

## **APRIL EVENTS FOR DUNSTABLE SENIORS**

### **Dunstable Council on Aging**

Mary Moeller chairman

Brian O'Donnell secretary

Donald Pottle, Mary Dow, Barbara Martin, Vincent Hollins, James McMannus

### **Assistant to the Elderly**

Anne Fenochetti 978-649-4514 # 223

Office hours Tues Wed.

11-2 8 - 11

Program coordinator

Susan Tully 978-649-6750 or Email at

sjt0213@verizon.net

**Dunstable Seniors** .....we are a peer group for those over 60.

**Seniors meet in the community room of the Dunstable library every Wednesday**

Bone Builders, 10:30 - 11:30, dominos 10:30 - noon, lunch at noon. First Wednesday, **BINGO FOR CASH.**

Last Wednesday of the month, **POKENO**, bring your pennies.

**SCRABBLE & CRIBBAGE** group every Wednesdays at 12:30.

**The Mission of the Dunstable Council on Aging** is to serve as a supportive family resource as emerging needs of Dunstable residents become more complex; and to advocate for and provide, in a cost-effective manner, a safe, congenial environment where seniors may participate in social, educational, and cultural programs reflective of their needs.

**April Lunches** **April 3** Pot Luck We will provide the main course, please bring a small serving of an appetizer, salad, vegetable or dessert. We always have a great lunch with so many good cooks.

**April 10** Citrus Chicken, Roasted potatoes and carrots provided by Dinner Made Simple. RSVP by April 3.

**April 17** will be a roast turkey dinner with all the fixings provided by the Traveling Chef RSVP by April 10.

**April 24** will be pizza, salad and a birthday cake for all our April birthday celebrants.

**In Celebration of Older Americans Month** May 1 The students from Greater Lowell Tech. will be providing and serving lunch. RSVP by Apr. 24

**Book Club** Like to read? Then we have the group for you. Book group will be meeting Saturday April 13 at 10:30a.m. at the Dunstable library. We will be discussing **Keeper of Lost Things** by Ruth Hogan. Summary: A charming, clever and quietly moving debut novel of endless possibilities and joyful discoveries that explores the promises we make and break, losing and finding ourselves, the objects that hold magic and meaning for our lives, and the surprising connections that bind us. The library will order yours copy at the circulation desk if needed. New members are always welcome.

**Rivercourt Residence** in West Groton will resume their monthly lunches on Tuesday April 16, 2019 at noon. Dunstable seniors are invited for a FREE lunch. Space is limited to 12 so RSVP by April 9

**Easter Centerpiece Workshop** Wed. April 17 at 11:30 we will create a springtime centerpiece for you to have for Easter. We will be using fresh flowers. Participant should provide their own container, opening should be about 4". Space is limited so you must RSVP.

**Veterans/ Senior Breakfast** Will be held on the third Thursday of the month at the Tyngsboro Senior Center. All Dunstable seniors and veterans are invited to this FREE breakfast. Next breakfast April 18 at 8:30a.m.

**Indian Hill Music, Bach Lunch**. Indian Hill Music, 36 King Street, Littleton MA. presents **Keyboard Music Through the Centuries** Next show Thurs. April 18. There are TWO PERFORMANCES: 11:00 am and 1:30 pm Indian Hill Music, 36 King Street, Littleton MA. Complimentary coffee, tea and cookies will be served or you are welcome to bring your own lunch. Doors open at 10 am for first show and 12:30 for second show.

**Dedication in Memory of Margaret Abeyta** Thursday April 25 at 6:00p.m. at the Dunstable Library. The reading room at the library will be dedicated to Margaret in her honor. Without her vision we would not have the wonderful library we all use. Refreshments will be served.

**Book Delivery** to shut-ins is available through the Dunstable Library. Just let Sue know if you or someone you know needs books or audio material.

### **Senior Services**

**Bone Builders Program** is held on Wednesdays and Fridays in the community room of the library from 10:30 – 11:30a.m. Through a grant from CTI senior Corp. Volunteer leaders run the program. Bone Builders is a fun low- impact strength training and balance exercise program. Each class runs for 60 min. FREE to all seniors, space is available. Talk with Brian O'Donnell

**Medication Take Back Program** Do you have out dated or unused medication in your cabinet? An officer from the Dunstable Police Dept. will be at our meetings on the last Wed. of each month at noon to collect them and dispose of them properly. Drop off will be **April 24**

**Well Adult Clinic** Are held on the fourth Wednesday of every month in the community room of the Dunstable Library. These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. All residents, of any age are welcome to attend. Next clinic **April 24 from 11 – noon.**

**Follow up from our Reiki program.** Kathy Benson suggests that you contact either  
-The Healing Garden (Harvard MA) 978-456-3532  
-Karen Campbell, Reiki Master (Devens, MA) 978-866-0593

**Van Service** is available for medical appointments and grocery shopping. Cost is \$5.00 for local trips, Lowell, Chelmsford, Nashua, Tyngsboro, Westford, Ayer, Groton & Pepperell. \$10.00 for any other. Check with Anne Fennochetti as soon as you know when your appointment is to make sure a ride is available.

**Meals on Wheels** Do you or someone you know need the services of Meals on Wheels? Receive a hot nutritious lunch delivered M-F at around 11:30 a.m. as well as monthly special meals and holiday meals. For more info check with Anne. **Drivers needed.**

**Durable Medical Equipment** Try us FREE before you buy. Check out the COA's inventory. We have a variety of good, gently used walkers, wheelchairs, transport chairs, canes, commodes and much more that people have generously donated. These are on loan and need to be returned when not in use. PLEASE call first before you drop off items. Accepted items should be brought to the Town Hall only.

**Message from the Fire Chief** Fire Chief Rich is available to check your smoke detectors you just need to set up an appointment. If you need the assistance of the fire department for a non-emergency situation and you've called the firestation and no one was there. **Please call 978-448-6666 (Fire/Police/ems Dispatch)** they will notify the proper person or service to assist you. **Office # 978-649-6661**

**Living Alone Safely in Your Own Home** The Dunstable COA is working with the Fire Dept and the Police to keep those seniors living alone safe in their home. They can secure a lock box with a key on to your door at your home so that in an emergency help would be able to get to you quickly. Chief Rich will be available at our Wed. lunches if you have any questions. Call his Office # 978-649-6661 for more information.

**Veteran's Service Officer** Joe Dean is available to advise what services are available to veterans or the widow(er) of a veteran and their families. for more information email [VSO@dunstable-ma.gov](mailto:VSO@dunstable-ma.gov) or call 978-649-3919

**Nashoba Nursing Service and Hospice**: For information on home health, flu clinics, nursing availability, or hospice - call 1-800698-3307. Hospice is looking for volunteers to visit patients to give the caregiver a break. Call Wendy Chieffo for more info 1-800-698-3307 ext. 352 or [wchieffo@nashoba.org](mailto:wchieffo@nashoba.org).

**Groton Memory Cafe** Every 4th Thursday from 10:00 - noon at the Groton COA 163 W Main St, West Groton, Ma. Join us for coffee and conversation for individuals and families living with memory changes. FREE, call 781-863-1166 ext. 104 for more info.

### **Caregiver's Support Group sponsored by Rivercourt Residence**

For families and caretakers of loved ones with Alzheimer's or other forms of dementia. If you are feeling sad, guilty, lonely or helpless. You are not alone! Come join us to talk about these feelings and connect with others whose experiences are similar to yours.

**For information call:** Laurie Morency at 978-448-4122 ext. 250

**When:** First Wednesday of every month.

**Time:** 10:30 am – 12noon

**Location:** Conference room at 8 West Main Street, Groton MA 01450

**Prescription Advantage** New from Medicare. Beginning in 2019 Medicare will have a new Medicare Advantage Plan Open Enrollment. The new period will run January 31- March 31 of each year. Contact our SHINE contact, Lisa Rose at 978-683-7747 if you have any questions

**Medicare** Remember if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare has no connection to your eligibility for social security benefits. If you have questions call Elder Services at 1-800-892-0890.

**Files of Life** Why everyone should have their own **File of Life**. Medical emergencies happen any time. When they do there is panic, urgency, and confusion. A File of Life puts needed answers in the hands of EMTs. It allows first responders to immediately begin the best possible treatment. Completed File of Life have a magnetic strip on the back and should be place on your refrigerator. File of Life are available at senior meetings or you can contact Fire Chief Rich for more information.

**We now have the application for RMV Handicap placards**

**Charity Navigator** There aren't many days go by that we are not contacted to make a donation to different organizations. Want to make sure they a legitimate and the money you donate is well used. You can now look up these charities at [www.charitynavigator.org](http://www.charitynavigator.org)

**Brown Bag Program** Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank have joined forces to offer an Elder Brown Bag Program for income eligible residents 60 years and older in the Merrimack Valley. Eligible elders will receive a free bag of groceries on the fourth Tuesday of the month. Pick up at the Tyngsboro Senior Center. Applications are now being accepted and are available through Anne at the Dunstable COA office.

**Elder Hotline** Provides seniors and their families with information related to elder issues. Call 1-888-243-5337 Monday - Friday 10:00 - 4:00.

**Thank You** Jean Haight for delicious desserts, the Dunstable Fire Dept, and Jim McManus for their thoughtful donations. The students and faculty of GLTHS for providing a delicious lunch.

**Wish List**

wrapped candies, decaf coffee  
Lightweight wheelchairs, paper  
napkins, plates & cups, sodas, & snacks

**Volunteers needed to provide:**

Prizes for Bingo, deliver Meals  
on Wheels, lead an activity or  
craft, donate a dessert

**The following could always use a card:**

Arlene Silk  
D' Youville Senior Care Center  
981 Varnum Ave Lowell 0145

Ruth Guild  
165 River St  
Dunstable, MA

Jean Cash  
504 High St  
Dunstable, Ma

