

# LYNN COUNCIL ON AGING SENIOR CENTER



**JANUARY  
2013**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

For 2013, I wish you a healthy, happy new year with lighter burdens and less stresses. From the staff at the Lynn Senior Center---Stacey, Rosa, and Kristi

Best regards,  
Stacey Minchello

## From Your Mayor

Happy New Year. I wish you all the best in 2013, and hope it is filled with much health and happiness.

It should be another exciting year of events at the Lynn Auditorium, with upcoming performances by George Thorogood and the Destroyers, Brit Floyd, Marco Antonio Solis and David Bisbal. Stay tuned for more information, or visit [www.lynnauditorium.com](http://www.lynnauditorium.com).

I encourage you to visit the Lynn Museum for its free program – Museum Enrichment Series for Adults (MESA) – every second Wednesday of the month. The museum opens at 11 a.m. on these dates, and the program begins at noon. The series features guest speakers, authors, films and activities, open dialogue and deep discussions around local history, current events and more. This inaugural series launched in September with a genealogy lecture. The next scheduled program will be held on Jan. 9. Refreshments will be provided.

Also this month is the 27<sup>th</sup> annual Martin Luther King Jr. celebration breakfast on Jan. 21, sponsored by the Community Minority Cultural Center (CMCC). The event will feature speeches from various community leaders as well as music, poetry and essays from young people who participate in several Lynn organizations. Last year, Councilor at-large Buzzy Barton presented the inaugural Virginia Barton and Abner Darby Community Service Awards, named for local historian Ed Battle's late mentor and Barton's late mother, also a well-known activist. The awards went to Dr. Hanna Haptu of the Lynn Community Health Center and activist Clarence W. Jones.

For everyone venturing out during these winter months, please be careful and avoid any icy walkways, parking lots and driveways. We will do our best to keep the roadways and sidewalks safe for you. Snow emergency information will be broadcast on the radio and local cable networks: WESX AM 1230, WBQQ 104.9 FM, Comcast Channel 3, Verizon Channels 28 and 37 and the City of Lynn website. Blue lights also will flash during snow emergency events. They are found at the intersections of Market Sq; Market St/ Broad St; Eastern Ave at Essex St; Essex St at Rockaway St; Western Ave at Waitt Ave, Lynnfield St at Broadway; and O'Callaghan Way at Walnut St.

Be safe, and best wishes for the coming year,

Best wishes,  
Mayor Judith Flanagan Kennedy

**CUFFE-McGINN FUNERAL HOME**  
 157 Maple Street • Lynn, MA 01904  
 Member of Addressco/Service Corp. Inc.  
 Tel: **781-599-3901**  
 Fax: 781-598-2143  
 www.cuffemcginn.com

**PACE**  
 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

**BANECARE**  
 ABBOTT HOUSE  
 and THE SWAMPSCOTT WING, Lynn  
 www.banecare.com • 866-747-BANF

**Lynn Council on Aging Senior Center**

Publication funded by:

Executive Office of Elder Affairs & City of Lynn

Meet the Staff:

Stacey Minchello, Director  
 Rosa Paulino-Diaz, Assistant  
 Kristi Harris, Assistant

Hours of Operation:

Monday thru Friday  
 8 a.m. to 4 p.m.

**LCOA Board of Directors**

Arthur Akers  
 Edmund Brown  
 Ernest Carpenter  
 Albert DiVirgilio  
 Daniel P. Hanlon  
 Frank LaMacchia  
 Lester McCLain  
 Charles Mitchell  
 Frances Taggart

Clerk  
 Vice-President  
 President

Meets 4th Wednesday monthly at 1:30 p.m.

**FRIENDS of LCOA Executive Board**

Joan B. Noble  
 Linda Rosendahl  
 Deb Small  
 Cindy LeBlanc  
 Virginia Calef

President  
 Vice-President  
 Treasurer  
 Recording Secretary  
 Membership Secretary

Meets last Thursday monthly at 10 am

**AARP Tax Appointments**

Booking appointments as of January 1, 2013  
 Call Sandra at 781-586-8518

**Tax Appointments**  
**Mondays: Feb 4<sup>th</sup> thru April 15<sup>th</sup>**  
*(closed for holiday Feb 18<sup>th</sup>)*

First Come, First Serve

Must be a registered senior center participant with a swipe card.

## JANUARY HAPPENINGS

Tues, Jan 1	<b>Happy New Year!!!</b>		<b>CENTER IS CLOSED</b>
Weds, Jan 2	<b>FOOD STAMPS</b>		9:00 a.m. – 3:00 p.m.
Weds, Jan 2	Strength & Balance Exercise Class		11:30 am -12:15 pm
<b>Thurs, Jan 3</b>	<b>Birthday Karaoke</b>		<b>11:30 am – 1:00 pm</b>
	<b>50/50 raffle to support FRIENDS of LCOA</b>		
Thurs, Jan 3	Take Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
<b>THURS, Jan 3</b>	<b>TRIAD- Safety for Seniors Scams— don't get caught!</b>		<b>10 am</b>
	Strength & Balance Exercise Class		11:30 am -12:15 pm
Fri, Jan 4	PENNY SALE		11:30 am - 12:30 pm
Mon, Jan 7	Tai chi & meditation	\$2	9:15 a.m. – 10:00a.m.
Mon, Jan 7	<b>Blood Sugar AND Blood Pressure Clinic</b>		8:00 a.m. – 9:30 a.m.
Tues, Jan 8	"Lucy Booth" Open! Large Activity Room		
	Nurse available for your questions.		
Tues, Jan 8	Mr. Specs Eye Glass Clinic		10:00 a.m. – 11:00 a.m.
Tues, Jan 8	<b>Field Trip: Wrentham Outlets</b>	\$2	9:30 a.m. -2:30 p.m.
	(Arrive at outlets approx 10:30am, shop 3hrs, leave at 1:30pm) - weather permitting		
	Reserved seats for previous cancellations.		
Weds, Jan 9	Strength & Balance Exercise Class		11:30 am -12:15 pm
Thurs, Jan 10	Lunch Trip: Lynn Tech	\$2	11:00 a.m. 1:00 p.m.
Thurs, Jan 10	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, Jan 10	Podiatry Appointments		10:00 am – 12:00 p.m.
Fri, Jan 11	<b>Guest Speaker: Next Step Living</b>		9:30 a.m. – 10:30 a.m.
	Learn how to winterize your home and get great tips on how to save utility money.		
Fri, Jan 11	Strength & Balance Exercise Class		11:30 am -12:15 pm
Mon, Jan 14	Tai chi & meditation	\$2	9:15 am – 10:00 am
<b>TUES, JAN 15</b>	<b>CASINO TRIP: TWIN RIVERS</b>	\$20	7 a.m. – 4:30 p.m.
	Must have 40 sign ups by Dec 31st		
Weds, Jan 16	Strength & Balance Exercise Class	\$5	11:30 am – 12:15 pm
Thurs, Jan 17	<b>Guest Speaker: Commonwealth Care Alliance</b>		10:00 am – 11:00 am
	<b>"Learn about the SCO program" Se habla Espanol</b>		
Thurs, Jan 17th	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Fri, Jan 18th	Strength & Balance Exercise Class		11:30 am -12:15 pm
<b>Fri, Jan 18th</b>	<b>BROWN BAG: BOSTON FOOD BANK</b>		10:00 am – 12:00 pm
<b>Mon, Jan 21</b>	<b>Martin Luther King Jr Day</b>		<b>Center is Closed</b>
Tues, Jan 22	Lunch trip: Friendly's Saugus	\$2	10:30 a.m. – 1:00 p.m.
Weds, Jan 23	Strength & Balance Exercise Class	\$5	11:30 am – 12:15 p.m.
Thurs, Jan 24	Taking Off Pounds Sensibly		10:00 a.m. – 11:00 a.m.
Thurs, Jan 24	Movie: GEN SILENT		10 a.m. Game Room
Fri, Jan 25	Strength & Balance Exercise Class	\$5	11:30 am – 12:15 p.m.
Fri, Jan 25	Massage Therapy Appointments	\$5	1:00 p.m. – 3:00 p.m.
Mon, Jan 28	Tai chi & meditation	\$2	9:30 am – 10:15 am
<b>Mon, Jan 28</b>	<b>Women's Group Meeting</b>		<b>10 am – 11 am</b>
Tues, Jan 29	Field Trip: Salvation Army & McDonalds	\$2	10:00 am – 1:00 pm
Weds, Jan 30	Field Trip: Senior T passes	\$2	9:30 am – 1:00 pm
	This is a trip to Boston to apply for your MBTA senior T pass at Back Bay, bring proof of age, and picture id. Lunch at Ihop on return ride home on your own.		
Weds, Jan 30	Strength & Balance Exercise Class	\$5	11:30 a.m. – 12:15 p.m.
<b>Thurs, Jan 31</b>	<b>FRIENDS OF LCOA meeting</b>		<b>10:00 am– 11:00 am</b>
<b>Thurs, Jan 31</b>	<b>Podiatrist Appointments</b>		<b>10:00 am– 12:00 pm</b>

**Rod Deland, Proprietor**  
**R & R American**  
 Complete Diagnostics:  
 STARTER  
 ALTERNATOR  
 ALL BRAKES  
 All Types of Repair

(781) 595-9415 • Fax (781) 599-6994  
 AUTOMOTIVE DIAGNOSTIC CONSULTANT  
 Specializing in Electronic Tune-ups  
 visit our website: www.ramerican.com  
 109 Lynnfield Street • Lynn, Massachusetts 01904

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

**Senior Homecare By Angels**  
 Select Your Caregiver.  
 Remain Comfortable in your OWN HOME!  
 Up to 24 Hour Care  
 Meal Preparation  
 Light Housekeeping  
 Errands/Shopping  
 Respite Care for Families  
 Rewarding Companionship

781-395-0023  
 Home Care & Services  
 Visiting Angels

# JANUARY 2013

MONDAY	Tuesday	Wednesday	Thursday	Friday
		2 Italian Garden Soup Rosemary Herb Tyson Chicken Cheddar Whipped Potato ALTERNATIVE Veggie Quiche Cheddar Whipped Potato	3 Pepper Steak/ Roll Hash Brown Potatoes Scandinavian Blend Vegetables Fresh Fruit ALTERNATIVE Chicken Paprika	4 Macaroni & Cheese Spinach WW Roll Chilled Fruit ALTERNATIVE Meatballs w/Gravy
7 Cran Glaze Boneless Chix Whipped Potato Green Beans & Red Pepper Chilled Fruit ALTERNATIVE	8 BBQ Pulled Pork Sandwich/ Roll Sweet Potato Fiesta Veggies Fresh Fruit ALTERNATIVE Omelet w/Cheese Sauce	9 Spaghetti & Meat Balls Italian Blend Veggies Chilled Fruit ALTERNATIVE Sweet & Sour Chix Tenders Italian Blend Veggies	10 Turkey Cacciatore Steamed Rice Tossed Salad Brownie ALTERNATIVE Spanish Beef	11 Lentil Veggie Soup Krunch Lite Lemon Fish Garlic Whipped Potato Grape Nut Bread Pudding ALTERNATIVE Beef Strip Steak
14 Lasagna w/Meat Sauce Roman Blend Veggies Chilled Fruit ALTERNATIVE Mesquite Chicken Roman Blend Veggies	15 WINTER SPECIAL Pot Roast/ Sweet Onion & Mushroom Gravy Creamy Scalloped Potatoes Veggie Medley/ Diner Roll	16 Minestrone Soup Garlic Paprika Tyson Chicken Brown Rice Pilaf Fresh Fruit ALTERNATIVE Liver & Onions/ Gravy	17 Hamburger/ Roll Potato Salad Corn Jell-o ALTERNATIVE Lemon Pepper Fish w/Dill	18 Roast Turkey/Gravy Butternut Squash Jardiniere Veggies Chilled Fruit ALTERNATIVE Salisbury Steak/ Gravy
21 HOLIDAY No Food Service	22 Turkey Kielbasa Casserole Carrots Chilled Fruit ALTERNATIVE Spanish Chicken Carrots	23 Boneless Chicken Bruschetta Baked Potato/ Sour Cream Peas & Carrots Pudding ALTERNATIVE Mushroom Quiche	24 Potato Crunch Fish Lyonnais Potato Green & Golden Beans Muffin / Fresh Fruit ALTERNATIVE Spanish Beef	25 Chicken Veggie Soup Meatloaf/Gravy/Potato Veggie Ratatouille/ Cake ALTERNATIVE Cheese /Bean /Rice Burrito
28 American Chop Suey Roman Blend Veggies Chilled Fruit ALTERNATIVE Turkey Ham Roman Blend Veggies	29 Tarragon Tyson Chicken O'Brien Potatoes Green Beans & Red Peppers Muffin/ Jell-o ALTERNATIVE	30 Rib-B-Q/ Gravy Corn Pudding Italian Blend Veggies Fresh Fruit ALTERNATIVE Haitian Turkey	31 Cream of Broccoli Soup Meatball Calzone/ Sauce Tossed Salad Cookie ALTERNATIVE Chicken Filet Sandwich	

# SENIOR CENTER ACTIVITIES • JANUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET Wii 9:00 -12	SILSBEE STREET Wii 9:00 -12	SILSBEE STREET Wii 9:00 -12	SILSBEE STREET Wii 9:00 -12	SILSBEE STREET Wii 9:00 -12
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 - 1:00 HAIR SALON	9:00-10:30 WATER-COLOR	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	PAINTING	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	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 SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:00-2:45 BINGO (NEW TIME)	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROI-DERY	1:00-2:45 BINGO (NEW TIME)
	1:30 Billiards Club	1:00 - 3:00 MOVIE	2:00-3:00 HORSE RACE	
		1:00-3:00 'PENNY ANTE' POKER	GAME	

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.

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



111 Birch St., Lynn, MA 01902

**781.592.9667**

## 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**



**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)

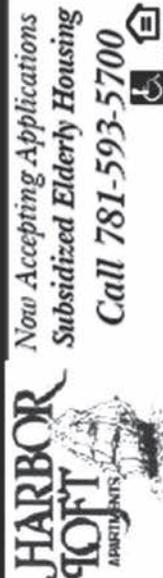



**YOUR  
AD  
HERE  
  
CALL  
TODAY**

7 Liberty Square • Lynn, Massachusetts

*Now Accepting Applications  
Subsidized Elderly Housing*

Call 781-593-5700



**Trips**

Departs from Lynn Senior Center

**Twin Rivers \$20**  
Tues, Jan 15<sup>th</sup>

**Foxwoods \$25**  
7 am - 6:30 pm  
MAR 12<sup>th</sup>  
2<sup>nd</sup> Tuesday of the every month for 2013



Casino Trips from Revere  
Departs from Northgate Plaza

**Mohegan Sun \$25**  
10:00 a.m. - 8:45 p.m.  
Jan 15<sup>th</sup> & 29<sup>th</sup>  
Feb 12<sup>th</sup> & 26<sup>th</sup>  
Mar 12<sup>th</sup> & 26<sup>th</sup>  
April 9<sup>th</sup> & 23<sup>rd</sup>

**Twin River \$20**  
10:00 a.m. - 8:10 p.m.  
Jan 10<sup>th</sup> & 24<sup>th</sup>  
Feb 7<sup>th</sup> & 21<sup>st</sup>  
Mar 7<sup>th</sup> & 21<sup>st</sup>  
Apr 4<sup>th</sup> & 18<sup>th</sup>

Any questions? Call Elaine 781-289-6144  
(Departs from back of Price Rite at Northgate in Revere)

**Field Trip to get senior T passes!**

Weds, Jan 30<sup>th</sup>  
Leave senior center at 9:30 am  
Limited to 12 seats  
Lunch on route one

**WELCOME!!**

**The Lynn Council on Aging welcomes a new BOARD OF DIRECTOR!**  
**~Lester McClain~**

**SAFELINK or ASSURANCE Cell Phone**

**~OFFICE HOURS~  
Tuesdays and Thursdays  
8:00 am – 10:00 am**

We will gladly assist you with your cell phone issues/ verification during these office hours.

**MOVIES...every Wednesday @ 1:00 p.m.**

**Free Popcorn and Soda  
Wide Screen Plasma Home Theatre System**

Jan 2	Chariots of Fire	1981	PG
Jan 9	Vertigo	1958	PG
Jan 16	To Catch A Thief	1955	NR
Jan 23	The Lucky One	2012	PG-13
Jan 30	Finding Neverland	2004	PG

Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



**PENNY SALE**

**FRIENDS of LYNN COUNCIL on AGING  
PENNY SALE**

**Monday, January 7<sup>th</sup>  
11:30 a.m. – 12:30 p.m.**

**Donated NEW items will be accepted by Jan 3<sup>rd</sup>.  
Thank you.**

**Home Energy Savings Workshop**

**Save up to 40% on your annual home energy costs!**

**Fri, Jan 11<sup>th</sup> 9:30 am – 10:30 am**

**Learn how your home loses heat  
& learn how to use less heat.**

**NEXT STEP LIVING in partnership with MASS SAVE**

**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](http://www.BestMakesItHappen.com)



**Place Your Ad**

## WELLNESS WATCH

### Memory and Brain Health

As we age, we can continue to learn and remember, but it may take longer. We need to pay more attention to new information that we want to keep. Once we learn something, we can retain it as well as a younger person. Research has shown that learning new skills helps to keep our brain healthy.

#### Tips for staying mentally sharp:

Engage in regular physical exercise- “ what is good for the heart is good for your brain”

Believe that you can learn and remember

Stay connected with other people and the world around you

Eat a healthy diet

Talk with your doctor if you notice changes in your memory or mental sharpness

Include physical activity and exercise as part of your daily routine

#### Memory Skills to Enhance Learning

RELAX- Managing stress can improve memory

CONCENTRATE- Pay attention and reduce distractions

SLOW DOWN- Take time to focus

ORGANIZE- Keep important things in a special, visible place. Put keys, glasses and other items in the same place, always.

WRITE IT DOWN- Use a calendar or a note pad for important dates

REPEAT IT- Repeat the names of new people or new facts

BE CONFIDENT- you can always learn new ways to remember

The good news is that we can continue to learn, and use all that we have learned in the past. Above all keep that sense of humor.

*Adapted from AARP- Aging and the Brain. For more information, call Susan H. Brown, RN, GLSS Community Education Nurse at 781-599-0110*

Susan H. Brown, RN/GLSS Community Education Nurse  
781-586-8568 sbrown@glss.net

Weather Words

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

bon bons  
 bubble gum  
 caramac  
 caramel  
 cherry lips  
 cough candy

dolly mixtures  
 fredo frog  
 fruit gums  
 gobstoppers  
 jelly beans  
 liquorice

maltesers  
 milky bar  
 pastilles  
 pear drops  
 rainbow drops  
 shoelaces

snickers  
 spearmint chews  
 tiny gems  
 travel sweets

## THANK YOU!

Thank you for your generous donation!  
~Barbara Griffin

Thank you for your generous donation to lift holiday spirits!  
~anonymous

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them. In memory of my friend who waits for me.  
~anonymous

In appreciation of the wonderful staff- Stacey-Rosa-Kristi-Thank you.  
~Marie Babineau

Thank you for your donation!  
~Sophie Karoumpalis

Thank you for your arts and craft donation. The angel is beautiful!  
~Pat Toscano

Thank you for your generous donation.  
~John Sullivan

Thank you for your donation.  
~Mrs. Madeline Cross

Thank you to the Lynn Senior Center Arts & Crafts and the Knitting Group for donating all the proceeds of their craft sale to the FRIENDS.

## Free Viewing of "Gen Silent"

**Thurs, Jan 24<sup>th</sup> 10 am Game Room**

Gay, Lesbian, Bisexual and Transgender older people who fought the first battles for equality now face so much fear of discrimination, bullying and abuse that many are hiding their lives to survive.

Thousands are dying earlier than their straight counterparts because they are isolated and afraid to ask for help.

But a growing number of people are fighting to keep LGBT aging from meaning aging in silence.

## Spanish Outreach Hour

**Thurs, Jan 17<sup>th</sup> 10 am – 11 am**  
(Come for coffee and pastries!)

### **Plan de salud pensando en usted" "Health Care that's all about you"**

The Senior Care Options (SCO) Program through Commonwealth Care Alliance is a no-cost comprehensive health care program for seniors in the community who are 65 years or older and eligible for Mass Health (or on MH Standard). The Commonwealth Care Alliance is non-profit agency who is dedicated to keeping our seniors healthy and able to stay at home by offering a team approach to health care. Some of the many benefits of SCO are no co-payments, no premiums and no cost at all for medications, dental care, medical care, home care and much more.

## COMPUTER CLASSES

We apologize for the inconvenience. We are suspending computer classes until further notice. Our plans are to upgrade the computer systems with updated operating software and revamp the textbooks. Also know that future classes will only be held when there is a minimum of four students.

**IN LOVING MEMORY**

Thank you for your generous donation  
in loving memory of Rose Colella  
Matched by the G.E. Foundation

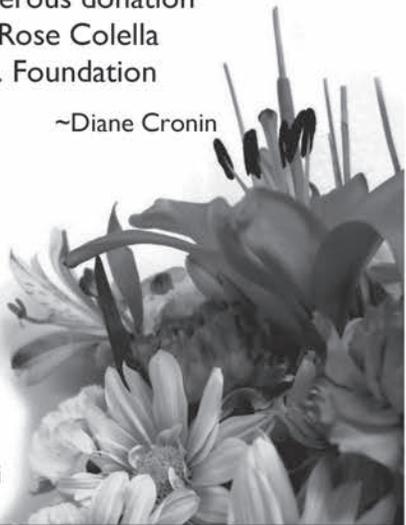
~Diane Cronin

In loving memory of  
Dr. Thelma Berger

~Dr. Harvey Berger

In loving memory of  
Senator  
Walter J. Boverini

~Christine M. Boverini



**DEDUCTIBLE DONATION**

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 check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of  In honor of  In appreciation of

Person's Name: \_\_\_\_\_

Send card to: \_\_\_\_\_

Donated by: \_\_\_\_\_

Place  
Your Ad  
Today!



**ABC Home Healthcare Professionals**

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](http://www.abchhp.com)

233 Albion Street Wakefield

**Committed to Life at Home**

**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

# Hair Salon

## SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

## WELLNESS OFFERINGS

### EYEGLOSS CLINIC

January 8th  
10:00 am—11:00 am  
By: Mr. Specs

### BLOOD SUGAR & BLOOD PRESSURE

January 8th  
8:00 am—9:30 am \*note time change\*  
Nurse available for any health questions.

### HEARING CLINIC

January 29th  
9:00 am—11:00 am

### PODIATRIST

January 10th and January 31st  
10:00 am—12:00 pm  
Call for appointment. Bring Insurance Card

### MASSAGE THERAPY

1:00 pm—3:00 pm  
Call for an appointment.

#### LYNN COUNCIL ON AGING SENIOR CENTER

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

RETURN SERVICE REQUESTED

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

Capture the Pride!

