

# LYNN COUNCIL ON AGING SENIOR CENTER



**January  
2014**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

**"What's your New Year's resolution?"** The good news is you really don't have to follow them. You just need to convince yourself to change your ways for a better future. After you have felt good inside, you can then forget about it and return to your old self in a few days. It's called the art of self-deception. **But here's what I came up with: This year I will organize all my computer files, put all my photos in albums, try to incorporate some eco-friendly habits in my lifestyle, and not take resolutions so serious!**

**Here's to a wonderful New Year! A warm adieu to the past year, to happiness, good times and lots of cheer!**

**~Stacey Minchello~**

## From Your Mayor

**Happy New Year. I wish you all the best in 2014, and hope it is filled with much health and happiness.**

**I am thrilled and humbled to be entering my second term as mayor and look forward to serving this wonderful city of ours for another four years.**

**It should be another exciting year of events at the Lynn Auditorium, with upcoming performances by B.B. King, Cheap Trick, Southside Johnny and many more. Led Zeppelin tribute band Get the Led Out will kick off this year's performances on Jan. 17 and Gipsy Kings will perform on Jan. 23 as part of their 25<sup>th</sup> Anniversary Tour. Stay tuned for more information, or visit [www.lynnauditorium.com](http://www.lynnauditorium.com).**

**This year's 28<sup>th</sup> annual Martin Luther King Jr. celebration breakfast, sponsored by the Community Minority Cultural Center (CMCC), will feature speeches from various community leaders as well as music, poetry and essays from young people who participate in several Lynn organizations. The event will also honor individual with awards named after two local civil rights leaders — the late Virginia Barton and Abner Darby.**

**The Lynn Museum will be closed for the month, but plans to reopen to the public on Feb. 5 with three new exhibitions and a full schedule of winter and spring programs.**

**For everyone venturing out during these winter months, please be careful and avoid any icy walkways, parking lots and driveways. We will do our best to keep the roadways and sidewalks safe for you. Snow emergency information will be broadcast on the radio and local cable networks: WESX AM 1230, WBQQ 104.9 FM, Comcast Channel 3, Verizon Channels 28 and 37 and the City of Lynn website.**

**Best wishes for the coming year,  
Mayor Judith Flanagan Kennedy**

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**Lynn Council on Aging Senior Center**

<p><b>Publication funded by:</b></p> <p>Executive Office of Elder Affairs &amp; City of Lynn</p>	<p><b>Meet the Staff:</b></p> <p>Stacey Minchello Director 781-599-0110 ext. 503</p> <p>Rosa Paulino-Diaz Assistant 781-599-0110 ext. 625</p> <p>Kristi Harris Assistant 781-599-0110 ext. 618</p>	<p><b>Hours of Operation:</b></p> <p>Monday thru Friday</p> <p>8 a.m. to 4 p.m.</p>
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**LCOA Board of Directors**

<p><b>Arthur Akers</b> <b>Edmund Brown</b> <b>Ernest Carpenter</b> <b>Albert DiVirgilio</b> <b>Daniel P. Hanlon</b> <b>Frank LaMacchia</b> <b>Lester McCLain</b> <b>Charles Mitchell</b> <b>Frances Taggart</b></p>	<p>Clerk</p> <p>Vice-President</p> <p>President</p>	<p>Meets 4th Wednesday monthly at 1:30 p.m.</p>
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**FRIENDS of LCOA Executive Board**

<p><b>Joan B. Noble</b> <b>Linda Rosendahl</b> <b>Deb Small</b> <b>Cindy LeBlanc</b> <b>Virginia Calef</b></p>	<p>President</p> <p>Vice-President</p> <p>Treasurer</p> <p>Recording Secretary</p> <p>Membership Secretary</p>	<p>Meets last Thursday monthly at 10 am</p>
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**Be Prepared!**

*With inclement weather in store for us here in New England, set yourself up for an emergency.*

*Keep on hand three days of nonperishable/non-cook food, 1 gallon of water per day per person, and all necessary medications. Don't forget a flashlight, battery operated radio, and extra batteries within reach!!! Check your First aid kit. Keep cash, cell phone with charger, ID cards and personal information together in one place. Pace a small bag with a toothbrush, toothpaste, blanket and washcloth, with a change of clothes. This is a starting point as individual needs vary depending upon circumstances. – Excerpted from FEMA.*

## JANUARY HAPPENINGS

<b>Weds, Jan 1</b>	<b>Happy New Year!!!</b>	<b>Center is closed</b>
Thurs, Jan 2	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Tues, Jan 7	Senior Center Gamers Group!	2 p.m. -3 p.m.
Weds, Jan 8	<b>FOOD STAMPS OFFICE HOURS</b>	9:00 a.m. – 1:00 p.m.
Weds, Jan 8	<u>Lunch Trip:</u> Kitty's North Reading	10:30 a.m. – 1:15 p.m.
<b>Thurs, Jan 9</b>	<b>Birthday Karaoke</b>	<b>11:30 a.m. – 1:00 p.m.</b>
<b>Fri, Jan 10</b>	<b>NEW!! Poetry etc. Group - Fireplace Lounge</b>	<b>10:30 a.m. – 11:30 a.m.</b>
Mon, Jan 13	Women's Group	10:30 a.m.
Mon, Jan 13	"Are You Smarter Than a Fifth Grader" Seniors vs. Staff Game Room	9:30 am
Tues, Jan 14	<b>Blood Sugar <u>AND</u> Blood Pressure Clinic</b>	8:00 a.m. – 9:30 a.m.
	"Lucy Booth" Open! Nurse available for your questions. Large Activity Room	
Tues, Jan 14	Senior Center Gamers Group!	2 p.m. -3 p.m.
<b>Fri, Jan 17</b>	<b>BROWN BAG: BOSTON FOOD BANK</b>	<b>10:00 a.m. – 12:00 p.m.</b>
<b>Fri, Jan 17</b>	<b>NEW!! Poetry etc. Group - Fireplace Lounge</b>	<b>10:30 a.m. – 11:30 a.m.</b>
<b>Mon, Jan 20</b>	<b>Martin Luther King, Jr. Day</b>	<b>Center is Closed</b>
Tues, Jan 21	Senior Center Gamers Group!	2 p.m. -3 p.m.
<b>Weds, Jan 22</b>	<b>Coffee with the Director</b> <b>Large Activity Room</b>	<b>10:00 am</b>
	<b>Make suggestions, express concerns, submit ideas for trips and activities</b>	
Weds, Jan 22	Lynn Council on Aging Board of Director's Meeting	1:30 pm
Weds, Jan 22	<u>Lunch Trip:</u> The Docksides, Malden	10:30 a.m. – 1:15 p.m.
Thurs, Jan 23	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
<b>Fri, Jan 24</b>	<b>NEW!! Poetry etc. Group - Fireplace Lounge</b>	<b>10:30 a.m. – 11:30 a.m.</b>
Tues, Jan 28	<b>Hearing Clinic</b>	9:00 a.m. – 11:00 a.m.
Tues, Jan 28	Senior Center Gamers Group!	2 p.m. -3 p.m.
<b>Thurs, Jan 30</b>	<b>FRIENDS OF LCOA meeting</b>	<b>No meeting</b>
<b>Fri, Jan 31</b>	<b>NEW!! Poetry etc. Group - Fireplace Lounge</b>	<b>10:30 a.m. – 11:30 a.m.</b>

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# JANUARY 2014

MONDAY	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	Requested Donation is \$2.00 per meal ..... <b>ALL MEALS SERVED W/ BREAD AND 1% MILK</b>	<b>1</b> HOLIDAY	<b>2</b> Stuffed shells/marinara sauce Garden salad/dressing Snack loaf Fresh fruit ALTERNATIVE Caribbean fish	<b>3</b> Homestyle baked ham Cheddar mashed potatoes Mixed vegetables WW bread Fresh fruit ALTERNATIVE Jerk chicken,corn meal
<b>6</b> Chicken & broccoli Alfredo Penne pasta Capri blend veg. Italian bread ALTERNATIVE Crispy baked fish,yucca	<b>7</b> Roast beef/gravy Yams Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Ziti/marinara sauce	<b>8</b> Meatloaf/brown gravy Corn California blend veg. WW bread Pudding ALTERNATIVE Bbq pulled pork,egg noodles	<b>9</b> Turkey/citrus sauce Red potatoes Garden salad/dressing WW bread Cookie ALTERNATIVE Tofu and spinach salad	<b>10</b> Cheese tortellini/meat sauce Green beans Rye bread Fresh fruit ALTERNATIVE Tripe stew,corn meal
<b>13</b> Pork chops/gravy Baked beans Collard greens WW bread Fruit cocktail ALTERNATIVE Salsa chicken	<b>14</b> Chicken/balsamic citrus sauce Garlic mashed potatoes Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Stuffed rigatoni/tomato sauce	<b>15</b> Salmon/dill sauce Veg. rice pilaf Peas & pearl onions Italian bread Birthday cake ALTERNATIVE Turkey/creole sauce	<b>16</b> Meatball stroganoff Egg noodles Garden salad/dressing WW bread Pudding ALTERNATIVE Spicy black bean wrap	<b>17</b> Turkey Milanese Mashed sweet potato Corn Rye bread Fresh fruit ALTERNATIVE Chicharon frito
<b>20</b> HOLIDAY	<b>21</b> BBQ pulled pork Potato wedges Garden salad/dressing Muffin Fresh fruit ALTERNATIVE Ziti/marinara sauce	<b>22</b> Lemon & garlic chicken Winter squash Green beans WW bread Brownie ALTERNATIVE Macaroni & cheese	<b>23</b> Baked fish/diced tomatoes Plantains Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Pork chops/gravy	<b>24</b> Beef stew Beets Fresh fruit WW bread ALTERNATIVE Caribbean chicken
<b>27</b> Roast turkey Florentine Sour dill potatoes California blend veg. WW bread Pudding ALTERNATIVE Tripe stew/rice	<b>28</b> American chop suey Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Southern style cod filet	<b>29</b> Latin style pork/gravy Mashed sweet potatoes Capri blend veg. Rye bread Fresh fruit ALTERNATIVE Turkey creole	<b>30</b> Chicken cacciatore Rotini pasta Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Stewed beef,corn meal	<b>31</b> CHINESE NEW YEAR Chicken & veg. stir fry Pineapple veg. fried rice WW bread Raspberry spiral cookie

# SENIOR CENTER ACTIVITIES • JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii
10:45-12:30 LUNCHEON	9:45-10:45 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 CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO (NEW TIME)	12:30-1:30 ESL CLASS	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	12:30-2:30 CRIBBAGE	11:30-12:15 EXERCISE CLASS	12:00-1:30 DANCE PARTY	11:15-12:15 COMPUTER CLASS #2
	1:00-2:45 POKENO	12:30 – 1:30 EXERCISE (SPANISH)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	1:30 BILLIARDS CLUB	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO (NEW TIME)
	2:00-3:00 GAMERS GROUP	1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

### Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Cathy Osmer in admissions for more information.



111 Birch St., Lynn, MA 01902

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**CASINO TRIPS**

Departs from Lynn  
 Senior Center

Casino Trips from Revere

**Foxwoods \$27**

7 am - 6:30 pm  
 Thursday, March 20, 2014

**Mohegan Sun \$27**

Tuesday, April 15, 2014



**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!*



**Mohegan Sun \$25**

10:00 a.m. - 8:30 p.m.  
 January 7 & 21<sup>st</sup>  
 February 4<sup>th</sup> & 18<sup>th</sup>  
 March 4<sup>th</sup> & 18<sup>th</sup>  
 April 1<sup>st</sup> & 15<sup>th</sup>  
 May 13<sup>th</sup> & 27<sup>th</sup>  
 June 10<sup>th</sup> & 24<sup>th</sup>

**Twin River \$23**

10:00 a.m. - 7:30 p.m.  
 January 2<sup>nd</sup> & 16<sup>th</sup>  
 February 13<sup>th</sup> & 27<sup>th</sup>  
 March 13<sup>th</sup> & 27<sup>th</sup>  
 April 10<sup>th</sup> & 24<sup>th</sup>  
 May 8<sup>th</sup> & 22<sup>nd</sup>  
 June 5<sup>th</sup> & 19<sup>th</sup>

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**

Jan 8	New Year's Eve	PG-13	2011	117 min
Jan 15	Blue Hawaii	G	1961	101 min
Jan 22	Captain January	G	1975	101 min
Jan 29	Old Dogs	PG	2009	88 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 8 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 **\$50**. 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.

**10:00 a.m. – 11:00 a.m.**

**Next class: Feb 21<sup>st</sup>, Feb 28<sup>th</sup>, Mar 7<sup>th</sup>, Mar 14<sup>th</sup>, Mar 21<sup>st</sup>**

**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 beginner 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.

**11:15 a.m. – 12:15 p.m.**

**Next class: Feb 21<sup>st</sup>, Feb 28<sup>th</sup>, Mar 7<sup>th</sup>, Mar 14<sup>th</sup>, Mar 21<sup>st</sup>**

**SNAP- Food Stamps Benefit Info**

**Info you may not know....**

Claim all your medical expenses; it may increase your food budget.

Food Stamp Program rules give you the right to claim allowable medical expenses. Verified medical costs (over \$35.00) will be deducted from your countable income so you may get more food stamps.

Under a new rule, you may be eligible to receive a Standard Medical Deduction. If your regular monthly medical costs are greater than \$35, you may show your DTA caseworker your bills or receipts to get higher food stamp benefit which may add up to \$30 per month to your food stamps. A one-time medical bill or receipt, such as a bill for a hospital stay, hearing aid, or wheelchair purchase could also be verified for higher food stamp benefits. Be sure to talk to your DTA case worker.

Eligible medical expenses include the following if verifiable:

Health Insurance premiums and deductibles

Medical costs not reimbursed- co -pays, physical therapy, dental care, ER, outpatient or hospitalization charges.

Over the counter medicines and prescriptions- prescribed meds, over the counter pain relievers, antacids, vitamins, insulin, herbal supplements.

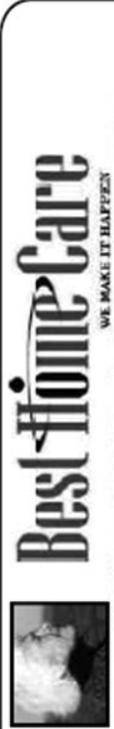
Health Related Supplies- eyeglasses, dentures, contacts, foot care, hearing aids and batteries, incontinence wear.

Car mileage and transportation- You can claim and document mileage for use of your car or cost of public transportation, taxi or RIDE, to a medical appointment or pharmacy.

Home Health Care Costs- You can claim and prove costs for home health care or housekeeping services due to your age or illness.

Alternative Medical Treatments- You can claim and submit bills for prescribed treatments; such as chiropractic, acupuncture, or massage.

Service Animal Expenses- You can claim and prove costs for service animals, including veterinary bills and food supplies.



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**Place Your Ad**

## Wellness Watch January 2014

### Protect Yourself from the Cold

When we think of the cold weather we think of snow and snow removal. Often times snow shoveling is associated with an increase in heart attacks. The truth is that we don't need snow in winter to experience an increase in heart attacks and stroke. This increase can be attributed to the drop in temperature. Cold weather, especially temperatures below 32 degrees, can cause narrowing or constriction of our blood vessels. This narrowing is our body's way of trying to conserve heat. Conserving heat is a protective mechanism meant to prevent a drop in our body temperature. Narrow arteries can cut down the blood flow through your body and cause the heart to work harder. The older we get the harder it is to control body temperature. We have less fat and muscle and are less able to generate heat. Our body's attempt to stay warm may increase blood pressure, and as a result increase the risk of heart attack or stroke. Another potential hidden danger from cold weather is Vitamin D deficiency. Because we do not expose our skin to the sun, we may need a Vitamin D supplement. Check with your doctor. The "Winter Blues" or seasonal affective disorder can also occur when the days are shorter and we have less sunlight. Try to stay active, even if it is indoors. Don't isolate yourself. The cold dry air also may affect your breathing. Winter weather can cause the airways to become narrow and restrict airflow into and out of the lungs. Winter weather also increases the risk of falls and accidents. A broken hip could be a life changer.

Older people need to consider the risks vs the benefits of being outdoors in cold weather. Taking a few precautions can help to keep you safe and healthy through the winter. Dress in layers and make sure you protect your hands and feet when the temperature reaches freezing. Hats, gloves and appropriate footwear are important. For any winter activity, start slowly. If you are shivering outdoors, you need to get to a heated environment. Before venturing out in ice and snow consider the risks and the benefits as they apply to you. Using a little common sense can help to keep you safe through the winter.

## NEW! EFFECTIVE JANUARY 2, 2014

Our Breakfast Program now falls under the State Elder Nutrition Program and we are serving, Monday through Friday, 8 am – 9 am., under specific guidelines. One must be a registered participant of the Lynn Council on Aging Senior Center. The menu is subject to change and meals will be served while supplies last. One meal per person. The procedure is basically the same as lunch. Kindly swipe your card but tap breakfast so we may receive credit for the meal. The requested suggested donation for breakfast will be \$1.00. Please pay this to the collector at the desk.

The Volunteer Meal Policy remains the same. Volunteers receive a free meal only on the day they are working. Volunteers sign in by swiping their hours in the computer and we will alert the donation collector who is on duty for the day. This should alleviate any confusion.

Your donation compliments insufficient funding for these meal programs. Swiping your card results in documentation that gains us partial funding of the meals. Help us keep the Nutrition Programs thriving.

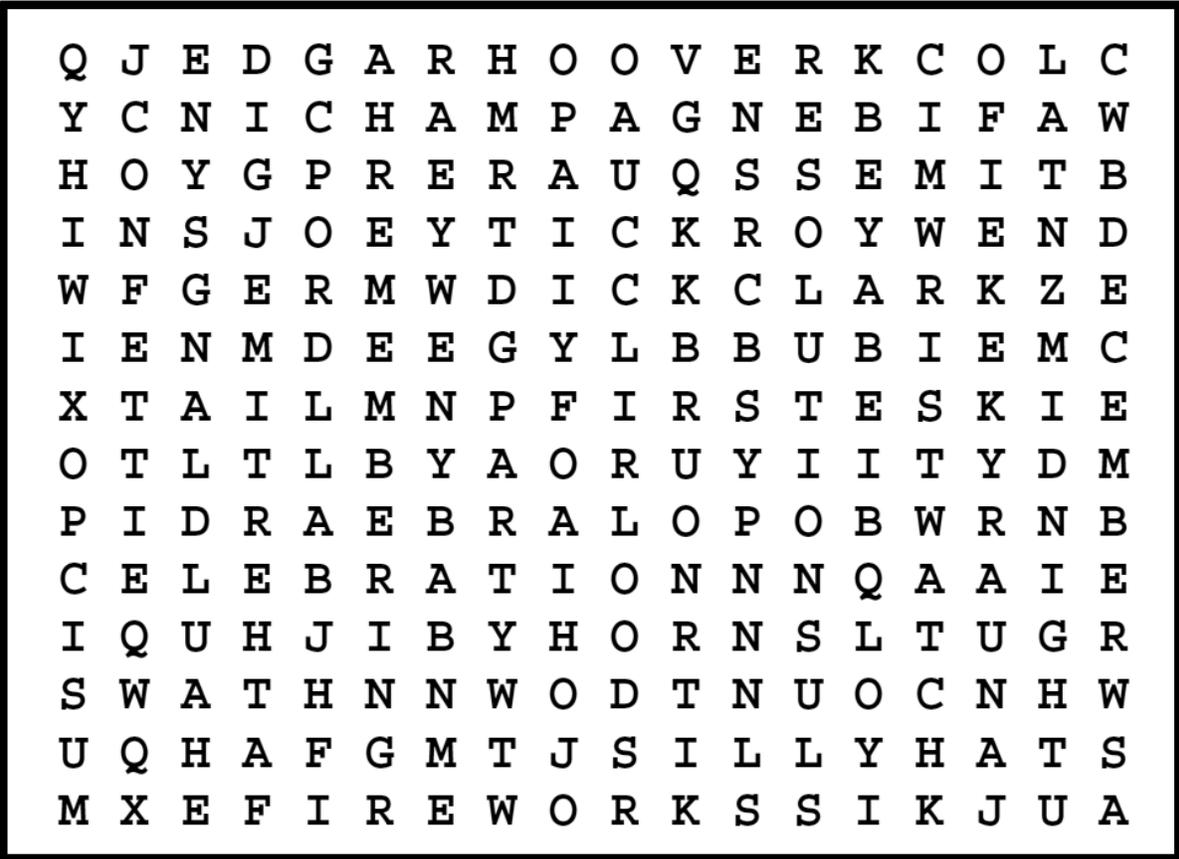
## It's Tax Time!

**TAX APPTS FEBRUARY 10<sup>th</sup> – APRIL 14<sup>th</sup>**

**MONDAYS 9am -12 pm**

Partnered with AARP, the Lynn Senior Center is offering Free Tax Appointments to all registered seniors of the Lynn Council on Aging Senior Center. Appointments are 1 hour long on Mondays, 9am – 12 pm, starting February 10<sup>th</sup> ending April 14<sup>th</sup>. Please be advised that there are three tax advisors so three seniors will have the same appointment time. **Please call Mayra at 781-586-8546 to reserve your spot.** Expect a questionnaire in the mail that you are to fill in and bring with you on the date of your appointment. No preparations will be completed without this intake form. Appointments are first come first serve.

# Happy New Year



**Baby New Year**

**Father Time**

**countdown**

**noise**

**ball drop**

**kiss**

**New York City**

**champagne**

**Dick Clark**

**midnight**

**bubbly**

**December**

**January**

**first**

**party**

**music**

**Auld Lang Syne**

**wristwatch**

**fireworks**

**resolutions**

**Polar Bear Dip**

**Times Square**

**clock**

**confetti**

**horns**

**silly hats**

**celebration**

**remembering**



The Lynn Women's Group would like to thank all the participants in our basket raffles to benefit the Item Santa. The Group raised \$207.00 to help those in need. Thank you and Happy New Year!

## **DO YOU HAVE concerns about falling?**



*Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.*

***This program emphasizes practical strategies to manage falls.***

### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

### **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Greater Lynn Senior Services  
In collaboration with  
Lynn Council on Aging**

**Lynn Council on Aging  
March 6, 2014  
1PM to 3PM**

Classes are held once a week for 8 weeks for 2 hours each.

The program and materials are **free**

For more information call:  
**Mary Carideo**  
**Greater Lynn Senior Services**  
**781-586-8527**  
**mcarideo@glss.net**

#### ***A Matter of Balance: Managing Concerns About Falls***

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

#### ***A Matter of Balance Lay Leader Model***

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.  
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

**IN LOVING MEMORY**

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

Thank you for your donation.  
~Sophie Karampoulis

Thank you for your donation.  
~Al Divirgilio



**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



Please accept my donation \$ \_\_\_\_\_

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Send card to: \_\_\_\_\_

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# Hair Salon

## SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### EYEGLOSS CLINIC

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

### BLOOD SUGAR & BLOOD PRESSURE

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

### HEARING CLINIC

December 31st  
9:00 am—11:00 am

### PODIATRIST

January 2nd & January 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.

#### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
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