



Lynn Senior Center Newsletter

LCOA Senior Center • 8 Silsbee Street, Lynn, MA 01901

781.599.0110

**FEBRUARY
2011**

ISSUE 174

PUBLISHED MONTHLY

HONORABLE JUDITH F. KENNEDY
Mayor of Lynn

STACEY MINCHELLO
Editor / Senior Center Director

This Publication is sponsored financially by the City of Lynn & the Executive Office of Elder Affairs

From The Mayor.... 

February may be the shortest month of the year, but that doesn't make it any less busy. Throughout the city and nation, we will be celebrating Groundhog Day, Valentine's Day and Presidents Day. It is also the start of Black History Month and Chinese New Year.

Also this month, the Lynn Auditorium will be hosting two exciting performances. The first is the Legends of Rock N' Blues on Feb. 4. Four bands will perform, featuring Edgar Winter, Rick Derringer, Brad Whitford of Aerosmith, James Montgomery, Johnny A and Brooks Young. On Feb. 13, Mexican singer, composer and producer Marco Antonio Solis will be lighting up the stage with his powerful voice. I invite you all to come out to enjoy these shows, as well as the burgeoning restaurant scene in downtown Lynn.

And as always, I hope everyone remains safe and warm this winter. In the event of a snow emergency, information will be posted on the city website and also broadcast on the radio and local cable channels: WESX AM 1230 – WBQQ 104.9 FM – Comcast Channel 3 – Verizon Channels 28 and 37.

Best wishes,

Mayor Judith Flanagan Kennedy

CHOCOLATE MAKES THE WORLD GO ROUND....

What was the name of the candy shop on Union Street? Did you know that Putnam Pantry was an old shoe factory? Fannie Farmer or Russell Stovers? Russo's Candy Shoppe sold hot fudge sundaes for a nickel. Montezuma supposedly drank 50 cups of chocolate a day. He felt it built stamina. We all know Casanova, preferred chocolate over champagne claiming it increased his amorous energy. The Marquis de Sade, an author and inspiration for the term "sadistic" had his wife send him chocolate in prison.



St. Valentine's Day supports the tradition of sending chocolates to the one you love- the idea being that the candy's mysterious properties would seduce your beloved's heart and cause him or her to return the feelings. Scientific research proved that chocolate actually promotes emotional pleasure. It contains a chemical named phenyl ethylamine (PEA), the same chemical found in the human brain that is released during happy moments... closely connected to that "in love" feeling. I read online though that this PEA breaks down so quickly that it doesn't enter the bloodstream. I also found interesting that Cheddar Cheese, salami, and ready? Pickled herring have high levels of PEA. My suggestion, head to the supermarket get some good old fashion mac and cheese, a stick of salami with a jar of pickled herring and call it a night! Oh! And let me add, all those years we thought chocolate caused cavities...it contains an antibacterial agents that fight tooth decay! Headaches? Only if you're a migraine sufferer. Acne! Nope. Caffeine? One ounce of chocolate milk has the same amount of caffeine in a cup of decaf coffee. Cholesterol? Chocolate contains stearic acid, which is a neutral fat that does not increase bad cholesterol (LDL). A Harvard University study found that men who ate chocolate lived one year longer than those who didn't. A 1.5-ounce milk chocolate bar contains recommended daily values of the following vitamins and minerals: • 3 grams of protein • 15% of the Daily Value of riboflavin • 9% of the Daily Value for calcium • 7% of the Daily Value for iron -Blood vessel elasticity and beneficial antioxidant effects... pretty much inconclusive to this point. My point: to health! Enjoy your chocolate this Valentine's Day.

♥ ♥ ♥ ♥ **FEBRUARY HAPPENINGS!** ♥ ♥ ♥ ♥

Tues, Feb 1st	Live Entertainment: Paul Wayne	12:00 p.m. to 1:00 p.m.
Weds, Feb 2nd	HAIR SALON HOURS Walk in or appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, Feb 2nd	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Weds, Feb 2nd	Free Discussion: Hip Replacement Info.....	11:30 a.m. Game Rm
	Sponsored by Twin Oaks Rehabilitation	
Thurs, Feb 3rd	Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Thurs, Feb 3rd	TRIAD MEETING: Elder Abuse Discussion.....	10:00 a.m.
	All welcome to join! Discuss senior safety issues.	
Fri, Feb 4th	Food Stamps Assistance “SNAP”	9:00 a.m. to 3:00 p.m.
Fri, Feb 4th	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Tues, Feb 8th	Blood Sugar Clinic “Lucy Booth” Open!.....	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
Tues, Feb 8th	Veterans Services Office Hours.....	10:00 a.m. – 12:00 p.m.
Tues, Feb 8th	Field Trip: Scrapbooking Lessons @AC Moore Somerville with lunch at Polcaris \$2	
	Bring personal photos with you. Bus leaves center at 9:30 a.m. Lunch at 11:30 a.m. Return by 1:30 p.m.	
Weds, Feb 9th	HAIR SALON HOURS Walk in or appointments at the senior center	9:00 a.m. to 1:00 p.m.
Thurs, Feb 10th	Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Fri, Feb 11th	TRIVIA PURSUIT Staff vs. Seniors	10:00 a.m. – 11:30 a.m.
Fri, Feb 11th	Massage Therapy Appointments \$5.....	1:00 p.m. – 3:00 p.m
Mon, Feb 14th	Valentine’s Day Bingo!!! Chocolate prizes.....	1 p.m. start
Tues, Feb 15th	Free Discussion: Reverse Mortgages	12 noon Game Rm
Weds, Feb 16th	HAIR SALON HOURS Walk in or appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, Feb 16th	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Weds, Feb 16th	SENIOR MOMENTS TAP SHOW Free	12:00 p.m. – 12:40 p.m.
Thurs, Feb 17th	Podiatrist Appointments.....	10:00 a.m. – 12:00 p.m.
Thurs, Feb 17th	Lunch Trip: Spuds in Saugus \$2	11:00 a.m. – 1:00 p.m.
Thurs, Feb 17th	Taking Off Pounds Sensibly.....	10:00 a.m. – 11:00 a.m.
Fri, Feb 18th	Boston Food Bank: Brown Bag	10:00 a.m. – 12:30 p.m.
Fri, Feb 18th	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Mon, Feb 21st	President’s Day.....	Center is closed
Tues, Feb 22nd	Blood Pressure Clinic “Lucy Booth” Open!.....	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
Tues, Feb 22nd	Lunch Trip: Santappios Peabody \$2	11:00 a.m. – 1:00 p.m.
Weds, Feb 23rd	HAIR SALON HOURS Walk in or appointments at the senior center	9:00 a.m. to 1:00 p.m.
Weds, Feb 23rd	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
Thurs, Feb 24th	T.O.P.S. Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, Feb 24th	FRIENDS MEETING.....	10:00 a.m. – 11:00 a.m.
Thurs, Feb 24th	Field Trip: Wal Mart Lynnway \$2	11:00 a.m. – 1:00 p.m.
Fri, Feb 25th	Massage Therapy Appointments \$5.....	1:00 p.m. – 3:00 p.m.
Mon, Feb 28th	Women’s Group Meeting (rescheduled due to holiday).....	10:00 a.m. – 11:00 a.m.
Thurs, Mar 3rd	TRIAD MEETING.....	10:00 a.m.
WEDS, MAR 9th	Birthday Party: “Blue Notes” performing.....	12:00 p.m.
Fri, Mar 4th	Food Stamps Assistance “SNAP”	9:00 a.m. to 3:00 p.m.

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

7 Liberty Square • Lynn, Massachusetts

HARBOR
SOFT
APARTMENTS

Now Accepting Applications
Subsidized Elderly Housing

Call 781-593-5700



Space for Sale

SPONSOR THIS NEWSLETTER!!!
For more information, please call

800-732-8070

HELENE M. AHERN, F.S.C.

Catholic Cemetery Assoc.
Archdiocese of Boston INC



226 North St., Salem, MA 01970
C: 781-953-6753 FX: 978-740-9528

VETERANS BENEFIT INFO

Many folks are unaware of the **VA Aid and Attendance** benefit for veterans and surviving spouses. The benefit applies to veterans and surviving spouses who require the regular attendance of another person to assist in bathing, dressing, meal preparation, medication monitoring or other various activities of daily living. This benefit is available to individuals who reside in assisted living communities, personal care homes, skilled nursing facilities and those receiving personal in-home care.

How can these benefits help someone?

A veteran may be eligible for up to \$1644/month, while the surviving spouse of a veteran may be eligible for up to \$1057/month. A married couple may be eligible for up to \$1950/month.

Who is Eligible?

Any War Veteran with 90 days of active duty with at least one day during active War time is eligible for this benefit. A surviving spouse of a War Veteran may be eligible if married at the time of death. The individual must qualify both medically and financially.

They must require the assistance of another person on a daily basis. Also, the Veteran or Surviving Spouse must have an income under a certain amount; however, there are some medical expenses that can be used to reduce the countable income to within the guidelines that the VA has established. Assets cannot exceed eighty thousand dollars however, some things, including their home, vehicle, pre-paid funeral expenses and some other items may be exempt. For further information regarding financial qualifications, consider seeking the professional advice of an attorney or financial planner.

Eligibility dates are:

12/07/1941 - 12/31/1946

6/27/1950 - 1/31/1955

8/5/1964 - 5/7/1975

8/20/1990 - present

How do I apply for this benefit?

Ask the City of Lynn's Veterans Services Department for an appointment to complete the application. 781-598-4000. You may also apply by contacting your Regional Veteran's Administration Office. To locate the closest regional office to you, visit the VA website at: <http://www1.va.gov/directory/guide/home.asp?isFlash+1>.

How quickly would I receive the benefit?

The time frame is determined by the accuracy of the initial application. The average process takes between 4-6 months. However, the VA does pay retroactively to the month after the application was received. The resident is paid directly from the VA. This program financially assists the resident with paying their monthly rent, care and/or services.

PLEASE ACKNOWLEDGE OUR SPONSORS

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



111 Birch St./Lynn, MA 01902

781.592.9667

**SKILLED NURSING CARE * SUBACUTE CARE * PHYSICAL THERAPY
OCCUPATIONAL THERAPY * SPEECH THERAPY * RESPITE CARE**



Make climbing stairs easy!

Glide up & down stairs safely and easily on a Stannah Stairlift. New or used, buy or rent. Serving MA since 1992. Call today!

For a brochure or FREE home visit call toll-free **1-800-877-8247** or visit www.StairliftMA.com/coa

Showroom: 101C Constitution Blvd., Franklin MA 02038

It makes sense to concentrate your advertising where it does most good - right in your neighborhood!

You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

Convenient Budget Payment Terms. Call Today 800-732-8070

FOXWOODS!!

The first trip to FOXWOODS is March 15th

\$25

First come First Serve.

Sign up early!

Inquiries have been coming in!



WELLNESS WATCH – FEBRUARY 2011

Talking with Your Doctor

“How well you and your doctor talk to each other is one of the most important parts of getting good health care. Unfortunately, it is not always easy. It takes time and effort on your part as well as your doctor’s.” This is the opening statement of a booklet, Talking with Your Doctor that is available free from the National Institute on Aging.

This booklet guides you through the process, suggests questions and strategies that will improve the discussion between you and your doctor. This booklet and other resources suggest the following:

- Prepare ahead for your appointment
- Make a list of your concerns in order of their importance to you. Focus on the top three.
- Bring a list of your medicines, names, dosage, etc.
- Make sure you can see and hear as well as possible. Let the doctor know if either of these is a problem.
- Consider bringing a family member or friend. This person can take notes, remind you of items on your list and be a second ear for you.
- Ask ahead for an interpreter if you know you will need one.
- Be honest in answering questions and offering information. That is the only way the doctor knows what is really going on.
- Mention any changes in appetite, sleep patterns, weight, or energy level.
- Ask questions and ask for explanations if you do not understand the information given you by the doctor. It is your health, your life.
- Summarize what you have heard so that the doctor can clear up any confusion.

Resources

Talking with Your Doctor: A Guide for Older People, www.niapublications.org, Your Medical Care 1-800-222-2225, English and Spanish

Senior Health is a website that is easy to use and covers a variety of topics in an easy to read format. <http://nihseniorhealth.gov>

Susan H. Brown, RN GLSS Community Education Nurse

781-599-0110 ext. 568

(781) 595-9415 • Fax (781) 599-6994



R & R American

AUTOMOTIVE DIAGNOSTIC CONSULTANT

Specializing in Electronic Tune-ups

visit our website: www.rramerican.com

109 Lynnfield Street • Lynn, Massachusetts 01904

Rod Deland, Proprietor

Complete

Diagnostics:

STARTER

ALTERNATOR

ALL BRAKES

All Types of Repair

Hatch Hearing Aid Center



“You Should Hear
What You’re Missing”



152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
781.599.1902 • 1.888.HEARITE (432.7483)

BOSTON
UNIVERSITY

Have you had a hip fracture? Help improve future hip fracture care.

If you (or someone you know) have broken a hip and are aged 60 years or older, you may be eligible to participate in a research study at Boston University. People who qualify for this research study will receive either:

- a DVD-based home exercise program supervised by a physical therapist, or
- a nutrition education program

All activities will take place in your home at no cost.

There will be financial compensation for your time.



For more information, please contact us
at 617-638-1981

Caring For You... Caring About You

At Twin Oaks Care and Rehabilitation Center, we provide quality healthcare services for our patients. Whether you need short-term rehabilitation or long-term care, we're here to serve your needs. We focus on the person, addressing your physical health as well as your social and spiritual needs.



TWINOAKS
CARE & REHABILITATION
Caring is the Key in Life

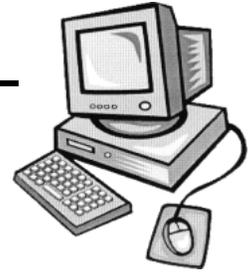
(978) 777-0011



63 Locust Street • Danvers, MA • www.sunbridgehealthcare.com

C O M P U T E R

C L A S S E S



**Lynn Senior Center
Computer Room, 1st Floor
8 Silsbee Street, Lynn
781-586-8503**

All courses must be pre-paid at the time of registration to reserve your seat. If mailing your payment, make check payable to:

LCOA
Attn: ROSA
8 Silsbee Street
Lynn, MA 01901

Expect a phone call confirming your seat. All computer students must register for a Lynn Senior Center membership card before the first class. All students are also required to sign a compliance policy and procedure form.

COMPUTER CLASS SCHEDULE: MONDAYS...

March 7, 14, 21, 28, April 4

Next Dates:

April 18, 25, May 2, 9, 16



INTRODUCTION TO MICROSOFT WORD

(Five Week Course)

This basic introductory course is for students with little or no word processing experience. This five week course introduces the beginner to the concept of word processing using Microsoft Word 2003. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert Pictures and Print Documents.

11:15 a.m. – 12:15 p.m.

Cost: \$50.00

INTRODUCTIONS TO COMPUTERS & WINDOWS

XP (Five Week Course)

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

INTRODUCTION TO THE INTERNET

(Five Week Course)

This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

12:30 p.m. – 1:30 p.m.

Cost: \$50.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Stuffed Shells/Meat sauce Spinach Chilled Peaches ALTERNATIVE Hot Chix Patty/Roll Let & Tom/Whipped Potato	Lentil Veggie Soup Crumbed Fish Creole Whipped Potato Pudding ALTERNATIVE Salisbury Steak/Gravy	Ham & Cheese Quiche O'Brien Potato Country Blend Veggie Fresh Fruit ALTERNATIVE Boneless Chicken Supreme	American Chop Suey Zucchini & Red Pepper Mandarin Oranges ALTERNATIVE Turkey Burger/Roll Whipped Potato	Tyson Chicken Tarragon Garlic Whipped Potato Peas & Carrots Cookie ALTERNATIVE Rib-B-Q/BBQ Sauce
7 Stuffed Shells/Meat sauce Spinach Chilled Peaches ALTERNATIVE Hot Chix Patty/Roll Let & Tom/Whipped Potato	8 Chicken Veggie Soup Potato Crunch Lemon Fish Cheddar Whipped Potato Corn Bread/ Fresh Fruit ALTERNATIVE Meatballs/Gravy	9 Veal Cacciatore Italian Green Beans White Rice Jell-o ALTERNATIVE Sweet & Sour Chicken Tenders	10 Meatloaf/Gravy Scalloped Potatoes Italian Blend Veggies Chilled Fruit ALTERNATIVE Lasagna/Tomato Sauce	11 VALENTINE'S SPECIAL Barber Chicken/Sauce Delmonico Potato Veggie Medley Dinner Roll Apple Crumb Pie
14 Hot Dog/Roll Veggie Baked Beans Cole Slaw Pudding ALTERNATIVE Lemon Pepper Fish/Sauce	15 Eggplant Parmesan/Sauce Rotini/Meat sauce Roman Blend Veggies Applesauce ALTERNATIVE Cran Glazed Boneless Chix	16 Roast Turkey/Gravy Cran Sauce/ Sweet Potato Peas & Onions Chilled Pineapple ALTERNATIVE Liver & Onions	17 Cream of Broccoli Soup Honey Mustard Tyson Chix Lyonnaise Potato Muffin/ Fresh Fruit ALTERNATIVE Pork Patty/Gravy	18 Swedish Meatballs/Gravy Oven Roasted Potato Beets/ Cake ALTERNATIVE Veggie Quiche Oven Roasted Potato
21 HOLIDAY  NO MEAL SERVICE	22 Chicken Broccoli Pasta Carrots Brownie ALTERNATIVE Salisbury Steak/Gravy Whipped Potato/Carrots	23 Roast Pork/Gravy Bk Potato/Corn & Red Pepper Chilled Fruit ALTERNATIVE Chicken Florentine Red Bliss Potato	24 Meatball Sub/Sauce Home Fries Green & Golden Beans Fresh Fruit ALTERNATIVE Chicken Marsala	25 Chicken Noodle Soup Fiesta Fish/Dill Sauce Whipped Potato Tuscan Veggie / Fruit ALTERNATIVE Beef Strip steak/Gravy
28 Stuffed Pepper/Sauce Steamed Seasoned Potato Spring/Summer Veggie Garlic Roll/ Chilled Fruit ALTERNATIVE Omelet/Cheese Sauce	 <h1 style="font-family: cursive;">February 2011</h1> 			

**Elder Service Plan
of the North Shore, Inc.**



- Primary and Specialty Medical Care
 - Adult Day Centers • In-home Support and Care
- 9 Buffum St., Lynn
1-877-803-5564

**IT'S NOT TOO LATE
TO SPONSOR
THIS NEWSLETTER!!!**

**Please call 800-732-8070
to place an ad.**



**CUFFE-McGINN
FUNERAL HOME**

157 Maple Street • Lynn, MA 01904
Tel: **781-599-3901**
Fax: 781-598-2143
www.cuffemcginn.com



Member of
Dignity Health Service
Corp. (HFI)

Served at: Silbee Street, Barret Building, Tiffany Room, Nahant, Swampscott Senior Center • Requested Donation is \$2.00 per Meal. • Community Café Coordinator Kathleen Stapleton (781-586-8685)

SENIOR CENTER ACTIVITIES FEBRUARY 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12	Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:00-11:00	COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 - 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINT CLASSES	9:30-11:15 TRIVIA PURSUIT TEAMPLAY
10:45-12:30	LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	10:00-11:30 KNITTING & CONVERSATION
11:15- 12:15	COMPUTER CLASS: WORD	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00	MEN SPORTS CLUB	12:30-2:30 CRIBBAGE	9:30-11:00 WHIST	10:30-12:00 ACRYLIC PAINT CLASSES	11:30-12:15 EXERCISE CLASS
12:30-1:30	COMPUTER CLASS: INTERNET	1:00-2:45 POKENO	10:45-12:15 EXERCISE CLASS	12:45 - 1:45 LINE DANCING	1:15-2:45 BINGO
1:15-2:45	BINGO		1:00 - 3:00 MOVIE	1:30-3:30 JAPANESE BUNKA EMBROIDERY	
			1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	

*Chances are with just ONE AD,
you'll get MORE THAN
ONE new customer!*



HURRY!!!

SPONSOR THIS NEWSLETTER!



Best Home Care

WE MAKE IT HAPPEN

Call for a free Consultation Or Visit us online

Home Health Services

45 Albion Street • Wakefield MA 01880 • 781-224-3600
North Shore Offices Phone: 978-774-2005 • 978-777-6009
www.BestMakesItHappen.com

BANE CARE
A Matter of Trust
ABBOTT HOUSE
and THE SWAMPSCOTT WING, Lynn
www.banecare.com • 866-747-BANE

**DON'T KEEP
YOUR BUSINESS
A SECRET!**
ADVERTISE HERE!
800-732-8070

**SPONSORS
WANTED!!!**

**An Affordable
Assisted Living
Senior Residence**
Harborlight House
1 Monument Square
Beverly, MA 01915
www.harborlight.com
Call Us For Information
(978) 927-2121

**ADVERTISE
HERE**

It makes sense to concentrate your advertising where it does most good - right in your neighborhood!

You pay only the advertising cost. Public relations and good will values are free.

This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

Convenient Budget Payment Terms.

Call **800-732-8070**

In loving memory of Al & Eunice
LaBossiere
~ *Gail Gauvain*

In loving memory of Mike Gauvain
~ *Gail Gauvain*

Thank you for your generous donation.
~ *anonymous*

Thank you for your generous holiday
wishes and donation.
~ *Mr. Paul Spates*

Thank you Mary Lou Fortier for all
your holiday gifts you donated to
brighten the seniors' day.

In loving memory of Anne McCue,
sadly missed.
~*Senior Moments Tap Group*

In loving memory of Pauline
Stickney
~ *Patty Schaff*

In loving memory of Pauline
Stickney
~ *Patricia Sargeant*

In loving memory of Pauline
Stickney
~ *Joan B. Noble*

In loving memory of Pauline
Stickney
~ *Marilyn & Gray Woofin*

In loving memory of Pauline
Stickney
~ *Eleanor Didio*

In loving memory of Pauline
Stickney
~ *Donna Casetta*

**THE FRIENDS OF THE
LYNN COUNCIL ON AGING CAMPAIGN**

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make checks payable to: the FRIENDS of LCOA

— — — — —

Please accept my donation of \$ _____

_____ in memory of _____ in honor of _____

Send card to: _____

Donated by: _____

Thank you.

— — — — —

**ALL THE SENIORS IN TOWN ARE READING THIS NEWSLETTER!
DO THEY KNOW WHO YOU ARE?
PLACE AN AD TODAY! CALL 800-732-8070**

FEBRUARY ENTERTAINMENT

Tuesday, Feb 1st • 12 pm – 1 pm

PAUL WAYNE

“funny, witty, very entertaining!”

Sign IN please!

Please use your scan card to sign up for all activities, including lunch and even just coffee and talking. Our statistics justify budgeted money allotted to operate the senior center. Record of your attendance is crucial to the Center receiving funding. We will be walking the center with friendly reminders. On occasion we will pull a name that has swiped and give out freebies!

WHAT IS THE LUNCH PROCEDURE AT THE SENIOR CENTER LUNCH SITE?

First swipe your card. Then proceed to the aide working at the desk and tell her you would like lunch. A \$2 donation is suggested. We can not due to regulations demand someone to pay. You will receive a token. Place your token at your place setting and the server will know to wait on you.

Important notice:

All food served at the senior center must be consumed on the premise. We are bound by board of health requirements and will not allow doggie bags. We will not package leftover food to go. The reason is because we can not safely guarantee that the leftover food maintains its temperature. Food that has been temperature abused may potentially cause food poisoning or illness. We do distribute uncooked, non-previously heated food from the Boston Food Bank and other donators.

WHAT THE HECK IS TRIAD?

TRIAD is a partnership between the Lynn Senior Center, the Essex County Sheriff's Department, the Lynn Police and Fire Departments and YOU! TRIAD is not an acronym; so the letters do not stand for anything.

What is TRIAD all about?

It is simply a collaborative community initiative to keep seniors informed, safe, and empowered... an open meeting to identify concerns within our senior community and use the resources available to develop a plan on how to address them.



Chestnut Gardens
A P A R T M E N T S

301 Essex Street • Lynn, MA 01902
A POAH Rental Community

- ATTENTION SENIORS! -

Friendly Residential Housing Offering
Many Amenities to its Residents

Air Conditioning • Off-street Parking
Closed Circuit TV

Office is open Monday through Friday
8:30 to noon. For information call

781-592-1246

TTD # 1-800-545-1833 x 131



Wheelchair Accessible



OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



781-581-2051



Home Healthcare
P r o f e s s i o n a l s

Private customized
home care services specializing
in elderly and chronic care

For more information or
FREE no-obligation assessment call

781-245-1880

online at www.abchhp.com

233 Albion Street Wakefield

Committed to Life at Home

What does TRIAD do?

TRIAD provides seniors with safety information. We offer file of life refrigerator magnets, yellow dot emergency info for your car, I.C.E. stickers for your cell phone.

We are privileged to receive all the latest scam alerts. TRIAD also offers informational sessions for Q&A you may have. Topics range from elder abuse, hoarding, bully issues, health care proxy, durable power of attorney, and current issues facing your adolescent teenager; among others.

The LYNN TRIAD is actively seeking seniors who are interested in discussing senior issues. TRIAD meetings are monthly on the first Thursday of each month at 10 am. The LYNN TRIAD plans on bringing programs directly to Lynn Housing units. We'll keep you posted.

GAME ROOM RULES:

We ask you with consideration and kindness that the game room be utilized fairly. If the Wii is popular on any day, we will have a sign in list. This way no one is left out or feels they can't participate. We limit any person or group to three games and then require a mandatory 1/2hr break. Fair play and manners are expected at all times. And thank you for refraining from swearing.



BOOKS!

The Lynn Senior Center has a library, free to seniors. Feel welcome to take a book and or leave a book.

FREE SCRAPBOOKING LESSON

Tues, Feb 8th

AC MOORE – Somerville

IMPORTANT: Bring your personal photos with you.

Bus leaves center at 9:30 a.m.

Lesson 10am – 11 am

Lunch at Polcari's or Kelly's 11:30 a.m.

(Same parking lot across from Walgreen's & Cold Stone Creamery)

Bus leaves Medford 1:30 p.m.

GLSS and the Greater Boston Food Bank have established a **BROWN BAG PROGRAM**. Eligible elders may pick up a free bag of groceries at the Lynn Senior Center on the third Friday of every month. Participants must register in advance at the senior center.

Memory Hearts

For \$1 you can write a Valentine's message on a heart and it will hang in the senior center for the month of February. They can be sweetheart messages or in loving memory messages. See Peggy at the front door desk.

All proceeds benefit the FRIENDS of LYNN COA.

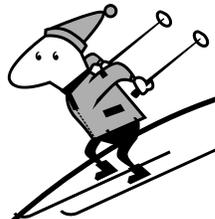


MOVIES... every Wednesday!

Free Popcorn and soda
Wide Screen Plasma Home Theatre System

Feb 2.....	Little Women	PG	1994
Feb 9.....	Moonstruck	PG	1987
Feb 16.....	The Cider House Rules.....	PG-13	1999
Feb 23.....	Grown ups	PG-13	2010

Is there a flick you want to see? Call us or email us?



SKIING VACATION



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



WORD LIST

ANDERMATT

DAVOS

OBERGURGL

ARGENTIERE

ELLMAU

SOLDEN

ASPEN

KITZBUHEL

SOLL

AVORIAZ

KLOSTERS

ST ANTON

BRAND

LECH

ST JOHANN

CERVINIA

MAYRHOFEN

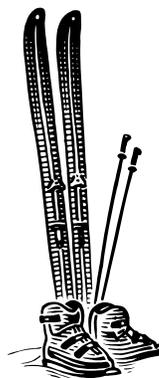
ST MORITZ

CHAMONIX

MEIRINGEN

WHISTLER

ZERMATT



**LYNN
COUNCIL ON
AGING**

John W. Baker

*

Edmund Brown

*

Daniel P. Hanlon

*

George Meimeteas

*

Charles Mitchell

*

Frances Taggart

LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

CAPTURE THE PRIDE

RETURN SERVICE REQUESTED

NON-PROFIT
U.S. POSTAGE
PAID
LYNN, MA
PERMIT NO. 56



HEALTH FOCUS PROGRAM



LYNN SENIOR CENTER

FEBRUARY 2011

VETERAN'S SERVICES

*February 8th
10:00 am - 12:00 pm*

**BLOOD SUGAR TESTING
FOR DIABETICS**

*February 8th 8:30 am - 10:00 am
(Nurse available during these clinics
for any health questions.)*

BLOOD PRESSURE

*February 22nd 8:30 am - 10:00 am
(Nurse available during these clinics
for any health questions.)*

MASSAGE THERAPY

*February 11th and 25th
1:00 pm - 3:00 pm
Call for appointment*

PODIATRIST

*February 17th and March 10th
10:00 a.m.
Call for appointment.
Bring insurance card*

HAIR SALON

*Wednesdays
9:00 am - 1:00 pm
Walk-ins or appointments*