

JUNE 2015

As many of you know, the Council on Aging has undergone some staff changes recently. First, our volunteer coordinator left back in February. Then, one of our van drivers gave us his notice, and to top it all off, our cook resigned effective this month.

In an attempt to continue to provide uninterrupted services, Jayne Carthas has been hired back in her previous volunteer coordinator position. At press time, interviews continue for a van driver, and the cook's job has just been posted.

All of us will do our very best to make sure that everyone receives the services they need, even if it requires using BAT for transportation at times until the new driver is up and going.

As for lunches, today being a Tuesday, 11 people came for lunch. We have a much larger crowd on Thursdays, so the Thursday lunch will continue. However, for the immediate future, we will not be serving lunch on Tuesdays. We will continue that program as soon as possible, though.

Sincerely,

Jane Hanley

PS ~ Our Volunteer Recognition Luncheon is on June 12th. The office will be closed. There will be no activities or transportation on that day.

Join us for a Father's Day Luncheon on
Thursday, June 18th at noon
Call 508-559-0060 to sign up

BLUE CROSS/BLUE SHIELD OF MASSACHUSETTS
WELLNESS PROGRAM
THURSDAY, JUNE 18, 2015
10:00 AM

Arthritis is one of the most common diseases in the United States. Older people most often have osteoarthritis, rheumatoid arthritis, or gout. Pain and arthritis do not have to be part of growing older. Learn more about arthritis management at this informational program presented by a nurse from BC/BS.



FREE COFFEE & PASTRIES
JOIN US AT THE COA CAFÉ ON
FRIDAYS FOR SOCIAL TIME AND
ENJOY FREE COFFEE AND PASTRIES.

STOP BY ANYTIME BETWEEN 11:00 A.M. AND 1:00 PM.

MOVIES...MOVIES...MOVIES
Wednesday, June 17th @ 12 Noon ...
Bring a brown bag lunch...Refreshments provided
"WAKING NED DEVINE"
508-559-0060

LADIES CLOTHING CLEARANCE SALE AT THE COUNCIL ON AGING

PRESENTED BY MBR ASSOCIATES, LLC

Friday, June 19th from 11 AM – 1 PM

Choose pants, tops, sweaters, and more. Fashions from the designers you love:
Alfred Dunner...Jenny... and more. Items clearance priced at less than \$20.00.
Alfred Dunner up to 70% off manufacturers' suggested retail prices!

FROM THE OUTREACH COORDINATOR:

Even as the record-breaking snow and cold of February remains fresh in our mind, we are already experiencing 90+ degree days this spring. Older adults need to be especially mindful of extreme heat because the body's response to higher temperatures changes over time. Also, daily medications for chronic conditions can contribute to heat-related injuries such as heat stroke and dehydration.

A few tips for keeping cool:

- 1) Stay hydrated. Minimize caffeinated and alcoholic beverages. Don't wait until you feel thirsty to get a drink. If you have a heart condition, ask your doctor about your appropriate fluid intake.
- 2) Take cool baths or showers, or place ice bags or wet towels on your body.
- 3) Check with your doctor about medications you are taking that can increase sensitivity to heat, and keep your medications in a cool dry place.

- 4) Be a good neighbor and check on friends and neighbors who live alone. Ensure that you stay connected with family members, friends, neighbors or a home health aide who can check up on you regularly during a heat wave.
- 5) Go someplace cool if your home is too hot. The Senior Center is a great place to stay cool in the heat. Come play a game, watch TV, or just hang out. We will pick you up and bring you to the Center if you call the COA for a ride, at 508-559-0060.



HAPPY BIRTHDAY

JUNE	
1 st	Bruce Lane
8 th	Gail Gorman
12 th	Constance Vieira
15 th	Frank Staffier
19 th	Joan Klimas
21 st	Flora Zablocki
25 th	Frank Fasano
28 th	Bernard Baher

Join us at the COA Café Tuesdays & Thursdays at 12 NOON
 Suggested donation is \$4.00... Special Holiday Luncheons: \$5.00.
 All meals come with a dessert

Thursday, June 4 th	Chicken & Biscuits with Vegetables
Thursday, June 11 th	Tuna Salad Sandwich, Chips & Pickle
Thursday, June 18 th	FATHER'S DAY LUNCHEON Spaghetti & Meatballs, Salad
Thursday, June 25 th	Pizza & Salad