

MAY EVENTS FOR DUNSTABLE SENIORS

Dunstable Council on Aging

Mary Moeller chairman

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11-2 8 - 11

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Dunstable Seniorswe 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.

May Lunches

May 1 We will be having. Caesar salad, chicken with broccoli and ziti and dessert. The students from Greater Lowell VTHS will again be preparing and serving our lunch

May 8 Will be meatloaf, mashed potatoes and seasonal vegetable provided by Charlotte's Cozy Kitchen. RSVP by May 1.

May 15 Will be pulled pork taco provided by the Traveling Chef RSVP by May 8.

May 22 Will be Chicken-Kabob's, rice pilaf and vegetable provided by Dinner made simple. RSVP by May 15.

May 29 will be pizza, salad and a birthday cake for all our May birthday celebrants. The party this month is sponsored by Dunstable's **Rose of Sharon flower shop.**

May is, Older Americans Month 2019 Connect, Create, Contribute

We hope it encourages you to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Book Club Like to read? Then we have the group for you. Book group will be meeting Saturday May 11 at 10:30a.m. at the Dunstable library. We will be discussing **Leftovers** by Tom Perrotta. Summary: What if — whoosh, right now, with no explanation a number of us simply vanished? Would some of us collapse? Would others of us go on, one foot in front of the other, as we did before the world turned upside down? That's what the bewildered citizens of Mapleton, who lost many of their neighbors, friends and lovers in the event known as the Sudden Departure, have to figure out why. 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 May 21, 2019 at noon. Dunstable seniors are invited for a FREE lunch. Space is limited to 12, RSVP by May14.

Your Kitchen Pharmacy Wednesday May 22 at 12:30 presented by Dr. Jodie Mac Donald. Dr. MacDonald will be discussing and showing how items you might have in your kitchen pantry (ie, herbs and spices) as well as items in your fridge help the body heal.

Ice Cream Social In celebration of National Older Americans Month the COA will be holding an ice cream social for all seniors at Goss Farm on Thursday, May 23 at 3:00p.m. Come enjoy some delicious homemade ice cream.

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 **May 16** at 8:30a.m.

Indian Hill Music, Bach Lunch Indian Hill Music, 36 King Street, Littleton MA. Presents, *Music of Bing Crosby* performed by, Billy Novick on saxophone & clarinet, Justin Meyer on bass and Ted Powers, on guitar & vocals. **Thurs. May 16.** 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.

Truly Eleanor Saturday May 18 at 1:30p.m. at the Dunstable Town Hall. Presented by, The Delvena Theater. In this 3-person, live performance, Eleanor shares some of her most private and meaningful moments - her lonely childhood, her joyous courtship and marriage with her fifth cousin, Franklin, her devastation at Franklin's love affair with her own social secretary, her resolve to make him president after his polio diagnosis, her involvement in his presidency and her eventual triumph at the United Nations. "Truly Eleanor" takes a candid look at our greatest First Lady's courage and at her great contributions to human rights and liberty for all. The cast will open-up for discussion of the subject matter after the performance. This FREE, performance is funded by the Dunstable Cultural Council and sponsored by the Dunstable COA. Refreshments will be served following the performance. Seating is limited so please RSVP by May 15.

Dates to Remember Monday, May 13 Town Meeting at Swallow Union 7:00p.m. Tuesday, May 21 Town Elections, vote at library, Sunday May 25 Memorial Day Parade.

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 – 11:30 a.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 **May 29**

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 **May 22 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 fire station 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 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.

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 placed 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 are legitimate and the money you donate is well used. You can now look up these charities at 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 4th Tuesday of each month. Each bag contains a variety of basic healthy foods: soup to cereal, meat to veggies, there may be a treat or two. Pick up at the Tyngsboro Senior Center. Applications are now being accepted and are available through Anne at the Dunstable COA office.

Elder Hotline Finding the answer to questions about issues can sometimes be confusing. The Attorney General's Office has a statewide, toll-free telephone hotline to assist individuals on a wide range of elder issues. The number is 1-888-243-5337 (TTY: 617-727-4765) Monday thru Friday 10:00 am– 4:00 pm This elderly hotline provides a valuable service to Massachusetts' senior citizens, their families, and other information about elder related issues and programs throughout the commonwealth.

Thank You Jean Haight for delicious desserts, the Rose of Sharon for sponsoring our Birthday Party, and 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

Jean Cash
504 High St
Dunstable, MA