

**Senior Center Staff:**

Laura Dillingham-Mailman, Exec. Director  
Joyce Garipey, Administrative Assistant  
C. Eileen Stepanian, BS,MSN, RNC  
Sandra Blanchet, Volunteer Coordinator  
Robert Marshall, Cook  
Dot Spinney, Kitchen Manager  
Judy Dolfe, Senior Aide

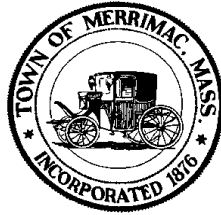
**Council on Aging Board of Directors**

Colleen Ranshaw-Fiorello, Chairwoman  
Dave Vance, Vice Chairman  
Carol Ranshaw, Secretary

Members: Nancy Bachelder, Food Pantry Coord.

Members: David Dutton, Irene Kimbrell,  
Dorothy Lumsden, James Murphy, Charles  
Hackett, Lucy St. Pierre,

Alternate Members: Natalie Christie,  
Betty Elliot, Muriel McNair



# Merrimac Senior Center The Centerpiece

[www.merrimac01860.info](http://www.merrimac01860.info)

**The Centerpiece Volunteers:**

Betty Waterhouse	Shirley Jones	Nat Christie	Barbara Thompson
Ray Ferrari	Thelma Gibbs	Ginny Douglass	Betty Lou Elliott
Betty Allen	Muriel McNair	Gerry Raper	Stu Zibell

\*Member of MCOA "At the Center Of It All" [www.mcoaonline.com](http://www.mcoaonline.com)

Volume 30, Issue 7

Celebrating Our Thirty-Sixth Year

July 2011

Merrimac Council on Aging - 978-346-9549 - 100 East Main Street

## We'll Remember Peggy...

Peggy Casazza was special to so many of us, with the twinkle in her eye, the great big hugs, or the wagging of her finger as she lovingly scolded us to do what she wanted us to do (mostly for our own good). Peggy was more than the Senior Center Outreach Nurse, or Food Pantry Coordinator. She was our second "Mom", mentor, and confidant. She was our friend.

We'll miss you Peggy, but we won't forget. In honor of Peg, the Food Pantry will be named "Peggy's Pantry" and we will hold an annual food drive. The dedication and food drive to be announced. Laura

### WHAT'S HAPPENING – At A Glance

- July 6, 1:30, Friends of COA Board Meeting
- July 7 & 21, – SHINE Counselor (appt. only)
- July 11, 9:30 – TRIAD Meeting All Welcome
- July 8, COA Board Meeting
- July 8, Rogers Hearing (by appt.)
- July 8 & 22, - Food Pantry
- July 19, Merrimac Light Dept.: Ice Cream Social & Summer Storm Safety
- 12, Noon, Cheryl Gresek, Cong.
- Tierney's Aide will hold office hours
- July 27, Friends Summer Bash

## Ninth Annual Senior Scramble Thursday, August 4, 2011

7:45 am Shotgun Start

Apple Hill Golf Club

East Kingston, NH

**\$90.00 for "Seniors" 65 & over**

**\$99.00 for "Kids" 64 & under**

(Registration and payment due by July 15, 2011 to get reduced rate. After that date \$115 for all golfers, so sign up now before we fill up!)

[www.seniorscramble.com](http://www.seniorscramble.com)

Registration forms for golfers and sponsors are available at the Senior Center and online. You can mail your check, just make it out to "Friends of the Merrimac Council on Aging" (MCOA).

**Send check to:**

Senior Scramble C/O MCOA  
100 East Main Street  
Merrimac, MA 01860



### July 27 Friends Summer Bash \$5.00

Choice of Lobster Rolls or Laura's Special Cranberry Chicken Salad Roll, Chips, Pickles, Ice Tea, and Dessert

### LOOKING AHEAD

August 4, 2011, SENIOR SCRAMBLE

August 12-13, Old Home Days

Luncheon Menu.....	Page 2
Calendar.....	Page 3
Thought You'd Like To Know.....	Page 5
Trips .....	Page 7

## COA July Lunches

(\$3.00 per meal)

All luncheons must be ordered by the prior Thursday by 1:00 PM.

**TAKE-OUTS will not be available for pick-up until 12:15 pm**

**(M) July 4, Independence Day – Center Closed**

**(T) July 5, Celebrate the Red, White & Blue!**

Baked Teriyaki Salmon, Vegetable, Potato Salad, Roll, Dessert

**(W) July 6,** Marinated Beef Tips with Vegetables, Roasted Potatoes, Salad, Bread, Dessert

**(TH) July 7,** Chicken Parmesan, Ziti, Vegetable, Salad, Italian Garlic Bread, Dessert

**(M) July 11, “Funny Hat Day” (Prizes)**

Meatloaf, Gravy, Boiled Reds, Coleslaw, Dessert

**(T) July 12,** Roasted Chicken Thigh, Baked Potato, Vegetable, Garden Salad, Roll,

**Dessert: Ice Cream Social sponsored by the Merrimac Light Dept.**

**(W) July 13,** Pulled Pork Sandwiches with Barbeque Sauce, Green Beans, Sweet Potato, Fries, Salad, Dessert

**(TH) July 14,** American Chop Suey, Vegetable, Salad, Bread, Dessert

**(M) July 18,** Open Face Roast Beef Sandwich, Potato Wedges, Fruit Salad, Dessert

**(T) July 19,** Hot Dogs in Bun, Creamy Macaroni & Cheese, Salad, Dessert

**(W) July 20, “Birthday Lunch”** Apricot Roast Pork, Gravy, Roasted Potatoes, Vegetables, Bread, Dessert

**(TH) July 21,** Liver & Onions, Mashed Potatoes, Salad, Bread, Dessert

**(M) July 25,** Shrimp Florentine with Rice Pilaf, Vegetable, Bread, Dessert

**(T) July 26,** Country Ribs, Baked Beans, Vegetable, Salad, Bread, Dessert

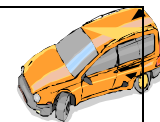
**(W) July 27, Friends of the COA Summer Bash (\$5): Choice of Lobster Roll or Laura’s Chicken Salad Roll, Potato Salad, Coleslaw, Pickle, Chips and Dessert**

**(TH) July 28, “Pizza Party”** (2 slices per person), Carrots & Celery Sticks, Caesar Salad, Dessert

## COA Van Rides

COA Van is available 5 days a week.

(Please call 48 hours ahead to set up a ride).



## MANY THANKS FOR MAY

We would like to thank the following people & groups for their generous donations to the Senior Center. If we have missed you, please let us know. Friends of COA, Common Grounds, 45’s Card Group, Bud Dow, Margaret & Bill Whiting, Betty Baker, Cynthia Beaudoin, Thelma Gibbs, Bessie Ariola, Helen Noone, Ellie Adams, Dot Doughty, Peter & Diane Aziz, Bill Raper, Joanne Rea, Sal’s Poker, Bobbie Rousseau, The Lion’s Club, Theresa Cormier, Dot Lumsden, Ginny Douglass, Thelma Stewart, Marge Scherbon, Judy Bearce, MaryAnn Dulnikowski, Nancy & Len Bachelder.

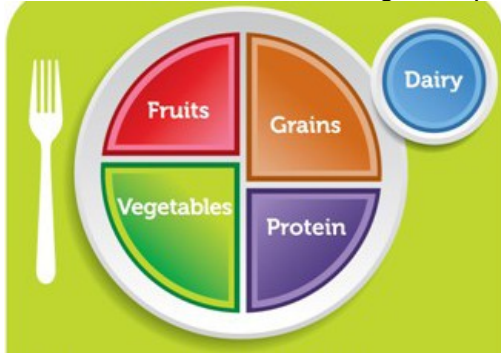
# July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 9-BOWLING 10-Line Dance 10-Foot Care(appt. only)	<b>2</b> 9:30-10:30 Our Neighbors Table
<b>3</b>	<b>4</b>  <b>Independence Day</b>	<b>5</b> 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA	<b>6</b> 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @ Merri Village 1-Quilting 1-Chair Yoga 1:30-Friends Meeting 4-Yoga	<b>7</b> 9-Pool 9-Cribbage 9-12-SHINE(appt. Only) 9:30-Exercise 1-Sal's Poker 7:30-ZUMBA	<b>8</b> 9-BOWLING 10-12-Food Pantry 10-12-Line Dance 10-12-Rogers Hearing(appt. only)	<b>9</b>
<b>10</b>	<b>11</b> 9-Pool 9:30-Exercise 9:30-TRIAD 1-BINGO 7:30-ZUMBA	<b>12</b> 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA	<b>13</b> 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @ Merri Village 1-Quilting 1-Chair Yoga 4-Yoga	<b>14</b> 9-Pool 9-Cribbage 9:30-Exercise 1-Sal's Poker 7:30-ZUMBA	<b>15</b> 9-BOWLING 10-Line Dance  "Lunch Club"	<b>16</b> 9:30-10:30 Our Neighbors Table
<b>17</b>	<b>18</b> 9-Pool 9:30-Exercise 1-BINGO 7:30-ZUMBA	<b>19</b> 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA	<b>20</b> 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @ Merri Village 1-Quilting 1-Chair Yoga 4-Yoga	<b>21</b> 9-Pool 9-Cribbage 9-12-SHINE(appt. Only) 9:30-Exercise 1-Sal's Poker 7:30-ZUMBA	<b>22</b> 9-BOWLING 10-12-Line Dance 10-12-Food Pantry	<b>23</b>
<b>24</b>	<b>18</b> 9-Pool 9:30-Exercise 1-BINGO 7:30-ZUMBA	<b>26</b> 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA	<b>27</b> 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @ Merri Village 1-Quilting 1-Chair Yoga 4-Yoga	<b>28</b> 9-Pool 9-Cribbage 9:30-Exercise 1-Sal's Poker 7:30-ZUMBA	<b>29</b> 9-BOWLING 10-12-Line Dance	<b>30</b>
<b>31</b>						

## THOUGHT YOU'D LIKE TO KNOW

...that I am going to expand on part of last month's topic of nutrition and exercise as a result of something new that has come down "the pike" from the government recently.

For years, we have had our nutritional needs based on a proportioned pyramid while a much simpler visual has been a sectioned plate. Guess what? The new image is a plate!



For those of you with internet access, go to <http://www.choosemyplate.gov> to view the current information available with more to come.

This visual has more actual relationship with eating—a plate instead of a pyramid and still addresses the five food groups: fruits and vegetables (covering half your plate) with protein and grains (whole grain foods preferred) covering the other half and dairy products at the side.

The size of both the portions and the plate is important. Notice that this is a plate and not a platter. We don't need those oversized portions since our activity levels seldom burns off all those calories.

The new information reinforces the importance of label-reading and being able to understand the nutritional content of our foods. Even a simple switch to fat-free or low fat (1%) milk is a step in the right direction. I've used 1% for years—2% is like cream to me now. Still pay attention to the sodium and carbohydrate content—too much salt and sugar isn't good for anyone!!

The website even encourages drinking water instead of sugary drinks. On that note, with the hopes that some warm summery weather may actually happen here in New England, I want to remind you to keep hydrated with enough water and/or fluids during the hot weather. The amount is always up for debate but 6-8 glasses per day remains a good guideline.

My other topic comes as a result of hearing about the numerous times that our fire department is called out for assistance after a fall in the home. I speak to fall prevention during the winter months for everyone's benefit regardless of their age.

However, since my primary audience that reads this column each month are the elders; I'm about to scold you publicly. For many, I've done that in person but **please, please**, if you use a walker, cane or some other assistive device, you must bring it with you whenever you move about your home. Depending upon furniture or counter tops for support is of no benefit when you are falling. Those extra legs in the assistive device can be your savior and prevent broken bones, a long recovery or even death.

Remember, the name of my game is always prevention. We don't have to fix it if it isn't broken.

**You** are the "it" I am speaking about!

May I close for this month with my usual reminder to do that tick check whenever you're out and about in your yard or near grassy areas. That includes all people and pets to be checked thoroughly for ticks. Remove if found being sure that the head of the tick is removed too.

I also want to thank you all for your outpouring of concerns and sympathy at the passing of my long-time office mate and colleague, Peggy Casazza. She is missed!

Charlotte E. Stepanian, MSN, RN-BC  
Merrimac Public Health Nurse

### **SHINE COUNSELOR**

**Leslie Ellery** is the **SHINE** Counselor for Merrimac.

Leslie will be available on the first and third, Thursday of the month.

Her hours will be from 9:00 AM – 12:00 PM.  
Call 978-346-9549 to set up an appointment.

### **Home Improvement Scams**

With the arrival of the good weather, it is best to be aware that the "home improvement scammers" come out in force. A common scam is for a person to say they are in the neighborhood and have extra materials for another job, such as roofing or driveway resurfacing, and can offer the homeowner a great deal if they act now. Keep in mind that all reputable contractors are willing to put their offer in writing and give you time to consider the deal. Never agree to something under pressure or feel intimidated!

If you feel uncomfortable for any reason, close the door and contact the police immediately.

**Essex District Attorney**  
**Jonathan Blodgett**

**THE MERRI - MACS**  
**Sponsored by: The Friends of C.O.A.**

***TRIP POLICIES***

**Please park in the rear of the parking lot.**  
**Refunds...** If you pay for a trip and then have to cancel, we cannot refund your money unless we can replace you.  
**Day Trips ...** You may call and ask to have your name put on the list, but the seat is NOT confirmed until payment is made.  
**Overnight Trips...** If the trip requires a deposit, it must be made at the time of sign up in order to hold your spot. Thank you.

**Foxwoods**  
**Tuesday, July 12, 2011**  
**Cost: \$30.00**



**Includes:** \$15 Food or Free Buffet, \$15 Keno  
 Bus departs from the Center - 6:30 AM  
 Bus departs from the Casino at 4:00 PM  
 Be at the Bus Waiting Area by 3:45 PM. The bus cannot wait, and you WILL be left behind if you are not on time.  
**Payment is due at time of reservation.**

**Best of Times**  
**Road to the Scottish Highlands**  
**At Meadowbrook US Cellular Pavilion**  
**Laconia, NH**  
**Tuesday, September 13, 2011**

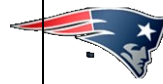


**Cost:** \$79.95 per person, includes gratuity  
 Includes: Bus transportation, luncheon at the Common Man Inn, & Show.  
**Meal:** Homemade New England Style Pot Roast, Apple Almond Chicken, Mashed Potatoes, Seasonal Vegetables, Bread, Dessert, Coffee/Tea & Lemonade or Iced Tea  
**Payment is due at time of reservation.**

**Grand Circle Travel**  
**Costa Rica**



**13 days from \$2535 per person**  
**Departing: September 21, 2011**  
**Highlights:** Roundtrip transatlantic air transportation—from Boston to San Jose, Costa Rica. Accommodations for 2 nights each in San Jose, Sarapiquí, Chachagua, La Fortuna, Guanacaste & the Pacific Coast. 29 Meals, lots of activities, OAT Trip Leader & more.  
**Reservations & information: Call Grand Circle Travel toll-free at 1-800-597-2452 Option # 2.**



**Best of Times**  
**2 Nights Deluxe**  
 Accommodations at Hilton Fallsview Hotel in Downtown Niagara Falls  
**Tour of Niagara Falls The New England Patriots Vs. Buffalo Bills**  
**in Buffalo, NY w/Niagara Falls During Peak Foliage**

**September 24 – 26, 2011**  
**3 Days/2 Nights Saturday – Monday**  
**Price: \$499pp Double, \$749pp Single**

- **Program Includes:** Roundtrip Deluxe Motorcoach Transportation
- Area Included
- 2 Full American Buffet Breakfasts with Omelet Station & More
- Ticket to See the New England Patriots & Division Rivals Buffalo Bills battle Sunday afternoon, September 25, at 1 pm
- Services of a Best of Times Professional *Tour Guide*

**We are very limited as to how many tickets that we can sell. If you are seriously considering going on this trip, you must RSVP/ASAP and bring in your deposit.**

**Best of Times**  
**Patriot's Pride**  
**Patriots Hall of Fame, Meal & Show at Showcase Live and Time for Shopping**  
**Tuesday, October 11, 2011**



**Price: \$84.00 per person**  
**Includes:** Transportation, Show (Mark Viselli), and admission to the Patriot's Hall of Fame.  
 Meal Choice: Baked Ham Steak or Baked New England Haddock, Bistro Salad, Potato, Vegetable, Rolls, Cheesecake with Fresh Berries, Coffee, Tea, Soft Drinks.  
**Full payment is due at time of reservation.**

**The Great Rivers of Europe River Cruise**  
**16 days from only \$2895 per person**  
**Departing October 30, 2011**



**Highlights:** Roundtrip transatlantic air transportation—from Boston to Amsterdam. Accommodations—for 14 nights aboard a private Grand Circle river ship in an outside cabin. ALL meals, 11 exclusive, guided sightseeing tours: Amsterdam, Cologne, Koblenz, Mainz, Heidelberg, Wertheim, Karlstadt, Bamberg & Passau. Exclusive Discovery Series events. Captain's Welcome and Farewell Receptions and Dinners. Baggage handling for 1 piece of luggage per person, including tips. Much, Much, more!  
**Reservations & Information: Call Grand Circle Travel Toll-Free 1-800-597-2452 Option #2.**

## RECIPE

### Grilled Lemon-Basil Chicken Recipe

1 cup minced fresh basil  
1 cup canola oil  
½ cup lemon juice  
¼ cup white wine vinegar  
2 teaspoons grated lemon peel  
3 to 4 garlic cloves, minced  
1 teaspoon salt  
½ teaspoon pepper  
8 boneless skinless chicken breast halves

In a small bowl, combine the first 8 ingredients. Pour 1 – ½ cups into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate for 4 hours or overnight, turning occasionally. Cover and refrigerate remaining marinade for basting.

Drain and discard marinade. Grill chicken, covered, over medium heat for 6-8 minutes on each side or a meat thermometer reads 170\*, basting with reserved marinade.

## POETRY CORNER

### The Fourth of July

The Fourth of July  
Is a day of memories, sacred and gay,  
A parade of the red, the white, and blue  
The ring of an old and cracked bell  
As we our birthright of freedom review.



The Fourth of July  
Is a day of fun and barbecues,  
Of happy laughter of young and old,  
And picnics with steak and pink Lemonade,  
And old men's tales are told and retold.

The Fourth of July  
Is a cherished day on history's page,  
From Valley Forge to the Coral Sea;  
And the spirit of freedom has prevailed  
As men have carried the flag of the free.

## **Community Profile – Bob Lattimore**

**By Thelma Gibbs**

Let's welcome one of Merrimac's newest seniors who reigns from the far west, Texas and New Mexico. You might ask how did he ever end up in Merrimac, MA? As the story goes, Bob was born in El Paso Texas on December 30, 1934 to Robert and Irene Lattimore. His mother was a first generation Irish American, who grew up in a mining town in West Texas. His father was a Federal Enforcement Officer and worked at the U.S.- Mexican border. Bob grew up as an only child in Brownsville, Texas and graduated from the High School in 1951. He went to the University of Texas in Austin from 1956 to 1962 where he received a degree in Geology. In 1957, he married another student, Margaret Ann Knox of Oatmeal, Texas. How's that for a name of a town?

While in school, Margaret received the highest rank in Girl Scouting and represented central Texas at an international gathering in Switzerland. They were married for 49 years and had two children.

Alan was born in 1960 and Liz was born in 1963. During those years they lived in Washington DC, Coral Gables, FL, Houston, TX, and the San Francisco Bay area. When Bob was between jobs, Ann sold real estate in Florida and founded a parent-owned Montessori School and was active in Cancer Support Groups.

Together they traveled in Europe, Barbados, Mexico and Peru.

During his lifetime he had several careers:

1. Survey technician for what is now U.S. naval Oceanographic Office, studying properties of the sea floor in the Mediterranean, North Sea, North Atlantic and northwest Pacific 1958-1965.
2. Research geophysicist, National Oceanic & Atmospheric Administration, supervising processing of marine geophysical data collected by Coast & Geodetic Survey vessels and carrying out studies of the structure and evolution of central North Atlantic and Caribbean ocean basins ("plate tectonics") 1965-1973.

3. Consulting engineer, investigating earthquake and other potential geologic hazards at proposed nuclear power plant sites in Florida, Spain, Italy, Israel and Iran 1973-1976.
4. Geophysical operations consultant, Gulf Oil Company, in 1984 merged into Standard Oil Company of California ("Chevron"). He designed, let contracts for, and supervised petroleum-exploration operations in South America, central Africa, Papua, New Guinea, China and Kazakstan, 1977-1998.
5. Bob retired in 1998. He and Ann moved to Albuquerque, NM in 2004 to be near their son and his family. Suddenly, in May of 2006 Ann passed away. In 2010, Alan and his family (3 children) moved to Vermont, leaving Bob with little ties to Albuquerque. His daughter Liz and her daughter were living in Amesbury. They did not want their father to be alone in New Mexico, so in August of 2010 they purchased a home on Veteran's Way in his name to live in. That is how we acquired a wonderful new friendly and interesting senior member.

## Peggy

For Peggy I would like to take this opportunity to let everyone know that working at the Center was one of the most treasured and joyful times of her life. She so passionately loved everything about it, as the Outreach Nurse looking out for “My Seniors” as she was fond of saying and getting to spend time with so many wonderful friends with which she’d grown up. She loved meeting new faces there, encouraging others to stay involved and not grow old and especially working with the Senior Food Pantry. Whenever the Pantry was mentioned you could be sure it would be followed by “My Seniors need to eat”.

My Mother was truly blessed to be surrounded by so many wonderful people and she remarked on it often.

I would like to offer you all my condolences as well as my gracious thanks. You have all had a special part in making Peggy’s years with the center the most special and rewarding time of her life.

Sincerely, with love and friendship  
to you all.  
**Eddie Casazza, Jr.**

## Preventing Mail Fraud Phony Inheritance Schemes



Wouldn’t it be nice if you unexpectedly came into an inheritance from a long-lost relative or friend? It rarely happens. If you receive a notification in the mail from an “estate locator” saying that there is an unclaimed inheritance waiting for you, beware! You could be the target of a slick con artist

These unscrupulous white-collar criminals also call themselves “research specialists” – but they didn’t find you by doing research. You are one of thousands across the nation who are targeted in mass mailings. Many of these recipients are lured into mailing a fee – sometimes \$30 or more – for an “estate report.” All the individuals on the mailing list receive the same information, so chances are almost zero that you are the heir.

You can protect yourself by checking other sources before sending funds in response to an estate-locator solicitation. Those who have been named to distribute estate funds to rightful heirs normally do not request you to pay a fee to find out about your share of the estate.

## You can paint this!

On Monday, July 11, 2011  
From 1 to 4 PM

At the Merrimac Council on Aging,  
Bill Duke will teach ten lucky people how to paint a watercolor scene.

All you need to bring is \$20.00 and the desire for some creative fun. No previous painting experience is necessary.

Come and join us! Sign up at the office.

*Watercolor Instruction by W.E. Duke*  
**Of W.E. Duke Art Studio, Newburyport, MA**



**JULY**  
**File of Life**  
The File of Life can  
help save time and  
lives!

**File of Life** – A magnet type folder containing your medical information is placed on your refrigerator and is intended to alert emergency responders.



**USDA and HHS Announce New Dietary Guidelines to Help Americans Make Healthier Food Choices and Confront an Obesity Epidemic**

**Tips for Eating Healthy when Eating Out**

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars
- Ask for whole wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.

Choose a “small” or “medium” portion. This includes main dishes, side dishes, and beverages.

- Order an item from the menu instead of heading for the “all-you-can-eat” buffet
- **If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:**
- Order an appetizer or side dish instead of an entrée.
- Share a main dish with a friend.
- If you can chill the extra food right away, take leftovers home in a “doggy bag”.
- When your food is delivered, set aside or pack half of it to go immediately.
- Resign from the “clean your plate club” – when you’ve eaten enough, leave the rest.
- To keep your meal moderate in calories, fat, and sugars:
- Ask for salad dressing to be served “on the side” so you can add only as much as you want.
- Order foods that do not have creamy sauces or gravies.

- Add little or no butter to your food.
- Choose fruits for dessert most often.

**Steward  
(Formerly - Holy Family Hospital)**

Is offering

**HOSPICE VOLUNTEER TRAINING**

Hospice Volunteer Training offers participants training in the physical, emotional, social and spiritual issues that people may encounter at the end of life. An emphasis is placed on effective communication and listening skills.

**Please call for more information**

**Molly Brewer, Volunteer Coordinator  
978-651-8850**

421 Merrimack St, Methuen, MA 01844

**Volunteers needed in your area!**

Volunteers with day, evening, or weekend availability needed.

“You matter until the last moment of your life.”

Dame Cicely Saunders, founder of the modern hospice movement

**My Life, My Health**

Do you have a persistent health condition that affects your life?

Does your health condition cause you fatigue, pain or gets in the way of living?

**Join us for a presentation on a program that can help you regain your life**

**Thursday, July 28, at 11:45 A.M. at the Merrimac Senior Center**

My Life My Health, Chronic Disease Self-Management program was developed by Stanford University to empower people with persistent health conditions to manage their health. Chronic conditions range from heart disease, high blood pressure, lung conditions, arthritis, depression, anxiety, diabetes, and many more.

The six-week program is interactive and fun! You will learn to develop strategies and action plans for managing your health, through improved communication with doctors, spouses or other care givers. You will also learn about the benefits of good nutrition and exercise. The workshop covers ways to deal with the emotional dimensions of a health

condition and copying with its physical pain and/or fatigue.

The six week workshop begins Thursday, August 11 from 1pm-3:30pm.

To sign up or for more info please contact: Laura Dillingham-Mailman, Director of the Merrimac COA, 978-346-9549.

**Sign up today! Space is limited!**

*Happy Birthday!*

## JULY

- (1) Alice Fowle, Muriel Mathias
- (3) Gloria Beaupre, Therese Cormier, Gert Vigneault
- (4) Carol Butland
- (5) Bill Raper
- (6) Candie Benjamin, Russell Poore
- (9) Irene Cate, Colleen Ranshaw-Fiorello, Joe Walden
- (10) Carol Pratt
- (11) Janet Marshall
- (13) Bob Baker, Betty Baker
- (14) Renate Spyrka
- (16) Emma Andrews, Maggie Dougherty, Margaret Dunn, Shirley Innis
- (17) Marie-Anne Gosselin, Olga MacFarlane, James Smith, John Sowick, Carlene St. Jean
- (18) Eileen Hurley
- (19) Sharon Felker, Millie Gangloff,
- (20) Betty Allen
- (21) Betty Emery
- (24) Reg Beaumont
- (26) Florence Sande
- (27) Vickie Brindle, Richard Clark
- (28) Christine Frazier, Dot Whiting
- (29) Julie Buzzell, Don Paddock, Larry Valeri
- (30) Marilyn Randall, Al Roy, Marge Scherbon, Hanna Trautmann

## LUNCHEON CLUB

Our next luncheon will be on **Friday, July 15, 2011 at the Atkinson Country Club.**

Call the Senior Center to make reservations by (Thursday) July 14, 2011



## Volunteer of the Month

On Tuesday, June 1, **Herb Sayers** name was drawn from a list of people who volunteered during the month of May.

The winner will receive 4 free lunches at the Senior Center

## THE CENTERPIECE

### Merrimac Senior Center

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The **Friends of COA** business meeting will be **Wednesday, July 6, 2011 at 1:30 PM.** Please come!

All dues-paying COA members are invited and urged to speak up at our monthly Friends of COA meetings. We need your ideas! Join us to plan future events for all Merrimac seniors.

## Food Pantry Donations - MAY

Friends of COA, Merrimac Post Office Food Drive, Cynthia Beaudoin, Elaine & Ray Peters, Winnie Bearce, Barbara Desmond, Jackie Pappalardo, Dr. Robert Connolly, Louise Yates, Mary Alsterlund, Anonymous, Vic Perreault, Methodist Church, Diane Gatsby, Dick Emery, Deloris & Joe Tebo, Joanne Rea, Ellen Adams, Therese Cormier, Thelma Gibbs, Sandra Chute, Meredith Whiting, Notorious, Ruth Pettengill, Bessie Ariola, and the Sweetsir School Food Drive

## Wish List for Senior Center

**GET WELL CARDS, Fantastic, Kleenex, Dinner Napkins, Scott Bathroom Tissue,** hard candy, Decaf coffee, large and small take-out containers, Styrofoam coffee cups, small Styrofoam bowls, Zip-lock sandwich bags, paper towel rolls, liquid cleanser, Mini Moos (individual) **BOOKS** (not more than 1-year old).

## SPECIAL THANKS

We would like to say a Special Thank You to **Girl Scout Troop 60083** for all of the beautiful cards, cookies and muffins. We would also like to thank **John Cran** for his help with deliveries of food packages.