

The Age of Mastery

VOLUME XII, ISSUE 9

SEPTEMBER/OCTOBER 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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Hello!!

From the Director...

Well, we are still experiencing an abundance of rain interspersed with some lovely summery days. The nights are getting cooler, but what can we expect but that this time of year? We hope you did not have damage to your property during Hurricane Irene.

As a reminder, if you go on one of our outings then your name will be placed in the lottery of those particular attendees and that you may have the cost of the outing reimbursed to you! This generosity is courtesy of the **Friends of the Middleton Council on Aging**. Recently, **Marion Lordi** won this lottery on the trip to Cape Cod. **Thelma Gordon** won on the Debbie Reynolds trip. 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. This also courtesy of the Friends of MCOA. **Marge Miller** was our Bingo winner for August ... congratulations!

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.

Treasure the nice weather.....

Susan, Staff and Volunteers

I am determined to be cheerful and happy, in whatever situation I may be: for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.
~ Martha Washington, 1759

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 August and September we are sponsored by **Maureen Murphy** for Coffee Cafes. Thank you Maureen!!
For October, we thank the **Kostas Prentakis Family** :)

- 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! 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 the transport to the event.
- 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.

Please note that new policy for trips and special events, as posted at the top of the insert for these trips/events. Thank you for your cooperation. Our goal is to make the coordinating of trips easier for both the attendees and our staff and volunteers.

THANK YOU!!! THANK YOU!!! THANK YOU!!! THANK YOU!!!

**With Great Appreciation, We Acknowledge and Thank:
2011 ~ 2012 Friends of the Middleton Council on Aging
Meets First Monday of the Month 6:00 ~ 7:00pm**

Joan Garber ~ Chair
Cindy Dellea
Joyce Moreschi

Kate Brochu ~ Treasurer
Pat Diskes
Barbara Mortalo

Ann Couture
Mary Farley
Linda Parker

Alice Tierney

Leah Moreschi

**2011 ~ 2012 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
Ann Donahue

John Goodwin
Frank Leary ~ NSES, TRIAD
Lois LeMay ~ Liaison Friends MCOA
William Walczak ~ Job Developer
Martha Fucarile

Mary Jane Morrin ~ Board Secretary

HEALTH PROGRAMS

PODIATRIST APPOINTMENTS DR. MC CULLOUGH

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



Sept. 7th Oct. 5th Nov. 2nd Dec. 7th

WELL-BEING CLINICS @ SR. CTR

2nd and 4th Mondays 10:30 ~ 11:30

You may drop in for these clinics

2nd Mondays: R.N. from Peabody Glen Rehab

4th Mondays: Carol O'Keefe, R.N.

WELL-BEING CLINICS

2nd Tuesdays OFF-SITE

Public Health Nurse Tracy

9:00~10:00 Oak Knoll Community Rm

10:15~11:15 Ferncroft Towers

11:30~12:30 Orchard Circle Community

S.H.I.N.E. PROGRAM

(Serving Health Insurance Needs of Elders)

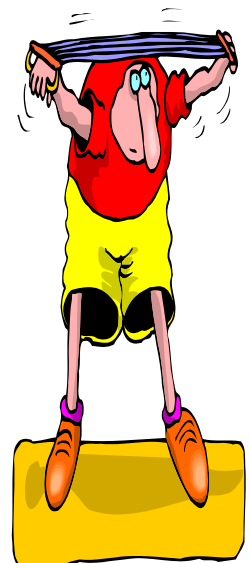
S.H.I.N.E Specialist Joe Younger

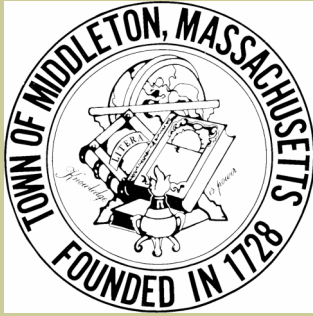
- Medicare Parts A, B & C
- Medigap Insurances
- Various Prescription Drug Programs
- Enrollment processes for all the above, as well as eligibility and choices
- Long-Term Care Options

Joe Younger is available again for consultations!!

FUN, FITNESS, FIRMING (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 lower level
- 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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WE'RE HERE FOR YOU!!



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

WEDNESDAYS @ NOON Needlework Group

This is a fun group working on various projects. Whether you are a novice or expert or somewhere in-between, come share your abilities and swap patterns and show off your work!

PRESENTATIONS on WEDNESDAYS @ 10:45

9/14 STROKE PREVENTION AND EDUCATION

Thom Kelly, MSN, RN, Stroke/PCI Programs Coord., Beverly Hosp.

9/28 MEMORY IMPAIRMENT

Jackie Perlman, Radius Healthcare

MIDDLETON FARMERS MARKET 3:00 ~ 7:00 @ Angelica's Lot

This is a wonderful place to get fresh produce, honey, candy, crafts and much more. These vendors abide by the strictest standards and are generous to the Middleton Food Bank as well.

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

Care to make a donation of product or money? 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 program, 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.