



Special points of interest:

Trips & Special Events

Health Educational Forums

The Age of Mastery

VOLUME XII, ISSUE 3

MARCH 2011

TOWN OF MIDDLETON ~ OLD TOWN HALL
38 MAPLE STREET P.O. BOX 855
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Susan Gannon ~ Executive Director & Editor

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From the Director...

Hello!!

Are you ready for the spring? Are you already looking at garden catalogs? Did you know that a group in Middleton is trying to get a Farmers' Market going here in town? There will be more information about this in the April newsletter.

Now that the nice weather is approaching, we will begin scheduling trips again. Please read the insert for those and other special events, including our own "home-cooked" meals on Wednesdays, the Traveling Chef specials and the regular meals on Mondays and Thursdays.

If you have not been doing much exercise over the winter, now might be the time to get back into a healthy lifestyle. We offer 5 different exercise classes, ranging from Gentle Yoga and Meditation to the more robust Pike's Hikes around Middleton.

Think Spring!!!

Susan,, Staff and Volunteers

In the long run the pessimist may be proved right, but the optimist has a better time on the trip.

~ Daniel L. Reardon

With much appreciation...



We are surrounded by individuals and organizations who are so supportive of us.

We have a long list of benefactors who we love to acknowledge each month, as we are always grateful to them.

- Our February Coffee Café sponsor wished to remain anonymous, but we know who she is and thank her so much! For March we are sponsored by another anonymous donor.
- On Wednesdays and most Thursdays we are able to offer delicious “homemade” soups, courtesy of Essex Park Rehabilitation & Nursing Center, Beverly, MA and Peabody Glen Health Care Center, Peabody, MA. Thank-you! We also are on a roll now with delicious fresh-cooked meals on Wednesdays. The cost of these delights is \$3.00, all inclusive.
- We want to thank Pilgrim Rehabilitation and Skilled Nursing Center, part of Berkshire Healthcare, for the gorgeous Valentine raffle baskets they have designed and donated to us. With \$75+ in gifts in each basket, the raffle tickets are a bargain at just \$2 each, or 6 for \$10. Come in and try your luck. All proceeds go towards our outreach efforts. For news about the December Holiday event, please see the insert.
- We want to thank the Friends of the Middleton Council on Aging for supporting us with their generous gift for special events. We also want to thank the American Legion Ladies Auxiliary for similarly supporting our efforts to enhance the decorating that we do for our events. We will be hosting a dedication for the T.V. and Wii and Patti’s Place sign on Monday, March 7th at 6:00 pm. Coffee and dessert buffet will be served. Please reserve by March 3rd if you wish to celebrate with us.
- A HUGE THANK-YOU to DANVERSBANK for their donation and installation of a wonderful new HD flat screen T.V.
- We thank our biggest supporters....the people who attend our programming regularly, whether meals, trips, exercise programs, educational and other clinics....whatever way in which you gather with us, we appreciate your time and attention.

With Great Appreciation, We Acknowledge and Thank:

2010 ~ 2011 Friends of the Middleton Council on Aging Meets First Monday of the Month 6:00 ~ 7:00pm

Joan Garber ~ Chair
Ann Couture
Pat Diskes
Joyce Moreschi
Linda Parker

Kate Brochu ~ Treasurer
Cindy Dellea
Mary Farley
Barbara Mortalo
Alice Tierney

2010 ~ 2011 Council On Aging Board of Directors Meet Last Wednesday of the Month 9:00am

David Cowie ~ Chair
David Leary ~ Vice-Chair & Representative TRIAD
Ethel Lee ~ Liaison Friends MCOA
Kay Martinuk ~ Activities & Newsletters
William Walczak ~ Job Developer

John Goodwin
Frank Leary ~ NSES, TRIAD
Lois LeMay ~ Liaison Friends MCOA
Betsy Racine ~ Activities & Newsletters
Mary Jane Morrin ~ Board Secretary

COMPREHENSIVE OUTREACH, INFORMATION & REFERRAL PROGRAM

We provide confidential appointments for those 55+ and caregivers to discuss their situations.

Some other services we offer are:

- ◇ “**RUOK?**” checks, on a regular basis by telephone and home visits when desired.
- ◇ Weekly Exercise Programs (5 in total)
- ◇ Monthly SHINE Counseling
- ◇ Legal and Financial monthly clinics
- ◇ 5 monthly well-being clinics in various locations
- ◇ Monthly podiatrist appointments on-site
- ◇ Monthly educational clinics
- ◇ The latest research on various health issues
- ◇ Elders at risk reporting/intervention/resolution
- ◇ Medical Escort Program
- ◇ Transportation and meals, and access to the Middleton Food Bank

RUOK PROGRAM

This stands for R (are) U (you) OK? We have a growing list of people with whom we stay in contact. We use the information from our monthly newsletter, voter registration and census information. If we are not aware of you because you do not show up in one of these venues, please contact us. Our purpose is to be in touch with everyone so that we can ascertain what type of services people are interested in from us. This may include meals, social events, outreach, well-being checks, speakers, legal and financial concerns, etc. We also will call those regularly who would like a friendly voice to say “hello” and “how are you doing today?” Call us to get started!

We can help you with applications for:

AFFORDABLE SENIOR HOUSING

HEALTH INSURANCE/S.H.I.N.E. Counseling

HOME HEALTH SERVICES

FUEL ASSISTANCE

HOME DELIVERED MEALS

MONEY MANAGEMENT

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM / SNAP

TAX WORK-OFF VOUCHER PROGRAM

Please call for confidential appointments

We Accommodate Everyone!!

- ◆ We are completely handicapped accessible with ramps, an electronic door opener, handrails and a wheelchair lift.
- ◆ We also have stairs for those wishing to be more aerobic!
- ◆ Our van is wheelchair friendly and we always do our best to accommodate the needs of our guests.
- ◆ Our van regularly picks up people around town and brings them to on-site and off-site programming.
- ◆ Visit with us and enjoy the stories, the music, the laughs, the fun!!

Can we relieve some of your personal concerns that may weigh heavy on you?.....

With the continuation of difficult economic times, we want to be sure that those who could use a temporary helping hand with forms, counseling, job skills, job searches, medical transportation, groceries, fuel, whatever the need we can fill, will contact us. We serve not only those 55+ and disabled, but we are also a gateway for many other services within and without the town for residents of any age. Please do not hesitate to contact the director. All information is held confidentially and we will make every effort to assist you in whatever way we can, as will other departments in Town.



SOME OF WHAT WE DO.....

COMMUNITY OUTREACH

Congregate Dining: Middleton COA serves lunch on Mondays, Wednesdays, Thursdays.

Home-Delivered Meals: 5 days a week for Meals-on-Wheels clients & some weekend meals, when qualified by North Shore Elder Services. The meals cost in excess of \$5.50 and NSES requests donations to help defray costs, suggesting \$2.25. Please see our monthly menu for meals.

Special Occasion Dining: Whether on-site or at a function hall, we offer a great variety of options, always with delicious, catered food, often with entertainment and presentations. *This also includes our new Wednesday on-site "Chef Ron" who prepares great meals for our diners.*

Lunch Bunch Ride and Dine: Interested in a scenic ride to an affordable restaurant with good food? RIDE AND DINE with us on 2nd and 4th Tuesdays, with a reservation. See details inside newsletter.

Men's Breakfast Club: *On the 1st and 3rd Fridays of each month we go to various establishments for a good breakfast and conversation. Join in and see what it is about.*

Outreach ~ Information and Referral: We have a wealth of resources, particularly through NSES/ North Shore Elder Services. Most of the services are free to those qualified, although donations are always welcome to help offset the expenses of providing services. The services directly through the Middleton COA are free. We also have an extensive Resource Library for various programs.

Transportation: Transportation is free for regular activities at, or through, our center. You must reserve a seat on the van. For some special trips in town and out of town, there is a small fee. Our van is **wheelchair** ready, and we are glad to provide you with these services, or assistance with **other ambulatory** issues you may have.

Medical Companion and Transport Program: We provide medical companions and transportation for those without other means of getting to appointments. Please call for details. We request a minimum of two weeks notice to book appointments. The fee is \$6 for the first hour and \$3 per 30 minutes additional. This is door-to-door service with a trusted, careful person.

Educational Presentations: Whether on health, law, finances, safety or other programs, we provide expert and professional information with ample time for Q & A, both during the day and some evenings.

Entertainment & Trips: Enjoy "Musical Marie", our Monday pianist; cultural outings; dining and dancing; harbor cruises; casino trips; theatre performances; nature programs; on-site parties; off-site special dinners; we offer a wide variety of possibilities for you. Come join the fun!

Professional Services: Podiatrist; hearing testing; health clinics; legal clinics; financial clinics; outreach and referral, including health insurance/S.H.I.N.E; workforce training & job development; assistance navigating municipal services. We also can arrange Money Management, scam assistance and give you information on many other topics as well.

Veterans' Services: We work closely with our Veterans' Agent, Ted Butler. Call us and we can arrange an appointment for you at our site or at your home, or Ted's office.

Workforce Training and Job Development: Both in the municipal setting and in the private sector, we can train you and help place you in the workforce.



We Offer A Very User-Friendly Computer Lab Experience

In our small group setting you can go at your own pace, but be led by experienced instructors who specialize in training older adults.

Thursdays @ Noon: We offer a no-cost program for those just starting out. You will learn computer basics, keyboarding, some word processing, using the Internet and conducting searches safely. You will learn about setting up a free email account. If you have not used computers regularly or are new to computing, call for an appointment.

Looking for Employment? We Can Help!

We offer two programs through our Job Development Center:

See our job postings in the insert section of this newsletter

Senior Tax Work-Off Program (contact Susan Gannon @ 978-777-4067): This program is based on the calendar year. We are now taking applications for 2011. If you are 60+ and live in Middleton in a home in which you are listed on the deed, then you may qualify to earn up to the **new cap of up to \$1,000, per calendar year, in real estate tax credits.** The work you do will be for the benefit of the residents of Middleton. We have a wide range of job opportunities in various municipal departments. We have an application for you to submit, along with a policy statement. All applications are processed through the Middleton Council on Aging.

Two people who are listed on the same deed may “job-share”, if qualified, to earn the maximum of \$1,000 per household, per calendar year. There have been times when these jobs, and/or other volunteer jobs, have resulted in part-time employment by the Town of Middleton, although there is no guarantee of same.

For job postings, through the Senior Work-Off Program, Municipal Job Opportunities and Private Sector Opportunities, as well as training details, please see the insert entitled “**Employment**”.

Private/Public Sector Jobs Program (contact Bill Walczak @ 978-777-4067): In these tough economic times, it is especially gratifying that we have been able to place numerous people in jobs in local government and businesses, both in-town and in the general area. We work with a highly trained job developer to place Middleton residents, 50+, according to their abilities.

Putting Mature Middleton residents to work is our goal. Our reputation is such that local employers are coming to us with job listings. It is a documented fact that the majority of mature workers are noted for their experience, reliability and professionalism.

If you are a local business owner, we would be very interested in working with you as well. Please give us a call....ask for Bill Walczak @ 978-777-4067.



RECENT: We have been given access to jobs offered through the Division of Unemployment. Please contact **Bill Walczak** to book an appointment to assess your skills and arrange for interviews.

We have employers in the private sector with whom we have met recently who are looking for reliable, self-directed people for jobs in our area. We also have potential employees looking for work. Please call us so that we can get you all in touch with one another. We also can help with resumes and cover letters and some basic computer skills for job seekers.

Senior tax Work-Off Program. There are many opportunities to work to decrease your real estate tax bill by up to \$1,000 during 2011.

HEALTH PROGRAMS

WELL-BEING CLINICS ONSITE

2nd and 4th Mondays 10:30

You may drop in for these clinics
10:30~11:30

Mar. 7th R.N. from Peabody Glen Rehab
& Nursing Home

Mar. 21th Carol O'Keefe, R.N.

WELL-BEING CLINICS

2nd Tuesdays OFF-SITE

March 8th Public Health Nurse Tracy

9:00~10:00 Oak Knoll
Community Room

10:15~11:15 Ferncroft Towers

11:30~12:30 Orchard Circle



PODIATRIST APPOINTMENTS DR. MC CULLOUGH

First Wednesdays @ 10:00 by appointment ~ \$30
For certain medical conditions, insurance may cover the cost!

March 2nd April 6th

S.H.I.N.E. PROGRAM

(Serving Health Insurance Needs of Elders)
S.H.I.N.E Specialist Joe Younger

- Medicare Parts A, B & C
- Medigap Insurances
- Various Prescription Drug Programs
- Enrollment processes for all the above, as well as eligibility and choices
- Long-Term Care Options

Joe Younger will not be available February and March for consultation. We are able to refer you to another facility if you wish to make an appointment.

Are you at least 60 and have a problem with your in-home caregiving services? Do you know someone who does?

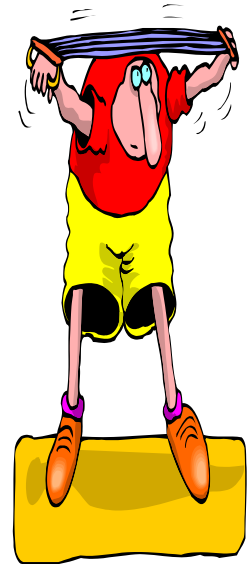
If so, please call us! 1-800-243-4636 (1-800-AGE-INFO)

Do you need information about nursing home rights and procedures? We have an expert, our NSES ombudsman, George Demerit, who is doing an informative presentation for us this month. See details in insert.

To Your Good Health

FUN, FITNESS, FIRING (our fitness instructors are all certified)

- MON.** 9:30 ~ 10:30 YOGA ~ Dot McKeen, Certified Yoga Instructor
MEET AT CONGREGATIONAL CHURCH LOWER LEVEL
- TUES.** 1:30 ~ 2:30 GEN'L FITNESS ~ WEIGHTS & RESISTANCE
w/ Bonnie Peruffo
MEET AT SR. CTR. @ 38 Maple St., lower level
- THURS.** 9:30 ~ 10:15 GEN'L FITNESS ~ WEIGHTS & RESISTANCE
w/ Bonnie Peruffo
MEET AT CONGREGATIONAL CHURCH LL
- FRI.** 7:55 ~ 10:00 PIKE'S HIKES (Meet at Angelica's Rear Lot)
- 9:15 ~ 10:15 LAUGHTER YOGA ~ Dot McKeen
MEET AT SR. CTR. @ 38 Maple St., lower level



EXCLUSIVE OFFER FOR MIDDLETON RESIDENTS 55+!!!

Atlantis Sports Club & Spa, located at The Crown Plaza Hotel (formerly Sheraton Ferncroft Tower Hotel) is offering an **EXCLUSIVE DISCOUNT!** \$1 to join (regularly \$99 down) and \$39/mth ~ no commitment (regularly \$59/mth). Please stop by 38 Maple Street for a coupon flyer with additional discounts and information.

Indoor Pool, Jacuzzi, Steam Rooms, Dry Sauna, Spa, Fitness, Personal Training, Swim Lessons, Group Fitness. We will offer transportation to an aquatic class called **Liquid Muscle**, as it has benefits for arthritis, Parkinson' and other medical conditions.

Council on Aging
38 Maple Street
P. O. Box 855
Middleton, MA.

Phone: 978.777.4067
Fax: 978-777-2084

Email: middletoncoa
@comcast.net

WE'RE HERE FOR YOU!!



We want to remind people about three programs on Tuesdays:

Liquid Muscle Aquatic Exercise ~ 1st two classes free!!!

Watercolor Classes FM Radio Show

LUNCH BUNCH Tuesdays, March. 8th and 22nd

Special Offering.....only \$2 for transportation. Please join the group @ noon. We pick up at your home or at Angelica's rear parking lot. Maximum of 12 people. Destination will be determined. Please call for details.

MEN'S BREAKFAST Friday, March 4th and 18th

Special Offering.....no cost for transportation. Please join the group for good food and good conversation. We pick up at your home or at Angelica's rear parking lot. Maximum of 12 people. Destination will be determined. Please call for details. \$2 transportation cost begins in February.

MIDDLETON FOOD BANK Fridays, 1:00 ~ 3:00

TAX PREP ~ "The Taxman Cometh"..... call to make your appointment. You will need your 2009 tax return, all your documents for 2010 and promptness, as we have many people wanting appointments. Please be well-prepared so that you can file easily.

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CURRENT RESIDENT, OR