



# The Age of Mastery

VOLUME XII, ISSUE 7

JULY 2011

TOWN OF MIDDLETON ~ OLD TOWN HALL  
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Susan Gannon ~ Executive Director & Editor

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Trips & Special Events

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## From the Director...

Hello!

Well, we are still experiencing an abundance of rain interspersed with some lovely summer days.

Did you know that if you go on one of our outings that your name will be placed in lottery of those particular attendees and that you may have the cost of the outing reimbursed to you! Pauline Wilson won such a lottery in June. Perhaps you will be the next lucky winner!

Also, we have Bingo every Monday, but we also have a special monthly Bingo with greater prizes. Both of these benefits are provided by the Friends of the Middleton Council on Aging.

With all that we offer, we would love to see you here often and availing yourself of the many nutritional, educational, social, health, legal, financial and other opportunities.

Think Summer.....

**No one ever *finds* life worth living.  
You have to *make* it worth living.**

~ Unknown

# With much appreciation...



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

**We are in need of Coffee Café sponsors** ~ can you help us so that we may continue to provide the food/social time that is so valued by our guests? Sometimes the Coffee Café serves as “breakfast” for people. Other Senior Centers charge or ask for donations from their guest seniors for coffee and pastries. We have always been able to absorb the cost instead, particularly with the generous donations of donors when our budget is stressed. We suggest \$25/mth for sponsorship.

*In July we will be sponsored by Joan Needham and James Haverty and we very much appreciate their generosity which enables us to continue this popular program. We also want to extend a special thank you to the Danvers and North Reading Council on Aging Senior Centers for inviting us to join their groups for lunch in their dining hall while our main dining hall was being re-painted. Please stop by to see our newly painted dining hall and join us for lunch and other activities.*

- 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, prepared by “Chef Ron”. The cost of these complete, nutritious, delicious meals is \$3.00, all inclusive.
- A special thank-you to The Friends of the Middleton Council on Aging. They support our seniors in so many ways. The Friends will draw one name for a free ticket to every trip we attend. The ticket will be drawn during transport to the event. Pauline Wilson was the lucky winner of the Peabody Essex Museum trip. They are also donating \$20 each month toward a special bingo. Bingo is played on Mondays after lunch. Our June winner for Bingo drawing was Teresa Roach. We would appreciate payment for trips to be made by check or money order.
- 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.

**THANK YOU!!! THANK YOU!!! THANK YOU!!! THANK YOU!!!**

## **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 9:15am**

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

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

# HEALTH PROGRAMS

## PODIATRIST APPOINTMENTS DR. MC CULLOUGH



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

July 6th

August 3rd

### WELL-BEING CLINICS @ SR. CTR 2nd and 4th Mondays 10:30 ~ 11:30

You may drop in for these clinics

July 11th Aug 8th  
 R.N. from Peabody Glen Rehab  
 July 25th Aug 29th  
 Carol O'Keefe, R.N.

### WELL-BEING CLINICS 2nd Tuesdays OFF-SITE July 12th, August 9th

Public Health Nurse Tracy  
 9:00~10:00 Oak Knoll Community Rm  
 10:15~11:15 Ferncroft Towers

### **S.H.I.N.E. PROGRAM**

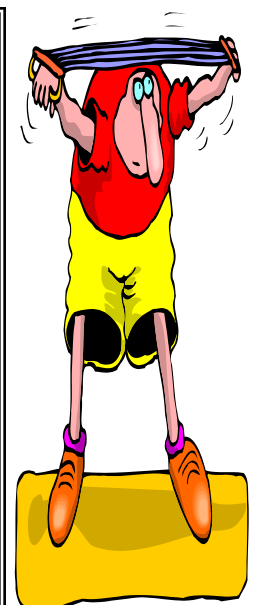
**(Serving Health Insurance Needs of Elders)**  
**S.H.I.N.E Specialist Joe Younger**

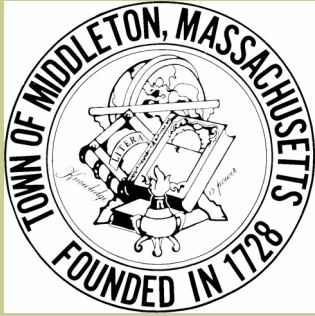
- Medicare Parts A, B & C
- Medigap Insurances
- Various Prescription Drug Programs
- Enrollment processes for all the above, as well as eligibility and choices
- Long-Term Care Options

**Joe Younger is available again for consultations!!**

### **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**





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**July 13th Memory Loss with Aging: What's Normal, What's Not,**  
Lisa Orgettas, MA Executive Director Spectrum Adult Day Health Program  
at Beverly. Sponsored by Northeast Senior Health, a division of Beverly  
Hospital. 10:45 am—11:30 am at Middleton Senior Center. Free Program.

**LUNCH BUNCH**  
  
Meets the 2nd & 4th Tuesdays of each month.  
**Call the Senior Center for details and sign up.**

**MEN'S BREAKFAST**  
We will not be offering this program for the months of July and August.  
Please call for future dates.

**MIDDLETON FOOD BANK** Fridays, 1:00 ~ 3:00  
  
Care to make a donation? Monetary and paper goods and non-perishable  
food items are always appreciated and used by local residents of all ages.  
Bulk type items are sometimes used in the Congregate/Subsidized meals pro-  
gram, which serves many seniors.

**COA WEBSITE:** Our website has links to many other relevant sites. Also, if  
you are interested in the details on something you see in the calendar, you can  
find out that info on the website by simply clicking on the item of interest.

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