



# Oniontown Seniors Danvers Council on Aging

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The mission of the Danvers Council on Aging and the Senior Center which it manages is to provide and advance those programs and services which enrich the lives of older adults in the Danvers Community.

**Café Update** - The Danvers COA Café is on hold until further notice. We hope to be back soon and cooking up some of your favorite meals for the Fall.

**Men's Club**— Please join us this month on **Monday, September 16th at 5:30pm**. This month's speaker is Bill Clark of Clark Farm who will be speaking on the history of agriculture in Danvers. The menu will be grilled flank steak, potato salad, tomato with mozzarella & ice cream pie. Charge of \$8pp for members of FDCOA and \$10pp for non-members. Tickets are on sale now.

**Travel Chef**—**Tuesday, September 10th, 12pm**—Roast Beef with swiss, horse radish & caramelized onions, Au Jus, baguette, sautéed whole green beans, arugula salad with dressing & vanilla custard with topping. Suggested donation of \$2.25 per person. Reservations by Monday, September 9th at 10am.

**Save the Date**—**Wednesday, October 30th, Harvest Ball.**  
More information in the October newsletter.

Danvers Council on Aging    25 Stone Street    Danvers, MA 01923  
**Phone:** (978) 762-0208    (978) 762-0209    Fax:(978) 762-0240  
[www.danversma.gov](http://www.danversma.gov)

If you would like this newsletter sent monthly via e-mail send your email address to: [Lmachado@danversma.gov](mailto:Lmachado@danversma.gov)

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## SAVE THE DATE

- 9/2 Labor Day—Senior Center Closed
- 9/8-9/9 Cape Cod & Nantucket Trip Departs
- 9/9 Crazy Cards, 9:30am—12pm
- 9/9 Book Club, 1pm-3pm (see pg 9 for details)
- 9/10 Memory Café, 1:30-3pm
- 9/11 Birthday Lunch, 12pm
- 9/13 Podiatry Clinic, 10am-2pm (by appt. only)
- 9/14 Martha's Vineyard Trip Departs
- 9/19 Tied up in Knott's Trip Departs
- 9/23-9/25 Maine Escapes Trip Departs
- 9/26 Mr. Fix It, 9am-11:30am
- Every Tuesday & Thursday Zumba, 9:15-10am (\$30/\$42 for 12 sessions)
- Every Thursday—Blood Pressure Clinic, 9:00am-12:00pm (by appt. only)
- Every Thurs.—1:15-3 PM—Maple Sugar Jazz Band

### 50 + Job Seekers Networking Group is back!!

Networking Works! Your AGE really is your EDGE! Start your journey toward self-realization, re-invention and transformation! For mature job seekers..that's you! (50 years of age +).

Did you know that 85% of ALL jobs are found through networking? The Executive Office of Elder Affairs has funded a Networking Group for job seekers 50+ years old. If you are unemployed, underemployed, seeking a new career direction, re-entering the job market or are retired and looking for a "Second Act Career" this is the perfect group for you.

Every meeting is facilitated by a Human Resources Professional Career Coach whose topics will be relevant to career transition and job search. Meetings will include, guest speakers, access to hiring managers and opportunities to network, which according to statistics, has an 85% chance of opening the door to your future.

The group will meet the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month from 9:30am-12:00pm starting Wednesday, September 11th. Doors open at 9am, program runs 9:30am- 11:30am with a 1/2 hour at the conclusion for any additional questions. All meetings are held at the Danvers Council on Aging, 25 Stone St, Danvers. To register for this free workshop please go to: [www.mcoaonline.com/50plus](http://www.mcoaonline.com/50plus) or call Maureen Howlett at 978-762-0208.



The Danvers TRIAD Council is a partnership which includes the Sheriff and District Attorney of Essex County, the Danvers Police and Fire Chiefs, the Council on Aging and supportive services and seniors. Proper disposal of prescription drugs has become a problem for every community in the United States. The number of Americans who abuse prescription drugs illegally now exceeds the number of Americans who abuse cocaine, hallucinogens, inhalants, and heroin combined. Studies have shown that prescription drug abusers sometimes get the pills from medicine cabinets in homes. According to the Environmental Protection Agency, "The age-old advice of flushing pharmaceuticals down the toilet is now considered to be the least desirable of all alternatives." Once flushed down the drain or toilet, expired or unwanted medications become a source of pollution in wastewater and they generally can not be removed by treatment plants or septic systems. Instead, these pollutants are able to pass through the treatment centers and enter rivers, streams, lakes and groundwater systems. In addition to the environmental effects of improper medication disposal, there is the public concern for these drugs getting into the hands of kids. The development of a prescription drug disposal program would allow for a safer and more environmental solution for disposing of them. A prescription drug program benefits the community by providing a safe location to drop off unused and expired medications with a high level of anonymity. It also rids medicine cabinets of unused and expired medications that could fall into the wrong hands. Finally, it reduces the environmental concerns of these drugs entering the water systems. For these reasons, the Danvers Police Department has partnered with Danvers Cares, Danvers TRIAD and Beverly Hospital to develop a method for people to get rid of these medications. The Danvers Police Department provides a safe location in the lobby of the police station for Danvers residents to properly dispose of their unwanted prescription medications. The police department partnered with the United States post office who donated a used mailbox to be used as a secure safe for these items.



## **Bingo Bonanza, Wednesday, September 18th 11am-2pm at Brentwood**

Brentwood is generously sponsoring a Bingo Bonanza for the Danvers Senior Center to be held at their facility at 56 Liberty Street in Danvers. This event which will be held on Wednesday, **September 18th from 11am-2pm** and will include bingo with amazing prizes as well as lunch for those attending. RSVP to the Senior Center at 978-762-0208. The Center will provide a shuttle to get everyone back and forth as parking is limited at their site. Join us for this fun event!

## UPCOMING EVENTS



**Evening Book Club** - The Book Club will meet next on Monday, September 23<sup>rd</sup> at 5:30 PM. This month the

book selected is **"Only Yesterday: A Memoir" by Fedora Cohn Horowitz**. Plot: "Only Yesterday 1941-1958, is a memoir of my life growing up in Romania during the Holocaust and during the Communist regime Romania. The first part titled "Darkness, My Life during WWII, the Romanian Holocaust, 1941-1945" describes the beginning of the horror and fear of the Jewish population after Romania's enter as an ally of Nazi Germany against the Soviet Union and its allies on June 22nd, 1941" Please call Paula at 978 762-0208 x104 if you will be attending.

### Senator Joan Lovely

**Senator Joan Lovely's office** will host district hours at the Danvers Council on Aging every other month. She will be here next on **Monday, September 9th, 9am-10am**. Appointments are encouraged and can be made by phone at 617-722-1410 or by email at [joan.lovely@masenate.gov](mailto:joan.lovely@masenate.gov) The Senators office offers a range of constituent services to residents of the Second Essex District. If you have any questions or concerns regarding state government, please feel free to contact her or her staff.



**Pop Up Library: On Wednesday, September 18<sup>th</sup> from 10AM-1PM** The Peabody

Institute Library will be coming to the Senior Center. The Library now has vehicle that they are able to take on the road with books. Stop by and "check out" books and other materials the library has to offer. The library will be making an appearance here on a monthly basis. Don't forget to bring your library card!!



**Popcorn & A Movie** - Join us on Tuesday, September 24<sup>th</sup> at 1 PM for **"A Dog's Way Home"** Plot.

Lucas is a medical student who stumbled upon an orphaned dog he named Bella. The two become inseparable and form a special bond that is put to the test when Bella gets accidentally separated from Lucas. Determined to go back home, Bella sets off on an epic 400 mile adventure and meets new friends, human and otherwise, along the way. Rated PG by the Motion Picture Association of America for mild action/peril, Thematic Element, mild language. Please sign up at the front desk or call the center at 978 762-0208 if you plan on attending as seating can be limited.



**Check in and you may win a prize!!!!** Are you using your card to check in on "My Senior Center" at the front desk every time you come to the center for a class, trip,

activity or to enter your volunteer hours? There is a new category titled "Raffle". Every day that you are at the Senior Center and check in, remember to touch on the Raffle option on the first page and you will earn an entry into the Raffle. A random winner will be selected on the first business day of each month to ensure that all entries from the previous month are included. **The winner was Judy Bonnell who won a Zumba card.** So remember to check in on the computer each time you are here. If you don't have a card, stop by the front desk and we'll be happy to get you one!

# TRANSPORTATION



Medical transportation is available to Danvers residents age 60 or older, and/or disabled Danvers residents under the age of sixty. It is suggested that residents make transportation requests as early as possible for scheduling purposes. Due to high demand for booked appointments, we will get you to your appointment on time, however, you may need to wait for a return ride home. Individuals in wheelchairs can be accommodated.

The suggested transportation donation is \$1.50 each way (\$3 round trip) donation for appointments within Danvers and \$2.50 each way (\$5 round trip) donation for appointments to the adjoining communities of Peabody, Beverly and Salem. For ease of donations, we are offering seniors the option to purchase a donation punch card for \$30. You may purchase a donation card at the front desk. **Please call Lorene to schedule a ride at 978-762-0208.**

<p><b>Mon, Tues, Wed, Thurs &amp; Fri 9:30-1:30pm</b> Senior medical rides to and from Danvers, Salem, Peabody and Beverly.</p> <p><b>9:30am—11:30am:</b> Lunch pickups to Sr. Ctr</p> <p><b>12:30pm:</b> Shoppers (from Sr. Ctr)</p> <p><b>1:00pm:</b> Sr. Center Returns</p> <p><b>2:00pm:</b> Shoppers Returned Home</p> <p><b>3pm (Thurs only)</b> Band Returns</p> <p><b>2:30pm-4:00pm</b> Daycare Returns</p>	<p style="text-align: center;"><b>Shopping Schedule</b></p> <p>Transportation leaves for a shopping location from the Senior Center at <b>12:30pm</b>.</p> <p><b><u>Mon:</u></b> Market Basket, Middleton</p> <p><b><u>Tue:</u></b> Stop &amp; Shop (Rte 1/62), Danvers</p> <p><b><u>Wed:</u></b> Market Basket, Danvers or Target at Liberty Tree Mall</p> <p><b><u>Thu:</u></b> Shaw's in Peabody or North Shore Mall, Peabody</p> <p><b><u>Fri:</u></b> Wal-Mart (Rt 114)</p> <p><b><u>PLEASE NOTE:</u></b> The limit is <b><u>2 canvas bags per person</u></b> only. All shoppers need to be ready for a return ride home by <b><u>2pm</u></b>.</p>
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# Volunteer Opportunities

We are looking for an early morning person to help in the kitchen with breakfast preparation and clean up including dishes. Time is from 8:30-10:00 AM. Any willing applicants should contact Cathy @X103.

If you are a piano player and would like to come by the center at an agreed upon date and time to play our piano for us please let us know and we will try to arrange it.

## 2019 MULTI DAY TRIPS

**September 8 & 9, 2019 - Cape Cod & Nantucket Tour** - Travel to Sandwich MA to visit the Sandwich Glass Museum. Continue on to Provincetown for lunch on your own; Guided tour of Province Lands. Dinner at a restaurant in Truro. Then off to the Cape Codder in Hyannis. You'll also have a narrated tour of Nantucket with several hours free to check out the shops, restaurants and historic attractions in Nantucket Town. Cost from: \$376 p.p., d.o. (All Around New England)

**September 23-25, 2019 - Maine Escapes** - 2 nights at Fisherman's Wharf Inn Boothbay Harbor, 2 evening of entertainment, touring of Boothbay Harbor, Bar Harbor & Acadia National Park and much more. Cost from: \$459 p.p., d.o. (Best of Times)

**October 3-5, 2019 - Break for Moose** - 2 Nights at the Grand Resort Hotel at Sunday River, Fryeburg Fair, Chondola Ride to the top of North Peak, Sunday River Fall Festival with the international Wife Carrying Championship! Cost from: \$479 p.p., d.o. (Best of Times)

**October 16-22, 2019 - Iceland's Magical Northern Lights** - Trip includes r/t air, hotel, Reykjavik, Northern Lights Cruise, Blue Lagoon, Vic, Skaftafell National Park, and much more. Cost: \$3,699 p.p. d.o (Collette)

**December 1-2, 2019 - Holiday Fun in the White Mountains** - Wait list. Cost: From \$345 p.p., d.o. (all Around New England)

**February 15-23, 2020 - Spotlight on the French Riviera featuring Nice's Carnival**. Includes r/t air, transfers. Highlights include Nice, Antique Market, St. Tropez, Vineyard & Wine tasting, Monaco, Monte Carlo Casino, Cannes, Antibes, Nice Carnival and much, much more. Cost from: \$2,999 p.p, d.o. (Collette)

**April 5-16, 2020 - Costa Rica: A world of Nature** - Trip includes r/t air, lodging. Highlights include: Tortuguero National Park, Tirimbina Rainforest Center, Chocolate Making Demonstration, River Safair, Finca Experience, and much more. Cost from: \$3,739 p.p., d.o, (Collette)

**June 4-12, 2020 - Bluegrass Country & the Smokey** - Trip include r/t air, lodging. Highlights include Churchill Downs, Kentucky Derby Museum, Great Smoky Mountains National Park, Asheville, Biltmore Estate and more. Cost from: \$2,949 p.p., d.o. (Collette)

**September 25 - October 2, 2020 - Discover Canyon Country** - Trip include r/t air, lodging. Highlights include Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powel, Las Vegas and more. Cost from: \$2,999 p.p., d.o. (Collette)

**September 12-16, 2019 - American Music Cities (Nashville & Memphis)** - Trip includes r/t air, 3 nights at the Premier Gaylord Opryland Hotel in Nashville, 1 night lodging in Memphis, 8 meals. Sightseeing to include Graceland, Wildhorse Saloon, The Grand Ole Opry, and much more. Cost from \$1,799 p.p., d.o. (Best of Times)

**November 2-4, 2019 - NE Patriots vs Baltimore**: Trip includes r/t motorcoach, 2 nights lodging, 5 meals, guided city tour of Baltimore, Best of Baltimore's Brew Tours ((Guinness, Sagamore Whiskey Distillery, and Chateau Bu De Winery, reserved seats to see the Patriots vs Baltimore. Cost from: \$799 p.p., d.o. (Best of Times)

## 2019 DAY TRIPS

(ALL DAY TRIPS INCLUDE MOTORCOACH TRANSPORTATION FROM THE SENIOR CENTER UNLESS SPECIFIED)

**Saturday, September 14, 2019 - Martha's Vineyard** - SOLD OUT Cost: \$149 (New England Journeys)

**Thursday, September 19, 2019 - Tied up in Knott's** - When Don Knotts passed away, his daughter Karen wanted to pay tribute to him. In her one-woman show Karen tries to capture the sense of Don, the man, because she always thought he was the funniest when he was just being himself. Enjoy lunch at Wrights Chicken Farm. Cost: \$89 (All Around New England)

**Monday, October 7, 2019 - Jack-o-lantern Spectacular** - Travel to Roger Williams Park in Rhode Island to see a display of 5,000 jack-o-lanterns illuminated in a night-time spectacle like you've never seen. Dinner included at the Union Station Brewery. \$119.00 (New England Journeys)

**Tuesday, October 8, 2019 - New Hampshire Turkey Train** - Travel to Central New Hampshire for a day of fun and the wonderful sights of fall foliage. Board the Turkey Train for a complete meal provided by Hart's Turkey Farm. There will also be a mystery stop that is sure to "sweeten your day". Cost \$99.95 (Best of Times)

**Sunday, October 13, 2019 - Apple Fest** - Enjoy a delicious meal at the Publick House with your choice of Roasted Turkey, Buttercrumb Scrod, or Roasted Pork Loin. After lunch step back in time at Old Sturbridge Village Apple Days! Costumed Interpreters and village historians will recreate harvest time in the 1830's. Cost: \$99 (All Around New England)

**Sunday, October 20, 2019 - The Quabbin Foliage Tour** - Depart mid morning to the Quabbin Reservoir area and West Brookfield's Salem Cross inn for a full course luncheon of Maple Salmon or Chicken Pot Pie. After lunch a native guide will take you through the Quabbin Reservoir explain how local villages and downs were flooded to that the reservoir could be constructed. The backroads are spectacular this time of year with autumn in all her glory. Stop at Brookfield Orchards on the way home. \$125 (New England Journeys)

**Saturday, October 26, 2019 - Mohegan Sun** - Travel to Mohegan sun for a day of fun! Trip includes \$10 play coupon, \$15 lunch coupon good for a free buffet or \$15 off a meal in one of their restaurants. Cost: \$40 (All Around New England)

**Thursday, November 7, 2019 - Celebrate Veterans Day** - Travel to the Log Cabin in Holyoke for a complete luncheon of Stuffed Loin of Pork or Baked Scrod. Allen Edwards will present his Home for the Holidays Show. His vocal style is reminiscent of the greats like Perry Como, Nat King Cole and Dean Martin and yet has the power and dynamics of Elvis or Englebert. Cost: \$98 (All Around New England)

## 2019 DAY TRIPS

**Thursday, November 14, 2019 - Ricky Nelson Remembered** - Tribute show performed by his identical twin sons Matthew and Gunner Nelson at the Venus De Milo. Sons include Hello Mary Lou, Travelin' Man, Garden Party and many more. Complete luncheon choice of Chicken Parmesan or Baked Schrod. Cost: \$95 (Best of Times).

**Sunday, November 24, 2019 - Christmas at the Castle!** - **SOLD OUT** Cost: \$105 (All Around New England)

**Tuesday, December 3, 2019 - Johnny Mathis Christmas at the Danversport Yacht Club.** The ultimate tribute starring David Robbins. Enjoy "It's not for me to Say, Misty, Chances Are and all of our Christmas favorites. Complete luncheon of Stuffed Chicken Breast or Baked Schrod. Transportation on your own. Cost: \$69 (Best of Times)

**Wednesday, December 11, 2019 - Boston Holiday Pops!!!** - **SOLD OUT** Cost: \$159 (New England Journeys)

**Thursday, December 12, 2019 - Holiday Fun!** - Begin the day with a visit to the Spellman Museum at Regis College. Enjoy light refreshments while we are given a special talk on Stamps. Stop at Gore Place. A modified High Tea including scones, sandwiches and sweets. A guide in period dress will talk about the mansion, the Gores and the romance in the time of Jane Austin. Cost: \$89 (All Around New England)

**Tuesday, December 31, 2019 - An American Bandstand New Year's Eve Day** - at Lake Pearl, Wrentham. Featuring the Tom LaMark Orchestra. This orchestra covers over 60 years of great music from the original classics of the Swing Era, Best in Ballroom Dancing, Line Dances to the Best of American Bandstand from the 50's to the 80's. Complete luncheon choice of Sliced Sirloin Steak, Baked Stuffed Chicken or Baked Scrod. Cost: \$89 (Best of Times)

**Travel Talk:** On Thursday, September 26 at 2:30 PM come and hear Vinnie Brown of Collette present 2 great trips coming up in 2020 - The Smokey Mountains (June 2020) as well as a Costa Rica Trip (April 2020) Please call 978 762-0208 if you plan on attending this presentation.

## ACTIVITIES



**Learn to coupon with Judi** - Did you know that you can save 30-80% on your groceries? You can spend as little as a half hour of preparing in advance to save on your weekly grocery bill. Do you know how to "double up" on a sale? Do you know where to find coupons? Join Judi Martino on the first and third Monday of the month (**September 16th** from 10:30am-11:30am) to learn how to organize your coupons; share coupons ideas and information. **NOTE: September 2nd is Labor Day so there will not be a class.**



**Crazy Cards-** A fun way to play whist! A game of fun and laughs! Anyone can play, no card skills needed. Prizes awarded each week. Group will meet the 2nd Monday of the month from 9:30am-Noon. This month will be **Monday, September 9th**. Must sign up in advance at the senior center (limited to 28 players). Cost \$1.00 members/\$3.00 non members.



**Book Club** -The Book Club will be meeting on **Monday, September 9th** from 1pm-3pm. The book topic will be "Educated" by Tara Westover.. All are welcome!



**Coloring** - Mondays from 10-11 AM. According to psychologists, coloring is the best alternative to meditation. Coloring allows you to unlock your creative potential. Perhaps more important, it helps relieve tension and anxiety. It also unlocks memories of childhood and simpler times. All supplies are provided. Join us!!



**Parkinson's Fitness & Movement** - Along with the Wednesday morning (10:30-11:30 AM) class we have added a Friday class also. Friday classes are from 1-2 PM. Do you have Parkinson's Disease? If so, this exercise class is for you. Linda Hall and Marilyn Freeman of Parkinson's Fitness will lead you through a variety of customized exercise to improve balance and stability, agility, cognitive awareness, and strength-training by ability levels. There is no charge for this as the Wednesday class is generously sponsored by Genesis Health Care at Hathorne Hill, and the Friday class is generously sponsored by Parkinson's Fitness. Please call Paula to register at 978-762-0208 ext 104.



**Mr. Fix It** - Are you left in the dark because your lamp doesn't work? Is your toast not toasted? Bring any item which does not work properly to Mr. Fix-It and we will evaluate and repair if possible. Mr. Fix It will be at the Senior Center on **Thursday, September 26th** from 9am-11:30am. Due to space limitations, if you cannot bring your item on the 26th please do not drop off your items until Wed. September 27th. Thank you.



**Scrabble** - Join us on Monday afternoons at 1 PM to play Scrabble. Let's get together to meet new friends and have some fun! All are welcome!

## MEMORY CAFÉ

Memory Café is coming to the Senior Center! A Memory Café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Memory Cafés meet at a variety of places in Massachusetts communities. Each memory café is different. Some cafés invite guest artists, some offer information about memory changes and all cafés are about relaxing and chatting. All cafés share these goals:

- To help guests feel comfortable and to know they are not alone.
- To talk with others who understand what you are going through.
- To leave behind limitations and instead focus on strengths.
- To enjoy the company of others.
- To explore something new.

Join us for refreshments, activities and conversation in a welcoming place for caregivers and individuals living with memory changes **Tuesday, September 10th, 1:30-3pm**. RSVP requested but not required. For further information, contact Judith Ryan 978-762-0208

## SOCIAL DAY PROGRAM

### Social Seniors Supportive Day Program

We continue to accept applications for participation in this unique program. If you or someone you know may be interested please contact Judith Ryan at (978) 762-0208, for more information. We are happy to offer a risk "FREE" trial day and financial assistance may be available to Danvers residents 60 and older through the generosity of the Clara & Harvey Pillsbury Foundation.



**Operation Troop Support Items for September**—In keeping with the growing needs of our troops, we will be collecting these needed items for the month of September: Instant Breakfast, instant cereal, instant oatmeal & instant soup and as always personal size hygiene items. Please drop off items at the Danvers Council on Aging, 25 Stone Street.



**Fitness Center** - Did you know that the Danvers Council on Aging offers a Fitness Center for seniors? This state of the art fitness center offers a commercial grade treadmill, elliptical, recumbent bicycles and universal gym. The Fitness Center is open Monday through Friday, 9am—4pm. All participants are required to sign a medical waiver prior to using equipment. Please go to the front desk to fill out a medical waiver.

**9/18 Down-sizing and living in place discussion group.** "Come join us for a fun and lively discussion on Living in place or Down-sizing to an easier Living environment ". Topics include, modifications to make your home safer, expenses and the process of relocating, Sharing stories. How to or dispose of STUFF!!  
Presented by Doug Desrocher

**10/2 Low Back Pain Workshop.** In this workshop you will cover: The #1 mistake people suffering with low back pain or sciatica make which surprisingly can lead to injections or medications; the 3 common causes of back pain; and the top 3 strategies to alleviate back pain and sciatica. Presented by Orthopedics Physical Therapy Plus.

**There is no charge for this event, but if you plan on attending, please call 978-762-0208 or sign up at the front desk for this presentation so that we can plan appropriate space.**



**Town of Danvers Flu Clinics  
Held at the Danvers Senior Center  
25 Stone Street**

**Clinic Dates**

**By Appointment ONLY are as follows**

Monday, September 16th, 2pm-4pm

Wednesday, September 18th, 1pm-3pm

Monday, September 23rd, 2pm-4pm

Wednesday, September 25th, 1pm-3pm

Thursday, September 26th, 5:30pm-7:00pm

Tuesday, October 8th, 5:30pm-7:00pm

Note: Flu Clinics are open to all. Please bring your insurance card. Seniors should bring their insurance/Medicare B card with them. Flu shots will be administered by pharmacists from Walgreens Pharmacy. An appointment is required. Call the Senior Center at 978 762-0208, or stop by the front desk to schedule your appointment.

September 2019 Monday	Congregate Meal Program Tuesday	Suggested Donation \$2.25 Wednesday	Thursday	Friday
2) <b>Labor Day</b> <b>Senior Center</b> <b>Closed</b>	3) <b>Stuffed Shells w/</b> marinara sauce, roasted cauliflower, garden salad, dressing, applesauce & Vienna bread. Cal: 711; Sod: 948	4) <b>Steak Salad w/dressing,</b> corn chowder, crackers, coconut cake & wheat bread Cal: 907; Sod: 1094	5) <b>Teriyaki Chicken</b> <b>Meatballs w/Jasmin rice,</b> mandarin veggie blend, chilled pineapple & snack n loaf Cal: 748; Sod: 891	6) <b>Lemon Citrus Chicken</b> w/whipped red bliss potato, zucchini, Jello & whole wheat dinner roll Cal: 579; Sod: 807
9) <b>Pasta w/meat</b> sauce, garlic spinach, Caesar salad, honey- dew & oatmeal bread Cal: 877; Sod: 1071	10) <b>Travel Chef</b> <b>Roast Beef w/swiss, horse</b> radish & caramelized onions, Au Jus, baguette, sautéed whole green beans, arugula salad w/dressing & vanilla custard w/topping	11) <b>Beef &amp; Cheese Sub w/</b> sweet potato fries, summer squash, mandarin oranges & sub roll Cal: 780; Sod: 859	12) <b>Hawaiian Luau</b> <b>Hawaiian BBQ Chicken w/</b> island fried rice, tropical slaw, Luau cake & Hawaiian roll Cal: 800; Sod: 989	13) <b>Egg Salad w/</b> lettuce leaf, sweet pota- to salad, confetti cole- slaw, chilled pears & wheat bread Cal: 604; Sod: 995
16) <b>Swedish Meat-</b> balls w/whipped pota- to, spinach salad, dressing, brownie & multigrain bread Cal: 933; Sod: 875	17) <b>Tarragon Chicken</b> <b>Salad w/ditalini pea</b> salad, tomato & cuke salad, cantaloupe & hot dog roll Cal: 795; Sod: 886	18) <b>Vegetable Pinwheel w/</b> marinara sauce, kale & white bean soup, crackers, fresh fruit & oatmeal bread Cal: 762; Sod: 1022	19) <b>Hamburger w/</b> ketchup, sweet potato wedges, summer squash blend, yogurt & juice & whole wheat hamburger bun. Cal: 851; Sod: 1068	20) <b>BBQ Chicken</b> <b>Drumstick w/red bliss</b> potatoes, garlic spinach & kale, applesauce & corn bread Cal: 769; Sod: 1587
23) <b>Orange Bourbon</b> <b>Chicken w/green</b> beans, broccoli ched- dar soup, crackers, Jell-O & multigrain bread. Cal: 631; Sod: 839	24) <b>Beef Steak w/</b> cheese, peppers & on- ions, brown rice, mixed green salad, dressing, fresh fruit & dinner roll Cal: 1058; Sod: 981	25) <b>Tuna Sandwich w/pasta</b> salad, tomato & chick pea salad, cantaloupe & wheat bread Cal: 782; Sod: 949	26) <b>Beef Stew w/</b> cheddar whipped potato, sugar cookie & biscuit. Cal: 904; Sod: 862	27) <b>Chicken Gordon Blu</b> w/supreme sauce, wild rice blend, brussel sprouts, chilled peaches & white bread Cal: 539; Sod: 782
30) <b>Pulled Pork w/</b> mustard BBQ sauce, red bliss potatoes, carrots, yogurt & juice & burger roll Cal: 713; Sod: 1024				

Before getting lunch, please inform your server of any allergies you may have.

<p><b>2)</b></p> <p style="text-align: center;"><b>Labor Day Senior Center Closed</b></p>	<p><b>3)</b> 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p><b>4)</b> 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 10:30am-11:30am Parkinson's Fitness 1pm-4pm Mah Jongg Players 1:30pm-2:30pm Line Dancing \$5/\$7</p>	<p><b>5)</b> 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p><b>6)</b> 8:30-9:30am Video Exercise 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p><b>9)</b> 8:15am-9:15 Strong Women \$5 8:30-9:30am Video Exercise 9:30-10:30am Tai Chi/\$25/\$35 (6 classes) 9:30am-12pm Crazy Cards 10am-11am Coloring 1pm Book Club (free) 1pm-4pm Card/board games (free) 1:30-2:30 Chair Yoga, \$30/\$45 (6 classes)</p>	<p><b>10)</b> 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p><b>11)</b> 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as You Like It \$55/\$75 9:30am Chair Toning, \$30/\$45 (6 weeks) 10:30am-11:30am Parkinson's Fitness 12:30-3:30pm Watercolor as you Like It \$55/\$75 (6 classes) 1pm-4pm Mah Jongg Players (6 classes) 1:30pm-2:30pm Line Dancing \$5/\$7</p>	<p><b>12)</b> 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p><b>13)</b> 8:30-9:30am Video Exercise 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p><b>16)</b> 8:15am-9:15am Strong Women \$5 8:30-9:30am Video Exercise 9:30-10:30am Tai Chi/\$25/\$35 (6 classes) 10am-11am Coloring 1pm-4pm Card/board games (free) 1:30-2:30 Chair Yoga, \$30/\$45 (6 classes)</p>	<p><b>17)</b> 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p><b>18)</b> 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as You Like It \$55/\$75 9:30am Chair Toning, \$30/\$45 (6 weeks) 10:30am-11:30am Parkinson's Fitness 12:30-3:30pm Watercolor as you Like It \$55/\$75 (6 classes) 1pm-4pm Mah Jongg Players (6 classes) 1:30pm-2:30pm Line Dancing \$5/\$7</p>	<p><b>19)</b> 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p><b>20)</b> 8:30-9:30am Video Exercise 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p><b>23)</b> 8:15am-9:15 Strong Women \$5 8:30-9:30am Video Exercise 10am-11am Coloring 9:30-10:30am Tai Chi/\$25/\$35 (6 classes) 1pm-4pm Card/board games (free) 1:30-2:30 Chair Yoga, \$30/\$45</p>	<p><b>24)</b> 9:15am-10am Zumba, \$30/\$42 (12 classes on going) 12:00pm-4:30pm Open Time Bridge 1pm-4pm Chess Players</p>	<p><b>25)</b> 8:30-9:30am Video Exercise 8:30am-9:30am Strong Women, \$5 9am-12pm Watercolor as You Like It \$55/\$75 9:30am Chair Toning, \$30/\$45 (6 weeks) 10:30am-11:30am Parkinson's Fitness 12:30-3:30pm Watercolor as you Like It \$55/\$75 (6 classes) 1pm-4pm Mah Jongg Players (6 classes) 1:30pm-2:30pm Line Dancing \$5/\$7</p>	<p><b>26)</b> 9:15-10am Zumba, \$30/\$42 (12 classes on going) 1:15pm-3:00pm Maple Sugar Jazz Band</p>	<p><b>27)</b> 8:30-9:30am Video Exercise 9am-10am WII Bowling 10am BINGO 1pm-4pm Knitting 1-2pm Parkinson's Fitness Class, call Paula to register</p>
<p><b>30)</b> 8:15am-9:15 Strong Women \$5 8:30-9:30am Video Exercise 10am-11am Coloring 9:30-10:30am Tai Chi/\$25/\$35 (6 classes) 1pm-4pm Card/board games (free) 1:30-2:30pm Chair Yoga, \$30/\$45</p>	<p><b>Every Thurs: Shine: 10am-12:00pm By Appt. Only</b></p>		<p><b>Monday thru Friday</b> Billiards, 9am-4:30pm Cribbage 12:30-4:30 Fitness Rm 9am-4:00</p>	

Pictured is  
"Hans  
Hathorne" the  
2018 winner  
from  
Genesis  
Hathorne  
Hill



**Scarecrow Contest:** We are holding our 3<sup>rd</sup> Annual Harvest Scarecrow Contest. Participants are local nursing facilities and Assisted Living Communities. All entries will be displayed by Friday, September 27<sup>th</sup>. Ballots will be available at the Danvers Senior Center and voting for the top three entries will begin on Monday, September 30<sup>th</sup>, concluding at our Annual Harvest Ball Dinner on Wednesday, October 30<sup>th</sup>. Stop by and vote!



Hot Dog! Our Patio Parties were a huge success again this year. Hamburgers, Cheese Burgers, and hot dogs were served with a smile and the Sundaes were the cherry on the Wednesdays evenings' fun. We thank The Brentwood Rehabilitation for once again sponsoring weekly entertainment at our Patio Parties. The music was fantastic and many cut a rug out there on the floor. We could not do any of this without our amazing volunteers: Helen Bontorno, Marlene Connolly, Brian Harrison, Cheryl MacNeil, Pat Small, Mary Wlyodka, and our student volunteers Julia & Lily.

Thanks to all for making our summer nights a success!!



### The Danvers Senior Center Welcomes Kim Johnson

You may have noticed a new face at the front desk. Kim Johnson has joined us from the Hamilton Council on Aging working for SeniorCare Inc.

Among her duties she was the Nutrition Site Coordinator and was in charge of the Meals on Wheels Program.

Kim lives in Danvers and is grateful for the short commute to work. She has 2 children and a dog named, Millie. When she is not working she loves to travel. Nova Scotia and Cape Bretton was her most memorable trip so far. If you are going to buy her ice cream you'll want to stop at Richardson's and pick-up some S'mores flavor with marsh-mellows, chocolate bits and graham crackers. Look to the classics, *Great Expectations* and *To Kill a Mockingbird* to discuss her favorite books.

Please introduce yourself to Kim and remember, there is so much to learn at the front desk, be patient.

*It is almost here...Medicare's Annual Open Enrollment*

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to read and save this information because it explains the changes in your plan for 2020.

During Medicare's Annual Open Enrollment (October 15 - December 7), you will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one. SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) counselors can help you understand your plan changes, as well as explain other options you may have. **Appointments are limited so make your appointment soon.** Please bring your Medicare card and list of prescription medications with you to your appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact the Danvers Council on Aging at 978-762-0208. You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845, leave a message and a counselor will return your call as soon as possible.

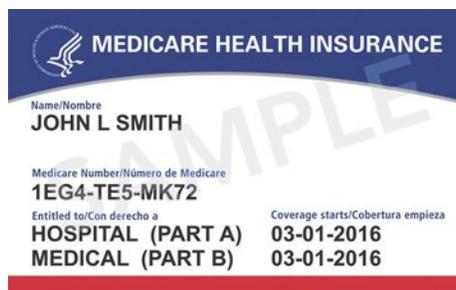
SHINE (Serving the Health insurance Needs of Everyone) Medicare Counseling Programs are being bombarded with calls and ads for "free" genetic cancer screening kits. Agents claim Medicare will pay for them... ***and they are making cold calls to convince you to buy one.*** **THE OFFER IS FALSE! !** *Medicare DOES NOT pay for mail order kits for cancer screening.*

Medicare covers many genetic tests to ***diagnose cancer once symptoms are present***, but there is ***only ONE*** test to screen (for colorectal cancer). ***Only screening by a physician will be covered by Medicare!***

***Report sales complaints to SHINE (1-800-243-4636, press 3) or the Senior Medicare Patrol Project (978-946-1200). Do not be scammed!!***

## DID YOU GET YOUR NEW MEDICARE CARD?

Last summer, new Medicare cards were mailed to all Medicare beneficiaries. Your new card has a Medicare Number that is unique to you, instead of your Social Security Number, to help protect against identity theft. The new cards look like this:



**Beginning January 1, 2020 you must use your new Medicare card: the old cards with your Social Security Number will not be accepted by doctors, hospitals, pharmacies, etc.** If you did not receive a new card, or cannot find your new card, you should:

Call **1-800-MEDICARE (1-800-633-4227)**. TTY users can call **1-877-486-2048**.

Request a new card: there might be a problem that needs to be corrected, like updating your mailing address.

Sign in to your [MyMedicare.gov](https://www.medicare.gov) account. If you don't have an account yet, visit [MyMedicare.gov](https://www.medicare.gov) to create one. You can sign in to see your Medicare Number or print an official copy of your card.

Guard your Medicare card like it's a credit card. Let your doctor, hospital, or other health care provider see your new card as soon as you receive it. Old Medicare cards with Social Security Numbers should be shredded.

# FRIENDS OF THE DANVERS COUNCIL ON AGING

## FRIENDS OF THE DANVERS COUNCIL ON AGING Danvers Senior Center 25 Stone Street Danvers, MA 01923

As Fall approaches it is time again to reach out to our Friends of the Council on Aging, as we begin our 2019-2020 membership drive. Your support of the Friends of Danvers Council on Aging make it possible for the "Friends" to continue financial support of programs at the Senior Center. The Board of Directors for the Friends continues to identify programs, services, and equipment necessary to meet the needs of seniors by working closely with Pam Parkinson, Senior Center Director, and the Danvers Senior Center staff. We greatly appreciate all of you who have supported us in the past.

Recently funded by the Friends:

- New Chairs for the Great Room
- Continued funding for the Supportive Day Program and Walking Club
- Spring & summer flowers. Holiday decorations for the front of the Center.
- Lifetime enrichment scholarships for senior citizens; 10 @ \$200.00, 2@ \$500.00
- Volunteer Appreciation Dinner
- monthly Maple Sugar Jazz Band
- Kitchen tools.

Your support of the Friends has many benefits including:

- Discount coupons for restaurants, etc.
- Discount services/products at participating businesses with your Friends card
- Reduced fees for Senior Center classes and dinners
- Monthly newsletter

Donations received through the Friends support the Danvers Council on Aging with many items not always budgeted with tax dollars. Please consider supporting our mission to continue providing programs and services to older adults in the Danvers community.

Sincerely,  
*Pam Wall*  
2019-2020 President

-----  
\_\_\_\_ \$125 (& over) Diamond    \_\_\_\_ \$100 Platinum    \_\_\_\_ \$50 Gold    \_\_\_\_ \$25 Silver

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

Membership cards for Friends are per person. Minimum \$25 per individual card.  
The Friends of the Danvers Council on Aging is a tax-exempt organization described in Section 501 (c) (3) of the Internal Revenue Code.

Please Remember: General Electric employees/retirees who donate will be matched by GE. You must register your donation with GE by calling 1-800-305-0669 or online at [www.gefoundation.com](http://www.gefoundation.com).

# FRIENDS OF THE DANVERS COUNCIL ON AGING

September 1, 2018—August 31, 2019

**Diamond:** Margaret Aieta, Dominic Benedetto, June Berube, Ernie Bianco, Tina Bianco, Beverly Bolduc, Larry Chisholm, Judy Chisholm, Maria Cobuzzi, Janet Cole, Edward Cole Jr., Alan Farrell, Ken Hersey, Eleanor Hersey, Diane Langlais, Gloria Lipinski, Marsha McDermott, David Mills, Violet Ohanasian, Joseph Palmer, Samuel Sayward, Ann Sayward, Ronald Walden

**Platinum:** Polly Armstrong, Nancy Caldarone, Judith Doberman, Ann Doherty, Rita Edry, Joe Edry, Marsha Gadzera, Joseph Gallant, Marian Graves, Alan Hartnett, Nancy Karolides, Robert King, Carole Lane, Harriet Levy, Harold Levy, Charles Lincicum, Judi Lincicum, Claire Lucier, William Nicholson, Wallace Pennell, Joseph Piffat, Barbara Piffat, Eleanor Ross, Lee Sears, John Shea, James Tallo, Jane Taylor, Charles Winder

**Gold:** Mary Allen, Lorraine Bernier, Vincenza Bohanon, Robert Browser, Dolores Brown, Janice Brown, Jacqueline Bulpett, Beverly Burnham, Linda Carnevale, Fred Carnevale, Joan Coddens, Marie Comeau, Laura Corbett, Geraldine Cosgrove, Wendy Spencer Cotter, Yvonne Cretecos, Jim Crosby, Pat Crosby, Richard Cunningham, Judith Cunningham, Jane Dean, Kathy DeLorenzo-Macalone, Margaret DeMelis, Leotia Demeule, Marie Diorio, Edward Dube, Janet Duest, Marie Duffy, Jean Ebb, Joseph Fanale, Eleanor Faye, Joan Fernandes, Leo Fitzgerald, Judith Flachbart, Janice Flynn, Carol Francis, Patricia Frasca, Robert Gagnon, Joan Geiger, Virginia Gilligan, Conrad Gozewski, Kathleen Gross, Charles Gross, Joyce Hampson, Helen Hanlon, Jean Hersey, Shirley Hey, Judith Hoag, Valerie Holmes, Catherine Johnson, Jeannette Kasenenko, Robert Kellard, Mary Kellard, Becky Kilborn, Elizabeth Klemm, Edward Klemm Jr., Edmund Kowalski, Eileen L'Abbe, Cynthia Landry, Barbara Lemiesz, Marge Leonard, Ann Lezenski, Don MacDonald, Joyce Maglione, Marjorie Marquis, Eleanore Marshall, Ed McCarthy, Joseph McGregor, Edna McLaughlin, Pauline Meehan, Mrs. Alice Michaud, Sheila Moore, Florence Mullen, Patricia Mullen, Marie Munsch, Kathleen Nelson, Janice O'Brien, John O'Brien, Barbara O'Keefe, Jacqueline Pariseau, Evelyn McMurray Rankin, Linda Ready, Barbara Remon, Howard Remon, Harry Ritchie, Barry Robertson, Dorothy Sabol, Julia Saunders, David Saunders, Pat Small, Linda Collins Smith, Charles Smith, William Snyder, Maxine Snyder, Doris Soares, Oscar Spear, Phyllis Sullivan, Gail Sullivan, John Swindell, Sally Symmes, Sharon Taskey, Mollie Taylor, Toni Theriault, Janice Tipert, Evangeline Toomey, Joan Turcotte, Nancy Usher, Nancy Walor, Arlene Wheeler, James Whittenhagen, Mary Whittenhagen, Kathy Wilson, Bob Wilson, Mary Ann Woodbury

**Silver:** Margaret Adrien, Gayle Albani, Dan Albani, Jeanette Amero, Warren Anderson, Bette Anderson, Janice Arnoldy, Francis Arsenault, Mary Arsenault, Bea Atwood, Betty Avila, Thomas Ayers, Catherine Babb, Frank Babb, Linda Baker, Susan Barbuzzi, Rochelle Bartlett-Ayer, Dorothy Bates, Claudette Bean, Eleanor Bean, Rita Beauvais, Daniel Bennett, Joan Bentley, Madeline Berube, Vilma Bishop, Elizabeth Blake, Daniel Blaney, Eleanor Blaney, Mark Bobroff,

## FRIENDS OF THE DANVERS COUNCIL ON AGING

**Silver continued:** Lois Bolduc, Emanuel Boltas, Judy Bonnell, Helen Bontorno, Sandy Bornstein, Jacqueline Boudreau, Kathleen Bourgault, Phyllis Boyd, William Bradstreet, Adrienne Bradstreet, Eleanor Brandley, Joanne Briggs, Rhoda Briggs, Jean Brothers, Claire Brousseau, Terri Brown, Paul Brown, Robert Brown, Phyllis Bucci, Ann Buchanan, Joanne Buckley, Andrea Bunde, Donald Burke, Nancy Burke, Theresa Busby, Jean Butler, Clara Byrne, Joan Cahee, Rita Callan, Dorothy Carlson, Ann Lee Carlton, Mary Carney, Vivian Caron, Pat Carr, John Carroll, Mary Jane Carroll, Barbara Carroll, Cheryl Carver, Victoria Casarano, Robert Casey, Bernice Casey, Judyann Cassidy, Kathleen Cassidy, Effie Casteris, Margaret Cataldo, Elaine Catalfamo, Florence Celata, Phil Celeste, Jan Chabot, Barbara Chambers, Dot Chambers, Bill Chambers, Steve Chamuel, Ann Chandler, George Chandler, Joan Chane, Doris Chapman, Jean Chiavacci, Nancy Chick, Joanne Chmura, Michael Chmura, Judie Christensen, Joanne Christopher, Linda Cignetti, Janice Clement, Alice Clinch, Brenda Cloutier, Antonio Cobuzzi, Costanza Cobuzzi, Eileen Cody, Jacqueline Colanto, Barbara Coleman, Barbara Coleman, Annette Collins, Peg Collins, Lawrence Comeau, Alice Comeau, Ruth Connors, Margaret Connors, Lenore Constantino, Lenore Costantino, Irene Conte, Rose Contreas, Marsha Coogan, Petrina Coppola, Janet Corbett, Sandra Corrado, Concetta Costa, Carl Cote, Emily Cousens, Kristena Cowles, Larry Creamer, Rachel Cross, Donald Cross, Ethel Crowell, Larry Crowley, Nancy Crowley, Peg Cummings, Judy Cummings, Elma Cunney, Madeline Cunniff, Priscilla Curda, Leo Curda, Laurie Curran, Richard Cusack, Helen Cutter, Sally Cutter, Anne Cyr, Michael Daley, Andrea Daley, Eddie Dalton, Margaret Dame, Jeannette Dash, Don DeAngelis, Patricia Dearborn, Doris Decker, Madeleine Delande, Arthur Delaney, Muriel Delaney, Lorraine Dellazoppa, Norma DeLuca, Jane Dembowski, Paul Demers, Doris Demers, Barbara Demeule, Robert D'Entremont, Ruth D'Entremont, Marie Deschamps, Robert Devarenne, Patricia Dickson, Laurie Dickson, Judy DiGangi, Marge DiSciullo, Georgianna DiVincenzo, Albert Dodge, Cynthia Donlon, Anastatia Donovan, Nancy Donovan, Mrs. Florence Drapala, Claire Drew, Larry Drouin, Judy Drouin, Loretta Duclow, Lorraine Duda, Marcia Duest, Raymond Duffill, Lynne Duffill, Lori Dupont, Diane Durkee, Sidney Durkee, Dahria Dylingowski, Gail Eaton, Clare Egan, Donna Eovacious, Alan Erskine, Janice Erskine, Julie Famico, Judy Farinelli, Lynne Farley, Helen Farmer, John Farnsworth, Myrna Fearer, Annette Fecteau, Carol Finkenaur, Dick Finney, Herbert Fish, Marion Fish, Carol Fitzgerald, Gayle Fletcher, Tom Fletcher, Frances Foley, Mae Foley, Jean Forster, Ann Fouhey, Bill Fouhey, John Fraizer, Deborah Fraser, Rhonda Fraser, Russell Fravel, Doris Fravel, Marion Freeman, Jeanne Freeman, Mary Furey, Doris Gallant, Beverly Gallant, Lisa Gallant, Karol Gallo, Kathleen Gannon, David Gannon, Elizabeth Garabedian, Cynthia Garber, Faye Gardner, Toby Gary, Helen George, Eileen George, Angie Germano, Eileen Gibbons, Pat Gioioso, Laura Gioioso, Elaine Glass, Bridget Gleason, Pamela Glenn, Carolyn Glynn, Lois Goodnow, Alden Goodnow, Judy Gorman, Linda Gottstein, Mary Grace, William Graham, Nancy Granville, William Griffith, Kay Griffith, Elaine Guay, Janice Guilford, Susan Haas, Mary Jane Hagerman, Rochelle Hale, Sandra Hallock, Joan Halvorson, Evelyn Harris, Valerie Hatch, Lew Hathaway, Marge Hathaway, Ruth Hayes, Beverly Hayward, Marie Heaphy, Linda Helman, Thale Herschede, Jeanne Holloran, Janice Hubbard,

## FRIENDS OF THE DANVERS COUNCIL ON AGING

**Silver continued:** James Hubbard, Marjorie Huse, Althea Hutchinson, Gail Hutchinson, Edward (Ted) Irvin, Richard Jackson, Eileen Jacobson, Judith James, Mary Johansen, Judy Johnson, Betty Jones, Al Joyce, Judith Juffre, Grace Jutras, Armand Jutras, Raymond Kako, Elizabeth Kane, Angela Kapoll, Joanne Kasenenko, Ida Kats, Gloria Katz, Barbara Katzen, Pat Keane, Janet Keefe, Rita Keenan, Marion Kelley, Marjorie Kelley, Kevin Kelly, Emily Kemmer, Jack Kennedy, Joanne Kennedy, Kathryn Keohane, Janice Kidger, Donna Kimball, Randy Kimball, Constance King, Marsha Kingston, Grace Kirwin, Ken Klisiewicz, Pamela Knight, Joanne Kobierski, Roberta Kodis, Katherine Kontos, Maryann Kowalski, Melody Kriteaman, Eleonora Kudera, Margaret Kuzma, Donna Kyrouz, Sharon Labastie, Shirley LeBlanc, Rita LaChance, Tina LaFlam, Ellen Lahlum, Barbara Lambert, Sandra Lane, Jim Lanphear, Cindy Lanphear, Marie Lanza, Elaine Laskaris, Ted Laskaris, Gail Latusky, Joan Lavoie, Barbara Lawrence, Bernie LeDuc, Nancy LeDuc, Norman Legro Jr., John Leighton, Virginia Lentini, Janet Lettich, Shirley Levine, Jean Lewis, Emeline Liacos, Priscilla Lindhout, Connie Linscott, Jacqueline Littlewood, Nancy Lockhart, Teresa Lomasney, Carol Lord, David Lord, Dorothy Loreti, Ruth Louf, Geraldine Lund, Beverly Luongo, Eleanor Lupsewicz, Karen Lynch, Pauline MacDonald, M. Isabelle Macleod, Raymond MacNeil, Cheryl MacNeill, Sarah MacQuarrie, Leah Magnifico, Robert Maher, Rosemary Marques, Wayne Marquis, Janet Marshall, Judith Martino, Nicholas Martino, Josephine Mattaliano, Linda Matthews, Millie Matthews, George McCann, Shirley McCann, Carolee McCulloch, Virginia McDonald, Dona McDuff, Gerald McGrath, Patricia McLaughlin, Carole McLaughlin, Claire McLaughlin, Marie McLaughlin, Mary McLoughlin, Fronie McNichol, Elaine McNiff, Jacqueline Medeiros, Cynthia Meehan, Susan Meinert, George Melvin, Kathleen Melvin, Ron Mercurio, Kathy Mercurio, Barbara Merriman, David Messinger, Audrey Michaud, Bernard Miezwa, Robert Milotte, Beverly Monigle, Angela Mooney, Margaret Mooradian, Charles Moore, Dorothy Moriarty, Nelson Morin, Phyllis Morin, Joan Moscarito, Sheila Moulton-Kelly, Anna Mozejko, Marie Mulloy, Joanne Murphy, George Murphy, Thomas Murphy, Mario Muscatello, Catherine Neary, Marilyn Nelson, Jacqueline Normand, Marie Norris Marlene Norton, Joan Noyes, Jean O'Connell, Robert O'Connor, Maureen Oikle, Mary Louise O'Leary, Arlene Olsen, Anne O'Neill, Eileen Orlando, Elaine Ouellette, Lucilia Oulton, Janice Pagano, Gabriel Paonessa, Angelo Passeri, Catherine Passeri, Esther Pelletier, Pauline Perry, Moneveh Peters, Carl Peterson, Grace Phinney, Norveta Pinch, Barbara Pingree, Gail Plourde, Eileen Poirier, Elizabeth Potter, Gloria Powers, Roger Powers, Pat Price, Peggy Pucillo, Sandy Purcell, Dick Putnam, Terry Putnam, Priscilla Quealy, Linda Raia, Beverly Raimondi, Lorenzo Raimondi, Y.B. Rao, June Ray, Linda Regis, Susan Repucci, Jean Reynolds, Peggy Reynolds, Howard Reynolds, Peter Riddle, Sam Rizzotti, Sue Robertson, Lorraine Robinson, Richard Robinson, Yasuko Robinson, Bruce Robinson, Susan Rogers, Richard Rogers, Patricia Rogers, Mary Rogers, Martha Rose, Louise Rouvalis, Nancy Rowen, Pat Roy, Robert Roy, Carol Roy, James Russell, Lorraine Russell, Ray Rust, Margaret Rutherford, Martha Ryder, Ann Sabino, Irene Salmonsens, Richard Salmonsens, Leona Santisi, Patricia Sargent, Barbara Sauchuk, Jack Sayer, Shirley Sayer, Miriam Schwarz, Marilyn Sears, Ruth Shactman, Sally Shannon, Kathleen Sheridan, Catherine Short-Dean, Louise Sillars, Margaret Simcox,

**Silver continued:** Marjory Simpson, Mariellen Simpson, Dorothy Sinclair, Angela Sironi, Suzanne Slack, Dorothy Smith, Anne Sordillo, Patricia Soucy, Karen Spears, Betty Spencer, Normand St Cyr, Joanna Stanton, James Steen, Nancy Steen, Judith Stephens, Frances, Stewart, Sheldon Sullaway, Edward Sullivan, Phyllis Sullivan, Mary Ann Sweeney, Rita Swindell, Claire Tache, Joan Talbot, Roger Talbot, Donna Tapin, Nancy Taylor, Amy Tedford, Gloria Theriault, Marie Thibault, Paul Thibault, Mary Thibodeau, Peg Thomas, Donald Thomas, Eileen Thomas, Patricia Thompson, Betty Thomson, Ron Tierney, Marylou Tingle, Dan Tinkham, Sally Tinkham, Mary Toomey, Carmela Trask, Barbara Treacy, Gail Triant, Anastasia Tsaltas, Bernice Turner, Carol Turner, Cornelia Varoudakis, John Varoudakis, Peter Venetsanakos, Penny Venetsanakos, Virginia Veno, Fay Voisine, Elmer Voisine, Ruth Wallis, Michael Walor, Joanne Walsh, Joan Warren, Virginia Warwick, William Warwick, Christine Watson, Lenora Weir, David Wheinstone, Irene Wheinstone, Kay White, Donna White, Thomas White, Robert Wilkinson, Kathleen Wilson, Donald Wilson, Alyce Winfisky, Jim Winger, Mary Wlodyka, Barbara Wollent, Flo Woods, Winifred Woodward, Carol Yetman, Peter Yetman, Mary Young, Kathy Young, Robert Young, Barbara Younger, Joe Younger, Rita Zagarella, Sally Zavarella, Margaret Zilinsky



**Thank you to all our donors.  
It is through the generosity of  
people like you that enables us to  
provide much needed social,  
education, and recreational  
programs.**



**Please see the Friends  
Membership renewal plea that is  
located on page 17 of this  
newsletter. Your continued  
support as always is greatly  
appreciated.**

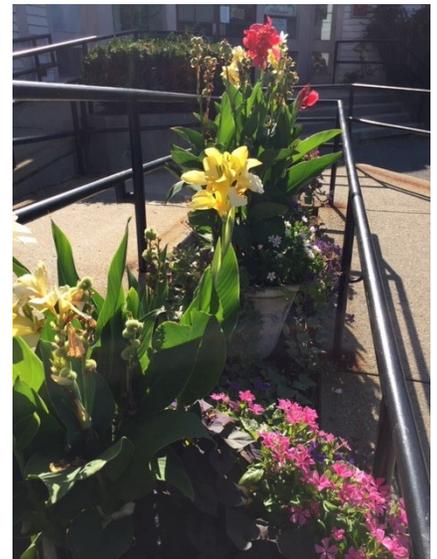
## DANVERS PEOPLE TO PEOPLE FOOD PANTRY



The Danvers People to People Food Pantry would like to acknowledge Stop & Shop and its local management for being a great community partner. Stop & Shop donates food on a regular basis to us and has also been a generous financial support of our Pantry. So if you get a chance, "*stop and shop*" at our local store and show them we appreciate their good will.



The People to People Pantry has been blooming all summer long thanks to the hard work and green thumb of **Lee Sears**. Lee is one of the many dedicated and kind volunteers who help keep the Pantry running each and every week. The flowers are a reminder that there is beauty in the world, even when times are tough.



## BLOOD PRESSURE CLINIC

**Blood Pressure Clinics** - Appointment Required. Judith Ryan, RN. our Public Health Nurse, will hold blood pressure clinics on Thursday mornings from 9am-12pm Call the center at 978-762-0208 x114 to book your appointment.



***Do You Need Help Paying Your Heating Bills & Keeping Your Home Warm This Winter?***

The Fuel Assistance Program at NSCAP (North Shore Community Action Programs, Inc.) helps income-eligible households pay their winter heating bills, even if the cost of heat is included in your rent\*.

If your gross household income falls within the limits shown in this chart, you *may* qualify for payment of **up to \$1,100** paid towards your winter heating bills. Eligible National Grid customers may qualify for a discount of up to 29% off their gas bills, too! (\*Some restrictions apply)

**2019-2020 INCOME GUIDELINES**

Household Members	Maximum Gross Income**	Household Members	Maximum Gross Income**
1	\$37,360	3	\$60,351
2	\$48,855	5	\$71,846



**FUEL SEASON RUNS FROM OCTOBER 1ST – APRIL 30th**



*For an APPOINTMENT at NSCAP in Peabody, call: (978) 531-0767 X136*

*To get ASSISTANCE with your NEW or RECERTIFICATION application, or if you have questions about eligibility, call Lisa Westrate at the Danvers Senior Center: (978) 978-762-0208 x105*

**North Shore Community Action Programs, Inc.**  
**119 Rear Foster Street, Building #13**  
**Peabody, MA 01960**

Serving Salem, Peabody, Beverly, Danvers, Marblehead, Middleton and Topsfield

Revised August 2019

\*\* 60% of Estimated State Median Income Effective August 9, 2019

Our groups are free and open to anyone in the area who could benefit from the information and support provided by the group.

For more info, contact  
Lisa Westrate,  
group facilitator,  
978-762-0208 x105

To request a ride to



### LOW VISION GROUP:

*This group is for those experiencing any type of vision loss ranging from a small degree of vision loss to those who are totally blind. You do not need to be a senior or live in Danvers to attend this group. We meet on the 2<sup>nd</sup> Thursday each month at 10:30am*

On September 9th, Gayle Yarnell one of our most popular guests will join us to share about the wonderful service provided by the Perkins Talking Book Library for those with vision loss, or those who have trouble reading because of the increased struggle to hold a book steady. You will be able to hear the books and sign up to have audio books delivered to your home.

### CHALLENGES OF LIVING ALONE (CLA)

*The CLA group is open to anyone looking for support in successful solo-survival. It's a place to meet new acquaintances and build friendships while sharing common experiences.*

*We meet on the 4<sup>th</sup> Thursday of each month from 1-2 pm.*

On September 26th, we'll get together for a low-key "Chill and Chat" after our summer break and embrace the new season Farmer's Almanac Style. Do you have any New England Lore to Share or Autumn Myths to dispel? Hope to see you there!

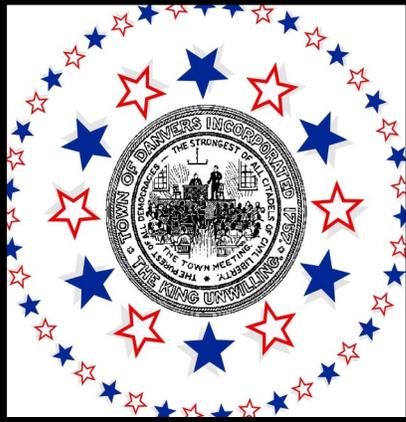
## OTHER LOCAL NETWORKING AND SUPPORT

**BEREAVEMENT SUPPORT** - CareDimensions offers groups for various needs  
Bertolon Center for Grief & Healing, 78 Liberty St. Danvers. Call for details: 855-774-5100

**CAREGIVER SUPPORT GROUP** - 1st & 3rd Wednesdays, 10:30-12 or 7-8:30  
North Shore Elder Services, 300 Rosewood Dr., Suite 200, Danvers Contact: 978-750-4540  
PARKINSONS

**VETERANS SOCIAL** - Thursdays 5-6pm  
NSCC, Danvers Math & Science Bldg. Cafeteria Contact: Lisa Westrate 978-762-0208  
x105

# VETERANS' SERVICES



**PETER M. MIRANDI, VSO**  
**Danvers Town Hall**  
 1 Sylvan St. Danvers, MA 01923  
 978-777-0001 x 3025



**VETERANS OFFICE HOURS**  
**M, T, & W: 8 am - 5 pm**  
**Thurs: 8 am - 7:30 pm**  
**Friday: 8 am - 1:30 pm**

Have you visited the Town of Danvers Veterans Services website recently? Thanks to **Elaine “The Computer Tutor” Cidzik’s** generous offer of her time and expertise, the website has undergone a massive transformation!

On our site, you will see many new photos of Veterans’ Memorials from around town along with a more organized layout and increased content. Whether Veterans are looking for information on how to get military discharge paperwork, enroll in the VA Health Care System, or learn about numerous benefits, they are more able to find what they need. There is much work to be done, however, and **WE NEED YOUR HELP!!!**

Please visit [www.danversma.gov/departments/veterans-services/](http://www.danversma.gov/departments/veterans-services/) then email Lisa Westrate at [LWestrate@danversma.gov](mailto:LWestrate@danversma.gov) to tell us what you like, what you didn’t, and what else you would like to see.

## TRANSPORTATION to VA MEDICAL CENTER

### “Gloucester to Bedford” SHUTTLE STOP

*Vittori Rocci Post #56, Beverly*

### Peabody to JAMAICA PLAIN SHUTTLE SERVICE

*Torigian Senior Ctr, 79 Central St., Pea-*

#### Monday - Friday

**9:30am - Departs**

*Vittori Rocci Post #56  
143 Brimbal Ave. Beverly*

**2:00pm - Departs**

*Bedford VA Hospital  
200 Springs Rd, Bedford MA*

#### 1st Tuesday

**7:30am - Departs**

*Torigian Sr. Ctr.*

**2:00pm - Departs**

*VA Medical Ctr.  
Jamaica Plain, MA*

#### 3rd Wednesday

**7:30am - Departs**

*Torigian Sr. Ctr.*

**1:00pm - Departs**

*VA  
Medical Ctr.*

Reservations required.

Call the Torigian Senior Center at  
978-531-2254 to reserve your seat .

One assistant  
may accompany veteran.

Call the Bedford VA at  
781-687-2000 **with at least 24-  
hr notice** to request to be add-  
ed to the Gloucester-Bedford  
Shuttle *w/ a Beverly pick up.*

Note: *Veterans are responsible for scheduling their own Drs. appointments with the VA & arranging transportation to the Shuttle Service Locations.*

*If you need transportation to/from the Shuttle Stop locations, call Lorene at 978-762-0208 with at least 48-hrs notice to request a ride with the Danvers Senior Center van.*

## DANVERS VETERANS'

# COFFEE

*Social*



★ **Thursdays 5-6 pm** ★

**NSCC Math & Science Building**

1 Ferncroft Rd. Danvers

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**Facebook**—Did you know that you can get current updates on activities, classes, etc. just by liking us on Facebook? We update on a regular basis any changes/additions in our activities and on any programming. Search for us at: Danvers Council on Aging and Senior Center, click Like, and you will be kept up to date!

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Lahey Health at Home, Providing quality in home care since 1987 at 978-922-7062

Rocco's Pizza House, 10% off regular prices (excludes delivery/catering)



### Birthday Lunch

(The 2nd Wednesday of each month)

The next Birthday Lunch will be held on Wednesday, September 11th at 12pm. If you are celebrating a birthday in the month of September lunch is on us!

August birthdays were standing from left: Helen Bontorno, Barbara Chambers & Esther Pelletier

## IN MEMORY OF

In lieu of flowers, please consider making a tax-deductible contribution in memory of a loved one. A coupon is located on **the back page** for your convenience in making a gift that will bring more opportunities and enhance services for senior citizens today and tomorrow. Families of those honored will be notified of your contribution.

**In Memory of  
Rev. Charles Gross**

By

The Zumba Crew (Tuesdays & Thursdays)  
& Pedro & Allan

**In Memory of  
Elizabeth Hall**

By

Eleanor Brown &  
Tammi Byron

**In Memory of  
Margaret Rutherford**

By

Eleanor Brandley

# GIFTS TO THE FRIENDS OF THE DCOA

Friends of the Danvers Council on Aging  
25 Stone Street, Danvers, MA 01923

In lieu of flowers, please consider making a tax-deductible contribution in memory of a loved one. This coupon is for your convenience in making a gift that will bring more opportunities and enhance services for senior citizens today and tomorrow. Families of those honored will be notified of your contribution. Please see pg 19 for memorials.

## A Living Memorial / Honor

I am enclosing \$ \_\_\_\_\_ (Please make check payable to FRIENDS of DCOA)

Please check one of the following:

In Memory of

\_\_\_\_\_

In Honor of

\_\_\_\_\_

Send Card

to: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Donor's Name

\_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

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