

AUTUMN IS HERE!

Oh, September with ward days and cooler nights.
Turn off your AC and open your windows and let
the cool breezes come in.

SEPTEMBER 4TH LABOR DAY this is the day
we honor all working people.

SEPTEMBER 9TH FOUNDERS DAY in Saugus
Center. The Friends of the Senior Center will have a
booth, stop by and say hello. Many activities are
being offered. Civic organizations will have booths
and give-a-ways, vendors of all kinds, handmade
items to be purchased, schools will have food
booths, churches will have breakfast, businesses
will hand out free gifts. Saugus' Man and Woman
of the year will be chosen and honored at noontime.
A great time to meet and greet friends.

SEPTEMBER 10TH GRANDPARENTS DAY

September 16th Veteran's Appreciation Day at
World Series Park located adjacent to Belmonte
Middle School. A great time to honor all those who
have served, and are currently serving in our
military. There will be entertainment, a fly over,
softball game, raffles, booths, food and a good time
for all ages. Time: 10:00-3:00.

SEPTEMBER 18TH NATIONAL CHEESEBURGER DAY

SEPTEMBER 29TH NATIONAL COFFEE DAY

A SMILE IS GREAT MEDICINE **NO PILLS REQUIRED**

Dear son,

Just a few lines to let you know that I am still alive.
I'm writing this slowly because I know you can't
read fast. You won't know the house when you
come home, we've moved. About your father, he
has got a lovely new job. He has 500 men under

him, he cuts grass at the cemetery. Your sister Mary had a baby this morning. I haven't found out whether it's a boy or a girl. So I don't know if you're an aunt or an uncle. I went to the doctors on Thursday, and your father came with me. The doctor put a tube in my mouth and told me not to talk for ten minutes. Your father offered to buy it from him. Your uncle Patrick drowned last week in a vat of Irish Whiskey at the Dublin brewery. Some of his work mates tried to save him but he fought them off bravely. They cremated him and it took three days to put the fire out. It only rained twice this week, first for three days then for four days. We had a letter from the undertaker. He said if the last payment on your grandmothers plot wasn't paid in seven days up she comes!

Your loving mother.

P.S. I was going to send you 5 dollars but I have already sealed the envelope.

My grandson came home from kindergarten in tears. "What's wrong?" his mother asked.

"The teacher told us to eat the popcorn and then we could read," he said. "So?" now sobbing, he said, "I ate the popcorn, and I still can't read!"

NEW ENGLAND PATRIOT'S SEASON OPENING DAY& FOOTBALL TRIVIA

Put on your New England Patriot's attire and join us on Thursday, September 7th at 11:30 for some football trivia and prizes at lunch. We will be celebrating the seasons opening game which the New England Patriots will be playing the Kansas City Chiefs at home at Gillette Stadium. 8:30 p.m. game.

FREE HEARING CLINIC

Mary Marino of Mary's Affordable Hearing Aids will be doing a hearing clinic on Friday, September 8th 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.

TRIAD PHOTO ID

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.

ATTENTION BINGO PLAYERS

The Senior Center Bingo is run by dedicated members of a volunteer force. After a hot summer, the Bingo Group has decided to take a one week break on Wednesday, September 13th. We will see you again on Wednesday, September 20th. ***Thank You All*** for making our Bingo so successful.

SENIOR ASSOCIATION MEETING

The next Association meeting will be Thursday, September 14th @ 12:30. To become a member of the Association contact Delores Venetsanakas at 781-595-2673.

LIZZIE BORDEN AND THE 40 WHACKS **AT THE SAUGUS SENIOR – SEPTEMBER** **15TH**

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. ***Refreshments will be served.*** Please get your tickets in advance. **Cost: \$3.00.**

Veteran Mobile Food Market
SEPTEMBER 20TH
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, September 20, 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.

♪♪ AUTUMN EVENING DANCE & PIZZA
PARTY – WITH PETE SARAN ♪♪

Come celebrate Autumn at the next Pizza Party/Dance which will be held on Thursday, September 21st at 5:30. ***Special Apple Cider and Donuts, and***

many special give-a-ways. 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).**

ITALIAN DAY AT THE SAUGUS SENIOR CENTER

Join Us on Friday, September 22nd, at 11:30 for our "Italian Day" with the one and only Jimmy Celona. Jimmy delivers spectacular performances from Frank Sinatra, Tom Jones, Dean Martin, and Elvis Presley – 50's & 60's Do Wop!! Jimmy has been performing for 40 years, his performance include weddings, functions, Senior Centers, Nursing Homes, shows and theaters. West Revere Health Center is very excited to be sponsoring this event. Their own Food Service Director, Ricky, will be providing a delicious Chicken Parmesan with Pasta and Vegetable, also a delicious Italian pastry for dessert. Baskets will be raffled along with Fun Italian Theme Prizes. You must get your tickets in advance: Cost \$6.00.

West Revere Health Center is currently accepting donations to help our local soldiers stationed overseas. Listed below is a list of current items that they are in need. Any donation big or small will help make their time deployed a lot less stressful.

Stress Balls

Suntan lotion, foot powder, sunscreen, baby wipes

Deodorant (men or women) Shower wash

Dog Treats for service dogs

Instant Breakfast Oatmeal (Envelope or cups)

Dry fruit & nuts, hard candy & beef jerky, Nutella

Cookies, Candies (No Chocolate) & sweets

Coffee, Tea, Sugar, Creamer, Crackers, K-Cups Coffee, tea, hot cocoa

Writing Materials, blank greeting cards, religious items

New T-Shirts (For Hospitals), Flip Flops, Underwear,
white socks (men and women)
Crossword Puzzles, Books, Playing Cards
Ziploc Bags (all sizes- all items need to be packaged in a
Ziploc Bag)

The Saugus Senior Center is hoping to help West
Revere Health Center, by asking our seniors to donate
an item on the list above. Items can be brought into our
back office anytime on or before our Italian Day Party
on September 22nd. “Thank You” in advance for your
participation.

ADULT FOSTER CARE

This is a federally-funded MassHealth program
designed to offer a living option for individuals with a
medical and or psychiatric diagnosis who require
assistance with their activities of daily living, allowing
compensation for the caregiver. Gabriel Care and their
experienced team of nurses and Care managers may be
able to help you. Many are already living with family
members who qualify as a caregiver.

Please join us on Tuesday, September 26th from 9:30-
10:30 to discover how Gabriel Care can help identify
your needs. Coffee/Donuts and Muffins will be served.

**PLEASE SIGN UP AT FRONT DESK IF YOU WILL
BE ATTENDING.**

FREE FLU SHOT CLINIC

The Saugus Senior Center is hosting a Rite Aid flu
shot clinic from **10:00 a.m. to 12:00 p.m. on Thursday,
September 28th**. All that is needed for you to receive
your vaccination is your prescription insurance card (A
and B Medicare). Screening Questionnaires and
Consent Forms are available in the office to fill out and
present that day. Please stop in and receive your free flu
shot along with a Cold and Flu Protection Plan to help
you stay protected all season long!

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, September 27th.

IT IS ALMOST HERE...MEDICARE'S ANNUAL OPEN ENROLLMENT

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2018.

During Medicare's Annual Open Enrollment (October 15 – December 7), you will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one. SHINE (Serving the Health Insurance Needs of Everyone....on Medicare) Counselors can help you understand your plan changes, as well as explain other options you may have.

Appointments are limited so make your appointment soon. Please bring your Medicare card and list of prescription medications with you to your appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact Cheryl Roberto at 781-231-4180. You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845, leave a message and a counselor will return your call as soon as possible.

MEDICARE COVERAGE OF DIABETES SUPPLIES

Some diabetic supplies are covered under Medicare Part B (Medical Insurance) rather than Medicare Part D (Drug Plans). These include: blood sugar (glucose) test strips and testing monitors, lancets and lancet devices, insulin pumps and glucose control solutions for checking the accuracy of testing equipment and test strips. These products are covered under Part B as durable medical equipment and must be purchased with a doctor's prescription from a Medicare-approved supplier or pharmacy. Not all pharmacies realize these supplies should be billed to Medicare Part B.

In addition, some pharmacies, especially those that are not part of a large retail chain, may not participate in Medicare Part B and therefore cannot bill the purchases to Medicare Part B. Always ask if your pharmacy participates in Medicare Part B before purchasing diabetes supplies.

For further questions regarding Medicare Part B coverage of diabetes supplies, please contact your local SHINE program at 781-388-4845. To make an appointment with the Saugus Senior Center Shine Representative contact our Outreach Coordinator, Cheryl Roberto at 781-231-4180.

NEW WEIGHT LIFTING CLASS

Starting Friday, September 1st, Valarie Costello will be instructing a new Weight Lifting class from 10:00-11:00 a.m. Cost is \$5.00 a class.

BIBLE STUDY

Bible Study for the month of September will resume again Thursday, September 21st.

FURNITURE REFINISHING AND RESTORING WITH CHAIR CANING

Come Join Us...Beginning our 25th year! Furniture repair and refinishing along with chair caning will start up, once again, every Tuesday, starting September 12th from 10:00 a.m. to 12:00 p.m. in the shop at the Saugus High School. For more information call Carmine Moschella 781-233-0367

TRIAD SCAM ALERT

Many of us have spent more than a few minutes daydreaming about what we would do if we were the winner of one of those many sweepstakes that we have seen on TV or elsewhere. However, scammers have been taking advantage of these instant wealth fantasies. They are calling people, falsely informing them that they have won a sweepstake, and explaining that money must be sent to cover vague "fees and "taxes" before the prize can be claimed. The Federal Trade Commission has been receiving many complaints about these scams. The most important thing to know is that no legitimate sweepstakes company will ever require you to send money to receive a prize. So as soon as you hear such a request, hang up and report the call to local law enforcement and the FTC. Their toll free number is 1-800-382-4357.

BOOK SALE - OCTOBER

Our Book Sale will start on Monday, October 2nd. Stop in and browse. You are sure to find many books of your interest. Paperback 10 for \$1.00 Hardcover 2 for \$1.00

BOUTIQUE

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

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 2nd and 4th 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

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.

BLOOD PRESSURE

1st Tuesday of the month September 5th @ 9:30

2nd Wednesday of the month September 13th @ 9:00

3rd Thursday of the month September 21st @ 9:00

4th Monday of the month September 24th @ 9:00

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 and
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. **BARBARA GALVIN** from Betty Frongillo. **MARY PHIPPS** from Joanne and Jerry Pressman, Doreen and Leonard Morrison Jr. and Annette and Richard Stewart. **LEONA VERRENGIA** from Judy Hoffman. **THOMAS MCGANN** from Inez M. Taatjes and Jan McGann. **CLAIRE MARSHALL** from Inez M. Taatjes and Jan McGann. **RICHARD ANDERSON** from

Mr. & Mrs. A. Rodenhiser. **PETER BOGDAN** from George Sullivan. In Honor of **JOSEPHINE "JOSIE" STELLA** from Judy Hoffman. In honor of **THOMAS MCGANN JR. AND THOMAS MCGANN SR.** birthdays from Jan McGann.

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

SEPTEMBER:

- | | | |
|---------|--|-----------------|
| 9/8 | MOHEGAN | \$28.00 |
| 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:

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| 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**