

WOBURN COA SENIOR CENTER

Veteran's Memorial Senior Center * 144 School Street Woburn * 781-897-5960

Joanne Collins, Director

Don Olsen, "Friends" Chairperson

Judy Tanner, Programs/Volunteers

Ruth Gronemeyer, Outreach

September 2014

Doris Stanton, COA Chair

Mary O'Connor, Receptionist

Patti Meehan, Transportation

Ralph Coakley, Protection Officer

The City of Woburn is committed to full participation of persons with disabilities in our programs, services and activities.

All trips and activities are handicap accessible.

If you require accommodations, please call the Senior Center 5 business days in advance of a trip, so that appropriate arrangements can be made.

**COUNCIL ON AGING PROGRAMS AND NEWSLETTER ARE FUNDED BY THE CITY OF WOBURN,
THE WOBURN COUNCIL ON AGING (VIA THE EXECUTIVE OFFICE OF ELDER AFFAIRS)

Woburn Senior Center Annual Fall Festival Health and Resource Fair Open House

All age groups are invited
Bring the family!

Friday, September 19th 9am to Noon

* 9am - Lunch tickets go on sale - \$1 each until sold out
* (Thank you to our Lunch Sponsors)

* 9am to 11am - Coffee Area/Breakfast

* **9am to Noon - Open House Resource Fair**
* (featuring over 80 resource representatives)

* Noon - Lunch is served to ticketed guests

* 1pm - Door Prize Drawing (over 50 door prizes)





Messages from the Director, *Joanne Collins*

Help put a stop to Elder Abuse

The “**Woburn Elder Abuse Prevention Project**” met over the summer months and with the assistance of this new group of caring professionals and senior volunteers, the Woburn Senior Center will continue to educate the public about the serious issue of elder abuse.

Elder Abuse is mistreatment or neglect of an older person: frequently by a family member or caregiver.

Elder Abuse includes:

- **Physical harm** - (for example: kicked, punched, slapped, beaten, raped)
- **Threats**
- **Verbal abuse** - (for example: verbal attacks)
- **Financial exploitation** - (for example: theft of money/property or forced to sign a will)
- **Emotional abuse** - (for example: isolated or denied companionship)
- **Neglect** - (for example: failure to provide medicine, food, assistance to the bathroom)
- **Violation of privacy or other basic rights** -(for example: confined or forced out of the home)

***Overmedicating or withholding aids such as eyeglasses is also a form of abuse.**

Everyone has an obligation to report suspected elder abuse.
If you feel an older person is in serious danger call 911.

To report elder abuse contact Minuteman Senior Service Protective at:
888-222-6171 or 781-272-7177

The website www.minutemansenior.org offers additional information.

For further information regarding this important issue contact:

- ♦ Eldercare Locator 800-677-1116 or www.eldercare.gov
- ♦ National Center on Elder Abuse 202-898-2586 or www.elderabusecenter.org





A Note from Judy Tanner

Massachusetts Registries of Deeds is located at:
One Ashburton Place, Room 1612 Boston MA 02108
617-727-2853

Website: www.sec.state.ma.us/rod

This location provides legal documents regarding deeds, mortgages, surveyor and architect plans, liens, Certificates of Title and other records.

We've Added "Gentle Morning Stretch" at 9:15am to start our day right!

**Join us for the "Senior Issues" Breakfast/Lecture series Wednesdays
Breakfast Buffet (scrambled eggs; French toast; raisin toast; sausage; fruit cup; assorted pastries; juice/coffee) for those attending the lecture - \$2
breakfast served at 9:45am**

Presentation follows at 10:30am

September 3rd - "Advance Directives"

Presented by: Care Dimensions

September 10th - "Continence and Pelvic Floor Physical Therapy"

Presented by: Hallmark Health Stoneham

September 17th - "How Medical Conditions Affect Hearing"

Presented by: Atlantic Audiology, Inc.

September 24th - "How to Eliminate Clutter and Downsize"

Presented by: Judy Tanner

Save the date: Wednesday, October 1st at 10:30am

Singer, Ruth Harcovitz Presents - "Sunny Skies of Italy".

Thank you to the Woburn Cultural Council for funding this special event.



"Movie of the Week" - Mondays 10am and also Fridays at 10am

9/5 "Judy Garland: Songs for America" 9/8 "Yours, Mine and Ours"

9/12 "The Wackiest Ship in the Army" 9/15 "The World's Greatest Athlete"

9/19 - No movie due to Fall Festival 9/22 "The Trouble with Angels"

9/26 "Bob Hope: America's Entertainer" 9/29 "The Odd Couple"

Thanks goes to "Friends Helping Seniors" for funding the movies and popcorn each week.

Movies are subject to change due to availability.



September 19th - (sponsors in **Bold**)

Resources Represented at Fall Festival:

AAA Southern New England

ABC Home Health Care

Additional Care

Alzheimer's Association

Associated Home Care

Atria Longmeadow Place

Be Safer At Home, Inc

Bedford VA

Best Home Care

Blaire House of Tewksbury

Blue Cross/Blue Shield

Brightview Country Club Heights

Caption Call

Caregiver Homes

City of Woburn and Mayor Scott Galvin

Collette

Comfort Keepers

Community Teamwork, Inc.

Cooperative Elder Services, Inc.

Council of Social Concern

CVS Woburn

Dr. Jerome J. Murphy, D. C.

Edward Jones Financial Planning

Excel Physical Therapy

Fallon Health

Friends Helping Seniors, Inc.

Gosselin, Moschella & Kyiakidis, P.C.

Greater Boston Legal Service

Greater Medford VNA

Griswold Home Care

Hallmark Health VNA, Hospice & Lifeline

HealthBridge

Help Around Town

Home Instead Senior Care

Homestead Mortgage

Intercity Home Care

Joe Brown Photography

Lahey Health

Landmark at Oceanview Senior Living

Law Offices of Spano & Dawicki

Let it Be Wellness/Reiki

Life Care Center Stoneham

Mass EDP

Metropolitan Home Care

Middlesex District Attorney's Office

Minuteman Senior Services

Miracle Ear Hearing Center

New Horizons at Choate

Northern Bank and Trust

NStar Electric & Gas

Nurses R Us

OPKO Diagnostics, LLC

Organizing Works

People Fit Health & Fitness Center

Proex

Prospect House

REACH

Reading Co-operative Bank

Residence at Pearl Street

Right at Home

Salem Five

Salter Healthcare

Samaritans Inc.

Sell Mom's House

Stonebridge at Burlington

Sunrise Senior Living

Tallman Eye Associates

The Gables at Winchester

Tidd Home

TLC Home, LLC

Tufts Health Plan

Visiting Angels Chelmsford

VNA Middlesex-East Home Health/Hospice

Winchester Savings Bank

Windsor Place

Wingate Health Care

Winston Law Group

Woburn Board of Health

Woburn Council on Aging

Woburn Fire Department

Woburn Guild of Carvers

Woburn Historical Society

Woburn Police Department

Woburn Public Library

Woburn Senior Center Drawing Class

Woburn Senior Center "Knit-Wits"

Woburn Senior Center Scrapbooking

Woburn Senior Center Transportation

Woburn Veteran's Agent

Woburn YMCA

Women on the Move

Youville House

Zelma Lacey House Assisted Living

“Friends Helping Seniors, Inc.”

Annual Meeting

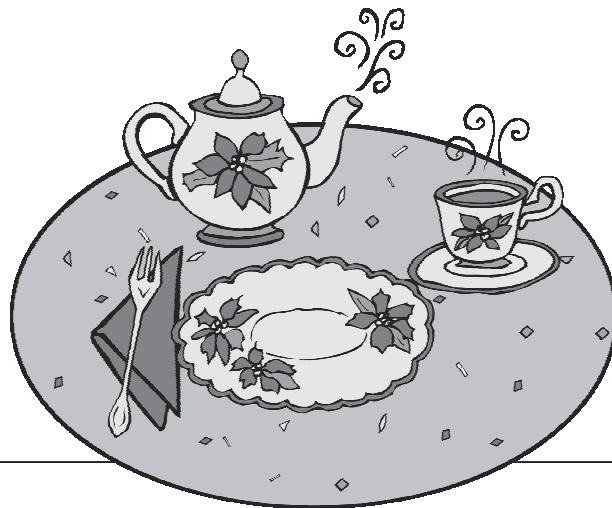
Thursday, September 11th

9:30am - Info session “What is Friends Helping Seniors”

10am - Annual Meeting

**The meeting will provide the kick-off for the annual
“Friends” membership drive (\$10 per membership)
A light brunch will be served to all Friends members!**

Join us and find out more about the “Friends” group.



**Wednesday
September 17th
Noon to 2pm
Reiki**

Sign up for this workshop in our reception office or phone 781-897-5960.
This class is limited to ten participants and is free of charge.

September Daily Schedule

Monday (closed September 1st - Labor Day)

- 8:30am to 4:30pm - Computer Room Open
- 9:15am- Gentle Morning Stretch (Meets in Conference Room)
- 9am to Noon - Taxi Tickets 781-897-5970
- 9:30am - Zumba in the Dining Room
- 10am to Noon - Outdoor games (bocece, shuffleboard)
- 10am & 1:30pm - Movies (See Page 3 for Schedule)
- 10am to 2pm - Golden Gift Shop Open
- 10am - Scrabble and Mahjong
- 11:45am - Walking Club
- 12:30pm - Exercise with Marlene
- 12:30pm to 4:30pm - Pool Table Available
- 1pm - Whist

Please note:
The Taxi Office is open 9am to Noon Monday through Thursday.
Call 781-897-5970.

Tuesday

- 8:30am to 4:30pm - Computer Room Open
- 9am to Noon - Taxi Tickets 781-897-5970
- 9:15am - Gentle Morning Stretch (Meets in Board Room)
- 10am - Quilting/Knitting/Crocheting
- 10am to 2pm - Golden Gift Shop Open
- 10:30am - Scrapbook Drop-in (bring your photos to organize)
- 10:30am - Senior Singers
- 12:30pm to 4:30pm - Pool Table Available
- 1pm - Line Dancing (no line dancing on September 2nd)
- 1:30pm - Beginner Italian (begin Sept. 9th)
- 2pm - Advanced Italian (begin Sept. 9th)

Wednesday

- 9am to Noon - SHINE (Health Insurance Needs) 781-897-5960
- 9am to Noon - Taxi Tickets 781-897-5970
- 9:15am - Gentle Morning Stretch (meets in the Dining Room Today)
- 9:45am - "Senior Issues" Breakfast/Lecture (Page 3 for details)
- 10am - Bowling at the Woburn Bowl-a-Drome
- 10am to 2pm - Golden Gift Shop Open
- 11:45am - Walking Club
- Noon to 2pm - Computer/Internet Instruction with Volunteers

September 2014 Special Events

Monday, September 1st the Senior Center will be closed to observe **Labor Day**

Wednesday, September 3rd
9:30am to 10:30am - Blood Pressure Clinic (also 9/24)
Noon - Diabetic Support Group

Thursday, September 4th
10am - Video: "How we Learn - The Role of Emotion in Learning"
11am - Computer Questions/Answer session

Friday, September 5th
1:30pm - North Suburban Organ Society (\$3 payable to the group)

Monday, September 8th
10am - Open Council on Aging Meeting - All are welcome
10am - Veteran's Social Hour with Larry Guisepppe (Veteran's Office)
11:30am - Open Transportation Committee Meeting

Tuesday, September 9th
Italian Classes begin for the season

Wednesday, September 10th
11:30am - Friendly Visitor Meeting

Thursday, September 11th
10am - "Friends Helping Seniors" Open ANNUAL Meeting
10am - Video: "How we Learn - Integrating Different Domains"
11am - Computer Questions/Answer session

Friday, September 12th
Noon to 1pm - Open Office Hour with Alderman Mike Raymond

Monday, September 15th
1pm - Coffee Social with Congresswoman Clark
1:30pm - Open Office Hour with Rep. Jim Dwyer

Tuesday, September 16th
Legal Appointments call Ruth at 781-897-5965
12:45pm - Low Vision Support Group
1:45pm - Book Club

12:30pm - Exercise with Marlene
 2:30pm to 4:30pm - Pool Table Available
 1pm to 4:30pm - Woodcarving in the Ceramics Room

Thursday (no groups September 18th for set-up day)
 9am to Noon - Taxi Tickets 781-897-5970
 9:15am - Gentle Morning Stretch (Meets in the Conference Room)
 10am to 2pm - Golden Gift Shop Open
 10am - Brain Health Video Series (see page 10 for schedule) (no video 9/18)
 10am - Chair and Gentle Yoga (no yoga 9/4; 9/18 & 9/25)
 10am to Noon - Computer/Internet Instruction
 10:30am - "Arm-Chair Travel" (no video 9/18)
 11am - "Computer - Questions and Answers" (no meeting 9/18)
 11:30am - "Core Balance with Sharon" (no group 9/18)
 Noon - "Hand and Foot" Card Game (no group 9/18)
 12:30pm - Chess (no group 9/18)
 1pm - Drawing/painting (no group 9/18)

Call for Lahey
 class schedule

Friday (no groups meet on Fall Festival day 9/19)
 9am to Noon - SHINE (Serving Health Insurance Needs of Elders)
 9am - Haircuts (appointments 781-245-6605) - (9/12 & 9/26)
 9:15am - Gentle Morning Stretch (Meets in the Conference Room)
 Please note: Zumba will now only meet on Mondays
 10am - Movies (See Page 3 for Schedule)
 10am - T'AI CHI begins again September 26th
 1pm - Cribbage
 12:30pm - BINGO (9/12 & 9/26)

There will be no groups meeting on
 Thursday September 18th due to
 Fall Festival set up and also no
 groups meeting on Friday,
 September 19th due to
 Fall Festival.



Wednesday, September 17th
 Podiatrist by appointment - call 781-897-5960
 9am - Open Office Hour with Senator Ken Donnelly
 Noon to 2pm - Reiki (limited to 10 participants - call 781-897-5960)
 1:30pm - "Writing Your Memoirs" with Marie Coady

Thursday, September 18th
 There will be no programs today due to Fall Festival set up.
Volunteers are welcome to assist with the Fall Festival set up

Friday, September 19th
Annual Fall Festival Open House and Resource Fair

Tuesday, September 23rd
 3pm - North Metropolitan Alzheimer's Partnership Presentation

Wednesday, September 24th
 9:30am to 10:30am - Blood Pressure Clinic in the Dining Room
 10:30am - Judy Tanner presents "How to Eliminate Clutter & Downsize"

Thursday, September 25th
 10am - Video: "How We Learn - Intelligence and Learning"
 10am to 11am - Open Office with Natalie Kaufman (Rep. for K. Clark)
 11am - Computer Question/Answer session

Friday, September 26th
 10am - T'AI CHI begins for the season (every Friday)
 11:30am to 1:30pm - "High Tea" hosted by the Golden Gift Shop
 Noon - Monthly Birthday Party



Find businesses that support your community at SeekAndFind.com

TO DO LIST!
 1) need an oil change
 2) get a hair cut
 3) find a plumber
 Anything else?

Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead Senior Care® can help.

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A HUGE THANK YOU TO OUR FALL FESTIVAL SPONSORS:

- AAA Southern New England - Lunch sponsor
- Comfort Keepers - Balloons
- Edward Jones Financial Planning Bill Sullivan - Lunch sponsor
- Fallon Health - Lunch items
- Healthbridge Lexington and Concord Health Care Center - Dessert
- Help Around Town - Coffee Area Donations
- Home Instead Senior Care - Coffee Area sponsor
- Homestead Mortgage - Bottled water
- Intercity Home Care - Festival items
- Law Offices of Spano & Dawicki - Breakfast sponsor
- OPKO Diagnostics, LLC - Festival items
- Right At Home - Desserts
- Rita Shapiro - Tier Cake Display
- Sell Mom's House - Festival items
- Stonebridge at Burlington - Muffins
- The Gables at Winchester - Desserts
- TLC Home, LLC - Desserts
- Tufts Heath Plan - Lunch sponsor
- Visiting Angels Chelmsford - Beverages
- Wingate Health Care - Apples



Please note Fall Festival details (Friday, Sept. 19th):

- Best Home Care - Cholesterol Screening**
- CVS - Flu Shot Information**
- Dr. Jerome J. Murphy - Spinal Screenings & Posture Analysis**
- Fallon Senior Plan - Grip Strength Screening**
- Greater Medford VNA - Blood Pressure Clinic**
- Help Around Town - Solutions for finding help around the home (yard work etc.) and also finding work**
- Homestead Mortgage - Reverse Mortgage Information**
- Joe Brown Photography - Photo Display**
- Let it Be Wellness - Reiki Instruction**
- Mass EDP - Phone demonstration for disabled**
- NStar - Energy Efficiency & Energy Assistance Programs**
- Nurses R Us - Blood Pressure Clinic**
- Sell Mom's House - Online local home market analysis**
- Tallman Eye Associates - Vision Services**
- VNA Middlesex East - Telehealth Monitoring Kiosk**
- Winchester Savings Bank - Identity Theft Prevention**
- Woburn Board of Health - Vaccine Information**
- Woburn Drawing Class - Art Display**
- Woburn Guild of Carvers - Woodcarving demonstration**
- Woburn Public Library - Tutorials on EBook Download in the computer room**
- Woburn T'AI CHI class - Outdoor T'AI CHI demonstration**

We express sympathy for the loss of our friends:

Margaret Albano
 Eduard Epple
 John F. Garden
 Virginia Graham
 Kenneth Kergo
 Jean Lally
 Mary E. McSheffrey
 Robert Moore
 Richard P. Mullen
 Claire Paicopolos
 Robert James Ryan
 Helen M. (O'Connor) Stander
 Claire M. Tracey



To reach the Nutrition Program at Minuteman Senior Services, 26 Crosby Drive in Bedford, call 781-221-7083 or 888-222-6171

For information regarding the “**Meals on Wheels**” program or for information regarding reserving a lunch at the Woburn Senior Center call 781-221-7083.

Volunteer Drivers are always needed to deliver meals to homebound elders. 781-272-7177



Some fabulous “Friends” overnight trips are offered:

Break for Moose; Wildwood Crest and Cape May; Memorials - Normandy and Paris; Tuscany; New York Cruise to “Nowhere”; NYC Rockettes (and more!)

And Council on Aging Day trips:

Quabbin Reservoir; American Band Stand; Danversport Yacht Club; Turkey Dinner Train; Fall Foliage; Vermont Day Trip; “Addams Family”; Westford; The Lettermen at Mohegan; Sicilian Tenors Foxboro; Holiday Show Don WHO; Newport; “Meet Me In St. Louis”; New Years Day Show Danversport Yacht Club and more! (see brochures in the front lobby).

For details regarding upcoming trips, contact Doris Stanton at 781-897-5962, or visit the Woburn Senior Center for brochures.

The City of Woburn is committed to full participation of persons with disabilities in our programs, services and activities. All trips and activities are handicap accessible. If you require accommodations, please call the Senior Center 5 business days in advance of a trip, so that appropriate arrangements can be made. Information on International Trips is available. If you require special accommodations, please contact the trip sponsor directly, as soon as possible.



Following summer break:

Italian Class begins again on:
 Tuesday, September 9th

T'AI CHI begins again on:
 Friday, September 26th

Book Club and Attorney appointments resume.

(see calendar for details)

Congresswoman Katherine Clark’s Woburn liaison, Natalie Kaufman, will hold office hours at the Council on Aging on the 4th Thursday of every month from 10am to 11am. Constituents may visit at their convenience during the designated hour on a first-come, first-served basis. No appointment is necessary. Any constituent who is unable to attend the office hour may make an appointment for a more convenient time by calling 781-396-2900.

**Also - Monday, September 15th
 1pm Coffee Social
 with Congresswoman Clark**

Free Brain Health Video Series
Continues:
Thursdays at 10am



“HOW WE LEARN”

9/4 - “The Role of Emotion in Learning”

9/11 - “Cultivating a Desire to Learn”

9/18 - No video due to Fall Festival setup

9/25 - “Intelligence and Learning”

Join us Daily 9:15am

“Gentle Morning Stretch” with Judy

Many of these exercises can be done while seated, making this appropriate for everyone.

You are welcome one day a week, or everyday, according to your own schedule.

Just drop in any day you wish.

All are welcome!

No cost

No prior registration

Drop in and join us!



Prostate Cancer Blood Collection Study



We are looking for donors who have Prostate Cancer or have been treated for Prostate Cancer and have a very low or still elevated PSA value. Are you willing to give blood samples and earn \$50 for your time? You may qualify for a study at OPKO Diagnostics (Woburn, MA) that requires 30-60 minutes of your time. We will ask you to donate venous blood (similar to a medical test) as well as blood drawn from finger-sticks. You may be asked to volunteer for follow-up visits which would also pay \$50. For more information and to schedule an appointment, please call Becky at 781-933-8012 ext. 162 or email to donors@opko.com.

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WOBURN SENIOR CENTER

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THE NEWSLETTER BY MAIL FOR \$6 FOR THE NEXT YEAR

Send a check payable to
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Woburn Senior Center: Attention Newsletter
144 School Street,
Woburn MA 01801
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Senior Center.

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COFFEE WITH KATHERINE At the Woburn Senior Center

U.S. Congresswoman, Katherine Clark
Will visit:
Monday, September 15th
1pm to 2:30pm

Join the Congresswoman to
share your
ideas, opinions and concerns!



Senior Center Hours:
8:30am to 4:30pm
Monday through Friday

Please visit our websites:
www.cityofwoburn.com/seniors
or
www.seekandfind.com