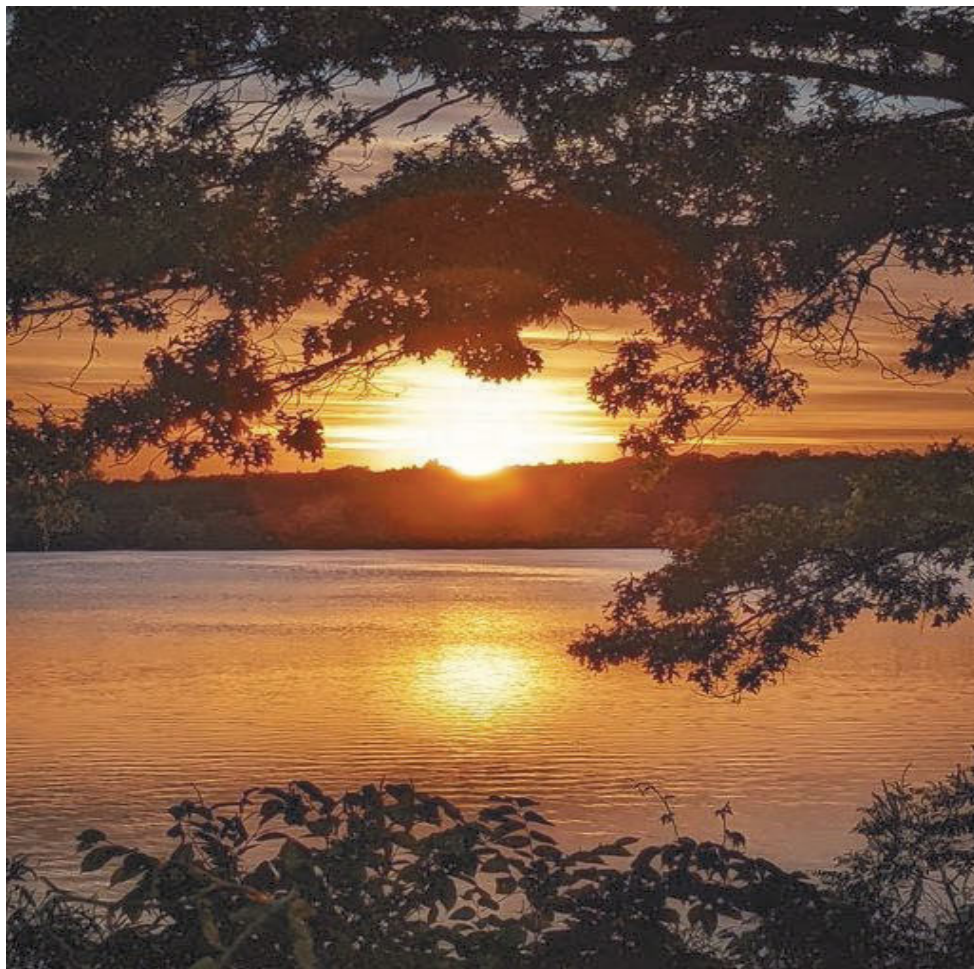




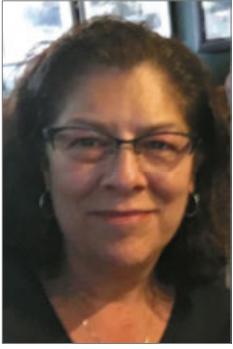
WOBURN SENIOR CENTER

August 2022



CREDIT *Brian Gonsalves*

THE WOUBURN COUNCIL ON AGING PROGRAMS AND THIS NEWSLETTER ARE FUNDED IN PART BY THE CITY OF WOUBURN, THE EXECUTIVE OFFICE OF ELDER AFFAIRS, AND WOUBURN'S FRIENDS HELPING SENIORS ORGANIZATION.



DIRECTOR'S MESSAGE

Marie Lingblom, Council on Aging Director

mlingblom@cityofwoburn.com

781-897-5961

As I write these summer greetings, there's a crew from Pro-Fence hard at work installing the fencing for our new pickleball courts. Next step is surfacing and painting. We are moving forward! Look for some guidelines and schedules soon.

We are pleased to announce Catherine B. Shaughnessy, our new Transportation Coordinator officially joined our WCOA team in July. Happy to have her on board. Ms. Shaughnessy is a lifelong resident of the City, an 8-year veteran of the Woburn City Council and, for the last 11 years, a valued member of the Woburn Cemetery Commission. She has also served as our community garden coordinator for the last two years. Her private professional experience includes planning and procurement management for global 500 technology companies. Welcome, Catherine!

In more good news, we welcomed Rick Valentine last week to our excellent team of WCOA van drivers! Rick recently retired from a successful local company. He and his wife Margaret are well known for their support of local civic groups and the community. Welcome, Rick!

Special thanks to Sandy Heimlich and Jeff Heimlich of Heimlich's Nursing and Garden for donating several yards of high-quality compost for our Community Garden! Thanks also to local gardener Mark Reid for donating several varieties of tomato and pepper plants he grew from seeds.

Happy to report our garden is thriving, thanks also to the hard work of our garden committee: Catherine Shaughnessy, Helene Fox, Rosalie Travelo, Maureen McGurl, Mitzie Stein, Barbara Vartanian, Maggie Baldasaro, and Suzanne Stone. And the Yankee Dahlia Society is back, with the help of our own gardeners, with new plantings for the season. It's looking great out there.

We are truly grateful to have the support of so many good people in our community!

While I'm at it, thanks to Paul Medeiros and Ashley Hayden, a young college student working here for the summer, for their hard work in the courtyard to repair, paint and get our beloved courtyard fountain back up and running for the summer!

We begin the new fiscal year finally fully staffed and excited to continue our work together to make each day engaging and fun here at the Woburn Senior Center. We look forward to seeing you soon!



We'd like to dedicate this issue of the Woburn Council on Aging newsletter in gratitude to two beloved, longtime members who recently passed away, Barbara Huttig and Mary Miller. Both requested donations to the Senior Center in lieu of flowers and, as a result of their thoughtfulness, we received nearly \$3,000 from generous family and friends in their memory.

A wonderful tribute to the memory of two beloved friends who are greatly missed! Special thanks to everyone who donated in their memory to help support the programs and services here at the Woburn Senior Center. It is already being put to good use.



PROGRAMS & VOLUNTEERS

Lauren McDonald, Program and Volunteer Coordinator

Program Updates

The following exercise classes are cancelled on the dates listed below:

- Strength and Balance on August 9th
- Drums Alive! on August 10th
- Brain and Balance on August 11th



8/3 I am Sam- A mentally handicapped man fights for custody of his 7-year-old daughter and in the process teaches his cold-hearted lawyer the value of love and family.

8/10 Footloose- A city teenager moves to a small town where rock music and dancing have been banned, and his rebellious spirit shakes up the populace.

8/17 Beaches- A privileged rich debutante and a cynical struggling entertainer share a turbulent, but strong childhood friendship over the years.

8/24 POMS- POMS is a comedy about a group of women who form a cheerleading squad at their retirement community, proving that you're never too old to 'bring it!'

8/31 Some Like it Hot (1959)-After two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in.

September Book Selection

Sunflower Sisters - Martha Hall Kelly



PLEASE FEEL FREE TO
REACH ME AT 781-932-1624,
OR EMAIL ME AT
BARB_BURKE@COMCAST.NET
IF YOU HAVE ANY
QUESTIONS

MARTHA HALL KELLY FIRST INTRODUCED READERS TO CAROLINE FERRIDAY, AN AMERICAN PHILANTHROPIST, IN THE LILAC GIRLS. NOW IN SUNFLOWER SISTERS, WE MEET FERRIDAY'S ANCESTOR GEORGEANNA WOOLSEY, A UNION NURSE DURING THE CIVIL WAR WHOSE CALLING LEADS HER TO CROSS PATHS WITH JEMMA, A YOUNG, ENSLAVED GIRL WHO IS SOLD OFF AND CONSCRIPTED INTO THE ARMY, AND ANNE-MAY WILSON, A SOUTHERN PLANTATION MISTRESS. INSPIRED BY TRUE ACCOUNTS, SUNFLOWER SISTERS PROVIDES A VIVID, DETAILED LOOK AT THE CIVIL WAR EXPERIENC



Best of Times and All Around New England are hosting a bunch of fun trips in the upcoming months. Stop by the Senior Center to check out the Trip Binders located in the Front Lobby.

OUTREACH DEPARTMENT

Meg Rodriguez, Outreach Coordinator



SENIOR SAFETY PROGRAM:
CARBON MONOXIDE AND SMOKE ALARM INSTALLATION



Rotary



The Woburn Senior Center Outreach Department, along with Woburn Fire Prevention Services have been working together to provide Woburn Seniors with free CO2/Smoke alarm installations in their homes. This program is graciously funded by the Woburn Rotary Club, through a grant from the Cummings Foundation. Any Woburn Senior can call the Outreach Department here at the center and request an appointment to have their smoke alarms checked and replaced if needed.

WOBURN SENIOR CENTER

SNAP OUTREACH PARTNERSHIP



The WSC Outreach Dept. has partnered with The Department of Transitional Assistance (DTA), to provide on-site assistance with SNAP applications for seniors. DTA is the organization that issues food assistance benefits for Massachusetts. Meg can assist you with checking your eligibility, filling out the application, gathering and submitting your verification documents as well as case maintenance. If you are interested in checking your eligibility give Meg a call, or stop by the Outreach office. The eligibility screen takes about 10 minutes. You will need to know your current income, and expenses and be willing to share that information with DTA to complete the application.

Outreach Updates



An initiative that started back in 2020 is finally in effect nationwide. Starting in July there is new way for MA residents to reach out for help. Those experiencing a mental health crisis or suicidal thoughts can call or text the number 9-8-8 and be connected with someone who can help.

Mental Health advocates and professionals are hopeful that this new number, which is modeled after 9-1-1, will result in folks who are in crisis getting the assistance they need. In the past many folks in crisis would dial 9-1-1 and potentially end up in a situation that doesn't get them the support services they need.

Make sure to spread the word, you never know who may need help !!

TRANSPORTATION DEPARTMENT

Catherine Shaughnessy, Transportation Coordinator

Van Drivers

Terry Desmond, Jack Foley, Marc Masse, Lonnie Finn and Rick Valentine

WOBURN SENIOR CENTER

VAN SERVICE 781-897-5964



Handicapped accessible vans that offer daily “curb to curb” service from **your home to the senior center**. “Curb to curb” service is for independent passengers. Mobility aids such as walkers are encouraged, and drivers will safely store and retrieve them. Passengers must be independent or be accompanied by a capable assistant to attend the center. The Woburn Senior Center Van Service **does not** provide medical or shopping transportation **Please call to reserve your ride at least 24 hours in advance**. Space is available on a first come, first served basis. If you register for a program and need a ride on the van you must call the Transportation Dept. to schedule your ride.

SENIOR DISCOUNT

TAXI PROGRAM 781-897-5970



Taxi Office is open Monday and Wednesday from 10 am– 2 pm.

- For a yearly registration fee of \$5, Woburn Seniors aged 60+ are eligible to join the program. Participants are given an ID card entitling them to flat rate for a cab ride in Woburn. The current rate contracted for rides in Woburn is \$8.00 for a one-way trip.
- Deeper discounts are offered to those seniors wishing to provide proof of income and meet the income eligibility requirement. You can find more information at www.woburnma.gov/government/senior/transportation, or by calling our Taxi Office.
- Rides using a voucher outside the City of Woburn are for medical appointments only, rates vary by location
- To purchase tickets, please call during the Taxi Office operating hours listed above.
- Please make to have exact change or a check made out to WCOA to purchase vouchers.



UPCOMING EVENTS



TUESDAY
AUGUST 2ND
@ 11 AM

August Birthday Party

ARE YOU CELEBRATING A BIRTHDAY THIS MONTH? JUST LOVE CAKE? COME ON DOWN TO OUR MONTHLY BIRTHDAY PARTY, THE PARTY STARTS RIGHT AFTER OUR MONTHLY COUNCIL ON AGING MEETING.



WEDNESDAY
AUGUST 3RD
@ 11 AM

Watermelon Fest

IN HONOR OF NATIONAL WATERMELON DAY! STOP BY AND SAMPLE SOME WATERMELON CUISINE!



WEDNESDAY
AUGUST 10TH
@ 11 AM

Senior Discussions: Emergency Preparations with the Woburn Board of Health

BOARD OF HEALTH NURSE ALYSON ROCHE WILL BE TEACHING US ALL ABOUT EMERGENCY PREP.



THURSDAY
AUGUST 18TH
@ 11 AM

Senior Sister Sing-a-Long: Serendipity do dah

STOP BY AND SING SOME FEEL-GOOD SONGS WITH YOUR FAVORITE SENIOR SISTERS!



WEDNESDAY
AUGUST 24TH
@ 11 AM

Beach Bash

GOOD FOOD, GOOD MOOD! STOP BY FOR OUR BEACH BASH BBQ. WEAR YOUR FAVORITE SUMMER HAT AND ENJOY SOME FUN IN THE SUN.



THURSDAY
AUGUST 25TH
@ 11 AM

Sing-along with Anne

STOP BY THE LOUNGE FOR A SING A LONG LED BY ANNE CHAVEZ





ON-GOING PROGRAMS AND INFORMATION



UPCOMING MEETINGS

| | | |
|---------------------------------------|--------------|-------|
| Council on Aging Board Meeting | Tuesday 8/2 | 10 AM |
| Friends Helping Seniors Board Meeting | Thursday 8/4 | 10 AM |

HEALTH AND WELLNESS

| | | |
|--|-----------------------------------|----------|
| Blood Pressure Clinics | Tuesday 8/9 with Diane Doherty RN | 10 AM |
| | Thursdays with Barbara Johnson RN | 12:30 PM |
| Prescription Drug Return with Woburn Police Dept | 3rd Wednesday | 10 AM |
| Therapy Dogs Stella and Buddy | Wednesdays | 12 PM |
| Podiatry Clinic with Dr. Ruhl. Cost is \$35 | By appointment | |

CREATIVE AND CRAFTY

| | |
|--|-----------------------|
| Knit Wits —Knitters and Crocheters of all levels welcome! | Tuesdays 10 AM |
| Crafty Bunch – Designated crafting time, bring a project or start a new one. | Tuesdays 1 PM |
| Garden Club -Bring your creative cultivating ideas to the center! | Wednesdays 9:30 AM |
| Wood Carving – Expert Woodcarvers on hand to provide guidance , all levels welcome. | Wednesdays 1 PM |
| Art Class –Led by Instructor Steve Greco, bring your ideas and creativity-See instructor for class fee. | Thursdays 1PM |
| Bulletin Board Club – Be our decorating committee and help our bulletin boards come to life each month. | Fridays 10 AM |
| Book Club –Next Meeting on 8/9 will be discussing <i>Nothing to See Here</i> by Kevin Wilson, see page 2 for a preview of September’s book. | 2nd Tuesday 1 PM |

CARDS AND GAMES

| | | | |
|-----------------------|----------------------------------|----------------------|----------------|
| Mahjong | Monday 10-12 | Whist | Wednesday 1-3 |
| Pool/Billiards | Monday 1-3 | Games 101 | Thursday 10-12 |
| Chess | Tuesday 1-3 | Hand and Foot | Thursday 1-3 |
| Cribbage | Tuesday 1-3 & Wednesday 10-12 | Scrabble | Friday 10-12 |
| BINGO | Thursday 1-3 | | |



Weekly Schedule



MONDAY

| | | |
|--------------------|-------|----------------|
| ZUMBA* | 10:00 | COMMUNITY HALL |
| MAHJONG | 10:00 | GAME ROOM |
| GENTLE STRETCH | 10:00 | MEETING ROOM |
| WALKING WITH WENDY | 11:00 | OUTSIDE |
| BILLIARDS | 1:00 | GAME ROOM |

TUESDAY

| | | |
|-----------------------|-------|----------------|
| CHESS | 10:00 | GAME ROOM |
| KNIT WITS | 10:00 | CRAFT ROOM |
| STRENGTH AND BALANCE* | 10:15 | MEETING ROOM |
| CRAFTY BUNCH | 1:00 | ART ROOM |
| LINE DANCING* | 1:00 | COMMUNITY HALL |
| CRIBBAGE | 1:00 | GAME ROOM |

WEDNESDAY

| | | |
|--------------------|-------|--------------|
| CRIBBAGE | 10:00 | GAME ROOM |
| GENTLE STRETCH | 10:00 | MEETING ROOM |
| QIGONG | 10:00 | OUTSIDE |
| WALKING WITH WENDY | 11:00 | OUTSIDE |
| DRUMS ALIVE!* | 1:00 | MEETING ROOM |
| WOODCARVING | 1:00 | ART ROOM |
| MOVIE & PIZZA | 1:00 | LOUNGE |
| WHIST | 1:00 | GAME ROOM |

THURSDAY

| | | |
|------------|-------|----------------|
| GAMES 101 | 10:00 | GAME ROOM |
| YOGA* | 10:30 | MEETING ROOM |
| ART CLASS* | 12:00 | ART ROOM |
| BINGO | 1:00 | COMMUNITY HALL |

FRIDAY

| | | |
|---------------------|-------|----------------|
| ZUMBA* | 10:00 | COMMUNITY HALL |
| SCRABBLE | 10:00 | GAME ROOM |
| BULLETIN BOARD CREW | 10:00 | ART ROOM |
| SIT & SEW | 10:00 | CRAFT ROOM |
| GENTLE STRETCH | 10:00 | MEETING ROOM |
| WALKING WITH WENDY | 11:00 | OUTSIDE |

*CLASS HAS A FEE, PLEASE SEE INSTRUCTOR

ALL CLASS TIMES AND LOCATIONS SUBJECT TO CHANGE



WEEKLY EXERCISE SCHEDULE

GENTLE STRETCH MONDAY/WEDNESDAY/FRIDAY 10:00AM

START YOUR DAY OFF RIGHT! COME ON IN AND JOIN US FOR A SIMPLE CHAIR-BASED STRETCH CLASS, PERFECT FOR EXERCISERS OF ALL LEVELS!

WALKING WITH WENDY MONDAY/WEDNESDAY/FRIDAY 11:00AM

JOIN WENDY AND FRIENDS FOR A NICE OUTDOOR WALK AROUND THE SENIOR CENTER. ENJOY SOME FRESH AIR AND STRETCH THOSE LEGS!

ZUMBA GOLD MONDAY & FRIDAY 10:00 AM

JOIN CINDY FOR AN ACTION-PACKED ZUMBA CLASS! ZUMBA GOLD IS A MODIFIED ZUMBA CLASS FOR ACTIVE OLDER ADULTS THAT RECREATES THE ORIGINAL MOVES YOU LOVE AT A LOWER INTENSITY.

STRENGTH & BALANCE TUESDAY 10:15 AM

CHAIR BASED CLASS DESIGNED TO HELP YOU STAY ACTIVE AND INDEPENDENT, IMPROVE BALANCE, AND DECREASE THE RISK OF DEVELOPING DEMENTIA.

LINE DANCING TUESDAY 1:00 PM

JOIN JIM AND FRIENDS FOR A FUN-FILLED HOUR OF TRADITIONAL LINE DANCING! LINE DANCING IS THE PERFECT FORM OF EXERCISE FOR SENIORS BECAUSE IT PROVIDES THE BENEFITS OF AN AEROBIC WORKOUT WHICH HELPS MAINTAIN A HEALTHY HEART AND ALSO PROVIDES A PLATFORM FOR YOU TO GET INVOLVED IN A SOCIAL ENVIRONMENT, WHICH IS GREAT FOR MENTAL WELLNESS.

QIGONG WEDNESDAY 10:00 AM

QIGONG (PRONOUNCED "CHEE-GUNG") IS A COLLECTION OF BASIC TAI CHI-STYLE MOVEMENTS, MASSAGES, AND ENERGETIC PRACTICES THAT IMPROVES THE CIRCULATION AND BALANCE OF THE BODY'S VITALITY OR "LIFE FORCE ENERGY".

DRUMS ALIVE WEDNESDAY 1:00 PM

DRUMS ALIVE JOINS THE DYNAMIC MOVEMENTS OF AEROBIC DANCE WITH THE PULSATING RHYTHMS OF THE DRUM. EXPERIENCE THE POUNDING RHYTHMS, DYNAMIC MOVEMENTS, AND POWERFUL PERCUSSIONS (USING PHYSIO BALLS AND DRUMSTICKS) OF THIS HIGH-ENERGY CARDIO EXERCISE.

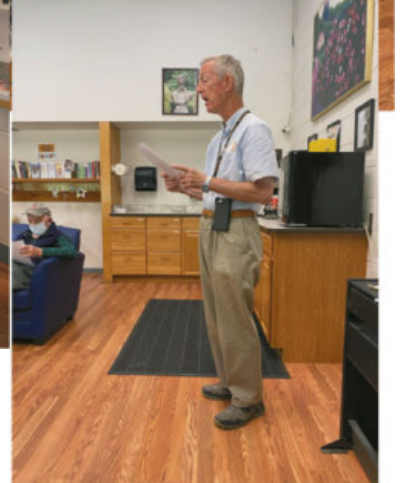
GENTLE YOGA TO STRETCH, STRENGTHEN AND RELAX THURSDAY 10:30 AM

GENTLE YOGA FLOW CLASS STRETCHES OUT THOSE TIGHT PLACES, BUILDS STRENGTH, AND RELEASES TENSION. WE USE A CHAIR FOR SEATED POSES AND A MAT FOR STANDING POSES. JOIN THE CLASS TO WORK ON BALANCE AND STRENGTH. NO YOGA EXPERIENCE IS NECESSARY AND BEGINNERS ARE WELCOME. ENJOY THE BENEFITS OF YOGA AND HAVE FUN!

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Minuteman Senior Services is the local Aging Service Access Point(ASAP) serving the Woburn Area. They can assist with in-home services, Meals on Wheels, and many other senior-related programs.

Medicare Questions?!?!

You need a S.H.I.N.E counselor!!(Serving Health Insurance Needs of Everyone) SHINE counselors are specially trained to help assist seniors on matters relating to health insurance. SHINE is available Monday, Tuesday and Thursday afternoons here at the center. To schedule an appointment with a SHINE Counselor call Meg in the Outreach Department at 781-897-5965

Attention: Medicare-Eligible Adults with Type 2 Diabetes and/or Non-Dialysis Chronic Kidney Disease

Did you know that Minuteman Senior Services offers a Medical Nutrition Therapy (MNT) program? With our MNT program, you will work one-on-one with a Registered Dietitian over the course of 3 months to navigate your diet and lifestyle. The Dietitian will look at your medications, current diet, and blood work values to make the best nutrition plan to fit your needs!

If you have Type 2 Diabetes or Chronic Kidney Disease, are not on dialysis, and have Medicare Part B Fee For Service, you are eligible!

Call Registered Dietitian Catherine York at 781-221-7018 to sign up for our MNT program!

Volunteer Opportunity!

Do you have an extra hour once a week, or a few times a month?

Volunteer ?? Meals on Wheels is looking for volunteers to deliver meals for home bound seniors in Woburn. The commitment is small but the reward is big! If you are interested please contact: 781-221-7093.



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News you can use..



Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “donut hole”

If you reach that gap, you will see your prescription drug costs increase dramatically! Don’t let this happen to you. Prescription Advantage can help.

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemma.org.



Massachusetts Residents Advised to Protect Public Benefits from Scams

BOSTON – Today the Department of Transitional Assistance (DTA) issued additional warnings to residents of skimming scams that have impacted some DTA clients. The agency and its investigations team became aware of banks and retailers who appear to have had their ATMs and card processing terminals compromised. These scams are aimed at obtaining credit, debit and Electronic Benefit Transfer (EBT) card information and Personal Identification Numbers (PINs). Skimming is the use of an electronic device to steal card information from a card reader and create a fake card, known as *cloning*, to steal money or benefits.

As a precaution, DTA strongly recommends that clients change the PIN on their EBT cards at this time and before each scheduled benefit issuance date. Clients do not need to receive a new card to safely access their benefits. The Department has taken several preemptive steps to help protect clients’ benefits, including sending out multiple targeted text messages and creating a notice to inform clients and encourage them to re-PIN their card. The agency also created a [webpage on Skimming](#) and how to protect benefits.

Clients who receive TAFDC or EAEDC cash benefits can have their benefits sent to a checking or savings account through direct deposit. Direct deposit is a safe and reliable method to receive benefits and protect against fraud. Residents can contact their case manager if they have a bank account and want to set up direct deposit.

There have also been reports of a phishing scam where individuals are receiving scam text messages that their Pandemic EBT (P-EBT) benefits have been blocked. The message directs individuals to call a number where they are asked to provide their P-EBT card number. This message is not from DTA. DTA only sends text messages from 382-674 and would only direct clients to call the Assistance Line (877-382-2363) or EBT Customer Service Line (800-997-2555).

People should never provide their personal information or EBT/P-EBT card number over the phone to unidentified callers. If any DTA client believes they may have fallen victim to a skimming or phishing scam, they are encouraged to report it to DTA’s fraud hotline at 1-800-372-8399.

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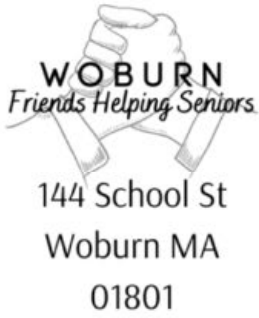
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OPERATING HOURS
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 Thursday
 9 AM-7 PM
 Friday
 9 AM-1 PM

WSC STAFF

| | | |
|--------------------------|---------------------------|--------------|
| Marie Lingblom | Council on Aging Director | 781-897-5961 |
| Lauren McDonald | Programs & Volunteers | 781-897-5963 |
| Catherine Shaughnessy | Transportation | 781-897-5964 |
| Meg Rodriguez | Outreach | 781-897-5965 |
| Paul Medieros | Facilities | |

COUNCIL ON AGING BOARD MEMBERS

Council Members: Margaret Casey, Angela Amato, Jack Kelly, Joanne Cahill, Rosalie Travelo, Ellie Collins, Dot Capone, Mary Jane Mastrodomenico, Joyce Parker and Mitzie Stein.
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