

The Age of Mastery

FEBRUARY 2012

**TOWN OF MIDDLETON ~ OLD TOWN HALL
38 MAPLE STREET P.O. BOX 855
MIDDLETON, MA. 01949
978-777-4067**

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Susan Gannon ~ Executive Director & Editor

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From the Director...

Hello!

Welcome to a mild 2012, so far! Listening to the meteorologists, it seems like February is the start of less and less cold weather in any given year. This may be a disappointment to the snow lovers, but for all the others who prefer a mild winter, this is a winner.

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 you may have the cost of the outing reimbursed to you! This generosity is courtesy of the **Friends of the Middleton Council on Aging**. Recent winners have been **Jean Lambe** when the group went to see *Miss Saigon*, at the Ogunquit Playhouse, and **Ann Connors** was the winner of *Seussical*, with Neverland Theatre in Beverly. Please note all the great special events and trips we have posted here for you.

We have Bingo every Monday, but we also have a special monthly Bingo with greater prizes. **This also courtesy of the Friends of MCOA.** Congratulations to **Rose Osborn, Gemma Muise, Charlotte Shipley and Marge Miller!**

The **Senior Work-Off Program** has started again for calendar year 2012. If you are a Middleton homeowner (name on the deed) age 60+, you might be interested in earning a real estate tax credit up to \$1000. Please see inside this newsletter for details.

Susan, Staff and Volunteers

A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.

[Tom Stoppard](#)

With much appreciation...



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

A salute to our Friends of the MCOA organization! Thank you for the fabulous Wii video game gift set for the Middleton Senior Center. We have already begun creating avatars (a game "person" that represents you), and people are already using the system. We are in the process of setting up bowling teams, exercise classes and much more. You can come in and participate in these programs, plus tennis, and other sports and fitness activities. This also includes games of Jeopardy and others as well. There is no charge to participate. We hope to have enough people on our bowling leagues to participate locally, regionally and eventually nationally in various competitions.

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. December's Coffee Café was an anonymous donation honoring **Howard Mechanic**, who has achieved Eagle Scout status through the completion of the upper Senior Center patio area, which he designed and executed. Thanks also to **Ann-Marie Eugley**, to another anonymous donor, and to **Eileen Bakoian** of Select Office Services for donations used in December. Thanks to **James Haverty** for his donations for December and January. Another January donation was given "in loving memory" of her mother, Dorothy Clay by her daughter, **Judith Lichtenstein**. **Kay and Bob Woodside** have made a donation in memory of Jack Spencer, which is being used in February. **Thank-you, one and all!!**

*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**. We also give a heartfelt thanks to **New Brothers Restaurant in Danvers** for their donations of food on Wednesdays. A special thank-you to **The Friends of the Middleton Council on Aging**. They support our seniors in so many ways, including the cost of "Lock Boxes" on some homes for quick entry for emergency services that sometimes happen at the same address over a period of months.*

We thank our biggest supporters....the people who attend our programming regularly, whether meals, trips, exercise programs, educational and other clinics....whatever way in which you gather with us, we appreciate your time and attention.

With Great Appreciation, We Acknowledge and Thank:

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

We have copies of agendas and minutes for each monthly meeting, as well as a listing of the various

PODIATRIST APPOINTMENTS DR. MC CULLOUGH

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



Feb. 1st March 7th April 4th

HEALTH PROGRAMS

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

You may drop in for these clinics

2nd Mondays: R.N. Peabody Glen Rehab
 4th Mondays: Carol O'Keefe, R.N.

WELL-BEING CLINICS ~ 2nd Tuesdays
Public Health Nurse Tracy

9:00~10:00 Oak Knoll Community Room
 10:15~11:15 Ferncroft Towers
 11:30~12:30 Orchard Circle Community



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

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

******* NEW 6-WEEK PROGRAM: HEALTHY EATING HABITS *******

Wednesdays from 12:00pm to 2:30pm
April 25th ~ May 30th

Victoria Roberts, RD, LDN (Registered Dietician), working with North Shore Elder Services, will give a free presentation and demonstrations for Health Eating Habits from the grocery store to the dinner table, including help with reading labels to make healthy choices for mature adults.

This is a 6-week program, meeting at 38 Maple Street, our location, This course is worth \$300+, but is free to you! Registration is required by April 11th. Middleton residents will be given preference until March 30th, but we hope to accommodate non-residents as well. This program will have a wait list after 14 people. You will learn the following:

- Positive lifestyle changes promote better health
- Goal setting, problem solving, group support, nutrition education, self-assessment and eating management
- Based on USDA MyPyramid™
- Possible restaurant outing for those who complete the program (no charge for these participants)

HEALTH PROGRAMS

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

HOW TO PREPARE FOR DOCTOR VISITS

Wednesday, February 22 @ 10:45

Jo-Ann Thibeault, Founder/CEO, the Elder Insider, LLC

Jo-Ann will give a free presentation on helping you, or those you care for, to make the most of each medical appointment. Q & A to follow.

CUTTING EDGE TREATMENT OPTIONS OF PERIPHERAL NEUROPATHY

Wednesday, February 29 @ 10:45

Ellen Bolomerth, D.C.

Ellen, a registered Neuropathy MD, will give a free presentation on this timely topic.

Peripheral Neuropathy refers to the conditions that result when nerves that connect to the brain and spinal cord from the rest of the body are damaged or diseased.

The peripheral nerves make up an intricate network that connects the brain and spinal cord to the muscles, skin, and internal organs. Peripheral nerves come out of the spinal cord and are arranged along lines in the body called dermatomes. Typically, damage to a nerve will affect one or more dermatomes, which can be tracked to specific areas of the body. Damage to these nerves interrupts communication between the brain and other parts of the body and can impair muscle movement, prevent normal sensation in the arms and legs, and cause pain.

There are many different kinds of peripheral neuropathy with many different causes. They range from carpal tunnel syndrome (an injury common after chronic repetitive use of the hands and wrists, such as computer use) to Guillain-Barre syndrome (a rare, sudden paralysis).

As a group, peripheral neuropathies are common, especially among people over the age of 55. All together, the conditions affect 3% to 4% of people in this group.

Neuropathies are typically classified according to the problems they cause or what is at the root of the damage. There also are terms that express how extensively the nerves have been damaged.

TRI-TOWN/NORTH SHORE HEALTH FAIR

THURSDAY, APRIL 19, 2012

9:00 am ~ 1:00 am

Masconomet Regional H.S. Field House

20 Endicott Road, Topsfield, Massachusetts 01983

Hosts: Councils on Aging ~ Boxford, Middleton, Topsfield

Call locally to see if your COA is offering transportation; lots of free parking; right off Rte. 95N. Directions: <http://masconomet.org/directions> Field house is around the back, right driveway

**Free!! Great information and lots of free things to take home
Associated Home Care, Inc. providing Free Continental Breakfast,
Free Lunch for registrants**

Several Medical Presentations and Numerous Vendors will be available for you, including well-being clinics, appointments for prescription consultations, health insurance consults, podiatrist, diabetes, hearing, vision and dental screening/information

Representatives available for information: Mass General/North Shore Center for Outpatient Care; Salem Hospital; Beverly Hospital; Tri-Town (Boxford/Middleton/Topsfield) Emergency Services; Tri-Town Boards of Health; Associated Home Care; Executive Office of Elder Affairs (Prescription Advantage & Workforce Training); AARP ~ Safe Driving; North Shore Elder Services; Essex County TRIAD: Estate Planning, photo I.D. cards; Alzheimer Association; stroke prevention and care; housing options; scam, fraud, and safety precautions; and so much more!

PLEASE REGISTER: middletoncoa@comcast.net with HEALTH FAIR in subject line.

You may also register at 978-777-4067

**MORE INFORMATION WILL BE
AVAILABLE IN MARCH**





SPECIAL VALENTINE DAY LUNCH

Monday, February 13

MENU

Chicken, Lemon & Rice Greek Soup
Chicken Primavera w/ Mushroom Wine Sauce
Carrots & Peppers & Green Beans
Linguini with Olive Oil
Pears

Voluntary Donation Suggestion of \$2.25 Please call to make a reservation at 978 777-4067

10:15 am – Bingo – Special Valentine’s Game with prizes

10:30 am – Coffee Café (complimentary coffee and pastries served.)

11:30 am – Lunch Served

12:00 pm – Entertainment

Comedic Actor Steve Henderson will perform in “Jerry Atric ~ The Older I Get”. He will have us laughing at ourselves by poking fun at the every day things we encounter in our daily lives and the joyous possibilities of growing older. This entertainment is courtesy of the Middleton Cultural Arts Council, which, in turn, is supported by the Massachusetts Cultural Council.

NEVERLAND THEATRE OUTING

(Now in its 21st Season)

Sunday, February 19 at 1pm

**\$16 per person includes van transportation
Depart from Angelica’s rear lot @ 11:50 am**

To Sign up please call 978-777-4067.



The production will be held at the
Temple B’nai Abraham Theater, 200 E. Lothrop St., Beverly.
Approx 2.5 hours in length.
Return time to Angelica’s: Approx 4:30pm.



Thursday, February 16th 6:30pm to 8:00pm
Elder Law Services Info Night ~ Leading Expert Stephen Spano
Co-Sponsors: Middleton Council on Aging and Sol Amor Hospice

Age 55+and Caregivers of any age will learn from this seminar

Refreshments will be served

Elder law is a growing and evolving area of practice.

Elder Law Attorney, Stephen Spano, MBA, JD, CELA, President of National Law Foundation, will discuss:

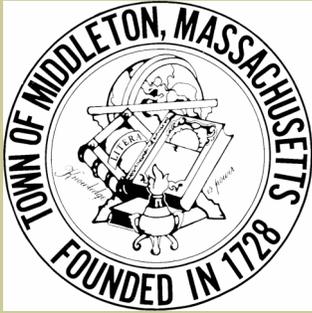
- Estate planning, including wills and trusts
- Estate, trust and probate administration
- Healthcare proxies and fiduciaries
- Medicaid planning
- Elder law and guardianships
- Life care planning and management
- Real estate and asset protection

Stephen Spano is the first attorney north of Boston and the only attorney in Essex County to be Board Certified as an Elder Law Attorney by the National Elder Law Foundation. He is a leading advocate and representative in elder law and estate planning.



Sunday, February 26th 2:00pm
Tuskegee Airman Sgt. James Sheppard - All Ages

Sgt. James Sheppard will share his experiences as a crew captain with the Tuskegee Airman stationed in Italy during WWII. The movie "Red Tails" which recently was released recounts the true story of the 332nd Fighter Group, of which Sgt Sheppard was a part. Come and meet in person a serviceman who was part of this important aspect of WWII history. After his presentation there will be time for Q & A.



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

Phone: 978.777.4067
Fax: 978-777-2084

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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!

MIDDLETON FARMERS MARKET
This wonderful venue will return in the spring...we will keep you posted

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.

For comprehensive info for all town departments, please go to www.townofmiddletown.org

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