



MAY 2013

Lowell Senior Center HERITAGE

~ THE OFFICIAL PUBLICATION OF THE LOWELL COUNCIL ON AGING ~



UNLEASH THE POWER OF AGE

OLDER AMERICANS MONTH 2013

Unleash the power! May is older Americans month. What a perfect time to celebrate the life of a senior. The majority of people who embrace power, knowledge, life, movement and activity, are seniors. When Older Americans month was first established in 1963, only 17 million living Americans had reached their 65th Birthday. About a 3rd of Older Americans lived in poverty and there were few programs to meet their needs. Interest in Older Americans and their concerns were growing, however in April 1963, President

John F. Kennedy's meeting with the National Council on Senior Citizens served as a prelude to designate May as "Senior Citizen

Month." President Jimmy Carter's 1980 designation, what was once called Senior Citizen Month, is now called "Older Americans Month." This has now become a tradition. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation, pay tribute in some way to older persons in their communities.

The Senior Center will be celebrating the lives of Older Americans and paying tribute by offering not only our usual variety of programs and activities, but more programs, educational seminars and fun filled events for your enjoyment. *Please read the newsletter for scheduled events.*

Another day to celebrate this month is the **20th Anniversary of National Senior Health & Fitness Day, May 29th, 2013.** 100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S.

The common goal for this day is to help keep older Americans healthy and fit. The Lowell seniors are very impressive when it comes to staying healthy and fit. We have so many participants' that stay active in a wide variety of exercise and well-being activities. From Yoga to the widely utilized exercise gym facility, you impress me every day with your commitment to your favorite classes. This month we will be offering some new fun and exciting events to celebrate Senior Health and fitness. Roger's bus transportation will be



provided. *Come join us for a walk on the Pawtucket Blvd and a cool down visit and beverage at Dunkin Donuts on May 29th @ 9 am (bus departure-from COA).* Seniors, volunteers and some COA staff will be

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May 2013

BERNARD F. LYNCH
CITY MANAGER

MICHELLE RAMALHO
EXECUTIVE DIRECTOR

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Vice Mayor

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John J. Leahy

Martin E. Lorrey

William F. Martin Jr.

Rita M. Mercier

Vesna E. Nuon

SENIOR CENTER SERVICES

Main Number: 978-674-1172

Administrative Offices: 978-674-1177

Fax: 978-970-4134

These are the new numbers for LCOA

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mramalho@lowellma.gov

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Outreach Volunteers

John R. Lawlor 978-674-1174
Jlawlor@lowellma.gov

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dlrabidoux@lowellma.gov

SHINE (Serving Health Insurance Needs for Elders)

Joan Gong 978-674-1172
Call for an appointment

Thursdays ONLY- 10 AM to 1 PM

Legal Services Assistance & Referrals
978-458-1465

To make a Wednesday appointment, call
Tara at 978-674-1172

Pollard Library 978-674-8634
COA Library Annex 978-970-4186

COUNCIL ON AGING**BOARD OF DIRECTORS**

Joan Bedford

Eleanor Belanger

Joyce Dastou

Andrew Hostetler

John R. Lawlor

Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

Next Meeting: 05/13/13 @ 9:00am

Desktop Publisher, Graphic Designer and Newsletter Editor

Raymond L. Mireault
rmireault@lowellma.gov

Hours of Operation:

Monday through Friday

6:00 am to 4:00 pm

Lunch served at 11:30 am

Saturday and Sunday

Coffee & Pastries and Lunch ONLY
OPEN 7:00 am until NOON

Free Transportation to Center

7 days a week EXCEPT holidays.
Call before 9:00 am for a free ride to and from the center. The bus leaves after lunch to bring you home.

Friends of the Lowell Council on Aging
Office hours vary — Call for appointment

FRIENDS OF THE COA CENTER, INC.
BOARD OF DIRECTORS
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City of Lowell Veterans Services

Director / Agent

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ELamarche@lowellma.gov

Office Hours: 8:00 A.M. - 4:00 PM. — Monday - Friday
2nd Floor of the Senior Center in the administrative office area

Head Clerk

Carmen Felix 978-674-1596
CFelix@lowellma.gov

LCOA Trips & Adventures

Roger's Bus Event Trips Departs from LCOA; \$25 Deposit Required and passenger must be over 60.
Motor Coach Day Trips -Departs from Ayotte Garage-
 40 passengers minimum for Casinos
All Trips must be paid in full one month prior to travel date. LCOA policy: no refund of trips payment

June 5 -10, Nashville Country Music Festival – Cost \$1299 pp dbl., \$1259.00 Triple, Single \$1499.00 for more information you can get flyers at LCOA. ***Coach-Ayotte garage***

June 10, Monday Newport Playhouse Presents: ***Murder Mystery Theatre!*** “The Altos” Not to be confused with the Sopranos. They kind of act like them and look like them, but they are just not as “high” as the Sopranos. It all takes place in our Dining room right after dinner. Buffet included. Cost \$55.00 ***Roger's Bus***

June 11, Tuesday The Drifters @ Danversport Yacht Club in Danvers, MA The hit included “Under the Boardwalk”, “Save the last dance for me”, “Up on the Roof “, “On Broadway,” “This Magic Moment”, “There goes my baby”, and many more. Meal choice: Boneless Breast of Chicken or Fresh Baked Scrod – also includes soft cheese & crackers, tossed garden salad, roll, Bread, Veggies, Mashed Potato, Desert & Coffee. Cost \$60.00

Roger's Bus

June 14 – 16 Red Sox & Orioles Departs @ 6:30am Tour includes 2 games and US Navel Academy Tour. Plus two breakfasts. (With another group.) Cost \$344.00pp More information on flyers @ LCOA-***George Ayotte Gar***

June 28, Friday - Pilgrim Getaway @ 8:30am to Plymouth, MA where the Pilgrims landed in 1620 and established New England's first English colony. On arrival you will take a narrated 75 minute sightseeing Harbor Cruise on the Pilgrim Belle, a true paddle wheeler with no propeller propulsion. After returning to the mainland, you'll enjoy a full course luncheon at Plymouth's excellent Hearth & Kettle Restaurant at the John Carver Inn. Meal choice includes Broiled Cape Scrod, Plymouth's best Fish & Chips or Cranberry Chicken. After lunch you will continue sightseeing with a visit to Plymouth Rock. Return time 5:30 Cost \$55.00 ***Roger's Bus***

July 9 , Tuesday Casco Bay & Bailey Island Cruise Departs @ 7:30 am on your luxury Silver Fox Coach. Arriving in Portland, you will board your ferry for a two hour narrated cruise of Casco Bay, its many islands and the beautiful Maine coast. Your destination today is Bailey Island, where you will have a delicious luncheon at the famous Cook's Lobster House (see menu on flyer) which overlooks a spectacular view of Casco Bay and the world's only Cribstone Bridge. Later you will visit Freeport, Maine, with time to shop the many and varied outlets. You will return home approximately 6:30 pm. Cost \$80.00 Pick up @ the ***George Ayotte Garage***

July 14 & 15 Gambling Getaway: Includes ***Motorcoach*** Transportation, 4 Meals, (2 Lunches, 1 Dinner, 1 Supreme Continental Breakfast), Lodging at the Comfort Inn in Mystic, CT, Evening dinner included @ the Hilton Hotel, Special BoT Exclusive Show, 1 Day @ Mohegan Sun Casino w/gaming pkg., 1 Day @ Foxwoods Casino w/gaming pkg., Tour Director & Luggage and Handling fees & taxes. Price does not included gratuity for Motorcoach. Cost \$169.00 pp double, Triple \$164.00, Single \$199.00 Pick up @ ***George Ayotte Garage***

July 15, Monday, Newport Playhouse Presents: “Hallelujah Girls” Hilarity Abounds when the Feisty Females of Eden Falls, Georgia, decided to shake up their lives. The action in the rollicking Southern comedy takes place in SPA-DEE_DAH!! The abandoned church they're -turned-day-spa where this group of friends gathers every Friday afternoon, After the loss of a dear friends, the women realize time is precious, and if going to change their lives and achieve their dreams, they have to get on it now!! Lobsterfest Buffet Cost \$55.00 ***Roger's Bus***

July 18, Thursday the Dynamic Duo of Andre & Cirell @ Venezia waterfront Restaurant the Andre & Cirell Revue is an electrifying show that blends great music, hilarious comedy impressions, and high energy dance routines. They're on par with the greatest comedy teams of all time. One thing is certain their impressions are dead on, and the laughs never stop. Meal Choice at the Venezia: Chicken Parmesan with Pasta or Schooner Atlantic Baked Haddock, salad, rolls/butter, Potato, Vegetable, Dessert, Coffee or Tea. Cost \$75.00 Bus pick up @

George Ayotte Garage

July 23, Tuesday Spirit of Boston includes entertainment, buffet lunch & transportation . Cost \$60.00***Roger's Bus.***

August 15, Thursday Portland's Casablanca By The Sea & Dunstan School House, Harbor Cruise. Cost \$55.00 ***Roger's Bus*** Flyers @ Center

August 21, Wednesday Bronx Zoo NY Visit the world's largest urban zoo & see more than 600 species from around the globe! Your total experience ticket includes: admission and unlimited access to special rides and attractions + bug Carousel + Butterfly Garden + Children's Zoo + Congo gorilla Forest + Wild Asia Monorail + Zoo Shuttle + 4-D Theater *Jungle World Depart @ 6:45am & Returns @ 8pm. Cost \$89.00 **George Ayotte Garage**

August 8, Camelot @ the Ogunquit Playhouse After the show we will feature dinner at a local restaurant over-night at the Ogunquit River Inn Wells Maine. Hotel has pool. Lunch & dinner. Choice: Crab Crusted Salmon, Seafood Newburg, Baked Stuffed Shrimp, Ritzy Filet of Haddock, Top Sirloin Steak, Chicken Parmesan or a Vegetarian Meal upon request. More info on flyers at center. Cost \$279.00 Dbl.\$269.00 triple, Single \$329.00.**The George Ayotte Garage**

August 22, Thursday Newport Playhouse Presents: "California Scheming" A small time hustler is in a desperate fight to save his office/home from demolition. He needs \$1500.00 in 24 hours or his estranged wife, Lola Montezuma, an illegal alien, and her new boyfriend Bobby Carlyle, a fugitive from British justice, will take a procession of the property, turn it into a mini mall and make a million bucks. An evening of mindless entertainment and guilty pleasure!! Buffet Cost \$55.00 **Roger's Bus**

September 3, Providence Town — See Kathy for more information

September 20, Friday Bourne Scallop Festival Departs @ 8:30am Return aprox. 6pm Cost \$55.00 **Roger's Bus**

September 24, Tuesday – Twin River Casino Tribute to Tom Jones from Las Vegas it's the Internationally Acclaimed #1 Look & Sound Alike Tribute Artist – HARMIK. Our day also includes: Time at the Casino. This event is Dinner Theater Style Seating. For main comfort, seating for Buffet Luncheon and show will be via traditional round tables. Includes \$10.00 in Bonus Play.\$79.00 **The George Ayotte Garage**

October 15, Newport Playhouse Presents: "Perfect Wedding" On the morning of his wedding, Bill wakes up in his honeymoon suite with a dreadful hang-over and an unknown woman in his bed. It's a race against time as he has to either get her out or make up a plausible story before his fiancée and future mother-in-law arrive. Lobsterfest \$55 **Roger's Bus**

Roger's \$5.00 Trips (*MUST be 60 or older*)

Bus leaves @ 9:15 am from the Senior Center. If you arrive prior to 8:00AM on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8:00AM and remove it from the door, she will give you your number and distributed them in the order you signed-in at your arrival. **All first day ticket sales on 2nd floor in the Library at 9:30 until 10:30AM — After 10:30AM see the receptionist. SCHEDULE IS SUBJECT TO CHANGE. INCLEMENT WEATHER: IF LOWELL PUBLIC SCHOOLS**

May tickets on sale for Apr 30th

June tickets on sale for May 31st

May 3, Friday - Quincy Market
 May 6, Monday – Hill Top & Christmas Tree Shop
 May 7, Tuesday – Kimball's
 May 9, Thursday – Southwick Zoo Cost \$12.00 includes train ride (\$5 COA) (\$12-entrance fee at door)
 May 14, Tuesday - Super Wal-Mart Amherst
 May 16, Thursday - Grassfields Restaurant & Shopping
 May 20, Monday – Markey's Res. & Tom's Discount
 May 30, Thursday - Wrentham Outlets

June 3, Monday Hampton Beach
 June 7, Friday – Quincy Market
 June 13, Thursday - Ogunquit Beach
 June 17, Monday - Hampton Beach
 June 24, Monday – Newburyport
 June 28 , Friday – York Beach

Limit (4) four tickets per person ... per trip!

NO employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member. If you arrive prior to 8 AM on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 AM and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

(continue on page 5)

(continued from front page)

travelling together. Feel free to drive on your own and join us for some socialization and fun. We will be meeting at the Pavilion stage area. Are you an exercise user here in the senior center gym? Or interested in learning how to utilize the exercise equipment? ***A representative from Fitness Northeast will be in the senior center gym facility at 9 am on May 22nd for a demo on how to properly utilize each machine and what benefits you will receive from utilizing each machine.***

Everyone has a mother and for most of us, absolutely no one is or was more special than mom. Sure, dads are really important, and grandparents too. But, Moms, well they are just the best. Often, taken for granted, to most of us they are



always are strongest supporters. I know many of you feel the same as me. Mom is not or was not only your mom she is or was your best friend. I hope all of the moms out there have a very special day and are all appreciated. Did you know? The first Mother's Day was held on May 10, 1908 in Philadelphia. The senior center invites all ladies over sixty years of age for a complimentary lunch on Sunday, May 12th. ***Happy Mother's Day!***

National Blood pressure month is also held annually in May. ***RN, Nancy Harding from Lowell VNA*** will be speaking on the importance of blood pressure readings and what your blood pressure reading means? Why should you have it tested weekly? What **can** happen if your blood pressure is too high or too low? ***Come find out on the 3rd Tues-***

day in May 21st at 10:00 am (prior to Blood Pressure Clinic). Find out the answers to these questions and more with the Lowell Visiting Nurse Association, RN, Nancy Harding. Remember to have your weekly blood pressure taken at the Senior Center, with one of our wonderful volunteer nurses: RN, Albert Gauthier (Wednesdays), VNA Nurse Nancy Harding, and Commonwealth RN, Marlene O'Connor (Tuesdays). Please see inside newsletter for date and times. The senior center and its visiting patient/participants greatly



appreciate the services provided to our facility by these kind hearted people. ***The senior center will be offering a new monthly scrap book class*** with instructor, Carol Read. This class will cost \$15.00 and includes all scrapbooking supplies. All you need to do is bring your pictures (many people like to make a copy of their favorite pictures to utilize in their scrap books). The class will be held on the ***first Thursday of the month, May 2nd at 10 am – 11:30 am, in the COA Board Rm.*** These make great keepsakes for you and your family members.

National Police week (May 13-17) Please join us on Tuesday, May 14th at 12 noon for a presentation with The Lowell Police Department . Ltd. Mark Buckley will be speaking on elder abuse/Domestic Violence, Safety Officer Paul Corcoran will be speaking on senior safety and the LPD K-9 unit will provide a very fun and interested k9 dog demo.

LPD will show you what they do to protect and serve our city. Please join us and show your support to these hardworking individuals.

Peace Officers Memorial Day is held on May 15th. This is a day to recognize and show our appreciation to the many Officers who put their



lives on the line while on duty. To remember the many officers who lost their lives and who have disabilities from the dangers that come with their job that they face daily. Please take the time on this day to say thank you to your local officer.

Please come join us for ***free diabetes testing and blood pressure rendering with , Dr. Sachin B. Patel, MD-Internal Medicine on May 9th @ 10 am.*** Dr. Patel will also be available for a question and answer period.

Mosquito Control Project will be educating us on Thursday, May 16th at 10:30 am, on the dangers of these buzzing pests and what we can do to protect ourselves and our loved ones. ***Visiting Angels*** will be visiting the Senior Center on May 7th at 12 noon for an information table and again on ***May 16th at 12 noon for a talk on "Brain Power".***

Senior Helpers will be visiting in May 23rd at 10:30 am to show you a video on the ***"Senior Gems" program (your guide to supporting family members with Dementia)*** and will be speaking about the Senior Gems program and answering questions.

Elder Services of the Merrimack Valley, Monica Whitmore and LPD Lt. Mark Buckley will be joining us on Mon. May 20th at 10:30 am for a seminar for seniors regarding elder abuse and Domestic Violence.

All of us the Lowell Senior Center wish you a safe and Happy Memorial Day!

Sincerely, Michelle Ramalho

Volunteer Nurse's Schedule

for Blood Pressure & Weight

Lowell Visiting Nurse Association

2nd Tuesday at 8:00 to 10:00 am

3rd Tuesday at 10:00 am to 12:30 pm

Albert Gauthier RN/ Blood Pressure

9:30-11:30 (most Wednesdays)

Commonwealth Nursing

1st & 4th Tuesday from 10 am to 12 pm

Affordable Hearing, LLC**Christopher Streeter**

Hearing Testing, Hearing Instrument Testing. 2nd Thursday of each Month @ 9-11am.. In the Nurses Station -Please call front desk for appt. 978-674-1172



phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level.

The Massachusetts State 9-1-1 Department, an agency within the Executive Office of Public Safety and Security, administers MassEDP and was jointly developed by the Massachusetts Commission for the Deaf and Hard of Hearing, Massachusetts Commission for the Blind, Massachusetts Rehabilitation Commission, user community representatives and the Massachusetts Department of Telecommunication and Cable.

Key Resource: MassEDP Main office
1380 Bay St. Bldg B
Taunton, MA 02780

Captioned Telephone (CapTel): 800-300-5658 V/TTY
Fax: 508-828-2595

Senior Gems Presentation – May 23rd at 10:30 AM

Jim DiGiorgio, owner of Senior Helpers, will be speaking on The Senior Gems program – a positive approach to Alzheimer's and Dementia Care that focuses on what those affected CAN do, respecting what they are unable to do and providing the right support for success. We will also be airing a family-centered video titled "The Senior Gems, Your Guide to Supporting Family members with Dementia", featuring Teepa Snow. This program provides an overview of the impact of Alzheimer's and dementia as well as techniques that make a difference. Teepa Snow is an occupational therapist and dementia expert with over 30 years of clinical experience in the field of geriatrics and dementia care. Senior Helpers provides in-home care for elders living in the greater Lowell area by enabling them to age in place - independently, safely and with dignity.

Welcome to the**Massachusetts Equipment Distribution Program**

The Massachusetts Equipment Distribution Program (MassEDP) is a service that provides residents with a permanent disability access to the telephone network in their homes. By offering specialized telephones for free or at a reduced cost, depending on income, this program fosters independence, empowerment and freedom of choice. **(See John Lawlor at the Senior Center for an application)**

MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing loss or vision loss. This enables you to have the opportunity to enjoy clear, independent

Would you Volunteer for a City of Lowell Real Estate Tax Break?

Lowell Volunteer Senior Service Tax Program

Sponsored by the City of Lowell Providing and Continuing Services to Meet Community Needs

You must be at least 60 years of age on or before July 1st.

You must have owned & occupied the property by January 1st.

Your birth certificate and evidence of home ownership & occupancy is required upon applying.

Applications begin July 1st until December 31st, 2013 to receive the \$750 tax reduction, you must volunteer 100 hours to be completed by April 1st, 2013.

A maximum of 30 participants per calendar year are invited to volunteer and the availability will be first come, first served.

Hours may be shared between husband & wife if requested.

Employees & or board/commission members are NOT eligible.

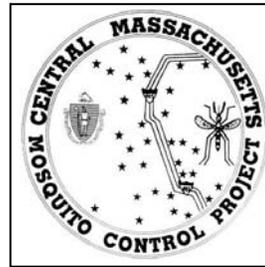
Please see Audrey McMahan for additional information.

Applications will be available starting July 2nd, 2013 at 10 am. First Come, First Served! The first 30 approved applications will be able to participate; others will be put on a waiting list.

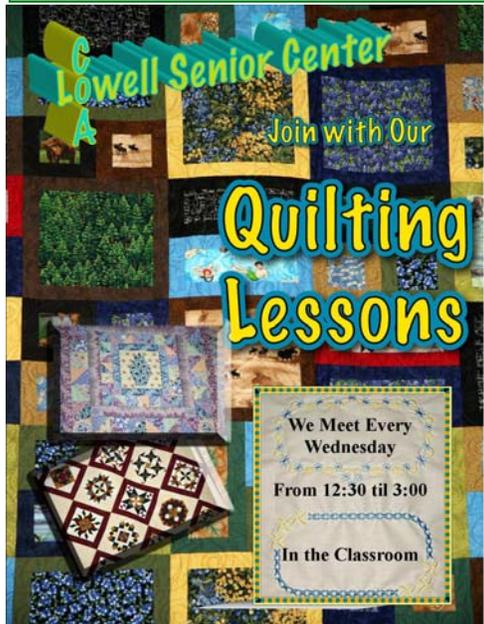


Tuesdays & Fridays
10AM to 11AM
Call for more info

The Central Massachusetts Mosquito Control Project: Mosquito Education Program for Seniors



This presentation will include information on basic mosquito biology, risk factors, disease information, and prevention strategies that are geared toward older adults. The wide range of CMMCP activities will also be discussed, which helps illustrate the complex nature of the agency. At the conclusion of the presentation, seniors are encouraged to ask questions and discuss any concerns they may have about mosquitoes and mosquito-borne disease. Informational handouts and mosquito repellent samples will also be available to those in attendance. Our goal is to lower the risk of mosquito-borne disease for residents in central Massachusetts by providing them with the knowledge and tools needed to have a safe, happy summer. **Date is Thurs., May 16th @ 10:30 am**



COME & JOIN
THE KNITTING
GROUP EVERY
TUESDAY @
12 - 3PM AND
HAVE FUN!!!

SPECIAL SHOWING!
MAY 13th @ 1PM





**Veteran-Directed
Home & Community
Based Services (VD-
HCBS) Program**

*The Administration
for Community Living (ACL) and Vet-*

*erans Health Administration (VHA) established the
Veteran-Directed*

Home & Community Based Services (VD-HCBS) Program in 2008 as a collaboration to help Veterans with disabilities of all ages and their families receive needed services in their own homes and communities. The ACL & VHA partnership, through the VD-HCBS Program, has an ultimate goal of a nationwide home and community-based long term service and supports program that allows Veterans more access, choices and control over the care they receive in their homes and communities. This particular program combines the hands-on experience and skills of ACL's Aging & Disability Network with the commitment and resources of VHA to provide Veterans with additional opportunities to avoid nursing home placement and remain independent in the community.

The VD-HCBS Program empowers Veterans and their Caregivers by giving them the ability to have direct control over the goods and services they receive. Under the VD-HCBS Program, Veterans manage their own flexible spending budgets, decide for themselves what mix of goods and services can best meet their needs, hire and supervise their own workers, including family and friends, and purchase items or services that help them live independently. This model of service delivery is called "participant direction."

As of August 2012, 41 VA Medical Centers (VAMCs) have partnered with 23 States and the District of Columbia to develop operational VD-HCBS Programs. These partnerships have led to over 1200 Veterans enrolling in the VD-HCBS Program, including young and severely injured veterans of Operation Iraqi Freedom, Operation Enduring Freedom and Operation New Dawn.

**ROLE OF AGING & DISABILITY NETWORK
IN VD-HCBS**

Roughly 7.8 million Veterans are enrolled in the VA for health care. In addition to the growing aging population who served in World War II, Korea and Vietnam, the number of young and severely injured Veterans returning from the conflicts in Iraq

and Afghanistan who need support at home continues to rise. The Aging & Disability Network's participation in VD-HCBS supports VHA's commitment to increase its services and resources in order to meet the Veteran demand for home and community based care. The VD-HCBS Program offered through the Aging & Disability Network provides Veterans with a person-centered alternative to traditional home care services and programs. This consumer-directed approach empowers the Veteran to actively participate in making informed decisions about accessing health and long-term care options.

Veterans in the VD-HCBS program are then able to select the services and goods that will best meet their long-term care needs in order to prevent an avoidable hospital admission or premature nursing home placement. A Veteran in the VD-HCBS Program is supported by: a VA program coordinator to oversee quality, satisfaction and service delivery; an options counselor from an Area Agency on Aging (AAA) or Aging & Disability Resource Center (ADRC) to assist

FOR MORE INFORMATION ABOUT ACL

Veteran-Directed Home & Community Based Services (VD-HCBS) Program in finding/training workers and securing needed goods and services within the allocated budget; and, a financial management service to pay the bills, payroll taxes and ensure the integrity of the budget.

**AGING & DISABILITY NETWORK
PARTICIPATION IN VD-HCBS**

VA Medical Centers (VAMCs) refer eligible Veterans to the Aging & Disability Network to enroll in the VD-HCBS Program. VAMCs authorize a flexible spending budget based on the Veteran's assessed needs. The Aging & Disability Network works with the Veteran to arrange and secure the needed goods and services within the budget and is also responsible for ensuring that the Veteran's needs are met so that they can safely remain independent in the community. Before VAMCs can begin to refer eligible Veterans for enrollment in VD-HCBS, Aging & Disability Network Agencies must have in place the basic elements of a participant-directed program and meet a readiness assessment. The readiness assessment of the Aging & Disability Network is conducted by the National Resource Center for Participant

(continue on page 16)

News To Live By




Would you like to learn more about services offered to help protect elders in the community? Please attend a training on what to do if you suspect abuse, what are the indicators of abuse and what to do if you or someone you know needs assistance.

Lawrence, MA 01843
978-946-1474

Monica Whitmore, LMHC
Clinical Supervisor
Elder Services of the Merrimack Valley
360 Merrimack St. Bldg 5

“Dick Partridge Presents”, “Music from the Big Band Era” on Tuesday, May 28th at 12 noon. The music is re-recorded from the original records of that period. Dick’s background of hosting the “Milkman’s Matinee”, rated as number one on New York’s world famous WNEW assures a professional presentation. Senior citizens who lived during that period have never forgotten that music....a time in their lives that included World War II, a difficult time, but also a time when they danced and romanced, and experienced fascinating changes in their lives following the end of the war. Dick’s entire effort is to have the seniors re-live memories while he plays those favorite songs of that era, as he reminds them of happy things they may have been doing at the time.

Come in have Fun
Tuesdays 9am to 11:30
Instructor: Charlotte

DOMINOES

COUNTRY LINE DANCING



IT'S FUN TO DO & EXCITING

TUESDAYS NOON WITH INSTRUCTOR MARCELLA GROULX

Hawaiian Hulu Dance Lessons

Mondays @ 10am with Kim Stevens

Good for Joints & FUN

CTI Bone Builders Class

Join Us Call Tara

978-674-1172



Answers for puzzle on pg14

BIC	STAB	MASS
ASH	MAKE	IDES
AMA	AJAR	LENA
	PERM	NAN
	MENTAL	PESTS
NERD	HERR	TOO
IDOS	AVE	DENS
CAN	ALEE	ERGO
KLEIN	ELLENS	
	NYC	EARN
PARE	ROCK	EAU
TOBE	ANTE	SRS
SLID	MOSS	SIS



May 6th @ 1PM

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6:30—Coffee & Pastries</p> <p>8:30-9:30-CTI Bone Builders A</p> <p>9:00-Getting Fit w/Marian Silk \$2</p> <p>10:00-Hawaiian Hula –free</p> <p>10:15-Genesis Healthcare mtg.</p> <p>11:30-Lunch (see menu) \$2</p> <p>Noon-3:45-Bid Whist Cards—</p> <p>1:00-Choral Group Rehearsal</p> <p>1:00-Movie Day-The Best Exotic Marigold Hotel & pop-corn</p> <p>1:45-2:45-CTI Bone Builders B</p>	<p>THE LOWELL SENIOR CENTER WOULD LIKE TO THANK STEVE CARUCCI – SPECIALIST / CERTIFIED FITTER/NEW ENGLAND REGION FROM DURAMEDIX HEALTHCARE FOR HIS KIND DONATION OF SHOES DONATED TO ONE OF SENIORS IN NEED. THANKS AGAIN STEVE FOR ALL YOU DO!</p> <p>IF YOU ARE DIABETIC AND NEED NEW SHOES, PLEASE SEE STEVE ON THE 2ND TUES. OF THE MONTH-10AM</p> <p>6:30-Coffee & Pastries— Free</p> <p>9-11:30—Dominos</p> <p>10:00-12:00-Commonwealth Nursing-BP's</p> <p>10-12—Country Line Dancing-\$5</p> <p>10-12-Lowell Police Drop-In</p> <p>10-11-Tai Chi \$3</p> <p>11:30-Lunch (see menu) \$2</p> <p>11:45-Wii Games Board Rm. Free</p> <p>Noon-Cribbage — Free</p> <p>12-Visiting Angels Info. table</p> <p>12-3-Knitting & Crochet—</p> <p>1-3-Picture ID's \$3</p>	<p>1.</p> <p>6:30-Coffee & Pastries— Free</p> <p>7:30-11:30-Ask a Nurse-Amanda</p> <p>8:30-9:25-Getting Fit w/Marian Silk \$2</p> <p>8:30-9:30-CTI Bone Builders A</p> <p>9:30-11:30-Albert Gauthier, RNBP -Blood Pressures</p> <p>10-11:30-Scrapbook class-\$15</p> <p>10-11-Yoga for Seniors \$5</p> <p>11:30-Lunch (see menu) \$2</p> <p>1-3-Bingo</p> <p>1:30-3:30-Quilting Lessons 8 weeks for \$50/\$8— walk in</p>	<p>2.</p> <p>6:30-Coffee & Pastries</p> <p>9-10-Exercise for Health \$2</p> <p>10-1-SHINE councilor (please call for appointment)— Free</p> <p>10:00-AA Info meeting— Free</p> <p>10:30— Fair housing Act Seminar-Fair Housing Center of Greater .Boston</p> <p>11:30-Lunch (see menu) \$2</p> <p>12-3:45-45's & Whist Cards Free</p> <p>1:45-2:45-CTI Bone Builders B</p>	<p>3.</p> <p>6:30—Coffee & Pastries — Free</p> <p>8-10—Podiatry -\$20</p> <p>9:30-11:30— Computer Classes/Call Amy for appt.</p> <p>10-11—Tai Chi \$3</p> <p>10-RN Amanda-Health class</p> <p>11:30-3:45— Poker — Free</p> <p>11:30—Lunch (see menu)</p> <p>11:45-1—Wii Games</p> <p>12:30-Widow/Widowers Bereavement 1-3—Senior Social \$1.00</p> <p>Dancing & music: Chet Harden w/ Chicken Pattie Sandwiches</p> <p>2:00-3:30—Anxiety support— Free</p>
<p>6.</p> <p>6:30—Coffee & Pastries</p> <p>8:30-9:30-CTI Bone Builders A</p> <p>9:00-Getting Fit w/Marian Silk \$2</p> <p>10:00-Hawaiian Hula –free</p> <p>10:15-Genesis Healthcare mtg.</p> <p>11:30-Lunch (see menu) \$2</p> <p>Noon-3:45-Bid Whist Cards—</p> <p>1:00-Choral Group Rehearsal</p> <p>1:00-Movie Day-The Best Exotic Marigold Hotel & pop-corn</p> <p>1:45-2:45-CTI Bone Builders B</p>	<p>7.</p> <p>6:30-Coffee & Pastries— Free</p> <p>9-11:30—Dominos</p> <p>10:00-12:00-Commonwealth Nursing-BP's</p> <p>10-12—Country Line Dancing-\$5</p> <p>10-12-Lowell Police Drop-In</p> <p>10-11-Tai Chi \$3</p> <p>11:30-Lunch (see menu) \$2</p> <p>11:45-Wii Games Board Rm. Free</p> <p>Noon-Cribbage — Free</p> <p>12-Visiting Angels Info. table</p> <p>12-3-Knitting & Crochet—</p> <p>1-3-Picture ID's \$3</p>	<p>8.</p> <p>6:30-Coffee & Pastries— Free</p> <p>7:30-11:30-Ask a Nurse Amanda</p> <p>8:30-9:25-Getting Fit w/Marian Silk \$2</p> <p>8:30-9:30-CTI Bone Builders A</p> <p>9:30-11:30-Albert Gauthier, RNBP-Blood Pressures</p> <p>10-11-Yoga for Seniors \$5</p> <p>11:30-Lunch (see menu) \$2</p> <p>1-3-Bingo</p> <p>1:30-3:30-Quilting Lessons 8 weeks for \$50/\$8— walk in</p>	<p>9.</p> <p>6:30-Coffee & Pastries</p> <p>9-10-Exercise for Health \$2</p> <p>9-11-Hearing Aid Maintenance, equipment test & hearing test</p> <p>10-1-SHINE councilor (please call for appointment)— Free</p> <p>10:00-AA Info meeting— Free</p> <p>11:30-Lunch (see menu) \$2</p> <p>12-3:45-45's & Whist Cards Free</p> <p>1:45-2:45-CTI Bone Builders B</p>	<p>10.</p> <p>6:30-Coffee & Pastries— Free</p> <p>9:30-11:30- Computer Classes-free</p> <p>9:00-Vets Breakfast-free-todays breakfast is sponsored by LCHC</p> <p>10-RN Amanda –Health class</p> <p>10-11-Tai Chi \$3</p> <p>11:30-3:45-Poker — Free</p> <p>11:30-Lunch (see menu)</p> <p>11:45-1-Wii Games</p> <p>12:30-Widow/Widowers Bereavement 1-3-Senior Social \$1.00 Dancing & Music: CD's w/ Frank Desrisseaux, Ice-cream social</p> <p>2:00-3:30-Anxiety support — Free</p>
<p>13.</p> <p>6:30—Coffee & Pastries</p> <p>8:30-9:30-CTI Bone Builders A</p> <p>9:00-COA Board Mtg</p> <p>9:00-Getting Fit w/Marian Silk \$2</p> <p>10:00-Hawaiian Hula –free</p> <p>10:30-#5 Wishes DVD/forms Great Hall-final wishes</p> <p>11:30-Lunch (see menu) \$2</p> <p>Noon-3:45-Bid Whist Cards—</p> <p>1:00-Choral Group Rehearsal</p> <p>1:00-Genesis-Chocolate seminar-Fact and Fiction</p> <p>1:45-2:45-CTI Bone Builders B</p>	<p>14.</p> <p>8-10-LVNA Blood Pressure</p> <p>8:00-CTI Mandatory Mtg.</p> <p>9-11:30-Dominos — Free</p> <p>10:00-Duramedix Diabetic Shoes</p> <p>10-12:30—LVNA Blood Pressure</p> <p>10-12-Police Drop-In — Free</p> <p>10-12-NO Country Line dance</p> <p>10-11—Tai Chi \$3</p> <p>11:30—Lunch (see menu) \$2</p> <p>11:45-1— Wii Tourney— Free</p> <p>12-LPD Senior Safety/K9demo</p> <p>Noon—Cribbage— Free</p> <p>Noon-3—Knitting & Crochet Free</p> <p>1-3—Picture IDs \$3</p>	<p>15.</p> <p>6:30—Coffee & Pastries— Free</p> <p>7:30-11:30-Ask a Nurse-Amanda</p> <p>8:30-9:25-Getting Fit w/Marian Silk \$2</p> <p>8:30-9:30-CTI Bone Builders <u><i>Peace Officer's Memorial Day</i></u></p> <p>9:30-11:30-Albert Gauthier, RNBP-Blood Pressure's</p> <p>10-11—Yoga for Seniors \$5</p> <p>11:30—Lunch (see menu) \$2</p> <p>1-3—Bingo</p> <p>1:30-3:30—Quilting Lessons 8 weeks for \$50/\$8— walk in</p>	<p>16.</p> <p>6:30-Coffee & Pastries— Free</p> <p>9-10-Exercise for Health \$2</p> <p>10-1-SHINE councilor (please call for appointment)— Free</p> <p>10:00-AA Info meeting— Free</p> <p>10:30-Mosquito Control mtg.</p> <p>11:30-Lunch (see menu) \$2</p> <p>12-3:45—45's & Whist Cards</p> <p>12:00-Visiting Angels-Brain Power seminar</p> <p>1:45-2:45-CTI Bone Builders B</p>	<p>17.</p> <p>6:30-Coffee & Pastries— Free</p> <p>9:30-11:30— Computer Classes</p> <p>10-11—Tai Chi \$3</p> <p>11:30-3:45— Poker</p> <p>11:45-1—Wii Games</p> <p>10-3-Senior Dinner Dance</p> <p>Dancing & music w/David Garnick</p> <p>Pork Chop Dinner-\$7.00 pp</p> <p>12:30-Widow/Widowers Bereavement</p> <p>2:00-3:30—Anxiety support: — Free</p> <p>Steve Coupe</p>

<p>20. 6:30—Coffee & Pastries—Free 8:30-9:30-CTI Bone Builders A 9:00Getting Fit w/Marian Silk \$2- 10:00-Holistic Geriatric Atheri- tisClasses\$5 10:00-Hawaiian Hula Dance- free 10:30-Elder Abuse seminar w/ Lowell Police Dept. & Elder Services 11:30-Lunch (see menu) Noon-3:45-Bid Whist Cards— 1:00—Choral Group Rehearsal 1:45-2:45-CTI Bone BuildersB</p>	<p>21. 6:30-Coffee & Pastries—Free 9-11:30-Dominos — Free 10-12:30—LVNA BP's RN, Nancy Harding will speak on the importance of BP's prior to blood pressure clinic 10-12-Police Drop-In — Free 10-12-Country Line \$5.00 10-11—Tai Chi \$3 11:30—Lunch (see menu) \$2 11:45-1—Wii Tourney—Free Noon—Cribbage—Free Noon-3—Knitting & Crochet 1-3—Picture IDs \$3</p>	<p>22. 6:30—Coffee & Pastries—Free 7:30-11:30-Ask a Nurse- Amanda 8:30-9:25-Getting Fit w/Marian Silk \$2 8:30-9:30-CTI Bone Builders A— 9:00-Fitness Northeast Exercise Equipment demo-Gym 9:30-11:30Albert Gauthier, RNBP-Blood Pressure's 10-11— Yoga for Seniors \$5 11:30—Lunch (see menu) \$2 1-3—Bingo 1:30-3:30—Quilting Lessons 8 weeks for \$50/\$8— walk in</p>	<p>23. 6:30—Coffee & Pastries—Free 9-10—Exercise for Health \$2 10-1—SHINE counselor (please call for appointment) 10:00—AA Info meeting— Free 10:30-Senior Helpers-DVD- Senior Gems Program on Dementia 11:30—Lunch (see menu) \$2 12-3:45-45's & Whist Cards Free 1:45-2:45-CTI Bone Builders B</p>	<p>24. 6:30—Coffee & Pastries—Free 9:30-11:30—Computer Classes 10-11—Tai Chi \$3 10-RN Amanda health class 11:30—Lunch (see menu) \$2 11:30-3:411:45-1—Wii Games 11:30- Poker—Free 12:30-Widow/Widowers Bereavement 5-1—Wii Games 1-3—Senior Social & Pizza \$1-CD'S W/ FRANK DESRISSEAU 2:00-3:30—Anxiety support:— Free Steve Coupe</p>
<p>27. CLOSED HAPPY MEMORIAL DAY! BE SAFE AND HAVE FUN!</p>	<p>28. 6:30-Coffee & Pastries—Free 9-11:30-Dominos — Free 10:00-12:00-Commonwealth Nursing-Blood Pressures 10-12-Country Line \$5.00 10-11—Tai Chi \$3 10-12-Police Drop-In — Free 11:30—Lunch (see menu) \$2 11:45-1—Wii Tourney—Free Noon—Cribbage—Free Noon-3—Knitting & Crochet Free 12:00-Dick Partridge-music/ dance (see add) 12-3pm-BROWN BAG 1-3—Picture IDs \$3</p>	<p>29. 6:30—Coffee & Pastries—Free 7:30-11:30-Ask a Nurse- Amanda 8:30-9:25-Getting Fit w/Marian Silk \$2 8:30-9:30-CTI Bone Builders A— 9:00-Boulevard Walk-Rogers bus-come for a healthy walk and visit to Dunkin Donuts 9:30-11:30Albert Gauthier, RNBP-Blood Pressure's 10-11— Yoga for Seniors \$5 11:30—Lunch (see menu) \$2 1-3—Bingo 1:30-3:30—Quilting Lessons 8 weeks for \$50/\$8— walk in</p>	<p>30. 6:30—Coffee & Pastries—Free 9-10—Exercise for Health \$2 10-1—SHINE counselor (please call for appointment) 10:00—AA Info meeting— Free 11:30—Lunch (see menu) \$2 12-3:45-45's & Whist Cards Free 1:45-2:45-CTI Bone Builders B</p>	<p>31. 6:30—Coffee & Pastries—Free 9:30-11:30—Computer Classes 9:30—FCOA Board MTG 10-11—Tai Chi \$3 10-RN Amanda health class 11:30—Lunch (see menu) \$2 11:30-3:411:45-1—Wii Games 11:30- Poker—Free 12:30-Widow/Widowers Bereavement 5-1—Wii Games 1-3—Senior Social-Jon Mansfield-\$1- Hamburgers 2:00-3:30—Anxiety support:— Free Steve Coupe</p>

E C C A S P A D D F O R D E R E S E R V E D



Lunch Menu



Lunch is served at 11:30 am. Sugar-Free Jell-O & 1% Milk is available daily.

Lunch Tickets are available daily until 10:30 a. m. Seniors that arrive later must pay cash and will follow ticket holders.

We Accept FOOD STAMPS for Lunch! See Audrey or Doris in the Administrative Area: 2nd floor, first office on right.

Funding for our meal program is made possible by: EOEa, Merrimack Valley Nutrition, & City of Lowell

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1. Shepherds Pie w/ Beets, Gravy & Rye Bread Juice, Apricots	2. Baked Pork Chops w/ Creole Sauce, Corn Potatoes & Wheat Bread, Oranges	3. Alaska Pollock Rice, Broccoli & Multigrain and Jell-O	4. Salisbury Steak, Mashed Potatoes, & Mixed Vegetable, Wheat Bread Yogurt	
5. Roasted Chicken Legs, Potatoes, Green Beans & Roll Chocolate Pudding	6. Veal Patties w/ Sauce, Mixed Vegetables, Rye Bread, Orange Juice Apricots	7. Hamburger on a Bun & Onions Served w/ Sauce, Roasted Potatoes, Corn, Tapioca Pudding	8. Swedish Meatballs, Potatoes, w/ Pasta, Wax Beans, Rye Bread Mixed Fruits	9. Chicken w/ Ziti, Broccoli, Alfredo Sauce, Garlic Stick, Cookies	10. Tuna Fish Salad, Three Beans, Salad, Apricots, Juice	11. Stuffed Peppers, Corn, Potatoes, Multigrain, Wheat Rolls & Peaches
12. Roasted Pork, Lyonnaise, Potatoes, Vegetables, Wheat Bread and Oranges	13. American Chop Seuy, Salad, Garlic Bread, Pudding & Juice	14. Chicken Salad, Macaroni, Salad, Pita Bread, Juice	15. Pot Roast, Gravy, Peas, Potatoes, Multi Grained Bread, Tapioca Pudding	16. Mac & Cheese, Stewed Tomato, Spinaches, Wheat bread & Juice	17. Dinner Dance Pork Chops, Mashed Potatoes, Mixed Veggies and dessert	18. Low Sodium Hot Dogs, Beans, Rolls, Cole Slaw, Apricots & Juice
19. Baked Ham, Pineapple Sauce, Yams, Peas, & Peaches.	20. Cheese Ravioli w/ Sauce, Greens Beans, Garlic Bread, Apricots & Juice	21. Baked Chicken Legs, Baked Potatoes, Corn, Rye Bread & Pears	22. Roasted Turkey Gravy, Peas & Potatoes Stuffing's, Wheat Roll & Apples	23. Chicken Ala King, Mixed Vegetables, Biscuits, Pudding & Juice	24. Seafood Salad, Three beans, Salad, Pita Bread & Juice	25. Pork Pie, Potatoes, Carrots, Apples & Juice
26. Chicken Breast & Gravy, Potatoes, Carrots, Rye Bread & Apricots	27. HAPPY MEMORIAL DAY	28. Chicken Cacciatore, Pasta, Mixed Vegetable, Wheat Bread & Yogurt	29. Chicken Breast, Potatoes, Carrots, What Rolls, Cookies & Juice	30. Baked Meat Loaf W/ Gravy, Potatoes, Corn, Wheat Bread, & Juice	31. Fish w/ Cheese, Served W/ Hamburger Rolls, Steak Fries, Orange Juice & Apples	PLEASE NOTE THAT MENU IS SUBJECT TO CHANGE.

Getting Fit & Staying Fit with Marian Silk

9:00am - 9:55 am Monday
2012 8:30 am - 9:25 am
Wednesdays (\$2 per class)
(I like to end 5 minutes early so they are out the door in one hour!)



Benefits of Yoga

YOGA
 Classes Will Be Held
 Wed 10am til 11am
 Lowell Senior Center

Yoga helps with:

- arthritis.
- flexibility.
- strength.
- mobility.
- range of motion, pain.
- high blood pressure, breathing, circulation, and stress

diana t kyricos
 Instructor
 atma yoga
 978-250-0441
 diana@atmamoves.com
 www.atmamoves.com

Pot Of Gold

<u>DATE</u>	<u>PRIZE</u>	<u>NAME</u>
1-Mar	\$ 100.00	Nancy Skene
2-Mar	\$ 50.00	Connie Hoag
3-Mar	\$ 50.00	Mary Coviea
4-Mar	\$ 50.00	Alice Montanez
5-Mar	\$ 50.00	Charles Wells
6-Mar	\$ 75.00	Marcy Rondeau
7-Mar	\$ 50.00	Nancy Skene
8-Mar	\$ 100.00	Charlotte Landry
9-Mar	\$ 50.00	Marcy Rondeau
10-Mar	\$ 50.00	Kathy Starr
11-Mar	\$ 50.00	Harry Hayes
12-Mar	\$ 50.00	Alice George
13-Mar	\$ 75.00	Theresa Berard
14-Mar	\$ 50.00	Carl Wells
15-Mar	\$ 100.00	Charles Wells
16-Mar	\$ 50.00	Rita Daigle
17-Mar	\$ 200.00	Nancy Allen
18-Mar	\$ 50.00	Irene Dumont
19-Mar	\$ 50.00	Bunny Roades
20-Mar	\$ 75.00	Rita Mercier
21-Mar	\$ 50.00	Lenny Connolly
22-Mar	\$ 100.00	Marcy Rondeau
23-Mar	\$ 50.00	Rosemary Silva
24-Mar	\$ 50.00	Eugene Berube
25-Mar	\$ 50.00	Jane Fitzsimmons
26-Mar	\$ 50.00	Emily Trembly
27-Mar	\$ 75.00	Gloria Tevepaugh
28-Mar	\$ 50.00	Sandra Qlezary
29-Mar	\$ 100.00	Gail Prestitpino
30-Mar	\$ 50.00	Cecile Weed
31-Mar	\$ 50.00	Richard Daigle

Pot of Gold



Complementary Community Presentations

Presentations will be brought to your location and consist of a 30-minute program. The following is a list of Presentations that you may choose from:

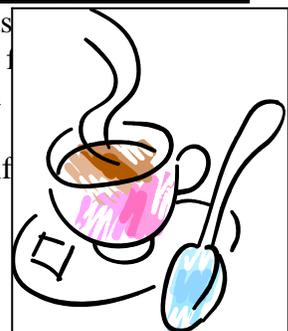


Chocolate...fact and fiction-May 13 @ 1 pm

From rainforest treasures to luscious treats, immerse yourself in the story of chocolate. In history, it was a gift for the Gods and a symbol of wealth and luxury. Join us for this fun and interactive (of course taste testing) presentation all about chocolate!

Health Benefits of Tea-May 6th @ 10:15

Did you know that not only is tea great-tasting, but that it also does wonderful things for your body? It helps prevent cancer, promotes a healthy heart, helps prevent arthritis, and aids in weight loss. The results of scientific research are increasing the evidence that is good for your health in so many ways, study after study.



Laughter, the Best Medicine



Laugh 'til your side hurts and tears roll down your cheeks... 'cause laughter is the best medicine. It's truly amazing the positive affects a cheerful attitude and good belly laugh can have on our emotions and our physical systems.

Visiting Angels, America's Choice in Home care, will be having an informational table on May 7th, 2013 at 12:00 pm - 1:00 pm.

Come meet Director Carol Kilduff and find out all about home care and how a little help at home can help us be safe and independent in our homes! We will also provide yummy treats for our treasured friends at the Lowell Senior Center!

Visiting Angels, America's Choice in Home care, will be presenting "How to Maintain and Increase Your Brain Power" on May 16th at 12:00 pm to 1:00 pm. Carol Kilduff, Director of Visiting Angels, will be talking about what foods and exercises you can do to help keep your brain working its very best. There are very simple changes we can make to our diet and to our daily routine that make a big difference in how well our brain is functioning. Visiting Angels will also be serving a delicious treat to all attendees.



CRABBIT OLD WOMAN

What do you see nurses, what do you see
 What are you thinking when you look at me?
 A crabbit old woman, not very wise
 Uncertain of Habit with far-away eyes
 Who dribbles her food and makes no reply
 When you say in a loud voice, "I do wish you'd try"
 Who seems not to notice the things that you do
 And forever is losing a stocking or shoe
 Who, unresisting or not, lets you do a you will
 With bathing and feeding, the long day to fill
 Is that what you're thinking, is that what you see?
 Then open your eyes,, you're not looking at me.
 I'll tell you who I am as I sit here so still
 As I moved at your bidding, as I eat at your will
 I'm a small child of ten with a father and mother
 Brothers and sisters who love one another
 A young girl at sixteen with wings on her feet
 Dreaming that soon now a lover she'll meet.
 A bride soon at twenty – my heart gives a leap
 Remembering the vows that I promised to keep.

At twenty-five now I have young of my own
 Who need me to build a secure happy home
 .A woman of thirty, my young now grow fast
 Bound to each other with ties that should last.
 At forty, my young now will soon be gone
 But my man stays beside me to see I don't mourn.
 At fifty, once more babies play round my knee
 Again we know children, my loved one and me.
 Dark days are upon me, my husband is dead
 I look at the time, I shudder with dread
 For my young are all busy rearing young of their own
 An I think of the years and the love I have known.
 I'm and old woman now and nature is cruel
 "Tis her jest to make old age look like a fool.
 The body it crumbles, grace and vigor depart
 And now there's a stone where I once had a heart.
 But inside this old carcass a young girl still dwells
 And now and again my battered heart swells
 I remember the joys. I remember the pain
 And I'm loving and living life over again
 I think of the years all too few-gone so fast
 And accept the stark fact that nothing can last.

ACROSS

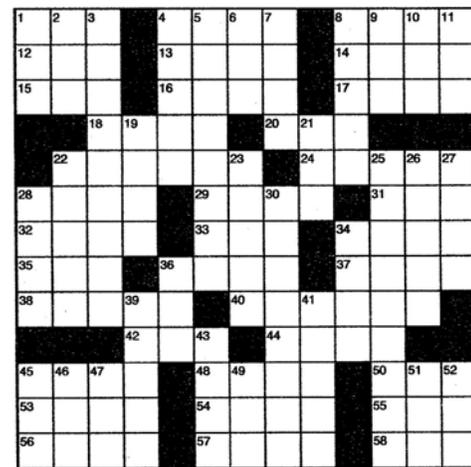
- 1. Pen-name
- 4. Halfhearted attempt
- 8. Sunday event
- 12. ___ gray
- 13. Manufacture
- 14. Mid-month day
- 15. Doctors' gp.
- 16. Slightly open
- 17. Actress Olin
- 18. Salon service
- 20. Fabray, to friends
- 22. Of the mind
- 24. Badgerers
- 28. Adolescent outcast
- 29. Senor's German kin
- 31. As well as
- 32. These are exchanged
- 33. Broad street (abbr.)
- 34. Bears' homes
- 35. Tuna holder
- 36. Sheltered, asea
- 37. Hence
- 38. Robert or Calvin
- 40. DeGeneres and Burstyn
- 42. Song from "Annie"
- 44. Receive wages
- 45. Trim off
- 48. Musical genre
- 50. Water (Fr.)
- 53. "___ or not..."
- ("Hamlet," 2 wds.)
- 54. Poker premium
- 55. Fourth-yr. students
- 56. Skidded
- 57. Fuzzy forest growth
- 58. Family mem.



DOWN

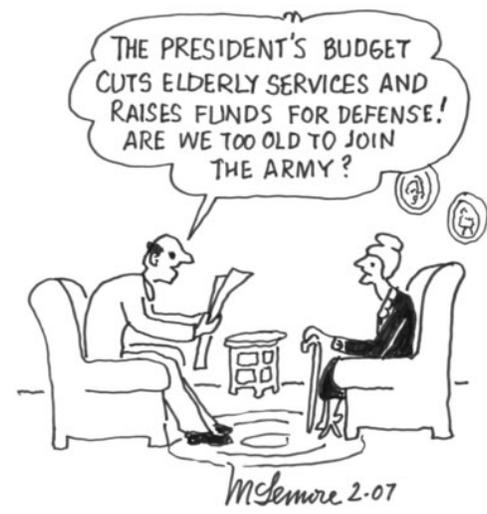
- 1. Lamb's cry
- 2. Suffix for a doctrine
- 3. Social overseer
- 4. Clever
- 5. Agra structure (2 wds.)
- 6. Wanted

- 7. Capital of Switzerland
- 8. Eeyore's creator
- 9. Picnic beverage
- 10. Washington VIP (abbr.)
- 11. Retirement benefit agcy.
- 19. Finales
- 21. CPA's busy month
- 22. Hero's decoration
- 23. Water embankment
- 25. Harshness
- 26. Ice graspers
- 27. Average (hyph.)
- 28. Shaver's mishap
- 30. Votes into office again
- 34. Stag
- 36. Indefinite amount
- 39. "Baby ___ Your Loving" (2 wds.)
- 41. Superior and Como
- 43. Stuff
- 45. Liquid measures (abbr.)
- 46. Internet service (abbr.)
- 47. Diamond stat
- 49. Lennon's widow Yoko
- 51. Onassis's nickname
- 52. Ship letters



Ans on pg 9

So open your, nurse, open and see
 Not a crabbit old woman, look closer – see me



People & Events



Pictured—L –R–
Maureen O'Connor,
her Grandson and
Carol Lannan
Photo from Joe V.



Andrea from the National Kid-
ney Foundation does a great job
with the free screening. (Plus
all the help from her staff &
volunteers —Photos from Joe



Pictured– L to R–
Sissy Paradia, Yvette,
Volunteer; Shirley
Kiernan, Director;
Michelle Ramalho and
City of Lowell health
department; Colleen
DeSilva (Public—
Health Nurse)



Sister Janet Deaett enjoying
our new equipment—
Mike from Northeast Equip-
ment Fitness will be offering
exercise equipment demo in
the exercise room. May 22nd
@ 9AM—Photo-Ray M



(continued from page 8) Directed Services (NRCPDS) on behalf of the VHA.

The specific readiness criteria will demonstrate the Agency's capacity to implement the program and begin facilitation of the services in a self-directed fashion so that enrolled Veterans:

Receive a comprehensive assessment and care planning assistance

Decide for themselves, or with a participant representative, what mix of goods and services will best meet their needs

Manage a flexible, individual budget

Hire and supervise their own workers, including family or friends

Purchase items or services needed to live independently in the community

Have financial management and support services which facilitate service delivery

Utilize traditional service provid-

ers, if desired, to supplement participant-directed care Once the Aging & Disability Network completes the readiness review and both the Aging & Disability Network and VAMC is ready to begin serving Veterans in the VD-HCBS Program, the VAMC enters into a Provider Agreement with the Aging & Disability Network. The Provider Agreement outlines the policies and procedures between the VAMC and Aging & Disability Network for the VD-HCBS Program.

TARGETED VETERANS IN VD-HCBS

All Veterans enrolled in VA health care system are eligible to participate in the VD-HCBS program when the Veteran is "in need of nursing home care" and interested in self-directed care. The determination of whether a Veteran is "in need of nursing home care" is made by the VAMC based upon a pre-defined set of functional criteria and other social indicators.

In addition, the VD-HCBS Program is targeted to Veterans whose home care needs exceed the average number of hours generally available through the Homemaker/Home Health Aide (H/HHA) Program at a VAMC or have difficulty with the traditional agency-based home care system, and who also desire to self-direct their services and supports.

For more information contact:

City of Lowell Veterans Services

Director / Agent

Eric Lamarche 978-674-1595

ELamarche@lowellma.gov

Office Hours: 8:00 A.M. - 4:00 PM. — Monday - Friday

2nd Floor of the Senior Center in the administrative office area

The Future of Medicare: 15 Proposals You Should Know About

8. Raise Medicare Premiums for Everyone

Most Medicare beneficiaries pay a monthly premium for doctor visits (Part B) and prescription drug coverage (Part D). The premiums people pay for parts B and D cover about 25 percent of what Medicare spends on these services. Individuals with annual incomes of more than \$85,000 and couples with annual income above \$170,000 pay higher premiums, which cover more than 25 percent of Medicare spending. Some proposals would increase premiums for everyone in Medicare to cover a larger portion of the program's costs. Under one proposal, the standard Medicare premiums would go up from 25 to 35 percent of program costs. If that proposal were to go into effect in 2012, the current \$99.90 monthly premium for Medicare Part B paid by the typical beneficiary would cost 40 percent more, or an additional \$40 per month. Part D premiums, which vary widely by plan and region, would increase similarly.

PRO: Increasing the basic premiums for Medicare Part B and Part D makes sense. It would help Medicare's finances and can be done while protecting lower-

income seniors. Parts B and D are voluntary "add-ons" to the Medicare coverage seniors receive for hospital services (also known as Part A), which Americans pay for through the payroll tax. A retired couple with, say, \$120,000 of annual income from investments is certainly better able to pay a higher proportion of B and D costs than their \$50,000-a-year working-age neighbor can pay in taxes, so it would make sense to raise premiums for many older people with incomes below the level where Medicare currently charges higher premiums. (*Stuart Butler, Heritage Foundation*)

CON: Some upper income Medicare beneficiaries can afford — and already pay — more than the normal premium. But for too many seniors, even current premiums are burdensome. Across-the-board premium increases would hit elderly and disabled single persons with incomes barely above \$15,000 and couples with incomes above \$23,000 who can ill afford higher charges. Raising premiums across-the-board is a terrible idea. (*Henry J. Aaron, Brookings Institution*)

This article will continue on June Issue. More info is available on the following 1-866-448-3621

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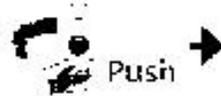
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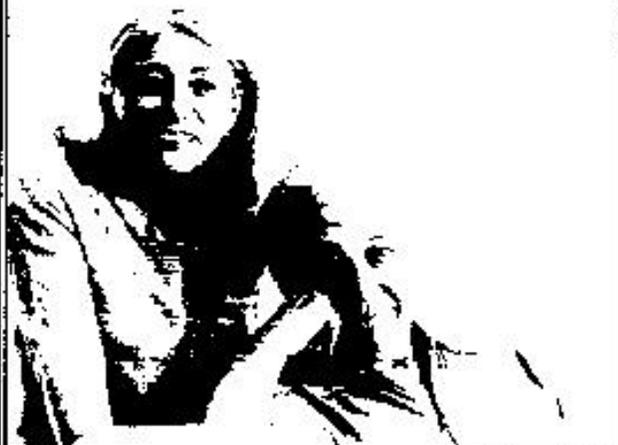
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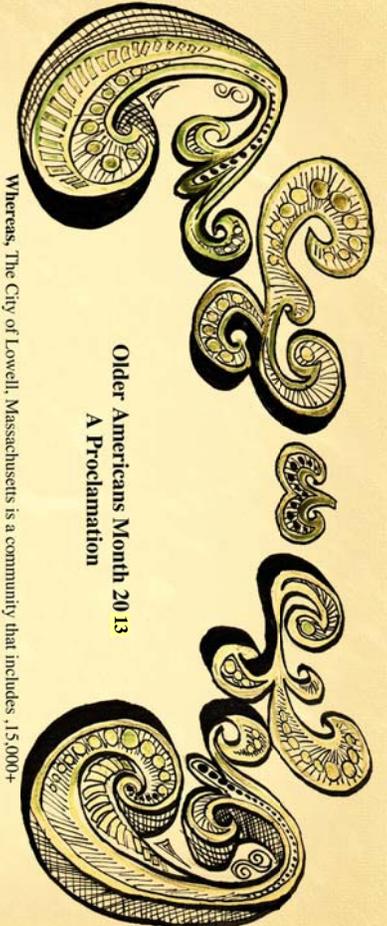
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**Older Americans Month 2013
A Proclamation**

Whereas, The City of Lowell, Massachusetts is a community that includes .15,000+ citizens aged 60 and older;

Whereas, the older adults in The City of Lowell, Massachusetts are the roots from which our community grows, who bestow gifts of wisdom and insight upon younger generations, and strengthen the bonds between neighbors to create a better place to live;

Whereas, our society can be enhanced by older adults aging peacefully in their communities; and

Whereas, the older adults in The City of Lowell, Massachusetts should be commended for their role in creating and bolstering the fiber of our community and nation; and

Whereas, our community can provide that recognition and respect by enriching the quality of life for older Americans by:

Increasing their opportunities to remain in their communities as active and engaged citizens

Providing services, technologies, and support systems that allow seniors to foster and maintain connections within the community

Emphasizing the value of elders by publically recognizing their contributions to the diversity, strength, and unity of our community

Now Therefore, WE of Lowell, Massachusetts do hereby proclaim May 2013 to be Older Americans Month. WE urge every citizen to take time this month to honor our older adults and the professionals, family members, and volunteers who care for them. Our recognition of older Americans and their involvement in our lives can help us achieve stronger and more meaningful connections with each other and enrich our community's quality of life.

Dated this first day of May, 2013
Lowell Council of Aging
By *Mitchelle Stambulo*

