LYNN COUNCIL ON AGING SENIOR CENTER

October 2014

From the Director's Desk

My gosh the summer flew by…. September was here before you knew it. I want to apologize for my tardiness in getting last month's newsletter to you. Our schedules and workload ran right into the day before the holiday weekend. One way you may grab the news before it hits your mailbox is to view it online at: www.ci.lynn.ma.us. Once you arrive at the City of Lynn website, click open city departments, click open Council on Aging. Once here, you will see a menu on the left, click open "our newsletters". If the page appears white---scroll down and you should see the most current issue and all prior. Enjoy!

Mother Nature changed our plans. We usually take a pilgrimage down route 2 towards the great foliage; but the summer weather changed the foliage prediction. I travelled to upstate NY late August and the trees were turning already! How the heck can I pick a date in October for our foliage run if the foliage may be on the ground in September? So, we're doing our usual Senior Day at the Topsfield Fair and then on October 15th, we'll travel up to Marini's Farm in Ipswich and have lunch at a great place called the Bradford Tavern in Rowley. At least it will be a scenic ride and you have a chance to buy something at their farm stand.

Mark your calendars ahead…. Annual Pull a Pop Friends Fundraiser with Turkey Dinner is November 20th and the Annual Holiday Party is December 10th. It's 90 degrees out today and we're discussing the holidays! Got to love New England!

~Stacey Minchello~

From Your Mayor

I hope you are enjoying fall and the beautiful foliage that is beginning to peek through.

There are several events coming up that I hope you can take advantage of. Boz Scaggs, a talented blues and R&B, rock and jazz singer and songwriter, will perform at the Lynn Auditorium on Oct. 17. Grammy Award-winning singer Natalie Cole will grace the stage on Oct. 24 and Creedence Clearwater Revisited will join us on Oct. 31. We have another six shows lined up for November, including country singer Martina McBride on Nov. 15. For more information please call the Box Office at 781-581-2971.

There will be a free opening reception for the Artists at the Atlantic exhibit at the Lynn Museum on Oct. 9, 4-6 p.m. I hope you will join in celebrating the great Lynn Beach Painters, past and present. The exhibit features the artworks created on location during the Trails & Sails event, along with works by the Lynn Beach Painters from the Museum's collection as well as a selection from private collections never before on public view. Light refreshments will be served.

As Halloween approaches, Central Square will celebrate the holiday with its annual Central Scare—a downtown haunted house. And from the team that brought "Evil Dead, the Musical," comes "Cannibal! the Musical," running Oct. 17-Nov. 1 at LynnArts Rantoul Black Box Theatre.

Lastly, another rite of fall is elections and we have an exciting gubernatorial race this year. Regardless of your affiliation, I urge you to remain informed and exercise your right to vote on Nov. 4.

Best wishes,
Mayor Judith Flanagan Kennedy

Lynn Council on Aging

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of Elder Affairs & City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625

Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers	Clerk
Edmund Brown	
Albert DiVirgilio	President
Frank LaMacchia	
Lester McCLain	
Charles Mitchell	
Frances Taggart	

Meets 4th Wednesday monthly at 1:30 p.m.

FRIENDS of LCOA Executive Board

Joan B. Noble	President
Linda Rosendahl	Vice-President
Deb Small	Treasurer
Cindy LeBlanc	Recording Secretary
Virginia Calef	Membership Secretary

Meets last Thursday monthly at 10 am

Effective October 1st.....

Please be aware of new smoking area in the front of the building. Starting October 1st, the front stairs on Silsbee Street will be the only smoking area on the GLSS property. Smoking will not be allowed on the patio or walkways leading to the reception area including the small parking lot. Thank you for your cooperation in this matter. We aim to provide a welcoming environment to support healthy initiatives and strive to accommodate all. Our next efforts include offering smoking cessation resources.

THANK YOU

OCTOBER HAPPENINGS

Trip sign-ups begin, Thurs, Sept 25th

Fri, Oct 3	New Computer Classes start!		10 am
	Call Mayra to see if seats are available for this session: **781-586-8546**		
Mon, Oct 6	**Field Trip: Topsfield Fair Bus**	**$2**	**9:00 a.m. – 2:00 p.m.**
	Senior ticket at gate:	**$8**	**Leaving fair at 1pm**
Tues, Oct 7	**Birthday Karaoke**		**11:30 a.m. – 1:00 p.m.**
Weds, Oct 8	***FOOD STAMPS***	***OFFICE HOURS:***	9:00 a.m. – 12:00 p.m.
Thurs, Oct 9	Podiatry Appointments		10:00 a.m. – 12:00 p.m.
Mon, Oct 13	**Columbus Day**		Center is closed
Tues, Oct 14	**Blood Sugar AND Blood Pressure Clinic**		8:00 a.m. – 9:30 a.m.
"Lucy Booth" Open!	Nurse available for your questions.		Large Activity Room
Weds, Oct 15	Field Trip: Marini Farm Stand Visit – Ipswich	$2	9:30 am – 2:30 pm
	Lunch on own at Bradford Tavern Rowley		
Thurs, Oct 16	**Walgreen's Flu Clinic**		**9 am – 11 am**
	Bring insurance card, Medicare, or Mass Health		**Large Activity Room**
Fri, Oct 17	**BROWN BAG: BOSTON FOOD BANK**		**10 am – 12 pm**
Mon, Oct 20	**Women's Group Meeting**		**10 am – 11 am**
Tues, Oct 21	**FOXWOODS CASINO**		**7am- 6:30 pm**
	Prepaid reservation required - $27		
Weds, Oct 22	**Entertainment: North Shore Songsters**		**12 noon**
	Sing a long to your favorites from over the years…		
Thurs, Oct 23	**Lunch trip: 621 Tavern & Grille, Malden**		**11 am**
Tues, Oct 28	**Hearing Clinic Appointments**		9 am – 10 pm
Tues, Oct 28	Lunch Trip: Reds Sandwich Shop Salem		11 am – 2pm
Weds, Oct 29	***LGBT Halloween Dance Party***		***4pm – 6pm***
Thurs, Oct 30	***FRIENDS OF LCOA meeting*** ☺		***10 a.m.***

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OCTOBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE WITHOUT NOTICE	ALL MEALS SERVED W/ BREAD AND 1% MILK ..... Requested Donation is $2.00 per meal	1 Lemon and garlic chicken Candied yams Cauliflower WW bread Brownie ALTERNATIVE Veggie burger, potato wedges	2 Southern baked fish Plantains Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Eggplant parm/tomato sauce	3 Hamburger/roll Baked beans Green beans Fresh fruit ALTERNATIVE WW cheese pizza
6 Roast turkey Florentine Sour cream dill potatoes California blend veg. WW bread Chocolate pudding ALTERNATIVE Tripe stew/ Rice & beans	7 Cheese tortellini/meat sauce Garden salad/dressing Italian bread Cookie ALTERNATIVE Tilapia/tomatillo salsa Cilantro lime rice	8 Latin style pork/gravy Mashed sweet potatoes Capri blend veg. Rye bread Fresh fruit ALTERNATIVE Turkey/creole sauce Chipotle sweet potatoes	9 Chicken cacciatore/ Pasta Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Arroz con carnitas (Beef with rice)	10 Salmon/dill sauce Yellow riceGreen peas WW bread Fresh fruit ALTERNATIVE WW cheese pizza Fresh fruit
13 HOLIDAY NO MEAL SERVICE	14 Turkey/mushroom sauce Mashed sweet potatoes Garden salad/dressing Snack loaf Fresh fruit ALTERNATIVE Cerdo asado(pork)	15 Stuffed shells/sauce Broccoli WW bread Fresh fruit ALTERNATIVE Caribbean beef	16 Lemon pepper pork Red potatoes Garden salad/dressing WW bread Cookie ALTERNATIVE Arroz con pollo(chicken)	17 Thai sweet chili chicken White rice Stir fry veg. Rye bread Fresh fruit ALTERNATIVE WW cheese pizza
20 Crispy baked fish Sweet potato wedges Italian blend veg. WW bread Vanilla pudding ALTERNATIVE Jerk chicken,rice & beans	21 Shepherd's pie Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Latin style pork,potato	22 Roast turkey/gravy Veg. rice pilaf California blend veg. WW bread Cake ALTERNATIVE Southern baked fish, plantains	23 Chicken picatta Pasta Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Dominican turkey	24 BBQ pulled pork Rice & beans/ Spinach WW bread Fresh fruit ALTERNATIVE WW cheese pizza
27 Chicken and broccoli alfredo / Pasta Capri blend vegetables Italian bread Pineapple ALTERNATIVE Arroz con camarones (shrimp) Capri blend veg.	28 Roast beef/gravy Rice and beans Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Spicy black bean wrap/ Cheddar cheese	29 Meatballs/pasta/marinara sauce Cauliflower/red pepper WW bread Chocolate pudding ALTERNATIVE: Braised chicken /jicama lime Plantains	30 Turkey chili Chipotle sweet potatoes Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Cumin roasted pork Chipotle sweet potatoes	31 HAPPY HALLOWEEN! American chop suey Broccoli Rye bread Halloween Cookie ALTERNATE Turkey /cheese sandwich

SENIOR CENTER ACTIVITIES • OCTOBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	9:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:15-12:15 COMPUTER CLASS #2
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:00-1:30 DANCE PARTY	11:30-12:15 EXERCISE CLASS
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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CASINO TRIPS

Departs from Lynn Senior Center

Foxwoods $27
7 am - 6:30 pm

Tuesdays: Oct. 21 & Nov. 18

Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

Bonus package:
$10 food coupon for retail food vendors or free buffet
Plus $10 bonus slot play added to your rewards card on the bus before entering casino.
Remember to bring your rewards card!

Casino Trips from Revere

Mohegan Sun $25 ***plus tip***
10:00 a.m. - 6:30 p.m.

Oct. 14 & 28;
Nov. 11 & 25;
Dec. 9 & 23

Twin River $25 ***plus tip***
10:00 a.m. - 6:30 p.m.

Oct. 9 & 23;
Nov. 6 & 20;
Dec. 4 & 18

Casino Trips from **REVERE!**

Now Express!! Straight run - no stops!
Call Elaine at 781-289-6144 for reservation, questions, and pick up location/parking.

MOVIES…every Wednesday @ 1:00 p.m.

Free Popcorn and Soda
Wide Screen Plasma Home Theatre System

Oct 1	Suspicion (1941)	NR	99 min
Oct 8	Rebecca (1940)	NR	130 min
Oct 15	The American President (1995)	PG-13	115 min
Oct 22	Smokey and the Bandit (1977)	PG-13	96 min
Oct 29	Someone's Watching Me (1978)	NR	98 min

Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.

COMPUTER CLASS NOTICE

Classes are limited to **6** students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Fridays.** Each series is ***five weeks*** long and costs **$60**. Pre-paid registrations hold your seat. Either sign up in person at the center or mail your check to:

LCOA, 8 Silsbee Street, Lynn, MA 01901.

Expect a phone call confirming your registration.

Questions?? Call Mayra 781-586-8546

COMPUTER CLASS DESCRIPTIONS:

Introduction to Computers & Windows 7, Class #1

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing. During this class, we will assist you in setting up an e-mail account and will cover some basics of internet.

10:00 a.m. – 11:00 a.m.

Next class: October 3rd, 10th, 17th, 24th & 31st

Introduction to Computers & Windows 7, Class #2

This basic introductory course is for students with little or no word processing experience. This course introduces the be ginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth including internet access.

11:15 a.m. – 12:15 p.m.

Next class: November 7th, 14th, 21st, December 5th & 12th

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Wellness Watch October 2014

What's the point of dumping a big bucket of ice over your head? You may have heard about the ice bucket challenge in support of ALS, but here is some more information so you can really understand. ALS stands for Amyotrophic Lateral Sclerosis and is also commonly known as Lou Gehrig 's disease. This disease is progressive, meaning it gets worse over time, and affects the nerve cells in the brain and the spinal cord. Motor neurons travel from the brain to the spinal cord and then to the muscles throughout the body. The disease causes the motor neurons to die over time which affects the ability of the brain to initiate and control muscle movement. As motor neurons break down they can no longer send the information to the muscle that result in muscle movement. Early symptoms include muscle weakness usually in the arms and legs and difficulty swallowing and breathing. Progression leads to complete loss of control over vital functions such as speech, swallowing and breathing. Patients affected by ALS loose muscle control and eventually become completely paralyzed.

Here are some common facts that are important to know about ALS. ALS is not contagious and the exact cause is unknown. It can strike anyone and there haven't been any conclusions for racial, ethnic or socioeconomic boundaries. The death rate is approximately two deaths per one hundred thousand per year. In the United States about 5,600 people are diagnosed each year and it is estimated that at any given time 30,000 Americans are suffering from ALS. The life expectancy of an ALS patient averages between two to five years from the time of diagnosis. The first treatment to alter the course of ALS, Riluzole, was approved by the FDA in late 1995. This drug slows the progression of the disease and allows a patient to live longer at a higher function. Reports from studies support the increasing survival due to Riluzole over time.

Again we ask, what is the ice bucket challenge? Pete Frates, a Boston College 2007 graduate, was diagnosed with ALS in 2012 at 27 years old. He became a strong advocate for ALS, specifically for awareness and action. He had seen the ice bucket challenge for other diseases and decided to challenge people to create awareness for his own disease. It began in May 2014 when Frates nominated a bunch of his friends. From there it traveled to athletes everywhere, celebrities, but also to neighbors next door. On August 14th, Frates took the challenge himself at Fenway Park. The idea is to dump a large bucket of ice water onto your head and donate money to any organization in support of ALS. The action is recorded and posted on any social media site such as Facebook, Twitter or Instagram. That person then nominates other people for the challenge.

As of September 3, 2014 $107.4 million has been raised due to the Ice Bucket Challenge. Barbara Newhouse, President and CEO of the ALS Association, said, "These funds will be used for cutting-edge research as well as care and support to people living with the disease. Now and in the coming weeks, we will be able to enhance our strategic plan, reformulating and recasting strategies; we want to move quickly but decisively as our ultimate goal is to use this incredible generosity in a way that has the biggest impact on fighting this disease."

ALS can create very high costs for medical care, equipment and home health caregiving. Although the drugs are often covered by insurance, the later stages of the disease are not cheap. Part of the funds from the ice bucket challenge is going toward helping patients cover these high costs.

To find more information about ALS and the Ice Bucket Challenge visit alsa.org or call (800) 782-4747

You can also show your support in these upcoming events:
Boston Walk, Oct 25.
North Shore Walk (Hamilton, MA) Oct 18.

Kelsey Spotts, Healthy Living Program Community Coordinator

A Very Haunted Halloween

M	R	Y	K	F	R	I	G	H	T	E	N	I	N	G	O	B	L	I	N
Z	C	M	C	R	E	A	K	I	N	G	D	O	O	R	K	T	T	M	X
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bat
ghost
witch
skeleton
coffin
spooky
Count Dracula
Frankenstein
mummy
monsters
haunted

scream
giant spider
cackle
graveyard
boo
eyeballs
full moon
darkness
blood
werewolf
troll

goblin
frightening
gross
cobwebs
goosebumps
chattering teeth
moaning
creaking door
zombie
midnight
black cat

Reminders

Lunch policy reminder: Our café meals – breakfast and lunch- fall under the MA Title III Elder Nutrition Program for elders aged 60 and over. We request a donation of $1 for breakfast and $2 for lunch to support the cost of these meals. We are not allowed to charge an elder for these meals. However, we have rules and other stipulations that apply. In order to receive a meal you must be a registered participant of the senior center with a scan card. You must scan your card for your meals so we receive credit or reimbursement for the meal.

If you are a volunteer, only if you are scanned in the system as working, you are entitled to receive one meal in the senior center during your shift on the day you are working.

Guest policy: All guests must be approved through the staff upon arrival or ahead of time to allow for appropriateness and fairness. We reserve the right to refuse.

The meal charge for those under the age of 60 is $3. This includes underage participants, companions, guests, visitors, and staff.

Meals are served starting at 10:45 a.m. and end at 12:30 p.m. or until the food runs out. We forecast our orders according to your scans and activities. There is always a chance that we may unfortunately run out of meals. We apologize for this as we strive not to waste food on a tight budget. First come, first serve.

Kiosk for Living Well

Visit the Nurse at the Kiosk for Living Well!

Visit *The Kiosk for Living Well* in October on selected dates to have your blood pressure taken, evaluate your health and wellness overall, and explore your dietary choices! A nurse will be at the Kiosk to discuss your health concerns in Spanish as well. The nurse will be at the Kiosk on Tuesday, October 14 from 10:00-Noon and Thursday October 23 from 10:00-Noon. Bring your questions and fill out a Passport to Health on either day!

The Kiosk for Living Well is open every Tuesday from 10:00 am to noon and on Thursdays from 9:00 am to noon. Kiosk exercise classes take place on Tuesdays and Wednesdays from 12:30 to 1:30.

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation
~Sophie Karampoulis

In loving memory of my brother
Charles "Chuckie" Argeorgitis
~Ethel Barry

DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA

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WEDNESDAYS
9:00 AM—1:00 PM

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WASH, CUT & BLOWDRY	$15
WASH, CUT & SET	$15
COLOR	$20
PERM	$40
WAX	$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!

WELLNESS OFFERINGS

EYEGLASS CLINIC

October 7th
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

October 14th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

October 28th
9:00 am—11:00 am

PODIATRIST

October 9th & 23rd
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.

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