

Senior Services at the Lexington Community Center November/December Newsletter



November/December 2016 Issue 400

Lexington Senior Services

39 Marrett Road

Lexington, MA 02421

781-698-4840

www.lexingtonma.gov



*Connecting the Lexington community for
greater health and well-being*

- ◆ Information
- ◆ Referral
- ◆ Limited Case Management
- ◆ SHINE
- ◆ Transportation
- ◆ Nutrition
- ◆ Programs/Activities
- ◆ Volunteer Opportunities

The Council on Aging Board

Betty Borghesani, Co-Chair * Julie Ann Shapiro, Co-Chair
Nancy Adler * Ellen Cameron * Camille Goodwin
Sophia Ho * Gerry Howell * Marion Kilson, Secretary
Harry Mackay * Rich McDonough
councilonaging@lexingtonma.gov

The COA Board meets monthly at the Community Center. The next meetings are November 2nd and December 7th from 2:30pm.- 4:00pm. Working in collaboration with Human Services staff, the COA advocates for Lexington seniors and advises the Town Manager on policy issues.

The COA Board invites you to attend.

Lexington Salutes our Veterans



You are cordially invited to join us as we honor the men and women who served in the United States Armed Forces. The fifth annual Veterans Breakfast will take place on Saturday, November 5 from 8:30-10:30a.m. at Keilty Hall, St. Brigid's Church at 2001 Massachusetts Avenue, Lexington. We will have a guest speaker, door prizes, and a slideshow with photos showcasing our Veterans! Admission is \$5, and tickets can be purchased at the Community Center and at Michelson's Shoes.

On November 11th, our Veterans Day Parade will kick off at 10:00a.m. at the Lexington Police Department, circling the Battle Green, and ending at Cary Hall for a ceremony as the Town of Lexington pays tribute to all of our Veterans. As a partner of The United States of America Vietnam War Commemoration, and a Purple Heart Community, we will also highlight the service of the Armed Forces during the Vietnam War, and those wounded during service.

For more information regarding these events, please contact Gina M. Rada, Lexington/Bedford Veterans Services District Director at (781) 698-4848.



A great time was had by all at "A Night Out in Town" held on September 16 at the Community Center.

Human Services Staff

Phone 781-698-4840 Fax 781-863-2271
 Web Site Address- <http://www.lexingtonma.gov>
 Monday - Friday, 8:30 a.m.- 4:30 p.m.

Charlotte Rodgers, RN, MA, CCM Director	781-698-4841	crodgers@lexingtonma.gov
Kelly Axtell, BS, MBA, Asst. Director Senior Services	781-698-4842	kaxtell@lexingtonma.gov
Kristie Demirev, LICSW, Youth/Family Services	781-698-4843	kdemirev@lexingtonma.gov
Hemali Patel, LSW, Senior Services Coordinator	781-698-4844	hpatel@lexingtonma.gov
Alicia Grunes, RN, BSN	781-698-4847	agrunes@lexingtonma.gov
Paula McGlynn, Office Manager	781-698-4845	pmcglynn@lexingtonma.gov
Gwen Jefferson, Administrative Clerk	781-698-4846	gjefferson@lexingtonma.gov
Michelle Kelleher, Administrative Clerk	781-698-4822	mkelleher@lexingtonma.gov
Gina Rada, Veterans Services Director	781-698-4848	grada@lexingtonma.gov
Jeanette Rebecchi, Transportation Manager	781-698-4821	jrebecchi@lexingtonma.gov

**Sign up for November/December Programs begins:
 October 12th for Lexington Residents/October 26th for Non-Residents.
 Sign up in person or by phone at 781-698-4870 starting at 8:30 a.m.**

Wilson Farm Cooking Demo- \$2

Tuesday, November 1st at 10 am

Want to brush up on your cooking skills? Join award winning James Beard Nominee and French Master Chef Raymond Ost for a cooking demo & gourmet tasting.



Traditional Thanksgiving Luncheon - \$5

Thursday, November 17th at noon.

Enjoy roast turkey, stuffing, mashed potatoes, gravy, vegetable and dessert.



Diwali Celebration

Thursday, November 3rd from 2:30-4:30pm

Celebrate the Indian New Year!! Join us for a classical Indian dance performance, Indian snacks and art presentation to learn about the colorful Indian culture.

Housing Panel

Monday, November 7th from 1:30-3pm

Come and find out about various housing options in and around Lexington. Join our Housing panel, where we have various organizations discussing what the options are.



Annual Insurance Check-Up

Thursday, November 10th from 10 a.m. to 1 p.m.

Medicare open enrollment ends on December 7th. There may be changes to your current Medicare prescription drug and health insurance plans for 2017. Review your current plan's information to insure you are all set.

Coffee & Conversation with Police Chief Corr

Monday, November 14th at 9:30 a.m.

Bring your questions and concerns about what the police department does for the town!

(Drop-in no sign up required.)



Mass College of Pharmacy: PX Adherence

Thursday, November 17th from 10-11:30am

Following the presentation you may meet individually with the pharmacist. Please bring your medication.



"Reflections on the Elections" - Jay Kaufman

Tuesday, November 22nd at 10 a.m.

Learn about the impact and ramifications of this year's elections on the national and local level and discuss the results of the ballot questions.

Lexington Choral Concert

Wednesday, December 7th from 2:30 p.m. to 4 p.m.

Join us for a beautiful chorus event by the Lexington Choral singers from Brookhaven. **(Drop-in no sign up required.)**

Traditional Holiday Luncheon - \$5

Tuesday, December 13th at noon.

Lunch includes roast beef with gravy, roasted potatoes, vegetable, rolls and dessert.



Holiday Panel

Thursday, December 15th from 10 to 11 a.m.

The panel will focus on the significance of the various holidays that are celebrated throughout the world as presented by Pastor Brent J. Sakoneseriosta Maracle of the LICA.

Remember to register for a Community Center membership. Non-residents pay a \$12 yearly fee.

Free Programs/Support Groups

The Evergreen Group (Chinese Senior Support Group)

This group meets to talk about personal and family issues.

Monday 10 a.m. November 14

Money Matters

Tuesdays 9:30 a.m. November 1-December 27

Parkinson's Support Group

Facilitated by Alicia Grunes, RN, BSN but mainly led by the members. Ages range from 50's -80's, all at different stages of Parkinson's. Family members and caregivers are welcome to join their loved ones. Topics may include diet, medications, symptom management and coping mechanisms.

Tuesdays 1 p.m. November 22 & December 27

World Affairs

A discussion group focused on important world issues & events.

Tuesdays 1:15 p.m. November 1-December 27

Computer & Technology Group

Join us for presentations, demos and Q&A help on various computer topics. See our announcements and updates at <https://groups.yahoo.com/neo/group/LexingtonComputerGroup/info>

Wednesdays 10 a.m. November 2 -December 28

Caregivers Group

A support group for caregivers, caring for someone with memory impairment, looking for emotional and social support from peers.

Call Hemali at 781-698-4844 to sign up.

Thursdays 1 p.m. November 3 & December 1

Low Vision Group at the Community Center

Do you struggle with activities of daily living due to vision loss? Would you be interested in hearing speakers or discussing specific topics that relate to vision loss?

Wednesdays 10:30 a.m. November 9 & December 14

For more information call Alicia Grunes, RN 781-698-4847.

Low Vision Group (at Brookhaven)

Meeting is held at the Clubroom. Park in the visitor parking area.

Thursdays 11 a.m. November 17 & December 15

Grief & the Holidays

Thursdays 1p.m. November 10 & December 8

See page 9 for more information. * There will be no regular Bereavement support group November & December.

Current Events

Join us for a lively discussion about the week's news.

Fridays 1:15 p.m. November 4 -December 30

Diabetes Support Group

Join Barbara Collins, RDN,LDN to share or hear about diabetes management strategies.

Fridays 11:15 a.m. November 18 & December 16

Trips

Newport Playhouse & Cabaret Restaurant

Sunday, November 13th

\$89 (residents) \$99 (NR)

Depart on your luxury Silver Fox Coach and experience Newport's beautiful Ocean Drive.

Enjoy a great buffet, a wonderful play and a fun-filled Cabaret performance. After the buffet, you are off to the theatre where you can take in "**Last of the Red Hot Lovers.**" After the show it's back to your original table where the dining room is transformed into a captivating Cabaret.

Depart 9:00 a.m. (39 Marrett Rd.) Return 6:00 p.m.



Display of Lights

Thursday, December 1st \$59 (residents)

\$69 (NR)

Join your friends on a delightful holiday tour combining a full course luncheon at Wright's Chicken Farm Restaurant and the magnificent Christmas Lights display at La Salette Shrine. After lunch arrive at LaSalette Shrine at 4 p.m. where Father Pat conducts his daily Christmas Choral Concert. At 5 p.m. over 40,000 lights will brighten, on display for your enjoyment and delight.

Depart 10 a.m. (39 Marrett Rd.) Return 7 p.m.



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Trip Policy/Sign Up:

Payment is required at sign-up for trips. You may sign up as soon as you receive your newsletter. Itinerary subject to change upon discretion of the tour guide. If insufficient enrollment causes a trip to be cancelled, participants will receive a refund. Participants who withdraw from a trip 10 business days or less prior to the trip will not be eligible for a refund.

Movies - Now 2 Show times!

The Finest Hours: Action & Adventure, PG-13 (117min.)

November 15 at 1:15 p.m.

November 17 at 10 a.m.

Miracles From Heaven: Drama, PG (109 min.)

November 29 at 1:15 p.m.

December 1 at 10 a.m.

Mother's Day: Romantic Comedy, PG-13 (118 min.)

December 6 at 1:15 p.m.

December 8 at 10 a.m.

Love & Friendship: Comedy, PG (92 min.)

December 20 at 1:15 p.m.

December 22 at 10 a.m.



Veterans Services

The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.



Honor Flight New England

Honor Flight New England recognizes American veterans for your sacrifices and achievements by flying you to Washington, D.C. to see YOUR memorial at NO COST. Currently, top priority is given to World War II and terminally ill veterans from all wars. For more information or an application, call Gina Rada, District Director of Veterans Services, at (781) 698-4848.

Lexington Veterans Association

Monday, November 14th, at 1:15 p.m. at the Lexington Community Center, 39 Marrett Rd in the Dining Room.

This program entitled: **"The Background of the Gettysburg Address"**, will be presented by Daniel Breen, PhD, Lecturer, Legal Studies, Brandeis University.

Monday, December 12th, at 1:15 p.m. at Cary Memorial Library (Meeting Room.) This program entitled: **"Good Luck, Dumb Luck and my Gay Guardian Angel...Flying the UH-1 Huey and the OH-6 Loach in Vietnam"** will be presented by Jack Keenan, US Army (Ret); Vietnam Veteran; Pilot; Flight Instructor.

Come early between 12:45 - 1:15 to network with friends.

For more information about the Lexington Veterans Association visit our website at www.lexingtonveteransassociation.com



Annual Veteran's Breakfast

Saturday, November 5th at 8:30 a.m.

This event honors Lexington Veterans and is open to any Lexington Veteran and one guest.

Tickets \$5 available now at the Community Center and Michelson's Shoes.

For more information call Gina Rada at 781-698-4848.

Transportation Services

Lexpress Holiday Hours

Lexpress will run on an abbreviated schedule during the upcoming December holidays.

December 24th – 9:00AM – 4:15PM*

December 25th – No service

December 31st - 9:00AM – 4:15PM*

January 1st – No service

**the last route will depart Depot Square at 3:45PM*

Specialty Transportation

Specialty transportation like chair car and ambulance services can be expensive. Lexington seniors in need of financial assistance to pay for transportation should contact Kelly Axtell, Assistant Director of Senior Services via phone (781-698-4842) or email (kaxtell@lexingtonma.gov).

Financial assistance is generously provided by the Dana Home Foundation.



Lexpress

Lexington's community bus service, runs Monday through Friday 6:35a.m.– 6:30p.m. Senior/disabled riders ride FREE on all routes between the hours of 9:00 a.m.- 2:00 p.m. For more information call Transportation Services at 781-698-4820.

Lex-Connect Taxi Voucher Program

Lex-Connect offers discounted taxi rides for Lexington seniors and persons with a disability. The program operates Monday - Friday from 9 a.m. to 5p.m. and Saturday/Sunday from 8 a.m. to 8 p.m. Vouchers are \$3 each for Lexington trips, and \$5 each for out of own trips. Participants are limited to 12 vouchers per month. You must apply in person to use the program—pre-registration is required.

FISH

FREE rides to medical appointments provided by volunteer drivers to seniors. For more information or to schedule a ride call 781-861-9300.

Living Well

Dietician Talks

Healthy Holiday Eating

Friday, November 4th 11:15 a.m.

Come learn tips on how to get through the holidays without sabotaging your healthy eating plan and learn some recipe makeovers for favorite holiday dishes, appetizers and drinks.

Sign up at 781-698-4870.



Healthy Holiday Eating

Friday, December 2nd 11:15 a.m.

Come learn tips on how to get through the holidays without sabotaging your healthy eating plan and learn some recipe makeovers for favorite holiday dishes, appetizers and drinks.

Sign up at 781-698-4870.

Nutrition Counseling Services

Barbara Collins, RDN, LDN is available for one on one nutrition counseling. **Contact Kelly Axtell, Assistant Director Senior Services at 781-698-4842 to schedule an appointment.**

Diabetes Support Group

Friday, November 18th & December 16th at 11:15 a.m.

Do you feel you could use support in managing your diabetes and would like to share or hear about diabetes management strategies? Join Barbara Collins, RDN, LDN to discuss what type of topics related to diabetes management could be discussed.

Sign up at 781-698-4870.

Diabetic Shoe Clinic

Monday, November 21st from 9am-11am.

Attention adults with foot problems and Diabetes! Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you if you are Diabetic! Accepts private payment from Non Diabetics. If you have Tufts Medicare Preferred you must call for a prior Authorization. Please bring your Medicare card and any other supplemental insurance cards as well as the completed doctor's order (pick up at the COA.)

Call the Community Center at 781-698-4870 to make your 10-minute fitting appointment.



Podiatry

Thursday, November 3rd & 17th

Thursday, December 1st & 15th

from 9:30 a.m. to 1:30 p.m.

Dr. Edgar Mullin, Jr., D.P.M., will now be providing Podiatry services. He will do 15 minute visits providing trimming and filing ONLY. The cost of a visit is \$30. (payable to the doctor)

To make an appointment please call the Community Center at 781-698-4870 starting October 12th at 8:30 a.m. (for residents) October 26th (for non-residents). Please call Alicia Grunes, RN at 781-698-4847 with questions.

Meals-on-Wheels

(Minuteman Senior Services.) Home-delivered meals. For information call 781-272-7177.



SHINE

Counselors are available to help you with your health insurance. Call the Community Center at 781-698-4870 to make an appointment. SHINE counselors are provided by Minuteman Senior Services and are available by appointment only on Mondays and Friday mornings.

Senior Health Outreach Program

This program is available to seniors who are home-bound and unable to easily access health screenings. The service includes regular home visits conducted by a registered nurse as well as consultation and home visits by a social worker if needed. For more information call Alicia at 781-698-4847.



Blood Pressure Clinics

1st Thursday of the month - Community Center
39 Marrett Road. 10 - 11 a.m.

3rd Thursday of the month - ALL Villages

Countryside Village - 10:00-10:30 a.m.

off Woburn St.- in Lexington Housing Authority Office Building/Meeting Room.

Greeley Village - 10:45- 11:15 a.m.

off Bedford St., turn in on Tewksbury St. or Shirley St. in the center building/meeting and laundry facilities.

Vynebrooke Village - 11:30-12:00 p.m.

off Waltham St.- in the center building



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 10:00 Cooking Demo \$ * 1:15 World Affairs	9:00 Fix-It Shop 9:00 Windowpane 10:00 Computer & Tech Group 12:00 Lunch - LexCafé \$ 2:30 COA Meeting	9:00 Fix-It Shop 9:30 Podiatry \$ * 10:00 Windowpane 10:00 Blood Pressure Community Ctr. 1:00 Caregivers * 1:00 Destress Chair* 2:30 Diwali *	9:30 Windowpane 10:00 SHINE * 11:15 Dietician Talk* 12:00 Lunch-LexCafé \$ * 1:15 Current Events
7	8	9	10	11
8:30 SHINE 9:30 Windowpane 12:00 Lunch-LexCafé \$ * 1:30 Housing Panel* 1:45 ESL 1:30 Parkinson's Tai Chi \$ *	ELECTION DAY 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:15 World Affairs	9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer & Tech Group 10:30 Low Vision 12:00 Lunch-LexCafé \$ *	9:00 Fix-It Shop 10:00 Windowpane 10:00 Insurance * 1:00 Grief & the Holidays *	CLOSED VETERANS DAY 
14	15	16	17	18
8:30 SHINE 9:30 Windowpane 9:30 Coffee Police* 10:00 Evergreen 12:00 Lunch-LexCafé \$ * 1:30 Parkinson's Tai Chi \$ * 1:45 ESL	9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:15 Movie 1:15 World Affairs	9:00 Fix-It Shop 9:00 Memory Café * 10:00 Windowpane 10:00 Computer & Tech Group 12:00 Lunch - LexCafé \$ *	9:00 Fix-It Shop 9:30 Podiatry \$ * 9:30 FCOA Mtg. 10:00 Windowpane 10:00 PX Adherence* 10:00 Movie 12:00 Thanksgiving Lunch \$ *	9:30 Windowpane 10:00 SHINE 11:15 Diabetes Sup*. 12:00 Lunch w/Town Manager \$ * 1:15 Current Events
21	22	23	24	25
8:30 SHINE 9:00 Diabetic Shoe* 9:30 Windowpane 12:00 Lunch-LexCafé \$ * 1:30 Parkinson's Tai Chi \$ * 1:45 ESL	9:00 Fix-It Shop 9:30 Money Matters 10:00 Elections * 10:00 Windowpane 1:00 Parkinson's 1:15 World Affairs	9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer & Tech Group 12:00 Lunch-LexCafé \$ *	CLOSED 	9:30 Windowpane 10:00 SHINE * 12:00 Lunch-LexCafé \$ * 1:15 Current Events
28	29	30	NOVEMBER 	
8:30 SHINE 9:30 Windowpane 12:00 Lunch-LexCafé \$ * 1:30 Parkinson's Tai Chi \$ * 1:45 ESL	9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:15 World Affairs 1:15 Movie	9:00 Fix-It Shop 10:00 Windowpane 10:00 Computer & Tech Group 12:00 Lunch-LexCafé \$ *	<small>philipmartin.info</small>	
* Registration Required				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="text-align: center; font-size: small;">phillipmartin.info</p>			1 9:00 Fix-It Shop 9:30 Podiatry \$ * 10:00 <i>Lights Trip</i> * 10:00 <i>Blood Pressure Community Ctr.</i> 10:00 Windowpane 10:00 Movie 1:00 Caregivers *	2 9:30 Windowpane 10:00 SHINE * 11:15 Dietician Talk * 12:00 <i>Lunch-LexCafé</i> \$ * 1:15 Current Events
5 8:30 SHINE 9:30 Windowpane 12:00 <i>Lunch-LexCafé</i> \$ * 1:30 <i>Parkinson's Tai Chi</i> \$ * 1:45 ESL	6 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:15 World Affairs 1:15 Movie	7 9:00 Fix-It Shop 10:00 Windowpane 10:00 <i>Computer & Tech Group</i> 12:00 <i>Lunch-LexCafé</i> \$ * 2:30 Choral Singers 2:30 COA Meeting	8 9:00 Fix-It Shop 9:30 Destress Reiki* 10:00 Windowpane 10:00 Movie 1:00 <i>Grief & the Holidays</i> *	9 9:30 Windowpane 10:00 SHINE * 12:00 <i>Lunch-LexCafé</i> \$ * 1:15 Current Events
12 8:30 SHINE 9:30 Windowpane 12:00 <i>Lunch-LexCafé</i> \$ * 1:30 <i>Parkinson's Tai Chi</i> \$ * 1:45 ESL	13 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 12:00 <i>Holiday Lunch</i> \$ 1:15 World Affairs	14 9:00 Fix-It Shop 10:00 Windowpane 10:00 <i>Computer & Tech Group</i> 10:30 Low Vision 12:00 <i>Lunch-LexCafé</i> \$	15 9:00 Fix-It-Shop 9:30 Podiatry \$ * 9:30 FCOA Meeting 10:00 Windowpane 10:00 <i>Holiday Panel</i> *	16 9:30 Windowpane 10:00 SHINE * 11:15 Diabetes Sup* 12:00 <i>Lunch w/Town Manager</i> \$ 1:15 Current Events
19 8:30 SHINE 9:30 Windowpane 12:00 <i>Lunch-LexCafé</i> \$ 1:30 <i>Parkinson's Tai Chi</i> \$ * 1:45 ESL	20 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:15 World Affairs 1:15 Movie	21 9:00 Fix-It Shop 9:00 Memory Café * 10:00 Windowpane 10:00 <i>Computer & Tech Group</i> 12:00 <i>Lunch-LexCafé</i> \$ *	22 9:00 Fix-It-Shop 10:00 Windowpane 10:00 Movie	23 9:30 Windowpane 10:00 SHINE * 12:00 <i>Lunch-LexCafé</i> \$ 1:15 Current Events
CLOSED 	26 27 9:00 Fix-It Shop 9:30 Money Matters 10:00 Windowpane 1:00 Parkinson's 1:15 World Affairs	28 9:00 Fix-It Shop 10:00 Windowpane 10:00 <i>Computer & Tech Group</i> 12:00 <i>Lunch-LexCafé</i> \$	29 9:00 Fix-It-Shop 10:00 Windowpane	30 9:30 Windowpane 10:00 SHINE 12:00 <i>Lunch-LexCafé</i> \$ 1:15 Current Events <i>* Registration Required</i>

Outreach

FUEL ASSISTANCE INFORMATION FOR LEXINGTON RESIDENTS

The Fuel Assistance Program helps with the cost of heating your home and accepts new applications from **November 1, 2016 through April 30, 2017**. If you are interested in applying, please check the income Guidelines below (based upon the Poverty Level set by the Federal Government) to find out if you qualify. If you do qualify, and would like to complete an application, you must make an appointment to meet with an intake worker. You will need to provide required documentation. Please call the Town of Lexington Human Services Department at 781-698-4855 to schedule an appointment and/or to inquire about the program.

FUEL ASSISTANCE ANNUAL HOUSEHOLD INCOME ELIGIBILITY GUIDELINES 2015-2016 – LIHEAP (Low-Income Home Energy Assistance Program):

Household size: Maximum Gross Income:

Household size:	Maximum Gross Income:
1.....	\$34,001
2.....	\$44,463
3.....	\$54,925
4.....	\$65,387
5.....	\$75,849
6.....	\$86,311



Destress Programs

As winter and holidays creep up on us we find ourselves stressed and busier than normal. If you're looking for ways to help you relax and destress come join us once a month from September-December to do something stress-free.

Chair Massage (10 min)

Thursday, November 3rd from 1-3 p.m.

Sponsored by Highland Financial

Sign up required at 781-698-4870.



Reiki Presentation & Demonstration

Thursday, December 8th from 9:30 a.m. to 11 a.m.

Reiki is a safe, gentle technique for stress reduction, relaxation and promotion of healing that is given with the hands. It is currently taught and practiced in major hospitals in Boston, across the United States and worldwide. Denise is part of a Reiki team providing service to patients at Emerson Hospital and has a private practice at Be Well and Beyond, Inc., in Acton, MA. Sign up required at 781-698-4870.

Property Tax Relief for Seniors

If you are 60 plus and have low to moderate income, you may qualify for 100% exemption from the Community Preservation Act property tax surcharge. The FY16 Property Tax Relief Program Brochure should be available in October the Assessor's Office or on-line at www.lexingtonma.gov/assessor

If you have any questions please contact the Assessor's Office at Town Hall at 781-698-4570.



Moving Easy: Parkinson's Tai Chi

Mondays, December 5th - January 30th
from 1:30-2:30pm (No class December 26)

This is a specialized Tai Chi class adapted for people living with Parkinson's disease, Dystonia, and other movement disorders. *Moving Easy* provides a safe, stress-free, relaxing environment to work on balance, flexibility and fluidity. Cost is \$96/8 wks.



Outreach

Sand For Seniors Program

Are you ready for winter? After a successful season last year, we are bringing back the Sand 4 Seniors Program!

Sand 4 Seniors is a wonderful volunteer program designed to increase safety during the winter months, and help reduce the risk of falls. This program was created for eligible seniors who are either physically or financially unable to acquire their own bucket of ice-melt. The Lexington Rotary club volunteers will deliver a bucket of ice-melt or sand to your door for use on your steps and walkways. The buckets are easy to open with screw top lids, and seal tightly to protect the ice-melt from water damage. A scoop is also provided!

This program is available to Lexington residents aged 60 or older who live in their own home. Unfortunately persons living in an apartment, condo complex, or public housing are not eligible.

For more information or to sign up for the program please call the Lexington Community Center at 781-698-4855. Sign-up is now open so we look forward to hearing from you. In addition to the Lexington Rotary Club, this program is being funded in part by the Dana Home Foundation.



Smoke Alarm Installation Program

The Fire Department, Senior Services and the Dana Home Foundation are pleased once again to announce a joint program to install smoke alarms in homes of qualified seniors living in Lexington.



Residents eligible for the program will be screened to meet the following guidelines:

- ◆ Home built prior to 1975
- ◆ Age 60+
- ◆ Lexington resident who own their own home
- ◆ Self-identified as meeting low income guidelines
- ◆ (Eligible for fuel assistance per LIHEAP federal guidelines or other benefit programs)

If your home does not have any smoke alarms or at least one on each level of your home, you're encouraged to apply. Battery operated smoke alarms and carbon monoxide detectors will be properly located and installed in your home. However, future maintenance of the smoke alarm and carbon monoxide detector, including changing of the batteries annually, will be the responsibility of the homeowner.

Application forms are located at the Lexington Community Center and the Lexington Fire Prevention Office. **If you have questions or would like to apply by phone please call the Fire Prevention office at (781) 862-0272 x121.** You will be contacted if selected for this program.

Grief & the Holidays

**Thursday, November 10th & December 8th
(2 part session) from 1 p.m.- 2:30 p.m.**

Coping with the death of a loved one is difficult. The thought of going through the holidays without your loved one can be even harder to bear. Please join us for two sessions dedicated to finding techniques and offering suggestions to cope with your grief and loss through the holidays. Space is limited to 12 people and you must attend both meetings.

Contact Alicia Grunes, RN with any questions at 781-698-4847. **There will be no regular Bereavement support group in November and December*.**
Sign up at 781-698-4870.

Lexington Memory Café

**November 16th & December 21st
from 9 a.m. - 11 a.m.**

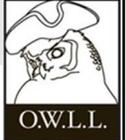


Are you looking for a group of people that understands your needs as a caregiver or an individual struggling with dementia or Alzheimer's? This is NOT a support group but rather a social gathering of people to engage you and learn something new. Door -to-door transportation available by request.

For more information or to sign up please contact Abby Ferreira at 781-863-1166 x104.



O.W.L.L. Courses for Older, Wiser, Lifelong Learners



Announcing OWLL's Winter 2017 Theater Course: Bertolt Brecht: Plays, Politics, Prose, and Poetry with Bridget O'Leary

Bertolt Brecht: Plays, Politics, Prose, and Poetry: Bertolt Brecht was a pioneer of modern political theater, whose life and work revolutionized our approach to creating theater in the 20th century. This course will explore Brecht's life and legacy. We will read four of his better-known plays, some of his poetry and essays, and examine his contributions to the art form. A group rate will be offered for class participants to attend New Repertory Theatre's production of *Brecht on Brecht* together. Class meets for 5 Thursdays, 10:30 to noon, **starting January 26**.

Readings: *Caucasian Chalk Circle*, *Three Penny Opera*, *Mother Courage* (widely available at libraries and for purchase) and *The Jewish Wife* (distributed to class members).

We are fortunate to be able to offer Dr. Shiping Zheng's **Political Leadership in China: Yesterday and Tomorrow** this semester. The course includes analysis of: the political succession, political vs technical competency, the process of selecting and promoting leaders and much more. **There is still time to register for this course as it begins November 4**. Class meets for 4 Fridays from 9-10:30.

After a very successful reception with our OWLL instructors, we'd like to thank all who attended. We've received hundreds of registrations since September 14. As of this semester, OWLL will no longer receive a grant from *The Dana Home Foundation*. To help us continue offering our exceptional courses, OWLL appreciates any contributions to our program.

Note: **All registration** for O.W.L.L. courses is through Lexington Community Center. **Checks** (for \$25/course) should be made out to the **Town of Lexington**. **Credit card** registration available online at: www.lexingtonma.gov/recreationdepartment.cfm. Financial aid is available for Lexington residents. **Lexington residents over 60** will be given preference when there is a limit in the number of course participants. For further information, email owl.fcoa@gmail.com or call the **Community Center at 781-698-4870**.

Annual Insurance Check-Up ! Thursday, November 10th from 10 a.m. to 1 p.m.

Medicare open enrollment began on October 15th and ends on December 7th.

There may be changes to your current Medicare prescription drug and health insurance plans for 2017. Have you reviewed your current plan's information to insure you are all set?

The Minuteman SHINE Program will have counselors to assist you and compare plans at an open-house-style event at the Lexington Community Center, hosted by the Lexington Senior Services Department.

SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice.

For more information, call toll-free 888-222-6171 or visit www.minutemansenior.org

Sign up required at 781-698-4870.



Community News

Elmer Bull Fix it Shop Policy and Procedures



We are a group of retired professionals who enjoy volunteering and repairing small household items (lamps, fans, clocks and vacuums) and small furniture items (chairs, shelves or small side tables). Our work is supported by the non-profit **Friends of the Council on Aging** – who donate funds for needed equipment, tools and supplies. The following guidelines have been established to help make our shop run efficiently, safely and effectively.

How it Works

The Fix it Shop located in the lower level of the Lexington Community Center is open on Tuesday, Wednesday and Thursday mornings from 9 am to 12 noon. The shop clerk will log in your item. You will be given a receipt and will receive a call when your item is ready. **PLEASE** make sure your contact information is correct!

FOR YOUR SAFETY– please wait outside the shop in the lobby area as we are able to accommodate only ONE customer in our shop at a time. It's important that we regulate inventory and keep a record of what comes in, and what goes out, so even if you see your item, please wait for the shop clerk to assist you.

The Fix it Shop volunteers reserve the right to refuse to repair any item, and to limit the number of items accepted for repair. **Their word is final.** We cannot accept items that are an electrical or safety hazard – and **we no longer accept microwave ovens, heaters, irons, electrical antiques or any other electrical appliance deemed to be a risk for injury or malfunction.**

Costs

You will be charged for the cost of parts, and payment is expected when you pick up your item. There is no charge for the volunteer labor to repair your item – however, we do ask that you contribute a **minimum donation of \$3 per item repaired**, which will be used to support the Fix it Shop program.

Due to lack of storage, items left at the shop for longer than 60 days will be donated to charity.

Friends of Cary Memorial Library Board Seeks Volunteers for Treasurer and Secretary Positions through October, 2017.

If you have an interest in advocating and supporting the library, this is a wonderful opportunity. Previous Board experience is not required. The current Board will offer strong support during an orientation period.

**Please contact: Ethie Slate at 1-781-862-6288
or email friends@caryllibrary.org**

Senior Drop in Programs:

Mah Jongg	Mondays	11a.m - 1p.m.
Bridge	Wednesdays	1p.m. - 3 p.m.

Look for 60 + Fitness Programs in the Town of Lexington's Recreation Brochure.

Don't Forget Your Flu Vaccine! Remaining Free Flu Clinics

December 7th from 4 -7 p.m.
Lexington High School Media Room

December 13th from 5 - 7 p.m.
Katahdin Woods Community Room

January 4th from 5-7p.m
Avalon at Lexington Hills Community Room,
Main Campus Dr.



The Town of Lexington's Human Services nurse is able to make home visits to provide the flu vaccine to homebound Lexington Seniors. **Contact Alicia Grunes, RN at 781-698-4847 to set up an appointment.**

Learning To Use Watercolors

Lexington Arts and Crafts Society: with Bill Bright

Learn to handle and mix your colors, the proper use of your brush, and the importance of values, and what they are. Instruction sheets will be provided and samples of different painting techniques will be demonstrated. Classes on Tuesday's 11/1; 11/8; 11/15 and 11/29 from 1pm-3pm. Cost: \$50 four weeks. **Register through the Lexington Arts and Crafts Society at 130 Waltham St or by mailing a check for \$50. Questions please contact them directly at 781-862-9696.**



Lexington Human/Senior Services
Lexington Community Center
39 Marrett Road
Lexington, MA 02421

Deliver to Current Resident

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Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

The Town of Lexington Department of Human Services

Visit our website at <http://www.lexingtonma.gov>

Lex Café - Senior Dining (age 60 plus)

Lunch: Monday, Wednesday and Friday, 12:00 p.m. To make a reservation or cancellation please call Despina at 781-698-4850 by 10 a.m. the previous day. Weekly menus can be found at the Community Center. Suggested donation is \$3. Menus are subject to change. Deluxe meal site is coordinated by Minuteman Senior Services. Brookhaven at Lexington has been contracted to provide meals.

Lunch with Town Manager– Carl Valente

Friday, November 18th and December 16th from 12 p.m.– 1p.m.
Carl encourages seniors to bring any questions and concerns to him at this time.

Newsletter

The Senior Services newsletter will be sent out automatically by mail to Lexington residents age 60 and over. For others who wish to receive the newsletter, it can be picked up at Town Hall, Cary Library and at the Community Center. If you would like to receive the newsletter electronically, please sign up at www.lexingtonma.gov/email

The Friends of the Council on Aging (FCOA)

Jane Trudeau, President * Suzanne Caton * Laura Derby * Dan Fenn * Marie Hill * Janice Kennedy
Mickey Khazam * Lorain Marquis * Susan O'Keefe * Elaine Smith * Carol Snell * Shirley Stolz * Chris Worcester

The "Friends" are a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals and services. They meet at the Community Center at 9:30 a.m. on the 3rd Thursday of every month.

Please join us! For more information please visit our new website at <http://www.friendsoftheco.org>

If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center.

Mail to P.O. Box 344, Lexington, MA. 02420.

Fix It Shop

Open Tuesday, Wednesday & Thursdays
From 9:00 a.m. to Noon



The Fix it Shop has limited space and we ask that you bring in only **ONE small item** at a time for repair – also, please remember to pick up your repaired item promptly!

The Fix it Shop is looking for one or two people with electronic or furniture repair experience – if you are interested please call Paula McGlynn at 781-698-4845.

Windowpane Shop

Open Monday & Friday, 9:30 a.m. – 2 p.m., Wednesdays,
9 a.m.- 1 p.m. and Tuesday & Thursday, 10 a.m.– 2 p.m.

Accepting small donations of clean, like-new seasonal clothing, jewelry and small gift items

Monday & Friday only.