From the Director’s Desk

June! Let’s hope by the time this reaches you we have some warm sunny weather! We’ve been planning some fabulous trips and activities! For Father’s Day, join us for homemade pancakes—yup! Flapjacks! Although my father’s name was Guy, so Flapguys! With a little bit of melted butter and oozing syrup! And we’ll reminisce about Dads. I loved my Dad, and we have some great stories… crazy stories! He never asked for directions and totally pretended he knew where he was going. He would forget the milk and tell us that Richdale was out! (Richdale was West Lynn Creamery back then, correct?) Scratch tickets came out then and they distracted him…. a little. He went out for milk in North Tonawanda, New York and got lost. We drove to the store with the Erie Canal on our left. On the return ride it was still on the left. Dad said he knew where he was going. Crazy enough, we made it back to the house with the Erie Canal on the right. Crazy days of fun. You want to know what drives me crazy? Traffic cutters! Left lane is miles long and the right lane is wide open. The right lane drivers pull all the way forward and cut into the exit lane. Drives me crazy! If they ticketed all the cutters, it might solve the budget problems. Want to know what else drives me crazy? Telemarketers! Especially, those over enthusiastic drama queens who laugh so loudly claiming you’re so difficult to get in touch with. Plus they call from my own number!? Crazy!

~Stacey Minchello

From Your Mayor

We are happy to see that the warmer weather has arrived. As summer approaches, I hope that you will enjoy the great weather and take the time to visit our parks and beaches. On July 3, we will be jointly hosting the fireworks display on Red Rock with the town of Swampscott. This day also marks the beginning of the Summer Concert Series at Red Rock with Lois Lane and Daily Planets playing right before the fireworks display. To view the concert schedule for the remainder of the summer, please visit http://www.ci.lynn.ma.us/attractions_redrock_concerts.shtml

The end of the school year is quickly approaching and I look forward to celebrating graduation with our city’s high school seniors. We wish them luck during this exciting time as they transition to college, the military or the workforce. We would like to welcome home the college students who are returning for the summer and encourage them to attend the upcoming summer events the city is offering. Shows coming to the auditorium in June include The Clairvoyants, Happy Together & Stephen Stills & Judy Collins, and Cesar Milan. For more information and tickets call 781-599-SHOW or visit http://www.lynnauditorium.com.

Last month we participated in the unveiling of the new Veteran’s Center at North Shore Community College, The groundbreaking for the new KIPP Academy Lynn Collegiate High School and the groundbreaking for Lynn Housing Authority and Neighborhood Development’s Minot Street Housing Initiative project. On May 25th, we showed the Academy Award nominated picture the Darkest Hour at the Lynn Auditorium. As you can see the city is buzzing with activity. I continue to work hard to ensure that Lynn is a place where we can all live, work and play.

Wishing all fathers and grandfathers a Happy Father’s Day! Hope you enjoy your day surrounded by family and friends.

~Mayor Thomas M. McGee
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

Erica Brown
Program Coordinator  ext. 618

Rosa Paulino-Diaz
Activities Assistant  ext. 625

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
Pam Edwards
Frank LaMacchia
Charles Mitchell
Marlene Vasi Eddy

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

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 @ 9:45

Meeting Dates:
Jun 28    Jul 26    Aug 30    Sep 27

Considering joining the FRIENDS? Come visit us and see what we’re all about.

Tired of waiting for the mail?

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

Click City Hall
Click City Departments
Click Council on Aging
Click Our Newsletters
Click month you want to view

Like us on Facebook!

WWW.FACEBOOK.COM/LYNNSENIORCENTER
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 Arthur Warren
~ Hazel Reinholm
In honor of friends and players in the pool room.
~ Kiki and Inky
In loving memory of Eleanor Mackin
~ From your friend George Harvey
In loving memory of Louise Mitchell
~ Charlie Mitchell
In appreciation of the Lynn Council on Aging,
~ Fr. Michael M. Ferraro

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: ____________________________

Place Your Ad Today!

ABC Home Healthcare Professionals
Private customized home care services specializing in elderly and chronic care
For more information or FREE no-obligation assessment call 781-245-1880
online at www.abchp.com
233 Albion Street Wakefield
Committed to Life at Home

HELENE M. AHERN, F.S.C.
Catholic Cemetery Assoc.
Archdiocese of Boston INC
226 North St., Salem, MA 01970
C: 781-953-6753 FX: 978-740-9528
CASINO TRIPS

Mohegan Sun $29
(40 people must sign up before June 8th!)
June 19
6:30am-6:30pm

Foxwoods $29
(40 people must sign up before August 10!)
August 21
6:30am-6:30pm

Coach busses are equipped with handicap accessibility and WI-FI!
**Refunds will only be issued if you notify us 24 hours in advance, or we sell your seat.**
Please note that early departure times are an attempt to beat Boston traffic.

ANNUAL INDEPENDENCE DAY BBQ CELEBRATION

Please join us Tuesday July 3rd for our annual Independence Day bar-b-que! Brought to you by the FRIENDS of the Lynn Council on Aging from 11:00am—2:00pm. Tickets will be $4 a person.

We will have advance ticket sales starting June 1st.
Senior center membership required (sign up that day)
50/50 raffle winner pulled at 1:00pm
Senior Center will close after, please plan your ride for 2:00pm

MUSICAL AND JOY-BASED T’AI CHI

Beginning Monday June 11th and continuing every second and fourth Monday of the month, we will be offering Musical Tai Chi with Mike Elliott. It will be held at the Lynn Senior Center from 10:00—11:00am. Musical and Joy-Based Tai Chi is a choreography of movements and poses that acts as a great form of exercise! It elevates heart rate, builds muscle tone, increases balance, energy, and mobility, improves posture, and decreases stress and pain.

Each session will cost $5 and you will need to reserve your spot.
Please contact Erica at 781-586-8618 to do so.
PAINTERS WANTED
We offer oil painting classes with instructor Dottie James every Tuesday from 10:00-11:30am. Located at the Senior Center, a $2 donation is encouraged. For more information, please call Dottie James 781-286-2841.

THANK YOU!
Thank you to George Harvey for all his efforts in April’s FRIENDS raffle. They raised money for the senior center and raffled off a $10 gift certificate to Brother’s Deli and a garden ornament.

MEDICARE COVERAGE OF THE SHINGLES VACCINE
Did you know that all Medicare Part D plans cover a shingles vaccine, such as Zostavax or the newly released shingles vaccine, Shingrix, which is recommended by the CDC (center for Disease Control and Prevention)?

The cost for the vaccine will vary for each Part D plan and even by the pharmacy where you get the vaccine. You can contact your Medicare drug plan or Medicare Advantage Plan for more information on which vaccines are covered and the co-pay at your preferred pharmacy.

For assistance with any Medicare issue, contact the SHINE (Serving the Health Insurance Needs of Everyone) Program. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.

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

Free Popcorn & Soda
Wide Screen Plasma Home Theatre System

| June 6   | Apollo 13 1995 | PG | 2h 20m |
| June 13  | The Shape of Water (12-2) 2017 | R  | 2h 3m  |
| June 20  | WALL-E 2008 | G  | 1h 38m  |
| June 27  | Mona Lisa Smile 2003 | PG13 | 1h 59m |

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.
## JUNE HAPPENINGS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tr>
<td>Mon June 4</td>
<td>Bingo Bonanza!</td>
<td>$11 games 1:00pm</td>
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<td>9 cards-paper sheets only</td>
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<td>Card sales begin at 11:30am and close promptly at 1:15pm</td>
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<td>Tue June 5</td>
<td>Birthday Karaoke</td>
<td>11:30am—1:00pm</td>
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<td>Wed June 6</td>
<td>Public Workshop NARCAN Training</td>
<td>3:00pm—4:00pm</td>
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<td>Thu June 7</td>
<td>Field Trip: Richardson’s Ice Cream</td>
<td>$2 12:00pm—2:00pm</td>
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<td>Middleton MA</td>
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<td>Thu June 7</td>
<td>Walgreen’s Shingles Vaccine Clinic</td>
<td>9:30am</td>
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<td>Mon June 11</td>
<td>First session of Musical Tai Chi</td>
<td>$5 10:00am—11:00am</td>
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<td>Wed June 13</td>
<td>Help for Hearing Loss Clinic</td>
<td>9:30am</td>
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<tr>
<td>Wed June 13</td>
<td>Field Trip: Fuddruckers</td>
<td>$2 11:00am—1:15pm</td>
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<td>Saugus MA</td>
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<td>Wed June 13</td>
<td>SENIOR CENTER CLOSED AT @ 2 PM</td>
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<td>Thu June 14</td>
<td>Father’s Day Entertainer—Tommy Rull</td>
<td>12:00am—1:00pm</td>
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<td>Sponsored by: FRIENDS of the LCOA</td>
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<td>Thu June 14</td>
<td>Ice Cream Social</td>
<td>$0.50 1:00pm</td>
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<td>Sponsored by: FRIENDS of the LCOA</td>
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<tr>
<td>Fri June 15</td>
<td>Father’s Day Pancake Breakfast</td>
<td>$3-$5 8:00am—9:00am</td>
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<td>Sponsored by Greater Boston Food Bank</td>
<td>9:00am—12:00pm</td>
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<tr>
<td>Mon June 18</td>
<td>RESCHEDULED Fishing Trip</td>
<td>$2 9:30am—2:30pm</td>
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<td>Salem Willows—transportation, bait included</td>
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<td>Must bring own pole</td>
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<tr>
<td>Mon June 18</td>
<td>Bingo Bonanza!</td>
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<tr>
<td>Tue June 19</td>
<td>Mohegan Sun Casino</td>
<td>$29 6:30am—6:30pm</td>
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<td></td>
<td>Prepaid reservation required-see page 4</td>
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<tr>
<td>Tue June 19</td>
<td>GLSS Job Fair—SENIOR CENTER CLOSED AT 2:00</td>
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### T-SHIRTS FOR SALE

We will be selling Lynn Senior Center T-shirts for $5 each. At the center ask for Erica or Rosa. Get them while supplies last! All proceeds go to the Senior Center.
FATHER’S DAY PANCAKE BREAKFAST

The FRIENDS of the Lynn Council on Aging will be hosting a fundraising pancake breakfast in honor of Father’s Day. The breakfast will be held from **8:00am—9:00am** at the Lynn Senior Center, on Friday June 15th. Meals will include pancakes, juice, coffee, and sausage. Tickets will be sold the day of, first come first serve.

- **$3** for registered senior center members
- Not a member? Sign up that day!
- **$5** for staff and outside participants.
- All are welcome!

LOBSTER CRUISE

Gloucester Lobster Luncheon & Cruise with Entertainment
New England clam chowder, steamed lobster. BBQ chicken, corn on the cob, potatoes, and dessert
Cash bar
$70.00

Pick up and advanced payments at:
9:30am Lynn Senior Center 8 Silsbee Street, Lynn

**SEPTEMBER 6**
Board boat at 11:00am—sail until 2:00pm
Return to Lynn approximately 3:30

Limited seating RESERVE EARLY SEATS SELL QUICKLY
No refunds unless seat is sold
Questions? Call Erica 781-586-8618 or Rosa 781-586-8625 

Name_______________________________________ tele____________________

Address___________________________________________

Emergency contact name_____________________  tele__________________

Payment: Cash ☐  Check ☐
Reservation #____
Days are now longer and the sun is getting hotter. It’s time to prepare for the summer and that means learning the best possible ways to protect your skin. No matter what your previous protection strategies have been or your health history it is never too late to begin good skin care habits in the sun. Research shows that between 40-50% of Americans who live up to the age of 65 will have one type of non-melanoma skin cancer at least once. About 90% of non-melanoma skin cancers are associated with exposure to UV radiation from the sun. Therefore, using protection and staying out of the sun will greatly decrease the chances of being diagnosed with skin cancer. There is no single product or method that will guarantee protection against skin cancer. However, there is a combination of products and techniques that can be very effective. Below you will find many strategies to help your skin.

**Sunscreen** is the best product for your skin. Dermatologists recommend using a broad spectrum sunscreen with SPF 30 or higher applied daily. Using SPF 30 or higher has been proven to absorb 97% of harmful UV rays that are able to pass through clouds and glass. Make sure to reapply the sunscreen when sweating heavily or in water. It should also be reapplied every 2 hours if you are out in the sun for a prolonged time. Regular daily use of sunscreen reduces the risk of developing non-melanoma skin cancer by 40% and melanoma by 50%.

**Finding shade** is important throughout the entire day, but vital during peak sun hours which are between 10am and 4pm. Trees, umbrellas or canopies are great options for shade, but do not offer 100% protection. Staying out of direct sun exposure is a great method that will help protect your skin.

**Protective clothing** is another method to keep your skin safe in the sun. Clothes are reusable and provide full body coverage unlike sunscreen that must be re-applied. A hat with a wide brim can protect the eyes, ears, face and back of the neck. Look for sunglasses that have 99-100% UV-A and UV-B protection which will greatly reduce eye damage from sun exposure. Long sleeve shirts and pants are an inexpensive option to protect the skin from excess sun exposure. It is best to choose loose fitting clothing made from tightly woven material.

**Medications** can often have side effects that increase the risks of sun exposure. The skin can have an increased sensitivity and sun exposure must be limited or avoided completely. Skin damage can include sunburn, blisters, rashes or swelling when out in the sun. Some medications to be cautious of include antibiotics, diuretics, antidepressants, anti-psychotics and anti-diabetics. Be sure to discuss these medications and their side effects with your doctor.

There is never any complete guarantee with any of these options, however choosing a combination of the techniques and products listed will greatly reduce your risk for skin cancer. As the weather warms up and being outside is much more enjoyable (The sun is a nice alternative to the many feet of snow from the winter) remember to protect your skin first!

**Kelsey Magnuson**
**Program Coordinator, Wellness Pathways**
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<tr>
<th>Time</th>
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<tr>
<td>9:00</td>
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<td>9:30</td>
<td>Knitting &amp; Conversation</td>
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<td>10:00</td>
<td>Game</td>
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<td>Beginners' Tap Painting</td>
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<td>10:00</td>
<td>Hair Salon</td>
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<td>Exercise Class ($5)</td>
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Summer brings warm weather and fresh produce! Try to find all of these delicious, healthy vegetables this summer.

**VEGETABLES**

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**LEEK**  **CABBAGE**  **CAULIFLOWER**  **TURNIP**  **POTATO**  **CARROT**  **PARSNIP**  **PEA**  **SPINACH**  **RUTABAGA**  **BROCCOLI**  **PUMPKIN**  **CELERY**  **ARUGALA**  **BEET**  **GINGER**  **RADISH**
### June 2018

**Community Cafe Menu - June 2018**

**Status:**
- **GSS NUTRITION**
- **$2.00 per meal**

**Days:**
- **Thursday:**
  - (7) Cheese Stuffed Peppers
  - (2) Grilled Cheese Sandwich
- **Friday:**
  - (4) airport Chicken Stuffed Peppers
  - (5) airport Meatloaf
- **Saturday:**
  - (12) airport Meatloaf
  - (2) airport Meatballs
- **Sunday:**
  - (3) airport Turkey
  - (1) airport Meatballs
- **Monday:**
  - (5) airport Meatballs
  - (2) airport Meatloaf

**Notes:**
- *Milk, Bread, and Dessert are included with each meal.*
- *Additional items for $2.00 per meal.*

**Important:**
- 200 mg per meal on check list.
- Items marked with ***** are not suitable for those on sodium or cholesterol diets.
- Items marked with **+** indicate higher sodium.

---

**Amounts:**
- Calories
- Sodium

---

**Nutritional Information:**
- Calories
- Sodium

---

**Calories:**
- 750
- 670
- 580
- 510
- 420
- 350
- 280
- 210
- 140
- 100
- 80
- 50
- 40
- 30
- 20
- 10

**Sodium:**
- 380
- 300
- 250
- 200
- 150
- 120
- 100
- 80
- 50
- 40
- 30
- 20
- 10

---

**Additional Information:**
- 1200 mg per meal on check list.
- Items marked with ***** are suitable for those on sodium or cholesterol diets.
- Items marked with **+** indicate higher sodium.

---

**Contact:**
- For more information, contact your local senior center.

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**June 2018**
WELLNESS OFFERINGS

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
**SOPHIE WILL BE ON VACATION FROM JUNE 18–JULY 18!**

PODIATRIST

Thur June 21 & Thur July 12
10:00 am - 12:00 pm
Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Every Wednesday
8:00 am - 9:00 am

KIOSK FOR LIVING WELL
TUESDAYS 9:00-11:00
THURSDAYS 8:00-11:00

LYNN COUNCIL ON AGING SENIOR CENTER
8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

RETURN SERVICE REQUESTED