



JANUARY 2021 ISSUE

ROCHESTER

CENTER FOR ACTIVE ADULTS

CONTACT US!

Phone: (508) 763-8723
Fax: (508) 763-9315
Address: 67 Dexter Lane
Rochester, MA 02770

HOURS OF OPERATION:
Weekdays: 8:30AM - 4:00PM
(May vary due to covid. Call ahead)

MEETINGS:
When: 2nd Wed. of Each Month
Where: Rochester Senior Center
Time: 9:00AM

BOARD OF DIRECTORS

- Mike Cambra**President
- Gordon Helme** Vice-President
- Jackie Demers**Secretary
- Pauline Munroe**Treasurer
- Marjorie Barrows**Member
- Woody Hartley**Member
- Sue Norton**Member
- Marjorie O'Brien**Member
- Patricia Ryan**Member



HEALTH & WELLNESS
BLOOD PRESSURE BASICS
Your blood pressure reading is an indication of your overall cardiovascular health. That is, the health of your heart and vascular system (veins, arteries, capillaries, etc.) It is a numeric reading which tells us about the force of blood circulating against your veins and arteries. The top number is the systolic pressure. This is the first sound heard and indicates the pressure when your heart beats, or contracts. The second number is the diastolic pressure. This pressure is in your arteries between heartbeats, when the heart is resting.

Continued on page 3...

OUTREACH
Happy New Year to all. Hope everyone is well. Christmas (the holidays) was very busy here at the Senior Center. For Thanksgiving we had 140 people sign up for the annual Thanksgiving Dinner, and over 175 for Christmas. This year we were able to accommodate those that no longer get out and deliver meals to them. HUGE thank you to all the many volunteers, and to Carol who kept things organized. Shine has kept the building hopping with many appointments due to open enrollment. I wish everyone a much different 2021 in a positive way. I am here if you need me. Don't feel embarrassed by any question. If I don't have the answer, I will get it or find it.
- Lorraine

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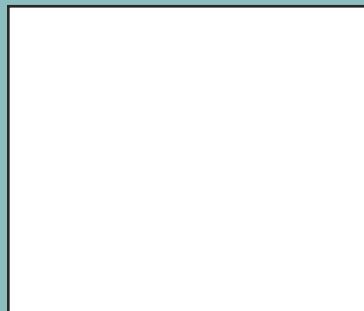
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OUR MISSION

The mission of the Rochester Council on Aging is to advocate for, and support the community's older adults, their families, and their caregiver's while promoting independent and positive lifestyles, in a welcoming and secure environment.

The Rochester Council on Aging, a department of the Town of Rochester, is dedicated to serving older adults and assisting their families and friends with aging issues. In cooperation with other organizations, the Council on Aging serves both elders who are well and those with some degree of frailty. Our professional office staff, both paid and volunteer, are at the Rochester Senior Center.



...HEALTH & WELLNESS—CONTINUED

Readings and their indication according to the American Heart Association

Reading	Systolic		Diastolic
Normal	120 or less		80 or less
Prehypertension	120-139	or	80-89
Hypertensive Stage 1	140-159	or	90-99
Hypertensive Stage 2	160 plus	or	100 plus
Hypertensive Stage 3	180 plus	or	110 plus

Taking your own blood pressure:

Do: Keep your arm slightly flexed, palm up, at heart level. Keep both feet flat on the floor.

Don't: Do not use an arm with a dialysis shunt, injury, intra-arterial line, same side as mastectomy or axillary surgery.

Size Matters! Use the right size cuff. Sizes are child, adult and extra large. Using a cuff that is too small will give you an inflated reading while using a cuff that is too big will give you a reading that is erroneously low.

I am available at the Senior Center on Mondays 10:30—1:00. Come see me and we can check your blood pressure!

Connie Dolan, RN

CENTER STAFF

Cheryl Randall-Mach

Council on Aging Director
508-763-8723 x203

Lorraine Thompson

Outreach Coordinator
508-763-8723 x204

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Receptionist 508-763-8723 x20

Connie Dolan, RN

Marketing, Social Media & Technology Coordinator
508-763-8723 x202

TBA

Custodian

Jim Dexter

Custodian

Brian Ouellette

Custodian

Mike Rocha

Driver

Barbara Francis

Driver

Norma Charest

Driver

Deidre Pierce

Driver



HaPpY 2021

The FRIENDS of Rochester Senior Center enter this year with hope. Hope, that masks can be thrown away. Hope, that social distancing becomes the more, the merrier. Hope, that the Senior Center can open its doors to all those who enjoyed breakfast and non stop activities. Hope, that FRIENDS can resume our sales and great suppers with trivia and unbelievable raffle prizes. Hope, just to have a monthly meeting. 2021 is our hope.

As you probably know, FRIENDS cancelled their November and December meetings because of the COVID surge.

With little opportunity to have fund-raising events, it seemed risky to have meetings to discuss improbable events. Better to stay home and be safe. How strange to have no events through this usually festive time of year.

At this time it is uncertain if there will be a January meeting. We are thinking about a giant raffle, a craft sale and maybe even a go at that McSupper event in the spring. When it's safe, we'll be back. In the meantime, be well, be safe.

Please consider becoming a member of the FRIENDS of the COA

FRIENDS of Rochester Senior Center, Inc

Annual Membership Dues

July 1, 2020 - June 30, 2021

Please Print !

Name _____

Address _____

Town _____

State _____ Zip _____

Home Phone _____ Cell _____

E-Mail _____

I am paying my annual dues of \$10.00/person. I am adding an additional donation

of \$_____.

Thank You!

BIRTHDAYS



JANUARY

- 1 Albert Riley
Allan Hartley
Veronica LaFreniere
Douglas Swain
Mary Lovegrove
Laura Rusinoski
Joseph Lunin
Tina Grimes
John O'Donoghue, Jr
Maryellen Pitter
Jackie Whitney
Janet Laine
Sandra Britto
John Ferreira
Kenneth Schneider
Roger Preston
Lilliyana Hendsen
Alexander Torres
Roxy Simpson
Albert Todesca
- 2 Lucille Bousquet
Wayne Wright
- 3 Jaye Haviland
Christine Rosi
Linda Knudsen
- 4 George Dornblaser
Sheila Landry
- 5 William Thompson
Kenneth Veary
Nancy Brooks
Christine Ingham
Robin Sommo
- 6 Mary Losch
Herbert LePage
David Jennings
- 7 Patricia Kelley
Dale DeBacher
Dominic Fringuelli
Joan Chipman
Deborah Briggs
Deborah Bacchicchi
William Jakusik
- 8 Edward Carr
Robert Clark
Brian Lannan
Sandra Bock
Debra Canastra
Gerard Carreau
- 9 Elizabeth Hathaway
Marcia Ross
Kenneth Bussenger
Christopher Brewer
Rebecca Hutchinson
- 10 Theodore Marmaras
Thomas Bretto
Dale Wellington
Henry DeMello, Jr
- 11 Roland Grenier
William Hartley
Donna Zioboro
Patricia Potter
Patricia Andrade
- 12 Ruth McCra
Eduourdo Kaeterle, Jr
Kathleen Burke
Lee Carr
Kathleen Coffey
- 13 Margaret White
George Patiteas
- 14 Michael DiCroce
Henry Rioux
Maurice Belleveau
Patricia Cullen
Jeffrey Ponte
Janice Cote
Gary Florindo
- 15 Donna Goodwin
Merion Thompson
Linda Gomes
Lillian Letourneau
Rosemary Smith
Bernard Flood
Donald Barrows
- 16 John Hopkins
Claire Belrose
Marcia Champagne
Maurice Christopher
Richard Harding
John Madden, Jr
Norman Lizotte
Timothy Palmer
- 17 Robert Francis
Susan Hopkins
Rachel Spaulding
Deborah Masky
Sharon MacDonald
Amy Harrington
William Mason
- 18 Michael Kauranen
Larry Nightlinger
- 19 Bruce Marvil
Lucille Boucher
Roger Boucher
- 20 William Losch
Anthony Ruocco
Jane Larue
Garry Barney
Jacqueline Sousa
- 21 Robert Butler
Linda Cyr
Larry Lake
Deolinda Amaral
- 22 Laurene Gerrior
Lesley Taylor
Robert Morrison
Sandra Stango
M Bradford Gurney, Jr
- 23 Richard Kidney
Sharon Ellis
Robert Larue
Janet Peterson
- 24 Frank Rogers
Cheryl Kidney
John Paul Mello
William Joyce, Jr
- Betsy Vincent
Lucy Tahtinen
Richard Munroe
Cathy Bishop
Robert Morris
Mario Conde
Linda Westgate
- 25 Clara Hathaway
Alexander Thomson
Frederick Pantano
Cynthia Ziewacz
Paul Whitehead
Steven Sol
Rosemary Boling
Carol Carey
Maryann Sullivan
- 26 Philip Lefavor
Barbara Allen
- 27 Albert Oliveira
- 28 David Peltier
Gary Breton
- 29 Frank White
Thelma Rogers
Terrence Brooks
Robert Giguere
Jolie Benoit
- 30 Marion Faelten
Gail Scafehr
Robert Canastra
James Scheuneman
Chris Sharples
- 31 Susan Cusick
Susanne Perreira
William Irving

THE NEWSLETTER DESIGN

Two years ago when Cheryl Randall-Mach was selected as the Director of the Rochester COA, a major change in how the Center communicates with its patrons was high on our “to do” list. The Director as well as the Friends wanted to be as inclusive as possible as we reach out to the public. A design committee was formed including Cheryl Randall-Mach, Mike Cambra, Dennis Pucello, and Steve Pena.

The goal of the newsletter is to provide up to date, interesting and timely community information to Rochester residents. As such, we have branded this publication as the “Center for Active Adults.” We hope you enjoy the new format.

WHAT'S HAPPENING...

PROGRAMMING

DUE TO ONGOING CONCERNS REGARDING THE SPREAD OF THE COVID VIRUS, WE HAVE HAD TO CURTAIL MOST OF OUR PROGRAMMING.

AT THIS TIME WE ARE OFFERING AN OPPORTUNITY TO CONNECT WITH EACH OTHER THREE DAYS PER WEEK. PLEASE JOIN US.

**COFFEE AND CONVERSATION
9:00AM—11:00AM
MONDAY—WEDNESDAY—FRIDAY**

**THE CENTER WILL BE CLOSED FROM
JANUARY 1ST THRU JANUARY 10TH**

RAHI UPDATE (ROCHESTER AFFORDABLE HOUSING, INC.)

So how did this all get started? It actually started with the COA with concerns that Rochester seniors were facing financial problems as their homes became increasingly more difficult to maintain. Larger family homes that were appropriate when a family was being raised were no longer needed at the same time costs increased. Informal meetings by COA members evolved into an action plan to create, or find, affordable housing for Rochester seniors and veterans.

Most affordable housing that is created must be open to all who qualify within the state. Projects like 40B and the 40R project that will be built at the intersections of 28 and 58 fall into this category. Quite frankly it would have been easy to invite a 40B developer to build “affordable” housing, but in order to maintain control of any housing to be built it had to be done outside government control. Combined with the fact that the Rochester Housing Plan developed over 20 years ago for the Town states that working with a non-profit organization would be a good approach steered some of the decision-making.

The result is the Rochester Affordable Housing, Inc. (RAHI) was created as a 501(c)3

non-profit organization for Rochester seniors and veterans. This is not the easy path, but is the only way the goal of local control can be met.

RAHI has had some communication with the Board of Selectmen (BOS) who have the ultimate authority over any Rochester Housing Plan. RAHI desires to work in cooperation with the BOS to provide affordable housing for Rochester’s seniors and veterans. In the meantime, we will continue to explore other opportunities as they arise. We are Rochester people helping other Rochester people remain in the town they love.

If anyone would like to help financially and/or with time, contact:

Gianno Lettieri at (508) 763-4714,

or

Mark Wellington at (508) 763-5436,

Tax deductible donations may be sent to:

RAHI

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ADDRESS CORRECTION REQUESTED

THANK YOU to our NEWSLETTER ADVERTISERS!!!

DIRECTORS CORNER

TIME TO S.H.I.N.E.

Happy New Year to all! This past year was filled with so many unexpected changes- both positive and negative. Families and loved ones are truly appreciated in these times of need. Many of us have found that new friendships have been forged during our shared adversity.

One positive change is the welcoming of our new newsletter format. We welcome your feedback. We hope that the timely information, along with pictures of our community and activities will enhance your reading experience. Providing your e-mail to us will allow for us to provide quicker information, plus reduce processing and mailing costs. Viewing through the Town's website is also possible. My thanks go to the Council On Aging Board President Mike Cambra and all who have given their time and talents to this accomplishment!

The COA and Senior Center staff and volunteers will carry on with services and support. Yes, many things have changed, but with perseverance and caring we all look forward to a better year.

- Cheryl Randall-Mach

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers.

People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available.

With Open Enrollment closed for this year, I hope everyone looked at their health coverage, and benefits & costs.. Starting in 2021, insulin (vials & pens) will be more affordable. Check with your health provider to see if your insulin brand is on the "Insulin Savings Plan" list. Good health to all in the coming year,

Jan Cote 508-763-8723