

## **AUGUST 2017**

After much thought and reflection, I have decided to write my last column for the Saugus Senior Center Monthly Newsletter. Before I retire my pen, I would ask you to indulge me one last time and let me reflect on my family, life in Saugus, and the Saugus Senior Center.

As most of you know, my wife Eleanor and I were both born in Lynn and made a decision early in our marriage that we wanted to move “Out to the Country” to Saugus someday. After serving my country in the Korean War, I was very fortunate to get a job with the General Electric and we moved to 22 Henry Street in Saugus over fifty years ago. We raised our four children and have lived here ever since. It was one of the best decisions we ever made.

After moving to Saugus, I had the great pleasure to meet a very dear friend Richard “Dick” Reynolds. Dick was the one who encouraged me to run for politics. He told me “If you want to make Saugus a better place” you need to get involved. Little did I know at the time, Dick’s inspiration would be the start of my forty year career as a Saugus elected official. I had the pleasure of serving on the Board of Appeals, Town Meeting, School Committee and Board of Selectman.

While on the Board of Selectman, Town Manager Edward Collins convinced the Board to embark on an ambitious Capital Improvement Program for the Town of Saugus. Ed asked me to oversee the construction of a new “State of the Art” Senior Center. I gladly accepted and put my heart and soul into ensuring that we built the best Senior Center in the State of Massachusetts.

After retiring from the GE and the Board of Selectman, I still had a strong desire to stay involved in Saugus. I decided my time would be best served helping at the Senior Center. Through the Saugus Council on Aging, Friends of the Saugus Senior Center, and the Saugus Retired Men’s Club I was able to help the Center continue to serve the Senior Citizens of Saugus.

In closing, I would like to thank Joanne Olsen, her hardworking team, and the many volunteers at the Center that make it such a wonderful special place. Lastly, I may be retiring my pen but I plan to remain involved in the Center to help in any way I can.

## **THE DAY IS LOST IN WHICH ONE HAS NOT LAUGHED**

By Dick Barry

A four year old boy went with his dad to see a litter of kittens. On returning home he breathlessly informed his mother there were two boy kittens and two girl kittens.

“How do you know” his mother asked. “Daddy picked them up and looked underneath”, he added. I think it is printed on the bottom.

Harry and Jane were applying for an extension of their son’s student loan. They offered the comment. We had his board and tuition figured out right, we just didn’t count on the item of ‘bail’.

A woman went into a small town post office recently and asked for five dollars worth of stamps. "What denomination?" asked the clerk. "I didn't know it would come to this but if the nosy government people have to know, "I'm Baptist."

Mary: "Jane does your husband ever pay you a compliment?"  
Jane: "Well sometimes he says, "You're a nice one"

Mommy, Mommy, why is Daddy running away?  
"Shut up and help me reload."

"Grandma, how long have you and grandfather been married?" asked the granddaughter. "Fifty years", Grandma said. "Isn't that wonderful," exclaimed the granddaughter. "And I'll bet that in all that time you never thought about a divorce....right?"  
"Right, divorce never, murder sometimes."

The husband was very unhappy. "Why do you keep telling about the mistakes I made? I thought you had forgiven and forgotten."  
"I have forgiven and forgotten but I just don't want you to forget I have forgiven and forgotten."

"Did you see the hat may wore to church", Jane said to her husband?  
"No" said Henry.  
"Did you see the dress Louise had on?" again, he replied no.  
Jane shook her head. "A lot of good it does you to go to church".

We have to forgive her. She's having husband trouble- she can't get one.

My friend Mr. Casey tells me his wife reads the obituary column in the newspaper every morning and she can't understand how people always die in alphabetical order.

Two women are lunching and one looks off to see a friend. She says, "Oh, there's Ruth. Do you believe that awful story about her?"  
The other woman says, "Of course. What is it?"

Local celebrity: "It's great to be here with all you wonderful folks here in the Nursing Home. Does anyone here know who I am?"  
Ninety year old Mrs. Kelly: "No, but don't worry. Go down to the desk and they'll tell you."

### **NEWS FROM GREATER LYNN SENIOR SERVICES**

Greater Lynn Senior Services (GLSS) as a state designated Area Agency on Aging (AAA) presents its proposed four year "Area Plan FFY2018-2021" for public review and comment. A draft of the plan can be requested from Susan Thomas, Planning Coordinator, in late-August. To request a draft plan, contact Susan at

[stthomas@glss.net](mailto:stthomas@glss.net) or 781-477-6707. Once the draft plan is completed in late August, GLSS will post the plan on its web site ([www.glss.net](http://www.glss.net)), make copies available at the senior centers and will hold a public hearing on Friday, September 8, from 4:00-5:00 p.m. at the Lynn Senior Center, 8 Silsbee Street in Lynn. All citizens are invited to attend this hearing.

### **LUAU AT LUNCH**

Get your grass skirts and your flowered shirts out of the closet and join us on Thursday, August 10<sup>th</sup> at 11:30 for a LUAU here at the Saugus Senior Center. DJ Allen LaBella will be here to have you up and dancing the afternoon away. West Revere Health Center's chef Rick will be here to prepare a delicious meal for us.

Hawaiian Chicken  
Rice  
Seasoned Vegetable  
Pineapple Upside Down Cake

Raffles, prizes for best Luau attire. Cost: \$8.00

***YOU MUST GET YOUR TICKETS IN ADVANCE***

**Special Thanks to Co-Sponsors:**

Chestnut Woods Rehabilitation and Healthcare Center

Home Instead Senior Care

The Arbors of Winthrop

West Revere Health Center

### **FREE HEARING CLINIC**

Mary Marino of Mary's Affordable Hearing Aids will be doing a hearing clinic on Friday, August 11th from 10:00-12:00. Mary is a true professional in her field with 13 years of experience in the hearing industry. If you have any questions about your hearing, would like your existing hearing aids checked or would like a screening, please stop in to see her. Call 781-249-5330 to make an in home appointment.

### **SENIOR ASSOCIATION MEETING**

The Association Pizza party will be Thursday August 17<sup>th</sup> at Prince Pizza. Doors open at 11:30. Tickets are \$2.00. Please see Corinne Heise, or Dottie Bockus. The next Association meeting will be Thursday, September 14<sup>th</sup> @ 12:30. To become a member of the Association contact Delores Venetsanakas at 781-595-2673.

### **🎵🎵 EVENING DANCE & PIZZA PARTY – WITH PETE SARAN 🎵🎵**

The next Pizza party/Dance will be held on Thursday, August 17th at 5:30. We will be serving 2 slices of pizza, salad, and soda. Serving will begin at 5:30 followed by dancing to the music of Pete Saran. Bring some friends! It's lots of fun. Obtain your ticket in the back office in advance. Due to the fact that the cost of pizza has gone up, and we are being charged more for each pizza, we will now be charging \$10.00 a ticket. . **(ATTENTION: Please call and sign up in advance, if you plan on coming, so that we are able to order pizza accordingly).**

## **COMEDIAN JOHNNY PIZZI HERE AT THE SENIOR CENTER**

Join us on Tuesday, August 22<sup>nd</sup> at 12:30 when Comedian, Johnny Pizzi, will be here at the Center to humor us all. Johnny has been doing comedy over 30 years. He has been a fixture not only on the Boston Comedy Scene but all over New England and East Coast as well. He's also the unofficial Magician of The New England Patriots. Refreshments will be served. Tickets are \$3.00. **TICKETS MUST BE PURCHASED IN ADVANCE.**

## **VETERANS' COFFEE HOUR**

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. The group meets every fourth Wednesday from 1:00-2:00. The next meeting will be Wednesday, August 23rd.

## **KIOSK FOR LIVING WELL IS BACK**

Get some tips around strengthening your balance and increasing your mobility at **The Kiosk for Living Well!** We'll have a short Falls Prevention followed with a discussion around balance and mobility. Our MoveSafe Counselor will then offer to evaluate balance and work with individuals or groups interested in improving their abilities to move safely around the community. The Kiosk will be set up on Monday August 28<sup>th</sup>, from 12:30-2:30 and everyone through a variety of brain games and trivia on our large, rolling touch screen computer. The possibilities at the Kiosk are limitless! See you on Monday, August 28<sup>th</sup>! Refreshments will be served!

## **TRIAD**

PHOTO ID – Save The Date. On Monday, September 11, from 9-11:00 a.m., Triad, along with the Essex County Sheriff's Office, will be doing free photo identifications. Please bring a form of identification with you.

## **TRIAD SCAM ALERT**

You receive a phone call from a courier service. They ask if you will be home because they have a package for you requiring a signature. They say the delivery will arrive in roughly an hour. Sure enough, about an hour later, a uniformed delivery man turns up with a beautiful basket of flowers and a bottle of wine. You inquire as to who the sender was. The courier replies he doesn't know, he only delivers the package and said that a card would arrive separately. He tells you that because the gift contained alcohol, there was a \$3.50 delivery charge, and that the company requires payment to be made by credit or debit card only, thus helping to keep a legal record of the transaction. He said that couriers don't carry cash. This sounds completely logical and you hand him your debit card. He swipes the card on a small mobile card machine, and you are asked to enter your PIN number and a receipt was printed out. All is good says the courier. UNFORTUNATELY FOR YOU, YOUR MONEY HAS BEEN WITHDRAWN FROM YOUR ACCOUNT AT VARIOUS ATM MACHINES. You were scammed!! Be weary of accepting packages which you never ordered.

## **BOUTIQUE**

The boutique is in need of greeting cards, especially “Get Well” and “Sympathy”. We appreciate your continued support.

### **OUTREACH**

#### **LEO – FUEL ASSISTANCE**

#### **HEATING ASSISTANCE – ENERGY AUDIT – HEATING SYSTEM REPAIR**

This federal fuel assistance program is open to all eligible resident households of Lynn, Lynnfield, Nahant, Saugus, Swampscott and Wakefield. Eligibility is based on family size and income of the entire household. Tenants with heat included in their rent may be eligible for benefits depending upon the household income and are encouraged to apply. (Households with heat included in their rent and who are in public housing or private subsidized housing where rent is limited to a low percentage of their income may not be eligible for fuel assistance benefits but may be eligible for utility discounts.) LEO intake workers will be at the Saugus Senior Center to take applications for new and returning clients. If you received an application in the mail, please bring it with you for LEO staff to check.

Wednesday, August 16

Wednesday, August 30

9:30 AM – 11:30 AM

Please see Cheryl for the list of documents you should bring when you apply.

### **GLSS Continues Its Commitment to Creating a “Dementia Friendly” Community in Saugus**

#### **BOOKS AND DVD’S ABOUT CAREGIVING, ALZHEIMER’S DISEASE AND RELATED DEMENTIAS -**

**The books and DVDs about caregiving, Alzheimer’s disease, and related dementias are available at the Senior Center. Anyone interested in borrowing a book or DVD can sign it out in the back office.**

**CAREGIVER’S SUPPORT GROUP** Meet the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the Month at 12:30 Here at the Saugus Senior Center.

#### **MEDICAL EQUIPMENT LOAN PROGRAM**

For seniors in need of a walker, wheelchair, shower chair, transfer bench, commode, canes, etc., our Senior Center can provide the item on loan at no charge, BASED ON AVAILABILITY. Please call the Senior Center at 781-231-4180 to check on availability.

### **VETERAN SERVICES**

Veterans and Veteran Family Members you may be eligible for financial assistance!

Chapter 115 is a town program that provides a financial and medical assistance for fixed income veterans, spouses, and widows. Qualifying veterans and their dependents receive financial assistance for food, shelter,

clothing, fuel, and medical care. If your income is below or near \$ 1945 for 1 person and \$2621 for two people please contact the Veteran Services office immediately.

We are open:

**M-W 9-4 & F 9-12:30**

Douglas LeShane  
Veteran Services Officer  
Town of Saugus 781-231-4010

### **Veteran Mobile Food Market**

**AUGUST 16<sup>TH</sup>**

### **AT THE SAUGUS SENIOR CENTER**

The purpose of this program is to provide nutritional supplements to our veteran community. The program is specially designed for veterans and their family members only. This market will take place on the third Wednesday of every month. Interested Saugus veterans can sign up for the Veterans Mobile Food Market by calling Douglas LeShane at 781-231-4010.

**Date:** Wednesday, August 16, 2017

**Place:** Saugus Senior Center

**Time:** 11:00 p.m. – 12:30 p.m.

Each delivery contains nearly 20 pounds of fresh produce and food goods. There are no boxed items and all food is sourced locally and from local restaurants. If you have any questions, please call our office.

### **SEAMSTRESS**

Seamstress, Diane Maruzzi, will be here at the Center on Wednesdays from 10:00-11:00 to perform alterations. Any questions, you may call Diane at 781-233-4654.

### **LINE DANCE CLASSES**

Line Dancing with Cindy - Mondays 10:00 – 11:00

Line Dancing with Kris – Thursday, 10:00-11:00

Line Dancing with Charlotte – Friday, 10:00 – 11:00

### **MARY MCKENZIE, RN, EdM, MS, PUBLIC HEALTH NURSE HERE AT THE SAUGUS SENIOR CENTER -**

Mary will be in the nurse's office every Thursday to answer any questions you may have. She will perform blood pressure screenings every third Thursday from 9:00-11:00.

### **NEW BLOOD PRESSURE DAY**

### **WELCOME DIANNE BUZDEREWIC, RN**

We would like to welcome Dianne to the center. Dianne is a registered nurse and she will perform blood pressure screenings for us every second Wednesday of the month from 9:00-11:00.

### **BLOOD PRESSURE**

1<sup>st</sup> Tuesday of the month August 1<sup>st</sup> @ 9:30  
2<sup>nd</sup> Wednesday of the month August 9<sup>th</sup> @ 9:00  
3<sup>rd</sup> Thursday of the month August 17<sup>th</sup> @ 9:00  
4<sup>th</sup> Monday of the month August 28<sup>th</sup> @ 9:00

**UPCOMING EVENT - LIZZIE BORDEN AND THE 40 WHACKS AT THE SAUGUS SENIOR –  
SEPTEMBER 15<sup>TH</sup>**

The Devena Theatre Company will be presenting *Lizzie Borden and the 40 Whacks* at the Saugus Senior Center, 466 Central Street, Saugus, on Friday, September 15, at 12:30 PM.

On a scorching hot day in Fall River, back in August of 1892, a heinous crime occurred. Spinster Lizzie Borden was accused, tried, and acquitted for the vicious ax murders of her father and stepmother. This true unsolved mystery has fascinated people for over 100 years. Two people died on that day in 1892, but Lizzie continues to live on in American folklore. An edutainment production, written by Fran Baron and directed by Joseph Zamparelli, the show will feature Lynne Moulton and Joseph Zamparelli in multiple roles. The performance includes a mock trial that invites the audience to participate by questioning Lizzie and deciding her guilt or innocence. Did she or didn't she? You be the judge on September 15th at the Saugus Senior Center. Lynne Moulton has performed several roles for Delvena Theatre including her IRNE nominated Martha in *Who's Afraid of Virginia Woolf?* and Sissy in *Piece of My Heart* and also for numerous other theatre companies in the New England area. She received her acting training at the Royal Academy of Dramatic Art under the direction of Sir Robert Palmer and at Trinity Rep Conservatory. Joseph Zamparelli is a professional actor, director and producer. A graduate of Boston College (Psychology/Theater Arts) he went on to the professional training program at Circle in the Square Theater School in NYC. In addition to commercial film and television work, he is Producing/Artistic Director of BostonAlive.

*Lizzie Borden and the 40 Whacks* is supported in part by a grant from the Saugus Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. For more information, contact the Senior Center at (781) 231-4181.

**TRANSPORTATION**

The Saugus Senior Center offers rides for Saugus residents that are Senior Citizens to come to the center for lunch Monday through Friday. **\$1.00 round trip**

We also offer trips to Stop and Shop or to the mall on **Thursday mornings only. \$3.00 round trip**  
Medical rides to Saugus, Lynn, Lynnfield Salem, Stoneham, Melrose and Peabody. **\$4.00 each way**  
For appointments and details call Mary at 781-231-4179

**FRIENDS OF THE SAUGUS SENIOR CENTER**  
**GE MATCHING GIFT PROGRAM**

The Friends of the Saugus Senior Center have been accepted by the GE Matching Gift program. Your gift of \$25 or more may be matched dollar for dollar!

This program is for current GE employees, and retirees of the GE. We encourage GE people to help us out. Your donation is tax deductible.

Eligible donors should make their checks payable to: Friends of the Saugus Senior Center and mark it "Eligible for GE Foundation Match" under memo. Send to: Friends of the Saugus Senior Center, 466 Central Street, Saugus, MA 01906.

Report your contribution to: The GE Foundation Matching Gift Center at 1-800-305-0669. When you call you will need to have the following information ready. Your SSO number, zip code of the Senior Center 01906, the amount of your gift, the date of your gift.

**New at the Saugus Senior Center – Stock Transfers**

**Other than cash donations, we are setup to accept stock transfer donations.**

**VISIT OUR WEBSITE AT** [www.SaugusSeniorCenter.org](http://www.SaugusSeniorCenter.org) **and** [www.SaugusSC.org](http://www.SaugusSC.org)

**TREE OF LIFE**

A good way to support the Senior Center is to buy a leaf on the Tree of Life. Donations of \$250.00 or more to the Saugus Senior Center will provide a beautifully scripted leaf on the Tree of Life, showing the name of the person that makes the donation or if in memory, the name of the person that is being memorialized.

**IN MEMORIAM**

Gifts in loving memory of the following people have been made to the Living Memorial.  
**FRANCIS “SONNY” CASCIO** from Aggie Newhall and David and Bella Westerman. **BARBARA GALVIN** from Dottie Moschella

Sincere thanks to all our friends for their generous contributions to the Living Memorial Fund.  
Astrid Napolitano & Betty Frongillo  
Living Memorial Chairpersons

**TRIPS TRIPS TRIPS**

**AUGUST:**

- |             |  |                |
|-------------|--|----------------|
| <b>8/3</b>  | <b>TRIBUTE TO THE LEGENDS OF THE 60s</b>                 |                |
|             | <b>Don Who/Comedian Glen Anthony White's of Westport</b> | <b>\$79.00</b> |
| <b>8/4</b>  | <b>FOXWOODS</b>  | <b>\$28.00</b> |
| <b>8/15</b> | <b>CAPTAIN JACK'S LOBSTER LUNCHEON</b>                   |                |
|             | <b>LIGHTHOUSE CRUISE</b>                                 |                |
|             | <b>Lobster Bake/Rhode Island Bay Cruises</b>             | <b>\$99.00</b> |
| <b>8/24</b> | <b>MOTOR CITY FEVER</b>                                  |                |
|             | <b>Celebration of Motown Venus de Milo</b>               | <b>\$85.00</b> |

**SEPTEMBER:**

- |            |                |                |
|------------|----------------|----------------|
| <b>9/8</b> | <b>MOHEGAN</b> | <b>\$28.00</b> |
|------------|----------------|----------------|



9/12-14    CAPE MAY/ATLANTIC CITY  
2 Nights/\$25 slot, \$60 meal credit                      Show, luncheon  
**\$329.00**

9/21        MILLION DOLLAR QUARTET  
Concert/Venus de Milo                      **\$89.00**

**OCTOBER:**

10/6    FOXWOODS                      **\$28.00**

10/14    FALL FOLIAGE TRAIN RIDE  
Common Mann Inn Buffet                      **\$99.00**

**NOVEMBER:**

11/3        FOXWOODS                      **\$28.00**

11/7-9        TURNINGSTONE RESORT  
\$65.00 coin play, 2 Breakfast                      buffets \$15.00 food coupon **\$89.00**

11/14-16        INDIAN HEAD  
5 Meals/3 Shows/2 Cocktail Rec.                      **\$349.00**

**DECEMBER:**

12/1-3        PENN DUTCH/The Miracle of                      Christmas 2 Nights/4 Meals/Ticket to  
Miracle of Christmas/White Christmas                      **\$439.00**

12/8    FOXWOODS                      **\$28.00**

12/5        MICHAEL BUBLE TRIBUTE  
Danversport                      **\$69.00**