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.

**Town Wide Flu Clinic**

_Sunday, Oct 18th 1pm-5pm_

There will be a “drive through” Flu Clinic at the Danvers High School parking lot. Online pre-registration will be required. (the link and more information will be on our website: www.danversma.gov & social media).  

**Rain date:** Oct 23rd 1pm-5pm

---

**HALLOWEEN DRIVE-THRU**

_Thursday October 29th_  
_11:30-1:30_

**WE PROMISE NO TRICKS.**  
**THERE WILL ONLY BE TREATS**  
**SO DRIVE ON THRU**  
**AND PICK UP SOME SWEETS**

Don’t be scared, call Paula at 978-762-0208 to schedule your treat

---

**Transportation**

We are happy to announce that we are beginning to reintroduce transportation for medical appointments on Mondays, Wednesdays, and Fridays. The hours for van operation will be 9:30am-2:00pm. Appointments must be made at least 2 days in advance and will be booked on a first come, first serve basis.

We will also be taking seniors to and from Market Basket in Danvers on Mondays and Wednesdays. Appointments must be made at least 2 days in advance and will be booked on a first come, first serve basis.

---

**Election Day Transportation**

_Tuesday, November 3rd_

We will be running a shuttle bus to and from Danvers High School for seniors to vote. Please call, Lorene Machado, at 978-762-0208 no later than Monday, November 2nd to schedule a ride.

Danvers Council on Aging  
25 Stone Street  
Danvers, MA 01923

Phone: (978) 762-0208  
Fax: (978) 762-0240

Monday-Friday: 8am-4pm  
[www.danversma.gov](http://www.danversma.gov)
50+ Job Seekers Regional Networking Groups

**Fall is the Season of Change – It’s Your Time for Transformation Too!**

With new funding from EOEA [Executive Office of Elder Affairs] and MCOA, we are very excited to offer our 50+ Job Seekers a series of 8 virtual, interactive, hands-on workshops beginning on September 15th! Tuesdays-Bimonthly-10am-12N.

The 50+ Job Seekers program is now launching its 6th year, providing career transition support, strategies, materials and guidance to the 50+ demographic of job seekers. Our mission is dedicated to people who unemployed, underemployed, re-entering the workforce after an employment gap or looking for a Second Act career.

Meet and network with fellow job seekers at our virtual workshops. We focus on topics relevant and essential to your job search. We equip and empower you to be successful. Come and learn from our experienced Career Coaches who facilitator these workshops.

**Start your journey towards Re-Invention and Transformation. Mark your Calendar!**

**Our Next Workshop is Tuesday, October 13th**

10/13: Create a Robust LinkedIn Profile
10/27: Use LinkedIn as a Job Search Tool
11/10: Develop your STARS/PARS
11/24: Network your way to a New Career
12/8: Create a Marketing Plan/Job Search Toolbox
12/15: Panel Event: Practice Interviewing with Employers

**To Register:** If you have already attended 50+ sessions or townhalls, you will receive an invitation from one of our Group Leaders to register and attend each of these events. If you are New to the 50+ program and have never attended any sessions, **Registration is Required.** Use this link to register: https://50plusjobseekers.org/outreach/registration/ select Webinar Series and complete the rest of the form. Upon receipt, you will receive an email with a link to attend the event. For more information, please contact: Susan Drevitch Kelly, Founder/Program Director at susan@sdkelly.com.
Virtual Bingo! Every Friday morning from 10 to 11:30 AM. We will make arrangements to get you the cards/chips (if needed). The “video conference” program we use has the capability of you calling in from your landline and listening just over the phone if you don’t have online access, as well as joining the meeting from your smart phone, tablet or computer to see us on video. If you would like to participate, please email Paula at pcorcoran@danversma.gov so she can capture your email address to invite you to the Bingo or call and leave her a voicemail at 978 762-0208 x104 with your phone number so she can contact you with the simple instructions to use on your landline.

Virtual Book Club: Paula will be hosting a virtual book club on Thursday, October 22nd at 2 PM. If you would like to participate it is as easy as our virtual bingo. The “video conference” program we use has the capability of you calling in from your landline and listening just over the phone if you don’t have online access, as well as joining the meeting from your smart phone, tablet or computer to see us on video. All are welcome. If you would like to participate, please email Paula at pcorcoran@danversma.gov so she can capture your email address to invite you to the event or call and leave her a voicemail at 978 762-0208 x104 with your phone number so she can contact you with the simple instructions to use on your landline. The book this month: The Nightingale by Kristin Hannah. Plot: Kristin Hannah captures the epic panorama of World War II and illuminates an intimate part of history seldom seen: the women’s war. The Nightingale tells the stories of two sisters, separated by years and experience, by ideals, passion and circumstance, each embarking on her own dangerous path toward survival, love, and freedom in German-occupied, war-torn France—a heartbreakingly beautiful novel that celebrates the resilience of the human spirit and the durability of women. It is a novel for everyone, a novel for a lifetime.

Join us for “Social Distance” Walking - We meet at 9 AM every Monday, Wednesday and Friday, weather permitting at the walking path at Highlands School. This is drop-in - so no need to register. Walk at your own pace for as many laps as you like while enjoying some pleasant company. Come whenever you are available, we would love to see you. Please remember to wear a mask and to practice social distancing.

Fun and free virtual tours to take:

- **Lincoln Memorial, Washington DC**: [https://www.youtube.com/watch?v=wpLwT4Lb0-c](https://www.youtube.com/watch?v=wpLwT4Lb0-c)
- **Hoover Dam**: [https://www.youvisit.com/tour/hooverdam](https://www.youvisit.com/tour/hooverdam)
- **National Zoo - Panda Cam**: [https://nationalzoo.si.edu/webcams/panda-cam](https://nationalzoo.si.edu/webcams/panda-cam)
- **Monticello Virtual Tour**: [http://explorer.monticello.org/virtualtour/?_ga=2.71891475.1039995101.1598982788-1458533893.1598982788](http://explorer.monticello.org/virtualtour/?_ga=2.71891475.1039995101.1598982788-1458533893.1598982788)
Virtual Classes:

Did you know that you can participate in "virtual" Parkinson’s Fitness Classes? There are many different classes on the web site. [https://parkinsonsfitness.org/virtual-live-classes-recorded-classes/](https://parkinsonsfitness.org/virtual-live-classes-recorded-classes/)

Chair Yoga: [https://www.youtube.com/watch?v=_hil1dk5rGk&feature=youtu.be](https://www.youtube.com/watch?v=_hil1dk5rGk&feature=youtu.be) OR Dot McKeen holds live weekly zoom classes on Mondays at 10 AM. If you are interested please email Paula at pcorcoran@danversma.gov and she will forward your contact information to Dot.

Chair Toning: [https://www.youtube.com/watch?v=Kzldsoyg0Os&feature=youtu.be&fbclid=IwAR0WF-gimmV3qT4R_pcIaja_s1UWZJFec2pJXQ_8SvtXO59Z346LkfbmO4Y](https://www.youtube.com/watch?v=Kzldsoyg0Os&feature=youtu.be&fbclid=IwAR0WF-gimmV3qT4R_pcIaja_s1UWZJFec2pJXQ_8SvtXO59Z346LkfbmO4Y)

Zumba: [https://www.youtube.com/watch?v=CohR4ISUuOq&feature=youtu.be](https://www.youtube.com/watch?v=CohR4ISUuOq&feature=youtu.be) OR Priscilla holds live weekly zoom classes on Tuesday and Thursday mornings at 9 AM. If you are interested please email Paula at pcorcoran@danversma.gov and she will forward your contact information to Priscilla.

Tai Chi: [https://www.youtube.com/watch?v=rx_zXR8EfQQ&t=1s](https://www.youtube.com/watch?v=rx_zXR8EfQQ&t=1s)

Estate Planning, Understanding Social Security, Saving for College, and The Basics of Long-Term Care Online Zoom Seminars

11:30 10/6- Introduction to Estate Planning
[https://attendee.gotowebinar.com/register/6746141962690173968](https://attendee.gotowebinar.com/register/6746141962690173968)
You will learn:
- What Is an Estate Plan?
- Can I Benefit from an Estate Plan?
- How Do I Control My Assets and Pass Them On Per My Wishes?

[https://attendee.gotowebinar.com/register/8640403684766885904](https://attendee.gotowebinar.com/register/8640403684766885904)
You will learn:
- What are the Costs for Different Kinds of Colleges?
- How Much Will I Need to Save?
- What are the Most Advantageous Accounts for Saving and Investing for College?
- How Does Financial Aid Work?

SPONSORED BY NORTH SHORE BANK
FREE
OPEN TO ALL
REGISTER ONLINE AT THE LINKS ABOVE
FOR YOUR INFORMATION...

Jigsaw Puzzle Donation—We have received a donation of jigsaw puzzles. They are all in new condition with all the pieces. If you would like to receive a puzzle please contact Eliot6228@comcast.net and they will make arrangements to get them to you.

SDM IS OPEN FOR IN-SHOP, PHONE AND VIDEO APPOINTMENTS. NO DROP-INS. The SDM Foundation is a nonprofit 501(c)(3) private operating foundation. We focus on teaching people how to use technology, such as computers and the Internet, to enrich their lives. This means helping people use email, the web, digital photography, online music, and all of the other ways that people interact, learn, and participate in society using phones, tablets, and computers. We also help small businesses and nonprofits develop and maintain websites, social media, and other technology to run their businesses. Our focus is on teaching, so if your focus is on learning, we are a good match!

SDM accomplishes this by offering FREE lessons and one on one appointments for people to work with our professional associates to learn what interests them. SDM staff is highly trained, extremely patient, and they work with clients at the client’s pace.

Call 781-606-2621 or visit www.sdmfoundation.net
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 2021.

During Medicare’s Annual Open Enrollment (October 15 - December 7), you will have a chance to review and 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. Due to COVID-19, counselors will only be available for remote counseling over the phone. There will be no in-person appointments this year.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a phone appointment with the SHINE counselor at the Danvers Senior Center, please call 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.

New to Medicare Webinar
October 14th at 10:30 am

Are you turning 65, planning to retire, or new to Medicare for any other reason? Perhaps you’ve been on Medicare for years, but still aren’t sure what it all means. You are not alone: Learning the Medicare lingo, understanding your options, and knowing what plan is best for you can be confusing and often overwhelming. Lisa Westrate, Social Service Outreach Coordinator & Certified SHINE counselor, will help break Medicare down into understandable parts and equip you with the information you need to make these important decisions at this time of your life. See below for registration information*

Medicare Annual Open Enrollment Webinar
November 4th at 10:30 am

On November 4th Lisa Westrate, Social Service Outreach Coordinator and Certified SHINE Counselor, will fill us in on updates and changes for Medicare for 2021. Come to this informative session to help clarify what decisions you may need to make regarding your prescription and health coverage.

*Webinar Registration Info: Registration is required for this interactive online presentation. To sign up, call the front desk at the Senior Center at 978-762-0208. You can also send an email with the title of the Webinar you wish to attend in the subject line to L.Westrate@danversma.gov.

We will be using Cisco Webex Meetings, similar to zoom, for these webinars. You will receive an email with information necessary to attend the meeting. You do not have to create an account to attend, however, you will need to download the app first, if you will be joining by tablet smart phone. If you will be calling into the meeting, you will be provided with a phone number and Meeting ID number, prior to the webinar. Please note, while it is possible to listen in on the conversation and ask questions if you join the meeting by telephone, you will get the most out of the presentation if you have access to a computer, tablet, or smart phone.
SHINE OFFERS FREE, UNBIASED, KNOWLEDGEABLE ASSISTANCE WITH ALL OF YOUR MEDICARE CHOICES!

Are you confused by all of the information you're receiving on Medicare Advantage plans, Medigap plans and prescription drug plans? Overwhelmed with mailings and solicitations from insurance companies? Are you concerned about making the right choice tailored to your specific needs?

The SHINE program is a federally funded, free health insurance counseling program for Medicare beneficiaries. We are staffed by highly trained, knowledgeable counselors who can offer you an unbiased review of ALL of your Medicare choices across all insurance companies and plan types offered in Massachusetts. Whether you are new to Medicare, reviewing your prescription drug coverage, or seeking assistance with the high costs of health care, our counselors are ready to assist you. During the current COVID-19 pandemic, counselors are still available for one on one appointments, either by phone or via video conferencing. The easiest way to locate a counselor and book an appointment is to call your local Senior Center.

To learn more about SHINE or to find a counselor in your area, we invite you to learn more about us at our website SHINEMA. In addition, please check out our YouTube channel SHINE Massachusetts SHIP where you can learn more about various programs available to Medicare beneficiaries.

We look forward to seeing you at a SHINE appointment and to helping you navigate the confusing world of Medicare!

FUEL ASSISTANCE

Yes, it's that time of year again already! Fuel season runs from November 1 to April 30. In September, NSCAP (North Shore Community Action Program) began mailing out re-certification applications for those who were enrolled in the program during the 2019-2020 fuel season. For those interested in applying for the first time for the 2020-2021 fuel season may contact NSCAP at 978-531-0767x136 in mid-October to make an appointment. If you have questions, or need help, contact Lisa Westrate at LWestrate@danversma.gov or 762-0208 x105. 2020-21 INCOME GUIDELINES: Maximum Gross Household income is $39,105/individual and $51,137/couple

Please note our office will be closed on Monday, October 12, 2020 for Columbus Day
Our groups, Low-Vision and CLA (Challenges of Living Alone) will continue meeting virtually until further notice. Those who are interested can join the conversation by phone, computer, or tablet. If you are not on the current group email list and would like to get an invitation to the meeting please email Lisa Westrate at LWestrate@danversma.gov. If you don’t have access to email or a computer, call Lisa at 762-0208 x105 to request the phone number and access code to dial into the meeting. If you have concerns about how to do it, or experience technical difficulties, please call Lisa at the Senior Center, even if the meeting has already started. We can help you figure it out. During these times, it’s important to stay connected!

**LOW VISION** - Call in to join the virtual meeting on the 2nd Thursday of the month: October 8th, at 10:30 am

**CLA** - Call in to join the virtual meeting on the 4th Thursday of the month: October 22nd, at 1 pm

**PEOPLE TO PEOPLE FOOD PANTRY**

If you need food you can request delivery or curbside pick-up by calling (978)739-4188 and leaving your name and contact information. We are delivering to people who have no means of transportation, or anyone with health related issues.

The Pantry is open for pick-up: Tuesday and Thursday mornings 9:00 am to 12:00 pm and alternate Wednesdays 3:00 pm to 6:00 pm
Veterans Northeast Outreach Center with the support of Massachusetts Military Support Foundation will be opening an empowerment center in Danvers, MA. You are required to complete the form below click below and will be provided with specific instructions regarding hours of operation and procedures for safe pickup in a confirmation email.

You will be picking up a box of non-perishable food supplies which should be sufficient to cover meals for 10-14 days (2 adults).

Veterans Northeast Outreach Center will be setting up and monitoring the empowerment center on days of operation. They will follow strict procedures to ensure health and wellness for all involved. We ask that you carefully read the instructions in your confirmation email.

WHEN? Every other Wednesday through 2020 from 10 - noon.

Register here https://clearpathnewengland.formstack.com/forms/food_supply_request_vneoc_danvers, or call Kelley Rayos-Teixeira, Danvers VSO, at 978-777-0001 x3095

Veterans’ Services

WE HAVE MOVED!

The Veterans’ Office is now located within the Danvers Senior Center at 25 Stone St. We are available by email & phone during Town Hall office hours. If an in person meeting is necessary, we will make arrangements as needed.

Kelley Rayos-Teixeira, VSO
25 Stone St, Danvers, MA 01923
978-777-0001 x3025
KRayos@danversma.gov

VETERANS OFFICE HOURS
M, T, & W: 8 am - 4 pm
Thurs: 8 am - 7:00 pm
Friday: 8 am - noon
Senior Days in October for Customers age 75+ Whose Licenses Expire in October!

Massachusetts law requires drivers who are age 75 or older to renew in person. The RMV will designate Wednesdays in October at 17 RMV Service Centers to serve these customers.

These service centers will be dedicated to processing license renewals for older customers whose licenses expire in October, 2020. A reservation is required.

Providing older adults with a designated RMV service center every Wednesday throughout the month of October will result in a safer space for customers to visit.

The designated RMV service centers for customers 75+ are:

- Brockton
- Danvers
- Fall River
- Greenfield
- Lawrence
- Leominster
- Martha’s Vineyard
- Nantucket
- New Bedford
- North Adams
- Pittsfield
- Plymouth
- Revere
- South Yarmouth
- Springfield
- Watertown
- Worcester

License and ID renewal appointments are also available at our other open RMV Service Centers that offer general appointments to the public. Select Renew My Driver’s License or Mass ID option on the Make/Cancel a Reservation at www.Mass.Gov/RMV to view availability and make a reservation at one of these locations.

A renewal letter has been sent to eligible customers who currently hold a driver’s license or ID card expiring in October. Below are the options to renew by appointment:

If you are a AAA member, you may make a reservation now to renew your driver’s license/ID at a AAA location.

Visit www.aaa.com/appointments to schedule your visit.

If you are not a AAA member, visit Mass. Gov/RMV to make a reservation to renew at an RMV Service Center. Select the “Seniors License Renewal” option on the “Make/Cancel a Reservation transaction”

Email the RMV for assistance to renew at MassDOTRMVSeniors@dot.state.ma

- Call the RMV at 857-368-8005.
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<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>5 Pesto Chicken (410)</td>
<td>Rice Pilaf (93)</td>
<td>Carrots (65) Dessert</td>
<td>WW Bread (138) Cal: 682; Sod: 868; Carb: 75</td>
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<td>6 Turkey a La King (651)</td>
<td>Green Beans (5) Potatoes (121) Dessert Snack n Loaf (160) Cal: 835; Sod: 1101; Carb: 100</td>
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<td>7 Lasagna (484) Cauliflower (32) Dessert Scali Bread (129) Cal: 507; Sod: 810; Carb: 74</td>
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<td>8 Meatloaf (314) Gravy (24) Cheddar Potatoes (136) Mixed Veg (24) Dessert WW Roll (127) Cal: 795; Sod: 971; Carb: 93</td>
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<td>9 Fish (270) Tarter Sauce (85) Red Potatoes (5) Broccoli (32) Dessert WW Roll (254) Cal: 780; Sod: 811; Carb:104</td>
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<td>12) Columbus Day Office Closed</td>
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<td>13 Turkey Sandwich (762)* Mustard (55) Coleslaw (7) Salad (62) Dessert Cal: 834; Sod: 1192; Carb: 79</td>
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<td>14 Braised Pork (161) Sweet Potato (104) Corn (1) Dessert Rye Bread (171) Cal: 608; Sod: 655; Carb: 80</td>
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<td>15 Chicken Pot Pie (570)* Potatoes (5) Dessert Dinner Roll (162) Cal: 637; Sod: 857; Carb: 89</td>
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<td>16 American Chop Suey (316) Spinach &amp; Kale (80) Dessert Vienna Bread (129) Cal: 721; Sod: 685; Carb: 92</td>
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<td>20 Curry Chicken (150), Rice (4) Carrots (65) Dessert Wheat Bread (138) Cal: 685; Sod: 522; Carb:98</td>
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<td>21 Salmon (118) Potatoes (121) Broccoli (32) Dessert Oatmeal Brd (142) Cal: 750; Sod: 841; Carb: 99</td>
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<td>22 Stuffed Pepper (175) Tomato Sauce (194) Au Gratin Potatoes (142), Dessert Scali Bread (129) Cal: 742; Sod: 826; Carb: 79</td>
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<td>23 Macaroni &amp; Cheese (285) Stewed Tomatoes (32), Bean Blend (5), Dessert Rye Bread (171) Cal: 593; Sod: 652; Carb:78</td>
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<td>26 Swedish Meatballs (263) Pasta (20) Brussel Sprouts (68) Dessert WW Roll (127) Cal: 986; Sod: 660; Carb: 153</td>
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<td>27 Spinach &amp; Cheese Frittata (428) Veggie Blend (24) Baked Tomato (166) Dessert Snack n Loaf (160) Cal: 822; Sod: 883; Carb:106</td>
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<td>28 Turkey (418) Gravy (31) Sweet Potatoes (70) Green Beans (5) Dessert Multi Gr Roll (127) Cal: 1206; Sod: 1026; Carb: 159</td>
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<td>29 Hot Dog (540)* Mustard (55) Relish (81) Baked Beans (206) Carrots (65), Dessert Hot Dog Roll (270) Cal: 810; Sod: 1382; Carb: 98</td>
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<td>30 Cranberry Chicken (320) Rice Pilaf (93) Broccoli (32) Dessert Oatmeal Brd (142) Cal: 684; Sod: 767; Carb: 104</td>
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Foods For Better Brain Health

**Green, leafy vegetables.** Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

**Fatty fish.** Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid—the protein that forms damaging clumps in the brains of people with Alzheimer’s disease. Try to eat fish at least twice a week, but choose varieties that are low in mercury, such as salmon, cod, canned light tuna, and pollack. If you’re not a fan of fish, ask your doctor about taking an omega-3 supplement, or choose terrestrial omega-3 sources such as flaxseeds, avocados, and walnuts.

**Berries.** Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows. In a 2012 study published in Annals of Neurology, researchers at Harvard’s Brigham and Women’s Hospital found that women who consumed two or more servings of strawberries and blueberries each week delayed memory decline by up to two-and-a-half years.

**Tea and coffee.** The caffeine in your morning cup of coffee or tea might offer more than just a short-term concentration boost. In a 2014 study published in The Journal of Nutrition, participants with higher caffeine consumption scored better on tests of mental function. Caffeine might also help solidify new memories, according to other research. Investigators at Johns Hopkins University asked participants to study a series of images and then take either a placebo or a 200-milligram caffeine tablet. More members of the caffeine group were able to correctly identify the images on the following day.

**Walnuts.** Nuts are excellent sources of protein and healthy fats, and one type of nut in particular might also improve memory. A 2015 study from UCLA linked higher walnut consumption to improved cognitive test scores. Walnuts are high in a type of omega-3 fatty acid called alpha-linolenic acid (ALA), which helps lower blood pressure and protects arteries. That’s good for both the heart and brain. (Harvard)
Dan Bennett R.E., Call 978-828-0296 for a free Market Evaluation.

Donald E. Kowalski, DDS, 10% off regular fees.

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

NorthEast Community Bank: It’s about family, community, friendship and relationships. It’s the way we live.

Rocco’s Pizza House, 10% off regular prices (excludes delivery/catering)
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 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: __________________ State: ________ Zip: ________

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**Gifts to the Friends of the DCOA**