



Lowell Senior Center HERITAGE

~ THE OFFICIAL PUBLICATION OF THE LOWELL COUNCIL ON AGING ~

March 2012

BERNARD F. LYNCH
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National Nutrition Month® is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.

The theme for March 2012 is "Get Your Plate in Shape."

Dietitian Pauline Provencher from MVNP will be on site on March 21st at 10AM to provide educational seminar.

March is National Craft Month! What a terrific reason to celebrate!

For those of us who love to craft, vow to try a new crafting technique during National Craft Month; or perhaps you can teach someone how to do your favorite craft. I think National Craft Month can also be the perfect excuse to pull all those half-finished projects out of their hiding places and get them done.

For those who don't make crafts, what better reason to start crafting? Crafting has many benefits; it can help reduce stress, bring families closer together, and you can learn new skills also!

Enjoy a complementary craft class with volunteer Carol Lannon on Monday, March 12th at 10:00 am. She will be making Irish glasses. Please bring decorations and glue.



The first quilt show was held in the Greenbelt (Maryland) Public Library in September, 1970. Quilts were first hung to their full length at an NQA show when the location moved to the gymnasium at the Georgetown Visitation Preparatory School in Washington, D.C. From these humble beginnings come the NQA Shows of today, which have moved to different locations around the country for years. From east coast to west - Tacoma, WA and Riverside, CA - the show has traveled to quilters far and wide. A new page in NQA's history began with the relocation of the corporate office to Columbus, OH in 2004 and the settling of the show into that city for at least the next several years. The NQA published its first newsletter, *Patchwork Patter* in 1973. From a hand collated and stapled mimeographed few pages, (Continue on Page 4)

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The City of **LOWELL** *Alive. Unique. Inspiring.*

Kathy's Day Trips on Roger's Bus (MUST be 60 or older)

Trips depart from the Senior Center — Please have a \$25.00 Deposit for these trips

March 13, Tuesday—Andy Cooney Irish Forever @ Venus De Milo Swansea, MA Departs @ 10am Cost \$50

Direct from his sold out performance at Carnegie Hall to our stage, Andy Cooney with his outstanding voice and dynamic stage presence has always been a favorite among American and Irish audiences everywhere. Contains two additional acts: Liam O'Conner, a spellbinding display of raw energy, passion and melodic genius. Born in Newmarket, Cork, Ireland Liam toured the world with "Lord of the Dance". The Irish Sopranos this talented trio consist of three of Irelands' finest sopranos – Wendy Dwer from Cork, Deirdre Masterson from Wexford, and Kay Lynch from Kerry. This is sure to be fun and exciting celebration of all that is Irish!!! Meal includes Corned Beef & Cabbage or Baked Haddock.

April 12, Thursday—Newport Playhouse & Buffet: "The Death of a Don" Departs @ 9:00 am Cost \$55. The Godfather "Don" Giovanni has a pudgy daughter who wants to be a rock star, a son who writes bad poetry, an older daughter for whom he is arranging a marriage, a son who he wants to stop from investing in an old franchise, and a wife who is tired of black dresses and constantly on vacations!! When the Don is murdered during his daughter's wedding, everyone is under suspicion. Add a reluctant groom, an angry mistress, a missing will, and a secret passageway-and you have a shotgun wedding Italian style! Hysterical!!

May 15, Tuesday—Luciano's @ Lake Pearl Wrentham, MA Broadway night!! Departs @ 10am. Cost \$50.

Broadway's Greatest Musical Hits, Beautiful Costumes, Dramatic Singing, Exciting Choreography. Broadway tonight will take you through the greatest hits of Broadway, with show stoppers from Oklahoma, Anything Goes, West Side Story, A Chorus Line, Phantom of the Opera, Rent, Wicked, Pajama Game, Meal Choice: Stuffed Breast of Chicken or Baked Chicken, Vegetables, Bread, Coffee/Tea

June 18, Monday—Newport Playhouse & Lobsterfest: "Love, Sex & the IRS" Departs 9:00 am. Cost: \$55 Try to cheat the IRS and look what happens! Jon and Leslie, out-of-work male musicians, room together in New York City to save money. Jon has been filing tax returns listing the pair as a married couple. However the day of reckoning comes when an IRS investigator shows up!! With the aid of Jon's fiancé, Leslie masquerades as a housewife! More complications ensue when Jon's mother and an ex-girlfriend show up!

For more information, please stop by Kathy's office at the center for more information and a flyer!

Motor Coach DAY Trips (Ages 18+ Welcome)

*****Foxwoods trips requires minimum of 45 people. Please sign-up ASAP! Thank you.*****

These trips depart from Ayotte Garage

Call 978-670-1169/1176 the day before a trip for more information & to verify departure time. *All of our trips need to be paid in full one month before the travel date. The Lowell Senior Center can not refund your money (unless we cancel). Please note when inclement weather happens, it is up to the jurisdiction of the coach company to cancel. COA will not cancel without coach company approval. Insurance available upon request on most trips.*

March 10, Saturday, Foxwoods—\$27 departs 2:00pm .Bonus package included.

March 29—April 1st, Thursday—Sunday—Washington DC Cherry Blossom \$449 double, \$599 single. special. Staying at the five star rated Embassy Sweets hotel. 5 meals: 3 breakfasts & 2 dinners. Site-seeing included. See flyer for more info.

Thursday April 12th—Foxwoods Cost \$27. (Daytime 2nd Thursday 7am) Includes bonus package & transportation & gratuity. Please understand we have 35 passengers for trip to depart.

April 1 – 6 Myrtle Beach Air + Golf Tour features: round trip flights from Boston to Myrtle Beach and all. transfers. 5 Nights at the Springmaid Resort. 5 Breakfasts, 5 Dinners & 3 Shows. 4 Rounds of Golf, Greens Fees and transportation (for golfers). Shuttle service in Myrtle Beach. Historic Tour of Charleston via Horse Drawn Carriage. Charleston Harbor Cruise *Airlines charge baggage fees based on weight and number of bags. See flier for more information.

April 17 Tuesday "The Duttons " Mohegan Sun - Cost \$75.00 Best of Times proudly welcomes on our stage one of Branson's# 1 shows, The Duttons! These seasoned performers not only their own theater in Branson, MO, they have toured the world over and been featured on televisions networks including NBC's American's Got Talent where they were a Top 10 Act and even performed at the Grande Finale!! Each traveler will receive a \$30.00 Casino Gaming Package plus free bets plus Food Credit. Departs @ TBA Ayotte Garage.

Thursday May 10th—Foxwoods Cost \$27. (Daytime 2nd Thursday 7am) Includes bonus package & transportation & gratuity. Please understand we have 35 passengers for trip to depart.

Motor Coach Trips

Call 978-670-1169/1176 for more information. ***All of our trips need to be paid in full one month before the travel date. The Lowell Senior Center can not refund your money (unless we cancel). Please note when inclement weather happens, it is up to the jurisdiction of the coach company to cancel. COA will not cancel without coach company approval. Have Fun and Travel Safe! All Ages over 18 years old Welcome!***

March 29- April 1 Thursday – Sunday Washington DC Cherry Blossom special. Staying at five star rated Embassy Sweets Hotel. 5 meals: 3 Breakfasts & 2 Dinners. Cost \$449.00pp dbl 599.00 pp single. See flier for more information

May 15-17 Penn Dutch Country Cost \$ 419.00pp dbl 479.00pp single *Best of Times* proudly presents Penn Dutch country featuring the new show “Jonah”. Set sail on an exhilarating journey with one of the bible’s most colorful prophets – Jonah! Featuring breathtaking effects including a multifaceted tall ship that breaks apart right before your eyes! This musical intertwines Powerful Themes of love, mercy, obedience and second chances. Price includes two nights lodging and four meals. See flier for more information

May 14- 31 Monday- Thursday, 18 Day Circle USA by Rail Cost \$3199.00 dbl. including a roomette \$4059.00 Single Tour Features 18 day rail pass with roomettes, 2 nights in Chicago 2 nights White fish, 2 nights Seattle, 1 night New Orleans, 2 nights San Francisco, 2 Nights Los Angeles & San Francisco. Hop on Hop off Pass, Italian Dinner Chicago, Daily Breakfast, Dinner and Show at Tommy Guns Garage. 1 bag per person, New Orleans tour, Admission and Tram tour, Chicago Botanical Gardens ,Chicago City Tour, Field Museum or Shed Aquarium, All train to hotel transfers Pass Seattle, Seafood Feast at the Crab Pot , All meals while on the train Muir Woods and Sausalito trip , Los Angeles City Tour. For more information see flyers at LCOA

May 20-22 Trump Taj Mahal \$169. pp Dbl. \$239 Sgl Please see flyer or contact Kathy for more information.

April 10, Tuesday, 1:00 to 4:00 pm at LCOA – Linnea Starr \$20.00

Roger’s \$5.00 Trips (*MUST be 60 or older*)

Bus leaves @ 9:15 am from the Senior Center. If you arrive prior to 8:00AM on date of ticket sales, please make sure to sign your name on the numbered list on Tara’s door. Tara will arrive at 8:00AM and remove it from the door, she will give you your number and distributed them in the order you signed-in at your arrival. **All first day ticket sales on 2nd floor in the Library at 9:30 until 10:30AM — After 10:30AM see the receptionist. SCHEDULE IS SUBJECT TO CHANGE. INCLEMENT WEATHER: IF LOWELL PUBLIC SCHOOLS ARE CLOSED, THE TRIP IS CANCELLED . Bus is Handicapped Accessible.**

March tickets on sale for February 29th

March 2, Friday - Grand Buffet & Christmas Tree
 March 6, Tuesday – Old Salt Restaurant & Tom’s Discount
 March 15, Thursday – Super Walmart Amherst & Giorgio’s
 March 20, Tuesday – Hill Top & Christmas Tree Shop
 March 26, Hungry Traveler Restaurant & Shopping

April tickets on sale for March 30th

April 2, Monday - Vanity Fair Outlets & 99 Restaurant
 April 5, Thursday - Patriots’ Mall
 April 13, Friday – Quincy Market
 April 19, Thursday - Hungry Traveler & Toms Discount House
 April 23, Monday – Super Wal Mart Amherst Nashua Mall
 April 26, Thursday – Grand Buffet & Christmas Tree Shop

Limit (4) four tickets per person ... per trip! NO employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member. If you arrive prior to 8 AM on date of ticket sales, please make sure to sign your name on the numbered list on Tara’s door. Tara will arrive at 8 AM and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

AARP Income Tax Preparation

We will prepare your taxes until April 12, 2012 with a special emphasis on seniors with low to middle income. Wednesday and Thursday, 9am to noon. Call for an appointment.

When you come to have your taxes done, please bring copies of your 2010 tax returns (Fed and State) and all of the following forms / info for 2011 which pertain to you:

- W-2 and 1099-MISC forms showing earned income
- W-2-G form showing gambling winnings
- SSA-1099 form (mailed to you in January 2012) showing Social

Security benefits received in 2011. This is NOT the form mailed to you in December

titled: Your Benefit Amount (for 2012).

- 1099-B forms showing sale of stocks. If you have sold stocks, you must bring information on the purchase date and cost.
- 1099-DIV forms showing dividends
- 1099-INT forms showing interest
- 1099-G forms showing unemployment compensation or state income tax refund

(Continued from Front Page) the Quilting Quarterly has progressed to a glossy full-color publication.

The NQA has always considered its first responsibility to be service to its members. Thus, many programs have been established over the years to aid the membership. The NQA has certification programs for quilt teachers and judges. A Master's Guild has been established to recognize outstanding quilting achievement. A Grant and Scholarship program was implemented to give monetary assistance to individuals or groups studying or researching the field of quilting. The Education Program has many offerings for continuing education in the quilt world.

From the original seven founders of NQA, we now have a membership of about 5500 in the U.S. and abroad, with over 200 active chapters in 33 states. The annual shows average 400 entries with a steadily growing attendance exceeding 9000. From small beginnings, the NQA continues to grow and change to reflect the interests of its membership.

Celebrating Irish-American Heritage Month



Public awareness of "Irish-American Heritage Month" remains obscure. Forty-four million Americans proudly share their Irish ancestry, especially in celebrating St. Patrick's Day with parades, family gatherings, Masses, dances, etc. The American Foundation for Irish Heritage wants to have

the same national recognition as other ethnic cultural celebrations, such as; National African American History/Black History Month, National Hispanic Heritage Month, Asia/Pacific American Heritage Month. This same national celebration and recognition can and will only happen with all Irish Americans taking action to succeed in that goal by appropriately commemorating our heritage, history and culture. Irish Americans have done so much to shape and form virtually all areas of life in the United States throughout our coun-

try's great history. We must act now and speak up in order to be heard. **Please come for a biography on Saint Patrick with Doctor Joe Downes (FCOA BOD) on March 15th at 11:00 am.**



History of Greek Independence Day

In 1821, Greeks vigorously rose up against the oppressive Ottoman Empire which had occupied Greece for nearly four hundred years, embarking on the ultimately successful war of independence. Bishop Germanos of Patras boldly

raised the Greek flag at the monastery of Agia Lavras, inciting the Peloponnese to rise against the oppressors. While the exact date probably was not March 25th, it did occur in late March and it was gradually associated with the religious feast of the Annunciation.

Begin your family tree by gathering together everything you have -- papers, photos, documents and family heirlooms. Rummage through your attic or basement, the filing cabinet, the back of the



closet.... Then check with your relatives to see if they have any family documents they are willing to share. Clues to your family history might be

found on the backs of old photographs, in the family bible, or even on a postcard. If your relative is uneasy with lending an original, offer to have copies made. **There will be a free family tree computer class in the COA computer Lab on Thursday March, 8th at 1:00 pm with Susan from Pollard Memorial Library.**



DIRECTOR'S CORNER

Dear Readers

I hope all of you have endured a safe and happy winter season thus far. Mother Nature has been very good to us this winter season. Even though us New Englanders can usually handle whatever weather comes our way it has been very nice coming outdoors to a snow free environment, vehicles, sidewalks and streets. It is hard to believe we will be welcoming spring on March 20th.

I would like to thank Lowell's local and very talented artist, Janet Lambert Moore for sharing her beautiful, creative art work with the City of Lowell. An illustration of Lowell's City Hall, during a wintery scenic snowfall was enjoyed by our readers. This picture was shown on the cover of last month's newsletter and has received many lovely compliments. The actual multi-colored creation by Lowell's own generous creator can be seen on the center's electronic bulletin board located in the senior center great hall. It is a beautifully created with falling snowflakes and shows a very realistic winter scene. Please take a few moments to view the electronic bulletin board. It runs continually throughout the day and shows pictures of the centers programs and activities, fliers on upcoming events, weather and other community news. I would like

to thank volunteer and Council on Aging Board member, John Lawlor for his continued work of updating and installing the images scene on the telecommunication board. I also want to thank the City of Lowell MIS department staff for their continuous hard work provided to the senior center on the upgrades and installation of the telecommunication board, electronic equipment and COA computers. Thank you all! We could not do it without all of your assistance, which is much appreciated.

The Lowell Senior center is seeking gently used medical equipment to be utilized by seniors in the community. We are looking for donations of handicapped bed rails, commodes, tub benches, wheel-chairs and canes. The senior center has a program available for seniors to borrow equipment as needed. There is no charge for this service. Please contact the center or drop donated equipment to 276 Broadway St., Lowell, MA. Thank you.

The City of Lowell will be taking part again this year in the Massachusetts 5th Annual White Ribbon Day on Thurs., March 1st at 12 noon at City Hall. This event will be held in the first floor lobby of City Hall-375 Merrimack St, Lowell, MA. The public is invited.

The White Ribbon event is a day of recognition of thousands of men across Massachusetts standing up and being counted as allies against violence towards women. (continue on page 10)



Volunteer Nurse's Schedule

for Blood Pressure & Weight

Commonwealth Nursing

1st & 4th Tuesday from 10 am to 12 pm

Lowell Visiting Nurse Association

2nd Tuesday at 8:00 to 10:00 am

2nd Tuesday at 10:00 am to 12:30 pm

Lowell Community Health Center

Every Wednesday 9:30 am

Wingate of Belvedere

with Debbie Donovan

3rd Friday at 10:00 am

Genesis Health Care

LAST Monday of each month 10 to 11:30 am



erage. A listing of required documents that must accompany your GIC application is enclosed. Your failure to provide this documentation with your application will cause the GIC to reject your application. If you are planning to cover yourself only there is no documentation needed unless you are a retiree or survivor age 65 or over. If you are planning to cover a current and/or former spouse and or children, you will need to provide documents.

If you are age 65 or over or disabled and are eligible for Medicare Part A for free and not enrolled, you MUST enroll in Medicare Part A and Part B during the federal government's open enrollment period of January 1, 2012 through March 31, 2012. Please contact your local Social Security office during this time to determine whether you are eligible for Medicare Part A for free. If you are, you must enroll in Medicare Part A and Part B during the open enrollment period. If you incur a late enrollment penalty, the City of Lowell will pay for this penalty as long as you continue to pay your Part B premium and you are enrolled in a GIC Medicare Supplemental plan. **A GIC informational seminar will be held on Mar 8th @ 12:30 at the Lowell Senior Center.**

The UMASS Lowell PT students are going to do a thumb measurement project here on March 6th @ 12 noon.

The UMass Lowell Physical Therapy graduate program requires that all students are involved in a research project. The objective of our particular research project is to collect normative values for passive range of motion (ROM) at the Carpometacarpal (CMC) joint of the thumb. The CMC joint of the thumb is a highly functional joint, which predisposes the joint to the development of arthritis. Our study aims to use the information we collect regarding normative values to assist clinicians in diagnosing functional impairments that some patient's may have at this particular joint. We are also looking at the relationship between ROM at this joint and age. We are hoping to collect measurements from a minimum of 20 subjects from the over-65 age group, and are very hopeful that the senior center will be able to provide us with willing participants!

The actual procedure for taking measurements is very simple. The subject will need to be sitting with his or her forearm and hand resting on a table or other flat surface, and the tester will begin taking three measurements in each of the three motions to be measured. The three motions we are measuring are flexion, extension, and abduction at the CMC joint of the thumb. The entire procedure should take no longer than 10 minutes per participant, and should be completely pain-free.

Each participant will also be asked to sign an Informed Consent and Health Questionnaire. Participation is limited to those without any known joint impairments such as arthritis in the thumb of his or her dominant hand. However, there is no risk to those who do choose to participate, and of course, participation is greatly appreciated and will help us immensely.

**Retiree
and
Survivors**

City of Lowell

New health benefits effective July 1, 2012.

If you wish to be enrolled in health insurance, you must apply for coverage during the GIC open enrollment period of Monday, April 9 – Monday, May 7, 2012.

Your contribution ratio will be 25% for all GIC health plans.

When you enroll in a GIC health plan, you will need to provide GIC required documents along with your enrollment application(s). Please begin gathering the documentation required for health cov-

A health fair will take place on Monday April 23, 2012, from 11:00AM – 5:00PM at the Tsongas Arena, 300 Martin Luther King Way, Lowell, MA 01852.

If you have any questions contact the City of Lowell Human Relations Office @ 978-674-4105 or via e-mail to southworth@lowellma.gov.

Friday, March 9th @ 9 am – Veteran's Breakfast Speaker –

Senior Helper's, Take the mystery out of home care. Lori Kalinoski a social worker from Senior Helpers will be here to give you information and answer any question you may have. Sometimes we just need a little help to stay in our homes, let us take out the mystery of bring good help into your home.

Choral Group is looking for an Organist for 2 hours a week on Mondays. (this a non-paying volunteer position. This group visits area nursing homes to entertain homebound seniors.

Broadway Street Rite-Aid will have **Shingle vaccinations** available. Must have 20 people pre-registered with Tara, Please sign up before schedule. Shot will be administered end o March. We will call you with details. Billable towards insurance.

The Lowell Senior center has a "**Call Reassurance**" program for seniors available weekly. If you are homebound and live alone or know someone who does and you would like to receive a weekly telephone call, made by one of our friendly staff, please contact Charlotte or Eileen at (978) 674-1166. Calls are made on Wednesdays and Fridays in the am hours, between 9 am – 12:00 noon. This service provides a well-being check and offers a friendly conversation. It also provides a chance to ask questions regarding available programming at the Council on Aging-Senior Center. Please call and sign up if you are interested.

**Hearing Aid Cleaning
(FREE)**

Christopher Streeter Licensed Hearing Instrument Specialist MA Lic.#H547 / NH Lic. #198-Will be available for hearing aid cleanings and minor repairs. **On Mar 8th, 9AM –11Am— Walk-ins are welcome, but appointments are preferred.** Contact Tara @ 978-674-1171— Located in the 2nd floor (Nurse's Station)



SENIOR CENTER SERVICES

Main Number: 978-674-1172

Administrative Offices: 978-674-1177

Fax: 978-970-4134

These are the new numbers for LCOA

Executive Director

Michelle Ramalho 978-674-1170
mramalho@lowellma.gov

Receptionist

Tara Donnelly 978-674-1171
tdonnelly@lowellma.gov

Events / Trips Coordinator

Kathy Carroll 978-674-1169
kcarroll@lowellma.gov

Sandra Breen 978-674-1176

sbreen@lowellma.gov

Outreach Coordinator

Amy (Medina) Leal 978-674-1167
aleal@lowellma.gov

Volunteer Coordinator

Audrey McMahan 978-674-1166
amcmahan@lowell.ma.gov

Minority Outreach Coordinator

Linda Hin 978-674-1169
Lhin@lowellma.gov

Outreach Volunteers

John R. Lawlor 978-674-1174
Jlawlor@lowellma.gov

Deanna Rabidoux 978-674-1168
dlrabidoux@lowellma.gov

SHINE (Serving Health Insurance Needs for Elders)

Joan Gong 978-674-1172
Call for an appointment

Thursdays ONLY- 10 AM to 1 PM

Legal Services Assistance & Referrals

978-458-1465

To make a Wednesday appointment, call
Tara at 978-674-1172

LOWELL SENIOR CENTER BOARD OF DIRECTORS

Joan Bedford

Eleanor Belanger

Joyce Dastou

Andrew Hostetler

John R. Lawlor

Sidney Liang

Vincenzo Millinazzo

Suellen O'Neill

William Sheehan, Chairman

**The next meeting will be
March 12th at
9:00 AM in the Boardroom
The public is invited !**

Hours of Operation:

Monday through Friday

6:00 am to 4:00 pm

Lunch served at 11:30 am

Sunday through Saturday

Saturday and Sunday

Coffee & Pastries and Lunch ONLY
OPEN 7:00 am until NOON

Free Transportation to Center

7 days a week EXCEPT holidays.
Call before 9:00 am for a free ride to
and from the center. The bus leaves
after lunch to bring you home.

Friends of the Lowell Council on Aging

Office hours vary — Call for appointment
978-674-1172

City of Lowell Veterans Services

Director / Agent

Eric Lamarche 978-674-1595
ELamarche@lowellma.gov

Head Clerk

Carmen Felix 978-674-1596
CFelix@lowellma.gov

Office Hours: 8:00 A.M. - 4:00 PM. — Monday - Friday
2nd Floor of the Senior Center in the administrative office area

**FRIENDS OF THE
LOWELL COUNCIL
ON AGING CENTER, INC.**

BOARD OF DIRECTORS

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Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

Web: www.lowellma.gov

**Next meeting: Friday,
March 23rd at 9:30 am**

The Friends are a fundraising group for the Lowell Council on Aging. The non-profit organization supplements the operating cost of the LCOA Bingo in addition to purchases of many various types of supplies, equipment, furnishings and kitchen items. They also volunteer for many projects. Many events, parties and activities are also sponsored by the Friends including the food, entertainment and raffle prizes. The Friends raise money through numerous raffles, calendar tickets, and sponsored events. Anyone 21 or older who wishes to be a member may do so at anytime with a \$5.00 yearly donation. See Tara in the reception office.



**10 Tips on "What To
Do If You Are In A Car
Crash."**

- 1.) **Get Help** - Call 911 if anyone is hurt. Medical care within the first hour after an injury is critical.
- 2.) **Notify the Police** - If anyone is injured, or if there is significant property damage, you can not just exchange names and phone numbers with the other driver and leave the scene. Call the police! An official police report should be taken at the scene! In minor crashes with no injuries, it may be possible to exchange information and submit your own crash reports without a police report. But, if you have any doubt about possible injuries or the extent of the damage, notify the police and let the responding officer make the decision!
- 3.) **Get Crucial Information** - Always have a pen and paper in the glove box. Ask the other operator for their license and registration. Contact information from the other driver such as their name, current address, date of birth, license number and telephone number will be needed. Also, note the color, make, model, license plate number and Insurance Company name from their registration. If the other driver "doesn't have" or "can't find" their license or registration, Call the police! They may be unlicensed or unregistered! A police officer can help you get all this information, and may have a form for you to exchange with the other driver(s) involved.
- 4.) **Identify Witnesses** - Get the names and contact information of anyone who saw the accident. If you can, do this quickly. Often, people who saw the collision will stop for a short time, but leave before the police arrive. Other motorists, passengers or pedestrians can be critical witnesses. Get their name and phone number.
- 5.) **Do Not Discuss Fault** - Don't get in to an argument and blame the other driver even if they were clearly at fault. But, if the other driver admits it was their fault, make a note of it. Jot down precisely what you remember them saying. "Fault" is often a complex determination based on the facts and complicated laws. Leave that issue for the

police to decide.

6.) **Write a Note to Yourself Afterward** - After the accident, write a note to yourself (and possibly for your attorney, if you later need one). Include all the information you have gathered and can remember while it is fresh in your mind. Explain how the accident happened as best you can. Drawing a sketch or diagram of the collision will be a helpful memory aid later on. It may be months, or even years, before the insurance companies fully resolve any claims.

7.) **Call Your Insurance Agent** - All insurance policies require you to notify your insurance company after a crash. Unnecessary delay in telling your insurance company about the crash could result in a denial of your claim.

8.) **File Necessary State Crash Reports** - In Massachusetts, if anyone is injured or there is significant property damage to the vehicles, you must file your own copies of the crash report in addition to the report taken by the police officer.

A Crash Report Form can be obtained online from the Registry of Motor Vehicles at www.mass.gov/rmv/forms/accident.htm

or they can usually be obtained at local police departments. The form must be completed and filed within 5 days after the accident. **Copies should be sent to: the local police department where the crash occurred, your insurance company, and to the Registry of Motor Vehicles.**

9.) **Take a Picture if You Can** - "A picture is worth a thousand words." Today most of us have cameras built into our cell phones. If it's safe to do so, take pictures of the vehicles before they are moved. Pictures of the damage and position of the vehicles can be very important. They can prove how the accident happened and document the force of the collision. If you are not able to take pictures, ask one of your passengers or a witness to do it for you. Remember to take pictures of your injuries. It is particularly important to take a picture of any seat belt bruise on the front of your shoulders and chest to keep the other side from claiming that you were not wearing a seat belt.

10.) **Protect Your Rights** - Act quickly and correctly after a motor vehicle accident. Deciding fault can be complicated. Insurance coverage, and how you will get your medical bills paid, can be (continue on page 10)

Calendars will be \$5.00 per calendar and you will have 31 chances to win. There will be a drawing every day in the month of March, 2012.



**"Pot of Gold"
Calendars \$5.00
31 chances to WIN!**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5. 6:30—Coffee & Pastries 8:30-9:30—CTI Bone Builders A 9:00—Exercise for Health \$2 10:00—Hawaiian Hula Dance \$2 10:00—Holistic Fitness Class 11:30—Lunch (see menu) Noon-3:45—Bid Whist Cards 1:00—Choral Group Rehearsal 1:45-2:45—CTI Bone Builders B</p>	<p>6. 6:30—Coffee & Pastries 10-12—Commonwealth Nursing 9-10—Breathing & Meditation Class (Previously Brain Yoga) 10-12—Lowell Police Drop-In 10-11—Tai Chi 11:30—Lunch (see menu) 11:45—Wii Games Board Rm Noon—Cribbage Noon—UMASS P.T. Students (Thumb Measurements) Noon-3—Knitting & Crochet 1-3—Picture ID's \$3 1—Movie (Quiet Man)</p>	<p>7. 6:30—Coffee & Pastries 8:30-9:30—CTI Bone Builders A 9:30—LCHC Nurse—BPs 10-11—Yoga for Seniors \$5 11:30—Lunch (see menu) 1-3—Bingo 1:30-3:30—Quilting Lessons 8 weeks for \$50/\$8— walk in</p>	<p>8. 6:30—Coffee & Pastries 9-11—Free Hearing Aid Cleanings 9-10—Exercise for Health \$2 10-1—SHINE councilor (please call for appointment) 10:00—AA Info meeting 11:30—Lunch (see menu) 12-3:45—45's & Whist Cards 1:45-2:45—CTI Bone Builders B</p>	<p>9. 6:30—Coffee & Pastries 9—Veterans Breakfast, Senior Helpers 9:15—Zumba! (classroom) 10-11—Tai Chi 11:30-3:45—Poker 11:30—Lunch (see menu) 11:45-1—Wii Tourney 1-3—Senior Social \$1.00 Dancing & music: hot dogs DJ Ray Tremblay 2:30-3:45—Anxiety support</p>
<p>12. 6:30—Coffee & Pastries 8:30-9:30—CTI Bone Builders A 9:00—Exercise for Health \$2 9—COA Board Meeting 10:00—Holistic Fitness Class 10:00—Craft Class w/ Carol Lanon 10:00—Hawaiian Hula Dance \$2 10:00—Fallon Health 11:30—Lunch (see menu) Noon-3:45—Bid Whist Cards 1:00—Choral Group Rehearsal 1:45-2:45—CTI Bone Builders B</p>	<p>13. 6:30—Coffee & Pastries 8:00—CTI meeting 8-10—LVNA Blood Pressure 9-11:30—Dominoes 9-10—Breathing & Meditation Class (Previously Brain Yoga) 10-12—Lowell Police Drop-In 10-12—Country Line Dance \$5 10-11—Tai Chi 11:30—Lunch (see menu) 11:45-1—Wii Tourney Noon—Cribbage Noon-3—Knitting & Crochet</p>	<p>14. 6:30—Coffee & Pastries 8:30-9:30—CTI Bone Builders A 9:30—LCHC Nurse—BPs 10-11—Yoga for Seniors 11:30—Lunch (see menu) 1-3—Bingo (National Chip Day) 1:50-3:30—Quilting Lessons 8 weeks for \$50/\$8— walk in</p>	<p>15. 6:30—Coffee & Pastries 9-10—Exercise for Health \$2 10-1—SHINE councilor (please call for appointment) 10:00—AA Info meeting 11:00—Dr Joseph Downes Talk on St Patrick 11:30—Lunch (see menu) 12-3:45—45's & Whist Cards 1:45-2:45—CTI Bone Builders B</p>	<p>16. 6:30—Coffee & Pastries 9:15—Zumba! (classroom) 10-11—Tai Chi 10—Wingate of Belvedere with Debbie Donovan (BP) 11:30-3:45—Poker 10-3—Corned Beef Dinner Dance, DJ Ray Tremblay 11:45-1—Wii Tourney 2:30-3:45—Anxiety support: Steve Coupe</p>



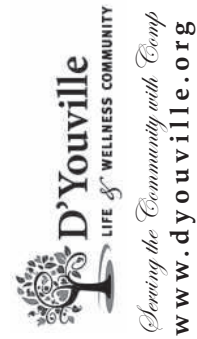
1-3—Picture ID's \$3

<p>19. 6:30—Coffee & Pastries 8:30-9:30—CTI Bone Builders A 9:00—Exercise for Health \$2 10:00—Holistic Fitness Class 10:00—Hawaiian Hula Dance \$2 11:30—Lunch (see menu) Noon-3:45—Bid Whist Cards 1:00—Choral Group Rehearsal 1:45-2:45—CTI Bone Builders B</p>	<p>20. 6:30—Coffee & Pastries 9-10—Breathing & Meditation Class (Previously Brain Yoga) 9-11:30—Dominoes 10-12—LVNA Blood Pressure 10-12—Lowell Police Drop-In 10-12—Country Line Dance \$5 10-11—Tai Chi 11:30—Lunch (see menu) 11:45-1—Wii Tourney Noon—Cribbage Noon-3—Knitting & Crochet (Open House) 1-3—Picture ID's \$3</p>	<p>21. 6:30—Coffee & Pastries 8:30-9:30—CTI Bone Builders A 9:30—LCHC Nurse—BPs 10:00—"Get Your Plate in Shape" w/ Pauline Provencher 10-11—Yoga for Seniors \$5 11:30—Lunch (see menu) 1-3—Bingo 1:30-3:30—Quilting Lessons weeks for \$50/\$8—walk in</p>	<p>22. 6:30—Coffee & Pastries 9-10—Exercise for Health \$2 10-1—SHINE counselor (please call for appointment) 10:00—AA Info meeting 11:30—Lunch (see menu) 12-3:45—45's & Whist Cards 1:45-2:45—CTI Bone Builders B</p>	<p>23. 6:30—Coffee & Pastries 9:15—Zumba! (classroom) 10-11—Tai Chi 11:30—Lunch (see menu) 11:30-3:45—Poker 11:30—Lunch (see menu) 11:45-1—Wii Tourney 1-30—Social Dance, Hamburgers, Music & Dancing w/ Nick Diamond 2:30-3:45—Anxiety support: Steve Coupe</p>
<p>26. 6:30—Coffee & Pastries 8:30-9:30—CTI Bone Builders A 9:00—Exercise for Health \$2 10:00—Hawaiian Hula Dance \$2 10:00—Holistic Fitness Class 10-11:30—Genesis Health Care, BP 11:30—Lunch (see menu) Noon-3:45—Bid Whist Cards 1:00—Choral Group Rehearsal 1:45-2:45—CTI Bone Builders B</p>	<p>27. 6:30—Coffee & Pastries 9-10—Breathing & Meditation Class (Previously Brain Yoga) 10—Commonwealth Nursing-BP 9-11:30—Dominoes 10-12—Lowell Police Drop-In 10-12—Country Line Dance \$5 10-11—Tai Chi 11:30—Lunch (see menu) 11:45-1—Wii Tourney 12-3—Brown Bag Pickup Noon—Cribbage Noon-3—Knitting & Crochet 1-3—Picture ID's \$3</p>	<p>28. 6:30—Coffee & Pastries 8:30-9:30—CTI Bone Builders A 9:30—LCHC Nurse—BPs 10:00—Senior Perfect Placement Solutions 10-11—Yoga for Seniors \$5 11:30—Lunch (see menu) 1-3—Bingo 1:30-3:30—Quilting Lessons weeks for \$50/\$8—walk in</p>	<p>29. 6:30—Coffee & Pastries 9-10—Exercise for Health \$2 10-1—SHINE counselor (please call for appointment) 10:00—AA Info meeting 11:30—Lunch (see menu) 12-3:45—45's & Whist Cards 1:45-2:45—CTI Bone Builders B</p>	<p>30. 6:30—Coffee & Pastries 9:30—LCOA Friends mtg 9:15—Zumba! (classroom) 10-11—Tai Chi 11:30—Lunch (see menu) 11:30-3:45—Poker 11:30—Lunch (see menu) 11:45-1—Wii Tourney 1-30—Social Dance, Chicken Patties, Music & Dancing w/ Bert & Norm CD's 2:30-3:45—Anxiety support: Steve Coupe</p>



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(continued from page 7) very confusing and frustrating. Insurance adjusters may call and ask you to give them a tape recorded statement. Should you do that? You may have many questions about your rights, and your obligations to insurance representatives. You may have questions whether the insurance companies are treating you fairly. Don't jeopardize your rights. You may want to call an experienced attorney who specializes in accident and injury claims for advice and answers to your questions. **Whenever you drive,**

(Directors Corner, continued from page 4)

Through the white ribbon day campaign, Jane Doe Inc., has joined an international effort to engage more men and boys to help end violence against women, from sexual assault and domestic violence to sex trafficking and sexual harassment. You can become part of this campaign and inspire other men and boys both to prevent individual acts of violence and to foster a broad framework that promotes positive masculinity.

The City Manager, Bernard Lynch, Chairperson, Kathy Kelley and the City of Lowell Task force members invite you to join in this moving and important event. We hope to see you there.

Happy Spring everyone! There are many themed programs and activities planned for this month of March. Please take a moment to review the programs you may want to attend.

*Sincerely
Michelle Ramalho*

BE ALERT , BE AWARE, AND BE SAFE!

To properly exchange information after a minor crash with no injuries and minor damage, you'll need this basic information. Please, keep a copy in your glove box! A copy of this form is available if asked.

FREE COMPUTER CLINIC COA COMPUTER ROOM FRIDAY 9:30 – 11:30 (unless it is snowing or did snow during the night)

Do you feel you know how to use a computer but are still having problems?

Can you send an e-mail but are confused by "Reply" and "Forward" or "links" and "attachments"?

Are you wondering what to do with all the photos on your computer (or how to get your photos onto your computer)?

Does your e-mail disappear whilst you're typing it?

Are you puzzled about the difference between "flash drives" and "SD cards"?

Are you having problems with your e-mail or connecting to the Internet?

Is there anything else that worries you about your computer?

This is not a classroom but if you have specific questions (or problems) bring them to the weekly Computer Clinic starting in January.

The COA would like to thank volunteer Pierre de Villiers.

TRYING TO TAKE THE PUZZLE OUT OF COMPUTERS!

Deaf History Month

Highlights: Seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. Their finding may offer a starting point for interventions — even as simple as hearing aids — that could delay or prevent dementia by improving patients' hearing.

Compared with volunteers with normal hearing, those with mild hearing loss had a twofold risk of developing dementia over time; those with moderate hearing loss had a threefold risk; and individuals with a severe hearing loss had a fivefold risk.

Hearing Loss and Dementia Linked in Study

Seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing, a study by Johns Hopkins and National Institute on Aging researchers suggests. The findings, the researchers say, could lead to new ways to combat dementia, a condition that affects millions of people worldwide and carries heavy societal burdens.

Although the reason for the link between the two conditions is unknown, the investigators suggest that a common pathology may underlie both or that the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia. They also speculate that hearing loss could lead to dementia by making individuals more socially isolated, a known risk factor for dementia and other cognitive disorders.

Whatever the cause, the scientists report, their finding may offer a

starting point for interventions — even as simple as hearing aids — that could delay or prevent dementia by improving patients' hearing.

"Researchers have looked at what affects hearing loss, but few have looked at how hearing loss affects cognitive brain function," says study leader Frank Lin, M.D., Ph.D., assistant professor in the Division of Otology at Johns Hopkins University School of Medicine. "There hasn't been much crosstalk between otologists and geriatricians, so it's been unclear whether hearing loss and dementia are related."


To make the connection, Lin and his colleagues used data from the Baltimore Longitudinal Study on Aging (BLSA). The BLSA, initiated by the National Institute on Aging in 1958, has tracked various health factors in thousands of men and women over decades.

The new study, published in the February *Archives of Neurology*, focused on 639 people whose hearing and cognitive abilities were tested as part of the BLSA between 1990 and 1994. While about a quarter of the volunteers had some hearing loss at the start of the study, none had dementia.

These volunteers were then closely followed with repeat examinations every one to two years, and by 2008, 58 of them had developed dementia. The researchers found that study participants with hearing loss at the beginning of the study were significantly more likely to develop dementia by the end. Compared with volunteers with normal hearing, those with mild, moderate, and severe hearing loss had twofold, threefold, and fivefold, respectively, the risk of developing dementia over time. The more hearing loss they had, the higher their (Continued on page 12)



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Lunch Menu



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Lunch Tickets are available daily until 10:30. Then, seniors that walk in with cash will follow all ticket holders.

We Accept FOOD STAMPS for Lunch! See Audrey or Doris: 2nd floor, first office on right, in the Administrative Area.

Funding for our meal program: EOEa, Merrimack Valley Nutrition, & City of Lowell

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

March				1. Pork Chop, applesauce, corn, potatoes, 7 grain bread, pears, soup	2. Fish Florentine, potatoes, mixed veggies, tarter sauce, wheat bread, pineapples, chowder	3. Stuffed Pepper, rice, green beans, garlic bread, cookie (Book Drop off day 9-12)
4. Baked stuffed chicken, mashed potatoes, mixed veggies, cranberry sauce, salad, rolls, cake	5. Veal parm, mashed potatoes, mixed veggies, multigrain bread, yogurt	6. Mac & cheese, roll, mustard, relish, ketchup, oranges	7. Stuffed pepper, corn, wheat bread, oranges	8. Chicken a la king, rice, green beans, wheat biscuits, banana pudding juice	9. Stuffed salmon, cheese, potato wedges, carrots, tartar sauce, wheat bread, fruit cocktail	10. Beef stew with carrots, green beans, & potatoes, rolls, cake
11. Roast Pork, mashed potatoes, green beans, applesauce, rolls, orange Day Light Savings Starts	12. Chicken quarters, BBQ sauce, rice, corn, wheat bread, vanilla pudding & orange juice	13. Shepherd's pie, beets, wheat bread, apples & ketchup.	14. Salisbury Steak, mashed potatoes, wax beans, wheat bread, peas, peaches	15. Baked chicken leg, mashed potatoes, mixed veggies, cranberry sauce, rye bread	16. Corn Beef & Cabbage, boiled potatoes, carrots, mustard, vinegar, green Jell-o with whip cream	17. Corn Beef & Cabbage, boiled potatoes, carrots, mustard, vinegar & cake
18. Meatloaf, mashed potatoes, green beans, rolls, cookie & ketchup	19. Chicken fajitas, pita bread, onions & peppers, rice, broccoli, pears	20. Hamburg & onions, mashed potatoes, wax beans, rye bread, fruit salad &	21. Baked ham, mashed potatoes, peas, wheat bread, fresh fruit & mustard	22. Liver & onions, mashed potatoes, corn, rye bread, peaches	23. Potato-crunch fish, broccoli, potatoes, tarter sauce, wheat bread, yogurt	24. Baked lasagna, meatballs, green salad, cake
25. Roast beef, scalloped potatoes, broccoli, & mustard, banana	26. Stuffed cabbage, wax beans, multigrain bread, vinegar, orange	27. BBQ spare ribs, rice, gravy, carrots, wheat bread, cookie, juice	28. Food on a Stick Day: Corn dogs, corn on a cob, apple, fudgesicle	29. Chicken Alfredo with pasta, carrots, wheat bread, banana	30. Baked had-dock, mashed potatoes, broccoli, chocolate pudding, rye bread	31. Chicken pie, mashed potatoes, cranberry sauce, green salad, cake



Left
New Zumba class & instructor Katy. This class is available on Fridays 9:15—10:00.



Right
Pool room players: Normand Ducharme, Ramon Ramirez, Henry Cluff, Robert Corey



SHORT STORIES FOR FUN

1. In which decade was The Carol Burnett Show finally axed?
2. What held the record for the most watched program in TV history until the Who Shot JR? episode of Dallas?
3. In which school was Parker Lewis Can't Lose set?
4. What was the first sitcom to have a divorced single parent as its main character?
5. In The Flintstones where was Pebbles born?
6. On which book was The Flying Nun based?
7. In the final Perry Mason case, The Case of the Final Fade Out, who played the judge?
8. With which words did Red Skelton finish his weekly comedy show?
9. In which country was the 80s series of Mission: Impossible filmed because of a Hollywood writers' strike?
10. What was shown during the closing credits of Home Improvements?
11. In Emergency what was the profession of Roy DeSoto and John Gage?
12. Which Dynasty character is 'worth it' in the hair ads?
13. Which musical instrument did the older Smothers Brother play?
14. Cherie Moore and Cheryl Stoppelmoor is better known by which name?
15. Which show was based on Orphan Poor Orphan by Carolyn Weston?



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Answers to TV Trivia - 1. 1970s. 2. Final episode of The Fugitive. 3. Santo Domingo High School. 4. One Day At A Time. 5. Rookapedic Hospital. 6. The Fifteenth Pelican. 7. Erle Stanley Gardner. Perry Mason's creator. 8. Goodnight and God bless. 9. Australia. 10. Bloopers by the cast. 11. Ambulance drivers. 12. Sammy Jo. 13. Guitar. 14. Cheryl Ladd. 15. The Streets of San Francisco.

(Deaf History Month — from page 10) likelihood of developing the memory-robbing disease. Even after the researchers took into account other factors that are associated with risk of dementia, including diabetes, high blood pressure, age, sex and race, Lin explains, hearing loss and dementia were still strongly connected. "A lot of people ignore hearing loss because it's such a slow and insidious process as we age," Lin says. "Even if people feel as if they are not affected, we're showing that it may well be a more serious problem."

MARCH 15 @ 1PM



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Maureen O'Hara
Barry Fitzgerald



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*The Lowell Senior Center where seniors
Learn, exercise and have fun...*



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**Are you 55
or older
and looking
for a job?**



**WE MAY BE
ABLE TO HELP YOU!**

The Senior Community Service Employment Program run by the National Senior Network can provide you with:
Paid on-the-job training opportunities (\$8.00 per hour /prevailing minimum wage) in your community that will help you update your skills
Current job experience for your résumé
Job Search counseling and support

To be eligible, you must be:

A resident of Middlesex or Essex County
Age 55 or older
Currently unemployed
Able to meet federal low-income guidelines
Able to work 18 hours per week and participate in program activities

For more information call us at our Toll Free Number
1 855 994 8300

COPD Seminar and Screening

Join us on Thursday, March 29th from 6:00-7:30pm for a **FREE** presentation and screening on Chronic Obstructive Pulmonary Disease (COPD). A respiratory therapist will provide an overview of COPD including:

- Understanding how the lungs work
- Causes, incidence, and risk factors
- Symptoms
- Signs, tests, and treatment options
- How to reduce your risk and improve your respiratory health

Following the presentation, you will have the opportunity to participate in a COPD screening that will consist of a simple lung function test known as spirometry and an oxygen saturation, which measures the amount of oxygen your blood is carrying.

To register please visit our website at www.lowellgeneral.org/health or call 1-877-LGH-WELL

