



Lowell Senior Center HERITAGE

APRIL 2013

~ THE OFFICIAL PUBLICATION OF THE LOWELL COUNCIL ON AGING ~

DIRECTORS MESSAGE

Welcome Spring! It seems that the last several weeks of winter brought more snow than we saw all winter! Now it is finally time to enjoy the blooming of tulips, the chirping of birds and the sound of children playing outdoors.

April 20th is Volunteer Recognition Day. This day honors the legions of volun-

teers who dedicate themselves to causes and helping others. Volunteers make small and large differences in the lives of millions of people all over the world. Here at the senior center volunteers make a difference every day. The volunteers make a huge impact on programs

and public service. Volunteers assist us in the daily routines of the senior center programs and activities. They make a huge impact and are

greatly appreciated by all involved. Most volunteers don't ask for recognition. They just want to help and "give back" where and when they can. It is vital and essential that people get involved. There are so many groups and causes that need volunteer efforts. The needs are so broad and urgent, that everyone can find someplace to volunteer and make a difference. Celebrate National Volunteer Day on April 20th by thanking a volunteer for their work and time. Volunteer activities can be very rewarding not only to the organization but to the volunteer. Volunteering is energizing and rewarding. *The Lowell Senior Center would like to sincerely thank all of the volunteers that make it possible for the senior center to operate efficiently and for helping in so many ways. We could not do it without all of you. You are all so important in various ways and all special in your own way. Thank you all from the bottom of our hearts.*

The history of the Fair Housing act. On April 11, 1968, President Lyndon Johnson signed the Civil Rights Act of 1968, which was meant as a follow up to the Civil Rights Act of 1964. The 1968 act expanded on previous acts and prohibited discrimination concerning the sale, rental, and financing of housing based on race, religion, national origin, sex (and as amended)

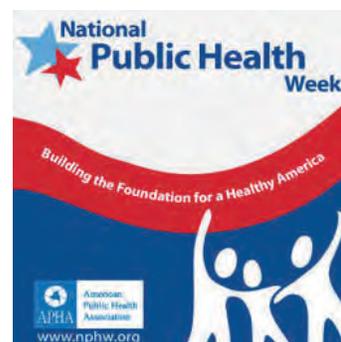


EQUAL HOUSING OPPORTUNITY

handicap and family status. Title VIII of the Act is also known as the Fair Housing Act is

known as the Fair Housing Act (of 1968). *Come educate yourself on Thursday, April 4th at 10:30 am and learn more about this act, which will include informative information on persons with disabilities. Speaker, Ann Seligsohn from the Fair Housing Center of Greater Boston will be on site. We hope to see you here on April 4th at 10:30 am.*

National Public Health (NPHW) Week is during the first full week of April. This week was first recognized in 1995. Communities across



the United States have observed NPHW as a time to recognize the contributions of public health

and highlight issues that are important to (continue on pg 5)

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January 2013

BERNARD F. LYNCH
CITY MANAGER

MICHELLE RAMALHO
EXECUTIVE DIRECTOR

City Council**Mayor**

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Vice Mayor

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**FRIENDS OF THE COA
CENTER, INC.
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Arthur Toupin

SENIOR CENTER SERVICES

Main Number: 978-674-1172

Administrative Offices: 978-674-1177

Fax: 978-970-4134

These are the new numbers for LCOA

Executive Director

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mramalho@lowellma.gov

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dlrabidoux@lowellma.gov

**SHINE (Serving Health
Insurance Needs for Elders)**

Joan Gong 978-674-1172
Call for an appointment

Thursdays ONLY- 10 AM to 1 PM

Legal Services Assistance & Referrals
978-458-1465

To make a Wednesday appointment, call
Tara at 978-674-1172

Pollard Library 978-674-8634
COA Library Annex 978-970-4186

**COUNCIL ON AGING
BOARD OF DIRECTORS**

Joan Bedford

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Joyce Dastou

Andrew Hostetler

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Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

Next Meeting: 04/18/13 @ 9:00am

**Desktop Publisher, Graphic
Designer and Newsletter
Editor**

Raymond L. Mireault
rmireault@lowellma.gov

Hours of Operation:

Monday through Friday

6:00 am to 4:00 pm

Lunch served at 11:30 am

Saturday and Sunday

Coffee & Pastries and Lunch ONLY
OPEN 7:00 am until NOON

Free Transportation to Center

7 days a week EXCEPT holidays.
Call before 9:00 am for a free ride to
and from the center. The bus leaves
after lunch to bring you home.

Friends of the Lowell Council on Aging
Office hours vary — Call for appointment

City of Lowell Veterans Services

Director / Agent

Eric Lamarche 978-674-1595
ELamarche@lowellma.gov

Office Hours: 8:00 A.M. - 4:00 PM. — Monday - Friday
2nd Floor of the Senior Center in the administrative office area

Head Clerk

Carmen Felix 978-674-1596
CFelix@lowellma.gov

LCOA Trips & Adventures

Roger's Bus Event Trips Departs from LCOA; \$25 Deposit Required and passenger must be over 60.
Motor Coach Day Trips -Departs from Ayotte Garage-
 40 passengers minimum for Casinos
All Trips must be paid in full one month prior to travel date. LCOA policy: no refund of trips payment

April 16, Tuesday Newport Playhouse Presents: "Spreading It Around" This light-hearted comedy finds Angela Drayton, a wealthy widow in a retirement community. Tired of handling out money to her unappreciative children, she starts the S.I.N. (Spending It Now) Foundation, to give to those truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. Mama will have none of that!! Buffet included Cost \$60.00 **Roger's Bus**

April 17-26, 2013 Irish Spirit 9 Day Tour - Day 1: Over night flight from Boston to Dublin Day 2: Dublin Tour & Trinity College, Day 3: Farm Visit & Waterford Crystal, Day 4: Titanic Experience & Blarney Castle, Day 5- Ring of Kerry & Skellig Experience, Day 6: Cliffs of Moher & Galway Bay, Day 7- Connemara's Beauty, Day 8: Kilbeggan Distillery & Irish Evening, Day 9: Dublin, Day 10: Back home from Dublin. Cost Land \$1359.00 pp dbl. Single \$1799.00. Plus Air \$865.00 All information on flyers @ LCOA. A passport is required. **Ayotte Garage**

April 18-21 Washington DC Cost \$469.00pp, Triple \$459.00 Single \$549.00 Three nights four days First night @ the Embassy Suites all included see flyer LCOA.

April 22, Monday Aqua Turf Judy Garland Memories Featuring Outstanding Cuisine & Great Entertainment Meal choice: Sliced Roast Beef or Chicken Marsala. The Aqua Turf has a coffee & social before lunch. Each person will also receive a ticket for a glass of wine or beer. Cost \$55.00 **Roger's Bus**

May 9, Thursday- Southwick's Zoo Discover over a hundred species of animals from around the world. Situated in the tranquil and beautiful countryside of the extraordinary Blackstone River Valley, nestled under the shade of tall oak trees on over 200 acres, The Zoo is home to 100's of animals like chimpanzees, lions, tigers, giraffes, mandrill monkeys and many endangered species including the white rhino. Popular venues include: the Woodland Train Ride is also included. A real fun day!!!! For more info see Kathy. **Roger's Bus** Cost \$17.00 Departs @ 8:30am (\$5 payable to Tara, \$12 entrance fee)

May 14, Tuesday Rocky Mountain High a John Denver Tribute by Ted Vigil We begin our day at Mohegan Sun where each traveler will receive a \$30.00 Casino Gaming Package: include free bets and one food credit. Price \$80.00 pp. Departure TBA

May 15 – 19 Five Day Colonial Williamsburg by train Tour includes: round trip train transportation Boston to Williamsburg, 4 nights @Comfort Inn Historic District

4 breakfasts, 4 dinners, 3 day Williamsburg Jamestown pass with transportation, all sightseeing per itinerary, services of a professional tour guide, baggage handling (1baag per person), all taxes & gratuities except to tour guide & driver. Cost \$799.00pp dbl., triple \$789.00pp, Single \$999.00.

May 18, Foxwoods Saturday Night Special Departs George Ayotte Garage@ 2pm to midnight Includes buffet or \$10.00 food voucher & \$10.00 Keno Cost \$27.00

May 19-21 Atlantic City 2 nights at Resorts, \$25.00pp Casino Slot Bonus, Casino Show, 2 Buffet Dinners Cost \$194.00pp dbl. We will be going with another Senior Center.

June 5 -10, Nashville Country Music Festival – Cost \$1299 pp dbl., \$1259.00 Triple, Single \$1499.00 for more information you can get flyers at LCOA. **Coach-Ayotte garage**

June 10, Monday Newport Playhouse Presents: **Murder Mystery Theatre!** "The Altos" Not to be confused with the Sopranos. They kind of act like them and look like them, but they are just not as "high" as the Sopranos. It all takes place in our Dining room right after dinner. Buffet included. Cost \$55.00 **Roger's Bus**

June 11, Tuesday The Drifters @ Danversport Yacht Club in Danvers, MA The hit included "Under the Boardwalk", "Save the last dance for me", "Up on the Roof", "On Broadway", "This Magic Moment", "There goes my baby", and many more. Meal choice: Boneless Breast of Chicken or Fresh Baked Scrod – also includes soft cheese & crackers, tossed garden salad, roll, Bread, Veggies, Mashed Potato, Desert & Coffee. Cost \$60.00 **Roger's Bus**

June 28, Friday - Pilgrim Getaway Fox Tours Departs @ 8:30am to Plymouth, MA where the Pilgrims landed in 1620 and established New England's first English colony. On arrival you will take a narrated 75 minute sight-seeing Harbor Cruise on the Pilgrim Belle, a true paddle wheeler with no propeller propulsion. After returning to the mainland, you'll enjoy a full course luncheon at Plymouth's excellent Hearth & Kettle Restaurant at the John Carver Inn. Meal choice includes Broiled Cape Scrod, Plymouth's best Fish & Chips or Cranberry Chicken. After lunch you will continue sightseeing with a visit to Plymouth Rock. Return time 5:30 Cost \$55.00 **George Ayotte Garage**

July 9, Tuesday Casco Bay & Bailey Island Cruise Departs @ 7:30 am on your luxury Silver Fox Coach. Arriving in Portland, you will board your ferry for a two hour narrated cruise of Casco Bay, its many islands and the beautiful Maine coast. Your destination today is Bailey Island, where you will have a delicious luncheon at the famous Cook's Lobster House (see menu on flyer) which overlooks a spectacular view of Casco Bay and the world's only Cribstone Bridge. Later you will visit Freeport, Maine, with time to shop the many and varied outlets. You will return home approximately 6:30 pm. Cost \$80.00 Pick up @ the **George Ayotte Garage**

July 14 & 15 Gambling Getaway: Includes **Motorcoach** Transportation, 4 Meals, (2 Lunches, 1 Dinner, 1 Supreme Continental Breakfast), Lodging at the Comfort Inn in Mystic, CT, Evening dinner included @ the Hilton Hotel, Special BoT Exclusive Show, 1 Day @ Mohegan Sun Casino w/gaming pkg., 1 Day @ Foxwoods Casino w/gaming pkg., Tour Director & Luggage and Handling fees & taxes. Price does not included gratuity for Motorcoach. Cost \$169.00 pp double, Triple \$164.00, Single \$199.00 Pick up @ **George Ayotte Garage**

July 15, Monday, Newport Playhouse Presents: "Hallelujah Girls" Hilarity Abounds when the Feisty Females of Eden Falls, Georgia, decided to shake up their lives. The action in the rollicking Southern comedy takes place in SPA-DEE_DAH!! The abandoned church they're -turned-day-spa where this group of friends gathers ever Friday afternoon, After the loss of a dear friends, the women realize time is precious, and if going to change their lives and achieve their dreams, they have to get on it now!! Lobsterfest Buffet Cost \$55.00 **Roger's Bus**

Roger's \$5.00 Trips (MUST be 60 or older)

Bus leaves @ 9:15 am from the Senior Center. If you arrive prior to 8:00AM on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8:00AM and remove it from the door, she will give you your number and distributed them in the order you signed-in at your arrival. **All first day ticket sales on 2nd floor in the Library at 9:30 until 10:30AM — After 10:30AM see the receptionist. SCHEDULE IS SUBJECT TO CHANGE. INCLEMENT WEATHER: IF LOWELL PUBLIC SCHOOLS ARE CLOSED, THE TRIP IS CANCELLED . Bus is Handicapped Accessible.**

April tickets on sale for Mar 29th

April 2, Tuesday - Stellios Restaurant & Billerica Mall
 April 4, Thursday - Hill Top & Christmas Tree
 April 9, Tuesday – Hungry Traveler & Tom's Discount
 April 12, Friday – Big K-Mart & 99 Restaurant
 April 18, Thursday– Faneuil Hall & Quincy Mkt
 April 23, Tuesday– NH Merrimac Outlets

May tickets on sale for Apr 30th

May 3, Friday- Quincy Market
 May 6, Monday – Hill Top & Christmas Tree Shop
 May 9, Thursday – Southwick Zoo Cost \$12.00 includes train ride and see Tara for bus ticket (\$5)
 May 14, Tuesday - Super Wal-Mart Amherst
 May 16, Thursday - Grassfields Restaurant & Shoppin
 May 20, Monday – Markey's & Tom's Discount
 May 28, Tuesday – Wrentham Outlets

Limit (4) four tickets per person ... per trip!

NO employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member. If you arrive prior to 8 AM on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 AM and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

(cont. from front pg) improving our city and our nation. Each year National Public Health Week focuses its efforts on a different theme, and this year's theme is "**Public Health is (Return on Investment) ROI: Save Lives, Save Money**". The 2013 NPHW theme was developed to highlight the value of prevention and the importance of well-supported public health systems in preventing disease, saving lives and curbing health care spending. *The City of Lowell has a great, hardworking and very helpful Public Health department that does so much for the city. Please come to the senior center on April 10th @ 11AM to meet the staff members from the City of Lowell Health Department. They will be speaking on opioids, kids can't fly, Tdap, TB, sharps and medical disposal. The senior center would like to thank the City of Lowell Health departments staff for their continued support.*

Don't forget that the Lowell Senior Center has partnered with the Merrimack Valley Hospice counselor, Enid on Fridays at 12:30 pm in the second floor of the senior center in the Nurses Station. *The senior center would like to thank Enid and Merrimack Valley Hospice for offering this very helpful social support group.*

National Library Day is held on April 16th. This day celebrates and honors librarians. They are among the most knowledgeable people you know. When you visit your cavernous library in search of a particular book, or a specific research topic, they always quickly point you in the right direction. Experts of the Dewey Decimal System, your Librarian aids and assists you in identifying and retrieving a myriad of books, periodicals, and reference material. Librarians hold a wreath of knowledge in

their heads. Got a subject you are researching? Chances are the Librarian will point you right to the book you need. Celebrate the day by sending a card to your local librarian. Visit the Library today, and make certain to say hello and "Thank you" to all of the librarians. *The senior center is very fortunate to have the Pollard Memorial Library annex and computer lab located inside our facility. We would like to thank the Director, Victoria Woodley, Pam Colt, and Susan Fougstedt and the many other staff and volunteers for providing the senior center with books, videos, public computers, and complimentary computer classes.*

Volunteers from the *Aleppo Shriners Children's Hospital* has placed a jar at the front desk in the downstairs lobby for the collection of pull-tabs from the top of soda cans. Funds raised from this project benefit the *Children's transportation fund*.

This small aluminum pull-tab is a valuable tool for helping raise funds for the many children at Shriners Hospital that are in need of help. If you are able to assist with this wonderful cause, simply save your soda top pull-tabs and bring them to the senior center during your next visit. We would like to thank the many individuals who have been dropping them off. The abundance of pull-tabs donated has been remarkable. Thank you.

The City of Lowell Animal Control Office and Animal Control Officer, Darlene is holding a rabies clinic/spree day for the City. It is going to be on Saturday April 27th from 10am - 2pm @ Butler School.

There is going to be a vet to do rabies vaccinations, another vet for micro-chipping, a table so people can license their dogs and lots vendor tables from different animal or-

ganizations and rescue leagues such as MSPCA, Animal rescue league of Boston, ferret rescue, rabbit rescue, Lowell Humane, SMART, Cat mobile, K9 demo, an exotic pet demo, a DJ and more. If you have a four legged friend, this may be a great event for you to attend. *The City of Lowell Animal Control Officer Darlene will be on site Monday, April 8th at 11 am to answer any questions or concerns you may have regarding this event and the care of your four legged friend.*

The Lowell Senior Center would like to thank Rita Neal for her thirteen years of service (2000-2013) in offering the Exercise for Health program. There have been hundreds of seniors throughout the years that have benefited from this class and enjoyed it immensely. The COA are going to miss her smiling face and amazing energy. Rita is taking a vacation from her position as Aerobic Instructor. She will be greatly missed. We will see her at future classes. The Thursday class will still be offered and instructed by Marion. **Please see inside this newsletter for a preliminary report of the SENIOR COUNT survey findings.** The Senior Center would like to thank Professor Andrew Hostetler and the hard working volunteers that made this program such a success.

Happy ten year anniversary to the Lowell Senior Center facility (276 Broadway Street location), April 2, 2013. The years just flew by. We hope you are continuing to enjoy the many rooms and space for programming that we have available and hope you enjoy the next decade here at the Lowell Senior Center.

Happy Patriots Day (April 15th). The senior center will be closed on this day. Have a safe, happy and healthy month!

Sincerely, Michelle Ramalho

Volunteer Nurse's Schedule

for Blood Pressure &
Weight

Lowell Visiting Nurse Association

2nd Tuesday at 8:00 to 10:00 am

3rd Tuesday at 10:00 am to 12:30 pm

Albert Gauthier RN/ Blood Pressure
9:30-11:30 (most Wednesdays)

Commonwealth Nursing

1st & 4th Tuesday from 10 am to 12 pm

Affordable Hearing, LLC

Christopher Streeter

Hearing Testing, Hearing Instrument Testing. 2nd
Thursday of each Month @ 9-11am.. In the Nurses Sta-
tion -Please call front desk for appt. 978-674-1172



(Special Preview Night for due-paying Friends: Wednes-
day, May 15, 4pm - 8p

Mi WHEN: Thursday, May 16, Noon - 8pm Friday, May
17, 9am - 3pm and

Saturday, May 18, 9am - 3pm --- Donate your unwanted
books!

Please drop off your donations from 9:00 am - 1:00 pm
on the following Saturdays:

March 30 and April 20, or email Kerry Craven at
friends@pollardml.org to arrange
a drop-off

We will accept the following in good condition:

- hardcover and paperback books for all age groups •
- audiobooks on cassettes and
- CD's • music CD's and DVD's

We cannot accept magazines or any items that are tat-
tered, musty, or mildewed.

Come join us on Monday April 22, 2012 at 10:30

**We are lucky to be able to bring to the Lowell Senior
Center A.C.N** who is the world's largest direct provider

of telecommunications, energy, and other essentials ser-
vice that we use everyday.

Come and see if we will be able to save you money on
bills you are already paying and keep more money in
your own pocket. (Please be sure to bring your bills with
you.)

The founder's commitment to integrity insures the com-
pany and its independent business owners adhere to the
highest ethical standards.

We offer:

Digital Phone Service, Local and Long Distance Phones
Service, Internet, Cell Phones, Television, Home Securi-
ty and Electric.

We look forward to meeting you,

Ellie Silva and Bill Rowe

Widow/Widower's Support Group

Please join us on Friday afternoons for this bereavement
support group which has been specially designed for
those who have experienced the loss of a spouse or sig-
nificant other.

This group will offer participants opportunities to:
meet other men and women who have lost a spouse or
significant other

understand the uniqueness of grief

learn that grief is a process one must go through

develop ways to take care of yourself both emotionally
and physically

**This group will meet weekly on Fridays from 12:30 –
2:00 pm at the Lowell Senior Center.** Please call Enid
Blanchard, Bereavement Counselor at Merrimack Valley
Hospice at 978-552-4128 for more information or to reg-
ister

The Friends' Annual Book Sale This year we're back at the Pollard!

WHERE: Meeting Room of the Pollard Memorial Li-
brary, 401 Merrimack St

5. FCOA volunteer Bingo Caller Roland Thibeault and
Bingo players at Kids Bingo.
6. LPD Safety Officer Paul Corcoran receiving an appreci-
ation plaque from COA Director Michelle Ramalho &
FCOA BOD Lenny Gendron.
7. Middlesex County Sheriff Peter J. Koutoujian speaking
at the Annual White Ribbon event (men standing against
the DV of women) held on March 7th.
8. City Manager Bernard F. Lynch welcoming speakers of
the Annual White Ribbon event in the lobby of City Hall.
9. UMASS Lowell (L to R) undergraduate student Corey
Dumais and doctoral/graduate student Scott Walfield.
10. Pictured from (L to R) are Representative Kevin Murphy
and LPD Captain William Taylor after signing the
"Pledge sheet against the DV of women". Rep. Kevin
Murphy was also a speaker along with Rep. Thomas
Golden Jr. & Rep. David Nangle.

Photos Continued from page 15

LOWELL SENIOR CENTER
TAI CHI

TAI CHI CAN HELP WITH:

- * ARTHRITIS
- * STRENGTHENING THE IMMUNE SYSTEM
- * HIGH BLOOD PRESSURE
- * OSTEOPOROSIS
- * ACCUPRESSURE POINTS ALSO TAUGHT FOR HEADACHES, STRESS, UPSET STOMACH AND MORE...

LOWELL SENIOR CENTER
LOWELL, MASSACHUSETTS

*Tuesdays & Fridays
10AM to 11AM
Call for more info*

Lowell Senior Center
Join with Our
Quilting Lessons

We Meet Every
Wednesday
From 12:30 til 3:00
In the Classroom

Lowell Council on Aging
Video Lanes

**BE ACTIVE
BE EXERCISING
BE ENERGENIC
BE FUN
GO BOWLING**

Wii
Bowling League
Happens every
Tues & Fri @ 11:30 in
the Lowell Senior Center
Board Room

JOE & ALBERT
WILL SHOW YOU
HOW EASY IT IS
AND IT'S FREE

New Challenges
National Crime Victims'
Rights Week

New Solutions
April 21-27
2013

CANDLELIGHT VIGIL
APRIL 22ND 5-9 PM ~ LOWELL SENIOR CENTER

INFORMATION BOOTHS

ALTERNATIVE HOUSE
CENTER FOR HOPE & HEALING
COMMUNITY VOICES
GARDEN OF PEACE
LOWELL COMMUNITY HEALTH CENTER
LOWELL POLICE DEPARTMENT
MA OFFICE FOR VICTIMS ASSISTANCE
M.V. CHAPTER OF POMC
MIDDLESEX DISTRICT ATTORNEY'S OFFICE
MIDDLESEX SHERIFF'S OFFICE
VICTIM COMPENSATION

IN PARTNERSHIP

CITY OF LOWELL
DISTRICT ATTORNEY'S OFFICE
MIDDLESEX SHERIFF'S OFFICE
MERRIMACK VALLEY CHAPTER OF POMC
ARNIE MUSCOVITZ
978-452-5858
AMUSCOVITZ@COMCAST.NET

INFORMATIONAL BOOTHS (5-7PM)
CANDLELIGHT WALK TO CITY HALL 7:30PM
(weather permitting)
ESCORTED BY THE MIDDLESEX SHERIFF 'S OFFICE
MOTORCADE, COLOR GUARD

MASTER OF CEREMONIES
MAYOR PATRICK O. MURPHY

SPEAKERS
Senator Eileen M. Donoghue
State Representative Kevin Murphy
Attorney General 's Office, Lisa Solecki
Middlesex Sheriff, Peter Koutoujian
Police Chief, Ken Lavallee
Melissa Bill, Les Gosule

Presenting:
Lowell High School Show Choir
& Paul Belley on the saxophone



Notice of Open Enrollment Period:
April 10—May 8, 2013
Benefits changes allowed thru May 8th.
Open enrollment is a once a year period when you can sign up for health, dental and life insurance coverage if you need to add a spouse or dependent to your plan or change plans.
For more information call
City of Lowell Human Relations Office.....978-674-4105



**COME & JOIN
THE KNITTING
GROUP EVERY
TUESDAY @
12 - 3PM AND
HAVE FUN!!!**

Knitting in the Future?



Please join us at our Veterans' Breakfast and enjoy a seminar on April 12 th @ 9AM

Mark Wasnock will talk about Department of Defense Health care, the deck plate terminology is known as TRICARE.

TRICARE is the health care program for approximately 9.6 million active duty service members, National Guard and Reserve members, retirees, their families, survivors and certain former spouses worldwide. As a major component of the Military Health System, TRICARE combines the health care resources of the uniformed services with networks of civilian health care professionals, institutions, pharmacies and suppliers to

provide access to high-quality health care services while maintaining the capability to support military operations.

Mark Wasnock, SCPO, USN(Ret.)

US Family Health Field Representative

Patriot's Day is celebrated on the third Monday in April. It commemorates the Battle of Lexington and Concord in Massachusetts. The Revolutionary War began there on April 19, 1775 and ended in Yorktown on October 19, 1781 when Cornwallis surrendered to George Washington. A formal treaty ending the war was not signed until 1783.



On the evening of April 18, 1775

General Thomas Gage, the British Commander in Chief of the Massachusetts Bay Colony was ordered to bring the colonies under control. He ordered Lt. Col. Francis Smith to destroy Colonist's war supplies held in Concord. Smith was also instructed to take Samuel Adams and John Hancock into British custody. Smith's orders were to be carried out in secret. However, Joseph Warren, a doctor, learned of the plans and sent William Dawes and Paul Revere to warn the Patriots.

The Future of Medicare: 15 Proposals You Should Know About

7. Increase Supplemental Plan Costs and Reduce Coverage

Even with Medicare coverage, seniors are often left with significant health care costs, so many people purchase supplemental private insurance coverage (such as Medigap plans) to reduce their out-of-pocket expenses. One proposal would charge more for certain types of supplemental plans, such as those that cover all costs so seniors incur no out-of-pocket expenses themselves. Other proposals would limit what Medigap supplemental insurance plans will cover. For instance, they could prevent Medigap from covering the first \$500 of a Medicare beneficiary's out-of-pocket costs, and only cover 50 percent of the remaining charges. Some proposals may also include a cap to limit overall out-of-pocket expenses.

PRO: Current Medigap plans are complicated. They cover some routine costs most Medicare beneficiaries could pay themselves, and they raise the cost of Medi-

care itself by increasing the use of Medicare-covered services while only paying part of the cost of this service use. Taxpayers pay the rest. Medigap plans should be changed to improve the coverage for serious illnesses and cover fewer small expenses. That change would lower Medigap premiums and Medicare costs, and improve the insurance protection Medicare beneficiaries need. (*Henry J. Aaron, Brookings Institution*)

CON: It would be unwise to increase the premium amounts for Medicare supplemental insurance, such as Medigap, or to decrease the amount of coverage available to enrollees under these policies. There is no evidence that these reforms would deter the use of unnecessary health care services. Rather, these Medigap proposals would simply raise costs for Medicare beneficiaries and have an unfair effect on lower-income Medicare enrollees and those in poor health. (*Avalere Health*)

This article will continue on May Issue. More info is available on the following 1-866-448-3621

Your computer users can also access www.aarp.org/ma for information specific to AARP in Massachusetts.

News To Live By



Aging Matters: Volunteering is good for the community, good for you

Retired individuals may find great pleasure in spending their free time volunteering for an organization that interests them. Volunteers are necessary for most operations to run smoothly, and are welcomed in almost every area of interest. In addition, studies show that older people who volunteer are both physically and mentally healthier than those who do not engage in the community. These flexible positions may also lead to greater knowledge, social involvement, and monetary discounts. "If we can help ourselves at the same time we help others, well – for what better pay could we ask?" says Phyllis Spade, an 87-year-old volunteer in Kansas. *The Wichita Eagle*

that as they age, they would either maintain or improve their current successful and enjoyable lifestyles. This represents the pleasure and optimism that is now associated with getting older. Scientists equate these beliefs to the stress that is relieved once adults retire from their jobs and are no longer raising kids. Another contributor to healthy lifestyles is the practice of meditation and prayer. *The Bay Citizen*

(Dahn-Yoga has a complimentary breathing and meditation on the 1st Tuesday of each month @ 11Am)



Healthy aging begins with a dose of optimism

A survey by USA Today, United Healthcare, and the National Council on Aging found that older people today are finding it easier to manage stress levels and handle health conditions on their own. More than 80 percent of adults over 60 agreed with the statement, "I have a strong sense of purpose and passion about my life and future." In addition, a majority of respondents believed

Panic attacks, anxiety, controlling your thoughts through activities?

Learn little known Facts of panic and Of anxiety issues

Fridays 2:00 PM to 3:30PM

Come in have Fun
Tuesdays 9am to 11:30
Instructor: Charlotte

DOMINOES

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IT'S FUN TO DO & EXCITING
TUESDAYS NOON
WITH INSTRUCTOR MARCELLA GROULX

Hawaiian Hulu Dance Lessons

Good for Joints & FUN
Mondays @ 10am
with Kim Stevens

CTI Bone Builders Class

Join Us Call Tara
978-674-1172

Answers for puzzle on pg14

ME	A	S	P	E	W	J	O	D	Y			
I	A	M	T	A	T	E	O	D	I	E		
N	U	I	S	A	N	C	E	I	D	E		
		R	R	S		K	E	N				
	C	H	I	C		E	A	S	I	L	Y	
L	O	A		H	A	U	A	N	T	F	O	
A	P	T		I	N	D		N	O	G		
R	E	C		T	R	E	S	S	O	N	A	
A	D	H	E	R	E		P	E	T	S		
		D	A	D		O	L	E				
B	L	D	G		A	P	P	A	R	E	N	T
R	O	D	E		L	E	E	S		S	H	E
O	W	E	D		E	A	C	H		T	L	C

ERROL FLYNN & RONALD REAGAN
SANTA FE TRAIL

APR 1st @ 1PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. 6:30—Coffee & Pastries— Free 8:30-9:30-CTI Bone BuildersA 9:00-Getting Fit w/Marian Silk \$2 10:00-Hawaiian Hula Dance -free 11:30-Lunch (see menu) \$2 Noon-3:45-Bid Whist Cards— 1:00-Choral Group Rehearsal 1:00-Movie -Santa Fe Trail 1:45-2:45-CTI Bone BuildersB</p>	<p>2. 6:30-Coffee & Pastries— Free 9-11:30—Dominos 10:00-12:00-Commonwealth bps 10-12- Country Line Dancing\$5 10-12-Lowell Police Drop-In HAPPY 10 YR. ANNIVERSARY-NEW SENIOR CENTER 10-11-Tai Chi \$3 11:30-Lunch (see menu) \$2 11:00-Breathing & Meditation free class w/ Dahn Yoga 11:45-Wii Games Board Rm Free Noon-Cribbage — Free 12-3-Knitting & Crochet—</p>	<p>3. 6:30-Coffee & Pastries— Free 7:30-11:30-Ask a Nurse-Amanda 8:30-9:25-Getting Fit w/Marian Silk \$2 8:30-9:30-CTI Bone Builders A 9:30-11:30Albert Gauthier, RNBP-Blood Pressures 10-11-Yoga for Seniors \$5 11:30-Lunch (see menu) \$2 1-3-Bingo 1:30-3:30-Quilting Lessons 8 weeks for \$50/\$8— walk in</p>	<p>4. 6:30-Coffee & Pastries 9-10-Exercise for Health \$2 10-1-SHINE counselor (please call for appointment)— Free 10:00-AA Info meeting— Free 10:30— Fair housing Act Seminar-Fair Housing Center of Greater Boston 11:30-Lunch (see menu) \$2 12-3:45-45's & Whist Cards Free 1:45-2:45-CTI Bone Builders B</p>	<p>5. 6:30—Coffee & Pastries — Free 8-10—Podiatry -\$20 9:30-11:30— Computer Classes/Call Amy for appt. 10-11—Tai Chi \$3 10-RN Amanda-Health class 11:30-3:45— Poker — Free 11:30—Lunch (see menu) 11:45-1—Wii Games 12:30-Widow/Widowers Bereavement 1-3—Senior Social \$1.00 Dancing & music: Chet Harden w/Chicken Pattie Sandwiches 2:00-3:30—Anxiety support— Free</p>
<p>8. 6:30—Coffee & Pastries 8:30-9:30-CTI Bone BuildersA 9:00-COA Board Mtg 9:00-Getting Fit w/Marian Silk \$2 10:00-Craft class w/ Carol Lannan-scarves, wreaths 10:00-Hawaiian Hula -free 11-City of Lowell Animal Control Officer-speaker 11:30-Lunch (see menu) \$2 Noon-3:45-Bid Whist Cards— 1:00-Choral Group Rehearsal 1:45-2:45-CTI Bone BuildersB</p>	<p>9. 6:30-Coffee & Pastries— Free 8:00— CTI Mandatory Mtg 8-10:00—LVNA Blood Pressure 9-11:30—Dominos 10-12— NO Country Line Dancing\$5 10-12-Lowell Police Drop-In 10:00— Diabetic Shoes-Library 10-11-Tai Chi \$3 11:30-Lunch (see menu) \$2 11:45-Wii Games Board Rm Free Noon-Cribbage — Free 12-3-Knitting & Crochet— 1-3-Picture ID's \$3</p>	<p>10. 6:30-Coffee & Pastries— Free 7:30-11:30-Ask a NurseAmanda 8:30-9:25-Getting Fit w/Marian Silk \$2 8:30-9:30-CTI Bone Builders A 9:30-11:30Albert Gauthier, RNBP-Blood Pressures 10:00— City of Lowell Health Dept. staff-speakers-Q&A 10-11-Yoga for Seniors \$5 11:30-Lunch (see menu) \$2 1-3-Bingo 1:30-3:30-Quilting Lessons 8 weeks for \$50/\$8— walk in</p>	<p>11. 6:30-Coffee & Pastries 9-10-Exercise for Health \$2 9-11-Hearing Aid Maintenance, equipment test & hearing test 10-1-SHINE counselor (please call for appointment)— Free 10:00-AA Info meeting— Free 11:30-Lunch (see menu) \$2 12-3:45-45's & Whist Cards Free 1:45-2:45-CTI Bone Builders B</p>	<p>12. 6:30-Coffee & Pastries— Free 9:30-11:3- Computer Classes-free 9:00-Vets Breakfast-speaker on Tri-care insurance Vet's-free 10-RN Amanda -Health class 10-11-Tai Chi \$3 11:30-3:45-Poker — Free 11:30-Lunch (see menu) 11:45-1—Wii Games 12:30-Widow/Widowers Bereavement 1-3-Senior Social \$1.00 Dancing & Music: CD's w/ Frank Desrisseaux, Pizza 2:00-3:30-Anxiety support — Free</p>
<p>15. PATRIOTS DAY Senior center closed</p>	<p>16. 6:30-Coffee & Pastries— Free 8-10-LVNA Blood Pressure 9-11:30-Dominos — Free 10-12:30—LVNA Blood Pressure 10-12-Police Drop-In — Free 10-12-Country Line dance 10-11—Tai Chi \$3 11:30—Lunch (see menu) \$2 11:45-1—Wii Tourney— Free Noon—Cribbage— Free Noon-3—Knitting & Crochet Free 1:00— KIDS MOVIE-HUGO 1-3—Picture IDs \$3</p>	<p>17. 6:30—Coffee & Pastries— Free 7:30-11:30-Ask a Nurse-Amanda 8:30-9:25-Getting Fit w/Marian Silk \$2 8:30-9:30-CTI Bone Builders A— 9:30-11:30Albert Gauthier, RNBP-Blood Pressure's 10-11—Yoga for Seniors \$5 11:30—Lunch (see menu) \$2 1-3—Bingo 1:30-3:30—Quilting Lessons 8 weeks for \$50/\$8— walk in</p>	<p>18. 6:30-Coffee & Pastries— Free 9-10-Exercise for Health \$2 10-1-SHINE counselor (please call for appointment)— Free 10:00-AA Info meeting— Free 10:15— Diabetes Discussion w/Novonordisk 10:30—"Annie" play-Home away from home participants 11:30-Lunch (see menu) \$2 12-3:45—45's & Whist Cards 1:45-2:45-CTI Bone BuildersB</p>	<p>19. 6:30-Coffee & Pastries— Free 9:30-11:30— Computer Classes 10-11—Tai Chi \$3 11:30-3:45— Poker 11:45-1—Wii Games 10-3-Senior Dinner Dance Dancing & music w// Jon Mansfield. Ham Dinner- \$7.00 12:30-Widow/Widowers Bereavement 2:00-3:30—Anxiety support: — Free Steve Coupe</p>

<p>22. 6:30—Coffee & Pastries—Free 8:30-9:30-CTI Bone BuildersA 9:00Getting Fit w/Marian Silk \$2- 10:00-Holistic Geriatric AtheritisClass\$5 10:00-Hawaiian Hula Dance-free 10:30- ACN Presentation-save on utility bills 11:30-Lunch (see menu) Noon-3:45-Bid Whist Cards— 1:00—Choral Group Rehearsal 1:45-2:45-CTI Bone BuildersB</p>	<p>23. 6:30-Coffee & Pastries—Free 9-11:30-Dominos — Free 10:00-12:00-Commonwealth Nursing 10-12-Police Drop-In — Free 10-12-Country Line \$5.00 10-11—Tai Chi \$3 11:30—Lunch (see menu) \$2 11:45-1—Wii Tourney—Free Noon—Cribbage—Free Noon-3—Knitting & Crochet 12-3-BROWN BAG DAY 1-3—Picture IDs \$3</p>	<p>24. 6:30—Coffee & Pastries—Free 7:30-11:30-Ask a Nurse-Amanda 8:30-9:25-Getting Fit w/Marian Silk \$2 8:30-9:30-CTI Bone Builders A— 9:30-11:30Albert Gauthier, RNBP-Blood Pressure's 10-11—Yoga for Seniors \$5 11:30—Lunch (see menu) \$2 1-3—Bingo 1:30-3:30—Quilting Lessons 8 weeks for \$50/\$8— walk in</p>	<p>25. 6:30—Coffee & Pastries—Free 9-10—Exercise for Health \$2 10-1—SHINE counselor (please call for appointment) 10:00—AA Info meeting—Free 11:30—Lunch (see menu) \$2 12-3:45-45's & Whist Cards Free 1:45-2:45-CTI Bone Builders B</p>	<p>26. 6:30—Coffee & Pastries— Free 9:30-11:30— Computer Classes :9:30—FCOA Board MTG 10-11—Tai Chi \$3 10-RN Amanda health class 11:30—Lunch (see menu) \$2 11:30-3:411:45-1—Wii Games 11:30- Poker— Free 12:30-Widow/Widowers Bereavement 5-1—Wii Games 1-3—Senior Social, Trooper Dan & Pizza from Lowell Lions-\$1 2:00-3:30—Anxiety support:— Free Steve Coupe</p>
<p>29. 6:30—Coffee & Pastries—Free 8:30-9:30-CTI Bone BuildersA 9:00Getting Fit w/Marian Silk \$2- 10:00-Holistic Geriatric AtheritisClass\$5 10:00-Hawaiian Hula Dance-free 11:30-Lunch (see menu) Noon-3:45-Bid Whist Cards— 1:00—Choral Group Rehearsal 1:45-2:45-CTI Bone BuildersB</p>	<p>30. 6:30-Coffee & Pastries— Free 9-11:30-Dominos — Free 10-12-Country Line \$5.00 10-11—Tai Chi \$3 10-12-Police Drop-In — Free 11:30—Lunch (see menu) \$2 11:45-1—Wii Tourney—Free Noon—Cribbage— Free Noon-3—Knitting & Crochet Free 1-3—Picture IDs \$3 Special State Elections Today— There will be no County Line Dance!</p>	<h1 style="color: blue; font-size: 100px; margin: 0;">APRIL</h1>		

RESERVED FOR AD SPACE



Lunch Menu



Lunch is served at 11:30 am. Sugar-Free Jell-O & 1% Milk is available daily.

Lunch Tickets are available daily until 10:30 a. m. Seniors that arrive later must pay cash and will follow ticket holders.

We Accept FOOD STAMPS for Lunch! See Audrey or Doris in the Administrative Area: 2nd floor, first office on right.

Funding for our meal program is made possible by: EOEa, Merrimack Valley Nutrition, & City of Lowell

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1. Veal Patties w/ viti & Marinara Sauce, Green Beans, Rye Bread and Apricots	2. Hamburger & Onions, Potato wedges, Orange Juice, Apples and Hamburger Bun	3. Chicken Dippers w/ BBQ Sauce, Carrots, Multigrain and Pears	4. Pork Pie w/ Gravy Mixed Veggies, Orange Juice and Apricots	5. Potato Crunch Fish, Rice Pilaf, Peas & Carrots, Wheat Bread and Peaches	6. Stuffed Shells, California Blend, Orange Juice and Apples
7. Roast Beef, Potatoes w/ Gravy, Green Beans, Rye Bread, Soup and Apricots	8. Stuffed Cabbage, Waxed Beans, Orange Juice, Rye Bread and Bananas	9. Chicken w/ Gravy, Broccoli, Wheat Bread and Peaches	10. Roast Pork, Sweet Potatoes, Gravy, Peas, Multigrain and Tapioca Pudding	11. Macaroni & Cheese, Zucchini & Stewed Tomatoes, Orange, Wheat Rolls and Apples	12. Salmon w/ White Sauce, Rice, California Blend, Soup and Pears	13. Chicken Pot Pie, Gravy, Vegetables, Wheat Bread and Cake
14. Breaded Chicken, Cranberry Sauce, Potatoes, Peas & Carrots, 7 Grain and Oranges	15. CLOSED Patriots Day	16. Meatballs w/ sweet & sour sauce, Rice, Spinach, Wheat Bread and Grape Juice	17. Chicken Fajitas, Potatoes, Mixed Vegetables, Orange Juice and Rye Bread	18. Hotdogs & beans, Cole Slaw, Rolls, Orange Juice and Peaches	19. Dinner Dance -Ham Dinner	20. Veal Patties w/ sauce, Pasta, Broccoli, Orange Juice and Apricots
21. Stuffed Cabbages, Corn, Rye Bread, Orange Juice and Soup	22. Roast Turkey, Stuffing, Gravy, Potatoes, Peas, Rye Bread and Jell-o	23. Chicken Patties, Gravy, Rice Pilaf, California Blend, Multigrain, OJ and Chocolate Puddin	24. Stuffed Peppers, Corn, Potatoes, Multigrain, Wheat Rolls and Apricots	25. Mild Chili, Baked Potato w/ Sour Cream, Wheat Bread, OJ, Tapioca Pudding	26. Baked Scrod, Rice, Green Beans, Rye Bread and Soup	27. Chicken Cacciatore, Rice, Mixed Vegetables, OJ and Jell-O
28. Swedish Meatballs, Potatoes, Mixed Vegetables, Multigrain, Soup and Chocolate Pudd	29. Cheese Lasagna w/ Sauce, Broccoli & Cauliflower, OJ and Peaches	30. Beaded Chicken w/ cranberry sauce, Potatoes, Peas & Carrots, 7 Grain and Oranges				

Getting Fit & Staying Fit with Marian Silk

9:00am - 9:55 am Monday
2012 8:30 am - 9:25 am
Wednesdays (\$2 per class)
(I like to end 5 minutes early so they are out the door in one hour!)



YOGA
 Classes Will Be Held
 Wed 10am til 11am
 April 3, 10, 24
 Lowell Senior Center

Benefits of Yoga
 Yoga helps with
arthritis,
flexibility,
strength,
mobility,
range of motion, pain,
high blood pressure, breathing,
circulation, and stress

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 Instructor
 atma yoga
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 diana@atmamoves.com
 www.atmamoves.com



AGING WELL—IF SOMETIMES ALONE—IN LOWELL: SOME FINDINGS FROM “LOWELL SENIORS COUNT”

In July of 2008, a corps of trained community researchers from the Lowell Senior Center and UMass Lowell descended upon Market Mills Apartments in Downtown Lowell, going door to door to deliver resource bags and conduct surveys with senior residents (adults age 60 and over). By June 30, 2011, staff and over 200 trained volunteers for Lowell Seniors Count had visited seniors in every neighborhood in Lowell, knocking on approximately 13,000 doors, delivering over 6,500 resource bags, and administering almost 1900 surveys. The purpose of this project was to see how Lowell area seniors are doing, what their lives are like, and what—if anything—they need. Although the project likely did not reach many residents with the greatest need, and many seniors we spoke with could be considered “at risk,” preliminary findings suggest that Lowell seniors, as a whole, are doing well.

Demographic Characteristics of Sample

Given women’s greater longevity, it is not that surprising that almost 62% of our sample was female. The average age of participants was just under 75 years; approximately 82% were White, 7.8% Asian American (4.6% Cambodian), 5.4% Latino, 1.5% African American, and 0.7 Native American. Clearly, seniors of color—and particularly Asian American seniors—are underrepresented in our sample compared to Census figures.

Over 45% of participants live alone, but this statistic partially reflects an over-representation of individuals living in subsidized senior housing (who were easier to recruit compared to those living in their own homes, most of whom did not expect a visit at a particular time and were therefore much less likely to open their doors to us). Although this over-representation is arguably a limitation, it also offers somewhat of a corrective given the relative lack of racial and ethnic diversity in our sample, providing valuable information about seniors of more limited economic means.

Health and Well-Being

Among the seniors who participated in the study, over 69% reported being in excellent, very good, or good health. Although individuals might be expected to inflate such self-reports, responses roughly approximated a bell curve (7.7% reported excellent health, 23.8% very good health, 37.7% good health, 17.1% fair health, and 9.8% poor health). Moreover, we know from past research that subjective appraisals of health are strongly related to more objective indicators.

A majority of respondents reported no health limitations

in their daily activities, though over 41% told us they have difficulty climbing stairs and almost 30% said they experience difficulties with housekeeping. Among the chronic conditions reported, 64.6% have high blood pressure and 58.8% have arthritis (the two most common conditions). Almost 30% are diabetics, over a quarter have dealt with heart conditions, and 20% have had cancer. Fortunately, 98% of respondents have health care coverage. More than 35% told us they were having “more trouble than usual remembering things,” but this may simply reflect normal age-related changes. Respondents also report generally high levels of psychological well-being: Almost 88% are very happy or pretty happy, almost 90% are very satisfied or pretty satisfied with their lives overall, and over 82% reported feeling sad or blue only infrequently or never. (The minority of less happy seniors is discussed below.)

Finances, Safety, and Security

Most of Lowell seniors we spoke with also feel physically and economically secure. Over 93% never have trouble paying their rent or mortgage (respondents were evenly split between renters and home owners), more than 88% never have trouble paying their other bills, and 73.5% of home owners have paid off their mortgages. Over 72% are “pretty satisfied” or “very satisfied” with their income. With respect to food security, almost 86% of local seniors said they can always afford the food they need, more than 95% infrequently, rarely, or never worry about having enough to eat, and just over 5% receive home-delivered meals, such as “Meals on Wheels.”

(continue on page 16)



From Years of Observation

o Birds of a feather flock together and crap on your car.

o A penny saved is a government oversight.

o The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.

o The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.

o The easiest way to find something lost around the house is to buy a replacement.

o He who hesitates is probably right.

o Did you ever notice: The Roman numerals for forty (40) are "XL."

o If you think there is good in everybody, you haven't met everybody.

o If you can smile when things go wrong, you have someone in mind to blame.

o The sole purpose of a child's middle name is so he can tell when he's really in trouble.

o There's always a lot to be thankful for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt.

o Did you ever notice: When you put the two words "The" and "IRS" together it spells "Theirs?"

o Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

o The older we get, the fewer things seem worth waiting in line for.

o Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.

o When you are dissatisfied and would like to go back to youth, think of algebra.

o You know you are getting old when everything either dries up or leaks.

o One of the many things no one tells you about aging is that it is such a nice change from being young.

o Ah, being young is beautiful, but being old is comfortable.

o First you forget names, then

ACROSS

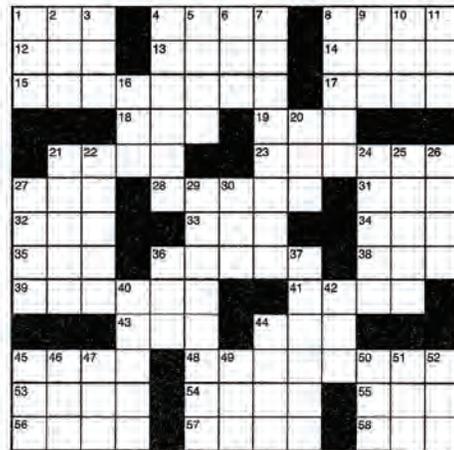
- 1. "Cry ___ River" (2 wds.)
- 4. Gush out
- 8. "Family Affair" boy
- 12. "How Dry ___" (2 wds.)
- 13. London art gallery
- 14. "Garfield" character
- 15. Obnoxious one
- 17. The ___ of March
- 18. Amtrak et al. (abbr.)
- 19. Documentary-maker Burns
- 21. Like Paris fashion
- 23. Simply
- 27. Mauna ___
- 28. Visit frequently
- 31. Egg ___ yung
- 32. Clever
- 33. Unaffiliated voter (abbr.)
- 34. Holiday drink
- 35. Family ___ room
- 36. Locket prize
- 38. ___ wing and a prayer (2 wds.)
- 39. Stick
- 41. Purina eaters
- 43. Dear old ___
- 44. Roberto's cheer



- (abbr.)
- 7. Saturdays and Sundays
- 8. Glues together
- 9. Eccentric
- 10. Expire
- 11. "Surely!"
- 16. ___ Lanka
- 20. Ingest
- 21. Overcame problems
- 22. "Down the ___!"
- 24. Or else (2 wds.)
- 25. Diving birds
- 26. Hindu philosophy
- 27. Video game heroine Croft
- 29. Dog from Yorkshire
- 30. One, in French
- 36. Singer's syllable
- 37. Wishing well sound
- 40. Sharpened
- 42. Poet's "always"
- 44. Petroleum cartel (abbr.)
- 45. Sis's counterpart
- 46. Deep
- 47. Eisenhower's inits.
- 49. Shade of green
- 50. New York time (abbr.)
- 51. Islanders' gp.
- 52. Sleuth, for short

DOWN

- 1. Part of an hr.
- 2. ___ de toilette
- 3. Friend (Fr.)
- 4. Cloth stiffener
- 5. Pots' partners
- 6. And so on



Solution on page 113

you forget faces. Then you forget to pull up your zipper. It's worse when you forget to pull it down.

o Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.

o Lord, Keep your arm around my shoulder and your hand over my mouth...AMEN...!! Thanks to Earl Bowings

People & Events



Annual Kid's Bingo

above

1. The COA, FCOA, LPD, Toys for local children, LGH and the Middlesex Deputy Sheriffs Program partnered for a great day of fun and safety education! First row (L to R) Rich Palmer-Toys for local children, COA Director Michelle Ramalho & Safety Officer Paul Corcoran. Second row (L to R) LGH Jess Yu, Deputy Joseph Christman, Lenny Gendron, Deputy Al Luongo, Dir. Of Comm. Affairs Ken Duccette, Meaghan Sheehan, Carmen Miranda, Mia Miranda, & Deputy David Morris
2. Bingo winner choosing a basketball.
3. LPD Paul Corcoran and Bingo winner.
4. Players picking their cards from, vol. Jane Linscott

Annual White Ribbon Event



(Cont. on pg 6)

(continued from page13)

Almost 83% of respondents reported feeling safe in their neighborhood, and only 15% have ever been the victim of a crime, fraud, or scam. However, many seniors could do more to ensure their own safety: Whereas only 2.5% do not have a smoke detector in their home, over 14% do not have a carbon monoxide detector and over 21% do not have an emergency response system (such as Lifeline) in place.

Additionally, when we asked in the outreach portion of the survey whether help was needed with wills/estate planning, we were surprised how few respondents had a written will. Taken together, these last findings suggest some areas for targeted outreach to encourage seniors to take all necessary precautions to protect themselves and their assets.

Social Support and Community

Findings related to social support and community involvement provide a mixed picture. On the one hand, 92% of respondents are “very happy” (42.8%) or “pretty happy” (49.2%) with their social relationships, over 85% feel that they are a valued member of the community, and almost 84% have regular contact with their neighbors. On the other hand, sizable minorities do not regularly attend religious services (43.5%) and have never visited the Lowell Senior Center (38.1%), and 72.5% are not involved in any neighborhood or community organizations.

On the surface, this would not seem to be cause for concern. Seniors have a variety of different interests, after all. As long as they’re satisfied with their level of social

support, what’s the problem? However, when we consider that over 45% of respondents live alone, almost 43% no longer drive, and between 31.6% and 58.1% feel that the quality of public transportation, sidewalks, crosswalks in Lowell is only fair or poor, a sizable proportion of Lowell seniors may be at risk for social isolation.

Seniors at Risk: Alone and Isolated?

On most indices, large majorities of Lowell-area seniors seem to be doing quite well. However, the flip side of even the most positive numbers consistently suggest that at least 10 to 15% of the local senior population (and probably much more) struggles with economic difficulties, social isolation, loneliness, and/or other problems. For example, although only 17.7% of seniors reported being sad or blue “very often” or “pretty often,” this group is admittedly at risk for a variety of mental and physical health problems. And the statistics reported in the previous section reinforce the possibility that, despite the American focus on individualism and maintaining autonomy for as long as possible, many seniors may spend most of their time alone at home, depriving them of the social support so crucial for physical and psychological well-being, and depriving the community of their vital contributions.

Finally, the under-representation senior immigrants and seniors of color in our sample likely means that our findings provide an overly-optimistic portrait of senior life in Lowell, and reinforce the difficulty of reaching subpopulations of seniors that might be at the greatest risk.

Implications and Conclusion

Although the average senior in Lowell appears to be doing quite well, this should not blind us to the substantial minority of seniors who face particular challenges and who may not have all the resources they need to age well. Results from Lowell Seniors Count suggest the need for more research on and outreach to under-served seniors, and also point to the need for specific types of outreach (for example, to increase awareness about and access to estate planning, carbon monoxide detectors, and emergency response systems). Hopefully, this project will just be the first step in building an age-inclusive community that promotes vital aging for all Lowell Seniors.



Shown in photo is the talented Singing State Trooper, Dan Clark. The entertainment of Trooper Dan was widely enjoyed @ last years Veterans breakfast. *Photo by Ray Roades.*

***Trooper Dan will be back on Apr. 26th @ 1PM—
Pizza will be served thanks to LOWELL LIONS CLUB.***



Vacation week with kid’s enjoy a Movie with popcorn. Showing @ 1PM

On Apr 16th

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THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

Friends of the Lowell Council
on Aging
267 Broadway St.
Lowell, MA. 01854

Election of officers for the Friends of
the Lowell
Council on Aging will take place on
Thur, April 25th 2013.

The voting hours will be 10:00AM to
2:00PM.

Absentee ballots will be available to
members who are
in the hospital or homebound or on
vacation.

Absentee ballots must be returned to
the center

By Thur, April 11th 2013, ten full
days before election day.

**You must have had your member-
ship paid in full by
Mon, March 25th 2013, a full thirty
days before election day
to be able to vote.**

**Please note that you must be a mem-
ber in good
standing to run for office or vote.**

We hope to see you on election day,
Thank you for your support.