

LYNN COUNCIL ON AGING SENIOR CENTER



**July
2016**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

What I've learned...
I love to pass on interesting topics if not minimal thought provoking discussions that hopefully you'll expand and minimally enjoy...
If singing the wrong words to a song at the top of my lungs in the confinement of a car wasn't enough to aggravate the passenger; I proceeded to open the middle console without alerting her. What did I learn? Stop taking passengers in your car! It's not that bad. Ok maybe the singing was too happy and annoying. I've also learned it's pretty impossible to find a diet that says green veggies are bad! Studies are reversing stuff all the time. Wine is good, wine no good. Eat butter; stay away from butter to butter is better. Green veggies are still standing strong as good. I'm grateful I have choices and prepare my own green vegetables. Gratitude is happiness. Remember the boy who cried because he didn't have any shoes? He stopped crying when he met the boy with no feet. And if life throws you melons! All it means is you're dyslexic! Don't sweat the petty stuff and certainly don't pet the sweaty stuff... if someone said to me come forth and you shall receive the riches of the world, you watch someone would need something and I'd arrive fifth and go home with a toaster. All good. I like toast!

~Stacey Minchello

From Your Mayor

What a wonderful time of the year! I hope you are all enjoying a pleasant start to the summer. One event that is always a highlight is the fireworks display along the waterfront, which will take place on Sunday, July 3. I hope many of you will be able to make it down to the beach for this festive event.

Throughout the summer, the Friends of Lynn & Nahant Beach will sponsor Thursday night concerts at Red Rock Park, starting at 6 p.m. Performers this month include the Lexington Street Band on July 9, Brian Maes Band on July 16, Shuffle Mode on July 23 and Mary Beth Maes Band on July 30. There will also be a special children's concert and festival on July 25.

Our free summer movie series kicks off on July 15 with a showing of "Star Wars: The Force Awakens" at Goldfish Pond Park, on the corner of Stephen Street. It should be a great opening event.

It will also be a busy couple of months at the Lynn Auditorium. Pat Benatar and Neil Giraldo will perform on July 28. We are also excited to welcome William Shatner, Neil Sedaka and others in August.

Starting on July 29, Arts After Hours is presenting performances of "A Midsummer Night's Dream" in Lynn Woods, at the Pennybrook Road Entrance. It marks the fifth summer of Shakespearean performances by Arts After Hours. The program is sponsored in part by a grant from the Lynn Cultural Council.

The summer is also a perfect time of year to take in a Navigators baseball game, go to the beach or visit the Central Square Farmers Market for fresh, locally grown produce. There is always so much to do in this beautiful city.

Best wishes for a safe and enjoyable summer.
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of Elder Affairs & City of Lynn

Meet the Staff:

Stacey Minchello
 Director 781-599-0110 ext. 503

Rosa Paulino-Diaz
 Activities Assistant ext. 625

Pam Brito
 Program Coordinator ext. 618

Hours of Operation:

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

LCOA Board of Directors

Albert DiVirgilio President
Arthur Akers Clerk
Edmund Brown Vice President
Frank LaMacchia
Lester McCLain
Charles Mitchell
Frances Taggart
Pearl Brown
Marlene Vasi Eddy
Minette Lall

Meets 4th Wednesday monthly at 11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble President
Louis DeSouza Sr. Vice President
Deb Small Treasurer
George Harvey Recording Secretary
Roberta Abrams Membership Secretary

Next FRIENDS Meeting, July 28th @ 10 am

FRIENDS MEETINGS

FRIENDS MEETINGS: 10 am - First Floor Board Room

July 28th

Considering joining the FRIENDS? Come visit us and see what we're all about! ... Friendship first, friendly smiles making smiles and raising funds for our senior center.

JULY HAPPENINGS

Mon, July 4 th	Happy 4 th of July!	Center is closed
Weds, July 6 th	Independence Day BBQ Tickets \$3 Lunch served 11 am – 12pm Band 11:30 am – 1pm 50/50 raffle at 1pm	11 am – 2pm
Thurs, July 7 th	Veterans Coffee Hour with Tom Moran	1:00 pm – 2:00 pm Resource Library
Fri, July 8 th	Peabody Essex Museum – Free Admission Lunch on own at Salem Willows \$2	9:30 am Return @ 2pm
Mon, July 11 th	BINGO BONANZA	\$11 per person
Tues, June 12 th	Birthday Party Karaoke! Patriotic sing along with sheet music. Come join us!	11:30 am – 1:00 pm
Thurs, July 14 th	Ice Cream Social! Friends of LCOA	\$.25 1pm
Fri, July 15 th	BROWN BAG Program sponsored by the BOSTON FOOD BANK	10 am – 12pm
Fri, July 15 th	Edward Kennedy Museum \$2 Castle Island – lunch on own	9:30 am – 2:30 pm
Tues, July 19 th	Plainridge Casino Trip \$20 ****PLEASE NOTE 6:30 AM departure not 7 am**** (pre-paid reservation required)	8:30 am – 5:30pm
Weds, July 20 th	LGBT Lunch trip \$2 St. Peter's, Salem	11:15 am – 2pm
Thurs, July 21 st	Podiatry Appointments	10 am – 12 pm
Thurs, July 21 st	Field Trip – Arnold Arboretum \$4 Bus will tour through the property for those with limited walking ability. Cold Lunch provided.	10:00 am – 2:00 pm
Tues, July 26 th	Revere Sand Castles \$2 Kelly's Roast Beef – Lunch on own	10:00 am – 1:30 pm
Weds, July 27 th	Clam Box, Ipswich \$2	10:00 am – 2:00 pm
Thurs, July 28 th	Friends of the Lynn Council on Aging meeting Lynn Council on Aging Board of Directors Meeting Next meeting: September 22nd	10 am
Please note:	July 6 th no activities scheduled due to the BBQ Party July 8 th – no exercise classes	

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JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.</p>	<p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM(more than 1200 mg PER MEAL.)</p>		<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>¹ Salmon/dill sauce(260) Yellow rice(6) Broccoli(12) Calories-611 Sodium-546 ALTERNATIVE Rigatoni/ sauce(398) Calories-661 Sodium-677</p>
<p>⁴ HOLIDAY NO MEAL SERVICE</p>	<p>⁵ <u>SUMMER SPECIAL</u> Grilled chicken/roll/ketchup Seasoned potato wedges Salad Chocolate pudding Calories-701 Sodium-1000</p>	<p>⁶ <u>BBQ</u> Hot dogs/hamburgers/rolls Ketchup/mustard Potato salad Watermelon</p>	<p>⁷ Lemon pepper pork(255) Rice/beans(60) Salad(50) Calories-778 Sodium-960 ALTERNATIVE Baked breaded fish(224) Rice & beans(60) Salad (50) Calories-716 Sodium-927</p>	<p>⁸ Rosemary chicken(350) Mashed potatoes(198) Calories-622 Sodium-884 ALTERNATIVE Lasagna/sauce(411) Broccoli(12) Calories-654 Sodium-942</p>
<p>¹¹ Crispy fish/tartar sauce(350) Potato wedges(14) Calories-762 Sodium-875 ALTERNATIVE Egg/ cheese sandwich(570)* Calories-600 Sodium-900</p>	<p>¹² Beef hot dog/roll(705)* Baked beans(140) Salad(50) Calories-775 Sodium-1125 ALTERNATIVE Roast pork(74),rice/beans (48) Sodium-400 Calories-650</p>	<p>¹³ Chicken teriyaki(252) Rice(6) Stir fry veg(27) Calories-(664) Sodium-(637) ALTERNATIVE Shrimp with rice(184) Calories-692 Sodium-568</p>	<p>¹⁴ Roast turkey/gravy(467) Sweet potato(55) Salad(50) Calories-675 Sodium-755 ALTERNATIVE Stewed beef(490),salad(50) Calories- 796 Sodium-778</p>	<p>¹⁵ Baked crispy chicken(150) Veg. rice pilaf(13) Calories- 780 Sodium-720 ALTERNATIVE Crispy fish(220) Calories-650 Sodium-957</p>
<p>¹⁸ Cheese lasagna/sauce(411) Spinach(154) Calories-671 Sodium-875 ALTERNATIVE Curried beef(49) Calories-862 Sodium-771</p>	<p>¹⁹ Roast pork/gravy(74) Yellow rice(6) Salad(50) Calories-660 Sodium-525 ALTERNATIVE Eggplant parmesan/pasta (711)* Calories-729 Sodium-1136</p>	<p>²⁰ BBQ chicken(370) Candied yams(26) Calories-736 Sodium-717 ALTERNATIVE Brazilian salmon(260) Calories-655 Sodium-642</p>	<p>²¹ Fish sticks/tartar sauce(450) Rice/chickpeas(54) Salad (50) Calories-773 Sodium-728 ALTERNATIVE Cerdo asado(pork)-(64) Calories-709 Sodium-400</p>	<p>²² Chicken/broccoli alfredo/pasta(272) Calories- 800 Sodium-847 ALTERNATIVE Ravioli/ sauce(598) Calories-742 Sodium-1185</p>
<p>²⁵ Chicken picatta(558)* Mashed potatoes(198) Calories-775 Sodium-1490** ALTERNATIVE Veggie burger/roll(480) Mashed potatoes(198) Calories-600 Sodium-1093</p>	<p>²⁶ Meatballs/sauce/pasta(313) Salad(50) Calories-640 Sodium-697 ALTERNATIVE Cumin roasted pork(255) Brown rice/beans(60) Salad (50) Calories-670 Sodium-698</p>	<p>²⁷ Shepherd's pie(170) California blend veg.(40) Calories-714 Sodium-650 ALTERNATIVE Tilapia/tomatilla salsa(244) Veg. rice pilaf(13) Calories-642 Sodium-739</p>	<p>²⁸ Chicken sausage/peppers & onions/roll(685)* Calories-673 Sodium-1045 ALTERNATIVE Brazilian chicken(122) Seasoned potato wedges (330) Calories-681 Sodium-990</p>	<p>²⁹ Baked white fish(94) Yellow rice(6) Calories-655 Sodium-567 ALTERNATIVE Beef tips(490) Plantains(16) Calories-800 Sodium-839</p>

SENIOR CENTER ACTIVITIES • JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii	SILSBEE STREET 9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L) 10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP 10:45-12:30 LUNCHEON	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly) 10:45-12:30 LUNCHEON	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	12:30-1:30 ESL CLASS 1:30-2:30 IMMIGRATION INFO 12:30 – 1:30 VIDEO EXERCISE (IN2L)	11:30-12:15 EXERCISE CLASS 12:30 – 1:30 IN2L VIDEO EXERCISE	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON 11:30-12:15 EXERCISE CLASS
	12:30-2:30 CRIBBAGE 12:00-2:45 POKENO 1:30 BILLIARDS CLUB 2:00-3:00 GAMERS GROUP	1:00 – 3:00 MOVIE 1:00-3:00 'PENNY ANTE' POKER 2:00-3:00 HORSE RACE GAME	12:30-2:30 JAPANESE BUNKA EMBROIDERY 1:00 FREE ZUMBA CLASS	1:00-2:45 BINGO

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 our 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.

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CASINO TRIPS

Departs from Lynn Senior Center

Foxwoods Casino \$28
 6:30 a.m. – 6:30 p.m.

Tues, August 16th
Tues, Oct 18th
Tues, Nov 15th

\$10 Free Slot Play

\$10 Food coupon or free meal at the buffet

**PLEASE NOTE EARLIER
 DEPARTURE TIME IS AN
 ATTEMPT TO BEAT BOSTON TRAFFIC**

Plainridge Casino \$20
 8:30 am - 5:30 pm

Tues, July 19th *(Bus is full- feel free to sign
 onto waiting list)*
Weds, Sept 21st

\$15 Free slot play and if you're a new
 rewards member, you receive a U-Spin for a
 chance to win \$5 - \$500.

- * Limited seating
- * Pre-paid reservation
 required
- * Must have 40 reservations by July 9th.

Leave Lynn Senior Center promptly at 8:30
 am and leave casino promptly at 3:45 pm.



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

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

July 6 th	No Movie Today			
July 13 th	Zoo Keeper	2011	PG	102 mins
July 20 th	Elsa & Fred	2014	PG-13	97 mins
July 27 th	Seems Like Old Times	1988	PG	102 mins



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.



Greater Lynn Health Fair

Tuesday, July 19th

9 am – 12 pm

KIPP Academy 90 High Rock Street, Lynn

~Farmer's Market Coupons~

Recipients must be 60 years of age, live in Lynn, Lynnfield, Nahant, Saugus, or Swampscott. Must be low income by proof of benefit eligible demonstrated by food stamps, SSDI, Medicaid, Fuel Assistance, Housing assistance and or Mass Health. Proof of Eligibility will be checked. Limited supplies of coupons- while supplies last.

BIG SHOUT OUT

BIG SHOUT OUT to Senior Whole Health for sponsoring *Four Guys in Taxes* entertainment for this year's BBQ!

Senior Whole Health's mission is to maximize the quality of life, health, security and independence of our members.

We help our members and their families understand the complex world of healthcare. At Senior Whole Health, we help manage their care and arrange for them to receive the services they need. We do this with sensitivity to the challenges of those who don't speak English while catering to the cultural diversity of the more than 30 different languages our members speak.

Save the date!

Beauport Gloucester

Lobster Luncheon & Cruise

August 31st

9:45 am depart Senior Center

Board boat at 11 am

Sails until 2pm

Approximate return time 4pm

\$45

Limited seating – Reserve early



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Wellness Watch July 2016

Days are now longer and the sun is getting hotter. It's time to prepare for the summer and that means learning the best possible ways to protect your skin. No matter what your previous protection strategies have been or your health history it is never too late to begin good skin care habits in the sun. Research shows that between 40-50% of Americans who live up to the age of 65 will have one type of non-melanoma skin cancer at least once. About 90% of non-melanoma skin cancers are associated with exposure to UV radiation from the sun. Therefore, using protection and staying out of the sun will greatly decrease the chances of being diagnosed with skin cancer. There is no single product or method that will guarantee protection against skin cancer. However, there is a combination of products and techniques that can be very effective. Below you will find many strategies to help your skin.

1. **Sunscreen** is the best product for your skin. Dermatologists recommend using a broad spectrum sunscreen with SPF 30 or higher applied daily. Using SPF 30 or higher has been proven to absorb 97% of harmful UV rays that are able to pass through clouds and glass. Make sure to reapply the sunscreen when sweating heavily or in water. It should also be reapplied every 2 hours if you are out in the sun for a prolonged time. Regular daily use of sunscreen reduces the risk of developing non-melanoma skin cancer by 40% and melanoma by 50%.
2. **Finding shade** is important throughout the entire day, but vital during peak sun hours which are between 10am and 4pm. Trees, umbrellas or canopies are great options for shade, but do not offer 100% protection. Staying out of direct sun exposure is a great method that will help protect your skin.
3. **Protective clothing** is another method to keep your skin safe in the sun. Clothes are re-usable and provide full body coverage unlike sun screen that must be re-applied. A hat with a wide brim can protect the eyes, ears, face and back of the neck. Look for sunglasses that have 99-100% UV-A and UV-B protection which will greatly reduce eye damage from sun exposure. Long sleeve shirts and pants are an inexpensive option to protect the skin from excess sun exposure. It is best to choose loose fitting clothing made from tightly woven material.
4. **Medications** can often have side effects that increase the risks of sun exposure. The skin can have an increased sensitivity and sun exposure must be limited or avoided completely. Skin damage can include sunburn, blisters, rashes or swelling when out in the sun. Some medications to be cautious of include antibiotics, diuretics, antidepressants, anti-psychotics and anti-diabetics. Be sure to discuss these medications and their side effects with your doctor.

There is never any complete guarantee with any of these options, however choosing a combination of the techniques and products listed will greatly reduce your risk for skin cancer. As the weather warms up and being outside is much more enjoyable (The sun is a nice alternative to the many feet of snow from the winter) remember to protect your skin first!

Kelsey Spotts

Healthy Living Program Community Coordinator

The Kiosk for Living Well

Happy July -- full of sunshine, maybe some beach time, and the kind of fresh air we long for in the winter!

Come meet with our **Healthy Heart team** to get your blood pressure checked on **Tuesday July 12th and Thursday July 28th** anytime between **10:00 and Noon**. Let us know if there are any aspects of your heart health you'd like to discuss so we can work with you to develop a progress plan.

You can also work on your balance and fall prevention skills with the **Move Safe Counselor**. She offers a variety of balance tests to anyone interested and suggests effective strengthening exercises. She'll be at the Kiosk on **Thursday July 7th** from **10:00-12:00**.

The Kiosk is open every Tuesday and Thursday from 10:00 – Noon.

Kiosk Exercise classes also take place every Tuesday and Wednesday from 12:30 to 1:30.

Make the Kiosk a part of your weekly routine!

Independence Day

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

America
 Band
 Blue
 Celebrate
 Constitution
 Fireworks
 Flag



Fourth
 Freedom
 July
 Nation
 Parade
 Red
 White



Happy 4th of July!

SPIRIT GEAR! Wear the pride!



Get your Lynn Senior Center t- shirt
\$8
Sizes medium – XXXL
Sample hanging in center



LCOA Annual Independence Day BBQ

Lynn Council on Aging ~Annual Independence Day BBQ Celebration
WEDS, JULY 6th

11 am – 2pm
\$3 per person



Meal service starts promptly at 11 am and ends at 12pm
Advance ticket sales start June 3rd at 8 am
Senior center scan card required.



Sponsored by the FRIENDS of the LCOA

50/50 Raffle! Winner pulled at 1:00 p.m. Live Entertainment "Four Guys in Tuxes"
RIDE travelers: Schedule your ride home for 2pm

Thank you Bane Care!

Many thanks to Bane Care for their continued support throughout the years of the many Lynn Senior Center events. This summer, Bane Care has delivered over 1,000 ice cream sandwiches to support senior cookouts throughout the GLSS service area including all area COAs and Element Care sites.

Bane Care Management, – Abbott House, Lynn, Rosewood- Peabody and Devereux House- Marblehead have been providing excellent and quality care to the communities of the North Shore since 1963.

RAFFLE! RAFFLE! RAFFLE!

\$5 per ticket

First prize: Apple mini ipad

Second Prize: \$100

Third Prize: \$50

Winners pulled: September 22nd 1pm
Proceeds benefit the FRIENDS of the LCOA

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~ Dr. Harvey Berger

Thank you for your donation

~ Sophie Karoumpalis

In loving memory of my son, Jimmy Frasca

~ Florence Frasca

In appreciation of Cheryl Donnelly
for always being there!

~ Kiki & Inky

Thank you for your donation

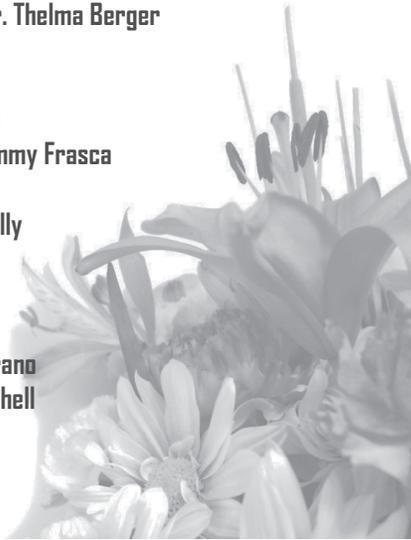
~ Carmelita A. Marturano

In loving memory of Louise Mitchell

~ Charles Mitchell

Thank you for GE match

~ Irene Lee



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

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 \$ _____

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SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$18
WASH, CUT & SET	\$18
COLOR	\$25
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS

9:30 AM—10:30 AM

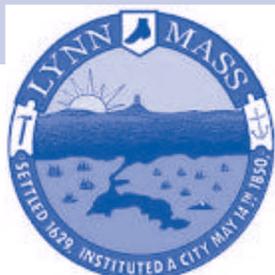
KIOSK FOR LIVING WELL
 EVERY TUESDAY & THURSDAY
 10:00 AM—12:00 PM

MILLION HEARTS NURSE

2ND TUESDAY & 4TH THURSDAY

*(JULY 12TH & 28TH)
10:00 AM—12:00 PM

Capture the Pride!



WELLNESS OFFERINGS

VETERANS COFFEE HOUR

July 7th

1:00 pm - 2:00 pm



PODIATRIST



July 21st

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

July 13th

8:00 am - 9:00 am

note time change

*Starting 7/13/16, every Wed., 8am - 9am



HEARING CLINIC



July 5th & Sept. 6th

10:00 am - 11:00 am

Please note that the hearing clinic is now every other month.

MASSAGE THERAPY

1:00 pm - 3:00 pm

Call for appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

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