



# Tewksbury Senior Center

## Senior Moments

175 Chandler Street • Tewksbury, MA 01876

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

October 2015

Volume 07 Issue 10

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A Message From the Director:

**It's Flu Season!**



Whether we like it or not, the truth is that seniors are more susceptible to the flu. As you age, your immune system weakens, which is why the seasonal flu can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

Vaccination is the best way to protect yourself (and others) from the flu. The U.S. Department of Health and Human Services suggests everyone 6 months of age and older receive the vaccine, so go out and get yours today! Unfortunately the Tewksbury Board of Health did not receive vaccines from the MA Department of Public Health, so there was not going to be a flu shot clinic at the Senior Center this year. However, thanks to the **Center for Community Health and Wellness at Lowell General Hospital**, a donation of limited flu vaccines has been made to the Board of Health. Therefore, they will be hosting a flu clinic at the Senior Center on October 20, 2015 from 10AM-12PM for Tewksbury residents only, ages 18 and older. Flu shots are limited and will be given on a first come, first serve basis. Individuals who are homebound and unable to make it to the clinic should call Sarah Kinghorn, Tewksbury Public Health Nurse, at (978) 640-4473. And of course you can get vaccinated at your doctor's office or local pharmacy.

In addition to getting you vaccination, there are steps you can take in your day-to-day life to help protect you from getting the flu.

- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

Lastly, if you are experiencing any flu-like symptoms, contact your health care provider immediately. Since you are at high risk for flu-related complications, your health care provider may prescribe antiviral medications to help make your symptoms less severe and make you feel better faster. Much of this information was found at flu.gov, a website managed by the US Department of Health and Human Services. Visit the site to find out more!

Thanks for reading! ~Ashley~

**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.*

**Volunteer of the Month: Mary DiBella**

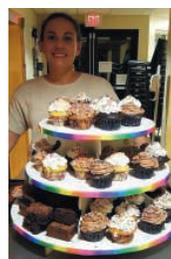


Mary is a wonderful person, always willing to help wherever the need arises. She can frequently be found around the Bingo table on Tuesdays as well as participating in the Arts and Crafts group on Wednesday mornings. Mary is also a member of the Red Hat Society. Mary helps out in the kitchen for the meals on wheels program and also when the Friends of the Elderly hold a benefit breakfast event. Mary also helps to organize the items donated to the Senior Center when there is a yard sale. Over the last year Mary has helped with maintaining the plants here at the Senior Center. Mary is a wonderful friend to those close to her. We are happy to have Mary participate and give back here at the Senior Center. Thanks Mary for all you do!!!

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

Answers to September's Sudoku

There are 3 bulletin boards at the Senior Center, one for in-house activities, one for upcoming trips & one for community events. This is where you will find the most up-to-date information so stop by and check them out! Anything posted on the community board must be approved by the Director and is limited to non-profit agencies only.



Photos taken at the last Fred Manzi Dance that took place on August 28, 2015



Greater Lowell Brown Bag distribution on August 25th, with help from the Tewksbury Fire Department. Almost 500 bags of food given to seniors!

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



Fellow senior, Alice MacKenzie, loves to travel! Most recently, she and her husband spent two weeks in Scotland, which happens to be where she is from. Alice has written an article about her trip, so check the Senior Center bulletin board to read more!

**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 apt.



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

**UPCOMING DAY TRIPS**

Date	Bus Leaves	Trip	Cost	Tickets
October 14, 2015	10:00AM	Easthill Farm Octoberfest	\$73 per person	Sold Out
November 4, 2015	11:30AM	Flag Hill Winery	\$37 per person	Available Now
December 5, 2015	12:00PM	"Elf" at the Wang Theatre	\$75 per person	Available Now

**Council on Aging- (978) 640-4480****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**Council on Aging Board Members:**

Virginia Desmond- Chair

Joel Deputat- Vice Chair

Lorene Patch- Treasurer

Joan Unger- Clerk

Joanne Aldrich

Marie Durgan

Peg Keefe

Paul McNaught

Patty Sasso

Kathy Walsh

Arlene Wright

Melissa Johnson- Recording Secretary

**Board of Health- (978) 640-4470****Lou-Ann Clement, CHO**Director of Public Health  
Lcclement@tewksbury-ma.gov**Chris DiJulio- Cook**Senior Clerk Secretary  
Cdijuliocook@tewksbury-ma.gov**Sarah Kinghorn, BSN, R.N.**Public Health Nurse  
Nurse@tewksbury-ma.gov**Shannon Sullivan**Sanitarian  
Sullivan@tewksbury-ma.gov**Veteran Services- (978) 640-4485****Lisa Downey**Veterans Service Officer  
Vets@tewksbury-ma.gov**\*\* 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!

The winner from last month was: **Claire Trudeau**

*Error: In word search "unit" is spelled "unnit"*

*Pg 9, under "Maintaining a Tick-free Yard", should be "let **in** more sunlight"*

**TEWKSBURY SENIOR CENTER NO-SMOKING POLICY**

Smoking is not permitted in or around the Tewksbury Senior Center.



Individuals may choose to smoke in a personal vehicle located away from the building or they may choose to smoke on the cement slab located in front of the small, utility shed.

**Smoking is prohibited on all other areas of the Senior Center's grounds.**

Thank you for your cooperation, Ashley Stuart- COA Director and members of the COA Board

**Elder Brown Bag Program**  
*A Supplemental Food Assistance Program*

**\*\* New Location \*\***  
**Tewksbury Council on Aging**  
175 Chandler Street, Tewksbury, MA 01876  
Every 4th Tuesday of the month.

Recipients must be 60 years of age or older or a disabled adult living in elder housing and must be low income, as measured by participation in (or eligibility for,) at least one program for which proof of income that will be required. Those who are eligible for the program must complete an application and will be contacted upon approval.

**For more information or to apply contact:**  
Laura Marsan - 978-946-1303 • LMarsan@esmv.org

Or you may pick up an application at the Senior Center!

The Elder Brown Bag Program is a collaborative effort between:

Elder Services of the Merrimack Valley, Inc. **The Greater Boston FOOD BANK** CHOICE for a life-long journey **TOWN OF Tewksbury MASSACHUSETTS**

**WEEKLY SCHEDULE**

Special events &amp; schedule changes on page 7.

<b>MONDAY</b>	
<b>AM</b> 9:00 Forever Fit 9:30 Men's Yoga 9:30-11- Blood Pressure Clinic (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	<b>PM</b> 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
<b>TUESDAY</b>	
<b>AM</b> 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Mov'n & Grov'n Exercise 11:30- 4 Piecemakers for Charity	<b>PM</b> 12:30 45's 12:45 ZINGO 1:00 Independent Painting 3-4 Swinging Seniors Chorus 5:15 50's & Fit
<b>WEDNESDAY</b>	
<b>AM</b> 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class	<b>PM</b> 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Chair Yoga 2:30 45"s
<b>THURSDAY</b>	
<b>AM</b> 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	<b>PM</b> 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 <b>NEW</b> 5:15 Fit For All
<b>FRIDAY</b>	
<b>AM</b> 8:30 Walking Club 9:30 Bone Builders #3 10:30 Floral Arrangement Class #1 (except 1st Fri of the month)	<b>PM</b> 12:30 International Mah Jong 1:30 Floral Arrangement Class #2

**Friends of the Elderly, Inc. News***Submitted by Linda Brabant*

The Friends October Foxwoods day trip will take place Monday, October 5<sup>th</sup>. There may still be some seats available. The next two Foxwoods trips will be held on Wednesday, November 4; and Thursday, December 3rd. New Foxwood ticket sales always begin at 8:15AM on the Monday after the last trip with the exception of a holiday. On a holiday week, ticket sales will begin on Tuesday. The cost of these trips is \$30 and includes transportation, a casino package & driver gratuity.

It was great to see new faces and familiar faces at the September Breakfast Benefit. What a nice time to start one's day off with a hearty breakfast and in the warm & friendly atmosphere of people. We thank all our workers and patrons. The winner of the drawing was Lisa Jones. The October Breakfast Benefit will take place on Sunday, October 4th from 7:30 to 11:00 AM. The menu will include: pancakes, scrambled eggs, bacon, sausage, homefries, beans, toast, a fresh fruit cup and beverages. The cost is \$7 for adults, \$3 for children 12 and under with toddlers eating free. Our last Breakfast will be held on Sunday, November 15<sup>th</sup>. Proceeds will benefit the upcoming Friends holiday events. Hope to see you!

Cathy and Kitty will hold a "Cootie Party" on Monday, October 19<sup>th</sup> beginning at 12:30 PM. The cost is \$4. A fun time is guaranteed.

A Friends Activities Meeting will be held on Friday, October 23<sup>rd</sup> at 10:00 AM. This meeting is open to all. We are hoping there will be more people attending the meeting this month.

A Cribbage Tournament will be held on Saturday, October 24<sup>th</sup> at 12:00 Noon. The cost is \$20 (cash only). One may preregister or come early and sign-up at the door. The public is welcome.

October is the time for ghost and goblins and we'll see plenty of them at the Friends Halloween Dance which will take place on Friday, October 30<sup>th</sup> from 7:00 to 10:30 PM. Tickets may be purchased at the door at \$10 or bought in advance. The evening will include a costume contest and march at 7:15, dancing to the sounds of the Perfect Match Band and light refreshments mid evening.

Watch for news next month on an additional Yard Sale in November...and for the availability of Friends Holiday Celebration event tickets.

Have a bright and colorful October!

**GOD BLESS AMERICA!**



**October is Fire Prevention Month, with the week of October 4-10th being Fire Prevention Week.**

**This year's theme is:**

### **“Hear the Beep Where you Sleep”**

All households should have at least one working smoke and carbon monoxide alarm on each level of your home, although it is recommended to have these alarms in your bedroom as well. It is also recommended to change the batteries in your alarms at least once a year and October is a good month to do this. We always say “Change your clock change your batteries.” This year the time change date is November 1<sup>st</sup> so try to change them around that day.

The Tewksbury Fire Department would like to help all seniors in the Town of Tewksbury who cannot do this safely by coming out and changing your batteries. We also have some new 10 year battery powered smoke alarms we can install in homes that were built before 1975 at no charge.

To qualify for the free smoke alarms for your home you must meet the following:

- Built before 1975
- Battery powered only alarms
- The house is not planned to be put on market for re-sale.
- House numbers must be attached
- All participants of this program must sign a waiver at time of installation



To sign up for this program, please call the Tewksbury Fire Department at 978-640-4414 between the hours of 8:00am- 4:00pm, Monday– Friday and give your information to the Fire Department Secretary, Jeanne Martin.



Watch for a Friends of the Elderly sponsored ‘Crafts’ day trip to Parkers Maple Barn in Mason, NH on October 28th. Details will be posted on the “Trips” Bulletin Board at the Senior Center.

### **Red Hat News**

*By Diane Joy*

Welcome back everyone! I hope everyone who came to our first event on September 16th had a great time.

Here are some upcoming event dates:

**Halloween Party:** October 21<sup>st</sup>. 6:00 to 10:00 pm \$15 per Belle. Come dressed as your favorite character! We have had some really good costumes at past events, and I am looking forward to seeing what is in store for this year's event. There will be a contest and prizes. May the best costume win! This event will be catered by French's, and will include soup, salad, dessert and also entertainment.

**Red Hat Pringo:** November 18<sup>th</sup>. Please bring a non-perishable food item to donate to the Food Pantry! Desserts will be served. Pringo = P(purple) + R(red) + ingo(no “B”)!

**Christmas Party:** December 16<sup>th</sup>. Catered by the Village Inn. Entertainment to be announced.

**Christmas in July:** (and August, September, October, November, and December). This is our annual gift card event to help the less fortunate come the Holidays. Your \$10 donation will be given to the Tewksbury Food Pantry who will be able to help families for Christmas.

Our condolences to the families of Clover Wilson and Jean Porter. Our Red Hat sisters will be missed. We know you are looking down upon us wearing your Purple and Red.

Please contact the Queen Mother or any Board Member if you know of a Red Hat sister that may be ill, or has undergone surgery, etc. A card can be sent with all of The Red Hat Carnation Belles' best wishes in it!

We get so many compliments on the seasonal decorations throughout the Senior Center. We would like to extend thanks to Celene Aghajanian & Geri Nickerson-Kaiser for donating so much of their time and money to make the Senior Center a brighter place!



# Elder Services of the Merrimack Valley

October 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Make sure to sign-up 2 days in advance. A suggested donation of \$2.			1 Cheese Lasagna with Marinara Sauce Sautéed Spinach Garlic Roll Seasonal Fresh Fruit	2 Salmon Boat Roasted Seasoned Potatoes Broccoli Dinner Roll Mixed Fruit
5 Chicken Fajitas Rice Sliced Carrots Tortilla Sliced Peaches	6 Baked Fish Sliced Red Potatoes w/onions Italian Herbed Green Beans WW Dinner Roll Lemon Pudding	7 Meatball Sub Potato Salad Spinach Salad with Mandarin Oranges Seasonal Fresh Fruit	8 Glazed Pork Loins Scalloped Potatoes Mashed Cauliflower Dinner Roll Brownie	9 Tuna Noodle Casserole Peas Carrots WW Bread Seasonal Fresh Fruit
12 <b>Columbus Day</b>	13 Chicken Marsala over Bowtie Pasta Garlic Green Beans Natural Grain Bread Ginger Cookie	14 Shaved Steak w/ peppers and onions Oven Brown Potatoes Romaine Blend Salad Soft Sandwich Roll Sliced Pears	15 <b>October Special</b> Roast Turkey Dinner w/ stuffing Mashed Potatoes and gravy Glazed Carrots Cranberry Sauce WW Dinner Roll Pumpkin Bread Chocolate Pudding	16 Stuffed Shells with Tomato Sauce Sautéed Spinach Oatmeal Bread Seasonal Fresh Fruit
19 Tuna Salad over Shredded Lettuce Kidney Bean and Chickpea Salad Garlic WW Dinner Roll Oatmeal Cookie	20 Baked Ham Red Bliss Mashed Potatoes Chef Blend Vegetables WW Dinner Roll Mixed Berry Fruit Crisp	21 Pot Roast w/ gravy Mashed Turnip Broccoli Dinner Roll Seasonal Fresh Fruit	22 <b>Monthly Birthday</b> BBQ Chicken Roasted Seasoned Potatoes Sliced Carrots Natural Grain Bread Birthday Cake	23 Macaroni and Cheese Stewed Tomatoes Baked Cinnamon Apples Rye Bread Sliced Pears
26 Pork Diane Mashed Sweet Potato Steamed Red Cabbage Honey Wheat Roll Apple	27 Egg Salad on Shredded Lettuce English Pea Salad Whole Wheat Pita Half Seasonal Fresh Fruit	28 Potato Crusted Fish Roasted Red Garlic Potatoes Broccoli Dinner Roll Pumpkin Cake	29 Meatloaf with Gravy Mashed Potatoes Sliced Carrots Natural Grain Bread Sliced Peaches	30 Chicken Parmesan with Marinara sauce Pasta Green Beans WW Dinner Roll Seasonal Fresh Fruit

## OCTOBER 2015- SCHEDULE CHANGES & SPECIAL EVENTS

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3
9am-3pm- <b>Foot Care Clinic</b> (appoint. needed)	9:30- Parkinson's Support Group	
8	9	10
9am- Men's Group		
15	16	17
9am-3pm- <b>Foot Care Clinic</b> (appoint. needed)		<b>Piecemaker's Annual Quilt Show</b> 10am-4pm, Saturday & Sunday
22	23	24
9am- Men's Group		12-4pm- <b>Cribbage Tournament</b>
21	28	31
12:30pm- COA Board Meeting 6-10pm- Red Hat Halloween Party		7pm- <b>Friends Halloween Dance</b>
26	27	
11:30 am- DJ Jon Dance A <b>FREE</b> Lunch provided by Peregrine's Landing- Must sign-up by Oct 21st	10-11am- Pickup for Brown Bag Participants 9:30am- Miceli's Off Hrs. 10am- L'Italian's Off Hrs.	
25		
18	20	
10am- MS Support Group 12:30pm- Cootie Party		
19		
		
11	13	
12 <b>Columbus Day</b> Senior Center Closed		
5	6	
7am- Depart for Foxwoods Trip 2-6pm- Intake of Items for Upscale Consignment Shop		
4	7	
7:30-11am- <b>Friends Benefit Breakfast</b> All are Welcome!		

**SAVE THE DATE For These Upcoming Events**

- 11/2- Intake for Consignment Shop
- 11/6- Mini SHINE Fair (health insurance information for seniors)
- 11/8- Friend's Breakfast Benefit
- 11/13- Fall Cleaning Day of Building
- 11/16- Cootie Party
- 11/18- Red Hat Bingo
- 11/20- Silvertone's Dance
- 12/4-Friend's Christmas Dinner & Dance
- 12/7- Intake for Consignment Shop
- 12/11- GAC Christmas Party
- 12/14- Cootie Party
- 12/16-Red Hat Christmas Party
- 12/18- Silvertone's Dance
- 12/31- Friend's New Year's Eve Party

**DO YOU SUFFER FROM FOOT PAIN?**

The **Foot Health Center of Merrimack Valley** is the most advanced Podiatry Practice in the area. Our team of 3 Board Certified\* Podiatrists offer state of the art technology at our two convenient locations. We provide excellence in our Specialty and have a Passion for putting our patients first.

**We can Help! Call us today with any foot pain related issue**

**SPORTS INJURIES • ACHILLES TENDONITIS • FLAT FEET • DIABETIC CARE  
FUNGAL TOENAILS • PLANTAR FASCIITIS • RECONSTRUCTIVE SURGERY**



**Kathleen O'Keefe, DPM**  
Board Certified\*



**Christine Dalrymple, DPM**  
Board Certified\*



**Teresa Burtoft, DPM**  
Board Certified\*

1565 Main St. #102  
Tewksbury, MA 01876  
978-640-1010



**Foot Health Center of  
Merrimack Valley, PC**

451 Andover St., #209  
N. Andover, MA 01845  
978-686-7623

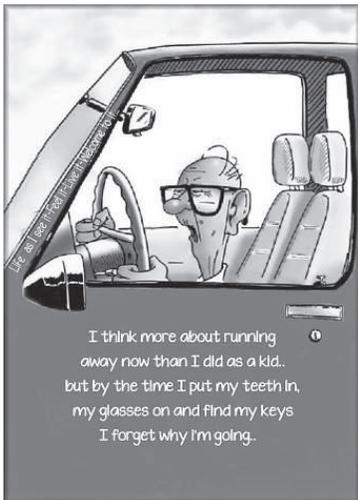
**www.WeFixYourFeet.com**

\*Certified by the American Board of Podiatric Surgery

**The IRS Audits an Elderly Man. What He Does Next is Brilliant!**

The IRS decides to audit Grandpa and summons him to the IRS office. The IRS auditor was not surprised when Grandpa showed up with his attorney. The auditor said, 'Well, sir, you have an extravagant lifestyle and no full-time employment, which you explain by saying that you win money gambling. I'm not sure the IRS finds that believable.' I'm a great gambler, and I can prove it,' says Grandpa. 'How about a demonstration?' The auditor thinks for a moment and said, 'Okay. Go ahead.' Grandpa says, 'I'll bet you a thousand dollars that I can bite my own eye.' The auditor thinks a moment and says, 'It's a bet.' Grandpa removes his glass eye and bites it. The auditor's jaw drops. Grandpa says, 'Now, I'll bet you two thousand dollars that I can bite my other eye.' Now the auditor can tell Grandpa isn't blind, so he takes the bet. Grandpa removes his dentures and bites his good eye. The stunned auditor now realizes he has wagered and lost three grand, with Grandpa's attorney as a witness. He starts to get nervous. 'Want to go double or nothing?' Grandpa asks. 'I'll bet you six thousand dollars that I can stand on one side of your desk, and pee into that wastebasket on the other side, and never get a drop anywhere in between.' The auditor, twice burned, is cautious now, but he looks carefully and decides there's no way this old guy could possibly manage that stunt, so he agrees again. Grandpa stands beside the desk and unzips his pants, but although he strains mightily, he can't make the stream reach the wastebasket on the other side, so he pretty much urinates all over the auditor's desk. The auditor leaps with joy, realizing that he has just turned a major loss into a huge win. But Grandpa's own attorney moans and puts his head in his hands. 'Are you okay?' the auditor asks. 'Not really,' says the attorney. 'This morning, when Grandpa told me he'd been summoned for an audit, he bet me twenty-five thousand dollars that he could come in here and piss all over your desk and that you'd be happy about it!'

**Never Mess with Old People!**



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).



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

ACORN	FALL	OCTOBER
APPLE	FOG	OWL
AUTUMN	FOLIAGE	PILGRIM
BOO	GHOST	RAKE
CANDY	HALLOWEEN	SQUASH
CHILLY	HARVEST	THANKSGIVING
COLUMBUS	HAY	TRICK
CORNUCOPIA	HOWL	TURKEY
COSTUME	LEAF	WITCH
DARK	MASK	

**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.

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

(Answers to last month's Sudoku are on page 2)

### It's fall, and the blooms of summer have faded. So how come you're still sneezing?

Fall allergy triggers are different, but they can cause just as many symptoms as you have in spring and summer. Ragweed is the biggest allergy trigger in the fall. Though the weed usually starts releasing pollen with cool nights and warm days in August, it can last into September and October. About three-quarters of people who are allergic to spring plants are also allergic to ragweed. Ragweed pollen loves to get around. Even if it doesn't grow where you live, it can still travel for hundreds of miles on the wind. Mold is another fall trigger. You may think of mold growing in your basement or bathroom – damp areas in the house – but mold spores also love wet spots outside. Piles of damp leaves are ideal breeding grounds for mold.



### Tips to Manage Symptoms

- Stay indoors with the doors and windows closed when pollen is at its peak (usually in the late morning or midday).
- Before you turn on your heat for the first time, clean your heating vents and change the filter. Bits of mold and other allergens can get trapped in the vents over the summer and will fill the air as soon as you start the furnace.
- Use a HEPA filter in your heating system to remove pollen, mold, and other particles from the air.
- Use a dehumidifier if you need to, to keep your air at between 35% and 50% humidity.
- Wear a mask when you rake leaves so you don't breathe in mold spores.



### Did you know that fragrance 'Allergies' Can Happen Too?

If you sneeze every time you get a whiff of perfume or room deodorizer, you may be one of millions of people with a fragrance sensitivity. As many as 30% of people surveyed in a study from the University of West Georgia said they find scented products irritating. Those with asthma or chemical sensitivities may find strong scents particularly problematic due to the allergy-like symptoms they cause. Unlike tree pollen or dander, for example, perfumes and scents aren't actually allergens, they're irritants — but that doesn't mean that they can't trigger allergy symptoms like sneezing.

People who have asthma may be more sensitive to fragrances and may experience allergy symptoms or worsening asthma symptoms from exposure to perfumes, fragrances, and other chemicals. Although, says Miller, there isn't really an established link between asthma and fragrance sensitivity. People who already have allergies, like seasonal allergies or allergies to indoor allergens like molds and animal allergens, may be more likely to experience fragrance sensitivities. You should be cautious with cleaning and deodorizing products that you use at home — look for products that don't contain fragrance, which could cause your allergy symptoms. You may also need to ask your friends, spouse or partner, and co-workers to avoid wearing or using heavily-fragranced products around you to prevent your allergy symptoms.

### The Tewksbury Public Library is running 27 free author visits, film screenings and other events for adults this October. Below are seven highlights:

- 10/6 at 7pm, learn about the most notorious fakes, frauds and forgeries in the art world with Anthony Amore, author of *The Art of The Con*.
- 10/7 at 10:30am, enjoy a screening of *Manglehorn*, a PG-13 drama starring Al Pacino. Left heartbroken by the woman he loved and lost many years ago, Manglehorn, an eccentric small-town locksmith, tries to start his life over again with the help of a new friend. Coffee and donuts.
- 10/13 at 7pm, go inside the Isabella Stewart Gardner Museum art heist with Stephen Kurkjian, author of *Master Thieves: The Boston Gangsters Who Pulled Off The World's Greatest Art Heist*.
- 10/19 at 7pm, enjoy a free acoustic folk concert with Howie Newman and Jackie Damsky. They play funny original songs (suitable for all ages) as well as well-known covers. It's a very lively show with great musicianship and tight harmonies!
- 10/21 at 10:30am, enjoy a screening of *Tomorrowland*, a PG adventure starring George Clooney and Britt Robertson. A bright, optimistic teen bursting with scientific curiosity and a former boy-genius inventor embark on a danger-filled mission to unearth the secrets of an enigmatic place somewhere in time and space that exists in their collective memory as "Tomorrowland." Coffee and donuts.
- 10/27 at 7pm, go inside the mob with Kevin Weeks, a former top Lieutenant to James "Whitey" Bulger, author of *Hunted Down: The FBI's Pursuit and Capture of Whitey Bulger*.
- 10/28 at 10:30am, enjoy a screening of *Max*, a PG family adventure starring Thomas Haden Church and Josh Wiggins. A dog that helped U.S. Marines in Afghanistan returns to the U.S. and is adopted by his handler's family after suffering a traumatic experience. Coffee and donuts.

**Please reserve your seat by calling librarian Robert Hayes at 978-640-4490 x 205. All events are sponsored by the Friends of the Library. Film screenings are co-sponsored by the Tewksbury Lions Club.**



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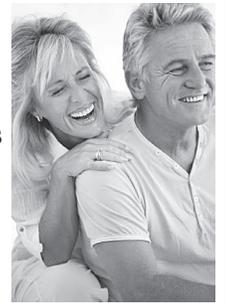
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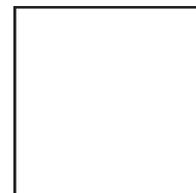
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Answers to Trivia on Pg. 8: 1) a- number. 2) b- Libra. 3) b- Sapphire. 4) b- the 29th. 5) b- Aster



**Representative James R. Miceli**  
Phone: 617-722-2305  
Email: [James.Miceli@mahouse.gov](mailto:James.Miceli@mahouse.gov)

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