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PEPPERELL SENIOR CENTER



37 Nashua Road
Pepperell, MA 01463
(p) 978-433-0326
(f) 978-433-0347

Your Home Away from Home

February 2018

Staff

- ♥ Susan McCarthy, Director
- ♥ Michelle Ross, Outreach Coordinator
- ♥ Dianna Homoleski, Volunteer Coordinator
- ♥ Cheryl Balkan, Activities Coordinator
- ♥ Dennis Valcourt, Chef
- ♥ Albert Harris, Custodian
- ♥ Van Drivers : Neil Cadogan, Jim Casserly, Becky Torpey, Bob Conlon, William Talbot

COA Board

Meetings are the 2nd Tuesday of the Month
Next Meeting - Tuesday, Feb 13th , 6:00 PM,
Town Hall Conference Room A

- ♥ Peter Nordberg, Chair
- ♥ Irene Leddy, Vice Chair
- ♥ Sheila Jones, Secretary
- ♥ Members: Lori Durno, Phil Durno, Fran Lamb, Joanna Reagan

Hello Beautiful People,

For something so often written about, it is very hard to describe. For something so often sung about, (perhaps more than any other topic in the history of the world), it is challenging to accurately define it. For something so longed for, so coveted, so adored and at times, so sadly missed, it is nothing that we can carry in our pockets or hold in our hands. Yet it's capacity exists inside of us. When there, you *feel* it in your body and in your mind. It's as if it is a second presence inside of us that wraps it's arms around another. It's one of the greatest feelings we can have. Frankly it is so strong a feeling and so large, it makes sense words don't do it justice. Nor music. I feel that way sometimes. I feel it a lot. I know that you do too. Look for ways to love. Look for ways to love more often. It's perhaps the greatest gift we have for ourselves. And of course, for each other.

With Love, *Susan*



February Highlights

♥ National Wear Red Day	Fri.	2/2
♥ Coffee with a Police Officer	Fri.	2/2
♥ Four Chaplain Sunday	Sun.	2/4
♥ Friends Meeting	Mon.	2/5
♥ Facials by Appt.	Mon.	2/5
♥ AARP tax prep starts	Wed.	2/7
♥ Parkinson's Talk	Fri.	2/9
♥ Bereavement Support	Mon	2/12
♥ Forever Friends Party	Tue	2/13
♥ Indian Hill Concerts	Thur.	2/15
♥ Cannabis Talk	Fri.	2/16
♥ Cancer Support Group	Tue.	2/20
♥ Hearing Testing by Appt.	Tue.	2/20
♥ Friends Board Meeting	Tue.	2/20
♥ Charlotte's Luncheon	Thur.	2/22
♥ Gluten Talk	Fri.	2/23
♥ Facials by Appt.	Mon.	2/26
♥ Cooking for One	Tue.	2/27
♥ Variety Show Auditions	Wed.	3/7
♥ Variety Show Auditions	Thur.	3/8
♥ Save the Date -NMRHS Concert	Wed.	3/21

NEW - Hours of Operation

Monday/Tuesday	8AM-4PM
Wednesday	8AM-5PM
Thursday	8AM-4PM
Friday	8AM-2PM

Medical Equipment

The Lions Club collects, donates and stores medical equipment for people in need.
Please contact Penelope Bullis @ 1-617-909-2565.

Thank you

- Coffee** Bob Newton, Olli Giangregorio, Nancy Whalen
Gary Giguere, Doris Fogelman
- Soda** Bob & Deloris Demmons, Pat Archambault,
Linda Wilder, Thurlow Dow, Sandra Ferrell
- Other** Linda Wilder, Jan Kobs, Thurlow Dow, Eric Roy,
Gerry Kinney

Big thank you to the Friends for all their support!

Needs: 6coffee (regular & decaf), cold cups, Styrofoam hot cups (6oz), hard candy (wrapped), soda (decaf & regular),

VOLUNTEER CORNER

Diane Homoleski, Coordinator of Volunteers
Phone: 978-433-0326, Extension 12
Email: dhomoleski@town.pepperell.ma.us
Website: <http://town.pepperell.ma.us/coa>

Doris Fogelman & Gary Giguere



Our February 2018 "Volunteer of the Month" is our perfect Valentine couple, Doris Fogelman and Gary Giguere. On both Tuesday and Thursday, Doris is one of our "Bone Builder" instructors and Gary is her assistant. They are such a delight to be around, always smiling and ready to lend a hand. Our "Bone Builders" class is a huge success, and it is largely due to our amazing instructors and assistants. We thank them for their dedicated time and efforts. We are so very happy to have them on our "Volunteer Team".

Thank you to the Friends of the Pepperell Seniors for all that they do for us at the Senior Center. We also congratulate their new officers: President, Robert Newton, Vice President, Olly Giangregorio, Treasurer, Susan Brussard, Secretary, Jackie Southworth, and Directors: Catherine Fitzgerald, Fay McChristian and Pat Wallace.

Thank you to our "Meals on Wheels" packagers and drivers: Donna Allen, Bob Conlon, Dave LeBlanc, Roxann Chamberlain, Marilyn Arsenault, Patty Eggimann, Jackie Southworth, Margaret Scarsdale, Amanda Filandrianos, Jim Jangraw, Charlie Cummings VII, Gail Korsman, Herb Woods, Dick Howley, and Pat Pyne, They do a fabulous job!

Thank you to Chris Richard for getting our donuts on Wednesday at both Dunkin Donuts and the Gourmet Donuts.

We thank the Nissittisit student chorus for singing wonderful Christmas selections on Friday December 15. It is always such a treat to have them visit and perform for us, they are adorable!

We thank our Sir Williams Chorus members & their instructor Marcia Slater for providing us with a wonderful concert on Wednesday, December 20.

We thank the Varnum Brook students for providing "Holiday Centerpieces" for our dining hall tables, as well as their contribution of rocks for the "Kindness Rocks Program."

Thank you to the Community Church of Pepperell for donating a beautiful Christmas tree for all of us to enjoy during the holiday season & Pepperell Christian Fellowship for their beautiful cards for our dining hall tables.

We thank Barbara Bennett for leading our "Cancer Support Group." She is totally dedicated ; we are so fortunate to have her on our volunteer team.

We thank Ann-Marie Meuse for doing all of our grocery shopping every weekend so that Chef Valcourt can make our wonderful meals each day. We do not know what we would do without both of them and the kitchen staff: Donnarae Bertram, Roxann Chamberlain, Shirley Hult, Bawn Clifton, Moe Tremblay, Carol Whitney, Ida Schultz, Bob Selinger, Marina Berges, Joanna Reagan, Dot Drew, Judy Duggan, Our Lady of Grace, Pepperell Christian Fellowship, Pepperell Garden Club, Friends of the PTO and the Pepperell Woman's Club. We also thank the Pepperell 4th of July Committee for coming in to cook on Wednesday, January 31

We so thank Roxann Chamberlain for scrubbing our kitchen sparkling clean, especially the stove, ovens, and warming trays!

Throughout the month of December, the following volunteers rang the bell for the Salvation Army: Phillip Durno, Bill Hanson, Lauren McLean, Roxann Chamberlain, Bryce Winch, Wesley Whittier, Albert Buckley, William Talbot and Katarina Menice, Leader, with the New York Service Learning Group. We thank all of them for their time and efforts. They were able to collect almost \$3,000!

On Friday, December 30, we had our annual "Noon Year's Eve Party". Our Staff served a scrumptious Chinese dinner and danced to great music provided by DJ Bob Libby & Libb tunes Entertainment. We so thank our volunteers for their assistance: Al Harris, Bruce Newell, Fred Kobs, Carol Whitney, as well as, Katarina Menice and the New York Service Learning Group.

New Volunteers: Arthur Nesbit, Activity Assistant, Janet Sakalys, Mail Clerk; Bryce Lynch, Activity Assistant, and Katherine Burris, Kitchen Assistant.

UPCOMING EVENTS

National Wear Red Day

Friday, February 2

Heart disease and stroke cause 1 in 3 deaths among women each year. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action. That's why this year we are asking that you wear red on **National Wear Red Day**[®], February 2, 2018, encourage others to do the same and make the time to Know Your Numbers. Five numbers that all women should know to take control of their heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases.

Coffee & Conversations with a Police Officer

February 2nd 9:30 am

Come join Officer Bruce Haskins, for a cup of coffee and conversation. No agenda, no speeches, just a friendly cup of "Joe" with your TRIAD police officer. He will try to answer any concerns or questions you may have.

Four Chaplains Sunday

Sunday, February 4 1:00pm

Traditionally, the first Sunday in February is "**Four Chaplains Sunday**". The chaplains, also sometimes referred to as the "Immortal Chaplains" or the "Dorchester Chaplains", were four United States Army chaplains who gave their lives to save other civilian and military personnel as a troop ship sank during World War II. You will hear their story and share with friends and family. It is a compelling story that highlights the faith, courage, and spirit of interfaith cooperation that chaplains are called to exhibit in caring for service members and their families. **No sign up required.**

Technology classes

Thursdays 10:00 am & 1:00 pm

Come and learn about whatever technology is puzzling you (iPads, computers, Android phones & tablets, smartphones, etc.). Two classes are offered. If you need additional assistance you can make an appointment for individual lessons with one of our extremely qualified instructors.

AARP Free Tax Prep

Wednesdays, Starting February 7

8:00 am - 12:00pm

The AARP tax aides will be at the center on Wednesday mornings in February, by appointment only, to help low to moderate income taxpayers, especially those 60 and older. When you sign up, please pick up the paper work you will need to fill out before your appointment and a form with a list of information you will need for your appointment.

Sign up Today!

Parkinson Disease Talk

Presentation by Denise Paradise of Aynsley Place a Courville Community

Friday, February 9 9:30 am

Parkinson's disease is a neurological disorder with an average onset of age 60, (though some are diagnosed at a younger age). Come learn the latest in research, treatments, coping and what you can do to mitigate the challenges this disease brings.

Forever Friends Valentine's Day Party

Tuesday, February 13 11:30 am - 3:00 pm

Let's celebrate the amazing friendships we have at our center this Valentine's Day! Encourage all your friends and loved ones to join us for lunch and some fantastic music by Tim Rollo. We will dance and enjoy each others company for the afternoon. Great friendships are something to celebrate! Cost \$3.00 including a delicious Stromboli sub, corn chowder and entertainment. **Please sign up now.**

Cancer Support

Tuesday, February 20 12:45 pm

I know we are a week late this month but we wanted everyone to enjoy the Forever Friends Party on the 13th. This month we want to know how everyone is feeling? We will share our feelings good and bad and also sample some antioxidant foods. As always, this group is open to men, women or anyone who has a friend or family member who has been affected by cancer. Come learn and lean on others who have been there. **No sign-up**

ONGOING ACTIVITIES

Stitch and Gab

Fridays, 10:30 AM

Technology Classes

Thursdays, 10:00 AM & 1:00 PM

Cancer Support Group

3rd Tuesdays, 12:45 PM

Bereavement Support Group

Mon. 12th 9:00 AM & Wed. 28th 4:00 PM

Color Art Design

Mondays & Fridays, 12:30 PM

Hearing Tests & Hearing Aid Cleaning

Tue. 20th 10:00 AM (by appt.)

Art Class

Thursdays at 12:30 PM

Cards and Games

Mahjong

Monday 1:00 PM - 3:00 PM

Wednesday 2:00 PM - 5:00 PM

Bingo

Wednesdays after lunch

Cribbage

Tuesdays, 9:15 AM

Open Games

Daily - 9:15 AM

Hand & Foot, Mondays, 9:30 AM

Sir William's Chorus

Wednesdays, 10:30 AM-11:30 AM

FITNESS— DONATIONS \$3.00 & \$4.00

Yoga

Tuesday's class is a gentle practice of seated and standing yoga postures. Thursday's class is a flow of postures, breathing and meditation. Both classes require a mat and allow use of a chair.

Tuesdays, 9:30 AM & Thursdays, 9:00 AM

Zumba Gold

Thursdays, 10:15 AM

Exercise

A variety of aerobics and strength training is provided for all levels, all for good health and fun!

Mondays, 10:00 AM

Fridays, 11:30 AM

Dance Class

Mondays, 11:15AM

International Folk Dancing

Tuesdays, 10:30 AM

Bone Builders

Mondays 1:00 PM &

Thursdays 1:30 PM

Tuesdays 12:45 PM & Fridays 10:30 AM

Matter of Balance

Friday, 1:00 PM (class full sign up for wait list)

Zengevity

Tuesday, 1:00 PM

Did You Know:

Dancing can improve your cognitive functions, mental and physical well being and creates strong social connections which increase happiness!

4.

Wednesday Movies

2/7 Faith Like Potatoes (2006) - The story of the rugged South African farmer as he endures remarkable adversity on his quest to discover the true power of faith. Set in the tempestuous hills of the KZN midlands, follows Buchan from his early attempts to achieve material success, through the personal transformation that follows a series of seemingly insurmountable losses, and a close friendship forged with his faithful Zulu farmhand. PG

2/14 The Final Countdown (1980) An alternate history science fiction film about a modern aircraft carrier that travels through time to the day before the 1941 attack on Pearl Harbor. Stars, Kirk Douglas, Martin Sheen. PG

2/21 Les Miserables (2010) This CONCERT, recorded to celebrate the 25th anniversary of the landmark musical Les Miserables, gathers the casts of the show's 2010 original production at the Queen's Theatre, the 1985 original production by the London company, and the 2010 production at the Barbican together for one performance. The performers present the play's musical numbers in a semi-theatrical style, fully costumed and with all the emotion of the musical's heyday. PG13

2/28 If You're Not In Orbit, Eat Breakfast (2005) - "What's the secret to living into your 90s - and loving every minute of it?" In this feature documentary, irrepressible writer-comedian Carl Reiner tracks down several celebrated nonagenarians, and a few others over 100, to show how the twilight years can truly be the happiest and most rewarding. Among those who share their insights into what it takes to be vital and productive in older age are Mel Brooks, Dick Van Dyke, Kirk Douglas and many more. NR

AND MORE

Indian Hill Music Concert

**Bach's Lunch (36 King St., Littleton, MA)
Thursday, February 15 11:00 am & 1:30 pm**

This month's feature will be piano trio works by Saint-Saens, Beethoven, and Gershwin. Complimentary coffee, tea and cookies will be served!

"Cannabis"

Presentation by Aaron Green

Friday February 16 9:30 am

Come learn about the history of Cannabis. Hear Aaron speak on the use and applications of Cannabis based medicine. See what products are available in fully legalized and sustainable markets that have nothing to do with "getting high". Explore the definitions of "medical cannabis" vs "recreational and why it isn't what it sounds like. Aaron is a lifetime entrepreneur and artist, working towards a license in this new industry. He is hoping to get approval to open a facility in Groton under the newest legalization legislation.

Free Hearing Tests and Aid Cleaning

February 20th 10:00 am -1:00 pm

Dr. Chris Streeter, from Affordable Hearing LLC, will provide hearing tests and hearing aid cleaning done here at the center free of charge. Small fixes on hearing aids can be done on site. Holes or cracks in hearing aids can be fixed for a small fee. Batteries are available at a discounted rate. **Please call or stop at the front desk for an appointment.**

Charlotte's Luncheon

Thursday, February 22 12:00 pm

You all know how amazing Charlotte is to us and this month is no exception. We have 3 wonderful meals to from such as baked haddock and scallops, roast beef dinner with béarnaise sauce and chicken cordon bleu. All the meals come with mashed potatoes and a vegetable plus dessert tax, tip for **just \$12.00. Sign up today.**

"Gluten - When, What, Why and How"

Presentation by Nashoba Valley Medical Center's Dietician joined by Visiting Angels Homecare

Friday, February 23 9:30 am

Please join the Dietician from Nashoba Valley Medical Center in a round table discussion on Gluten and Diet. Find out when a gluten free diet would be needed. Learn what a gluten free diet consists of and why some need gluten free and how to shop for gluten free items. Visiting Angels of Acton will also speak on how the laws for the homecare industry have changed. Come hear a brief discussion on making a safe choice in selecting an agency for your family.

Cooking for One Series

Instructor Gwen Johnson

February 27 2:00pm

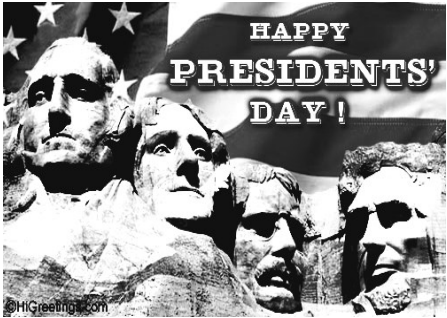
This class has been designed to help people cook healthier, happier and thriftier, for a single person. The Cooking for One series will run for 9 months. Cooking for one can be challenging especially for someone with diet restrictions. This next class will be discussing heart health and we will create a fabulous dinner and delicious dessert.

*This program has been made possible
through the generosity of the
Friends of the Nashoba Valley Medical Center.*

NMRHS SPRING BREAKFAST

Wednesday, March 21

(snow date: March 22, 2018.) **8:30 am-9:40 am**
The NMRHS Student Council will be hosting their annual Spring Breakfast (NEW- replaces the luncheon) for the senior citizens of Townsend, Pepperell, and Ashby. You will meet at the Senior Center and be bussed to the high school for a breakfast in our new Commons area followed by performances by the award-winning band and choral students. There will be a limit of 55 seniors from Pepperell so, **please sign-up** at the front desk to ensure an accurate bus and meal count.

Monday 29.	Tuesday 30.	Wednesday 31.
9:30 Hand and Foot 10:00 Exercise 11:15 Dance Class 12:00 Baked Chicken 12:30 Color Art Design 1:00 Mahjong 1:00 Bone Builders	9:15 Cribbage 9:30 Yoga 10:30 NO International Folk Dancing 12:00 Cheese burger & Soup 12:45 Bone Builders 1:00 Zengevity	10:30 Sir William's Choir 12:00 Stuffed Shells 4th of July Committee 12:30 Bingo 12:30 Movie: Impossible Rogue Nation 2:00 Mahjong
9:30 Hand and Foot 10:00 Exercise 11:00 Facials by Jackie (by appt.) 11:15 Dance Class 12:00 Frittata 12:30 Color Art Design 1:00 Mahjong 1:00 Bone Builders 1:00 Friends Meeting	9:15 Cribbage 9:30 Yoga - Louise 10:30 NO International Folk Dancing 12:00 Chicken Sandwich & Soup 12:45 Bone Builders 1:00 Zengevity - Cheryl	8:00 AARP tax Prep starts 10:30 Sir William's Chorus 12:00 Cheese Ravioli Our Lady of Grace 12:30 Bingo 12:30 Movie: Faith Like Potatoes 2:00 Mahjong
9:00 Bereavement Support 9:30 Hand and Foot 10:00 Exercise 11:15 Dance Class 12:00 Stuffed Shells 12:30 Color Art Design 1:00 Mahjong 1:00 Bone Builders	9:15 Cribbage 9:30 Yoga - Louise 10:30 International Folk Dancing 11:30 Forever Friends Party 12:00 Stromboli sub & soup 12:00 SHINE by appointment 12:45 Bone Builder - Cancelled 1:00 Zengevity - Cancelled Forever Friends Party with Tim Rollo 11:30 am	8:00 AARP tax Prep 10:30 Sir William's Chorus 12:00 Beef Vegetable Stew Christian Fellowship 12:30 Bingo 12:30 Movie: The Final Countdown 2:00 Mahjong
 <p>HAPPY PRESIDENTS' DAY!</p> <p><i>Closed! Enjoy Your Day!</i></p>	9:15 Cribbage 9:30 Yoga - Louise 10:00 Hearing Tests (by appt.) 10:00 Friends Board Meeting 10:30 International Folk Dancing 12:00 Chicken Salad & Soup 12:45 Cancer Support Group 12:45 Bone Builders 1:00 Zengevity	8:00 AARP tax Prep 10:30 Sir William's Chorus 12:00 Chicken Pot Pie Garden club 12:30 Bingo 12:30 Movie: Les Miserable 2:00 Mahjong Birthday Celebration
9:30 Hand and Foot 10:00 Exercise 11:00 Facials by Jackie (by appt.) 11:15 NO Dance Class 12:00 Chicken Marsala 12:30 Color Art Design 1:00 Mahjong 1:00 Bone Builders	9:15 Cribbage 9:30 Yoga - Louise 10:30 International Folk Dancing 12:00 Hamburger & Soup 12:45 Bone Builders 1:00 NO Zengevity 2:00 Cooking for One	8:00 AARP tax Prep 10:30 Sir William's Chorus 12:00 American Chop Suey Women's Club 12:30 Bingo 12:30 Movie: If You're Not in Orbit, Eat Breakfast 2:00 Mahjong 4:00 Bereavement Support

Thursday 1.	Friday 2.
9:00 Yoga 9:15 Cards 10:00 Technology Classes 10:15 Zumba Gold 12:00 Beef and Bean Chili 12:30 Art Class 1:00 Technology Classes 1:30 Bone Builders	9:30 Talk with Officer Haskins 10:30 Bone Builders 10:30 Stitch & Gab 11:30 Exercise 12:00 Smorgasbord Friday 12:30 Color Art Design 1:00 Matter of Balance National Wear Red Four Chaplain Sunday Sunday, February 4th - 1:00 PM

8.	9.
9:00 Yoga 9:15 Cards 10:00 Technology Classes 10:15 Zumba Gold 12:00 Chicken Stir Fry 12:30 Art Class 1:00 Technology Classes 1:30 Bone Builders	9:30 Parkinson's Disease Talk 10:30 Bone Builders 10:30 Stitch & Gab 11:30 Exercise 12:00 Smorgasbord Friday 12:30 Color Art Design 1:00 Matter of Balance

15.	16.
9:00 Yoga 9:15 Cards 10:00 Technology Classes 10:15 Zumba Gold 12:00 Baked Lemon Chicken 12:30 Art Class 1:00 Technology Classes 1:30 Bone Builders Indian Hill Concert 11:00 am & 1:30 pm	9:30 Cannabis Talk 10:30 Bone Builders 10:30 Stitch & Gab 11:30 Exercise 12:00 Smorgasbord Friday 12:30 Color Art Design 1:00 Matter of Balance

22.	23.
9:00 Yoga 9:15 Cards 10:00 Technology Classes 10:15 Zumba Gold 12:00 Beef Burgundy 12:30 Art Class 1:00 Technology Classes 1:30 Bone Builders Charlotte's Luncheon - 12:00 pm	9:30 Gluten Talk 10:30 Bone Builders 10:30 Stitch & Gab 11:30 Exercise 12:30 Color Art Design 1:00 Matter of Balance

1.	2.
9:00 Yoga 9:15 Cards 10:00 Technology Classes 10:15 Zumba Gold 12:00 Roast Pork 12:30 Art Class 1:00 Technology Classes 1:30 Bone Builders	9:30 Coffee with friends 10:30 Bone Builders 10:30 Stitch & Gab 11:30 Exercise 12:00 Smorgasbord Friday 12:30 Color Art Design 1:00 Matter of Balance

LUNCHES
Lunch is served
Monday-Friday 12:00 PM
Cost: \$3.00 All Participants
If you are unable to pay for lunch please speak to Michelle Ross. We have great resources that can help you receive an awesome lunch.

PACH Donations Needed !
Pepperell Aid from Community to Home
 The Senior Center will continue to be a drop off location for PACH, our food pantry here in town. They are currently in need of condiments and are always accepting donations of nonperishable items and canned goods. All items need to be new and non-expired. There will be a donation bin in the lobby for the donated items.

Mobile Library Program
 The Pepperell Senior Center, in conjunction with the Lawrence Library, now offers delivery service to homebound patrons who love to read but can't get out to get a book or movie from our beautiful library. If you are interested in this service or know someone who may be interested, please **call the Senior Center at 978-433-0326.**

MARCH -SAVE THE DATES:
St. Patrick's Dinner- Wed. 3/14
PCC Performance - Thur. 3/15
Mobile Gemstones -Tues. 3/10
Variety Show Auditions - Wed. 3/7
Variety Show Auditions - Wed 3/8
NMRHS Breakfast - Wed. 3/21

Exercise Donations are:
 ♥ \$3.00 Pepperell Residence
 ♥ \$4.00 Non residents

7.

TRIAD

Dear Seniors,

Hope everyone is doing well as we start the New Year. Winter is here and I found some helpful tips that I wanted to share.

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses -- especially for seniors.

Avoid Slipping on Ice

Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations.

- ♥ While younger people often recover relatively quickly from such injuries, older adults face complications, which doctors say are a leading cause of death from injury in men and women over the age of 65
- ♥ Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the [CDC](#), more than half of hypothermia-related deaths were of people over the age of 65.

- ♥ So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.
- ♥ Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

Fight Wintertime Depression

It can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation.

- ♥ To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

Stay Safe and Warm,
Officer Haskins

8.

ICE SAFETY: Do the Penguin Walk

Move slowly to react to changes in grip and keep momentum at a minimum

Extend arms outward to maintain balance

Bend legs slightly and walk flat-footed

Point feet slightly outward

Position center of gravity as directly over feet as possible



UPMC LIFE CHANGING MEDICINE
upmc.com/urgentcare

Outreach Program

The Outreach Coordinator provides referrals and resources to seniors and their families regarding programs and services provided by the Council on Aging and other area agencies that support the unique needs of older adults. Our goal is to educate and assist seniors to make informed decisions, which will enhance their safety, dignity and independence within the community.

Is it spring yet? I know I am counting the days!

February is “American Heart” month. A healthy diet can be good for your heart as well as your waistline. You can definitely reduce your risk of developing cardiovascular disease by eating certain foods every day. There is a great variety of fruits and vegetables that are good for your heart. Try to eat foods that are in their natural form, as they come from the ground, also known as the “whole-foods diet.” That diet includes, of course, heart-healthy foods such as fish, whole grains, vegetables and fruits, but don’t be afraid to treat yourself occasionally with a piece of dark chocolate!! There are seven proven health benefits of dark chocolate, so choose wisely you are buying sweets for your **‘Sweetheart’!**

Dark Chocolate benefits:

- ♥ Very Nutritious
- ♥ Powerful Source of Antioxidants
- ♥ May improve blood flow and lower blood pressure
- ♥ Raises HDL and protects LDL against oxidation
- ♥ May lower the risk of Cardiovascular Disease
- ♥ May protect your skin against the sun
- ♥ May improve brain function



Fuel Assistance Program 2017-2018

You may qualify!

What to bring to your appointment:

- ♥ Picture ID for all adults
- ♥ Social Security Cards
- ♥ Dates of Birth
- ♥ Proof of all income for the four weeks prior to the appointment
- ♥ Proof of address and housing costs (mortgage/rent/insurance/taxes)
- ♥ Heating bill and utility bill

Income Guidelines 2017-2018	
Number of People	Household Income (must be under)
1	\$34,3480
2	\$44,958
3	\$55,537
4	\$66,115

Cans of Sand

Cans of sand are available in the lobby vestibule for anyone to take home for your icy walkways. If you know a senior who may need some sand, but can't get out, let the staff know and we will deliver it to the individual. Also, please return the can for refills. This service will be available for the winter season.



February's Birthday Cake Sponsor This month's sponsor is: Visiting Angels

We would like to thank Visiting Angels for sponsoring this month's birthday cake. Visiting Angels provides seniors and adults with the needed assistance to continue living at home. With their local agency in our community, their mission is to maintain the independence and familiar surroundings for those in need of care. This agency allows you to interview and make the final decision on selecting a caregiver that is right for you. Their service is available 24/7. Call 978-263-1212 to set an appointment

FRIENDS OF THE PEPPERELL SENIORS

Friendly greetings,

February has arrived and with it many interesting dates to note, such as, Groundhogs Day on the 2nd, Super Bowl 52 in Minneapolis, Minn. on the 4th, Lincoln's Birthday on the 12th, Ash Wednesday & Valentine's Day on the 14th, Presidents Day on the 19th, and Washington's Birthday on the 22nd. Weather wise, let's hope February will be kind to us.

At our Annual Meeting on January 2nd, we elected Officers and the Board of Directors as follows:

- ♥ **President & Director** - Bob Newton,
- ♥ **Vice-President & Director** - Olly Giangregorio,
- ♥ **Treasurer & Director** - Susan Brussard,
- ♥ **Secretary & Director** - J Jackie Southworth,
- ♥ **Director** - Catherine Fitzgerald,
- ♥ **Director** - Fay McChristian,
- ♥ **Director** - Pat Wallace.
- ♥ **Executive Committee** - Alice Chase and Jim Jangraw.



Did you know that laughter is really the best medicine...that we laugh 30 times more when we are in the company of others...that frequent and whole-hearted laughter actually helps your body to fight off harmful diseases by altering the levels of cortisol in your body...that when you laugh, you are strengthening muscles in your face, stomach, and diaphragm...that laughing for at least fifteen minutes can add 2 days to your overall lifespan. Live long and...laugh!

Our Regular Meeting is on Monday, Feb. 5th @ 1:00 pm. The Directors Meeting is on Tuesday, Feb. 20th @ 10:00 am. The NEXT Regular Meeting will be on Monday, March 5th @ 1:00 pm. All meetings are held at the Senior Center.

- ♥ 2018 dues are now due. Please join or renew as soon as possible and please use form below.

Sincerely, Olly Giangregorio, Vice-President

Quote: "A day without laughter is a day wasted." Charlie Chaplin

Membership Form

The Friends of the Pepperell Seniors is a non-profit group. Monies from our fundraising activities, as well as donations, are used to benefit Pepperell Seniors and to supplement costs of equipment for the Senior Center through the Council on Aging. All ages are welcome to join.

_____ **Single Member \$7.00** _____ **Couple \$12.00** _____ **Donation**

Name _____

Address _____

Phone # _____ Cell# _____ Email _____

Make checks payable to: Friends of the Pepperell Seniors, Inc.

Mail to: P.O. Box 1555, Pepperell MA 01463

**PEPPERELL COUNCIL ON AGING
37 NASHUA ROAD
PEPPERELL, MA 01463
(978)433-0326**



Pepperell COA Van

Out-of-Town Round Trip \$3.50

Van# 978-433-0262

In-town Round Trip \$2.50

No Checks Please!

Van Schedule

We strive to provide a flexible van service to our seniors to the extent our budget allows. We want to get those who want to come to the Senior Center each day here first thing. We then will begin taking people to medical appointments and local shopping, prioritizing medical appointments. From Monday through Thursday these trips will be within about 10 miles of Pepperell. Pickup times will begin around 9:30 AM. **Please schedule your medical appointments from 10:30 AM through 12:30 PM.** This will get the van back to the Senior Center around 1:30 PM so we can pick up people needing a ride home. We encourage you to call as soon as you've scheduled your medical appointments since conflicts will be addressed on a first-come, first-served basis. We don't want to make people late for appointments by creating too tight a schedule.

On Fridays we will provide rides to medical appointments in the greater Nashua and Lowell area as well as to the Pheasant Lane Mall and Market Basket in South Nashua. On the 3rd Friday of each month the van will go to the ChristmasTree shop at the Nashua Mall instead of South Nashua (Pheasant Lane Mall area). Pickup time will begin around 9:30 AM.

NOT YET REGISTERED? Let the Center staff know so we can help!

If we cannot accommodate a medical appointment and you have MassHealth, please call their customer service # at 1-800-841-2900.

Veteran's Information

Joseph Mazzola, Veteran's Service Officer
Town Hall, 1 Main Street (1st Floor)
Office hours: Wednesdays, 1:00PM - 4:00PM
Email: veterans@town.pepperell.ma.us
The Veteran's Service Officer provides free assistance to veterans, including help in completing & filing government forms.

Senior Center Videos on Demand
<http://pepperellchannel.org/VOD.html>
Scroll down and select Senior Center