

MARCH 2020 EVENTS FOR DUNSTABLE SENIORS

Dunstable Council on Aging

Barbara Martin chairman

Mary Dow secretary

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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. Next meeting Dec. 10 at 11:00a.m. at the town hall. Feel free to give us your ideas.

March Lunches

March 4 Glazed orange chicken, rice pilaf & vegetable provided by Dinner Made Simple. RSVP by Feb. 26

March 11 Winter special, hot soup and sandwiches. RSVP by March 4

March 18 Roast beef carving station, roasted potatoes, salad and strawberry shortcake. RSVP by March 11.
Provided by the Traveling Chef.

March 25 Pizza, salad and birthday cake.

This month our party is sponsored by **Laer Realty- Jon Crandall Broker Partner**

ACTIVITIES

ANNUAL COMMUNITY PIE BAKE-OFF

Saturday March 14. Drop off your favorite homemade pie between 11:00a.m. and noon at the Community Hall of the Dunstable Church. All ages are welcome to enter. There is even a category for those who prefer to use a store- bought crust. Judging is on a point system with everyone starting with 15 points. Judges are looking for:

1. Best over-all presentation
2. Quality of crust
3. Filling flavor

Judging will take place during the afternoon. Awards will be made for best youth pie (up to age 16). And the Silver Spoon award for the best over-all pie.

Please, the judges request a recipe to be included.

The public is invited to come to the Community Hall at 6:30p.m. to do their own taste testing.

For more info email sjt0213@verizon.net

Rivercourt Residence Lunches FREE lunches will resume on Tuesday, Tues. March 17 at noon. Rivercourt Residence invites 12 seniors to come and have a delicious lunch. RSVP by March 10.

Book Club Like to read? Then we have the group for you. Our next meeting is on Sat. **March 21 at 10:30** at the Dunstable library. We will be discussing **Let the Great World Spin by Colum McCann.**

Summary This novel follows the fortunes of a menagerie of New Yorkers through a day in 1974--the day of Philippe Petit's death-defying tightrope walk between the newly built Twin Towers. Books may be ordered thru the library. New members are always welcome.

Make your own Easter Basket Friday March 27 at 11:30. Linda Eisenberger will show us how to create an easy, decorative Easter basket. All supplies will be provided. Space is limited, RSVP by March 20.

Nutrition Class Hanafords of Nashua is offering a FREE nutrition class at their store. Let us know if you are interested and we will line something up for April.

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, paper goods 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. Food collection boxes will be placed in the library, church and post office. Donations would be appreciated they just need to be non-expired. A volunteer will pick them up on Tuesdays. Thanks for your support.

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 **March 25**

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 **March 25 from 11 – noon.**

**** Buckets of Sand** Winter is in full swing and we know what that means, snow and ice. The Highway Dept. has again offered to deliver buckets of sand to your home for you to use on slippery places. Contact Anne Fenochetti if you would like a delivery.

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 Fenochetti 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 at 1-800-892-0890.

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 Department A volunteer from the Dunstable Fire Dept. 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. Information will be available at our Wed. lunches if you have any questions.

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 1-800-698-3307. 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. 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

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.

Invisawear, the smart jewelry that could save your life. This discreet device can send an immediate SOS to 5 emergency contacts with your GPS location. Free and optional contact 911 feature is also available and has no monthly fees. One of our seniors gave us info on this product. You also may like it. Go to www.invisawear.com for more info.

We now have the application for RMV Handicap placards

***** Mass Registry of Motor Vehicles** Beginning Oct. 2020 you will need to change to a REAL ID which will be needed to enter a federal building and fly within the United States. Visit www.mass.gov/ID to simplify your next driver's license renewal. There you will learn the requirements and the easy steps to begin your application and know what the necessary documents are that you will need to bring.

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 To Jon Crandall, broker partner for Laer Realty, for sponsoring our March Birthday Party. Jean Haight for the delicious cookies

WISH LIST small or large size paper plates & cups, paper towels.

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

The following could always use a card:

Arlene Silk	Jean Cash	Gloria Goss
D' Youville Senior Care Center	504 High St	Brookdale Senior Living
981 Varnum Ave Lowell 0145	Dunstable, MA	4 Technology Dr. N. Chelmsford 01863

Dot Farry
12 Upton St
Dunstable, Ma

