

# Tewksbury Senior Center

## Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

AUGUST 2016

Volume 08 Issue 8

**INSIDE THIS ISSUE:**

- Pg. 2... Trips  
Photos
- Pg. 3... Meet the Staff  
Friends of the Elderly  
News
- Pg. 4... Regular Activities  
GAC News
- Pg. 5... Red Hat News  
Clinics & Support  
Groups
- Pg. 6... Lunch Menu
- Pg. 7... Calendar of Special  
Events & Schedule  
Changes
- Pg. 8... Word Search,  
Sudoku & Jokes
- Pg. 9... Summer Time Tips by  
Nicole Hutcheon
- Pg.10-11... Our Sponsors
- Pg.12... Subscription Form  
Important Contacts

**A Message from COA Director Ashley Springman...**

I hope everyone is having a happy and healthy summer! July was especially hot this year. Remember you can always come to the Senior Center Mon-Fri, 8am-4pm to stay cool. Also check out this month's *Summer Time Tips* article on page 9.

I would like to take this opportunity to update everyone on what's been happening around the center. This is a recap of the information I shared at *Coffee With the Director* on July 22nd, an event which I will be holding quarterly. At the next one, on September 16th at 10:30am, I will be discussing the provisions put into place to cover my absence during maternity leave in Oct, Nov & Dec. Hope to see you there!

**Some Updates:**

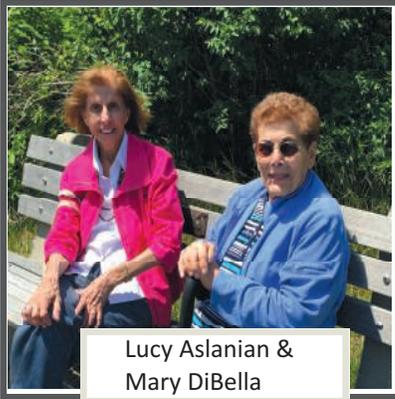
- (Re)repair to the hall floor is still pending. Representatives from the contracting company and town are working together to troubleshoot what went wrong during the last installation. A new plan is on the table and pending approval.
- We have made several successful trips in our "new" van with help from van driver Nancy McCarthy. The Friday trips to Market Basket have been a big hit! Remember to call the Tewksbury Senior Center for rides within town and we are offering transportation to several long-distance medical locations with help from the Dracut COA.
- The salad bar, taking place on Tuesdays and Wednesdays from 11:30am-12:30pm, continues to be a huge success! We have certainly met our goal of providing a fresh lunch option at a reasonable cost. I cannot thank the salad bar volunteers enough for all of their hard work. This wouldn't be possible without them!
- The Bocce Court, located behind the Healing Garden, has been renovated and is ready for use. You may bring your own balls or sign-out our in-house set in the office suite— see Jan.
- A comedy night is being planned for Saturday September 17th at 7pm. This event is open to everyone and tickets will be \$15/pp. Keep checking back for details.
- We continue to offer technology instruction on Monday and Wednesday afternoons. You may sign-up by calling or stopping by the center.
- On September 6th at 9:30am Outreach Worker, Nicole Hutcheon, will be facilitating a Caregiver Support Group. This group will continue to meet on the 1st Tuesday of every month. No sign-up required.
- The Senior Center will have a table at the Police Department's upcoming National Night Out Against Crime on Tuesday August 2nd from 4:30-7:30pm. Please note this event is not taking place at the Senior Center this year, but at TMHS instead.
- A SHINE Mini-Fair is tentatively scheduled for Thursday October 20th starting at 1pm. Our regional coordinator will present an overview of Medicare and this year's changes. Representatives from agencies such as BC/BS, Fallon, Tufts and Prescription Advantage will also be available to answer questions. Open Enrollment will be taking place from October 15th– December 7th and ALL Medicare recipients should review their plans at this time. Insurance companies are always changing and your prescription, supplemental and/or Medicare Advantage plans may no longer be the best choice for you. 1:1 SHINE appointments are currently available. You can make an appointment by calling the Senior Center today!



**Senior Center Hours:**  
Monday– Friday  
8:00AM until 4:00PM

We will also be open for all *scheduled* activities outside regular hours.

**My Mission as Your Director:** *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*



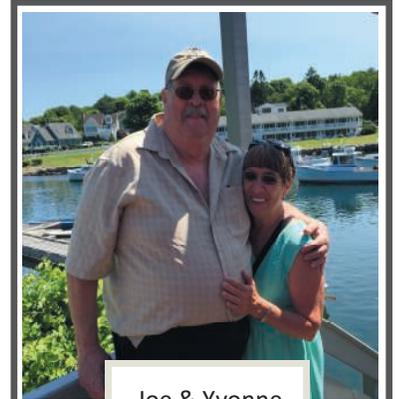
Lucy Aslanian &  
Mary DiBella



July Day Trip  
Perkins Cove,  
Ogunquit, Maine

**SUMMER 2016**

We enjoyed amazing  
views and we couldn't  
have asked for better  
weather!



Joe & Yvonne  
Amato



Adeline & Sheila



Doris Sheehan  
Nancy Zabawa &  
Helen St. Onge  
Enjoying the  
view of the cove



Jerry & Diane Norton  
enjoying lunch at the  
foot of the Marginal Way

**DAY TRIPS:** Trips are filling up fast, sign up today!

**September 1:** **Singin' in the Rain** at the North Shore Music Theater, Beverly, MA. 2:00pm Show. \$62.00/pp  
Thursday includes round trip bus transportation to Beverly, MA and theater ticket.

**September 15:** **Newburyport**, lunch & shopping on your own. \$17.00/pp. Price includes round trip bus  
Thursday transportation. NOTE: This trip involves some walking on uneven, brick sidewalks.

**December 1-2:** **Newport, RI**—On this 2-day trip you will travel to Newport, RI to see two mansions decorated for the  
Holiday Season! We have negotiated a great rate and have passed this value on to you. This trip includes round trip trans-  
portation in a luxury motor coach with Wi-Fi and a restroom on-board, driver tip included. Day 1 also includes lunch and  
dinner. Dinner includes 3 course meal w/nonalcoholic beverage. All tax and tips are included for meals. Entrance to the  
Breakers and The Elms as well as a tour escort throughout your travel. One night accommodations at the Hampton Suites  
Inn (includes all taxes and portorage, one piece of luggage p/p), with a hot buffet breakfast included. Day 2 will include  
some free time to explore Brick Market and the shops at Long Warf.

### **MARK YOUR CALENDARS!**

Plans are underway for a fall foliage trip to Quechee, Vermont. This trip will include round trip motor coach transportation  
with stops at Simon Pearce Glass Blowing, lunch at a cozy Vermont Inn, visit to see the Quechee Gorge with plenty of  
shopping opportunities along the way. We can't forget to pick up some Vermont maple syrup while we're there! This trip  
will take place mid to late October in time to view spectacular views of the foliage!

A Comedy Night at the Senior Center is being planned for September 17th. We have enlisted the help of four comedians to  
get a chuckle out of you! Be sure to join us for an evening of fun, food and laughter. Tickets will be available soon, \$15 p/p  
with light refreshments but you can bring your own snacks too. Full tables can be reserved with full payment.  
All ages welcome!

Watch for details coming soon on these trips. Up-to-date information can be found at the Senior Center on the Activities  
Bulletin Board and fliers at the front desk. You can also find information on what's happening on our Website: <http://www.tewksbury-ma.gov/council-on-aging-0> and on our Facebook page: <https://www.facebook.com/tewksburycoa/?ref=bookmarks> Don't forget to "like" us on Facebook and look for us in the next issue of the Town Crier!

**Council on Aging Staff**

**Ashley Springman, MS, LSW**  
 Council on Aging Director  
 Aspringman@tewksbury-ma.gov

**Jan Conole**  
 Senior Clerk Secretary  
 Jconole@tewksbury-ma.gov

**Bob Noel**  
 Maintenance  
 Rnoel@tewksbury-ma.gov

**Nicole Hutcheon**  
 Outreach  
 Nhutcheon@tewksbury-ma.gov

**Diane Dunlevy**  
 Activities Coordinator  
 Ddunlevy@tewksbury-ma.gov

**Nancy McCarthy**  
 Van Driver

**Council on Aging Board Members:**

- Joel Deputat–Vice Chair
- Lorene Patch–Treasurer
- Joan Unger-Clerk
- Joanne Aldrich
- Marie Durgan
- Linda Layne
- Bob MacInnis
- Lynn Murphy
- Patty Sasso
- Kathy Walsh
- Arlene Wright

**\*\* Prizes for Our Readers \*\***

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan’s counter and you could win a gift certificate to the Gift Shop. Good luck!  
 Great job sending in “found mistakes” last month!  
 July’s winner is Mike Becker  
 Mistake on page 8, Sudoku boxes are 3x3 not 4x4  
 Great catch Mike!  
 Come on by the office to receive your prize.

**Friends of the Elderly, Inc.**

*Submitted by Linda Brabant*

On behalf of the Friends of the Elderly, I would like to take this opportunity to apologize for the lack of air-conditioning on the last two Casino day trips. As a result of the situation, we have contracted with the Coach Company for the remainder of the year. The price will remain at \$35/pp. If there are 50 passengers traveling, a \$5 refund will be given on the bus the day of the trip.

The dates of the Foxwoods trips have NOT changed. They are: Mon., August 8<sup>th</sup>, Weds., September 7<sup>th</sup>, Thurs., October 6<sup>th</sup> (Mohegan), Wednesday, November 2<sup>nd</sup> and Monday, December 6<sup>th</sup>.

During the summer the Friends will continue to hold Zingo each Tuesday beginning at 12:45 pm. If the main hall undergoes repair this summer, we will again seek permission to hold Zingo at another location. Wednesday Cribbage and Thursday Whist activities will continue. Both begin at 12:30pm.

The dates for the Fall Sunday Breakfast Benefits have yet to be confirmed. However, there are several Friends event dates set for the up-coming months. They are: Yard Sale on Saturday, September 24<sup>th</sup>, Halloween Dance on Friday, October 28<sup>th</sup>, Cribbage Tournament on Saturday, October 22<sup>nd</sup>, Christmas Dinner on Friday, December 5<sup>th</sup> and New Years Eve Dinner/Dance on Saturday, December 31<sup>st</sup>.

It is hoped that everyone is enjoying these summer months. Remember to keep cool, do not over expose yourself to the sun, drink liquids (non-alcoholic!) and do not over exert yourself if working outside.

Also, please keep America and its people in your prayers. We are experiencing very difficult and devastating times in our country and in the world. Prayers and good actions from all will hopefully bring peace.

*God Bless Us All! God Bless America!*

Answers to last month’s Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 | 7 | 2 | 8 | 4 | 1 | 3 | 9 | 5 |
| 8 | 9 | 4 | 6 | 3 | 5 | 2 | 1 | 7 |
| 1 | 3 | 5 | 7 | 2 | 9 | 6 | 4 | 8 |
| 2 | 1 | 7 | 9 | 5 | 6 | 8 | 3 | 4 |
| 9 | 8 | 3 | 1 | 7 | 4 | 5 | 2 | 6 |
| 4 | 5 | 6 | 2 | 8 | 3 | 9 | 7 | 1 |
| 3 | 2 | 1 | 5 | 6 | 7 | 4 | 8 | 9 |
| 5 | 4 | 9 | 3 | 1 | 8 | 7 | 6 | 2 |
| 7 | 6 | 8 | 4 | 9 | 2 | 1 | 5 | 3 |

**PARKING AT THE SENIOR CENTER**

We ask that folks going on trips leaving from the Senior Center park at the back of the parking lot. This allows parking spaces for those visiting during the day. We appreciate your cooperation.



**WEEKLY SCHEDULE**

Special events &amp; schedule changes on page 7.

| MONDAY  |   |
|---|---|
| <b>AM</b><br>9:00 Forever Fit<br>9:30 Men's Yoga<br>9:30-11- Blood Pressure Clinic<br>provided by Circle Home Health<br>(Except 4th Monday, 11am-1pm)<br>10:15 Therapeutic Yoga   | <b>PM</b><br>12:30 45's<br>12:40 Bone Builders #2<br>2:00 Bone Builders #1<br>3:30 Gentle Yoga                          |
| TUESDAY   |   |
| <b>AM</b><br>8:30 Tai Chi<br>8:45 TOPS Weigh In/ Mtg.<br>9:30 Wood Carving<br>9:45 Movin' & Grovin' Exercise<br>11:30- 4 Piecemakers for Charity<br><b>11:30-12:30 Salad Bar</b>  | <b>PM</b><br>12:30 ZINGO<br>1:00 Independent Painting<br>5:00 50's & Fit  |
| WEDNESDAY   |   |
| <b>AM</b><br>8:15 Bone Builders #3<br>9:00 Arts & Crafts<br>9:00 Quilting<br>9:30 In-house Pool Tournament<br>9:30 Men's Mind & Muscle<br>10-12 Town Nurse Office Hours<br>10:30 Country Line Dance Class<br><b>11:30-12:30 Salad Bar</b> | <b>PM</b><br>12:30 Cribbage<br>12:30 Mah Jong<br>12:40 Bone Builders #2<br>2:15 Gentle Chair Yoga                       |
| THURSDAY  |   |
| <b>AM</b><br>9:00 Diet Workshop<br>9:30 Wii Bowling League<br>9:30 Traditional Line Dance<br>10:30 Body Works   | <b>PM</b><br>12:30 Experienced Yoga<br>12:30 Whist<br>1:00 Bunka Embroidery<br>2:00 Bone Builders #1<br>5:00 50's & Fit |
| FRIDAY  |   |
| <b>AM</b><br>8:30 Walking Club<br>9:30 Bone Builders #3<br>10:45 ZUMBA Gold   | <b>PM</b><br>12:30 International Mah Jong   |

**Golden Age Club News***Submitted by Rose McKenna*

Summer is now in full swing. How long we have waited for it and now it is here. Lots of heat and lots of cook outs ahead of us.

The GAC held its annual cookout. A great big thank you to all of you that brought in goodies. Also, a great big thank you to all of the helpers. As usual, the entertainment was great. There were plenty of door prizes and chances to win wonderful gift baskets and gift certificates. Thanks again to everyone who helped make the day a great success. We have a great crew of members in the Golden Age Club.

We have several events coming up. Don't be left out, become a member.

There is someone in the GAC office every Tuesday through Thursday from 10:00am until 2:00pm

Our Red Sox Raffle tickets sale is continuing. The raffle is \$10 for a chance to win two (2) Red Sox vs. the Orioles playing in Boston on September 16th.

We are now offering our winter trip, Christmas in the White Mountains. We will travel on November 28-30 to the beautiful White Mountain Resort in North Conway, NH. This trip includes entertainment, a train ride on The Apple Cider Express, gourmet dining, luxury accommodations and plenty of shopping opportunities in local shops and outlets. This two night stay also includes a visit from Santa himself! If you have been good, he may have a gift for you!! For more information you can contact me, Rose McKenna, at 978-851-0188.

**Reminder:**

Please try to bring exact change or a check to pay for classes/activities. **Important: Make checks out to the "Town of Tewksbury."** The treasurers office will not except checks made out to the Council on Aging or Senior Center. Thank you!

A special thank you to the **Executive Office of Elder Affairs** for supporting our newsletter!

Red Hat News  
Submitted by Diane Joy

The Red Hat Carnation Belles are on our Summer Hiatus for the months of July and August. We will be back in September.

I hope all of our Red Hat sisters are enjoying the summer!!!

As the song says, "See you, in September" . . .



As of the date of this article, I do not have a date for our meeting in September. Please try to look for the meeting date at the Senior Center.



### SENIOR CENTER BEAUTIFICATION COMMITTEE

Would you like to share your talents and ideas and get involved in keeping the center looking fabulous?

#### **First Meeting: Fri., August 5, 1:00pm Conference Rm**

The Senior Center's Beautification Committee is a new committee being formed. The group, being Led by Activities Coordinator Diane Dunlevy, will come up with ideas on how to make the Center a more attractive space. If you are interested in volunteering, please contact Diane Dunlevy at the Senior Center (978-640-4480).

#### **FREE MONTHLY HEARING CLINIC**

**4th Wednesday of Every Month**

**\*Call for an Appointment\***

Provides Free:

- Hearing screenings
- Basic hearing aid repairs
- Hearing aid cleaning



#### **SIGN UP FOR OUR FOOT CARE CLINIC**

**WHO:** Catherine Languedoc RN BSN, CFCN  
(Certified Foot Care Nurse)

**WHEN:** 3rd Thursday of Every Month

**WHERE:** Senior Center Nurses Office

**COST:** \$30 accepted at time of appt.



Call Jan at 978-640-4482 to make an appointment

## **Caregiver Support Group**

**Facilitated by Nicole Hutcheon**

**Date: 1<sup>st</sup> Tuesday of every Month  
(Starting in September)**

**Time: 9:30am-10:30am**

**Location: Conference Room**



**Are you looking for a place where you can feel understood and supported as you share your stresses, challenges, and rewards of providing care for a loved one?**

Often times, caregivers are unable to find people they feel really understand their situation. Wouldn't it be nice to get support from people who have been in your shoes and can recognize and appreciate what you are going through? This group will offer a safe and confidential place to discuss the stresses, challenges, and rewards of being a caregiver.

It's a place to:

- Exchange practical information on caregiving problems and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs and concerns
- Learn about resources available in your community

### **PARKINSON'S SUPPORT GROUP**

The Parkinson's Support Group will resume their monthly meetings on Thursday, September 9th at 10:00 am. The monthly meetings will continue on the first Thursday of each month. All meetings are held at the Senior Center.

People living with Parkinson's Disease and accompanying caregivers are all welcome to come and share experiences, voice opinions and provide solutions to each other's obstacles. We will offer information on symptom management, coping strategies and ways to improve quality of life. Feel free to drop into a meeting.

### **BEREAVEMENT SUPPORT GROUP**

2nd Wednesday of Every Month at 10:00am

Facilitated by Johanna Kiefner of Circle Home, Inc.

**This group is open to everyone who has experienced a loss. You may just come on the day of the meeting.**

# Lunch Menu— August 2016

## Elder Services of the Merrimack Valley

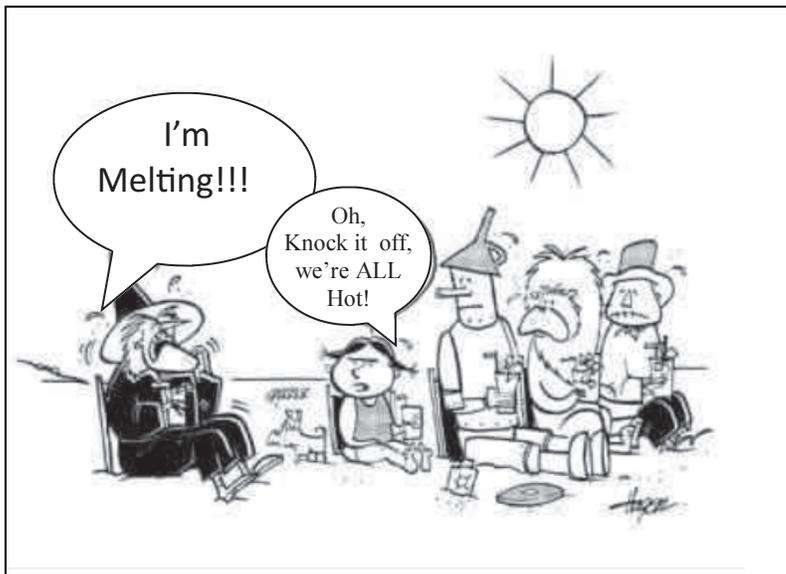
| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <b>1</b> Greek Chicken<br>Orzo Pilaf<br>Zucchini<br>NG Bread<br><b>Mixed Fruit</b>                                     | <b>2 Lasagna</b><br>Meat Sauce<br>Parm Cheese<br>Summer squash<br>Italian Bread<br>Mandarin oranges                               | <b>3 Breaded Fish</b><br>Mashed Sweet Potatoes<br><b>Peas</b><br>Wheat Bread<br>Cookie**                           | <b>4 Meatloaf</b><br>Gravy<br>Steamed Potatoes<br><b>Carrots</b><br>WW Dinner Roll<br>Cantaloupe | <b>5 Egg Salad</b><br>Pasta Salad<br>Cauliflower & Red Pepper Salad<br>Hot Dog Roll<br>Diet Jell-O       |
| <b>8 Hamburger</b><br>Cheese on the side<br>Green Beans<br>Mashed Potatoes<br>Burger Bun<br>Pineapple                  | <b>9 Baked Chicken</b><br>Vegetable Rice<br>Brussels Sprouts<br>Oat Bread<br><b>Peaches</b>                                       | <b>10 Veggie Frittata w/cheese</b><br>Potatoes O'Brien<br><b>Corn</b><br>Biscuit<br>Pudding                        | <b>11 Sweet n'Sour Chicken</b><br>Asian Veggies<br>White Rice<br>Dinner Roll<br>Fresh Fruit      | <b>12 Eggplant</b><br>Parmesan Pasta<br>Capri Veg<br>Italian Brd<br><b>Fruit Bar</b>                     |
| <b>15 Hot Dog Baked Beans</b><br>Chef's Veg<br>Hot Dog Roll<br>Mandarin oranges  | <b>16</b> Roasted Turkey<br>Gravy 3 oz<br>Mashed Potato<br>Stuffing<br><b>Carrot&amp;Turnip</b><br>WG Bread<br><b>Mixed Fruit</b> | <b>17 American Chop Suey</b><br>Parmesan<br>Broccoli<br>Dinner Roll<br>Fresh Fruit                                 | <b>18 Birthday</b><br>Chicken Picata<br>Herbed Potatoes<br>Green Beans<br>Oat Bread<br>Cake**    | <b>19 Special:</b> Salmon<br>Fruit Salsa<br>Orzo Pilaf<br>Summer Veg Blend<br>NG Bread<br>Fruit Ambrosia |
| <b>22 Breaded Chicken Bites</b><br>Honey Mustard<br>Mashed Potatoes<br>Zucchini<br>WG bread<br>Pears                   | <b>23</b> Sliced Pork<br>Gravy<br>Mashed Butternut<br>Cauliflower<br>Oat Bread<br><b>Apple Crisp**</b>                            | <b>24</b> Chicken Tetrazzini<br>Pasta<br><b>Peas</b><br>Wheat Bread<br><b>Peaches</b>                              | <b>25</b> Roast Beef<br>Gravy<br>Roasted Potatoes<br>Beets<br>Dinner Roll<br>Honeydew            | <b>26 Stuffed Shells</b><br>Parmesan<br>Marinara<br>Spinach<br>Italian Bread<br>Yogurt                   |
| <b>29</b> Pulled Pork<br>BBQ Sauce<br><b>Corn &amp; Red Peppers</b><br>Rice & Beans<br>Burger Bun<br><b>Applesauce</b> | <b>30</b> Tuna Salad<br>Potato Chips<br>Tomato&Cuke Salad<br>Sandwich Roll<br>Diced Pears   | <b>31</b> Pasta<br><b>Meatballs</b><br>Parmesean<br>Broccoli<br><b>Twisted Breadstick</b><br>Chef's Choice Dessert |  |  |

| Sun | Mon   | Tue   | Wed  | Thu                                  | Fri                                      | Sat |
|-----|---|---|--|--------------------------------------|--|-----|
|     | 1<br>2-6pm<br>Intake for Upscale<br>Consignment Shop<br><br>7am Foxwoods<br>Trip<br>3-4pm Technology<br>Instruction | 2   | 3  | 4<br>8:30am-4pm<br>Foot Care Clinic  | 5<br>1pm Beautification<br>Committee Mtg | 6   |
| 7   | 8<br>3-4pm Technology<br>Instruction  | 9   | 10<br>10-12pm<br>Bereavement Sup-<br>port Group<br><br>3-4pm Technology<br>Instruction | 11<br>9:00am<br>Men's Group          | 12<br>10:30am GAC<br>Entertainment Mtg   | 13  |
| 14  | 15<br>10am<br>MS Support<br>Group<br><br>3-4pm Technology   | 16  | 17<br>12:30 pm<br>COA Board Mtg<br><br>3-4pm Technology<br>Instruction                 | 18<br>8:30am-4pm<br>Foot Care Clinic | 19                                       | 20  |
| 21  | 22<br>10am Sen. L'Ital-<br>ien Office Hours<br><br>3-4pm Technology<br>Instruction                                  | 23<br>10-11am Brown<br>Bag Pickup for<br>participating sen-<br>iors | 24<br>9-11am Hearing<br>Clinic<br><br>3-4pm Technology<br>Instruction                  | 25<br>9:00am<br>Men's Group          | 26                                       | 27  |
| 28  | 29<br>12pm DJ Jon<br>Afternoon Dance<br><br>3-4pm Technology<br>Instruction   | 30<br>9:30am Rep. Miceli<br>Office Hours                            | 31<br>3-4pm Technology<br>Instruction  |                                      |  |     |

LET US PLACE YOUR AD HERE.



The Bocce Court is ready to go! Stop by the office to pick up the Bocce Balls and venture outside to enjoy!



# Summer Word Search

FIND THE SUMMER WORDS ~ THEY GO ACROSS, DOWN, & DIAGONAL

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | S | E | F | P | L | J | U | S | W | I | M | I | Y |
| R | H | U | A | I | Q | V | I | R | Y | R | X | C | J |
| E | E | A | N | Y | P | A | M | P | K | E | T | E | L |
| C | A | H | O | D | N | C | N | L | O | B | A | C | P |
| A | T | O | W | E | L | A | I | A | P | E | S | R | Q |
| S | O | T | L | W | A | T | S | D | C | A | R | E | W |
| T | M | D | U | F | R | I | U | A | V | C | B | A | A |
| L | N | I | A | Q | H | O | N | W | N | H | U | M | T |
| E | F | T | F | O | L | N | B | E | X | D | O | E | E |
| S | U | M | M | E | R | I | L | A | L | P | L | L | R |
| B | A | G | J | W | P | Y | O | F | U | O | I | N | P |
| A | D | I | D | A | O | M | C | H | T | A | S | B | A |
| L | Y | R | K | D | O | A | K | J | P | K | X | V | R |
| S | H | O | V | E | L | D | N | B | D | Y | C | M | K |

© LeonieCreativeLove.com | Do Not Reproduce

FIND THESE WORDS:



SUMMER  
POOL  
BEACH  
TOWEL  
SUNBLOCK

SAND  
SUN  
PAIL  
SHOVEL  
ICECREAM

HOT  
CASTLES  
VACATION  
SWIM  
WATERPARK



## Sudoku

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 7 |   |   |   |   | 2 |
| 3 |   | 5 |   |   | 9 | 6 |   | 1 |
| 1 |   |   |   |   | 8 |   | 3 |   |
|   |   |   | 6 | 3 |   | 8 |   |   |
| 8 | 1 |   |   |   | 4 |   |   |   |
| 6 |   |   |   |   |   |   |   |   |
|   | 2 |   |   |   |   |   |   | 3 |
|   |   |   | 1 |   |   | 7 | 2 | 5 |
|   |   | 6 |   |   |   |   |   |   |

## Summer Time Tips

Nicole Hutcheon, Outreach

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that the elderly, as well as their caregivers, can use to make sure they have a fun, safe summer.



- **Stay Hydrated:** Remember to drink water often, and be sure to pack some for those long summer drives since seniors are more susceptible to dehydration.
- **Keep Your Cool:** Senior Centers, shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise, without the exhaustion of the heat.
- **Stay in Touch:** For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.
- **Know Your Neighbors:** See if a younger neighbor, perhaps even one of their kids can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!
- **Know Who to Call:** Prepare a list of emergency phone numbers and place them in an easy to access area.
- **Wear the Right Stuff:** Everyone should dress for the weather. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.
- **Protect Your Eyes:** Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.
- **Rub on Sunscreen and Wear Hats:** Everyone should wear sunscreen when outdoors. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.
- **Apply Bug Spray:** If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.

## WE NOW HAVE Wi-Fi AT THE SENIOR CENTER

What is Wi-Fi? Wi-Fi or wireless internet connection, is the ability for a facility to allow computers, smart-phones, ipads or other devices to connect to the internet or communicate to one another wirelessly within a particular area. The router is located in the office suite so service may not be available throughout the entire building.

Would you like to connect to the internet with your computer or device but do not know how? Do you feel intimidated by the process? You can make an appointment with our student technology instructor, William. He is at the Senior Center every Monday and Wednesday, 3-4pm. To make an appointment, call or sign up at the reception desk.

The network name is: TSC

The password is: lamnot100

A clever password created by our student technology instructor. Thank you William.



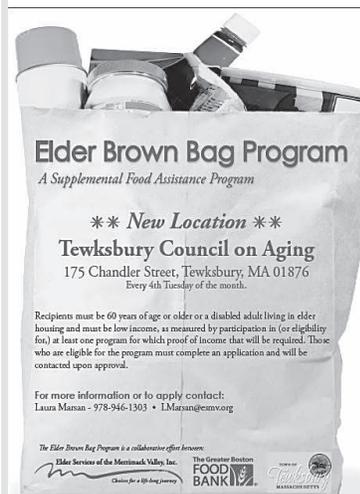
We wish to extend our thanks to Circle Home Health Care for providing us with free blood pressure checks on Mondays. Thank you for providing our seniors with this valuable service.

The **Salad Bar** continues to be a HUGE success! The number of patrons has grown and we are happy to see both familiar and new faces enjoying the offerings. Thank you to all of the wonderful volunteers who make it happen every week. If you would like to help with the salad bar, please see Ashley or Jan. There are volunteer opportunities on Mondays, Tuesdays and Wednesdays.



## Recycling

*Submitted by Kay Maher*  
I have found someone who is collecting bottle caps so I will start taking them again along with new cards, tabs from cans and tags from tea bags.  
Thank You!





**Douglas W. Sears Esq.**  
 Counselor & Attorney-at-Law  
*How Can I Help You?*  
 Home Visits by request  
**978-376-7390**

**S. RIPLEY'S  
 & SONS  
 LANDSCAPING**

A COMPLETE  
 LANDSCAPING SERVICE  
 FREE ESTIMATES  
 SNOW PLOWING  
**(978) 667-1556**  
 130 Pond Street  
 Billerica, MA 01821

Wills • Trusts • Elder Law • Family Law  
 Estate Planning • Probate • Slip and Fall

Office: 1445 Main St., Tewksbury

THIS SPACE IS  
**AVAILABLE**

*our*  
**SENIOR CENTER**  
 The Online Directory of Senior Centers  
**NEVER MISS A NEWSLETTER!**  
 Sign up to have our monthly senior newsletter  
 emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)

Bulletin advertising works as hard  
 as you do to **GROW** your business.



For more information call  
**Liturgical Publications Inc**  
 at **800-477-4574**



**Sue Parker, REALTOR®**  
 CBR, CRS, GRI  
 Cell: (978) 808-1283  
 Office: (978) 851-3731  
 Vm/Fax: (978) 935-9550  
 Susan.Parker@NEMoves.com  
 www.NewEnglandMoves.com

1201 Main Street, Tewksbury, MA 01876  
 Owned And Operated By NRT, LLC

LET US PLACE  
 YOUR AD HERE.



For ad info. call 1-800-477-4574 • [www.4lpi.com](http://www.4lpi.com)

Tewksbury Senior Center, Tewksbury, MA 06-5182



# McHugh Law

FOR YOUR FAMILY & YOUR BUSINESS

Licensed to practice in Massachusetts, New Hampshire, and Rhode Island  
Estate Planning • Real Estate • Elder Law • Probate • Medicaid Applications and Appeals  
Honored recipient of the Boston Magazine's Five Star Professional Award  
Attorneys: Dennis McHugh • Anna Reppucci Vergados • Jack Vultaggio

(978) 256-3330 (978) 250-1922 Fax  
2 Chelmsford St. www.dmchughlaw.com Chelmsford, MA

## Add Some COLOR to Your Ad



For more information call  
**Liturgical Publications Inc**  
at 800-477-4574

Since 1878

## FARMER & DEE FUNERAL SERVICE

978-851-7411

16 Lee Street, Tewksbury

Donald J. Dee (1924-1998) • Bradford J. Dee

## Your Ad Here

SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING  
Contact Lisa Templeton to place an ad today!  
LTempleton@4LPi.com or (800) 477-4574 x6377

• Sales experience  
• Full-time • Uncapped commissions  
• Competitive benefits program offered  
• Extensive travel experience

KNIGHTS OF COLONIAL

## HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM



## Comfort Keepers

## Serving Greater Lowell

Keeping the Comforts of Home™  
www.seniorcarema.com

- In Home Care
  - Medication Reminders
  - Mobility Assistance
  - Meal Preparation
  - Companionship
- 978-251-3938

People are looking for your business.  
Help them find it by **advertising here.**

For more information call **Liturgical Publications Inc**  
at 800-477-4574

## BAYBERRY

at Emerald Court  
A Northridge Assisted Living Community

Independent Living  
Assisted Living  
Avita Memory Care

You can reach us at:  
**978.640.0194**

We're located at:  
2000 Emerald Court | Tewksbury, MA

## Blaire House of Tewksbury

Your Guide to Senior Care in Middlesex County

SKILLED NURSING CENTER • REHABILITATION SERVICES  
ADULT DAY HEALTH CENTER • TRANSPORTATION SERVICES  
ASSISTED LIVING RESIDENCE

CALL US TODAY FOR A FREE LUNCH & TOUR:  
Betsy Dellorusso, Admission Coordinator @ 978.423.0161  
10 ERLIN TERRACE • TEWKSBURY, MA 01876  
www.elderservices.com

## Congdon Law Offices

Jerry S. Congdon, ESQ  
Wills • Trusts • Probate  
Real Estate • Elder Law  
Reverse Mortgages

978.500.5978 WILL VISIT YOU IN YOUR HOME

1310 Main St., Tewksbury, MA 01876

## PROTECTING SENIORS NATIONWIDE

PUSH TALK 24/7 HELP

**\$19.95\*/Mo. + 1 FREE MONTH**

- > No Long-Term Contracts
- > Price Guarantee
- > American Made

**TOLL FREE: 1-877-801-5055**

\*First Three Months

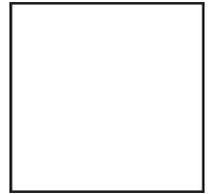
**HOLIDAY SPECIAL**

## TEWKSBURY FUNERAL HOME

1 Dewey Street - Corner of Main Street (Rt. 38) • Tewksbury, MA 01876  
1-800-851-2950 Toll free in MA • (978) 851-2950 • (978) 851-2061

Joel W. Deputat Walter J. Deputat - founder Dennis W. Graham

**Tewksbury Senior Center**  
175 Chandler Street  
Tewksbury, MA 01876



**Important Telephone Numbers for Seniors:**

|                               |                |
|-------------------------------|----------------|
| Ambulance                     | 911            |
| Alzheimer's Association       | 1-800-548-2111 |
| American Cancer Society       | 1-800-227-2345 |
| American Diabetes Association | 1-899-342-2383 |
| Community Teamwork            | 978-459-0551   |
| Elder Abuse Hotline           | 1-800-922-2275 |
| MA Office of Elder Affairs    | 1-800-882-2003 |
| Medicare                      | 1-800-633-4227 |
| MCPHS Pharmacy Outreach       | 1-866-633-1617 |
| Social Security               | 1-800-772-1213 |
| Tewksbury Fire Department     | 978-640-4411   |
| Tewksbury Food Pantry         | 978-858-2273   |
| Tewksbury Police Department   | 978-640-4385   |

**Elder Service of the Merrimack Valley**  
1-800-892-0890

**Senator Barbara L'Italien**

State House Room 413-C\  
Boston, MA 02133  
Phone: 617-722-1612  
Email: [Barbara.L'Italien@masenate.gov](mailto:Barbara.L'Italien@masenate.gov)

**Representative James R. Miceli**

State House Room 237  
Boston, MA 02133  
Phone: 617-722-2305  
Email: [James.Miceli@mahouse.gov](mailto:James.Miceli@mahouse.gov)

**Representative James J. Lyons, Jr.**

State House Room 443  
Boston, MA 02133  
Phone: 617-722-2460  
Email: [James.Lyons@mahouse.gov](mailto:James.Lyons@mahouse.gov)

We would like to acknowledge those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, email Kathy at [kwbraelyn@verizon.net](mailto:kwbraelyn@verizon.net) or call Jan at the Senior Center 978-640-4480.



**IT'S IMPORTANT TO KEEP IN TOUCH!**

We would be happy to mail you a copy of our newsletter, "SENIOR MOMENTS" each month...for only the cost of postage! Simply fill in the information requested below.

Return this portion of the newsletter with a check or money order in the amount of \$8.00, which covers the postage and handling for a 12-month subscription. Check the *expiration date* on the label to see if it is time to renew your subscription.

Check here for renewal

Make check payable to: *Town of Tewksbury/COA*

**\*Please do not mail cash\***

Mail to: TEWKSBURY SENIOR CENTER  
175 Chandler Street  
Tewksbury, MA 01876

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

TOWN/STATE/ZIP: \_\_\_\_\_

PLEASE PRINT

