

## **JUNE 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

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 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.

### **June Lunches**

**June 5** Kick-off to summer! We will be having a cookout provided by the Traveling Chef. RSVP by May 29

**June 12** Will be sponsored by the library staff. RSVP by June 5.

**June 19** Will be our annual outing sponsored by the Dunstable Police Association to be held at the Princeton Station in North Chelmsford at noon. Meal choice will be prime rib or baked haddock. RSVP by June 14

**June 26** will be pizza, salad and a birthday cake for all our May birthday celebrants. The party this month is sponsored by Dunstable's **MSR UtilityMaintenance Corp.**

**Lunch at Greater Lowell THS** Tuesday, June 4 at 11:45. Before the school year ends, we would like to support the students in the Culinary Dept. once again. The food is delicious, and the prices are very reasonable. You are encouraged to come early and see what else they offer. Get your nails done, do a little shopping. Check out bakery. RSVP by May 29

**Painting Class** Friday, June 7<sup>th</sup> at 11:30a.m. Raquel Palermo returns to help us create a slate Welcome Sign. All supplies will be provided. Cost is \$5.00 per person and space is limited to 12 students. Light refreshments will be available.

**Book Club** Like to read? Then we have the group for you. Book group will be meeting Saturday June 15 at 10:30a.m. at the Dunstable library. We will be discussing **Lowland** by Jhumpa Lahere. Summary: Set in both India and America two brothers bound by tragedy; a fiercely brilliant woman haunted by her past; a country torn by revolution that explores the price of idealism and a love that can last long past death. 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 June 18, 2019 at noon. Dunstable seniors are invited for a FREE lunch. **Space is limited to 12**, RSVP by June 14.

**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 **June 20** at 8:30a.m.

**Indian Hill Music, Bach Lunch**. Indian Hill Music, 36 King Street Littleton MA. Presents, The World of Operetta featuring Martha Warren, soprano, Rob Woodin, baritone and Eric Karmen on piano **Thurs. June 20**. 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.

### **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**

**PATCH** 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. PATCH 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](http://www.pachoutreach.org)

**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 **June 26**

**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 **June 26 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? 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.

**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 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 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](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 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, MSR Utility Maintenance Corp. for sponsoring our June Birthday Party, The Dunstable Police Association's outing sponsor.

**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

## 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](http://www.facebook.com/DunstableSummerConcerts)

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

