to be removed from the mailing list. As stated previously, the Heritage can be found at many locations throughout the city. Churches, supermarkets, drug stores, as well as here at the center. Postage being one of the largest part of our budget, it is very much appreciated when you elect to pick up your copy at one of these places.

Please feel free to attend any of our 9:30 meetings on the last Friday of the month held in the board room. However remember that we have no say in the activities in the Center. We are an organization that raises money to supplement the budget of the Council on Aging. Any questions concerning the Center can be answered at their meetings the second Monday of the Month at 9:00 am also in the board room.

During National Volunteer Month, Lowell Senior Center staff want to take the opportunity to thank our Board, Friends, and many many volunteers who make our senior center successful. We look forward to your return!

