

Bedford Council on Aging June 2015 Announcements

Tuesday June 2 at 1:00 PM

Library Book Discussion

Staff from the Bedford Free Public Library will be leading a book discussion at the COA on *Love Anthony* by Lisa Genova. "After 14 years of marriage and three children, Beth Ellis discovers her husband is having an affair with a local waitress. Feeling heartbroken, rejected, and alone, Beth wants to recapture the independent, creative spirit she used to be and finds the inspiration to pick up pen and paper once again. What emerges is a startling new voice, one that will become a balm for her wounded soul. Newly separated Olivia Donatelli has just moved into her family's rental cottage. Struggling to understand the unraveling of her marriage, she is also desperate to make sense of her 8 year old autistic son Anthony's short life and accidental death. A chance encounter between these two women develops into an unexpected and meaningful friendship, giving one writer the opportunity to find her voice and a grieving mother a chance to finally understand her son. In *Love Anthony*, readers will discover a unique portrayal of autism that is highly accessible and, at times, deeply profound. Writing with deep empathy and insight, Genova has created an engaging story that fearlessly asks the big questions." --Gladstein, Carol © 2010 Booklist

Wednesday June 3 at 10:00 AM

Ask the Pharmacist

Join Hal Sargent of Bedford Stop & Shop Pharmacy on Wednesday June 3rd at 10:00 AM at the Council on Aging. Bring some questions or just come to visit!

Wednesday June 3 at 7:00 PM

Still Alice

Starring Julianne Moore and Alec Baldwin. "*Elevated by a gripping performance from Julianne Moore, Still Alice is a heartfelt drama that honors its delicate themes with bravery and sensitivity.*" Alice Howland, happily married with three grown children, is a renowned linguistics professor who starts to forget words. When she receives a diagnosis of Early-Onset Alzheimer's Disease, Alice and her family find their bonds thoroughly tested. Her struggle to stay connected to who she once was is frightening, heartbreaking, and inspiring. © Sony Classics Anyone whose life has been affected by the diagnosis of Alzheimer's, knows someone whose life has been affected by this disease, or is interested in learning more about it is welcomed to join us at the Bedford Council on Aging as we view this compelling movie followed by a brief discussion. The book entitled "*A Voice for the Caregiver*", a firsthand account by the mother of Pam Clare of Bedford, will be a companion to the movie as we discuss insights from both the patient's perspective and that of the caregiver. *Please let us know if you plan to attend.* (781) 275-6825.

Thursday June 4 at 10:00 AM

Grands & Me

Grandchildren are the dots that connect the lines from generation to generation. ~Lois Wyse
Preview of our upcoming program this Fall

Grammy, Grampy, Nana, Noni, Mimi, Papa: whatever name your little ones use to address you... is precious. That soft hand curled up within yours, those questions that seem to have no correct answer, those wide eyes that look to you in wonder..... longing for more of those moments? Are you a caretaker for your grandchildren or someone else's? Join us in the Kitchen at the Bedford COA on Thursday, June 4 at 10:00 AM for an hour of playtime with your little

one. We will provide toys and a great space to visit with one another! Grandparents will have the opportunity to meet other ‘grandparents’ and children can enjoy playing with peers while also enjoying their special adult person.

What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humor, comfort, lessons in life. And, most importantly, cookies. ~Rudy Giuliani

Monday June 8 at 1:00 PM

China Travelogue

Join Bedford resident Hal Ward at the Council on Aging for a lively presentation on China and how it has changed in the last 30 years. He will be displaying a slideshow of this vast and diverse country!

Tuesday June 9 at 10:00 AM

Tdap Clinic

Whooping Cough: Protect Yourself. Protect Your Grandchildren. Please call the Board of Health at (781) 275-6507 for more information.

Wednesday June 9 at 10:00 AM

Genealogy

Join this interesting group to explore your family tree!

Wednesday June 10 at 10:30 AM

Bruce the Pug!

On Wednesday June 10 at 10:30 AM, join Mike Franco of New York Life, and MSPCA volunteer, to visit with Bruce! Mike will be at the COA to discuss dog training, living with these furry friends, and pet adoption!

Wednesday June 10 at 6:00 PM

Sensational Summer Season Salads!!

Come join the staff at the COA in creating tasteful and enjoyable salads using fresh ingredients from our summer season. On Wednesday June 10 at 6:00 PM, bring your ideas, bring your recipes, bring your creativity and bring your appetite as we combine various ingredients in creating a simple and refreshing whole-meal salad. The taste and texture of salads can change dramatically depending upon the ingredients and the dressing – come experiment with a variety of foods that will tingle your taste buds.

If on a steamy summer night when dinner time rolls around and the Martha & the Vandellas song “Heat Wave” is bouncing around your head, think main-dish salads. Add any variety of ingredients to this tasteful base of sweet succulent strawberries and fresh baby spinach to create a whole meal. Enjoy healthy without any effort – just add all the ingredients and bon appétit!

A \$5 fee for ingredients provides a salad meal this evening and a take-home salad for lunch the next day! Please call the COA to sign up by Monday June 8.

Thursday June 11 at 8:30 AM

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on Thursday, June 11 at 8:30 AM for a delicious scrambled egg breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

Friday June 12 at 12:30 PM

Wizard Music

John Kienzle from Wizard Music will provide music by Rogers & Hammerstein on keyboard for easy listening. Come in for lunch, relax and enjoy John's music!

Monday June 15 at 10:00 AM

Science & Technology Club

Will be meeting Monday June 15 at 10:00 AM to view and discuss *How We Got To Now* with Steven Johnson, *Episode 4: Light*. See how light has altered sleeping patterns, architecture, and more. Bring your ideas for future meetings! We would love to hear about your interests! This group is a general interest group...No need to feel intimidated!

Monday June 15 at 12:30 PM

Name That Tune!

Becoming a monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on Monday June 15 at 12:30 PM. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

Tuesday June 16 at 9:30 AM

Breakfast & BINGO

Brightview is back at the COA! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.

Wednesday June 17 at 10:00 AM

Veterans Coffee with Special Guest Speaker!

Joining Tom Moran this month is a special guest! Roger Leger, Commander of the Salem MA Veterans Council and Commander of the Disabled American Veterans Chapter in Salem, will be speaking about Asbestos, and its effects on veterans and civilian life. Given time, he will also speak about Agent Orange. Please join us for coffee and conversation! Please call to RSVP 781-275-6825.

Wednesday June 17 at 1:00 PM

Estate Planning Series

In the third and final part of this estate planning series presented by Attorney Eric Prichard from Brown & Brown, PC, Attorney Prichard will discuss Medicaid and long-term care planning. Attendees will learn about Medicaid eligibility rules and how families can attempt to protect their assets from the cost of long-term care. Attorney Prichard will also discuss common Medicaid misconceptions and problems that crop up when you transfer assets to family members. We hope you will attend! Please call the Council on Aging at (781) 275-6825 to sign up.

Wednesday June 17 at 7:00 PM

The Chemistry of Sexuality

Have you ever wondered about the differences between sex and sexuality amongst us humans? Have you ever wondered the reasons that one partner may have a stronger libido than the other? Is it as simple as it may appear or are there neurobiological and chemical forces at work? This program offers beginning insight into these interesting questions. *"Human sexuality rarely falls*

into neat categories or lends itself to simple labeling, but rather is a rich and complex area of human experience.” Sign-Up Requested.

Friday June 19 at 1:00 PM

Trail Walk

Join Alissa on Friday, June 19 at 1:00 PM for a walk through Hartwell Town Forest. We will meet at the parking area on Hartwell Rd. across from Independence Rd. Our walk will begin next to Bedford’s Community Gardens! Hopefully we’ll see some great crops starting to grow. Please wear appropriate footwear. This will be a 1+ mile walk with some uneven ground. Please call the COA at (781) 275-6825 to register by June 18.

Monday June 22 at 6:00 PM

Dine and Discover with Newbury Court

Come enjoy a light dinner and find out what’s new at Newbury Court! Hector Montesino, Director of Home Health, will present information on our new program, “Deaconess Abundant Life Services Homecare”. This program is being extended to the wider community, including Bedford and surrounding communities. Jane Taylor, Director of Marketing and Sales and Bedford resident, will talk about Newbury Court’s latest initiatives, including programs, outreach and future plans. In conclusion, we will have a “round table” conversation to hear your questions and ideas! This will be a fun and informative evening. Hope you can join us! Please RSVP by calling the Council on Aging at (781) 275-6825 to reserve your spot!

Tuesday June 23 at 10:30 AM

Tick Talk

After the long and cold winter, the deer ticks become active and you are also ready to spend more time outdoors. With proper prevention, it is possible to enjoy the outdoors and reduce the risk of contracting the tick-borne diseases. Early identification and treatment can prevent serious complications. Joyce Cheng, the Community Health Nurse of Bedford, will present the signs and symptoms of Lyme disease, ways you can prevent tick bites, and action you can take after the tick bite. She will demonstrate proper ways to remove a tick and how to do a tick check. Please join her on June 23 at 10:30AM!

Wednesday June 24 at 1:00 PM

Meet & Greet Alison!

On Wednesday June 24 at 1:00 PM, stop in to officially greet the newest addition to the Council on Aging team, our new director, Alison Cservenschi! We will welcome her to her new home away from home with a festive ice cream social. Bring your smiling faces and enjoy a break from the early summer heat. Please call the COA to sign up by Monday June 22.

Wednesday June 24 at 7:00 PM

Take me out to the ballgame... Take me out to the crowd!

Come root the Boston Red Sox on to victory in their must win grudge rematch against the Baltimore Orioles. Watch this eagerly anticipated game on the brand new large screen TV in the recently updated Bedford COA Café with comfortable seating, ballpark franks, beverages and dessert! Join us on Wednesday June 24th at 7:00 PM! Please call the Council on Aging to let us know you’ll attend.

Thursday June 25 at 12:00 PM

Cooking with Jim!

Join Michaela and Jim from Atria Longmeadow Place for a great meal and cooking demo on Thursday June 25 at Noon! They will be at the Bedford Council on Aging demonstrating a quick and easy summer meal, Chicken and Veggie Stir Fry! Call the COA by Monday June 22 to let us know you will attend this lovely lunch!

Friday June 26 & Saturday June 27 from 8 am to 4 pm

Mass Senior Games Pool Tournament

Bedford has been chosen to host the Mass Senior Games Pool Tournament once again! All are welcome to watch and you may even compete if you wish! The tournament will be held here on Friday June 26 from 8 AM to 4 PM and continues on Saturday June 27 from 8 AM 'til a winner is announced. Refreshments will be served and a good time will be had by all. If you wish to compete, please sign up at the COA by June 18. The cost to compete is \$15 and there is no cost for spectators.

Tuesday June 30 at 1:00 PM

Taking Control of Your Future

Attorney Dale Tamburro will return to the Bedford COA on Tuesday, June 30 at 1:00 PM to present a discussion on Elder Law. He will address topics such as: guardianships, conservatorships, community Medicaid benefits, long term care insurance, and annuities in Medicaid planning for couples. Please sign-up for this lecture so we know you are coming! He will also offer (free of charge) three individual 45-min. appointments beginning at 9:30. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more information!

Trips!

Thursday June 18

Explore Boston Trip - \$68

Explore the City of Boston like never before with critically acclaimed actor, teacher and historian Stephen Collins. Experience a fully narrated 100 minute tour by a professionally licensed guide that includes the historical, literary, and architectural treasures of "Beantown". A few of the sites encompassed in the tour include the USS Constitution, the Public Garden, Beacon Hill, the State House, Longfellow Bridge, Trinity Church, Cambridge, and Copley Square. Lunch will be at Salvatore's (meal choices available at sign-up). The bus will depart at 10:00 am and will return at about 3:00 pm. The cost of this trip is \$68 due in full upon sign up. Checks should be made payable to FBCOA. Please call the Bedford Council on Aging at (781) 275-6825 TODAY to sign up!

All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.