



# HERITAGE

*APRIL! APRIL! APRIL!*

Doesn't that sound magnificent? The word simply says, SPRING. It seems we all waited so long for the season to arrive. The buds are growing from each tree limb the bulbs are bursting through the newly defrosted soil. The small animals that hibernate are peeking out their heads from their burrows and professional baseball is back! All of us have our own special exciting thoughts spinning inside our heads. Hopefully our readers all made it through the long, cold winter without any serious situations. Welcome Spring and welcome back to all of our winter bound Florida senior participants.

April Fools' Day, or All Fools' Day is the first day of April. Nobody really knows where the custom started, but some say it began in France. People would exchange gifts. They had a New Year's festival that was held from March 25th-April 1st. Later, King James IV changed the holiday to January 1st for New Years. The people that still celebrated on April 1st were called "April fish" and sent mock presents. April Fools' Day may also be related to the ancient Roman spring festival "Hilaria", which celebrates the resurrection of the god "Attis". Either way, us New Englanders are big jokesters on April Fools' Day! We look forward to being fooled all day! Bring it on.

Hippity, Hoppity, Easters on its way! Sunday, April 20th will be Easter Sunday. The Senior Center will be closed. This year both Easter and Greek Orthodox Easter falls on the same day. Whether you are making baklava or dying colored eggs, all of us at the Lowell Senior Center wish you and your family and friends, a Happy Easter! Want to have some fun and socialization? Why not come and color some eggs with our crafty volunteer, Carol Lannon, on Monday, April 14th at 10:30 am? COA will have all the supplies.

**Want to learn the newest techniques to stay young? Do you want to live to see 100? Come to the educational seminar on April 22nd at 9 am with Dr. Yaga. He will teach you the**

- |                       |
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**newest techniques in staying young and living longer!**

The Lowell Senior Center would like to thank the following people for their kind donations made to the senior center: The Ladies VFW Auxiliary #2532 and retired City of Lowell Veterans agent Joseph and Connie Dussault for their delicious candy distributed to the Veterans in March. Thank you to Bayberry at Emerald Court for their contribution of a delicious hot breakfast and great speaker on the Aide in attendance program for Vet's!

We hope to see you all soon! Enjoy your month. Be healthy, be happy, & don't forget to be active!

*Sincerely,*

*Michelle Ramalho*



30 years Restoring the balance of justice

NATIONAL CRIME VICTIMS' RIGHTS WEEK APRIL 6-12, 2014

## CANDLELIGHT VIGIL

APRIL 7th 5-9 PM ~ LOWELL SENIOR CENTER

### INFORMATION BOOTHS

- CENTER FOR HOPE & HEALING
- COMMUNITY VOICES
- GARDEN OF PEACE
- LOWELL COMMUNITY HEALTH CENTER
- LOWELL POLICE DEPARTMENT
- MA OFFICE FOR VICTIMS ASSISTANCE
- M.V. CHAPTER OF POMC
- MIDDLESEX DISTRICT ATTORNEY'S OFFICE
- MIDDLESEX SHERIFF'S OFFICE
- VICTIM COMPENSATION

### IN PARTNERSHIP

- CITY OF LOWELL
- DISTRICT ATTORNEY'S OFFICE
- MIDDLESEX SHERIFF'S OFFICE

### SPONSORS

- A BELVIDERE FLORIST
- MERRIMACK VALLEY CHAPTER OF POMC
- ARNIE MUSCOVITZ
- 978-452-5858
- AMUSCOVITZ@COMCAST.NET

### INFORMATIONAL BOOTHS (5-7PM)

CANDLELIGHT WALK TO CITY HALL 7.30PM (weather permitting)

ESCORTED BY THE MIDDLESEX SHERIFF'S OFFICE

MOTORCADE, COLOR GUARD

### MASTER OF CEREMONIES

Mayor Rodney Elliot

### SPEAKERS

- Senator, Eileen M. Donoghue
- Representative, Kevin Murphy
- Middlesex DA office, TBD
- Middlesex Sheriff, Peter Koutoujian
- Lowell Police Superintendent, William Taylor
- GOP/National Office Victim Assistance, Jude Vajda

### Presenting:

Lowell High School Show Choir & Paul Belley on the saxophone

Michael Geary  
**Acting CITY MANAGER**

**City Council**

**Mayor**

Rodney M Elliott

**Vice Mayor**

John J. Leahy

\*\*\*

Corey A. Belanger

Edward J. Kennedy Jr..

William F. Martin Jr.

Rita M. Mercier

James L. Milinazzo

Daniel P. Rourke

William J. Samaras

**FRIENDS of the  
Lowell Council on Aging, INC.**

**BOARD OF DIRECTORS**

**PRESIDENT**

Dr. Joseph M. Downes Jr.

**VICE PRESIDENT**

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Jacqueline Denison

**SECRETARY**

Claire Brodeur

**DIRECTORS**

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Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

Office hours vary  
Call 978-674-1175.

Meetings held on last Friday  
of the month at 9:30 a. m.  
Public welcome

**SENIOR CENTER SERVICES**

**Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov

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

**Events / Trips Coordinator:** Kathy Carroll  
978-674-1169 ~ kcarroll@lowellma.gov  
Monday-Friday 6 am to 2 pm

**Volunteer:** Sandra Breen 978-674-1176  
sbreen@lowellma.gov  
Monday-Wednesday 6 am to 1 pm

**Outreach Coordinator:** Amy (Medina) Leal  
978-674-1167 ~ aleal@lowellma.gov  
Monday-Thursday 9 am to 4 pm

**Volunteer Coordinator:** Audrey McMahon  
978-674-1166 ~ amcmahon@lowell.ma.gov  
Tuesday-Thursday 10 am to 2 pm

**Minority Outreach Coordinator:** Linda Hin  
978-674-1173 ~ Lhin@lowellma.gov  
Mon/Tues 9-12, Wed/Thurs 12-3, Fri 8-11

**Outreach Volunteers:** John R. Lawlor  
978-674-1174 ~ jlawlor@lowellma.gov  
Monday-Wednesday 10 am to 3:40 pm

Deanna Rabidoux  
978-674-1168 ~ dlrabidoux@lowellma.gov  
Tuesday-Thursday 9 am to 4 pm

**SHINE (Serving Health  
Insurance Needs for Elders)**

Joan Gong 978-674-1172  
Monday appointments ONLY- 10 am to 1 pm

**Legal Services Assistance & Referrals**

For an appointment call  
Tara at 978-674-1172 or 978-458-1465

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

“Heritage” Production Editor—John R. Lawlor  
Composition—Amy Leal

**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:**

**Monday, MONDAY 14 @ 9:00am**

**City of Lowell  
Veterans Services**

Director / Agent

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

Head Clerk

Carmen Felix

978-674-1596

CFelix@lowellma.gov

Head Clerk

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:**

**8:00 A.M. - 4:00 PM.**

**Monday - Friday**

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

**Lowell Senior Center Hours of Operation:**

Monday—Friday: OPEN 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

# LCOA Trips

Motor Coach Day Trips -\$25 deposit. All ages 18-101! Departs from Ayotte Garage. 40 passenger minimum for casinos. All Trips must be paid in full one month prior to travel date. LCOA policy: no refunds (unless insurance is available & purchased). The "Civic Events" office is now open from 6:00 a. m. to 2:00 p. m. — Trip flyers available outside of 2nd floor office.

**May 15, Thursday—Direct from Vegas...The Tony Pace Show @ The White's of Westport.** Doors open 11am. Meal choice: Boneless Stuffed Breast of Chicken or Baked Scrod, Potato, Vegetable, Coffee & Dessert. Roger's Bus Departs 10:15 from LCOA. Cost \$55.

**May 20, Tuesday—North Shore Acappella @ Luciano's Lake Pearl Wrentham, MA** In 2011 they were featured on NBC's The Sing Off and dazzled listeners across the country. The North Shore Acappella has appeared as the opening act for the Temptations, The Platters, Ben E. King, Frankie Vallie, Roberta Flack, & Gene Pitney and many others. Meal Choice: Roast Pork Loin or Baked Haddock. Also included: veggies, bread, dessert, coffee & tea. Departs from LCOA. Cost \$65.

**May 23 - 30, Friday to Friday—Boston to Bermuda** Includes: Round trip motor coach from pick-up location to Boston Pier, 8 day/7 night cruise on board NCL Dawn, All meals on Board, plus NCL's Freestyle Dining Program, Best of Times Exclusive Cocktail Party, All Luggage Handling Fees, Driver Gratuities for trip to Boston, Cost \$899 & up. SEE FLYER OR CALL! Travelers Insurance by TravelSafe Protect-A- Group

**June 12, Thursday—"The Temptations Live in Concert @ The Venus De Milo in Swansea, MA**  
Sold out

**June 24, Tuesday—Lobstafest & Newport Playhouse & Cabaret "My Husband's Wild Desires" (Almost Drove Me Mad).** Sold Out—May sign up for waiting list

**June 28-29, Saturday-Sunday—Red Sox vs Yankee's Tour** includes: Round trip motor coach transportation New England to New York, Tickets for the Red Sox vs the Yankees at Yankee Stadium, 1 night New Jersey with first class accommodations 1 breakfast, Circle Line cruise around Manhattan, city sight seeing tour, baggage handling, gratuities except to tour director & driver, services of a professional tour director.

**June 28, Saturday—Foxwoods Saturday Night Special** Includes: Package Deal. Depart from the George Ayotte Garage at 2:00 pm and Arrive at 9:00 pm. Cost \$30.

**June 30, Monday—Cape Cod Canal Centennial: Celebrates 100 Years New!** Celebrate the special 100th Cape Cod Canal Anniversary! Enjoy a 2 hour narrated cruise and learn about the fascinating history and points of interest. The cruise leaves from Onset and goes to scenic Herring Run. Then enjoy a delicious buffet luncheon at Salerno's: includes: Plated Garden Salad with Dinner Rolls & Butter, Chicken Marsala, Baked Native Cod Served with Lemon Herb Crumb, Sliced Roast Beef served with Pan Brown Gravy, Oven Roasted Red Bliss Potato & Seasonal Vegetables, Coffee, Teas & Celebration Cake. Departs from LCOA. Cost \$60.

**July 9, Wednesday—Boston Duck Tour** Featuring the same Ducks used in the Victory Parades for the 2013 World Champion Res Sox's Patriots & Bruins & lunch off the menu @ the No Name Restaurant. History unfolds before your eyes as you explore Boston aboard our unique Ducks. You'll view diverse forms of architecture, examine local art and learn about Boston's lore and legend. Departs on Roger's Bus from the George Ayotte Garage. Cost \$60.

**July 24, Thursday—The Very Best of the Golden Oldies @ Danversport Yacht Club** Experience the very best of the Golden Oldies with New England's Premiere Oldies Band Straight Lace. With over 40 years of experience, a song list that includes 100 top ten selections, a high energy show that Rocks, Swings, and Twists. Departs LCOA. Cost \$64.

**July 28, Monday—Foxwoods Bonus Package Included & Transportation.** Depart from the George Ayotte Garage. Cost \$30.

**July 29, Tuesday—Spirit of Boston** Includes transportation, cruise, luncheon, entertainment, & dancing. Departs LCOA. Cost \$60.

**August 12, Tuesday—Foster's Clambake - American Songbook featuring Lydia Harrell.** Enjoy a traditional Maine Lobster bake at Fosters' Clambake - a New England Tradition. We transform this venue with our own Best of Times stage, lighting, and sound to bring you our amazing show called "The Great American Songbook". Departs from LCOA. Cost \$67.

**August 14, Thursday—Surf & Turf @ the Newport Playhouse “Murder at the Howard Johnson”** Is all fair in love? That question is posed by this light and very funny comedy about a love triangle at the Howard Johnson Motor Inn! Departs LCOA @ 9:15am. Cost \$65.

**August 27, Wednesday—Casablanca by the Sea** - Featuring Portland, Maine, narrated harbor cruise & luncheon. We will arrive @ the Dunstan School House Buffet with “Over a 100 Items”. After lunch, we will arrive at the Bay View Lady for a 90 minute cruise. Depart from the George Ayotte Garage at 9:15 am. Cost \$59.

**September 9, Tuesday—“American Bandstand Revue” @ Venus De Milo in Swansea, MA** This show is for those 50's & 60's enthusiasts with music and costumes from Jerry Lee Lewis, Brenda Lee, Neil Sedaka, The Four Seasons, The Beach Boys, Paul Anka, Frankie Lymon, Freddie Cannon, Connie Francis, The Girl Groups and more! 11:30 doors open & lunch @ noon: Boneless Breast of Chicken, Soup, Potato, Vegetable, Dessert and Coffee. Roger's Bus Departs @ 10:15 from LCOA. Cost \$50.

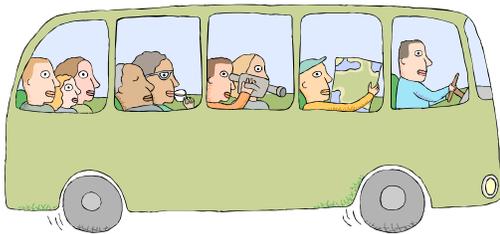
**September 18, Thursday—New England goes Country @ Danvers Yacht Club** Join us for an amazing day of Country music with 2 of New England's Hottest young stars to perform on our Best of Times stage. This is an opportunity to see 2 budding stars on their way up the country music charts and into the country mainstream. So join us as we listen to some of our country favorite songs as well as some new songs sure to win over our country ears!! Cost \$63.

**September 19, Friday – Cape Cod Canal Cruise & Annual Bourne Scallop Festival** – New Location @ The Barnstable County Fairgrounds in Falmouth! Includes: admission to the Bourne Scallop Festival, with choice of Fried Scallop or Herb Roasted Chicken dinner, & narrated 90 minute Cape Cod Canal Cruise. Departs from the George Ayotte Garage @ 8am. Cost \$57.

**October 8-10 - QVC Shoppers Special ... Mushrooms, Wine & Gardens Day.** See Flyer for more info. Cost: \$449 DBL, \$439 TPL, \$549 SGL

**October 7-8, Tuesday-Wednesday ... Cranberry Bogs & Cranberry Wine.** Trip includes: 1 night lodging at the Hyannis Harbor Hotel, 3 Meals, Tour & Wine Tasting at Truro Vineyards, Cranberry Bog tour, 2 hour Cape Cod Canal Cruise, Tour along Historic Rt3 6a, luggage handling, roundtrip transportation & more! See flyer for more info. Depart George Ayotte Garage. Cost: \$279 dbl, \$269 tpl, \$329 sgl.

The “Civic Events” office is now open from 6:00 a. m. to 2:00 p. m. — Trip flyers available outside of 2nd floor office.



## Roger's \$5.00 Trips

*Ages 60 to 101!*

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

### WEATHER ADVISORY:

IF LOWELL PUBLIC SCHOOLS ARE CLOSED, THE TRIP IS CANCELLED.

### April tickets on sale April 1st

3<sup>rd</sup> ... Thursday ... Grand Buffet & Shopping  
 7<sup>th</sup> ... Monday ... Weathervane & Walmart  
 10<sup>th</sup> ... Thursday ... Grassfields' & Christmas Tree Shop  
 17<sup>th</sup> ... Thursday ... Hungry Traveler & Tom's Discount  
 21<sup>st</sup> ... Monday ... Wrentham (MA) Outlets  
 29<sup>th</sup> ... Tuesday ... Village Inn & Methuen (MA) Loop

### May tickets on sale May 1st

6<sup>th</sup> ... Tuesday ... Weathervane & Walmart  
 8<sup>th</sup> ... Thursday ... Grassfields & Christmas Tree Shop  
 12<sup>th</sup> ... Monday ... Café Luigi's & shopping, Bedford  
 19<sup>th</sup> ... Monday ... Nashua Mall (shopping)  
 23<sup>rd</sup> ... Friday ... Merrimack Outlets (shopping)  
 30<sup>th</sup> ... Friday ... Parkers Maple Barn, Mason NH

### 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 8:00 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 8:00 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

## **Top 10 Things All Seniors Should Consider**

1. Current expenses: When you aren't working anymore, every penny counts. Take the time to compile all of your current obligations (supplemental health insurance, prescription drug insurance, life insurance, etc.) and examine if you have the most cost-effective plan for you and/or if all plans are still relevant. Consult with a trusted information source before terminating plans. For instance, when assessing prescription drug plans, consider reaching out to your local State Health Insurance Assistance Program (SHINE).
2. Health insurance: If you are enrolled in Medicare, you may be able to put over \$100 back in your monthly Social Security check and minimize your premiums and co-pays by learning more about Medicare Savings Programs.
3. Prescription drugs: Extra Help and local prescription drug assistance programs can cut costs.
4. Property taxes: Legally whittle down your annual tax bill with help from local abatement, circuit rider, or work-off programs. On average, you can save \$500–\$2,000 annually with this assistance.
5. Phones: In many states, individuals over a certain age qualify for a free cell phone plan. Consider switching from a land line to a free mobile phone.
6. Volunteering/community service: Get paid to give back—the Senior Corps, Retired Senior Volunteer Program (RSVP), and Senior Community Service Employment

### **April is Financial Literacy Month**

- Program (SCSEP) all provide paid stipends for service.
7. Using your home to stay at home: Learn more about timely and appropriate ways to leverage your home equity to stay independent. Call NCOA at 1-800-510-0301.
  8. Senior discounts: Many retailers offer discounts to older customers on certain days of the week. For instance, consider making all your purchases on that day, so you can receive an additional discount.
  9. Estate planning: “Must have” legal documents include a will for property distribution decisions, a living will for health care decisions, and a durable power of attorney to designate a personal representative in the event of incapacity. Also, consider a written plan for distributing untitled personal property (e.g., jewelry, furniture, and collectables) to heirs or charitable organizations to reduce confusion and family conflicts.
  10. More help: Find out what other public benefits you may be eligible for by visiting [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org) or calling the Eldercare Locator at 1-800-677-1116.

### **Top 10 Budget Busters to Avoid**

1. ATM/bank fees
2. Misusing balance transfers
3. Retail store credit cards
4. Late payments
5. Procrastinating on creating an emergency fund
6. Handouts: Some parents (and grandparents) give until there is nothing left. If you have a family who depends on your fixed income to bail them out of trouble, cut them

off now. This is easier said than done for many people, but you can't let family take advantage of you until you're broke.

7. Signing the back of your credit cards: Do not sign them. Instead, put “PHOTO ID REQUIRED.”
8. Financial scams: If you receive an email request related to an inheritance or a transfer of money to help someone from a foreign country, forward the entire message, including the message's header, to the Federal Bureau of Investigation's Internet Crime Complaint Center ([www.ic3.gov](http://www.ic3.gov)). This is the government agency in charge of investigating these fraudulent activities, including the ones that originate in Nigeria and the UK.

9. Poor credit rating: Here are the numbers you always need to contact if your wallet, etc., has been stolen:
  - Equifax: 1-800-525-6285
  - Experian: 1-888-397-3742
  - Trans Union: 1-800-680-7289
  - SSA fraud line: 1-800-269-0271



10. Fast food: It may be a quick way to fill your stomach, but fast food is also a swift way to drain your budget. Buying groceries with that extra \$10 per fast food meal can stretch your budget and feed you for another day. Consider recipes for meals that can be cooked and prepared in 30 min or less. Visit the U.S. Department of Agriculture's Recipe Finder for great ideas: [www.recipefinder.nal.usda.gov](http://www.recipefinder.nal.usda.gov)

### 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



#### **Dr. George Potamitis from Pro-Rehab**

Question and Answer Sessions

Every Wednesday from 10 - 11 am

#### **Affordable Hearing, LLC - Christopher Streeter**

Hearing Testing, Hearing Instrument Testing.

2nd Thursday of each Month from 9:00 to 11:00 am.

In the Nurses Station. Please call 978-674-1172 for appointment.

### Anxiety Support Group



with Steve Coupe

Fridays 2:00-3:45 pm

### Mah-jongg

Mondays

12:00-4:00 pm



### Getting Fit & Staying Fit

with Marian Silk

Monday and Thursday:

9:00am - 9:55 am

Wednesday: 8:30 am - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in one hour!)*



### H.O.M.E.

#### **Homeowners Options for Massachusetts Elders**

Tuesday, April 22, 2014 at 1:00 pm

Methuen Senior Activity Center

77 Lowell Street

Methuen, MA 01844

Homeowners Options for Massachusetts Elders (H.O.M.E.) is a 30 year old private, non-profit counseling agency that performs financial, remainder of life planning and displacement prevention for low and moderate income seniors in Massachusetts.

Many elders are facing a multitude of financial issues that threaten their home tenure. Among these are the income – cost gap, deferred maintenance on their homes, healthcare costs, as well as tax and insurance costs that continue to rise.

H.O.M.E.'s approach to assisting elders is to evaluate their budget and needs, attempt to pair them with programs that will help them free up cash for monthly expenses, loan modifications and lastly, to consider a range of loan options from conventional to equity conversion types. All mortgages are considered a last resort because they are an expensive alternative.

In our presentation of April 22, we will discuss the income - cost gap, the recent trends and roadblocks that we see elders experiencing as well as H.O.M.E.'s unique team based case management approach.

H.O.M.E. is an approved HUD comprehensive counseling agency and is approved by the Massachusetts Executive Office of Elder Affairs. It is one of nine agencies specifically designated by the Massachusetts Division of Banks as a Foreclosure Prevention Agency and participates in the Massachusetts Attorney General's Home Corps Program exclusively for elderly homeowners.

### YOGA

with instructor Diana Kyricos

Wednesday 10:00 to 11:00 am

\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

[Diana@atmamoves.com](mailto:Diana@atmamoves.com)



**CTI Bone Builders Class**

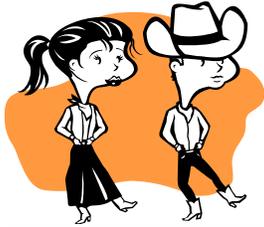
See Calendar for dates & times



Call  
978-674-1172  
to register

**Country Line Dancing**

with Marcella Groulx



Tuesdays  
at 10:00  
to 12 noon

Fun &  
Exciting!

**Dominoes**

with Charlotte Landry

Tuesdays 9:00 to  
11:00 am



**Hawaiian Hula Dance Lessons**

with Kim Stevens

Every Monday at  
10:00 am

Good for joints  
And FUN!



**Quilting Lessons**



Every Wednesday  
12:30 to  
3:00 pm



# Free Seminar

**TUESDAY, APRIL 8<sup>TH</sup>**  
**12:30 – 2:30 P.M.**

**LOWELL SENIOR CENTER**  
276 BROADWAY ST., LOWELL

**TO SIGN UP, CALL**  
**1-800-370-5010**

\*Special guest Gregory Gagne will offer his top financial planning tips.

**Beasley & Ferber**

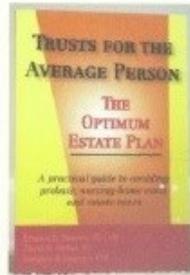
*The Elder and Disability Law Firm*

1-800-370-5010

[www.beasleyferber.com](http://www.beasleyferber.com)

Concord, Bedford, Nashua, Exeter &  
North Andover (MA)

Receive a free copy of our book:



**YOU'VE WORKED HARD TO BUILD FOR YOUR FUTURE. TRUST US TO PROTECT IT.**

At this important **FREE** seminar, Attorney Edward Beasley, former chairman of the American Bar Association's Elder Law Committee, will help you:

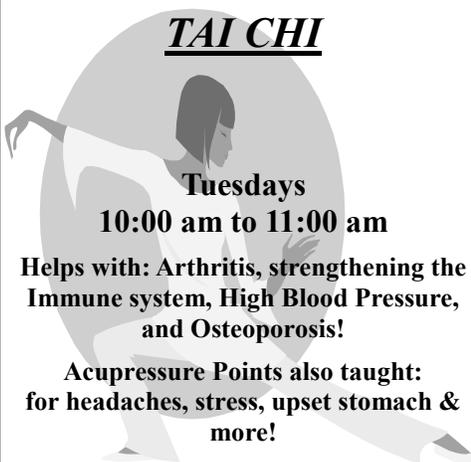
- ◆ Create a trust to shelter your assets from nursing home spend-down
- ◆ Plan for end-of-life decisions
- ◆ See how putting assets into your children's names can be catastrophic
- ◆ Learn about possible defects in your existing revocable trust

**TAI CHI**

**Tuesdays**  
**10:00 am to 11:00 am**

Helps with: Arthritis, strengthening the Immune system, High Blood Pressure, and Osteoporosis!

Acupressure Points also taught: for headaches, stress, upset stomach & more!



**Knitting & Crochet Group**



Every Tuesday  
From 12 noon  
to 3:00 pm

Join Us & Have Fun!





# Veteran's Corner



## Lowell Veterans' Services

### Attention Lowell Veterans:

FOR MORE INFORMATION REGARDING THIS BENEFIT AND MANY OTHERS, PLEASE CONTACT:

*Eric Lamarche*  
Veterans' Services Officer  
City of Lowell  
Senior Center  
276 Broadway Street

Lowell, MA 01854  
Phone: 978-970-4068

- Are you relying solely on social security benefits as income?
- Are you currently experiencing financial difficulty?
- Did you know that there are financial programs to assist Veterans and family members?
- Let the Lowell Veterans' Services Department help!

### Chapter 115 Public Assistance

Under Chapter 115 of Massachusetts General laws (M.G.L. c. 115), the Commonwealth provides a uniform program of financial and medical assistance for indigent veterans and their dependents.

Qualifying veterans, Widows of Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care.



### Understanding Rheumatoid Arthritis (RA)

With Dr. Marks

Friday, April 11 at 9:30 am at the Veteran's Breakfast

RA is the most common form of inflammatory arthritis, affecting about 1.3 million people in the U.S.

- \* What is Rheumatoid Arthritis (RA)?
- \* What is the difference between Rheumatoid Arthritis and Osteoarthritis?
- \* What questions should you ask your Rheumatologist?
- \* What treatment options are available?
- \* What lifestyle changes can make RA easier to live with?

## Fallon Senior Plan Meeting

Aging into Medicare? Qualify for a special election period? A Fallon Senior Plan representative will be at the Lowell Senior Center to discuss the Fallon Senior Plan options for 2014. Please stop by to learn more about one of your Medicare Options.

Heather will be at the Lowell Senior Center on:

**Monday, April 7 @ 10am**

Heather Bousquet  
Consumer Sales Department  
508-368-9262

## FREE Computer Assistance

with Pierre de Villiers

Fridays 9:30 to 11:30 am

Call 978-674-1167 to register



## BINGO

Every Wednesday

12:00 to 3:00 pm

50¢ per card

6 \$100 games  
10 \$40 games  
More Prizes



# White Ribbon Event

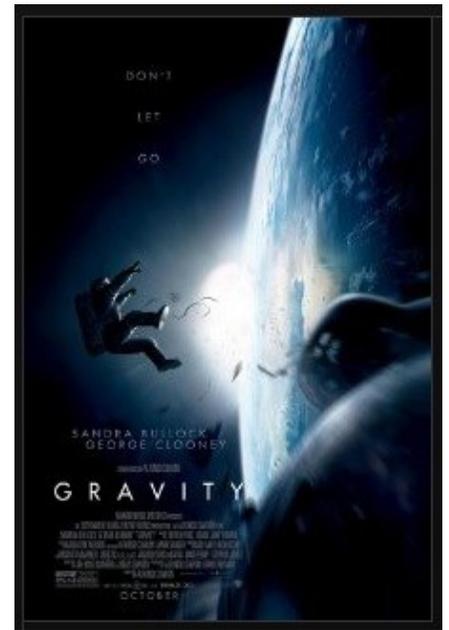


Men Against Domestic Violence poster exhibited at the Lowell City Hall.

Youthbuild Team built displays for the event and supported it with many in attendance.



City Manager Bernard Lynch presides over his last event as City Manager.



Movie:  
Monday, April 14  
12:00 NOON  
**GRAVITY**

**Lowell Council on Aging Video Lanes**

**BE ACTIVE**  
**BE EXERCISING**  
**BE ENERGENIC**  
**BE FUN**  
**GO BOWLING**

**Wii Bowling League**  
Happens every  
Tues & Fri @ 11:30 in  
the Lowell Senior Center  
Board Room

JOE & ALBERT WILL SHOW YOU HOW EASY IT IS AND IT'S FREE

## Library to Host First Friday Forums Starting In April

Do you have any questions or suggestions for your local library? Now's your chance to be heard—and to enjoy some coffee and a movie. Pollard Library Director, Victoria Woodley, will be hosting an open forum conversation with patrons over coffee on the first Friday of the month beginning in April. "We're trying to find ways to better connect with our patrons," Woodley said, "to communicate with them about the materials, programs and services we offer and to learn from them how we can better serve their needs. What better way to do this than by having a chat over coffee."

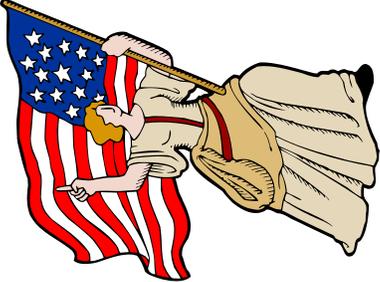


The open forum coffee with the director will run from 10AM to 11AM and patrons can stick around for a feature film beginning at 11AM. For more information about this first Friday form please contact Sean Thibodeau, Coordinator of Community Planning at [sthibodeau@mvlc.org](mailto:sthibodeau@mvlc.org) or 978-674-1542. For more information about this and other Pollard Library events visit our website: [www.pollardml.org](http://www.pollardml.org).

### Puzzle page 14



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>APRIL</b></p> <p>7. 7-9 Breakfast Program 50¢ Suggested donation 8:30-9:30 CTI Bone Builders A 9:00 Getting Fit w/Marian Silk \$2 9:00 COA Board Meeting 10:00 Fallon Senior Plan Meeting 10:00 Hawaiian Hula Dance 10-1 SHINE councilor—Call 978-674-1172 for appointment 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4pm MAH-JONGG 1:00 Choral Group Rehearsal</p>	<p>1. 7-9 Breakfast Program 50¢ Suggested donation 9-11:30 Dominos 10-12 LPD drop-in 10-12 Commonwealth Nursing 10-12 Country Line Dancing \$5 10-11 Tai Chi \$3 11:30 Lunch (see menu) \$2 11:45 Wii Games Noon Cribbage 12-3 Knitting &amp; Crochet 1-3 Picture ID's \$3</p>	<p>2. 7-9 Breakfast Program 50¢ Suggested donation 8:30-9:25 Getting Fit w/Marian Silk \$2 8:30-9:30 CTI Bone Builders A 9:30-11:30 Blood Pressure with Albert Gauthier, RNBP 10-11 Yoga for Seniors \$5 Class 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting Get together</p>	<p>3. 7-9 Breakfast Program 50¢ Suggested donation 9:00 Getting Fit w/Marian Silk \$2 10:00 AA Info meeting 11:30 Lunch (see menu) \$2 12-3:45 Cards: 45's &amp; Whist 1:45-2:45 CTI Bone Builders B</p>	<p>4. 7-9 Breakfast Program 50¢ Suggested donation 9:30-11:30 Advanced Computer Classes with Pierre 10-11 Richard Howe Registrar of Deeds info 11:30-3:45 Poker 11:30 Lunch (see menu) \$2 11:45 Wii Games 1-3 Senior Social \$1.00 Dj Ray Tremblay 2-3:45 Anxiety support Group with Steve Coupe</p>
<p>7. 7-9 Breakfast Program 50¢ Suggested donation 8:30-9:30 CTI Bone Builders A 9:00 Getting Fit w/Marian Silk \$2 9:00 COA Board Meeting 10:00 Fallon Senior Plan Meeting 10:00 Hawaiian Hula Dance 10-1 SHINE councilor—Call 978-674-1172 for appointment 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4pm MAH-JONGG 1:00 Choral Group Rehearsal</p>	<p>8. 7-9 Breakfast Program 50¢ Suggested donation 8-10 LVNA Blood Pressure 8:30 CTI MTG—Mandatory 9-11:30 Dominos 10-12 LPD drop-in NO Country Line Dancing 10-11 Tai Chi \$3 11:30 Lunch (see menu) \$2 11:45 Wii Games Noon Cribbage 12:30-2:30 Beasley &amp; Ferber 12-3 Knitting &amp; Crochet</p>	<p>9. 7-9 Breakfast Program 50¢ Suggested donation 8:30-9:25 Getting Fit w/Marian Silk \$2 8:30-9:30 CTI Bone Builders A 9:30-11:30 Blood Pressure with Albert Gauthier, RNBP 10-11 Yoga for Seniors \$5 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting Get together</p>	<p>10. 7-9 Breakfast Program 50¢ Suggested donation 9:00 Getting Fit w/Marian Silk \$2 9-11 Hearing Aid Maintenance, equipment test &amp; hearing test 10:00 AA Info meeting 11:30 Lunch (see menu) \$2 12-3:45 Cards: 45's &amp; Whist 1:45-2:45 CTI Bone Builders B</p>	<p>11. 7-9 Breakfast Program 50¢ Suggested donation 9:00 Veterans Breakfast 9:30 Rheumatoid arthritis seminar 9:30-11:30 Advanced Computer Classes with Pierre 11:30-3:45 Poker 11:30 Lunch (see menu) \$2 11:45 Wii Games 1-3 Senior Social \$1.00 CDs with Franky D 2-3:45 Anxiety support Group</p>
<p>14. 7-9 Breakfast Program 50¢ Suggested donation 8:30-9:30 CTI Bone Builders A 9:00 Getting Fit w/Marian Silk \$2 10:00 Hawaiian Hula Dance 10-1 SHINE councilor—Call 978-674-1172 for appointment 10:30 Easter Egg coloring 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4pm MAH-JONGG 1:00 Choral Group Rehearsal 1:45-2:45 CTI Bone Builders B</p>	<p>15. 7-9 Breakfast Program 50¢ Suggested donation 9-11:30 Dominos 10-12 LPD drop-in 10-12:30 LVNA Blood Pressure 10-12 Country Line Dancing \$5 10-11 Tai Chi \$3 11:30 Lunch (see menu) \$2 11:45 Wii Games Noon Cribbage 12-3 Knitting &amp; Crochet 1-3 Picture IDs \$3</p>	<p>16. 7-9 Breakfast Program 50¢ Suggested donation 8:30-9:25 Getting Fit w/Marian Silk \$2 8:30-9:30 CTI Bone Builders A 9:30-11:30 Blood Pressure with Albert Gauthier, RNBP 9:30 Card Workshop \$5 10-11 Yoga for Seniors \$5 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting Get together</p>	<p>17. 7-9 Breakfast Program 50¢ Suggested donation 9:00 Getting Fit w/Marian Silk \$2 10:00 AA Info meeting 11:30 Lunch (see menu) \$2 12-3:45 Cards: 45's &amp; Whist 1:45-2:45 CTI Bone Builders B</p>	<p>18. 7-9 Breakfast Program 50¢ Suggested donation 9:30-11:30 Advanced Computer Classes with Pierre 11:30 Lunch (see menu) \$2 11:30-3:45 Poker 11:45 Wii Games 10-3 Dinner Dance \$7.00 Dj Ray Tremblay 2-3:45 Anxiety support Group with Steve Coupe</p>

<p>21. Patriot's Day</p>  <p>Center Closed</p>	<p>22. 7-9 Breakfast Program 50¢ Suggested donation 9:00 Helping Hands—Stay Younger Longer—Dr. Yaga 9-11:30 Dominoes 10-12 LPD drop-in 10-12 Commonwealth Nursing 10-12 Country Line Dancing \$5 10-11 Tai Chi \$3 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3 Brown Bag Pick Up ONLY Noon Cribbage 12-3 Knitting &amp; Crochet</p>	<p>23. 7-9 Breakfast Program 50¢ Suggested donation 8:30-9:25 Getting Fit w/Marian Silk \$2 8:30-9:30 CTI Bone Builders A 9:30-11:30 Blood Pressure with Albert Gauthier, RNBP NO Yoga for Seniors \$5 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting Get together</p>	<p>24. 7-9 Breakfast Program 50¢ Suggested donation 9:00 Getting Fit w/Marian Silk \$2 10:00 AA Info meeting 11:30 Lunch (see menu) \$2 12-3:45 Cards: 45's &amp; Whist 1:45-2:45 CTI Bone B builders B</p>	<p>25. 7-9 Breakfast Program 50¢ Suggested donation 9:30 Friends of COA Board Mtg. 9:30-11:30 Advanced Computer Classes with Pierre 11:30 Lunch (see menu) \$2 11:30-3:45 Poker 11:45 Wii Games 1-3 Senior Social \$1.00 2-3:45 Anxiety support Group with Steve Coupe</p>
<p>28. 7-9 Breakfast Program 50¢ Suggested donation 8:30-9:30 CTI Bone Builders A 9:00 Getting Fit w/Marian Silk \$2 10:00 Hawaiian Hula Dance 10-1 SHINE councilor—Call 978-674-1172 for appointment 11:30 Lunch (see menu) \$2 12-3:45 Bid Whist Cards 12-4pm MAH-JONGG 1:00 Choral Group Rehearsal 1:45-2:45 CTI Bone Builders B</p>	<p>29. 7-9 Breakfast Program 50¢ Suggested donation 9-11:30 Dominoes 10-12 LPD drop-in 10-12 Country Line Dancing \$5 10-11 Tai Chi \$3 11:30 Lunch (see menu) \$2 11:45 Wii Games 12-3 Knitting &amp; Crochet 1-3 Picture IDs \$3</p>	<p>30. 7-9 Breakfast Program 50¢ Suggested donation 8:30-9:25 Getting Fit w/Marian Silk \$2 8:30-9:30 CTI Bone Builders A 9:30-11:30 Blood Pressure with Albert Gauthier, RNBP 10-11 Yoga for Seniors \$5 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting Get together</p>	<p>30. 7-9 Breakfast Program 50¢ Suggested donation 8:30-9:25 Getting Fit w/Marian Silk \$2 8:30-9:30 CTI Bone Builders A 9:30-11:30 Blood Pressure with Albert Gauthier, RNBP 10-11 Yoga for Seniors \$5 11:30 Lunch (see menu) \$2 1-3 Bingo 1:30-3:30 Quilting Get together</p>	<p><b>No out of pocket costs for Diabetic shoes</b> <b>With Steven Carrucci</b> <b>1-978-758-5378.</b> <b>2nd Tuesday of each month.</b> <b>Next: April 8th @ 10 am</b></p>

**SPONSORS**



# Lunch Menu



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

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**

## APRIL

		1. Mac & cheese, stewed tomatoes, zucchini, wheat bread, soup	2. Roast Pork, gravy, potatoes, applesauce, carrots, rye bread, fruit	3. BBQ ribs, roasted potatoes, green beans, wheat bread, pears, juice	4. Potato crunch Pollock, spinach, rice soup, multigrain bread	5. LS hot dog, beans, coleslaw, soup, rolls, tapioca pudding
6. Pork chops, sauce, potato, carrots, wheat bread, apple	7. Chicken cacciatore, rice pilaf, California veggies, peaches, rye bread	8. Shepherd's pie, beets, garlic stick, apples	9. Chicken legs, baked potatoes, green beans, apricots, multigrain bread	10. Mild chili, sour cream, salsa, corn, baked potato, mandarin oranges, wheat	11. Cheese ravioli, green salad, soup, rye bread, apricots	12. Salisbury steak, potato, broccoli soup, Jell-O, multigrain bread
13. Chicken legs, baked potato, corn, tapioca pudding, rye bread	14. Hamburger & onion, mashed potatoes, corn, rolls, fruit cocktail, juice	15. Roast turkey, stuffing, potato, peas, gravy, wheat rolls, orange	16. Stuffed cabbage, carrots, multigrain bread, juice, Jell-O	17. Chicken, ziti, broccoli, Alfredo sauce, garlic stick, pears	18. Ham dinner 	19. Chicken croquette, rice pilaf, gravy, soup, spinach, apple
20. CLOSED 	21. Patriot's Day CLOSED	22. Chicken wings, potato wedges, corn, wheat rolls, apricots	23. Stuffed chicken cordon bleu, rice pilaf, peas, rye bread, banana	24. Veal parm, pasta, wax beans, wheat bread, pears	25. Fish sandwich on roll, cheese ,chips, pickles, soup, peach	26. Chicken pot pie, veggies, rolls, fruit, soup
27. Shepherd's pie, beets, garlic stick, pears	28. Chicken strips, teriyaki sauce, potato, wax bean, rye bread	29. Lasagna, green salad, garlic sticks, mixed fruit, juice	30. American chop suey, green salad, garlic sticks, tropical fruit salad			

**Free Transportation to Center**

**Grocery Trips to Market Basket**

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You MUST call before 9:00 a.m. the day of your ride. Departure is after lunch (appr.12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

Tuesdays and Thursdays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Mon. thru Fri. from 9 a.m. - 3p.m. to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.

## Tips for Avoiding Scams & Swindles

Far too many older adults fall prey to scammers who are looking to make a quick buck. Here are 22 tips that can help you steer clear of them and stay safe.

### ◆ Health Insurance Fraud

- ◆ Never sign blank insurance claim forms.
- ◆ Never give blanket permission to a medical provider to bill for services rendered.
- ◆ Ask your medical providers what they will charge and what you will be expected to pay out-of-pocket.
- ◆ Carefully review your insurer's explanation of the benefits statement. Call your insurer and provider if you have questions.
- ◆ Do not do business with door-to-door or telephone salespeople who tell you that services of medical equipment are free.
- ◆ Give your insurance/Medicare identification only to those who have provided you with medical services.
- ◆ Keep accurate records of all health care appointments.
- ◆ Know if your physician ordered equipment for you.



### ◆ Medicare Scams

- ◆ Protect your Medicare number as you do your credit card numbers and do not allow anyone else to use it.
- ◆ Be wary of salespeople trying to sell you something they claim will be paid for by Medicare.
- ◆ Review your Medicare statements to be sure you have in fact received the services billed.
- ◆ Report suspicious activity to 1-800-MEDICARE.

### ◆ Telemarketing Scams

- ◆ Don't buy from an unfamiliar company.
- ◆ Always ask for and wait until you receive written material about any offer or charity.
- ◆ Obtain a salesperson's name, business identity, telephone number, street address, mailing address, and business license number before you transact business.
- ◆ Always take your time in making a decision.



- ◆ If you have information about a fraud, report it to state, local, or federal law enforcement agencies.

### ◆ Home Repair or Contractor Fraud

- ◆ Be an informed consumer. Take the time to call and shop around before making a purchase. Take a friend with you who may offer some perspective to help you make difficult decisions.
- ◆ Carefully read all contracts and purchasing agreements before signing and make certain that all of your requirements have been put in writing.
- ◆ Make sure you understand all contract cancellation and refund terms.
- ◆ As a general rule take control of all of your transactions as a consumer.
- ◆ Do not allow yourself to be pressured into making purchases, signing contracts, or committing funds. These decisions are yours and yours alone.

## Scams Targeting Seniors

### “The Grandparent Scam”

The Grandparent Scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts.

Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: “Hi Grandma, do you know who this is?” When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research.

Once “in,” the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect.

At the same time, the scam artist will beg the grandparent “please don't tell my parents, they would kill me.” While the sums from such a scam are likely to be in the hundreds, the very fact that no research is needed makes this a scam that can be perpetrated over and over at very little cost to the scammer.

### “The Fake Accident Ploy”

The con artist gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.

### “Charity Scams”

Money is solicited for fake charities. This often occurs after natural disasters.

# HOLIDAY FUN

## The Origin of the Easter Bunny & Colored Easter Eggs

Just as Santa Claus represents Christmas, a hopping life-size bunny with a basket full of colorful eggs is the quintessential image of Easter.

The original Easter bunny was probably associated with the Pagan equinox festival that predated Easter. The Saxons devoted the month of April to celebrating their goddess of spring and fertility, who was, not coincidentally, named Eastre. Eastre's sacred animal was the hare - not surprising since the rabbit is one of the most common symbols of fertility and rebirth.

The colored eggs carried by today's Easter bunnies have another, even more ancient origin. Eggs have long been associated with fertility and springtime festivals - for so long, in fact, that the precise roots of the association are unknown. Ancient Romans and Greeks utilized eggs in festivals celebrating resurrected gods. The egg also featured prominently in the Jewish rituals of Passover - and still today the roasted egg has prominence on the seder table as an essential symbol of springtime and rebirth.

Scholars believe that the pairing of the hare and the egg together in Easter may also have Pagan roots. During springtime, when days and nights were equal length, the hare was identified with the moon goddess and the egg with the sun god. Pairing the two together offered a kind of ying and yang to spring equinox celebrations.

The next historical entry under Bunny & Egg is found fifteen hundred years later in Germany. There, children would eagerly await the arrival of the Oschter Haws, a rabbit who delighted children on Easter morning by laying colored eggs in nests. This was also the first known time that the rabbit and egg were iconoclastically linked together.

The German tradition of the Oschter Haws migrated to America in the 1800s, likely accompanying German immigrants, many of whom settled in Pennsylvania. Over the past 200 years, the Oschter

Haws or Easter Bunny has become the most commercially recognized symbol of Easter.

Today American children squeal with delight when they see the bunny-whether he's headlining their neighborhood Easter egg hunt or greeting visitors at the local mall. The Easter bunny and his ubiquitous basket of eggs has surely become the most adored and recognized symbol of the Easter season.



**ACROSS**

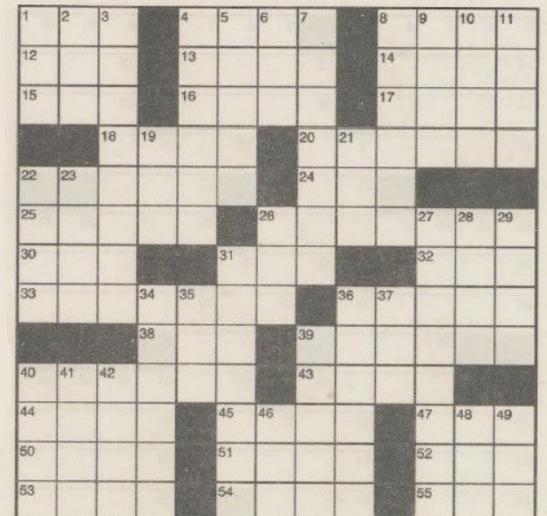
- 1. "\_\_\_ a Rebel"
- 4. Alps, e.g. (abbr.)
- 8. \_\_\_ parmesan
- 12. Fireplace fragment
- 13. Diva's speciality
- 14. Napoleon's exile island
- 15. Modern (prefix)
- 16. Tenant's monthly bill
- 17. Puerto \_\_\_
- 18. Aliens' crafts
- 20. Beliefs
- 22. Arctic dwellings
- 24. Make tracks
- 25. Ancient
- 26. Actor-producer Sheldon
- 30. Foot part
- 31. Aunt or cousin (abbr.)
- 32. Bring \_\_\_ close (2 wds.)
- 33. Scrapes
- 36. Copper, e.g.
- 38. Eden \_\_\_
- 39. Scale start (3 wds.)
- 40. Item used to aid in pouring
- 43. Throat-clearing sound
- 44. "\_\_\_ the light!" (2 wds.)
- 45. Four-legged star of the '30s
- 47. California's time (abbr.)
- 50. Some necklines
- 51. Seethe
- 52. Attachment
- 53. Figures wrongly
- 54. "Palisades \_\_\_"
- 55. Vacation resort

**DOWN**

- 1. Solo of "Star Wars"
- 2. Compass pt.
- 3. Give the cold \_\_\_ to (ignore)
- 4. Shade of red
- 5. Curl
- 6. Diarist Anaïs
- 7. Baseball's Paige
- 8. Ben of Broadway's "Pippin"
- 9. Author Wiesel
- 10. Start of a tot's song
- 11. Asian land
- 19. Adversary
- 21. River, in Madrid
- 22. Least bit
- 23. Whipped-cream serving
- 26. Bandleader Brown
- 27. Efforts
- 28. Ramble

- 29. Painter Salvador
- 31. Fasten again
- 34. James of "Gunsmoke"
- 35. Buck's counterpart
- 36. Indian tribe of Canada
- 37. Bard's "before"
- 39. Office gadget
- 40. "Hawaii \_\_\_ - O"
- 41. Utilizer
- 42. At no time, poetically
- 46. Terminal (abbr.)
- 48. Slight taste
- 49. Tetley product

Solution on page 9



**Enjoying Springtime Outdoors**

With spring in full swing, most people are itching to get outside and enjoy the warmer temperature and longer hours of daylight. However, for seniors, heading outside can be more important than simply stepping out after a long winter stuck inside. Whether it is walking around the neighborhood, gardening or anything in between, spending time outdoors offers a host of health benefits.



For starters, walking outdoors can help seniors relieve stress. In fact, a 2012 study published in the journal Landscape and Urban Planning found that walking through parks and other woodland areas tended to reduce anxiety among its participants. Not only that, but any level of physical activity boost endorphin levels in the brain, which are tied to an improved mood and a boost in self esteem.

While there are certainly benefits to heading outdoors, sometimes seniors may be hesitant to walk out the front door due to concerns over mobility or other health issues. The best way to allay some of these fears is to ensure a companion or family member goes with them. Having someone can encourage them to stride confidently and enjoy the benefits of getting outdoors.

**Statement buy Senator Warren on Senate Farm Bill**

United States Senator Elizabeth Warren released the following statement in response to the farm bill’s passage in the Senate today:

“There are important provisions in the farm bill, but I cannot support legislation that further slashes the SNAP program, which provides \$1.47 per meal to those who need it most. I cannot vote to further cut a lifeline for 125,000 Massachusetts families that depend on SNAP while refusing to rein in billions in giveaways to multibillion dollar agriculture companies. I know many of my colleagues worked hard to reach an

agreement on this bill and I appreciate their efforts, but with far too many Americans still out of work, now is not the time to make it harder for our struggling friends and neighbors to eat.”

**2014 Annual City Census**

The 2014 Annual City Census is coming! The City of Lowell Election and Census Office have mailed out the forms. It is important to complete and return the Census Form so that the residents of each household are established. Failure to complete and return the Census may result in voter inactivation and could cause unneeded delays on Election Day.

What else is the Census used for? The Census provides information to assure that the city receives its fair share of state and federal funds and grants. It is also used for calculating veterans’ benefits, and housing for the elderly. In addition, the Census also provides projection data for future school enrollment which allows school administrators to better plan for the future.



Please don't hesitate to call the Election and Census Office at (978) 674 -1200 with any questions. Return your 2014 Annual City Census: every resident counts!

**Top 10 Foods You Should NEVER EAT!!**

1. HOT DOGS, BACON, SAUSAGE, HAM, PEPPERONI (HIGH-FAT LUNCH MEATS). Increase risk of leukemia in children . If eaten when a woman is pregnant, she has double the risk of brain cancer in her unborn child
2. ASPARTAME (Found in EQUAL & NUTRASWEET) - Produce nitrous urea compounds - High increase in risk of brain tumor Symptoms: Headaches, Confusion, Depression, Insomnia, Memory Lapses. NOTE: WHEN PUT

IN HOT LIQUID, ONE OF THE COMPONENTS IT BREAKS DOWN INTO IS WOOD ALCOHOL! THE COMBINATION OF EATING A HOT DOG AND DRINKING A DIET DRINK CREATES ONE OF THE MOST POWERFUL CANCER-PRODUCING SUBSTANCES KNOWN TO MAN.

3. MARGARINE (HYDROGENATED OILS) Found in peanut butters like Jiff and Skippy. Buy natural peanut butter Use real butter, olive oil, canola oil instead

4. SHELLFISH (LOBSTER, SHRIMP, CRAB) According to Dr. Broer, a lobster is an arthropod, a cockroach is an arthropod! Unclean. Scavengers.

5. OLESTRA

6. JUNK FOODS LIKE TWINKIES & STORE-BOUGHT CUPCAKES Better to eat a homemade cookie

7. CHLORINE IN YOUR WATER SUPPLY Increases heart disease & cancer risk GET BOTTLED WATER OR USE A FILTER

8. HIGH-FAT DAIRY PRODUCTS Use skim or low-fat milk, low-fat cottage cheese, sour cream, etc., whipped butter



9. CAFFEINE PRODUCTS This is a short term "fix" Taps into your adrenals and causes fatigue later. Can increase risk of breast tumors 5 cups of coffee a day increases your risk of heart disease by 50%!

10. ALCOHOL PRODUCTS

Submitted by Henry Cluff from online source: <http://www.askdrhelen.com/bioidentical/medicalarchive/10-foods-never-eat.html>

## Vision versus Medical: Which Type of Insurance Covers Dry Eye?

If you have dry eye symptoms that are uncomfortable, even painful, it may mean you have Chronic Dry Eye disease. Over time, if not managed properly, Chronic Dry Eye may have potential consequences for your eyes—damage to the front surface of your eye, increased risk of infection, and effects on your vision.

The good news is that Chronic Dry Eye disease can be treated. You should make an appointment now with your Optometrist or Ophthalmologist to get a medical exam to see if you have Chronic Dry Eye disease and if you do, discuss your treatment options.

Here are some steps you can take to make sure your dry eye symptoms (and, potentially, Chronic Dry Eye disease) don't go unnoticed:

1. Schedule a medical exam of your dry eye symptoms with your Ophthalmologist or Optometrist now—don't wait for your annual vision appointment. If you're experiencing dry eye discomfort or disruption of your daily activities, why wait? You could have Chronic Dry Eye disease. Because Chronic Dry Eye disease may get worse over time and have potential consequences, it's important to take action and get a definitive diagnosis and treatment! The good news is that a dry eye visit is considered a medical visit, so the screening needed to diagnose Chronic Dry Eye disease and the cost of treatment are more likely to be covered by your medical health insurance.
2. Recognize the symptoms of dry eye to share with your eye doctor. You may be surprised that watering eyes is a symptom of Chronic Dry Eye. If you have watering eyes or any of the symptoms listed below, you may have Chronic Dry Eye and should take action to get diagnosed and treated.

- ◆ Dryness/itching
- ◆ Burning/stinging
- ◆ Blurry vision
- ◆ Sensitivity to light
- ◆ Problem wearing contact lenses
- ◆ Feeling like something is in your eye



3. Don't rely on your memory alone. Take notes on any of your dry eye-related symptoms and experiences listed above to make sure you don't forget something important. Also, you may not realize that some things you're experiencing may be symptoms of Chronic Dry Eye disease, but your eye doctor will, so bring all your notes to your appointment.

4. If you don't understand what the eye doctor tells you, ask questions. If your eye doctor tells you something about your Chronic Dry Eye diagnosis or treatment that you don't understand, follow up with more questions until you do understand and your concerns are addressed. Your eye doctor, no matter how busy, will want you to be informed and on board with whatever steps are being taken to manage Chronic Dry Eye disease.

### Health & Wellness Fair

Wednesday, April 9 2:00—6:00 PM at The Tewksbury Senior Center on 175 Chandler Street

~Free admission ~Refreshments ~Give-Aways ~Face-painting ~Games ~Crafts

~Healthy Eating & Cooking Demo ~YOGA & Meditation ~Massages ~Lions Eyemobile

~Info & Testing for Blood Pressure, Diabetes & Hearing ~Please bring donation for Food Pantry

~Sponsored by Tewksbury Board of Health & Council on Aging~

# SPONSORS

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Lowell, MA 01854

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[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)



FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL, THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

NO LINES!!!

Lowell's Second

NO WAITING!!!

# Purr-Fetch Pet Fest

License, Microchip, & Rabies Clinic Hosted by Lowell Police Animal Control Division

**Saturday, April 26th**

**9:00 a.m. – 2:00 p.m.**



at the Butler School, 1140 Gorham Street, Lowell

Music • Food • Face Painting • Raffles and Free Prizes!

Lowell Police Department K-9 Demonstration

Exotic Animal Show by Rainforest Reptiles



With Every Lowell Dog License Receive a FREE Raffle Ticket!!!

\$10.00 Rabies Vaccination (Separate Vet for cats and dogs) & \$25.00 Microchip

**Dogs must be on leashes.**

**Cats must be in carriers.**

Sponsored by PETCO, Animal Rescue League of Boston, SMART, Rainforest Reptiles, Cat Mobile, Lowell Human Society, Pittie Love Rescue, Kitty Angels, Lowell TNR, The House Rabbit Connection, MSPCA, Mass Ferret Friends, Wignall Animal Hospital, Paxton Animal Hospital, Lowell Police Patrolman's Union, Lowell Fire, & DJ Cisco

EVERYONE FROM EVERYWHERE IS INVITED!!!