



JUNE 2013

Lowell Senior Center HERITAGE

~ THE OFFICIAL PUBLICATION OF THE LOWELL COUNCIL ON AGING ~



On June 21st, summer will officially be here! Yes, this is an exciting time of year, for fun in the sun. It is warm, beautiful and weather permits us to spend a lot more time outdoors. This also means it is a very important time to keep yourself safe from the sun. **The Sun Safety Alliance (SSA)** is dedicated to reducing the incidence of skin cancer and creating national awareness of this important health issue in America. SSA believes that a concerted focus on skin cancer prevention, education, and awareness is the only way to change generations of behavior and lifestyles. SSA is a Center of the Entertainment and Media Communications

Institute, a division of the Entertainment Industries Council, Inc. (EIC),

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(www.eiconline.org). EIC brings the power and influence of the entertainment industry to communicate about health and social issues. (Learn More). **Please join us for an educational seminar on sun safety on Monday, June 3rd at 10 am at COA with RN, Judi Brindle from Elder Services of the Merrimack Valley. World Ocean's Day!** The Ocean Project recognizes that there is one world ocean that connects us all. (*One need only look at an image from space to see that our planet should have been named "Ocean" rather than "Earth".*) Through 2008, we promoted "World Ocean Day" but added the "s" in 2009 after the United Nations passed a resolution **officially recognizing June 8th as World Oceans Day**, each year. to

show solidarity for the conservation of this important resource that connects us all. Take a trip to one of New England's beautiful beaches this month, on Roger's bus. We will be travelling to Hampton, Ogunquit, Newburyport, & York Beaches this month. Please sign up with Tara, beginning May 31st. Space is limited! **Don't forget your sunscreen, water and towel. Have fun!!**

Mark your calendars for the 2013 National Tire Safety Week! RMA's annual National Tire Safety Week will be June 2-8, 2013. If you have any questions about National Tire Safety Week, please contact us at betiresmart@rma.org.

RMA's Public Service Announcements. Listen now to RMA's important tire safety and maintenance messages. Once you visit this website, Brad Kesselowski, NASCAR driver for Discount Tire car, talks about how proper tire inflation



pressure can save you money and keep you safe. He also talks about how you can Be Tire smart for your summer travels. Don't leave your tires gasping for air! It could mean danger! Understanding tire repair: What's a proper repair? **Please join us for a tire (continue on pg 5)**

June 2013

BERNARD F. LYNCH
CITY MANAGER

MICHELLE RAMALHO
EXECUTIVE DIRECTOR

City Council

Mayor

Patrick Ó. Murphy

Vice Mayor

Joseph M. Mendonca

Rodney M. Elliott

Edward J. Kennedy

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William F. Martin Jr.

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Vesna E. Nuon

**FRIENDS OF THE COA
CENTER, INC.
BOARD OF DIRECTORS
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Arthur Toupin

SENIOR CENTER SERVICES

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These are the new numbers for LCOA

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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: 06/10/13 @ 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

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

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 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 (Sun-Mon)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, (Thurs.) Camelot @ the Ogunquit Playhouse After the show we will feature dinner at a local restaurant overnight 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 Db1.\$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 pro-

cession 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, (Tues.) 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**

November 12, Tuesday – LIZA & JUDY Together Again @ Venus De Milo Swansea, MA More than a tribute show....a perfect impersonation of these great legends. Meal choice: Chicken Parmesean or Baked Haddock also includes: Venus De Milo's famous Minestrone Soup, Vegetables, bread, dessert, coffee & tea Cost \$55.00

November 23, Saturday Rockettes @ Radio City Christmas Spectacular in New York. Join us as we enjoy the excitement of the "Big Apple" The Radio City Christmas Spectacular is in the 85th year of bringing in the Holidays. We expect to arrive in New York at 12:30 and you will have time for lunch and a bit of shopping. The Christmas spectacular starts a 4pm and ends a @ 5:30pm. On the way home we will stop at the Port Chester diner for dinner on your own. Departs @ 7:30 am from the George Ayotte Garage Returns @ 10:30pm. Cost \$159.00

December 10, Tuesday Celtic Yuletide Spectacular including Foxwoods Buffet, \$10.00 Slot Play & Exciting Show

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**

June tickets on sale for May 31st

July tickets on sale for June 28th

June 3, Monday Hampton Beach

June 7, Friday – Quincy Market

June 13, Thursday - Ogunquit Beach

June 17, Monday - Hampton Beach

June 18, Tuesday-Merrimack NH Premium Outlets

June 24, Monday – Newburyport

June 25 , Friday – York Beach

July 1, Monday Hampton Beach

July 16, Tuesday - Rockport

July 19, Friday – York Beach

July 22, Monday – Hampton Beach

July 29, Monday – Pickering Warf, Salem

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.



(continued from front page) and fire safety seminar on, June 17th at 10 am at the Senior Center with City of Lowell’s Fire dept. mechanic Butch Patenaude and Fire prevention Officer Russ.

Attention women Veteran’s! The Disabled American Veterans (DAV) is inviting all women veterans to a luncheon to be held at their Annual DAV Department Convention in Leominster, June 21-23, 2013. **The luncheon will be held on June 22nd at 11 am.** The DAV’s intention is to speak with other local lady veterans to see what they can do to support them and how they can offer help. The DAV wants to listen to you to see what direction they should take for future luncheons. **If you are interested in attending this event or have any questions, please call the DAV Dept. Headquarters at the State House or your local DAV chapter. You can call State Dept. Commander of Massachusetts, Anita M Reed at 1-207-636-3625 or email her at da-vAreed@aol.com. The DAV Office is 1 617-727-2974 or email: dstack@davma.org. They would like a response by June 1st** so proper arrangements can be made at the hotel for the luncheon. Thank you.

Are you 55 or older and looking for work? We may be able to help you! Please see the Senior Community Service Employment Program offered by the “National Senior Network”, inside this month’s news-

letter. **The Lowell COA would like to thank the National Senior network and all of the hardworking over 55 staff members that work at the senior center. You all do a great job!** (see pg 20 for more info) Please come enjoy a movie and popcorn with us on **Monday, June 3rd and Monday, June 10th at 1 pm.** We will be watching “The Longest Day” on June 3rd and the “Wizard of Oz” on June 10th, in remembrance of Judy Garland, who’s Birthday was celebrated on June 10th. Another fun day to enjoy is “Egg day”, **Monday, June 3rd.** Come have fun with us at **12 noon for an egg toss contest** (no hard boiled eggs, LOL!) Meet us in the great hall for a trip outdoors for an egg toss contest. Bring a friend to partner with or we can find a partner for you. Test your throwing and catching skills. The last team to have an unbroken egg will win a prize! The “Lowell Council on Aging” and the “Friends of Lowell Council on Aging” would like to say “**THANK**

from their “Family Fund of the Greater Lowell Community Foundation”. This donation will make it possible for the City of Lowell/ Council on Aging to install a cross-walk for patrons to walk safely from the senior center to Market Basket. **A day to honor Dad. NO. Better still, it is a day to enjoy time with Dad and appreciate all he does for you.** What Dad really wants is healthy, happy and successful kids. And, he wants you to spend a few moments with him on Father's Day. Today's life style is busy for both dads and kids. So, a little time with dad on Father's day is just what he wants.

A Father is more than the biological paternal source of our being. It is the person who cares and provides for us. It is the man who helps to set the standards, the family values and the example. So add to this group, step fathers and other men who willingly and eagerly accept and cherish the role. Whether biological, adopted or informally, if they are the father fig-



YOU” to Mark and Elisia Saab for their very generous donation made ure to you, give him some recognition today (continue on page 13)

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



The following government health programs offer dental benefits to Massachusetts residents:

MassHealth Dental:

The MassHealth Dental Program provides dental benefits for [MassHealth](#) members. There are no copayments or coinsurance costs for dental benefits.

MassHealth Dental for adults covers diagnostic and preventive services (such as checkups, cleanings, and x-rays), extractions, emergency treatment, and composite fillings for the 12 front teeth.

MassHealth Dental for children (under age 21) and [DDS](#) clients covers preventive and diagnostic care, basic and major restorative services, and other necessary dental services.

Some dental work may require prior authorization. You must go to a dentist who accepts MassHealth. For details, see [MassHealth Dental](#).

Commonwealth Care Dental:

Commonwealth Care gives limited dental benefits (primarily preventive and diagnostic) to members with incomes at or below 100% of the Federal Poverty Guidelines (Plan Type 1). See [Commonwealth Care](#) for more information.

Health Safety Net Dental:

The [Health Safety Net \(HSN\)](#) pays for restorative and other approved dental services not covered by MassHealth and Commonwealth Care Type 1. The Health Safety Net also pays for dental services for uninsured Massachusetts residents who meet HSN Low Income Patient eligibility requirements. You must get HSN dental services at a community health center or other HSN-approved dental program. See [Health Safety Net Dental](#) for more information.

Ryan White Dental Treatment Fund:

The Ryan White Dental Treatment Fund pays for dental services for HIV clients who cannot otherwise afford dental care. For information about eligibility, how to apply, and where to get treatment, see [Ryan White Dental Treatment Fund](#).

Senior Care Options and PACE:

Seniors who are eligible for [Senior Care Options \(SCO\)](#) or [PACE Elder Service Plans](#) can get free comprehensive dental care by joining an SCO or PACE plan. Covered dental services include fillings, crowns, gum disease treatment, and dentures. Dental services must be authorized by your care team, and you must agree to get all of your covered health care, including dental care, through your SCO or PACE network of providers. Next month info on "How seniors can get free or low cost dental care? [For more immediate HELP on this subject](#)

How can seniors get free or low cost dental care?

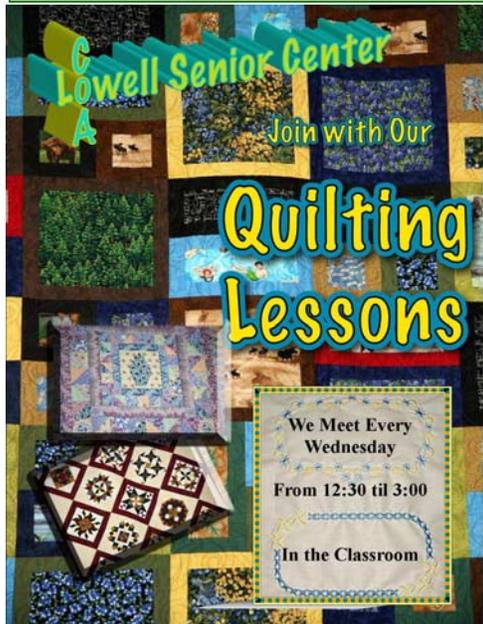
Massachusetts seniors who are eligible for government assistance can get free or low cost dental care from MassHealth, the Health Safety Net, Senior Care Options, or PACE. See [Which health programs offer dental benefits?](#) above. For information about other free and low cost dental care options, see [Where can I get free or low cost dental care?](#)

Low income seniors without dental insurance who can't afford to pay for dental care may be able to get help from the Dental Lifeline Network's Donated Dental Services (DDS) program. The DDS program provides non-emergency comprehensive dental care by volunteer dentists at no cost. You must be age 65 or older, or permanently disabled, or medically at-risk to qualify. The application is available online at [Dental Lifeline Network - Massachusetts](#), or call the Dental Lifeline Network at 888-623-2780 for more information. There is a waiting list for this program and you may have to wait a year or more for dental services.

Original Medicare does not pay for dental services except in very special cases, and does not pay for routine dental care such as cleanings, fillings, or dentures. Medigap supplemental plans also do not cover dental care. Some [Medicare Advantage plans](#) include dental coverage, but usually charge a monthly premium for added benefits, on top of the Medicare Part B premium. If you use Medicare.gov's [Medicare Plan Finder](#), the  symbol denotes Medicare Advantage plans with dental benefits. Dental benefits offered by Medicare Advantage plans may be limited and may require co-pays. Before you enroll in a Medicare Advantage plan, you can check with the plan administrator for details about dental benefits.



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



contact John Lawlor at the Lowell Senior Center @ 978-674-1174 for an appointment.

The Lowell Election & Census Commission announces that the deadline to register to vote in the special June 25 US Senate Election is Wednesday, June 5 at 8pm. The Election office is will be open until 8pm on Wednesday, June 5. We are located in the basement of Lowell City Hall, 375 Merrimack Street, Room 5. The normal office hours are weekdays 8am to 5pm. They will be closed on Monday, May 27 in observance of Memorial Day.

Mail-in voter registration cards that are postmarked by the June 5 deadline will be accepted for registration in the special primary election.

Lowell voters who are current in the census remain on the Active Voter's List but must inform us in writing if they changed their name or city address, or wish to change their party affiliation. **June 5 is also the deadline** for informing us of change in name or address if you are already a registered voter in Lowell.

Lowell residents who wish to check their registration status or would like to request a mail-in voter registration form may call the Election & Census



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

Commission at 978-674-1200. **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 McMahon 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.

SPECIAL SHOWING!
JUNE 10th @ 1PM





Habitat for Humanity International (HFHI), in a continued effort to serve with and in honor of veteran and military families, is hosting the Veterans Build on

the Mall event in the first week of June 2013. HFHI along with local area Habitat affiliates will be framing seven houses on the National Mall, representing each



branch of the military and National service. The event will highlight the housing needs of veterans and the

great value they bring to our neighborhoods and communities.

Habitat for Humanity Veterans Build Initiative
Across the country, more than 200 Habitat affiliates have developed strong grass roots efforts serving veterans. HFHI's national Veterans Build initiative is enhancing the impact of these efforts leveraging national service programs to serve more veterans with housing solutions, and providing employment and volunteer opportunities for veterans, service members, their families, and families of the fallen.

Birth of the U.S. Army

Founded in June 14, 1775



When the American Revolution broke out, the rebellious colonies did not possess an army in the modern sense. Rather, the revolutionaries fielded an amateur force of colonial troops, cobbled together from various New England militia companies. They had no unified chain of command, and although **Artemas Ward** of Massachusetts exercised authority by informal agreement, officers from other colonies were not obligated to obey his orders. The American volunteers were led, equipped, armed, paid for, and supported by the colonies from which they were raised.

The Home Modification Loan Program (HMLP) at Community Teamwork, Inc. is a state funded program that provides interest free or low interest loans for seniors and others with disabilities to make accessibility modifications to their homes. Initially established by the Massachusetts Legislature in 1999, the goal of the program is to facilitate community living options for individuals with disabilities.

HMLP loans are available to make modifications to the primary principal residence of elders, adults with disabilities and families with children with disabilities. Some examples of projects funded through this program include wheelchair ramps, stair lifts and ac-

cessible bathrooms.

Based on income guidelines, loans of \$1,000 to \$30,000 are available, secured by a note and a mortgage on the residence. The HMLP offers 0% or 3% loans depending on household income. Landlords with fewer than 10 units may also be eligible for a 3% loan to modify a tenant's unit.

For more information please contact Alan Trebat at Community Teamwork, 978-654-5741 or by email to atrebat@comteam.org. HMLP is a Massachusetts Rehabilitation Commission program in collaboration with the Community Economic Development Assistance Corporation.

News To Live By



Comcast Notice of Toll-Free 711 Dialing

For access to all Telecommunications Relay Service for the deaf and hearing

Dialing 711 to reach TRS makes relay access convenient, fast and uncomplicated. TRS is available 24 hours a day, seven days a week and all are confidential. For more information about the various types of TRS, see the FCC's consumer fact sheet at <http://.fcc.gov/cgb.consumerfacts.trs.html>, or visit the web site of the Disability Rights Office (DRO) at <http://www.fcc.gov/cgb/dro/>.

CONSUMERS: DO YOU WANT TO REDUCE TELEMARKETING CALLS? SIGN UP NOW FOR

**THE MASSACHUSETTS DO NOT CALL REGISTRY (INCLUDING CELL PHONES) YOU CAN REGISTER IN TWO EASY WAYS:
ONLINE: WWW.MASS.GOV/DONOTCALL OR
CALL: 1-866-231-2255**

Do You Have Diabetes?

*Senior Center seminar-June 6th @ 12 noon
In an effort to more fully understand the relationship between physical and mental health, South Bay has developed a pilot program to assist you with navigating the effects of your diabetes on daily living.*

You are a great candidate if you:

- Have a diagnosis of Diabetes (1 or 2)*
- Want to learn more about how Diabetes affects daily living*
- Want the benefit of learning about additional resources available*
- Are ready to learn some skills to promote healthy living*

The Diabetes Module will cover:

- Normalizing the feelings associated with the diagnosis*
- Accepting the reality of the diagnosis*
- Available resources and supports in your community*
- (Re)gaining control of your health and your future*
- Parent Support Training for parents of children with diabetes*
- Worksheets to maintain control of your life with diabetes*



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

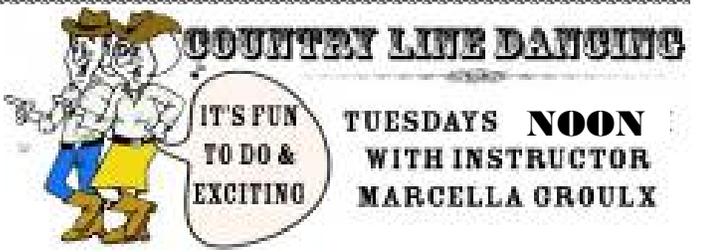
Benefits of Yoga
Yoga helps with
arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, and stress

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



DOMINOES

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



COUNTRY LINE DANCING

IT'S FUN TO DO & EXCITING
TUESDAYS NOON WITH INSTRUCTOR MARCELLA GROULX



Hawaiian Hulu Dance Lessons

Good for Joints & FUN
Mondays @ 10am with Kim Stevens



CTI Bone Builders Class

Join Us Call Tara
978-674-1172

Answers for puzzle on pg14

RPM	PACK	ELL
YEA	ORGAN	GOO
ARI	BOOTED	OUT
NUDIST	SEA	
	DEEM	LYCRA
	BLOSSOM	SHOT
WEE	STRAW	UNE
WEAR	SARONGS	
INDIA	LORE	
	POT	OLDEST
UPPER	HAND	WAR
SUE	TALES	ETO
ONT	AWED	RED



J550 MTD @ TAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CONSUMERS: DO YOU WANT TO REDUCE TELEMARKETING CALLS? SIGN UP NOW FOR THE MAS-SACHUSETTS DO NOT CALL REGISTRY (INCLUDING CELL PHONES) YOU CAN REGISTER IN TWO EASY WAYS: ONLINE: WWW.MASS.GOV/DONOTCALL OR CALL: 1-866-231-2255</p>	<p>6:30-Coffee & Pastries — Free 8:30-9:30-CTI Bone Builders 9:00-Getting Fit w/Marian Silk \$2 10:00-Hawaiian Hula –free 10:30-Sun Protection Seminar w/ Elder Services-RN Judi Brindle 11:30-Lunch (see menu) \$2 Noon-3:45-Bid Whist Cards— 1:00-Choral Group Rehearsal 1:00-Movie Day—The Longest Day & popcorn</p>	<p>6:30-Coffee & Pastries — Free 9:11:30—Dominos 10:00-Breathing and Meditation-comp-Dayn Yoga-Board Room 10:00-12:00-Commonwealth Nursing-BP’s 10-12—Country Line Dancing-\$5 10-12-Lowell Police Drop-In 10-11-Tai Chi \$3 11:30-Lunch (see menu) \$2 11:45-Wii Games Board Rm. Free Noon-Cribbage — Free 12-3-Knitting & Crochet— 1-3-Picture ID’s \$3</p>	<p>THE SENIOR CENTER WOULD LIKE TO SAY: “THANK YOU” TO FRANK DESRISSEAU FOR HIS VOLUNTEERING OF PLAYING HIS CD’S FOR DANCING MUSIC AT THE FRIDAY SOCIALS. THANK YOU SO MUCH! YOUR KINDNESS IS GREATLY APPRECIATED BY ALL OF US AT THE SENIOR CENTER.</p>	<p style="text-align: center;">JUNE</p>
<p>3. 6:30—Coffee & Pastries 8:30-9:30-CTI Bone Builders 9:00-Getting Fit w/Marian Silk \$2 10:00-Hawaiian Hula –free 10:30-Sun Protection Seminar w/ Elder Services-RN Judi Brindle 11:30-Lunch (see menu) \$2 Noon-3:45-Bid Whist Cards— 1:00-Choral Group Rehearsal 1:00-Movie Day—The Longest Day & popcorn</p>	<p>4. 6:30-Coffee & Pastries — Free 9-11:30—Dominos 10:00-Breathing and Meditation-comp-Dayn Yoga-Board Room 10:00-12:00-Commonwealth Nursing-BP’s 10-12—Country Line Dancing-\$5 10-12-Lowell Police Drop-In 10-11-Tai Chi \$3 11:30-Lunch (see menu) \$2 11:45-Wii Games Board Rm. Free Noon-Cribbage — Free 12-3-Knitting & Crochet— 1-3-Picture ID’s \$3</p>	<p>5. 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 9:30-11:30-Albert Gauthier, RNBP-Blood Pressures 10:00-CAN seminar-discounted utilities w/ Ellie Silva 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>6. 6:30-Coffee & Pastries 9-10-Exercise for Health \$2 9:30-Assurance Wireless cell-phones-2nd fl. Library 10-1-SHINE councilor (please call for appointment)— Free 10:00-AA Info meeting— Free 10:00-Scrapbooking \$15.00 11:30-Lunch (see menu) \$2 12:00-Diabetes seminar 12-3:45-45’s & Whist Cards 1:45-2:45-CTI Bone Builders B</p>	<p>7. 6:30-Coffee & Pastries— Free 9:30-11:3- Computer Classes-free 9:00-Vets Breakfast-free- 10-RN Amanda –Health class 10-11-Tai Chi \$3 11:30-3:45-Poker — Free 11:30-Lunch (see menu) 11:45-1-Wii Games 12:30-Widow/Widowers Bereavement 1-3-Senior Social \$1.00 Dancing & Music: Chet Harnden’s Big Band Sound-Ice-cream social 2:00-3:30-Anxiety support — Free</p>
<p>10. 6:30—Coffee & Pastries 8:30-9:30-CTI Bone Builders 9:00-COA Board Mtg 9:00-Getting Fit w/Marian-\$2 10:00-Hawaiian Hula –free 10:30-CTI Home Modification loan program w/ Alan 11:30-Lunch (see menu) \$2 Noon-3:45-Bid Whist 1:00-Movie Day-Wizard of Oz & popcorn 1:00-Choral Group Rehearsal 1:45-2:45-CTI Bone Build-</p>	<p>11. 8-10-LVNA Blood Pressure 8:00-CTI Mandatory Mtg. 9-11:30-Dominos — Free 10:00-Duramedix Diabetic Shoes 10-12:30—LVNA Blood Pressure 10-12-Police Drop-In — Free 10-12-NO Country Line dance 10-11—Tai Chi \$3 11:30—Lunch (see menu) \$2 11:45-1—Wii Tourney— Free Noon—Cribbage— Free Noon-3—Knitting & Crochet Free 1-3—Picture IDs \$3</p>	<p>12. 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 9:30-11:30-Albert 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>13. 6:30-Coffee & Pastries — Free 9-10-Exercise for Health \$2 9-11-Hearing Aid Maintenance, equip. & hearing test 9:30-Assurance Wireless cell-phones-2nd fl. Library 10-1-SHINE councilor (please call for appointment)— Free 10:00-AA Info meeting— Free 10:30-Cyber crime prevention 11:30-Lunch (see menu) \$2 12-3:45—45’s & Whist Cards 1:45-2:45-CTI Bone BuildersB</p>	<p>14. 6:30-Coffee & Pastries— Free 9:00-Veterans breakfast-comp.-Flag Day-Betsy Ross DVD-tent. 9:30-11:30— Computer Classes 10-11—Tai Chi \$3 11:30-3:45— Poker 11:45-1—Wii Games 1-3-Senior Social –\$1 Dancing & music-Pizza-CD’s W/ FRANK DESRISSEAU 12:30-Widow/Widowers Bereavement 2:00-3:30—Anxiety support: — Free Steve Coupe</p>

<p>17. 6:30—Coffee & Pastries—Free Free 8:30-9:30-CTI Bone Builders A 9:00Getting Fit w/Marian Silk \$2- 10:00-Holistic Geriatric Ath- ertisClasses\$5 10:00-Hawaiian Hula Dance-free 10:30-Tire & Fire Safety 11:30-Lunch (see menu) Noon-3:45-Bid Whist 1:00—Choral Group Re- hearsal 1:45-CTI Bone Builder</p>	<p>18. 6:30-Coffee & Pastries—Free 9-11:30-Dominos — Free 10-12:30—LVNA BP's 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>19. 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— 9:30-11:30Albert Gauthier, RNPB- 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>20. 6:30—Coffee & Pastries—Free 9-10—Exercise for Health \$2 9:30-Assurance Wireless cell- phones-2nd fl. Library 10-1—SHINE councilor (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>21. 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 & Hot dogs & Frank's homemade beans- \$1-CD'S W/FRANK DESRISSEAU 2:00-3:30—Anxiety support:—Free Steve Coupe HAPPY SUMMER!</p>
<p>24. 6:30—Coffee & Pastries— Free 8:30-9:30-CTI Bone Build- ers A 9:00Getting Fit w/Marian Silk \$2- 10:00-Holistic Geriatric Ath- ertisClasses\$5 10:00-Hawaiian Hula Dance-free 10:30-PrideStar-Hemlich Maneuver demo 11:30-Lunch (see menu) Noon-3:45-Bid Whist 1:00—Choral Group 1:45-2:45-CTI Bone Builder</p>	<p>25. 6:30-Coffee & Pastries—Free 7AM-Special State Elections 9-11:30-Dominos — Free 10:00-12:00-Commonwealth Nursing-Blood Pressures 10-12-NO 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 12-3pm-BROWN BAG 1-3—Picture IDs \$3</p>	<p>26. 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— 9:30-11:30Albert Gauthier, RNPB- 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>27. 6:30—Coffee & Pastries—Free 9-10—Exercise for Health \$2 9:30-Assurance Wireless cell- phones-2nd fl. Library 10-1—SHINE councilor (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>28. 6:30—Coffee & Pastries—Free 9:30-11:30—Computer Classes 9:30-Friends of COA 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 & chicken party- \$1-CD'S W/FRANK DESRISSEAU 2:00-3:30—Anxiety support:—Free Steve Coupe</p>

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



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

<p align="center">Getting Fit & Staying Fit with Marian Silk</p> <p align="center">9:00am - 9:55 am Monday</p>				<p>1 Stuffed Shells, Mixed Veggies, Garlic Stick, Juice Apricots</p>		
2 Chicken In Pineapple, Ginger, Sauce, Rice, Oriental Veggies, Fresh Fruit & Multi Bread	3 Turkey Loaf, Rice Gravy, Corn Apricots & Wheat Bread	4 Vegetable Lasagna, Spinach, Garlic Bread & Orange Juice, Fruits	5 Roast Pork, Apple Sauce, Gravy, Green Beans, Potatoes & Rye Bread	6 Stuffed Cabbage, Mixed Veggie, Multi Grain Bread, Jell-O-o, & Juice	7 Baked Salmon, White Sauce, Peas, Potatoes, Wheat Bread & Peaches	8 Veal Cutlet Sub, w/ Sauce on a Roll, Chips, Juice & Mandarin Oranges
9 Pork Chops, Green Beans, Sauce, Potatoes, Rye Bread & Oranges	10 Chicken Dippers w/ BBQ Sauce, Rice, Carrots, Wheat Bread, & Jell-O	11 Ham w/ Pineapple Sauce, Peas, Carrots, Potatoes, Rye Bread & Apples	12 Ziti w/ Meat Sauce, Wax Beans, Multi Grain Bread, & Pears	13 Chicken Salad, Pasta Salad, Three Bean Salad, Wheat Bread, Juice & Oranges	14 Fish Florentine, Rice, California Blend, Wheat & fresh Fruits	15 American Chop Suey, Salad, Garlic Stick, Juice & Cookies
16 BBQ Chicken, Potatoes Salad, Corn on the Cob, & Watermelon	17 BBQ Ribs, Boiled Potatoes, Italian Blend Veggies, Wheat Bread & Oranges	18 Meat Loaf, Mashed Potatoes, Peas, Rye Bread & Apricots	19 Chicken Legs, Scallop Potatoes, Carrots, Multigrain Bread, & Mixed Fruit	20 Meat Cheese, Stewed Tomatoes, Provolone, Wheat Bread & Fruit Salad	21 Seafood Salad, Potatoes Salad, Lettuce & Tomatoes, Pita Bread	22 Chicken Fritters, Steak Potatoes, Corn, Rye Bread & Peaches
23 Meatball w/ Sauce, Pasta Broccoli, Rye Bread & Tapioca Pudding,	24 Stuffed Chicken, Potatoes, Gravy, Spinach, Multigrain Bread & Plum	25 Liver & Onions, Corn, Gravy, Wheat Bread & Banana Pudding	26 Salisbury Steak, Gravy, Potatoes, & Wheat Bread,	27 Tuna Fish, Cole Slaw, Pasta Salad, Pita Bread, Juice & Yogurt	28 Fish Sticks, Redskin Potatoes, Spinach, & Watermelon	29 Chicken Patties, Gravy, Rice, Peas, Pear & Juice
30 Stuffed Peppers, Mixed veggies, Rye Bread, Juice & Mixed Fruits						

Panic attacks, anxiety, controlling your thoughts through activities? Learn little known Facts of panic and Of anxiety issues Fridays 2:00 PM to 3:30PM

(continued from page 5) and don't hesitate to call him "Dad".

Community Teamwork, Inc. (CTI) Home Modification Loan Program (HMLP) is a state funded program that provides interest free or low interest loans for seniors and others with disabilities to make accessibility modifications to their homes. Based on income guidelines, loans of \$1,000 to \$30,000 are available, secured by a note and a mortgage on the residence. For more information please attend an educational seminar with Alan Trebat of CTI on **Monday, June 10th at 10:30 am**. Please see inside newsletter for more details on the Home Modification Loan Program (HMLP).

Flag Day is June 14th. Please join us for the monthly veteran's breakfast on Friday, June 14th at 9 am. Learn about the history of our American Flag. A speaker from the Veterans Community Center (VCC) will be on site at 9:15 am, immediately following breakfast.

Don't forget, if you own a home in Lowell and want to apply for the Senior Tax Incentive program, see inside newsletter for eligible applicants, application information.

Do you know how to help someone when they are choking? Would you like to learn? Please join us on **Monday, June 24th at 10:30 am** for a "Heimlich Maneuver" demo, with Ed Daley, "Pride Star" Ambulance and EMT's. You could save a life some-day!

"Cyber-Crime Prevention for Senior's" seminar will be held on **Thursday, June 13th at 10:30 a.m.** Learn how to protect your on-line identity. Greg and Todd, co-founders of, Merrimack Analysis Group started this organization, following a deployment to Afghanistan with the Massachusetts Army National Guard, Greg and

Todd witnessed several instances overseas in which social media missteps created problems for soldiers and their units, and then coming back to see the same sorts of problems occurring frequently in civilian life, they decided to create an organization that would help educate people about how to make better online decisions. **If you are a computer user, this is a good educational seminar for you to attend.** During this interactive, highly-engaging, 45-minute presentation, The "Merrimack Analysis Group" will discuss 'Cyber-Crime Prevention for Senior's'. They will cover topics such as phishing scams, malicious software, identity theft risks, social engineering, and much more. Using real-life, recent examples, they will discuss the current trends, tactics, and procedures in use by cyber-criminals who target seniors on-line. They will then outline several strategies for preventing and mitigating instances of cyber-crime.

The Lowell High School Alumni Chorus will be presenting "FAVORITE THINGS" on Sunday, June 2nd at 2 pm at the Lowell Masonic Center, 79 Dutton Street (Across from JFK plaza) Lowell, MA. Suggested donation is \$5 adults, \$3 for seniors over 65+ and children under 12.

We hope you enjoy your summer, while it last. Be safe, be hydrated and please be careful in the heat and sun!

Sincerely, Michelle Ramalho

(cont. from pg. 14)

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!!"

AND.....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION:

Eat and drink what you like.

Speaking English is apparently what kills you.



Please don't take this seriously it is just for fun



source of field grass (green leafy vegetable).. And pork chop can give you 100% of recommended daily allowance of vegetable product. Ice Cream even better – everything Cow eats in one package!

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine made from fruit. Brandy is distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. All people who don't drink unhappy –

page

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart only good for so many beats, and that it...don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? **Take nap.**

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiency. What does cow eat? **Hay and corn.** And what are these? Vegetables. So steak is nothing more than efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef also good

happy people live longer so drink more. Bottom up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have body and you have fat, your ratio one to one. If you have two bodies, your ratio two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of single one, sorry. More people killed running on street than lying on couch. My philosophy is: No pain...good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food are fried these day in vegetable oil. In fact, they permeated by it. How could getting more vegetable be bad for you?!?

Q: Will sit-ups help prevent

ACROSS

- 1. Tachometer letters
- 4. Load a suitcase
- 8. Building addition
- 11. Pro's vote
- 12. Musical instrument
- 13. Muck
- 14. Onassis, informally
- 15. Dismissed, slangily (2 wds.)
- 17. Clothing-optional camper
- 19. Caribbean, e.g.
- 20. Believe
- 22. Swimsuit material
- 26. "Orange — Time"
- 29. Fired a gun
- 30. Petite
- 31. Soda sipper
- 33. One, in French
- 34. Sign of use
- 36. Island dresses
- 38. Mahatma Gandhi's home
- 40. Traditional wisdom
- 41. Cook's container
- 43. Most ancient
- 47. Advantage (2 wds.)
- 51. 1914 outbreak
- 52. "Runaround

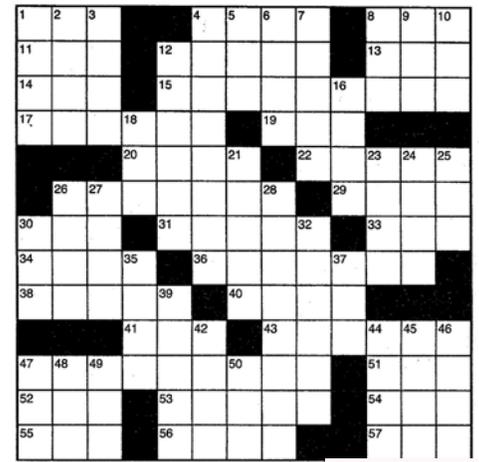
- 53. Stories
- 54. Ike's theater
- 55. Hamilton's prov.
- 56. Inspired wonder
- 57. Maroon

DOWN

- 1. Actor O'Neal
- 2. Lima's country
- 3. Hotel employee
- 4. Objects to
- 5. "Long, Long —"
- 6. Kittens, as adults

- 7. Prepare to pray
- 8. Sense of self
- 9. Costello of comedy
- 10. Great amount
- 12. Prey on the mind
- 16. Week's seven
- 18. Groom's reply (2 wds.)
- 21. Virtuous
- 23. Motor sound
- 24. Reagan and Guidry
- 25. Noshed
- 26. "I've — thinking..."

- 27. Be first
- 28. Deserted
- 30. "All Quiet on the Western Front" conflict
- 32. "All the — a stage..."
- 35. Ready to eat
- 37. Beatty or Buntline
- 39. Large artery
- 42. Liquefy
- 44. Large pitcher
- 45. Satisfy fully
- 46. Trapped
- 47. GI's social club
- 48. Word play
- 49. Goldfish, e.g.
- 50. Malt beverage



Ans on pg 9

me from getting a little soft around the middle?

A: Definitely not! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

Q: What about food additives?

A: You want to complain about something for free? If it added – must be better – like fuel additive!

Q: Is chocolate bad for me?

A: Are you crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for your figure, explain whale to me.

(Continue on page 13)

People & Events



Trooper Dan entertains during the pizza event



L to R. Lowell Lions Ted Irving, Dave Shaughnessy, Marcel Plouffe, Debbie Lussier, George Montimony, Lenny Tarmey, Gerry Cohen, Bob Phaneuf

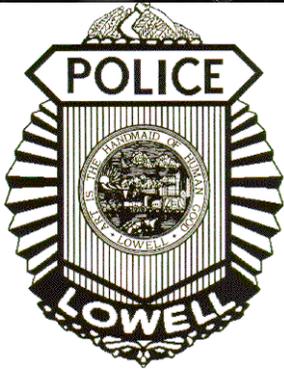


Friends of The Lowell Council On Aging
Front Row:
Lorraine Mellen-Rita Mercier-Jacqueline Denison-Claire Brodeur
Michelle Ramalho
Back Row
Arthur Toupin-Joe Dussault-Dr Joe Downes-Ray Roades
Lenny Gendron

L to R Donald J. Silva, Cdr. Daniel Donegan, Congresswoman Niki Tsongas, Cdr. O'Hagan, Cdr. Anita Reid, Cdr. Kramer, John King & Vinny Reid (Local DAV members meeting with Niki Tsongas)



Social Dinner Dance — Entertainment from Chet Harnden (Thank You) and picture on the right showing Friday socialites showing their great dance moves.



Report Suspi- cious Activity!

From
Safety Officer Paul G.
Corcoran
Lowell Police Depart-
ment

50 Arcand Drive

Lowell, Mass. 01854

978-674-1968

www.lowellpolice.com

This Report will continue with all pages for so one

can use the forms for you records..... They will continue on following pages for the rest of pamphlet. Thank You Paul Corcoran for all you do for all Seniors.

Come join us on Wednesday, June 5, 2013 at 10:00 We are lucky to be able to bring to the Lowell Senior Center A.C.N who is the world's largest direct provider of telecommunications, energy, and other essentials service that you use everyday.

Come and see if we will be able to save you money on bills you are already paying and keep more money in your own pocket. (Please be sure to bring your bills with you.)

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We look forward to meeting you,
Ellie Silva and Bill Rowe

The Future of Medicare: 15 Proposals You Should Know About

9. Strengthen the Independent Payment Advisory Board (IPAB)

The IPAB is a group of 15 health experts (generally appointed by the president and approved by the Senate) who are required to recommend ways to hold down Medicare spending growth if that growth exceeds a certain limit. The IPAB has the authority to reduce payments to some Medicare providers (e.g., hospitals, doctors), but it cannot raise beneficiary premiums or reduce their benefits. Some proposals would change the law to give the IPAB more authority so it could also reduce benefits, while other proposals would further limit the amount of Medicare spending growth, which could require the IPAB to further reduce spending on doctors, hospitals and other health care providers. Some would eliminate the IPAB altogether.

PRO: The IPAB is a promising way to limit the growth of Medicare spending without rationing care or cutting access to care by the elderly and disabled. It should be retained and strengthened so it can improve incentives for doctors, hospitals and other providers to deliver higher-quality care at reasonable cost. Some members of Congress want to kill the IPAB even before it goes to

work because of a mistaken belief that it usurps congressional authority. It does not. Congress remains free to reverse any recommendations that the IPAB makes. It could even kill the IPAB with new legislation. But the creation of the IPAB expresses a congressional commitment to an important goal — slowing the growth of health care spending. (*Henry J. Aaron, Brookings Institution*)

CON: The IPAB was created in the new health law to cap total Medicare spending so it grows only a little more each year than the economy grows. To accomplish this, the 15 unelected board members will be able to cut payments each year to your physicians, hospitals or Medicare plan provider by however much it takes to stay under the spending cap. If Congress can't agree on its own package of cuts, the board's cuts will go into place automatically and nobody — not the courts or even Congress itself — can stop them. This board should not be strengthened. It should be dismantled. (*Stuart Butler, Heritage Foundation*)

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

Your computer users can also access www.aarp.org/ma for information specific to AARP in Massachusetts.

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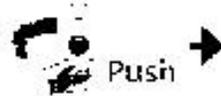
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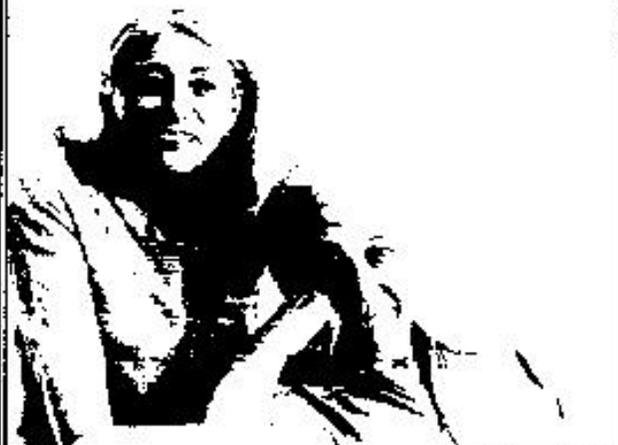
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