



# HERITAGE

## MOW Driver ... Important Role!

My name is Antonio Bettencourt. I have been a driver for Meals on Wheels for two years now. I deliver meals to seniors five days a week. I usually work ten hours a week. If another driver is out we try to help by doing an extra route. That way all the seniors have food. Sometimes we are the only ones they see everyday.

Seniors are like an open book to me. You learn a lot from the stories they tell you. Just their life experiences are amazing to hear. I had one woman who was 98 years young. If I knocked on her door and she didn't hear me I would knock louder. When she came to the door she said "I'm not deaf, I just didn't hear you." This is why I like my job so much. She had a great sense of humor. Some of my clients have a certain way they want me to knock. So if I'm ever out I have to tell them to knock three times at certain doors or they won't answer the door. If they don't answer the door, we call our office and someone will check on them to see if they are ok.

I really enjoy my job. I also enjoy being with my co-workers. We all work together to make sure all the seniors have their meals every day. I also find that the seniors that have the least are the most grateful. They never complain about the meals or us drivers. Every day is a pleasure to see my seniors. This is why I like my job.



## Get Fit, Stay Fit ... in the park!

Mondays at 9:00 am

Beginning in August through October, Marian Silk is excited for you to work-out with her in the park! Join us at Callery Park corner of B Street and Parker Street in Lowell near the Lowell Catholic Schools. Off-street parking is available! Fees to be announced. If you would like to join the class, please call Carol at 978-674-1169.

## Tai Chi ... in the Park!

Tuesdays, 9-10 am ... \$4.00 per class

Beginning August 4th through October, join Greta Nilson at Callery Park between B Street and Parker Street in Lowell near the Lowell Catholic Schools. Off-street parking is available! If you would like to join the class, please call Carol at 978-674-1169.

## CTI Bone Builders

Jean Jacoppi, a leader of Bone Builders at Tyngsboro Senior Center, has created a video for all to access through Youtube. Simply search for: **Crystal Lake RV Bone Builders**. The video is in two parts. All are welcome to exercise to it. Comfortable Weights are necessary.



*Living My Dream Yoga*

Christine Connolly RN, BSN

500 hr Kripalu Yoga Teacher

Reiki II Practitioner

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

Zoom Classes ... Tuesdays 10:00 am ... Free

**CITY MANAGER**

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**Assistant City Manager**

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Daniel Rourke

William Samaras

**LOWELL**  
**SENIOR CENTER**

**Main Number:**

**978-674-4131**

**Fax: 978-970-4134**



**Hours of Operation:**

**Monday–Friday: 6:30 am - 4 pm**  
**Saturday–Sunday: 7 am to 12 noon**  
**Complete Breakfast 7:00-9:00 am**

**Lunch served at 11:15 am**

**Closed Holidays**



**Executive Director:** Lillian Hartman  
LHartman@lowellma.gov



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



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



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



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

Prefer reading *The Heritage Newsletter* online?

Visit: [www.lowellma.gov/373](http://www.lowellma.gov/373)

*Join our e-mail list for weekly updates about events, and a notice when the newsletter is available online.*

*Please call Tara or stop by the front desk to share your email address with us.*



**COUNCIL ON AGING**  
**BOARD OF DIRECTORS**

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*Joyce E. Dastou*

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Next meeting: Monday,

**September 14**

at 9:00am



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

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

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

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

**Elder Services of Merrimack Valley & North Shore**

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

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

1-800-342-5297

**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**

**Fax: 978-446-7270**

## Are you Eligible for A Tax Exemption?

Statutory Exemption applications are available starting July 1st in the Assessors office. All Exemptions must be filed on an annual basis. Applications are available from July 1 through 3 months after the mailing of the actual Tax Bill.

Please note: All exemptions require that the applicant must own and occupy the property for which the exemption from taxes is sought.

- The following is a breakdown of the Statutory Exemptions offered by the City of Lowell.
- Must be at least 70 years old on or before July 1st
- A surviving spouse who owns and occupies the property as their residence
- A minor child of a deceased parent
- Veterans – Applicant must certify through Veterans' Administration, at least a 10% disability connected with war service
- Blind Persons – Application must be legally blind and provide proof via a certificate for the Division of the Blind.

If you think you qualify for any exemption offered, please call the Assessors Office at (978) 674-4200, Monday, Wednesday and Thursday from 8:00 AM to 5:00 PM Tuesday 8:00 AM to 8:00 PM and Friday 8:00 am to 12:00 PM.

\* Tax Work-off program applications also available on July 1st but currently no guarantee of placement or start date due to covid-19 restrictions. \*

## August 5-19 Farmer's Market Coupon Distribution

Please call 978-674-4131 beginning on July 27 ... First call ... first served.

Appointments will be scheduled for every 15 minutes.

Pick-up at the side door. Please have your ID and Proof of Residency available.

## Foot Clinic with Diane Stanley, RN

Tuesday, July 28th  
Thursday, August 20th  
9:00am – 12:00pm

\$30.00 fee

A Total Foot Care appointment including: foot assessment, toenail trimming and filing, reduction of nails/corns/calluses as needed, education to help maintain self-care, and a relaxing foot massage.

Call for appointments:  
978-674-4131  
2nd Floor Nurse's Station



## Vote!

Seniors and all voters can request an absentee ballot from city hall by calling the Election/ Census Commission.

It is currently the safest way to vote in this day and time.

The direct line to the Election Commission is: 978-970-4046

## Get Fit, Stay Fit from Home

On Lowell cable Channel 8, [www.LTC.org/watch](http://www.LTC.org/watch) live, or [LTC.org](http://LTC.org)

Yoga Mondays 1:30

Recovery Fitness Tuesdays at 10am and Thursday at 9:30pm

Tae Kwon Do Wednesday 8pm

Young at Heart Wednesdays at 3pm

Lowell Senior Center "On the Move" Tuesday 1:30pm, Fridays 3pm, Saturdays 10:30am.

Our very own Marian Silk has recorded 6 sessions for her class participants and new members to join in! Please let us know how you like it and record your cable class "attendance" by calling in, 978-674-4131.

On the Move, On Demand at [LTC.org](http://LTC.org) or <http://lowellma.gov/1370/Recorded-Presentations>

National Institute on Aging/Exercise & Physical Activity:

<https://www.nia.nih.gov/health/exercise-physical-activity>

YMCA Health & Fitness Videos for Active Older Adults:

<https://ymca360.org/on-demand#/category/14>



## DTA now accepts applications by phone for SNAP and cash assistance!



DTA now has an option to apply by phone (as of mid June). This is a very positive and important change and a very important access point for households, especially for those who do not have access to the internet or who are not comfortable doing an online application.

**For SNAP:** Households can call the DTA Assistance Line at 877 382 2363 to apply by phone.

**For TAFDC/EAEDC:** Call the local DTA office directly to apply by phone, at 978-446-2400 - if needed, leave a message and a case manager will call the applicant back.

- The case manager will make a note in the case

record that the application was signed by phone and that the Rights and Responsibilities were reviewed, understood and agreed to. The applicant does not need to do an online application or a paper application. The verbal confirmation serves as the signature.

- The case manager must do the application interview at the same time as accepting the application by phone - when applying by phone the application and the interview happen at the same time.
- After applying by phone, DTA will mail the client a summary document with the application language. The application does not need to return this document, it is for their records.
- Currently, DTA only accepts a signature by phone for applications.

## Staying Safe in Hot Weather

With summer here and temperatures rising, it is important to understand the health risks of excessive heat and recognize the signs of heat-related illness. Being hot for too long can be a problem. It can cause several illnesses, all grouped under the name hyperthermia.

These factors can increase your risk of hyperthermia:

- Not drinking enough fluids.
- Reduced sweating caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs.
- High blood pressure or other health conditions that require changes in diet. People on salt-restricted diets may be at increased risk; however, salt pills should not be used without first consulting a doctor.
- Use of multiple medications. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.
- Age-related changes to the skin, such as poor blood circulation and inefficient sweat production.
- Heart, lung, and kidney diseases, as well as any illness that causes general weakness or fever.
- Being substantially overweight or underweight.
- Lack of mobility and access to transportation.
- Living in housing without air conditioning.
- Overdressing, especially in synthetic materials.

Understanding how to respond to hot weather conditions can help lower your risk of hyperthermia.

### Find Out More

For more information on how to exercise safely, check out the following **FREE** resources from **Go4Life**, the exercise and physical activity campaign from the National Institute on Aging at NIH.

▪ **Visit the Go4Life website at [www.go4life.nia.nih.gov](http://www.go4life.nia.nih.gov)**

Be part of the **Go4Life** Team. Make your own exercise plan, track your progress, and check out other free resources.



▪ **Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging**

This easy-to-read print book, available in English and Spanish, has additional sample exercises, worksheets to help you track your progress, tips on healthy eating, real-life success stories, and more ideas to encourage you to exercise safely and build up the benefits.



## How to use Zoom, FaceTime, and YouTube

**Zoom** is huge these days. The cloud-based meeting platform, which lets you jump into virtual conferences with video, audio and screen-sharing options, is a great way to continue conducting business when so many people have to work from home.

Zoom is a download that requires an account, but it's free. Download the software via the Zoom Download Center by choosing the Download button under Zoom Client for Meetings. Once you've installed Zoom, sign in to be greeted by a series of different icons. You should see an orange icon with a camera on it that says New Meeting. When you select this option, you'll be taken into a new virtual conference room. Look at the bottom of the conference window for a person-shaped icon with a plus sign next to it, labeled Invite. When you click it, you'll be prompted to invite people to your meeting. You can do so via your Contacts list or by typing in a list of email addresses.

When you need to close the meeting be sure to choose the End Meeting button at the bottom right corner of the window. If you're not ready to speak when you join a Zoom meeting, or you just want to stay silent to keep a barking dog or chattering kids from being disruptive, you'll want to familiarize yourself with the mute button. If you see a red slash over the microphone icon, you are muted. To turn the mute off, click the Unmute button at the bottom left corner of your meeting window. Zoom allows participants to use a text chat to send messages. Click the Chat button in your menu bar to open the call-wide Chat panel. Type in what you'd like to say in the text box at the bottom of the screen, and then press Enter to send your message. This will let everyone participating in the call see your words. It's useful for sharing things like links to websites or for ensuring everyone has information during a meeting.



To **FaceTime** someone (it's been verbed), tap the FaceTime app to open it. Tap the 'plus' icon in the top right and search for a contact by typing their name, email address, or phone number. Tap one and you'll be prompted to start an audio or video call. You can start an audio call - it will look like a regular phone call but with 'FaceTime Audio' at the top - and transition into a video call, but not vice versa.

Once you're in a video call, your contact will be in the main screen while a small rectangle will show what you're broadcasting, whether it's from your selfie lens or from the rear camera. You can then tap and drag this little window to any corner of your display so you can better see who you're contacting.

There's a bar at the bottom of the screen showing call options (these will go away when FaceTiming on an iPhone - just tap the screen to bring them back). 'Flip' switches to the rear camera (it uses the front-facing camera by default), while 'Mute' and 'End' are self-explanatory.

**YouTube** is the most popular video sharing platform and the second largest search engine behind Google Search. Anyone with access to a computer or mobile device and an internet connection can watch YouTube content. YouTube is available in nearly every country and over fifty different languages. Since it's owned by Google, all you need is a Google account to create a YouTube account and start using it.

There are all sorts of ways you can watch YouTube videos. They include: Navigating to YouTube.com and watching a suggested video or searching for one. Downloading the YouTube mobile app for iOS or Android and watching a suggested video or searching for one. Watching a YouTube video that was embedded into a web page or blog post. Watching a YouTube video by clicking on a link to the video that shared via email, text message, social media, etc.

To set-up an account:

1. Go to the YouTube.com homepage and click the Create an Account button at the top of the screen to go to the basic Google sign-up form.
2. It asks you to enter your desired Google username and password, gender, birthday, country location, current email address, and mobile phone number. It won't ask for your street address or credit card information, though, and the truth is, you don't have to fork over your cellphone number or email address. While it asks for your current email and mobile phone, you can leave both fields blank and proceed. Google won't stop you from registering if you don't provide that information.
3. Finally, it may ask you to type a few squiggly letters to prove you're not a robot.
4. The biggest challenge on this form is finding a Google username that isn't already taken. It will suggest adding numbers to popular phrases you may enter that are already in use, so keep trying until you find an available username that you like.
5. Click Next to submit the information and go to the next step.
6. You'll see a page titled Create Your Profile. It's talking about your Google profile, not your YouTube profile, though the two will be linked if you create a Google profile.
7. Click Next again, and you'll see a welcoming page with a blue button at the bottom that says Back to YouTube.
8. Click it to go to YouTube's homepage where you are now signed in. It should say You are now registered with YouTube across the green bar at the top.



## Lowell Senior Center Evaluation Survey FY20

Name & Phone Number (optional) \_\_\_\_\_

Are you a Lowell Housing Authority Resident? Yes \_\_\_\_\_ No \_\_\_\_\_

**1. How did you participate at the senior center this year (July 2019 – June 2020)?**

- |  |   |
|--|---|
| <input type="checkbox"/> Meals<br><input type="checkbox"/> Other Food Programs<br><input type="checkbox"/> Health or Fitness<br><input type="checkbox"/> Social / Recreation | <input type="checkbox"/> Rides<br><input type="checkbox"/> Tax or Medicare Assistance<br><input type="checkbox"/> Service Referrals (including phone calls)<br><input type="checkbox"/> I did not visit the senior center this year |
|--|---|

**2. Think about your life since you started attending the senior center. Below are some ways that senior centers might make a difference. Please check the box that best matches your response for each line.**

Because I go to the Senior Center I...	Strongly Agree	Agree	Disagree	Not Applicable
A. Do more volunteer work				
B. See friends more often/make new friends				
C. Take better care of my health				
D. Eat meals that are better for me				
E. Have more energy				
F. Feel happier or more satisfied with my life				
G. Have something to look forward to each day				
H. Know where to ask if I need a service such as a ride to the doctor or an aide				
I. Feel more able to stay independent				
J. Feel that the senior center has had a positive effect on my life				
K. Learn new things				
L. Have learned about services and benefits				
M. Am more physically active				
N. Would recommend the senior center to a friend or family member				

**3. While in-person programs are limited by COVID-19, please check the remote programs you might try:**

- Live computer or smart phone video meetings
- Pre-recorded internet videos
- Pre-recorded LTC videos
- Conference call meetings without video
- Regular calls from staff or volunteers

**If you checked any of the above, please list the groups, classes, or topics you would participate in remotely:**

**4. Are you facing any difficulties that we can help you with?**

Please let us know the general topic and a staff person will call you back with resource ideas. Please also be sure to put your name and phone number on the front page!

Callback Topic (optional): \_\_\_\_\_

**5. Please share any other concerns or comments that will help us serve you better.***Support Your City: Age-Friendly Lowell***6. What makes Lowell a great place to live?****7. To live well in Lowell, what is becoming more important as you grow older?****8. Would you be willing to volunteer assessing your neighborhood or calling friends to collect ideas for making Lowell more age-friendly?**

Yes, please call me with more information! (List name and phone number on front page)

**9. Have you completed your household's US Census? If no, please call US Census at 844-330-2020 to respond, or call us at the senior center if you have questions before responding: 978-674-4131.**

Yes, I responded to the US Census to help Lowell receive its fair share of federal resources

**10. Through COVID social isolation, what is keeping your spirits up? We will share these stories with others!**

# AT THE CARNIVAL WORD SEARCH PUZZLE



ADMISSION  
BALLOONS  
CAROUSEL  
CHILDREN  
CLOWN

COTTON CANDY  
FAIRGROUND  
FERRIS WHEEL  
FORTUNE TELLER  
FUN HOUSE

FUNNEL CAKE  
HOT DOGS  
JUGGLER  
MIDWAY  
ORGAN GRINDER

POPCORN  
PRIZES  
RING TOSS  
ROLLER COASTER  
TICKET BOOTH

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



## Menu: July-August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>July</b>	13. Turkey Chili, Rice, Collard greens, Pears	14. Shepard's Pie, Salad, Corn, Watermelon	15. Chicken Parm, Pasta, Green Beans, Apple	16. Teriyaki Beef, Rice, Peapods, Pineapple	17. Chicken, Broccoli, Ziti Pasta, Plum	18. Tuna Sandwich, Pasta Salad, Spring Mix Salad, Cantaloupe
19. Stuffed Cabbage, Potato, Carrots, Fruit Salad	20. Stuffed Shells, Meat Sauce, Spinach, Banana	21. Ginger Soy Chicken, Rice, Peppers, Broccoli, Peapods, Sliced Pears	22. Roast Beef, Mashed Potatoes, Carrots, Apple	23. Spaghetti, Meatballs, Peas, Apple	24. Liver and Onions, Mashed Potatoes, Corn, Apricots	25. Pollack, Rice, Stewed Tomatoes, Zucchini, Mandarin Oranges
26. Chicken Sandwich, Potato Salad, Tomatoes, Applesauce.	27. Grilled Chicken Salad, Lettuce, Tomatoes, Onions, Spinach, Prunes	28. Chicken Drumstick, Rice, Carrots, Mixed Fruit	29. Roast Pork, Roasted Potatoes, Peas, Applesauce	30. Chicken Burrito, Rice, Beans, Peaches	31. Seafood Casserole, Mashed Potatoes, Green Beans, Orange	<b>August</b> 1. Stuffed Shells Ground Turkey Spinach Apricots
2. Cheese Burger, Potatoes, Lettuce, Tomatoes, Prunes	3. Chili & Beans, 3-Bean Salad, Mac & Cheese, Blueberry Cake	4. Shepard's Pie, Green Beans, Raisins	5. Spaghetti & meatballs, Salad, Strawberries	6. Spanish Chicken, Rice Carrots, Apple	7. Pollack, Potatoes, Spinach, Watermelon	8. Tuna Noodle Casserole, Peas, Cantaloupe
9. Stuffed Chicken, Rice, Green Beans, Orange	10. Chicken Burrito, Rice, Salad, Melon	11. Meatloaf, potatoes, Spinach, Pears	12. Swedish Meatballs, Green Beans, Pasta, Banana	13. BBQ Chicken, Roasted Potatoes, Carrots, Watermelon	14. Pollock, Rice, Peas, Carrots, Cantaloupe	15. Chicken Sandwich, Potatoes, Collard Greens, Applesauce
16. American Chop Suey, Pasta, Salad, Fruit	17. Cheese Steak Subs, Potato salad, Cukes & Tomatoes, Peach	18. Roast Pork Loin, Potatoes, Carrots, Strawberries	19. Meat Lasagna, Salad, Cranberry bread	20. Ginger Soy Chicken, Egg Noodles, Peapods, Red peppers, Pear	21. Seafood Gumbo, Rice, Okra, Carrots, Honeydew	22. Turkey Chili, Roasted Potatoes, Tomatoes, Zucchini, Pineapple
23. Chicken, Pasta, Spinach, Prunes	24. Mango Chicken, Au Gratin Potatoes, Spinach, Cantaloupe	25. Teriyaki Beef, Rice, Carrots, Peas, Mixed Fruit	26. Polish Sausage Stir-fry, Pasta, Broccoli, Mandarin Oranges	27. Oven Fried Chicken, Rice Florentine, Stewed Tomatoes, Strawberries	28. Roast Turkey, Mashed Potatoes, Mixed Veggies, Applesauce	29. Roast Beef, Pasta Salad, Green Salad, Plum
30. Chili Dog, Rice, Shells, Spinach, Pear	31. Stir-fry Chicken, Rice, Carrots, Peas, Pears					



# Medication Disposal Options in Greater Lowell

Please dispose of your unused and unwanted medications to help keep your family and our community safe! By using proper disposal methods you can prevent accidental poisoning of children and pets, stop misuse by youth and adults, and keep medications from entering our water supply. Learn more about the medication disposal options in our region.

## 24-Hour Drop-off Services



Drop off your unwanted medications (pills only) in the unwanted medication box located in the main lobby of your local police department – no questions asked. To use, place your prescription and over-the-counter pills in a clear sandwich bag and place the sandwich bag in the slot located on the collection box.

## Disposal Drop-off Days



Attend a medication disposal day drop-off event throughout the year and/or participate in the Drug Enforcement Agency's (DEA) National Take Back Day. During the October 2019 DEA National Take Back Day, 30,959 pounds of medication were disposed of in Massachusetts alone.

## Pharmacy Drop-off Services



Many pharmacies collect unwanted and unused medications. Check with your pharmacist to see which types of medications they may accept.

Contact your local health or police department to learn more about disposal options.

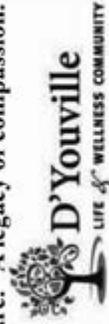
### First Lowell Rehab Apartments

Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



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www.dyouville.org

Elder Services of the Merrimack Valley, Inc.  
*Choices for a life-long journey*

 NORTH SHORE  
ELDER SERVICES



*Please join us in our*  
**ELDER COMMUNITY  
MARKET PROGRAM**

**Starts July 2020**

*Greater Lowell Residents Only!*  
*Capacity is limited. First come, first served.*

Elder Services of the Merrimack Valley and North Shore, Inc. is hosting The Elder Community Market Program - an opportunity to “shop” for fresh produce in your community room, free of charge. You will also receive recipes and other nutritional tools through this program.

**To submit an application or for more information, please contact:  
Tara Donnelly**

*Participants whom are accepted to this program will receive a welcome package via mail that will include a ECMP welcome letter, program schedule (dates & times), and an ECMP ID card.*

## **Don't Toss Out Your Stimulus Payment With the Junk Mail!**

The IRS has sent 4 million payments by prepaid debit cards, or Economic Impact Payment (EIP) cards, as the Treasury Department has dubbed them. The cards are going out to certain eligible taxpayers who filed tax returns but for whom the IRS doesn't have bank account information. The stimulus payment is loaded on the debit card.

Your EIP card will arrive in a plain envelope from "Money Network Cardholder Services." Don't throw it away thinking it's junk mail or a scam. The Visa name will appear on the front of the EIP card; the back of the card has the name of the issuing bank, MetaBank, N.A.

To avoid losing your stimulus payment:

- You'll get a letter with the EIP card telling you how to activate it. Be very careful that you call the correct phone number. Don't search the Internet for the number. Scammers sometimes set up fake customer service numbers to deceive people and take their personal information.
- Don't give your personal identification number (PIN), EIP debit card number or Social Security number to anyone who calls or texts you.
- Check your mail carefully to avoid tossing your EIP card out with your junk mail.

If you've destroyed or thrown out your EIP card, don't worry. Call the toll-free customer service line at 800-240-8100 (TTY: 800-241-9100) to ask for a replacement. You can find additional information at the official [EIP website](#).

Call 800-240-8100 (TTY: 800-241-9100) to activate your card. You'll need to provide your name, address and Social Security number. You will also be asked to create a four-digit personal identification number (PIN) required for ATM transactions and automated assistance and to hear your balance. For security, don't use personal information as your PIN. For cards with more than one name, only the primary cardholder (listed first on the card) may activate the card. There is no charge to activate the card.

## Veterans and Widows

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

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



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

Our offices are currently closed to the public. Here are some important numbers for managing food security and stress in this difficult time:

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

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

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

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

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

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

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

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



## 2020 Friends of Lowell Council of Aging Membership Drive

We are reaching out to everyone who comes to the center to invite you to join the Friends! Thank You for your interest in being a part of FLCOA. We are looking forward to seeing you at future meetings held in the Board Room of the Senior Center the last Friday of the month except July and August.

Applicant

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone # \_\_\_\_\_  
 Email \_\_\_\_\_

Please return this form to:

FLCOA  
 276 Broadway Street  
 Lowell, MA 01854

Are you interested in volunteering with the Friends Board, fundraising, or Bingo?

What are you most looking forward to when the Senior Center reopens?

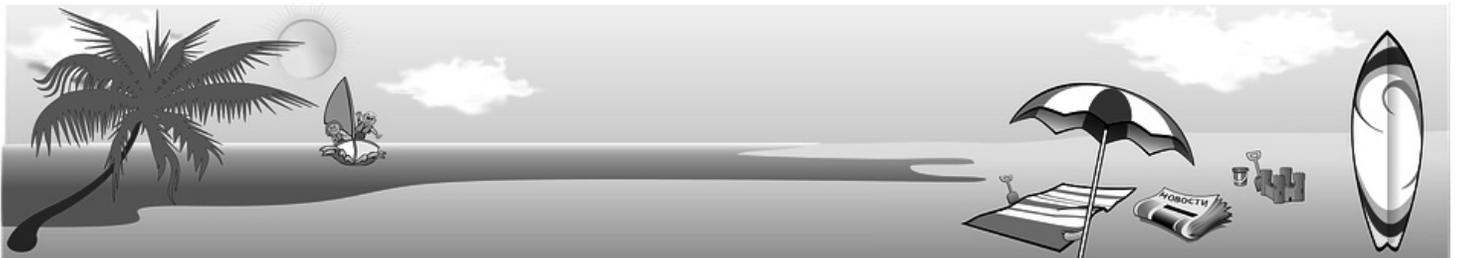
The cost is \$5 per calendar year. Any additional donations are gratefully accepted.

I am enclosing a check for membership, \$5 / person.

I am enclosing an additional donation of \$ \_\_\_\_\_ to support the Lowell Senior Center.

We are an organization, whose purpose is to organize and operate charitable events, development of endorsements and contributions that will enhance the services and fellowship for seniors through the Lowell Council on Aging.

There is no age restriction for joining. Everyone is welcome.



## Friends of the Lowell Council on Aging

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

### BOARD OF DIRECTORS

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TBD  
at 9:30 am

Public Welcome

Here we are still in the same “virtual spot”. If there were a vote as to the most used word in the past 3 months it would be “virtual” or one of its derivatives. Let’s hope we can get back to reality sometime soon.

Last month 861 Heritages were mailed anyone you who visited the center in the past year. We have received many happy comments about this undertaking. We wish we could give you more definite news about the reopening and the activities schedule. We are all in a wait and see mode. The OK has to come from the government. The good news is we have had a very positive response to the Membership Drive Page. Ten new or renewed memberships have been received plus \$70 in donations. We have also gained many comments from the questions on the membership drive application. People miss the knitting, exercise, country line dancing and the camaraderie in general.

Since the center is not open we are not sure of our next FLCOA meeting. We usually have our last meeting in June before the summer break, but depending on what phase three and four allow us, we will make our decision from that information. Thank You so much for your comments and donations.

Remember you can still come to the center for breakfast and lunch grab and go every day. Also there is usually someone here to answer the phone or at least leave a message with any questions. However if the question is when will the center reopen with regular activities, the answer will most likely be a wait and see response. We are all anxious to have everything back the way it was but right now that is a hard problem to solve. So still stay safe and stay home so we can all meet again hopefully in the near future.

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