

Swansea SENIORS Bulletin

MAY 2009

A publication of the Swansea Council on Aging
458 Ocean Grove Avenue, Swansea, Massachusetts Telephone: 676-1831
Editor: Laurie A. Pimentel

CRESTWOOD NURSING—BINGO



Wednesday, May 6, 2009, at 10 AM, the Council on Aging will host a morning of Bingo with Gerry Schieri of Crestwood Nursing Home for your entertainment. Join us for this fun filled morning and enjoy your chance at winning raffles and other prizes.

FIRE SAFETY IN YOUR HOME



Wednesday, May 20, 2009 at 10 AM Lt. Richard Rego, Swansea Fire Department's Fire and Life Safety Educator will be presenting a program entitled "Remembering When—Fire and Fall Safety for Seniors". This presentation will focus on fire safety and fall related issues as they pertain to elders. Join us for this very informational program.

DISTRICT DAY IN SWANSEA



Tuesday, May 26, 2009 at 12:00 PM in coordination with her "District Day in Swansea", Senator Joan Menard will be joining us at the Council on Aging where we will host a "Get Together". Among the many issues paramount to Senator Menard in her role as state senator are childcare, education, disability pension, domestic violence and senior pharmacy assistance programs.

DIABETES ASSOCIATION



Thursday, May 28, 2009 at 10 AM the Swansea Council on Aging will host a program by the Diabetes Association of "Nutritional Diabetic Bingo". John Quintas, program director will present the program with very important information for those with Type 2 Diabetes and even ways to avoid this very serious disease. Join us for this very informative and fun event.

KNOWLEDGE = PREVENTION

Thursday, June 4, 2009 from 9 AM to 2 PM at Wheaton College, Emerson Dining Hall, 26 E. Main Street, Norton, MA 02766, join Bristol County District Attorney, C. Samuel Sutter, Attorney Gina DeRossi, Register of Probate, and the Attleboro Council on Aging to learn about the resources available in your community to help you make informed choices and prevent harmful consequences. He will present an informative program "Be Informed & Be Protected" and will discuss the many different forms of abuse from financial to physical. Most of all you will learn your rights as a victim. A registration fee of \$5.00 applies. Call the COA for more information.

ENTERTAINMENT

Monday, May 4, 2009 at 12:30 PM, come join us at the COA for an entertainment by Ruth Horovitz. You'll enjoy a variety of songs and music from this

SWANSEA COA ON LINE

The Swansea COA can be viewed on line at www.SwanseaSeniorCenter.homestead.com. Check our website for all current and upcoming information. You can also e-mail the COA at: lpimentel@town.swansea.ma.us

MEDICAL LOAN CLOSET



Temporary loans of medical equipment are available, such as hospital equipment, wheel chairs, canes, commodes, walkers, etc. If you or someone you know is in temporary need of medical equipment, or if you know of someone who would like to donate equipment, please call the COA at (508) 676-1831.

KNITTING LESSONS



Our COA knitting group continues to meet on Mondays at 1—3 PM. Come join them for some knitting lessons or perhaps just to have a friendly chat. Please call (508) 676-1831 for more details.

BINGO—PITCH—CRIBBAGE

Bingo—Tuesday 1—3 PM



Pitch—Wednesday 12:30 PM

Cribbage—Thursday 1 PM



HEALTH CLINICS

Blood Pressure & Glucose—Swansea Ambulance Corp., —Wednesdays 10-11:30 AM.

Blood Pressure—Town Nurse Linda Saravo —Thursdays 12-1 PM.

Podiatry—Dr. Marian Markowitz—Wednesdays by appointment (508) 676-1831.

Hearing—Gordon Howard—2nd Monday of each month, by appointment (508) 676-1831.

DENTAL HYGIENE CLINIC



The Bristol Community College Spring Semester Schedule for the Dental Hygiene Clinic runs from January 1, 2009 thru mid May. The schedule is **Monday, Wednesday and Friday from 9 AM to 4 PM** and on **Tuesday and Thursday from 8 AM to 4 PM**. A dentist will be on staff during the scheduled clinic hours. Although the dental procedures are free of charge there is a suggested donation of \$10.00 that applies but is not required. For more information, please contact Tricia Cloutier at (508) 678-2811 ext. 3109.

CELL PHONES FOR SOLDIERS



Support Our Troops! Give American soldiers a chance to talk to their loved ones just by bringing your used cell phones to the nearest Liberty Tax Service Office who will send them to “Cell Phones for Soldiers”, an organization that recycles used cell phones and provides calling cards for our military stationed in Iraq, Afghanistan and throughout the world. Through Cell Phones for Soldiers you can make contact with their home and loved ones a reality for soldiers. You can also drop off your used cell phones at the Swansea Council on Aging.

SHINE COUNSELOR TRAINING



We are seeking volunteers for the Serving Health Information Needs of Elders Program known as the SHINE Program. If you have 4-8 hours a week and would like to help senior citizens understand their health insurance coverage the SHINE Program needs you. Some traveling may be required. Counselors are trained and certified by EOEA and are needed in the greater Attleboro, Taunton and Fall River areas. SHINE training will begin in May. For more information please call Lisa Sarkis, Regional SHINE Director, at (508) 222-1399.

PHYSICAL FITNESS

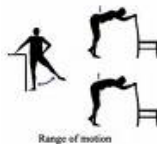


Physical Fitness classes continue at the Swansea Mall near the old Apex. Classes are held on **Tuesdays & Thursdays from 9-10 AM**. A donation of \$2.00 per class is requested.

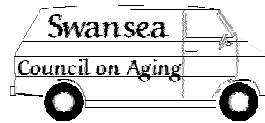
Debbie Gagnon is our physical fitness instructor. She is a licensed and certified specialist in senior fitness and does an excellent job.

OSTEOPOROSIS WEIGHT TRAINING

Osteoporosis is a debilitating disease in which bones become fragile and are more likely to break. In most cases it can be prevented and treated, but if steps are not taken, it progresses painlessly until a bone breaks. The Swansea Council on Aging continues to offer Osteoporosis Weight Training on Tuesday and Wednesday mornings at 9 AM, at the COA Annex Building, 69 Louis Street, Swansea, MA. Please join us for an important exercise program.



TRANSPORTATION



The Swansea COA offers transportation to Swansea residents age 60 or older and for handicapped individuals for medical appointments. Please call (508) 674-6772 at least 24 hours in advance of your medical appointment. **All drop offs for medical appointments will be at 10:00 AM and all pick-ups will be at 1:00 PM only.** Transportation is also available for food shopping on **Wednesday or Friday**. This service is available free of charge to Swansea seniors only.

PROJECT BAGS



Project B.A.G.S. (Bringing Assistance with Groceries to Seniors) provides a personal shopper for frail Swansea residents 60 years of age or older who are not able to shop for themselves. COA personnel assess the needs of the elder, review their shopping list, shop at local stores, bring home and unpack the groceries if necessary. **This service is free of charge.** Call the COA at (508) 676-1831.

NOTE: The Swansea COA offers many legal, financial, recreational, medical screening and/or other activities and services by volunteers or nominal cost practitioner. Seniors participating in these services/activities do so with the understanding that the Swansea COA, the Town of Swansea or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

PLEASE PATRONIZE OUR ADVERTISERS

It makes sense to concentrate your advertising where it does most good - right in your neighborhood! You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month.

It is regularly referred to for important dates, times, events and meetings.

Convenient Budget Payment Terms Write Today!

Or call 617-254-4545

WWW.SENIORPUBS.COM



KEEP YOUR BUSINESS ON TARGET!

To advertise here, please call **SENIOR CITIZEN PUBLISHING**

GET THE WORD OUT -
Before Your Competitor Does
Call Senior Citizen Publishing
617.254.4545


**COUNTRY GARDENS SKILLED NURSING
& REHABILITATION CENTER**

 REHABILITATION • ALZHEIMER SPECIAL CARE UNIT
 COMPLEX MEDICAL CARE • RESPITE CARE

 2045 Grand Army Highway
 Swansea, MA

508.379.9700

A KINDRED HEALTHCARE COMMUNITY


**WE'VE GOT
THE AUDIENCE!**
 ARE YOU IN THE SPOTLIGHT?

 Call Senior Citizen Publishing
 to place your ad today.
617-254-4545

LUNCHEAS ARE SERVED DAILY AT 11:30 AM – SUGGESTED DONATION \$2.00. A HANDICAPPED VAN IS AVAILABLE TO ALL SWANSEA RESIDENTS FROM 9:00 AM - 4:00 PM MONDAY THROUGH FRIDAY. PLEASE CALL 24 HOURS IN ADVANCE UNLESS THERE IS AN EMERGENCY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 ENTERTAINMENT <u>Ruth Horowitz</u> Arts & Crafts 1 PM	5 Physical Fitness 9 – 10 AM Osteo Fitness—9 AM Bingo 1-3 PM	6 CRESTWOOD NURSING BINGO 10:00 AM Podiatry Clinic - By Appt. Osteo Fitness—9 AM Blood Pressure & Glucose 10—11:30 AM Pitch League 12:30 PM	7 Physical Fit 9—10 AM Cribbage 1-3 PM Blood Pressure—12-1 PM	8
11 Arts & Crafts 1 PM	12 Physical Fitness 9 – 10 AM Osteo Fitness—9 AM Bingo 1-3 PM	13 Podiatry Clinic - By Appt. Osteo Fitness—9 AM Blood Pressure & Glucose 10—11:30 AM Pitch League 12:30 PM	14 Physical Fit 9—10 AM Cribbage 1-3 PM Blood Pressure—12-1 PM	15
18 Arts & Crafts 1 PM	19 Physical Fitness 9 – 10 AM Osteo Fitness—9 AM Bingo 1-3 PM	20 FIRE SAFETY 10:00 AM Podiatry Clinic - By Appt. Osteo Fitness—9 AM Blood Pressure & Glucose 10—11:30 AM Pitch League 12:30 PM	21 Physical Fit 9—10 AM Cribbage 1-3 PM Blood Pressure—12-1 PM	22
25 CLOSED MEMORIAL DAY	26 “DISTRICT DAY” SENATOR JOAN MENARD NOON Physical Fitness 9 – 10 AM Osteo Fitness—9 AM Bingo 1-3 PM	27 Podiatry Clinic - By Appt. Osteo Fitness—9 AM Blood Pressure & Glucose 10—11:30 AM Pitch League 12:30 PM	28 NUTRITIONAL BINGO 10:00 AM Physical Fit 9—10 AM Cribbage 1-3 PM Blood Pressure—12-1 PM	29

 SWANSEA COA
 458 Ocean Grove Avenue
 Swansea, MA 02777