

JULY & AUGUST EVENTS FOR DUNSTABLE SENIORS

Dunstable Council on Aging

Barbara Martin chairman

Mary Dow secretary

Donald Pottle, Vincent Hollins, James McMannus

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11-2 8 - 11

Program coordinator

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Brian O'Donnell and Mary Moeller are retiring from the Council on Aging Board, we would like to thank them for their years of service to the seniors.

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.

July Lunches

July 3 NO MEETING, HAPPY FOURTH OF JULY

July 10 Pot Luck Lunch. Bring a small serving of an appetizer, salad, sandwich, main course or dessert.

July 17 Cold salads, assorted sandwiches and watermelon, provided by Dinner Made Simple.

RSVP by July 10

July 24 Chicken Cordon Blue, rice pilaf, peas and strawberry shortcake for dessert provided by the Traveling Chef. RSVP by July 17

July 31 Will be pizza, salad and a birthday cake for all our July birthday celebrants. The party this month is sponsored by Dunstable's **New England Well & Pump Co.**

August Lunches

August 7 Sweet and sour chicken served with mixed vegetables, provided by Charlotte's Cozy Kitchen. RSVP by July 31

August 14 American chop suey, garden salad garlic bread and dessert, provided by Dinner Made Simple. RSVP by August 7

August 21 Grilled Panini, your choice of either chicken parm or Italian, salad and desserts provided by the Traveling chef. RSVP by August 14

August 29 Will be pizza, salad and a birthday cake for all our August birthday celebrants. The party this month is sponsored by Dunstable's **Maclean Electric**

Book Club Like to read? Then we have the group for you. No meeting in July and August. Group will resume on **Sept. 21 at 10:30** at the library. Check out the library for a great selection of new book. New members are always welcome.

Rivercourt Residence Lunches in West Groton will be held on **Tuesday July 16 and August 20** at noon. Dunstable seniors are invited for a **FREE** delicious lunch. **Space is limited to 12**, RSVP by July 12 and August 16.

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 **July 18 and August 15** at 8:30a.m.

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

PEPPERELL FOOD PANTRY NOW OPEN TO DUNSTABLE RESIDENTS

PACH Located at 66 Hollis St. Pepperell is open on Tuesdays from 5 – 7 p.m. and Thursdays from 2 – 4 p.m. and 5 – 7p.m. PACH provides food and personal care items to residents in need of assistance. If you are interested in using this service contact office at 978-925-9770 or visit their web site at www.pachoutreach.org. We will be organizing a food drive in the fall.

Medication Take Back Program Do you have out of 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 **July 31 and August 28**.

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 **July 24 and August 28 from 11 – noon**.

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.

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? This service is now being merged with Tyngsboro's MOW. For information contact Joyce Dastou at Merrimack Valley Elder Services.

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 ex.t 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

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, New England Well and Pump CO, and Maclean Electric for sponsoring our July and August Birthday Parties, The Dunstable Police Association's for a delicious meal at the Princeton Station.

WISH LIST Wrapped candies, paper plates, small or large size, cups, paper towels

VOLUNTEERS NEEDED Lead an activity, teach a craft, visit a shut-in

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

2019 DUNSTABLE CONCERTS ON THE COMMON

Every Wednesday, 6:30 - 8:30 Rain date Thursday

June 12 Mack Stevens Band	Country
June 19 Three Time Fast	Classic Rock
June 26 The Rampage Trio	Blues, Rock & Boogie
July 10 The Hollis Town Band	True Americana
July 17 Back -2- Back	Classic Rock
July 24 Delta Generators	American Roots & Blues
July 31 The Never Easy Band	A Mix of Country & Classic Rock
August 7 The Band From Uncle	Rock & Roll, Motown, Soul

June 12 Community Information Night

June 19 Classic Car Night

July 17 Touch a Truck Night

Food will be available

for more information: www.facebook.com/DunstableSummerConcerts

Let us know if you would like to volunteer to help at any of the concerts

