

LYNN COUNCIL ON AGING SENIOR CENTER



**August
2017**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Shake your head with me! Do some things just not make sense? Full disclosure coming your way... this article is for light hearted entertainment purposes without cited references or any concrete credibleness. The simple purpose is to spark conversation that doesn't involve competing opinions, party affiliations or any influence from the overwhelming useless information extracted from television or the blessed internet. When driving in Boston, do packs of pedestrians jay walking in "Z" patterns through double lanes of traffic really feel safe? What are they actually running towards? Did I miss a sale on the food truck? At Kelly's Roast Beef in Revere, management had to post a sign at the antique carousel horse that is on display up above the condiment counter. You got it! It reads, "Danger, do not sit on horse!" I actually studied the area. The counter is rib cage high if you can even get a leg up, then you'd have to ninja move over the condiments with special navigation around the ketchup pump. Now, I am totally against someone else's body or shoes contaminating a food contact area! Lastly on this one before we move on, is it for the purpose of a glorious selfie? To hang out at a higher level with a better view? How long would a customer stay up there? Maybe just until their number is called! Sigh now, there's more... I called a cell phone company to resolve an issue. I stated clearly that the senior lost their cell phone, please deactivate and advise how we go about getting a replacement one. Associate on the end of the phone, "I'd be glad to help you, are you able to call us on the cell phone on account?" I wanted to say, "Did you find it?" If I had more time, I'd blog pet peeves! Feel free to start a list on your own, even a chat group in the center and we'll post!

~ **Stacey Minchello**

From Your Mayor

How fortunate we are to have had such a beautiful summer so far. I hope you continue to relish in the warmth of the next few weeks.

Ann Wilson, the lead singer and songwriter of the rock band Heart, kicks off our August performances at the Lynn Auditorium on Aug. 13. She's followed by the Retro Futura Tour on Aug. 14, Donny and Marie Osmond on Aug. 17 and Air Supply on Aug. 18. It should be a very exciting month of entertainment. For more information, please visit www.lynnauditorium.com or call the box office at 781-581-2971.

The final performances of "The Tempest," outdoors at the Pennybrook Road entrance of Lynn Woods, will take place on Aug. 5 and 6 and Aug. 12 and 13 at 4 p.m. I hope you can enjoy this marvelous local production of Shakespeare's last play. There is no cost to attend, but reservations are recommended. Arts After Hours will also be hosting the Meet Ball, a fundraising event, on Aug. 5 on the rooftop of All Care VNA.

There is still time to enjoy one of the remaining performances of the summer concert series at Red Rock Park. Shuffle Mode will perform on Aug. 3, followed by White Lightnin' on Aug. 10, Fab 4 Beatles Band on Aug. 17 and 12:01 Blues Band on Aug. 24. All concerts are from 6 to 8 p.m. and admission is free.

Summer is a perfect opportunity for healthy eating and we are lucky enough to have full access to fresh fruits and vegetables every week, right in our downtown. I urge you to visit the Lynn Central Square Farmers' Market, which is open every Thursday through October from 11 a.m. to 3 p.m. on the corner of Union and Exchange streets. While you're down there, be sure to check out the beautiful murals that were painted on the sides of 15 buildings throughout the downtown. We had artists from as far as Australia visiting our city to lend their creative talents to the Beyond Walls project. It really is a tremendous sight to see.

Enjoy the rest of the summer,
Mayor *Judith Flanagan Kennedy*


CUFFE-McGINN FUNERAL HOME
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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
 Activities Assistant ext. 625

Vacant
 Program Coordinator ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers, President
Minette Lall, Vice President
Lester McCLain, Clerk

Meets 4th Wednesday monthly at 11:30 a.m.

Joseph Bryson
Albert DiVirgilio
Pam Edwards
Frank LaMacchia
Charles Mitchell
Marlene Vasi Eddy

FRIENDS of LCOA Executive Board

Joan B. Noble President
Ann Breen Vice President
Katherine Brown Treasurer
George Harvey Recording Secretary
Anna Szpak Membership Secretary

Meets last Thursday of the month

Help for Hearing Loss Lecture

Tuesday August 8th at 9:30 am



North Shore
Hearing Foundation

Join Audiologist Dr. Joan McCormack for a lecture on help for hearing loss and the services of the North Shore Hearing Foundation. The North Shore Hearing Foundation provides financial assistance for people of very low income who need hearing aids and shares information about the importance of good hearing on quality of life for everyone.

Hearing loss is the third most common chronic health condition for older adults, following hypertension and arthritis. Untreated hearing loss can lead to depression, social isolation and poor health. Dr. McCormack will cover the signs and symptoms of hearing loss and candidacy for hearing aids and assistive devices. A screening quiz will be available so you can check your hearing or that of a loved one. Applications for financial assistance for hearing aids will be available from Stacey Minchello.

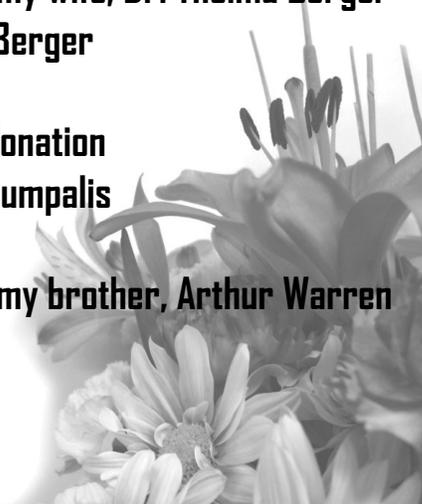
Visit our website www.nshearingfoundation.com or call 781-581-1500 for more information.

IN LOVING MEMORY

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

Thank you for your donation
~ Sophie Karoumpalis

In loving memory of my brother, Arthur Warren
~ Ethel Forse



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 \$ _____

In memory of In honor of In appreciation of

Person's Name: _____

Send card to: _____

Donated by: _____

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 781.599.1902 • 1.888.HEARITE (432.7483)




CASINO TRIPS

Departs from Lynn Senior Center

Mohegan Sun Casino \$29
 Oct 24th (note it's the 4th Tuesday)

Foxwoods Casino \$29
 Aug 15th Sept 19th Nov 21st 6:30 am – 6:30 pm
 \$10 Free Slot Play
 \$10 Food coupon or free meal at the buffet



*** PLEASE NOTE EFFECTIVE JUNE 1ST, 2017 CASINO RESERVATION REFUNDS WILL ONLY BE ISSUED IF YOU CANCEL 24hrs IN ADVANCE. WE WILL HOWEVER REFUND YOU IF WE SELL YOUR SEAT THE DAY OF. ***

**PLEASE NOTE EARLIER DEPARTURE TIME IS AN ATTEMPT TO BEAT BOSTON TRAFFIC*

PLAY BALL!



Join us for an afternoon Red Sox Game!

Thurs, September 14th

Red Sox vs Oakland A's

1:35 pm

\$55



- Includes ticket and bus parking
- Lunch in park on own
- Prompt departure from the senior center at 10 am
- Estimated return time 5:45pm
- Limited Seating
- Full payment reserves ticket
- No down payments-
- No phone reservations
- Refund only if seat sold
- Must be registered senior center member

**YOUR
 AD
 HERE
 CALL
 TODAY**

THANK YOU! THANK YOU! THANK YOU!

Thank you to the FRIENDS of the Lynn Council on Aging for supporting the Independence Day BBQ!!

- ◆ Senior Whole Health for sponsoring the Four Guys in Tuxes!
- ◆ Chestnut Woods of Saugus for sponsoring the Ice Cream Sandwiches!
- ◆ Element Care for the Balloon Arch and the Spring Water Bottles!
- ◆ Lynn English Jr. ROTC for their whole day of volunteering!
- ◆ Maria Rodriquez, Sandra Suarez, Yasmel Ramirez, Maria Clark!
- ◆ Martina Vasquez and Elfida de los Santos for all your time inflating the balloons!

Lynn Library Tour

Get in the Know!

Join us for a Lynn Library Tour, sign up for a new library card. Bring your electronic device and learn how to access checking out books online without even going to the library!



Hands on training session limited to 10 participants.

Weds, August 23rd 9:30 am



What device? Any electronic (IPad, laptop, smart phone, tablet) that has Wi-Fi capabilities with an app store to download the free app "Overdrive".

*Don't worry - This is hands on and pace that works for you
Not sure what we're talking about? Come see us or call.*

FREE Carbon Monoxide Detectors

Free carbon monoxide detectors to Lynn Home Owners, 60 and over...

- Make sure your smoke and CO2 detectors are on every level including outside the bedrooms and are working properly. Test monthly and replace the batteries twice a year.
- Have your furnaces and chimneys professionally cleaned annually.
- Keep anything that can burn 3 feet away from your fireplace or heater.
- Do not use a space heater as your #1 heating source.
- Avoid extension cords with space heaters.
- Turn off when leaving your home or going to bed.
- Buy a space heater that has a timer function and kill switch if tipped.
- Portable kerosene heaters are illegal in MA to use in your home.
- Never use the gas stove or oven as a heat source.
- Keep appliance vents and exhaust pipes clear of bushes and snow drifts.

Call Mayra and have your name and info added to a list for a home visit.

Sponsored by the Lynn Fire Department.





WE MAKE IT HAPPEN
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Home Health Services
45 Albion Street • Wakefield MA 01880 • 781-224-3600
North Shore Offices Phone: 978-774-2005 • 978-777-6009
www.BestMakesItHappen.com



MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda Wide Screen Plasma Home Theatre System

Aug 2	Florence Foster Jenkins	2016	PG-13	110 mins
Aug 9	The Space Between Us	2017	PG-13	120 mins
Aug 16	Walk the Line	2005	PG-13	136 mins
Aug 23	Indiscreet	1958	NR	102 mins
Aug 30	Trolls	2016	PG	92 mins



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.



Place Your Ad

AUGUST HAPPENINGS!

**YOUR
AD
HERE

CALL
TODAY**

- Aug 2 Free Workshop: 9:30am-10:15am
 "How to Care for yourself in the Hot Weather"
 Brought to you by HOME INSTEAD SENIOR CARE
 Free give aways! Coffee and treats!
 Marion Garfinkel, RN presenting

- Aug 3 Veterans Coffee Hour Resource Library 1pm

- Aug 7 Bingo Bonanza 1pm
 \$11 – 12 games
 9 cards- paper sheets only
 Card sales start at 11:30 am

- Aug 8 Birthday Karaoke 11:30 am – 1pm

- Aug 10 Ice Cream Social \$.50 1:30pm

- Aug 15 Foxwoods Casino \$29 6:30am-6:45pm
 (need 40 passengers paid in full by Aug 4th to run this trip)

- Aug 17 Field Trip: Castle Island \$2 9:30am-1:30pm

- Aug 18 Brown Bag 9:30am – 12:00pm
 Sponsored by: GREATER BOSTON FOOD BANK

- Aug 21 Bingo Bonanza 1pm
 \$11 – 12 games
 9 cards- paper sheets only
 Card sales start at 11:30 am

- Aug 17 Field Trip: Salem Willows \$2 11am-2:30pm

- Aug 24 Horseracing & Cookout at Chestnut Woods, Saugus \$2 9am-1:30pm

- Aug 30 Live Entertainment!! 12 noon
 Come see the group, *Purpose*.
 Enjoy songs from the 50's, 60's and more!

- Aug 31 Friends of the Lynn Council on Aging meeting 10am

- Aug 31 FREE! "Create with PACE" Art Therapy 9:30am
 Please sign up, to reserve your art supply kit

~Zumba classes will resume Thursday, September 7th at 1pm ~

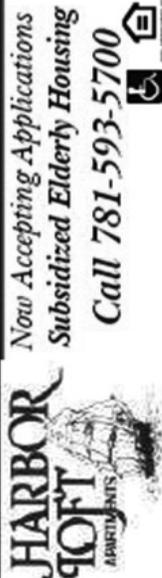
FRIENDS MEETINGS: Thursdays

Aug 31 Sept 28 Oct 26 Nov 30 Dec 28
 Considering joining the FRIENDS? Come visit us and see what we're all about!
 Friendship first, friendly smiles making and raising funds for our senior center.

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing

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Lynn Senior Center Excursion

Beauport Princess

Gloucester Lobster Luncheon & Cruise with Entertainment

New England Clam Chowder, Steamed Lobster, BBQ Chicken, Corn on the Cob, Potatoes, Dessert Cash Bar

\$70.00

Weds, September 6th

PICK UP and Payments at:

9:30 am	Lynn Senior Center	8 Silsbee Street, Lynn
10:00 am	St. Stephen's Tower	25 Pleasant Street, Lynn

Board boat at 11 am - Sails until 2pm
Approximate return time to Lynn 3:30

Limited seating – Reserve early Seats will sell fast!

**Final sale- only will reimburse if your seat is sold
Questions? Call 781-586-8518**

Name _____ tele _____

Address _____

Emergency Contact:

Name _____ tele _____

Payment: check cash Pick up: Sr Ctr St. Stev # _____

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Wellness Watch August 2017

Sign up for our Fall Wellness Workshops

**MY LIFE, MY HEALTH****A workshop for adults living with one or more ongoing conditions**

Participants in this workshop learn how to manage the effects of ongoing health conditions on a daily basis. Topics include healthy eating, physical activity, communication with health care providers, and managing stress and pain

DIABETES SELF-MANAGEMENT**A workshop for adults living with diabetes**

Participants in this workshop learn the skills needed to successfully manage the day-to-day challenges of living with diabetes. Workshops are highly interactive and touch on topics such as food choices, menu planning, preventing/delaying complications, and communication with healthcare providers.

A MATTER OF BALANCE**A workshop for older adults who have concerns about falling**

Participants learn how to address concerns about falling and ways to increase physical activity in order to prevent falls. Exercises are done in the class and discussion topics include decreasing risks of falls, home safety assessment, and communication with family and health care providers.

FOR MORE INFORMATION AND TO SIGN UP, CONTACT:

Kelsey Magnuson, *Programs Coordinator*
781-586-8530//kmagnuson@glss.net

SENIOR CENTER ACTIVITIES • AUGUST 2017

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
9:30 BEAN BAG TOSS	9:15-10:45 POKENO	9:00 - 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-10:30 COLORING Group
9:30-11:00 KNITTING & CONVERSATION	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
10:45-12:30 LUNCHEON	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)	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORTS CLUB	10:45-12:30 LUNCHEON INFO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	11:30-12:30 TEAM TRIVIA
1:00-2:45 BINGO	12:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
	1:30 BILLIARDS CLUB	12:30 - 2:00 MOVE SAFE CLASS	12:30-2:30 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
		1:00 - 3:00 MOVIE	1:00 FREE ZUMBA CLASS	
		1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	

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- Accepting applications

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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 out 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 Robin Simmons or Cathy Davis in admissions for more information.

111 Birch St., Lynn, MA 01902
781.592.9667



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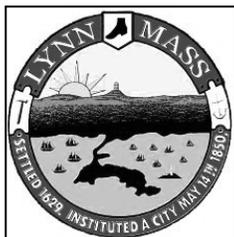
Full House

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- SPORTS
- TANNER
- REBECCA
- DANNIE
- JESSE
- NIKKY
- JOEY
- STEPHANIE
- MICHELLE
- DANCING
- ALEX
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WWW.FACEBOOK.Com/LYNNSENIORCENTER

Tired of waiting for the mail?

Monthly newsletters are posted online at www.ci.lynn.ma.us

Click City Hall

Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM (more than 500mg. Per serving). MEALS MARKED WITH ** ARE HIGH SODIUM (more than 1200mg. per meal).</p>	<p>1 Turkey/gravy(487) Mashed potato(107) Calories-665 Sodium-948 ALTERNATIVE Mushroom,cheese enchilada-300 Calories-676 Sodium-825</p>	<p>2 Tuna salad(417) 3-bean salad(221) Calories-821 Sodium-942 ALTERNATIVE Chicken sauce(310) Calories-720 Sodium-863</p>	<p>3 Meatball sub/sauce(505)* Potato wedges(200) Calories-712 Sodium-948 ALTERNATIVE Egg and cheese croissant(420) Calories-650 Sodium-790</p>	<p>4 Chicken fajita(275) Spanish rice(13) Calories-756 Sodium-600 ALTERNATIVE Baked pork(106) Calories-700 Sodium-520</p>
<p>7 Hamburger/roll/ketchup-520* Salad/dressing(147) Calories-831 Sodium-909 ALTERNATIVE Eggplant parmesan(522)* Pasta(20) Calories-700 Sodium-720</p>	<p>8 Chilled grilled chicken(100) Orzo salad/peppers(52) Calories-691 Sodium-900 ALTERNATIVE Baked pork(106) Plantains(16) Calories-802 Sodium-800</p>	<p>9 Baked haddock(220) Rice pita(70) Salad/dr(262) Calories-709 Sodium-847 ALTERNATIVE Garlic chicken(116) Yellow rice(140) Calories-680 Sodium-720</p>	<p>10 Chicken pot pie(135) Red bliss potatoes(5) Calories-600 Sodium-552 ALTERNATIVE Egg and cheese croissant(410) Red bliss potatoes(5) Calories-620 Sodium-750</p>	<p>11 Sweet and sour pork(311) Fried rice(25) Calories-766 Sodium-770 ALTERNATIVE Fish/tomato sauce(150) Yucca(17) Calories-800 Sodium-720</p>
<p>14 Turkey waldorf salad(310) Pasta salad(24) Calories-752 Sodium-974 ALTERNATIVE Honey lime chicken(116) Calories-715 Sodium-800</p>	<p>15 Teriyaki meatballs(540)* Jasmine rice(4) Calories-698 Sodium-830 ALTERNATIVE Beef/chimichurri sauce(140) Calories-710 Sodium-700</p>	<p>16 Orange chicken(100) Mashed potato(107) Calories-620 Sodium-518 ALTERNATIVE Veggie: Stuffed pepper(100) Calories-625 Sodium-720</p>	<p>17 Chicken/tomato sauce(160) Plantains(16) Calories-813 Sodium-767 ALTERNATIVE Black bean burger/roll(630)* Calories-800 Sodium-1137</p>	<p>18 American chop suey(316) Salad/dressing(146) Calories-996 Sodium-878 ALTERNATIVE Chicken stew(190) Calories-750 Sodium-540</p>
<p>21 Pork rib/BBQ sauce(579)* Augratin potato(142) Calories-585 Sodium-998 ALTERNATIVE Ground beef/tomato(150) Rice(200) Calories-650 Sodium-710</p>	<p>22 Pot roast/gravy(96) Sweet potato(70) Calories-673 Sodium-541 ALTERNATIVE Ravioli/marinara sauce(592)* Mixed veg.(24) Calories-700 Sodium-960</p>	<p>23 BBQ chicken(328) Potato wedges(200) Calories-600 Sodium-914 ALTERNATIVE Lemon baked fish(330) Green beans(5) Potato(200) Calories-685 Sodium-910</p>	<p>24 Egg salad sandwich(425) Veggie pasta salad(24) Calories- 885 Sodium-841 ALTERNATIVE Seasoned baked pork(106) Yellow rice(140) Calories-690 Sodium-678</p>	<p>25 Lasagna/sauce(484) Broccoli(32) Salad/dr(62) Calories-600 Sodium-785 ALTERNATIVE Veg/cheese enchilada-300 Corn(5) Salad/dr(62) Calories-630 Sodium-650</p>
<p>28 Chicken Mirabella(286) Salad/dr(147) Pasta(20) Calories-855 Sodium-715 ALTERNATIVE Macaroni and cheese(520)* Calories-687 Sodium-782</p>	<p>29 Meatloaf/gravy(370) Sweet potatoes(70) Calories-811 Sodium(930) ALTERNATIVE Fish/coconut cream sauce (290) Calories-750 Sodium-720</p>	<p>30 Pork hot dog/roll(946)* Coleslaw(167) Beans(206) Calories-754 Sodium-1434** ALTERNATIVE Chicken/yellow rice(250) Calories-700 Sodium-650</p>	<p>31 Chef salad/turkey(187) Butternut squash salad(10) Calories-820 Sodium-700 ALTERNATIVE Spanish meatballs(373) Calories-750 Sodium-820</p>	<p>NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK,BREAD,MARGARINE AND DESSERT.</p>

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

KIOSK FOR LIVING WELL

EVERY TUESDAY & THURSDAY

10:00 AM—12:00 PM

MILLION HEARTS NURSE

2ND TUESDAYS & 4TH THURSDAYS

10:00 AM—12:00 PM

Capture the Pride!



WELLNESS OFFERINGS

VETERANS COFFEE HOUR

Thurs., August 3rd

1:00 pm - 2:00 pm

Resource Library



PODIATRIST



Thurs., August 10th and 24th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Wednesdays



8:00 am - 9:00 am

note time change

*Every Wednesday, 8am - 9am

MASSAGE THERAPY

Call for an appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
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(781) 599-0110

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