

**Senior Center Staff:**

Laura Dillingham-Mailman, Exec. Director  
Joyce Garipey, Administrative Assistant  
C. Eileen Stepanian, BS,MSN, RNC  
Peggy Casazza, LPN, Outreach & Food Pantry  
Sandra Blanchet, Volunteer Coordinator  
Robert Marshall, Cook  
Dot Spinney, Kitchen Manager  
Judy Dolfe, Senior Aide  
David Hall, Nick Fiorello, Van Drivers  
**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 5**

**Celebrating Our Thirty-Sixth Year**

**May 2011**

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

*May was named, "Older American's Month" in 1963 by President John F. Kennedy*

At that time on 17 million living Americans had reached their 65<sup>th</sup> birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

This year's theme is **-Older Americans: Connecting the Community-** pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities, and highlights how technology is helping older Americans live longer, healthier, and more engaged lives.

*A Special Happy Birthday to Ida LaBranche who turns 103 on May 20, 2011.*

### WHAT'S HAPPENING – At A Glance

- May 2, 9:30 – TRIAD Meeting All Welcome
- May 4, Friends of the COA Board Meeting
- May 5 & 19, – SHINE Counselor (appt. only)  
Re: health insurance information for Elders
- May 7, 10-11, Caregiver Support Group
- May 7 (Sat) Italian Fest at Pilgrim Church, 5-7, \$7 ahead, \$8 at door, max \$25 for family
- May 9 "Mother's Day Lunch" *Join us in celebration of Mother's Day with lunch-A recipe for fun and fashion! Add a dash of singing with a superb pianist, two cups of audience participation, 3 tablespoons of a dance with props and you have a great Mothers; Day Celebration.*
- May 11, Mohegan Sun, departs 6:30 am
- May 11, Older American Day –  
TRIAD Table & K-9 Exhibition
- May 13, COA Board Meeting
- May 13, Rogers Hearing (by appt.)
- May 13 & 27, - Food Pantry
- May 17, 12, Noon, Cheryl Gresek, Cong.  
Tierney's Aide will hold office hours
- My 30, Memorial Day – Center Closed

**Older American Day Lunch & Celebration**  
Wednesday, May 11  
10:30 ECSD Photo Id's, Grab & Go Bags, help with ICE your phone, 12- Lunch & ECSD Canine Unit

*Luncheon Menu.....Page 2*  
*Calendar.....Page 3*  
*Thought You'd Like To Know.....Page 4*  
*Trips .....Page 5*

## COA ~ May Luncheons

(\$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) May 2**, Spinach, Onion & Cheese Quiche, Fruit Slice, Salad, Garlic Bread, Dessert

**(T) May 3**, Baked Chicken Thigh, Buttered Garlic Noodles, Maple Glazed Carrots, Coleslaw, Bread, Dessert

**(W) May 4**, Baked Ham, Scalloped Potatoes, Green Beans, Salad, Roll, Dessert

**(TH) May 5**, "**Cinco de Mayo**", Pork Tenderloin with (mild) Orange-Chipotle Sauce, Mashed Sweet Potatoes, Salad, Pita Bread, Dessert

**(M) May 9, *Mother's Day Luncheon***, Stuffed French Toast, Fruit, Bacon, Sweet Potato Home Fries, Dessert

**(T) May 10**, Seafood Au Gratin, Boiled Red Potatoes, Carrots, Salad, Bread, Dessert

**(W) May 11, *Older American Day Celebration***, (Doors open at 11:30) Punch, Hors D'oeuvres, Rosemary Chicken, Supreme Sauce, Cranberry Sauce, Mashed Potato, Vegetable, Salad, Roll, Dessert

**(TH) May 12**, Teriyaki Beef Tips, Grilled Potatoes & Vegetables, Salad, Bread, Dessert

**(M) May 16**, Chicken & Broccoli Alfredo, Ziti, Salad, Garlic Bread, Dessert

**(T) May 17**, Bratwurst with Apples, Onions, & Sauerkraut, Bread, Salad, Dessert

**(W) May 18, *Birthday Lunch***, Swedish Meatballs, Baked Potato, Vegetable, Salad, Bread, Dessert

**(TH) May 19**, Liver & Onions, Mashed Potatoes, Vegetable, Fruit Cup, Bread, Dessert

**(M) May 23**, Stuffed Peppers, Sauce, Fruit Salad, Garlic Bread, Dessert

**(T) May 24**, Fish a la Ritz, Boiled Chive Potatoes, Vegetable, Salad, Roll, Dessert

**(W) May 25**, French Onion Beef Short Ribs & Carrots with Toasted French Bread, Salad, Dessert

**(TH) May 26**, Chicken Cacciatore over Fettuccini, Greek Salad, Roll, Dessert

**(M) May 30, *Memorial Day* – Center Closed**

**(T) May 31, "*Memorial Day*"** Barbeque Cheese Burger with Lettuce, Tomato & Onion, Pickle, Potato Salad, Chips, Ice Cream

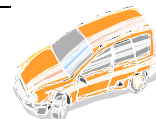
**(W) June 1**, Salmon & Peas in a Puff Pastry, Salad, Garlic Bread, Dessert

**(TH) June 2**, Open-Face Roast Beef Sandwich, Baby Cake Potatoes, Vegetable, 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 MARCH

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, Judy Bixby, Charles Graber, Ray & Elaine Peters, Laura Mailman, Carl De Quattro, Troop 60084 Girl Scouts, Dr. Robert Connolly, Sandra Blanchet, Greta Craven, Bonnie Stepanian, Claire Labbe, Altha Ottman, Denise Yates, Julia Miller, George & Emma Andrews, Ken Sisson, Dave Grant, Nichols Village, Dot Spinney, Coni Boni, David Follansbee, Dot Lumsden, Jean & Joe Conroy & Winnie Hill.

# May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9-Pool 9:30-Exercise 9:30-TRIAD 1-BINGO 7:30-ZUMBA	3 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA	4 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @ Merri Village 1-Quilting 1-Chair Yoga 1:30-Friends Meeting 4-Yoga	5 9-Pool 9-Cribbage 9-12-SHINE (appt. only) 9:30-Exercise 1-Sal's Poker 1-Reiki 7:30-ZUMBA	6 9-BOWLING 10-Line Dance 10-FootCare (appt. only) 1-4 Painting with Beverly Mitchell	7 9:30-10:30 Our Neighbors Table
8 <b>Mother's Day</b>	9 9-Pool 9:30-Exercise 1-BINGO 7:30-ZUMBA	10 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA	11 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @ Merri Village 1-Quilting 1-Chair Yoga 4-Yoga	12 9-Pool 9-Cribbage 9:30-Exercise 1-Sal's Poker 1-Reiki 7:30-ZUMBA	13 9-BOWLING 10-Line Dance 10-12-Food Pantry 10-12-Roger's Hearing (appt. only) 12:30-MCOA Board Meeting 1-4-Painting with Beverly Mitchell	14
15	16 9-Pool 9:30-Exercise 1-BINGO 7:30-ZUMBA	17 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA	18 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @ Merri Village 1-Quilting 1-Chair Yoga 4-Yoga	19 9-Pool 9-Cribbage 9-12-SHINE (appt. only) 9:30-Exercise 1-Sal's Poker 1-Reiki 7:30-ZUMBA	20 8:30-Strawberry Banke 9-BOWLING 10-Line Dance "Lunch Club" 1-4-Painting with Beverly Mitchell	21 9:30-10:30 Our Neighbors Table
22	23 9-Pool 9:30-Exercise 1-BINGO 7:30-ZUMBA	24 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA	25 9-Wii, Pool 9:30-Exercise 1-Blood Pr. @Merri Village 1-Quilting 1-Chair Yoga 4-Yoga	26 9-Pool 9-Cribbage 9:30-Exercise 1-Sal's Poker 1-Reiki 7:30-ZUMBA	27 9-BOWLING 10-Line Dance 10-12-Food Pantry 1-4-Painting with Beverly Mitchell	28
29	30 <b>Memorial Day Center Closed</b>	31 9-Wii, Pool 9-1-Cross St. 12:30-Blood Pr. 1-Bridge 1-Crochet & Knit 1-45's 7:30-ZUMBA				

## THOUGHT YOU'D LIKE TO KNOW

...that as I'm writing this month's column, I'm reflecting on the Volunteer Appreciation luncheon we had at the Senior Center earlier today. Part of the festivities, besides having an excellent Italian meal, was a speaker from the District Attorney's Office who addressed many issues that we, as grandparents, should be aware of that create risks and dangers to our young people of today.



The very first item the speaker spoke about was drug abuse amongst our youth that evolves from our own medicine cabinets at home. Everyone was urged to get rid of meds that are no longer being used instead of storing them in bathroom medicine cabinets. Sadly that is where drug abuse is starting—right at home—not out on street corners!

There was one thing missing from the speaker's message to the grandparents urging them to dispose of unused or old medications. Just how do you get rid of unused or outdated medications? (*The how is in another program presentation I was told.*) Last year during my course in Environmental Health, I had written extensively about medication disposal and what not to do.

Last fall there was even a National Drug Take-back Day under the auspices of the Drug Enforcement Agency (DEA) that was held in many communities across the country—even in a few in our area! I've heard from one of my student's that there will be another such event at the end of April but know of no local plans to repeat a similar take-back day here.

Just to refresh your memories, there are no methods of removing medications that are flushed or poured down the sink during the process of water treatment in this country. The influx of medications metabolized in human liquid and solid waste is unavoidable however.

There currently are two methods to dispose these medications which are somewhat of a battle between governmental agencies. The first is through a DEA Take-back program as I mentioned above. These are held once or twice a year at specified locations.

The second option uses a much simpler method recommended by the Food & Drug Administration (FDA) that can be done by the public at any time. This method guides a household member through a process of destroying the medication by mixing the pills with coffee grounds or kitty litter, placing in a sealed container into your household trash for pickup and incineration. I have often suggested dissolving the pills in their container with warm water might be even easier. Seal tightly, place in a zip-lock bag and into the household trash.

Merrimac's trash is incinerated—so this works for us.

If your trash goes to a landfill, this is not recommended since the decomposition process eventually leaches into the ground water. Ground water is often the source of our drinking water and part of the environmental nightmare that is affecting our ability to have reliably clean drinking water.

The other medical disposal reminder for Merrimac residents is that the Sharps disposal program is still in operation. Bring your used sharps in a sealed, heavy duty plastic container to the Senior Center for disposal. Used sharps **cannot** be thrown in your household trash.

On a positive note, enjoy another Older American's Month and make our contributions known. We, Older Americans still have a wealth of knowledge to share with those coming up through the ranks. Don't count or legislate us out of the picture! We're still here and are listening!

Isn't it nice to see bare ground again and have the flowers and leaves emerging from their winter hiatus? But don't forget that tick check—they're out there too!

*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.

### **Germ Mistakes You're Making Everyday**

**Fruit peels:** You buy lots of fruit to eat – bonus points! But, when it comes to fruit you peel (think: bananas, oranges), do you ever wash them first? If you grab that banana, peel it, then handle the fruit as you eat it, you're potentially putting harmful bacteria right in your mouth. Think of all the people who handled that banana: the banana farmer in another part of the world, the guy at the grocery store who stocked the bunch, 19 customers who picked over it to get to the greener bunch they wanted, the checker at the market, the bagger – and then you!

### **ywca encore program**

Helping you restore mobility, flexibility & confidence after  
**Breast Cancer**

Through gentle exercise and peer group support!  
Register now for Session III  
April 27 – June 15<sup>th</sup>, Wednesday's starting at 5:50  
YWCA Greater Newburyport  
13 Market St

To register visit: [www.ywcanewburyport.org](http://www.ywcanewburyport.org)  
Or call: Connie or Ilene at 978-465-9922

**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.

***Mohegan Sun***

Wednesday, May 11, 2011

Cost: \$28.00



**Includes:** \$10 Food or Free Buffet, \$10 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.**

**SUMMER TIME FUN IN  
ATLANTIC CITY, NEW JERSEY**

June 26 - 29, 2011

\$369.00 per person



**Tour Includes:** Deluxe Accommodations for 3 nights at Bally's Resort & Casino, Atlantic City, NJ. All taxes, gratuities & baggage handling; 2 bag per person, \$45.00 Slot Bonus, Dinner Buffet, Deluxe Yankee Line motorcoach transportation. \$50.00 deposit per person due with reservation/ Balance due on or before May 26, 2011.

*Yankee Line Inc.*

**Debbie Reynolds in Concert  
At The North Shore Music Theatre  
Beverly, MA**



July 28, 2011

\$110.00 per person

**Includes:** Luncheon at Danversport Yacht Club, (Sirloin of Beef or Baked Scrod) Reserved Inner Circle seating at North Shore Music Theatre. \$50.00 deposit due at reservation/ Balance due on or before June 20, 2011.

Deposit is non-refundable.

Bus departs from the Senior Center at 10:45 am and returns approximately 5:30 pm.

**BALTIMORE vs. RED SOX**

July 17 - 19, 2011

\$449.00 pp dbl Occupancy



**Includes:** Left Field Lower Box Seats for July 18<sup>th</sup> & 19<sup>th</sup>. 2 nights at the Sleep Inn & Suites Downtown, Baltimore, MD. All necessary taxes, gratuities & baggage handling.

Full American Breakfast Buffet at hotel each morning. Tour of Camden Yards, free time in Baltimore, tour of Philadelphia with a local-step-on-guide.

Driver/Escorts accommodations and gratuities. Deluxe Yankee Line motorcoach transportation with on board refreshments.

**Summertime at Tanglewood**



**With Keith Lockhart & the Boston Pops**

Sunday, July 17, 2011

**COST: \$125.00 PER PERSON**

**Includes:** Keith Lockhart & the Boston Pops in a matinee performance, Deluxe Motorcoach Transportation, Luncheon at the HuKeLau Restaurant, Reserved Ticket/Seat Under the Koussevitzky Shed at Tanglewood, Best of Time Director.

**Meal Choice:** Prime Rib or Baked Stuffed Breast of Chicken.

**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 day from \$2535 per person**

**Departing: September 21, 2011**

**Highlights:** Roundtrip transatlantic air transportation—from Boston. 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.**



## RECIPE

### Grilled Pork Tenderloin with Mustard-Dill Sauce

½ cup white balsamic vinegar  
2 Tablespoons plus ½ cup chopped fresh dill  
2 medium zucchini (10 ounces), cut into 1/8  
inch-thick rounds  
¼ cup Dijon mustard  
1 tablespoon honey  
1 1-pound pork tenderloin

Whisk vinegar, 2 tablespoons dill, 2 teaspoons salt, and 2 tablespoons water in medium bowl until salt dissolves. Add zucchini. Let marinate 10 minutes, tossing often. Drain zucchini.

Meanwhile, whisk ½ cup chopped dill, Dijon mustard, honey, and ½ cup water in medium bowl. Season the mustard-dill sauce with salt and pepper

Prepare barbecue (medium-high heat). Sprinkle pork with salt and pepper; spread with 2 tablespoons mustard-dill sauce. Grill until thermometer inserted into thickest part registers 145°F, turning often, about 25 minutes. Transfer to platter; let rest 10 minutes. Cut into 1/2-inch-thick slices. Serve with remaining sauce and pickles. Serves: 4

### Community Profile – Jim Flynn By Thelma Gibbs

This is not Mayberry and Andy Griffith is not the Police Chief. But, it is Merrimac, which is a small town and Jim Flynn is the Chief of Police of this town. Jim was born at the Amesbury Hospital on January 14, 1954 to Jim and Doris and one younger sister. He attended the Merrimac Schools and played on the Little League teams. He enjoyed camping with his family and also enjoyed skiing at Whittier Mountain in NH and also at Locke's Ski Tow in Amesbury. Jim was one of the unfortunate children who had to attend split shifts in the 7<sup>th</sup> grade before going to the new Pentucket Jr. High School in 1972. Jim was in a class with about 150 students including his childhood sweetheart, Eileen Carr, whom he started dating in the 11<sup>th</sup> grade. He attended Ricker College in Holton, ME for two years. After graduating, he knew

just what he wanted to do, and that was to be a Police Officer. He put his dream to work and became a Reserve Officer in 1974 and became full-time in 1975. On September 17, 1977 his other dream came true when he and Eileen Carr were married at St. John's Catholic Church in Haverhill. Then it was off to Bermuda for their honeymoon and then back home to live at the Greenleaf Apartments.

In 1981, Chief Donald Montigny retired and in 1982 Jim became the Chief of the Merrimac Police. The early 80's were very eventful years for Jim. In 1980, they bought their home on Emery Street. In 1980, their daughter Jennifer was born and in 1983, their daughter Kelly was born. Along with 2 babies of her own, Eileen decided to start her own Day Care Service. Jim worked part-time at Bradford Ski for 25 years. Vacations were spent as a family going camping at her parents place in Tamworth. One year, they took a vacation to Europe where they enjoyed London and Paris.

Both of their daughters enjoyed dancing and skiing and now they are both teachers.

The year 2006, was not a good year for Jim, as he fell and broke his hip while skiing. On August 6, wedding bells will be ringing as Jim gives his daughter, Jennifer away in marriage. At this time he wants to thank the seniors for all the support he has received over the years. As you know, Jim is retiring on June 30, 2011. In turn, everyone would like to thank you Jim, and wish you well on your retirement plans. You have earned it. Golfing or going to Disney?

## POETRY CORNER

### I Stand Before You



I stand before you all today  
But not one eye can see my way

My time arrived, to leave this earth  
A fact so planned, to every birth

It happened where I had to go  
My torch for life was so aglow

I transferred while in uniform  
Protecting freedom, through a storm

Should I resent I died for you  
Not on my life, red white and blue

Please help my family through each day  
Tell all my friends, try not to stray

And of the country I did love  
Do think of me, through God above

Your memories, brought forth this day  
Send love to us, who could not stay

**Roger J. Robicheau**

### **AFTERNOON AT THE MOVIES**

***"The King's Speech"***

***With: Colin Firth***

**May 18, 2011, at 1:00 PM**

The movie is free!

***The lunch will be \$3.00. (Sign up ahead)***

**MLPC License No. 12559840**



### **Amesbury Playhouse**



***"Two By Two"***

**Friday, May 6, 2011**

Dinner – 7 PM, Show – 8:30 PM

**Sunday, May 8, 2011**

Dinner – 12 PM, Show – 1:30 PM

**Wednesday, May 11, 2011**

Dinner – 6:30 PM, Show – 7:30 PM

**Sunday, May 22, 2011**

Dinner – 12 Pm, Show – 1:30 PM

***"One Flew Over the Cuckoos Nest"***

**Friday, May 27, 2011**

Dinner - 7 PM, Show – 8:30 Show

To make reservations, you MUST call the  
Senior Center 2 days prior to the show.  
(978-346-9549)

***If you want dinner, call 978-388-9444 for a  
dinner reservation. Tell them that you are  
attending as part of the free senior show from  
Merrimac so that you do not get charged for the  
show, (dinner is not free)***

### **CALLING ALL QUILTERS**

Join us for a Quilting  
afternoon.

Bring your current or old projects.  
Wednesdays 1:00 pm – 3:00 pm.



### **The Merrimac Red Hatters**



**The Red Hatter's** will meet on May 10, 2011 at  
the 9:00 a.m. at the Whittier Vo-Tech  
Cosmetology Department for a "Beauty Day".  
You can get a manicure, facial, etc. You must  
register by May 5, 2011.

To register, call Lorraine Chevalier at 978-346-  
9732 or Ann Hanson at 978-374-0226.

**WEAR YOUR RED HAT GEAR.**

**Wii the Game**

**Merrimac vs. Amesbury**

On the second Tuesday of every  
month Merrimac and Amesbury  
seniors will have **Wii**

**Tournaments.** They will be  
alternating at each of the Senior  
Centers.

This month's tournament will be in Merrimac  
beginning at 9:00 AM.

**We have the following games:** baseball, golf,  
boxing, tennis, bowling and the new **Wii Fit**.

The games are played on a large-screen TV at  
the Senior Center. **Wii** is scheduled for  
Monday afternoons at 1:00 PM, Tuesday, &  
Wednesday mornings – 9-11 AM,

**Come in and have fun, also great exercise!**

**Exercise Classes**

**Monday, Wednesday and Thursdays.**

Classes will be held from 9:30 AM – 10:30 AM.  
The cost is \$3.00 per class.

**Line Dance Classes**

**Line Dance Classes with Gerry Mullen**

Classes are held on Fridays from 10:00 AM –  
12:00 PM. The cost is \$3.00 per class.

**BINGO – Mondays 1-3 PM**

**Free Refreshments & Good Company**

We would like to invite you all to come join us  
on Monday afternoons, 1-3 PM, to play BINGO  
with a nice group of ladies and men. We do  
not have a "big money" game – just 3-9 cards



for \$1 or \$2. But it is a fun afternoon for playing and meeting nice people. We also have additional prizes, and light refreshments at no charge. Hope to see you soon!



### "Sal's Poker"

If you like to play poker, have we got the game for you!

**When:** Thursday, 1:00-4:00 PM

### YOGA CLASSES

**With: Mary Van Abs**

The Merrimac Senior Center is offering ongoing Yoga Classes.

Chair Yoga classes are on Wednesdays at 1:00 PM. Donation: \$3.00

Yoga classes are on Wednesdays at 4 PM. Donation: \$5.00

### "Showcase Crafters"

The next meeting of the "Crafters" will be on May 4, at 10:00 AM in the library.

We are responsible for the Showcase in the reception area, the Flea Market and The Craft Fair. We are always looking for new crafters and ideas-come join us!!



**Regular (basic) ZUMBA**  
Monday nights – 7:30 PM  
Tuesday nights – 7:30 PM



This class can be performed by anyone -with a few modifications.

### **GOLD ZUMBA**

**Thursday nights - 7:30 PM**

This class is specifically designed for older adults, and/or those who desire a low impact class. This is a moderately paced class with few or no jumps, twists or turns.

**ZUMBA IS FOR ANYONE AT ANY AGE or ABILITY!**

**No prior dance or exercise experience is necessary**

**\$5.00 per class – drop-in**  
Or

**Coupons for 5 classes - \$20.00**

**Questions? Contact Susan Tribble,**  
**Certified Instructor**

**978-314-1993 – [susantribble@comcast.net](mailto:susantribble@comcast.net)**

### *Making Memories*

**A FREE 60 minute program for Active Adults at A.C. Moore.**

**Salem, NH**

**Thursday, June 9, 2:00 p.m. – 3:00 p.m.**

**Participants make memories.**

They are introduced to a variety of crafting ideas for themselves or the children in their lives.

**Participants preserve memories.**

They receive instruction on scrapbooking and create their own scrapbook page for their photos. Call the Senior Center to make your reservation.

### **You can paint this!**

**On Monday, May 9, 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*



### **MAY**

**May is the month we celebrate Older American Month!**

**TRIAD Speaker Series**



Local law enforcement members meet with senior groups to discuss issues that are of interest and/or concern. The following is a comprehensive list of topics representatives from the Sheriff's Department and the District Attorney's Office have spoken about during the last few years:

Identity Theft, Senior Scams, Prescription Drug Disposal, Health Care Proxies & Durable Power of Attorney, Elder Abuse, Homestead Act & Home Improvement Contractor's Statute.

### **Prescription Advantage**

Prior to 2011, when members reached the donut hole, their Part D plan paid \$0. Starting January 2011, when members who have a Part D plan but don't get Extra Help (the low income subsidy) reach the donut hole their plan will pay 50% of covered brand name drugs and 7% of covered generic drugs. The member's cost will be the remaining 50% (brand name) or 93% (generic).

## **Senior Center Gift Shop**



The Merrimac Senior Center will be opening a small gift shop on the 2<sup>nd</sup> floor on Tuesday, Wednesday and Thursdays from 10:00 am 2:00 pm.

We will be offering a variety of handmade and re-giftable items. Please come and check us out. Oh, by the way, we will also have a **“Name That Shop”** contest. Entry forms will be available in the shop until 6/1/2011. The winning entry will receive a gift certificate to “Market Basket”.

## **Protect – Detect – Report**

### **Protect**

#### ***Protect yourself***

#### ***from Medicare errors, fraud, and abuse***

Protecting your personal information is the best line of defense in the fight against healthcare fraud and abuse. Every day, consumers get ripped off by scam artists.

Medicare and Medicaid lose billions of dollars each year. You can make a difference!

#### **Here are some ways to take an active role in protecting your healthcare benefits:**

- Treat your Medicare, Medicaid and Social Security numbers like a credit card number. Never give these numbers to a stranger.
- Remember, Medicare doesn't call or visit to sell you anything.
- Don't carry your Medicare or Medicaid card unless you will need it. Only take it to doctor's appointments, visits to your hospital or clinic, or trips to the pharmacy.
- Record doctor visits, tests and procedures in your personal health care journal or calendar.
- Save Medicare Summary Notices and Part D Explanation of Benefits. Shred the documents when they are no longer useful.

### **Detect**

#### **Learn to detect**

#### **Potential errors, fraud, and abuse.**

Even when you do everything right, there is a chance that you could be a target of healthcare fraud. There are a lot of ways that your

personal information can be used without your permission.

#### **Here are some steps you can take to detect potential errors, fraud and abuse:**

- Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for mistakes. Access to your current Medicare account is available 24 hours a day, simply visit [www.MyMedicare.gov](http://www.MyMedicare.gov).
- Compare your MSN and EOB to your personal health care journal and prescription drug receipts to make sure they are correct.
- Look for three things on your billing statement:
  1. Charges for something you didn't get
  2. Billing for the same thing twice
  3. Services that were not ordered by your doctor

### **Report**

#### **If you suspect that you have been a target of errors, fraud and abuse, report it.**

#### **Here are the steps you should take to report your concerns and abuse:**

- If you have questions about information on your Medicare Summary Notice or Part D Explanation of Benefits, call your provider or plan first.
- If you are not comfortable calling your provider or plan or you are not satisfied with the response you get, call your local SMP at 1-877-808-2468.

#### **SMP Empowering Seniors to Prevent Healthcare Fraud**

Visit the SMP locator at: [www.smpresource.org](http://www.smpresource.org)

### **Preventing Mail Fraud Unsolicited Merchandise**



A company sends you a gift in the mail – a tie, a good luck charm, or a key chain. You didn't order it. What do you do? If you're the kind of person they are looking for, you'll feel guilty and pay for it. But you don't have to. What you do with the merchandise is entirely up to you.

- If you have not opened the package, mark it "Return to Sender." The Postal Service will send it back at no charge to you.
- If you open the package and don't like what you find, throw it away.
- If you open the package and like what you find, keep it – free. This a rare instance where "finders, keepers" applies unconditionally.

Whatever you do, don't pay for it – and don't get conned if the sender follows up with a phone call or visit. By law, unsolicited merchandise is yours to keep.

*Happy Birthday!*

**MAY**

- (1) Elle Adams, Mary Cheney
- (2) Mary Alsterlund
- (4) Robert Donahue
- (5) Thelma Gibbs, Rosalie Goldthwaite
- (6) Linda Sansone
- (7) Sal Giambarresi
- (8) Emily Boisselle, Elaine Veinot
- (9) Bob Eastman
- (11) Gerry Morenski
- (13) Ralph Spencer
- (14) Jane Bibeau
- (16) Linda Sharkey
- (18) Marcia Hardy, Nancy McCarthy
- (20) Merry Brooks, Richard Emery, **Ida (103) Labranche**, Gerry Raper, Carol Sinibaldi
- (21) Richard Noone
- (22) Dot Doughty, Beverly Terrazzano
- (23) Helen Terrazzano, George Verrette
- (24) Sandra Chute, Gert Pacquin
- (26) Mary Ellen Hill
- (27) Warren Dixon
- (28) Pauline Grant
- (29) Norman Carey
- (30) James Murphy, Alma Pingree, Catherine Poole
- (31) Lorraine Dodier, Mary Ledwich, Ray Peters, Betty Pittman

**LUNCHEON CLUB**

**Our next luncheon will be on Friday, May 20, 2011, at the Olive Garden in Methuen, MA.**

Call the Senior Center to make reservations by (Thursday) May 19, 2011



**Volunteer of the Month**

On Tuesday, April 5, **Altha Ottman's** name was drawn from a list of people who volunteered during the month of February. The winner will receive 4 free lunches at the Senior Center

**THE CENTERPIECE**

**Merrimac Senior Center**

Published Monthly Mailing made possible in part through a grant from the Executive Office of Elder Affairs

The **Friends of COA** business meeting will be **Wednesday, May 4, 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 - MARCH**

Friends of COA, Dr. Robert Connolly, Ray & Elaine Peters, Girl Scouts from Salem, Nat Christie, Therese Cormier, Eleanor Williams, Methodist Church, Pat Amatangelo, Diane Gadsby, Theresa Duhamel, Dave DeGuio, Louise Yates, Sandy Chute, The Couplings, Bessie Ariola, Dot Whiting, Mary Alsterlund, Vic Perreault, Anonymous, Meredith Whiting, Claire Labbe, ZUMBA Class, Winnie Hill, Marie Gelinis, & Shirley Mitchell.

**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 **Sal's Poker Group** for their generous donation to the **Friends of the Merrimac COA.**