



Lynn Senior Center Newsletter

LCOA Senior Center • 8 Silsbee Street, Lynn, MA 01901

781.599.0110

MARCH 2011

ISSUE 175

PUBLISHED MONTHLY

HONORABLE JUDITH F. KENNEDY

Mayor of Lynn

STACEY MINCHELLO

Editor / Senior Center Director

This Publication is sponsored financially by the City of Lynn & the Executive Office of Elder Affairs

FROM THE MAYOR...

As we transition into spring -- and the snow begins to thaw -- I hope many of our seniors can get back outside and enjoy the fresh air.

On March 5, Lynn Arts After Hours will celebrate Mardi Gras in Downtown Lynn and honor poet Elizabeth McKim. The event, beginning at 7 p.m. will feature sounds of New Orleans style jazz and culinary creations by Matt O'Neil from The Blue Ox. The Little Gallery Under the Stars, located on Exchange St, will feature a unique display of artwork to go along with the evening's festivities.

Also coming up this month, we have two special performances at the Lynn Auditorium. Lovers of Celtic music are in for a special treat when the Women of Ireland take the stage for a special St. Patrick's concert on March 12 as part of their North American tour. Women of Ireland is comprised of 20 of the best female performers within the Irish musical tradition performing alongside other world class musicians, singers and dancers. Doors open at 6:30 p.m. and the show starts at 7 p.m. Tickets range from \$28 to \$68. The following Saturday, March 19, the legendary band Kansas will perform. Tickets for the 8 p.m. show are \$37.50. For tickets, please visit www.lynnauditorium.com, call the Lynn Auditorium box office at 781-581-2971, or purchase them at the box office, Lynn City Hall Room 311.

There will also be several other St. Patrick's Day celebrations taking place throughout the city. The Lynn Housing Authority & Neighbourhood Development will host its annual alcohol-free St. Patrick's Day Luncheon and the Ancient Order of Hibernians will host its annual dinner. Some of you may also want to come out and support the runners participating in the Hibernian 5K St. Patrick's Day Recovery Run on Sunday, March 20.

Be well and stay warm,
Mayor Judith Flanagan Kennedy



Letter from the Director...

Thank God that groundhog didn't see his shadow! Imagine what would have happened if he did. My guess... a one way ticket to the moon via the boot! Don't upset the PETA people, we're just kidding! Well, Hail Spring, soon! ...please? Last year it poured and poured for THE St. Patrick's Day parade. Let's hope the snow is all melted by this year's parade without flooding! We want to click our heels during the Irish festivities but not slip on the ice while doing it and miss a corned beef dinner. Did you know that some Irish people feel that corned beef and cabbage is about as Irish as spaghetti and meatballs?

Fight the winter blues and cabin fever! Think RED SOX! Stay connected to your senior center. The second you see the little picture of the sun in the box on the weather reports, plan your visit. We miss you! We worry you are all cooped up, snacking in front of the tellie all day. If travelling in the winter scares you, we understand. Call us and we will stay in touch. Everyone needs a friendly call once in a while.

ATTENTION VIETNAM VETS!

The VA released its final regulation for compensating Vietnam Veterans who were exposed to Agent Orange and are suffering from ischemic heart disease, Parkinson's Disease, or B-cell leukemia, or their surviving spouses. Veteran must show that they served between August 5, 1964 and May 7, 1975. Previously filed applications will receive retroactive payments. Contact Mike Sweeney at City Hall at 781-598-4000.

MARCH HAPPENINGS!

Weds, March 2 nd	Learn to play Phase 10 card game!	10:00 a.m. – 11:00 a.m.
Weds, March 2 nd	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center	9:00 a.m. to 1:00 p.m.
Thurs, March 3 rd	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, March 3 rd	TRIAD MEETING: Elder Abuse Discussion.....	10:00 a.m.
	All welcome to join! Discuss senior safety issues.	
Fri, March 4 th	Are You Smarter than a 5 th grader Wii.....	10:00 am – 11:00 a.m.
Tues, March 8 th	Blood Sugar Clinic “Lucy Booth” Open!.....	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
Tues, Mar 8 th	Lunch Trip: Mount Vernon The Wharf Revere \$2.....	11:00 a.m. – 1:00 p.m.
Tues, March 8 th	Veterans Services Office Hours.....	11:00 a.m. – 12:00 p.m.
Weds, March 9 th	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center.....	9:00 a.m. to 1:00 p.m.
Weds, March 9th	LIVE ENTERTAINMENT: BLUE NOTES	12:00 pm -1:00 pm
Thurs, March 10 th	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, March 10 th	Podiatry Appointments	10:00 a.m. – 12:30 p.m.
Fri, March 11th	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
Tues, March 15 th	FOXWOODS: Reserve your seat! \$25	7 am depart 6:30 pm return
Weds, March 16 th	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, March 16th	BOSTON FLOWER SHOW \$20	9am depart/3pm return
	Limited 10 people-Bring lunch money	
Thurs, March 17th	HAPPY ST. PATRICK’S DAY - Dress Festive for Irish Show!	12:00 pm – 1:00 pm
Thurs, March 17 th	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Fri, March 18th	Boston Food Bank: Brown Bag	10:00 a.m. – 12:30 p.m.
Mon, March 21st	Women’s Group Meeting	10:00 a.m. – 11:00 a.m.
Tues, March 22 nd	Blood Pressure Clinic “Lucy Booth” Open!	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
Tues, March 22 nd	Guest Speaker: Cataract Surgery – Dr. Remis	12:00 p.m. – 1:00 p.m.
	Get all your eye surgery questions answered. Game Room	
Weds, March 23 rd	HAIR SALON HOURS Walk in <u>or</u> appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, March 23 rd	Lunch Trip: Kmart & Imperial Buffet.....	\$2
	Depart senior center 10 am/ shopping 10:30- 12/lunch 12-1:15	
Thurs, March 24 th	T.O.P.S. Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Thurs, March 24 th	Guest Speaker: Boston Walk in Bath.....	12 noon
Fri, March 25th	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
Fri, March 25 th	Live Entertainment: John Root	11:30 am – 12:30 a.m.
	“Songs that will bring back memories” Sponsored by the Lynn Cultural Council	
Weds, March 30 th	Lunch Trip: Target/IHOP Salem \$2 Depart senior center 10am/shopping.....	10:30-12/lunch 12-1:15pm
Thurs, March 31st	FRIENDS MEETING	10:00 a.m. – 11:00 a.m.
Thurs, March 31 st	Podiatrist Appointments	10:00 a.m. – 12:00 p.m.
Thurs, April 7 th	TRIAD MEETING@Caggiano Free Health Journals.....	10:00 a.m.
Fri, Apr 8 th	OPENING DAY FENWAY PARK	1pm
	Watch the opening ceremonies on the 60” widescreen TV	
	Food Stamps Assistance “SNAP” - Call for date and times	

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LYNN SENIOR CENTER

DAY TRIPS! 2011 SCHEDULE

WEDS, AUGUST 24 FOSTER'S CLAM BAKE..... \$62

Departs from the senior center at 8:30 am. Enjoy scenic tour to Nubble Lighthouse. Clam Chowder, Mussels, Maine clams, LOBSTER!, corn on the cob, potatoes, onions, blueberry cake. BBQ chicken available as alternate entree. Visit Hampton Beach area on the way home. Minimal walking/wheelchairs accessible. Approximate arrival time is 5:30 pm.



FRI, SEPTEMBER 23 SCALLOP FESTIVAL \$00

Departs from the senior center at 8:00 a.m. Admission to the Scallop Festival. FRIED scallops, coleslaw, French fries, soft drink. Roasted chicken available as an alternative entrée. Craft vendors on site. Once you've enjoyed the festival, hop on to a 90 minute narrated harbor cruise. Approximate arrival time is 6:00 pm.

WEDS, OCTOBER 12..... TURKEY TRAIN..... \$65

Departs from senior center at 8:00 a.m. Board a NH railroad dining car for a scenic foliage train ride while enjoying a full turkey dinner. Sightseeing and more foliage on the ride home. Approximate arrival time is 5:30 pm.

MON, DECEMBER 12..... HOLIDAY REVUE INDIAN HEAD..... \$65

Departs from senior center at 8:30 a.m. Arrive at Indian Head to a welcome reception with a souvenir picture for everyone. Receive a gift certificate to the gift shop! Enjoy a deluxe buffet followed by a live Holiday floor show. Enter a chance to win a grand prize drawing. Depart at 4pm. Approximate arrival time is 5:30 pm.

Prepaid reservations required.

The Lynn Senior Center allows persons under 60 yrs old on our day trips if they are accompanying an elder as a companion. Companions must be 18yrs or older.

Call Stacey @781-586-8503 with any questions

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

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.



111 Birch St./Lynn, MA 01902

781.592.9667

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Thank You



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It makes sense to concentrate your advertising where it does most good - right in your neighborhood! You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

Convenient Budget Payment Terms. Call Today 800-732-8070

Wellness Watch - March 2011

Take Charge of Your Health

Research has shown that one of the ingredients of healthy and enjoyable living is "Taking charge of one's health." Many of us have at least one ongoing health condition and taking charge may be a challenge.

Upcoming GLSS workshops help participants feel better, take control of their lives and once again do the things they want to do. *My Life, My Health** workshops provide information and skill training for adults with a range of ongoing health conditions. These conditions include arthritis, asthma, diabetes, heart disease, chronic pain, lung disease and others. Through learning with others, participants reduce their pain, anxiety and other common challenges.

We hope that you will take this opportunity to Take Charge and enhance your quality of life!

My Life, My Health Workshops For Men and Women of Any Age

Saugus Senior Center
400 Central Street, Saugus

Information Session:
Wednesday, February 23, 2011
10:30am

Workshop:
Tuesdays March 1st-April 5th
1-3:30pm



Union Hospital
500 Lynnfield Street, Lynn
South A Conference Room
Fridays April 8, 2011 - May 13, 2011
1:30-4:00pm

For information or to register contact:
Jan Ferris 781-586-8681 jferris@glss.net

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Have you had a hip fracture?
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If you (or someone you know) have broken a hip and are aged 60 years or older, you may be eligible to participate in a research study at Boston University. People who qualify for this research study will receive either:

- a DVD-based home exercise program supervised by a physical therapist, or
- a nutrition education program

All activities will take place in your home at no cost.

There will be financial compensation for your time.



For more information, please contact us at 617-638-1981

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At Twin Oaks Care and Rehabilitation Center, we provide quality healthcare services for our patients. Whether you need short-term rehabilitation or long-term care, we're here to serve your needs. We focus on the person, addressing your physical health as well as your social and spiritual needs.

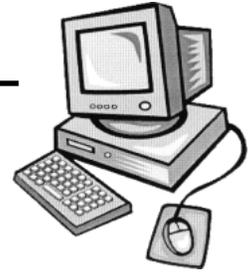
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C O M P U T E R

C L A S S E S



**Lynn Senior Center
Computer Room, 1st Floor
8 Silsbee Street, Lynn
781-586-8503**

All courses must be pre-paid at the time of registration to reserve your seat. If mailing your payment, make check payable to:

LCOA
Attn: ROSA
8 Silsbee Street
Lynn, MA 01901

Expect a phone call confirming your seat. All computer students must register for a Lynn Senior Center membership card before the first class. All students are also required to sign a compliance policy and procedure form.

COMPUTER CLASS SCHEDULE: MONDAYS...

March 7, 14, 21, 28, April 4

Next Dates:

April 18, 25, May 2, 9, 16



INTRODUCTION TO MICROSOFT WORD

(Five Week Course)

This basic introductory course is for students with little or no word processing experience. This five week course introduces the beginner to the concept of word processing using Microsoft Word 2003. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert Pictures and Print Documents.

11:15 a.m. – 12:15 p.m.

Cost: \$50.00

COMPUTER CLASS DESCRIPTIONS:

Introductions to Computers & Windows XP (Five Week Course)

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

INTRODUCTION TO THE INTERNET

(Five Week Course)

This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

12:30 p.m. – 1:30 p.m.

Cost: \$50.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Italian Wedding Soup Boneless Chicken Citrus Whipped Potato Chilled Peaches ALTERNATIVE Pork Patty/Gravy Whipped Potato	2 Pot Roast/ Gravy Oven Roasted Potato Roman Blend Veggies Cookie ALTERNATIVE Chicken Picatta Roasted Potato/Veggies	3 Mac & Cheese Spinach Fruited Jell-o/Topping ALTERNATIVE Meatballs/Gravy Whipped Potato Spinach	4 Mild Chili w/Shredded Cheddar Steamed Rice/ Salad Fresh Fruit ALTERNATIVE Chix Teriyaki/Rice Green Beans
7 Meatloaf/Gravy Garlic Whipped Potatoes Carrots Chilled Peas ALTERNATIVE Veggie Quiche/Potato/Carrots	8 Turkey Kielbasa/Roll Pepper & Onions Home Fries Chilled Apricots ALTERNATIVE Omelet/Cheese Sauce Home Fries/Onion/Peppers	9 ASH WEDNESDAY Seafood Crepe Newberg Brown Rice Pilaf Capri Blend Veggies Tapioca ALTERNATIVE Spanish Beef	10 Cream of Broccoli Soup Garlic Paprika Tyson Chicken Red Bliss Potato Fresh Fruit ALTERNATIVE Salisbury Steak/Gravy Red Bliss Potato	11 Stuffed Shell/Sauce Zucchini/ Red Pepper Apple Crisp/Topping ALTERNATIVE Chicken Marsala Whipped Potato Zucchini
14 Boneless Chicken Tarragon Lyonnaise Potato Butternut Squash/Muffin Chilled Mixed Fruit ALTERNATIVE Liver & Onions Potato/Squash	15 Lasagna/Meat Sauce Spinach Jell-o/Topping ALTERNATIVE Honey Mustard Chicken Tenders Whipped Potato Spinach	16 Sweet & Sour Meatballs Scalloped Potato Italian Blend Veggie Chilled Peaches ALTERNATIVE Spanish Chicken Rice & Beans	17 ST. PATRICKS DAY Corned Beef Stew Biscuit Chocolate Coin Mint Mousse	18 Corn Chowder Soup Tuna Salad/Wheat Pita Rice Tomato Olive Salad Fresh Fruit ALTERNATIVE Sliced Turkey Rice Tomato Olive Salad
21 Italian Garden Soup Pulled Pork/BBQ Sauce Roll/Sweet Potato Chilled Pineapple ALTERNATIVE Hot Chix Patty/Roll Lettuce & Tomato	22 Pasticchio Roman Blend Veggies Chilled Applesauce ALTERNATIVE Pier 17 Fish w/Cream Red Pepper Sauce Whipped Potato	23 Tyson Chicken Supreme Whipped Potato Veggie Ratatouille Pudding ALTERNATIVE Salisbury Steak/Gravy Potato/Veggie	24 Beef Rib B-Q/Gravy Corn Pudding Green Beans/Red pepper Fresh Fruit ALTERNATIVE Chicken Marsala Corn Pudding/Veggie	25 Fiesta Fish /Lemon Sauce Sr Cream Whipped Potato Tuscan Blend Veggies Gingerbread/Topping ALTERNATIVE Ravioli/Meat Sauce Veggie
28 Boneless Chicken w/Orange Pineapple Sauce Broccoli/Veggie Lo Mein Cookie ALTERNATIVE Mushroom Quiche Lo Mein/Broccoli	29 Potato Crunch Dill Fish O'Brien Potatoes Carrots Chilled Peaches ALTERNATIVE Beef Patty/Gravy Potato/Carrots	30 Eggplant Parmesan w/Herb Sauce Rotini/Meat Sauce Italian Green Beans Chilled Mandarin Oranges ALTERNATIVE Cranberry Glazed Chicken Whipped Potato/Veggie	31 Roast Turkey/Gravy Sweet Potato Jardiniere Veggie Muffin/Fresh Fruit ALTERNATIVE Liver & Onions Sweet Potato/Veggie	

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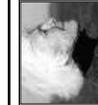
SENIOR CENTER ACTIVITIES MARCH 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 W/II	9:00 -12 W/II	9:00 -12 W/II	9:00 -12 W/II	9:00 -12 W/II
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINT CLASSES	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	10:00-11:30 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: WORD	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	9:30-11:00 WHIST	10:30-12:00 ACRYLIC PAINT CLASSES	11:30-12:15 EXERCISE CLASS
12:30-1:30 COMPUTER CLASS: INTERNET	1:00-2:45 POKENO	10:45-12:30 LUNCHEON	12:45 – 1:45 LINE DANCING	1:15-2:45 BINGO
1:15-2:45 BINGO		11:30-12:15 EXERCISE CLASS	1:30-3:30 JAPANESE BUNKA EMBROIDERY	
		1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

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This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

Convenient Budget Payment Terms.

Call **800-732-8070**

Be A FRIEND!

Join the FRIENDS OF the LYNN COUNCIL ON AGING! This fun friendly group meets on the last Thursday of the month, 10 am – 11 am. They are the fundraisers with a big heart. The FRIENDS bring additional enhancements to the center. They are creative in their ideas to enrich our programs and surely are masters in digging up some smiles at the center. Whether you just want to pitch in or have a desire to fund raise, consider joining. Feel free to call the center if you have any questions! The FRIENDS is a non profit organization. All are welcome! There is no age requirement to have a big heart and be willing to donate a few hours a month.

Thank a VOLUNTEER!

National Volunteer Appreciation Week is April 10th thru April 16th!!!

*In loving memory of Frances Hopping
~ Marie Babineau*



*In Loving memory of Pauline Stickney
~ Gail Roberts*



*BIG THANKS to... FORD ELEMENTARY SCHOOL
for all the sweet Valentine's Day cards!!!*

**THE FRIENDS OF THE
LYNN COUNCIL ON AGING CAMPAIGN**

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 checks payable to: the FRIENDS of LCOA

Please accept my donation of \$ _____

_____ in memory of _____ in honor of

Send card to: _____

Donated by: _____

Thank you.

ALL THE SENIORS IN TOWN ARE READING THIS NEWSLETTER!

DO THEY KNOW WHO YOU ARE?

PLACE AN AD TODAY! CALL 800-732-8070

HOARDING – 10 CARING POINTS

1. The expressionist painter, Hans Hofmann, once said: “The ability to simplify means to eliminate the unnecessary so that the necessary may speak.” For someone who hoards, the ability to both see and eliminate what is “unnecessary” is painfully difficult.
2. What is hoarding? Acquiring too many possessions and having difficulty letting go of them when they are no longer useful or needed.
3. Everyone has stuff that is important to them – collections, sentimental items, books, clothes. A person can own a lot of stuff – be disorganized, messy, or busy with life in general - and not be considered someone who hoards. It is only when clutter impinges on the living areas in the home, creates a financial strain, threatens housing, and affects safety that it is considered hoarding.
4. Hoarding creates a sense of chaos in the home. Rooms and/or appliances can no longer be used for their intended purpose. Moving through the house is difficult – exits blocked. Clutter is consuming one’s living space and one’s life.
5. While hoarding can definitely impact safety, the person who hoards generally feels safe, secure, and comfortable living amidst their saved and collected things.
6. Why do people hoard? A strong emotional or sentimental attachment to the objects. A belief that they can fix the object and use it or use some part of it – someday. A desire to collect and save as much information as possible – newspapers, magazines, mail. A sense that the objects are beautiful, valuable, and unique.
7. Persons who hoard often also suffer from depression, anxiety, ADHD, trouble with decision making, setting and follow through with goals (executive functioning capacity), and categorizing (association perception).
8. Well-intentioned family and friends may try to relieve the person who hoards of their burden by cleaning/clearing out homes - for instance during hospitalizations. However, this approach can cause real disorientation, anxiety, and fear upon the person’s return.
9. Understanding hoarding as a mental health disorder can invite us to approach the person who hoards with empathy, gentleness, and a realistic expectation about the time needed for any change in behavior. A patient and affirming space can then be created in which anxiety can ease, modest goals can be identified, and small steps taken.
10. If you know of someone who struggles with hoarding, it is recommended that you contact an elder care agency. Such professionals can offer a variety of services to compassionately support the individual in developing insight, cognitive change, and decision-making skills. These agencies also have the resources to assist in stabilizing the various aspects of the person’s life that been affected by the hoarding.



Chestnut Gardens

A P A R T M E N T S

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OTHER FIELD TRIPS

TWIN RIVERS

\$18

Includes: \$7 food coupon

\$10 Bonus play

10:30 am Bus leaves from REVERE

Taco Bell, North Gate Plaza parking lot

12:00 pm Arrive at casino

7:00 pm Depart from casino

8:15pm Arrive in Revere

March 17	August 11
April 14	September 15
May 19	October 13
June 16	November 17
July 14	December 15



Pay in person when boarding the bus.
For info: Call Elaine 781-289-6144

MOHEGAN SUN

\$25

Includes: \$10 food coupon

3-\$5 wheel spins

10:30 am Bus leaves from REVERE

Taco Bell, North Gate Plaza parking lot

12:30 pm Arrive at casino

7:30 pm Depart from casino

9:30 pm Arrive in Revere

EVERY TUESDAY!!!



Pay in person when boarding the bus.
For info: Call Elaine 781-289-6144

THESE ARE NOT LYNN SENIOR CENTER SPONSORED TRIPS. WE ARE SIMPLY MAKING THE INFORMATION AVAILABLE TO YOU.

MOVIES... every Wednesday!

**Free Popcorn and soda
Wide Screen Plasma Home Theatre System**

March 2	Double Indemnity	NR	1946
March 9	Dear John	PG-13	2010
March 16	2012	PG-13	2009
March 23	Borrowers	PG-13	1997
March 30	Lorenzo's Oil	PG-13	1992

Is there a flick you want to see?
Call us or email us?

Movies are subject to availability.



VOLUNTEERS!

It is important that you swipe your card at the senior center every shift to receive credit for your service. All offsite GLSS volunteers should report their hours to their supervisor who in turn reports them to Rose Manzella, our volunteer coordinator.

VOLUNTEER DRIVER OPENINGS

Bored? Have nothing to do?

Feel like giving a senior a ride?

The Lynn Senior Center is looking for volunteer drivers (any age) with their own vehicles to offer a senior a ride. Come see us and see if this opportunity is for you. We will simply put your name and telephone number on a list. We'll call you (hopefully with sufficient notice) and ask if you could give a ride. It's simple if you can, great! If you can't, no worries. All rides are local and all riders meet the standards of independence.

We will not request anyone who is not comfortable driving in Boston to drive in Boston.


MAGIC


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



~~~~~ **WORD LIST** ~~~~~

**ABRACADABRA**  
**BIRD**  
**CAPE**  
**CARD TRICK**  
**CHAINS**  
**DISAPPEAR**  
**ESCAPE**



**FAKE**  
**FLOWERS**  
**HEY PRESTO**  
**MAIC**  
**MYSTIFY**  
**PERFORM**  
**POWER**



**RABBIT**  
**RINGS**  
**STOUGE**  
**STUPEFY**  
**SWORD**  
**WAND**  
**WATER TANK**  
**WIZARDRY**

*Our apologies...*

We are trying our best to get your monthly newsletter in your home before the month starts. Call us with address changes, corrections and apartment numbers. If you know of a friend who hasn't been receiving their newsletter recently, or would like to receive one call us!

**LYNN  
COUNCIL ON  
AGING**

John W. Baker

\*

Edmund Brown

\*

Daniel P. Hanlon

\*

George Meimeteas

\*

Charles Mitchell

\*

Frances Taggart

**LYNN COUNCIL ON AGING SENIOR CENTER**

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

*CAPTURE THE PRIDE*

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U.S. POSTAGE  
PAID  
LYNN, MA  
PERMIT NO. 56



# HEALTH FOCUS PROGRAM



## LYNN SENIOR CENTER

### MARCH 2011

**VETERAN'S SERVICES**

*March 8th  
10:00 am - 12:00 pm*

**BLOOD SUGAR TESTING  
FOR DIABETICS**

March 8th 8:30 am - 10:00 am  
*(Nurse available during these clinics  
for any health questions.)*

**BLOOD PRESSURE**

March 22nd 8:30 am - 10:00 am  
*(Nurse available during these clinics  
for any health questions.)*

**MASSAGE THERAPY**

March 11th and 25th  
1:00 pm - 3:00 pm  
*Call for appointment*

**PODIATRIST**

March 10th and 31st 10:00 a.m.  
*Call for appointment.  
Bring insurance card*

**HAIR SALON**

Wednesdays  
9:00 am - 1:00 pm  
*Walk-ins or appointments*