



HERITAGE

All are Welcome!



The mission of the Lowell Council on Aging is to promote the well-being and independence of adults age 60 and above. We do this through advocacy and programs, including nutrition, health/fitness, outreach, education, socialization, and transportation. The Lowell COA is committed to honoring the diversity and building on the strengths of seniors.

Todos son bienvenidos



¿Tienes más de 60 años? Visite el Lowell Senior Center para obtener comidas gratuitas, de bajo costo, paseos, ejercicio y oportunidades sociales. Consúltenos sobre servicios y beneficios para ayudarlo a mantenerse independiente y ahorrar dinero. Honramos la diversidad y las fortalezas de los adultos mayores de Lowell.

Todos são bem vindos



Você tem mais de 60 anos? Visite o Lowell Senior Center para refeições, passeios, exercícios e oportunidades sociais gratuitos e de baixo custo. Consulte-nos sobre serviços e benefícios para ajudá-lo a permanecer independente e economizar dinheiro. Honramos a diversidade e os pontos fortes dos idosos de Lowell.

សូមស្វាគមន្តកម្ពុជាអស់ !



តើអ្នកមានអាយុ ៦០ ឆ្នាំឬច្រើនទៀត ឬទេ? សូមមេត្តាចូលរួមជាមួយ កម្មវិធីផ្សេងៗ របស់ មណ្ឌលថែទាំ មនុស្សចាស់នៃទីក្រុងឡូវែល ដូចជា៖ កម្មវិធី អាហារដោយ ឥតគិតថ្លៃ ឬមានតំលៃសមរម្យ កម្មវិធីរថយន្តដឹក តាមផ្ទះ កម្មវិធីហាត់ប្រាណ ព្រមទាំងឪកាសនៃការចូលរួមផ្នែកសង្គមផ្សេងៗ ។ បុគ្គលិករបស់យើង អាចប្រាប់ អ្នក ពី សេវាកម្ម និង ផលប្រយោជន៍ ផ្សេងៗ ដែលជួយអ្នក ក្នុងការសន្សំថវិកាបាន និងធ្វើឲ្យអ្នកមានភាព ម្ចាស់ការដោយខ្លួនឯង ។

យើងរីករាយសប្បាយចិត្តក្នុងការរៀបចំមណ្ឌលថែទាំមនុស្សចាស់នេះ ឲ្យក្លាយទៅជាកន្លែងមួយ ដែលទទួល ស្វាគមន្តមនុស្សទាំងអស់នៅក្នុងសហគមន៍របស់យើង ព្រមទាំងមនុស្សចាស់ទាំងអស់ផងដែរ ។

CITY MANAGER

Eileen Donoghue
Assistant City Manager

Kara Keefe-Mullin

City Council

Mayor

John J. Leahy

Vice Chair

Rita M. Mercier

* * * * *

Sokhary Chau

David J. Conway

John Drinkwater

Rodney M. Elliott

Vesna Nuon

Daniel Rourke

William Samaras

**LOWELL
SENIOR
CENTER**

Main Number:

978-674-4131

Fax: 978-970-4134



Hours of Operation:

Monday–Friday:

7 am - 3 pm

Saturday–Sunday:

7 am to 12 noon

Takeout Breakfast:

7:00-9:00 am

Takeout Lunch:

10-11:30 am

Closed Holidays



Executive Director:

Lillian Hartman
LHartman@lowellma.gov

Receptionist:

Tara Donnelly
978-674-1171
TDonnelly@lowellma.gov

Trips & Events Coordinator:

Carol Lannan
978-674-1169
CLannan@lowellma.gov

Outreach Worker:

Amy Medina Leal
978-674-1167
ALeal@lowellma.gov

Volunteer Coordinator:

Glady Rosa
978-674-1168
CRosa@lowellma.gov

**COUNCIL ON AGING
BOARD OF DIRECTORS**

Andrew Hostetler, Chair

Joyce E. Dastou

Mary Donnelly

Beverly Gonsalves

Eric Lamarche

John R. Lawlor

Vincenzo Milinazzo

Amy Pessia

Anne Marie Porter



Next meeting: Monday,

October 12

at 9:00am

Lowell Health Department

978-674-4010

Questions about Covid-19.

**City of Lowell
Veterans Services**

Director / Agent
Eric Lamarche
ELamarche@lowellma.gov

Office Hours:
8:00 A.M. - 4:00 P.M.
Monday - Friday

Tel: 978-674-4066
Fax: 978-446-7270

**Library
Senior Center
Branch**

978-674-1177

Open for computer use
by appointment.

Prefer reading
The Heritage Newsletter
online?

Visit:
www.lowellma.gov/seniors

*Join our e-mail list for weekly up-
dates about events, and a notice
when the newsletter is available
online.*

*Please call
978-674-4131
to share your email
address with us.*

Need assistance with Medicare? SHINE can help!

SHINE = Serving Health Insurance Needs of Everyone...on or eligible for Medicare.

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

Mark your calendar ... **October 15th – December 7th** ... Medicare Open Enrollment

This is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2021, or to see if there is another plan that may be more cost-effective for you. You may also benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs.

Due to the current COVID-19 pandemic, SHINE counselors are meeting by phone. The Lowell SHINE counselor, Joan, will be available for virtual counseling.

Please call the Senior Center at 978 674-4131 or email lowellmashine@gmail.com and leave your name, phone number, and address and we will mail you an information packet about available plans on/after 15 October 2020.

If you want a personalized Medicare drug plan finder report, you can fill out the form included in the information packet. Just return the completed form to the senior center and we'll run the report then mail it to you.



LIMITED PUBLIC HOURS CITY HALL & CITY BUILDINGS

TUESDAY, 8AM - 8PM

THURSDAY, 8AM - 5PM

Costume Contest!

Friday, October 30th

7:00 am to 12 noon

Get your picture taken at our dining room entrance and then vote for the winner

Prize: gift card



Hello,

After 6 months, this COVID world still feels unreal. We all miss your daily presence here. COVID-19 has delayed our plans to get together for events and trips this season, and it feels like *"Life is Giving us Lemons."* I hope you have found ways to *"make lemonade"* under our current circumstances, whether it's crafting masks or kind messages, finding old friends again, or discovering a new favorite takeout restaurant (thanks for supporting local businesses!). We appreciate anything you choose to do that makes a positive impact on your life and the lives of others.



Lowell recently received a grant from the Tufts Health Plan Foundation to compile community data, engage seniors in feedback and planning so we can build an Age-Friendly city – one that keeps up with our needs and interests as we grow older. We'll be talking more about that in newsletters to come.

With many in-person activities suspended, we are looking for new ways to serve you for the duration of the Safer-at-Home advisory. Please consider joining our free Pen Pals / Phone Pals program to match with another Lowell senior who wouldn't mind a weekly check-in, by calling Gladys Rosa at 978-674-1168 (English/Spanish). If you'd like a check-in in Khmer, please call our new outreach specialist from CMAA, Seila Chuop at 978-735-9247. If you have ideas for how we can better reach or serve seniors remotely, please let us know by returning the enclosed survey or calling me anytime.

While we are physically at home, reaching out to our neighbors to support each other is more important than ever. Neighbors who speak your language may struggle to find services or connections and we'd like to help. If you speak English and another language, we'd love to hear from you!

We wish you good health, good friends, and good spirit as we get through this time together.

~ Lil Hartman
978-674-1170

Let's Make Lemonade!

2 cups water

1/3 c. sugar or a few packets of sugar substitute (to taste)

Juice of 2 lemons

Ice, straw, lemon wedge, mint, maraschino cherry, strawberry

or mini umbrella recommended



In a small saucepan or microwave-safe measuring cup, combine sugar and water. Bring to boil and stir to dissolve sugar. Allow to cool to room temperature, then cover and refrigerate until chilled. If using soluble sugar substitute, no heating is required.

Remove seeds from freshly squeezed lemon juice, but leave pulp. Stir together chilled sugar-water and lemon juice.

MASSACHUSETTS SAFER AT HOME ADVISORY

People over the age of 65 and people who have underlying health conditions – who are at high risk for COVID-19 – should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs.

Vote!

Vote early to reduce your wait ...
Oct. 17-30 at the senior center.
Seniors and all voters can also request an absentee ballot from city hall by calling the Election/ Census Commission.

To vote in November for State Election, your application must reach the election office no later than Oct. 28th. Ballot must have postmark date no later than Nov. 3rd or can be dropped off in person. It is currently the safest way to vote in this day and time.

The direct line to the Election Commission is: 978-970-4046

We are now accepting donations of wheelchairs (gently –used and with foot pedals), walkers (gently used), and shower chairs (new only or never used please).

Foot Clinic with Diane Stanley, RN

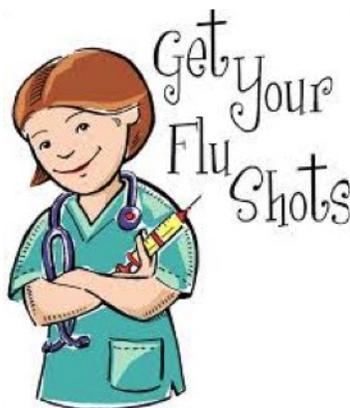
Thursday, October 15th
9:00am – 12:00pm

\$30.00 fee

A Total Foot Care appointment including: foot assessment, toenail trimming and filing, reduction of nails/corns/calluses as needed, education to help maintain self-care, and a relaxing foot massage.

Call for appointments:
978-674-1167

2nd Floor
Nurse's Station



The Lowell Health Department plans to have a **FLU CLINIC** in the Lowell Senior Center parking lot.

Please call 978-674-4131 after October 20th

A high-dose shot will be administered.

- Tentative and subject to cancellation or changes

Buried in Treasures

The De-Cluttering Group will start up in October 2020, with remote participation options including phone meetings and Zoom video sharing.

Please contact Lil at 978-674-1170 or lhartman@lowellma.gov if you would like to participate in this supportive workshop, coaching and self-help group.



Get Fit, Stay Fit

Mondays and Thursdays
1:30—2:30 pm

Beginning in November, Marian Silk is excited for you to work-out with her in the senior center (TENTATIVE APPROVAL)! Fees to be announced.

If you would like to join the class, please call Carol at 978-674-1169.

The current classes in the park are sold out.

Beginning in November, indoors,
20 spots available!

Please call Carol
at 978-674-1169 to sign up for:

Tuesdays 1:00-2:00 pm
Tai Chi
with Greta Neilson

Wednesday 1:30-2:30 pm
Country Line Dancing
with Marcella Grouxl

Thursday 1:30-2:30 pm
Mindful Meditation
with Tooch Van
English/Khmer

Friday 1:30-2:30 pm
Zumba
with Dinga
English/Spanish

*All classes are tentative and subject to cancellation or changes

Get Fit, Stay Fit from Home

On Lowell cable Channel 8, www.LTC.org/watch live, or LTC.org

Yoga Mondays 1:30

Recovery Fitness Tuesdays at 10am and Thursday at 9:30pm

Tae Kwon Do Wednesday 8pm

Young at Heart Wednesdays at 3pm

Lowell Senior Center "On the Move" Tuesday 1:30pm, Fridays 3pm, Saturdays 10:30am.



Our very own Marian Silk has recorded 6 sessions for her class participants and new members to join in! Please let us know how you like it and record your cable class "attendance" by calling in, 978-674-4131.

On the Move, On Demand at LTC.org or <http://lowellma.gov/1370/Recorded-Presentations>

National Institute on Aging/Exercise & Physical Activity: <https://www.nia.nih.gov/health/exercise-physical-activity>

YMCA Health & Fitness Videos for Active Older Adults: <https://ymca360.org/on-demand#/category/14>

LOWELL walks

richardhowe.com/lowell-walks/

Lowell Walks was founded by Richard Howe in 2015. A series of free, 90-minute long, guided walks of downtown Lowell, each led by a different volunteer guide, Lowell Walks has averaged 100 people per walk. Besides informing participants of interesting facets of Lowell history, the walks promote downtown businesses, create a sense of community among participants, and create momentum to make the city a more walkable place.

Virtual Walks

The Covid-19 crisis has caused many of the 2020 Lowell Walks to be cancelled, however, we are producing "virtual walks" in place of in-person walks:

Lowell Cemetery ([video tour](#))

Lowell Cemetery Part II ([video tour](#))

The Acre ([written script with photos](#))

Lowell Memorial Auditorium Monuments ([video tour](#))

South Common ([written script with photos](#))

Civil War Lowell: Episode 1, Lords of the Loom ([video tour](#)) Civil War Lowell: Episode 2, Minutemen of 1861 ([video tour](#))

Civil War Lowell: Episode 3, Butler Saves the Union ([video tour](#))

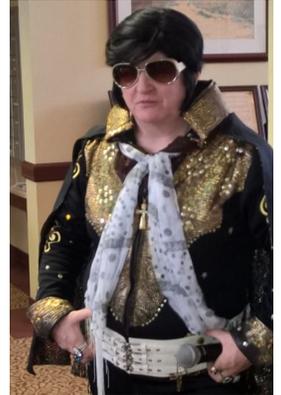


“Lowell Senior Center Presents”

10:00 am on Wednesday and 2:30 pm on Sunday

On Lowell cable Channel 8

Coming soon:



ELVISEENA
ANGKOR DANCERS
JACK HOLMES
MARK STANZLER—The Boston Elvis
ARCHIE RICHARDS SING-A-LONG
SINGING STATE TROOPER



This program is supported by a grant from the Lowell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



CTI Bone Builders

Jean Jacoppi, a leader of Bone Builders at Tyngsboro Senior Center, has created a video for all to access through Youtube. Simply search for: **Crystal Lake RV Bone Builders**. The video is in two parts. All are welcome to exercise to it. Comfortable Weights are necessary.



Living My Dream Yoga

Christine Connolly RN, BSN

500 hr Kripalu Yoga Teacher

Reiki II Practitioner

www.livingmydreamyoga.com

Zoom Classes ... Tuesdays 10:00 am ... Free



The Lowell Senior Center welcomes Seila Chuop from the Cambodian Mutual Assistance Association (CMAA)! She has been making outreach calls to Lowell seniors along with senior center and library staff this summer and can be reached at 978-735-9247.

My name is Seila S. Chuop. I grew up in Phnom Penh, Cambodia. I moved to South Korea for two years to pursue my L.L.M., and now I live in Lowell. I am a graduate student at GW Law School. I have the background in International Law and International Relations. Despite my law profession and foreign affairs, I am so passionate about social work and community service. I would like to contribute my time and service to help seniors and people who do need help and support. I am glad that I can be part of the team at the Senior Center. I love reaching out to see the viewpoints and feedback of seniors who can share and make a huge difference to our community.

It's a pleasure that I can serve the people who do need help and assistance, especially to those who are so emotional. In my role, I have learnt and listened to understand about their needs and emotional distresses. I think mental health is one of the most significant parts of our lives. It's vital to make sure that they are being taken care of, and they are not feeling lonesome. Consequently, it's a great pleasure that I can serve the community and people who do need help. My inspiring mantra is "Alone we can do so little; together we can do so much."



Become a Lowell Senior Center Phone Pal

During this time we are all feeling isolated by the pandemic of COVID-19. By simply offering a fellow senior a friendly call for social support, we can make a difference within our community. By keeping spirits up we are inviting those who are interested in the Phone Pal Program to please contact the senior center.

Please reach out to Gladys at 978-674-1168 or by email at Crosa@lowellma.gov

In the email please state your name, contact information, availability and interest. |

Here are some important numbers for managing food security and stress in this difficult time:

Cash Assistance DTA Applications can be filed (started) online at DTACconnect.com (click the blue "apply" banner). Just like with SNAP, a case manager will need to speak with the client after the application is filed.

Meals on Wheels (open to anyone over 60 regardless of health): 1-800-892-0890

Project Bread Food Source Hotline 1-800-645-8333

Merrimack Valley Food Bank Mobile Pantry Program: 978-454-7272

Manage Anxiety & Stress: Need Help? Know Someone Who Does? Contact the Disaster Distress Helpline at 1-800-985-5990

National Suicide Prevention Lifeline 1-800-273-8255: Provides free and confidential support 24/7 for people in distress and crisis...



**Senior Abuse
Hotline Number**

To report suspected elder abuse, call:
1-800-922-2275

**Elder Services
of Merrimack Valley
& North Shore**

Meals on Wheels,
Assistance with
Home Care,
Case Management,
Support for Seniors
and Caregivers,
Prescription Advantage
1-800-892-0890

**Legal Services
Assistance &
Referrals**

1-800-342-5297

Fuel Assistance
978-459-6161

**DTA Hotline
(SNAP/Food Stamps)**

Direct line for seniors:
1-833-712-8027

MassHealth
1-800-408-1253

**Social Security
Administration**
1-800-772-1213

Medicare
1-800-633-4227

Affordable Internet

\$9.95
Per Month + Tax

No Term Contract
No Credit Check
In-Home WiFi
25 Mbps



How can I apply for Internet Essentials?

There are two ways you can apply for Internet Essentials:

Submit your application online at internetessentials.com. It takes about ten minutes if you do not have to submit documents.

Call 1-855-8-INTERNET (1-855-846-8376) during business hours and an agent will walk you through the easy application process. The whole process takes about 10 minutes if you do not have to submit documents.

Hours of operation are from 8 AM to Midnight (EST), seven days a week.

Menu: September and October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.27 chicken nuggets mac & cheese mixed veggies pears	9.28 Turkey gravy rice carrots cranberry sauce bread	9.29 roast beef gravy mashed potato butternut squash Apple	9.30 meat lasagna spinach mixed salad mixed fruit			
				1 Spanish chicken rice & potatoes carrots onions cranberry bread	2 seafood sausage gumbo rice kale & onions fruit cocktail	3 Hamburg potato creamed corn peas chocolate pudding
4 turkey rice peas carrots green beans banana	5 turkey meat sauce pasta zucchini carrots spinach fruit salad	6 pork sausage sub roasted potato peppers onions tomato mandarin oranges	7 BBQ chicken breast rice spinach black beans applesauce	8 chicken meat balls pasta collard greens apricots	9 Pollock rice mixed veggies pears	10 chicken sandwich potato zucchini tomato banana
11 hot dogs beans cucumber salad Apples	12 hamburger pasta spinach fruit cocktail	13 grilled cheese soup pasta salad celery carrots onions apple	14 Spanish chicken potato & rice carrots & peas chocolate pudding	15 meatloaf mashed potato green beans strawberry cup	16 Pollock roasted potato coleslaw banana	17 ham dinner mashed potato peas & carrots apple crisp
18 sloppy joe rice fiesta corn orange	19 liver & onions mashed potato spinach blueberry bread	20 chicken tacos rice & potato carrots onions peas honeydew melon	21 turkey dinner mashed potato green beans cranberry bread	22 Spanish pork rice carrots watermelon	23 Pollock roasted potato peas strawberry cup	24 roast beef sub potato salad lettuce tomato onion pears
25 sausage rice pepper onion zucchini fruit salad	26 chicken stew rice & potato carrots onions peas cake	27 meat lasagna pasta spinach salad Jell-O	28 chicken broccoli ziti pasta cantaloupe	29 hamburger plate Potato gravy peas mandarin oranges	30 chicken shrimp scampi angel hair pasta tom zucchini eggplant pears	31 meat sauce ziti pasta garden salad applesauce

HALLOWEEN WORD SEARCH

- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



Y W I T C H D Y R A C S J W K
 W J A C K O L A N T E R N C D
 L H E G G H O S T H S K A R E
 N R E T S N O M A P K L O E I
 O O S U E D R L I R B J P B B
 T O U V M R L D P S E Z V O M
 E B O Z V O E G B G H C A T O
 L A H L W R I E N A W F M C Z
 E T D E Y A R A Y E Y J P O S
 K S E T A E R T R O K C I R T
 S N T K K O Q E Y I O T R J O
 I Y N X L U W D P X O Z E O Q
 K M U E S O N T I N P S K F B
 M N A U L A L V C M S X K C P
 J E H F C T F J K T G B N N B

Chicken Scratch NY

Senior Transportation

On grocery trips, attendance will be limited to 4 riders per trip. Please space yourself with at least one empty row of seating between you and the next person and return to the same seat for your return trip. Buses are sanitized after each round-trip.

We do not offer a lunch bus to the senior center at this time. If you need hot meals made for you, please sign up for Meals on Wheels at 800-892-0890.



Tuesday, October 27th

BROWN BAG

FOR INFORMATION, CONTACT:
 Laura Marsan
 (978) 946-1303

Please bring reusable grocery bags, baskets, or a cart to carry your food.

A distribution of pre-bagged groceries

In partnership with



Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey



NORTH SHORE
ELDER SERVICES



MEMBER OF
FEEDING
AMERICA

A commitment to care. A legacy of compassion. This is D'Youville.



D'Youville

LIFE & WELLNESS COMMUNITY

Short-term Rehabilitation • Long-term Care • Independent Senior Apartments
 Adult Day Health • Alzheimer's and Dementia Care • Hospice
 Most insurance plans accepted

981 Varnum Ave. • Lowell, MA
 (978) 569-1000
www.dyouville.org

First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



Welcome
Friends

BOARD OF DIRECTORS

PRESIDENT

Dr. Joseph M. Downes

VICE PRESIDENT

Rita M. Mercier

SECRETARY

Claire Brodeur

TREASURER

Jacqueline Denison

DIRECTORS

Ken Ashley

Lenny Gendron

Beverly Gonsalves

Joe Peirce

Doris Santos

Office: 978-674-1175

**Friday,
TBD
at 9:30 am**

Public Welcome

Friends of the Lowell Council on Aging

The Friends of the Lowell Council on Aging Center Inc. is the fundraising group for the Lowell Senior Center. Funds raised are utilized for many purposes. Annual Fee is \$5 Per Person and membership includes voting rights. Meetings are held on the last Friday of the month at 9:30 a.m. in the Board Room on the second floor of the Senior Center. No meetings are scheduled in July and August. Donations are accepted and happily welcomed.

It has now been more than 6 months since the shutdown. Lillian has once again sent a mass mailing of the Heritage. We have received a favorable response to the membership drive plus many donations. However eight of you current members have sent a second and on a couple of you a third request for membership. Our membership runs a calendar year. Many of you joined in December 2019 which was the beginning of our 2020 drive. We cannot accept renewals for 2021 before December 1, 2020. Those of you who sent in duplicate requests for membership have been notified and most have graciously put the fee in as a donation. Some others have asked that we keep the money and apply it to their 2021 membership. Unfortunately we cannot hold any funds for membership. When we receive money it has to be deposited. We will be accepting membership fees for 2021 anytime between December 1, 2020 and October 31, 2021. No memberships are available in the month of November. We appreciate you adhering to this procedure. Under no circumstances do we hold money for the next year's dues. We will publish a 2021 membership request form the next Heritage.

The FLCOA has not been able to have a live meeting but the board is actively staying current with the center's needs. We are here to help the COA make things better for seniors. We had hoped for a meeting in the great hall where we could physically distance, but after checking with the authorities we are not allowed to meet according to present rules. Not much has changed since the last publication. We thank you for supporting the Friends during these last six months. Remember to get the annual flu shot. From your comments we know people miss coming to the center. We all have to stay positive and hope for a better tomorrow.

Please consider sending a donation to support the Lowell Senior Center.

We are an organization, whose purpose is to organize and operate charitable events, development of endorsements and contributions that will enhance the services and fellowship for seniors through the Lowell Council on Aging. Please mail to: FLCOA, 276 Broadway Street, Lowell, MA 01854

Lowell Senior Center Evaluation Survey FY20

Name & Phone Number (optional) _____

Are you a Lowell Housing Authority Resident? Yes _____ No _____

1. How did you participate at the senior center this year (July 2019 – June 2020)?

- | | |
|--|--|
| <input type="checkbox"/> Meals | <input type="checkbox"/> Rides |
| <input type="checkbox"/> Other Food Programs | <input type="checkbox"/> Tax or Medicare Assistance |
| <input type="checkbox"/> Health or Fitness | <input type="checkbox"/> Service Referrals (including phone calls) |
| <input type="checkbox"/> Social / Recreation | <input type="checkbox"/> I did not visit the senior center this year |

2. Think about your life since you started attending the senior center. Below are some ways that senior centers might make a difference. Please check the box that best matches your response for each line.

Because I go to the Senior Center I...	Strongly Agree	Agree	Disagree	Not Applicable
A. Do more volunteer work				
B. See friends more often/make new friends				
C. Take better care of my health				
D. Eat meals that are better for me				
E. Have more energy				
F. Feel happier or more satisfied with my life				
G. Have something to look forward to each day				
H. Know where to ask if I need a service such as a ride to the doctor or an aide				
I. Feel more able to stay independent				
J. Feel that the senior center has had a positive effect on my life				
K. Learn new things				
L. Have learned about services and benefits				
M. Am more physically active				
N. Would recommend the senior center to a friend or family member				

3. While in-person programs are limited by COVID-19, please check the remote programs you might try:

- Live computer or smart phone video meetings
- Pre-recorded internet videos
- Pre-recorded LTC videos
- Conference call meetings without video
- Regular calls from staff or volunteers

If you checked any of the above, please list the groups, classes, or topics you would participate in remotely:

4. Are you facing any difficulties that we can help you with?

Please let us know the general topic and a staff person will call you back with resource ideas. Please also be sure to put your name and phone number on the front page!

Callback Topic (optional): _____

5. Please share any other concerns or comments that will help us serve you better.

Support Your City: Age-Friendly Lowell

6. What makes Lowell a great place to live?

7. To live well in Lowell, what is becoming more important as you grow older?

8. Would you be willing to volunteer assessing your neighborhood or calling friends to collect ideas for making Lowell more age-friendly?

Yes, please call me with more information! (List name and phone number on front page)

9. Have you completed your household's US Census? If no, please call US Census at 844-330-2020 to respond, or call us at the senior center if you have questions before responding: 978-674-4131.

Yes, I responded to the US Census to help Lowell receive its fair share of federal resources

10. Through COVID social isolation, what is keeping your spirits up? We will share these stories with others!



Tai Ji Quan: Moving for Better Balance (TJQMBB) - Tai Ji Quan is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. Although its origin can be traced to the contemporary simplified 24-form Tai Ji Quan routine, TJQMBB represents a significant paradigm shift in the application of Tai Ji Quan, moving the focus from its historical use as a martial art or recreational activity to propagating health by addressing common but potentially debilitating functional impairments/deficits. This program is being offered via zoom 2 1-hours sessions per week for 24 weeks.



One on One Programs



Receive personalized Health Coaching with our One-to-One Programs, via zoom or over the phone.

Falls prevention program- Receive a falls risk screening, education on falls prevention including a review of potential fall risk factors, discuss community resources that are available and set goals. Participants in this program reported fewer falls, increase in physical activity and better communication with their doctor about falls.

EnhanceWellness- Receive a personalized health action plan that identifies your health risks and the steps needed to improve your overall health and well-being. Participants in this program have experienced a decrease in depression and improvements in their physical activity and overall health.

Healthy IDEAS- The Healthy IDEAS works with you one on one to identify symptoms of depression and explores the link between mood and activity. Participants in this program experienced fewer symptoms of depression, decreased physical pain, better ability to recognize and self-treat symptoms and improved well-being through achievement of personal goals.

For more information or to register for a program contact us at hlce@esmv.org 978-946-1211. You can also visit our website www.healthyliving4me.org



<https://www.facebook.com/HealthyLivingCenterofExcellence>

Register for an Evidence-Based Healthy Living Program!

Programs are being offered remotely in a variety of ways. These programs impact health, wellness and social connectedness during this time of physical distancing and stay at home orders.



CHRONIC DISEASE SELF-MANAGEMENT EDUCATION

Offered via remote delivery once a week for 6 weeks, 2 ½ hour each session.

- ⇒ **Chronic Disease Self-Management Program** is designed for adults and their caregivers who live with the daily challenges of one or more ongoing health conditions. Participants will learn methods for managing health and lifestyle conditions.
- ⇒ **Tomando Control de su Salud** is a culturally appropriate Spanish version of the Chronic Disease Self-Management Program.
- ⇒ **Diabetes Self-Management Program** is designed for adults and their caregivers living with diabetes and their caregivers learn health and lifestyle skills to better manage their medical condition.
- ⇒ **Chronic Pain Self-Management Program** - Chronic Pain and discomfort limit activities adults may enjoy. This workshop teaches adults suffering from chronic pain simple techniques to better manage their pain, improve sleep, increase energy, eat healthier, and develop an exercise regimen for pain management.
- ⇒ **Better Choices, Better Health**—Online versions of the Chronic Disease Self-Management Program, self-paced online.
- ⇒ **Tool Kit for Active Living with Chronic Conditions (Mailed CDSMP)** - The Tool Kit for Active Living with Chronic Conditions is a mailed program based on the Chronic Disease Self-Management Program. The Tool Kit can be completed independently or telephonically with a trained leader.

Savvy Caregiver Program - This program is for caregivers actively caring for a friend or family member living with Alzheimer's Disease or Related Dementia in the community. The goal of this informative and interactive program is to increase caregiver knowledge, skills, self-efficacy, and well-being. This program is being offered via zoom once per week for 6 weeks, 2-hour sessions.

Healthy Eating for Successful Living in Older Adults Program - This program is for older adults looking to improve nutrition and increase physical activity. The program promotes heart and bone health and aids in the prevention and management of chronic health conditions through goal setting and nutrition education. This program is being offered via zoom once per week for 6 weeks, 2-hour sessions.



MARKET MILL APARTMENTS

SECTION 8 ELDERLY HOUSING WINNER OF RHA
COMMUNITY EXCELLENCE AWARD

We are accepting applications for elderly and mobility impaired persons for 1 and 2 bedroom apartments. You must be at least 62 years of age to be eligible. All rents are based upon your income.

We offer:

- Laundry & Community Room • Resident Activities
- Computer Learning Center • Computer Program

Please call for application to be mailed to you or please apply at our office: 246 Market St., Lowell, MA

Managed by: Peabody Properties, Inc. TDD# 1-800-439-2370



978-454-8030



Centennial Island Apartments

Accepting applications for the waitlist for 1-2 bedroom Section 8 housing in Lowell.

Must income qualify.

Equal Housing Opportunity.

We do not discriminate on the basis of disability



For info contact
978-454-5581
tty 800-439-2370



Merrimack Valley's Finest Affordable Housing

The Wentworth A Place to Call Home

NOW ACCEPTING APPLICATIONS

Privately owned building in historic section of downtown Lowell.
Studio & one bedroom apartments.

Specially designed for people 62 years old and over and for handicapped/disabled individuals who are 18 years old and over. Income requirements, please call for more info.

1 Shattuck Street Lowell, MA

(978) 454-4830

TDD: 1-800-439-2370

A Boston Land Company Community



Washington SAVINGS BANK

Lowell • Dracut
(978) 458-7999
washingtonsavings.com

MEMBER FDIC
MEMBER DIF



Commonwealth NURSING SERVICES

- Registered & Licensed Nurses
- Home Health Aides • Homemakers

Affordable 7 days per week 2 hours to 24 hours

847 Rogers Street, Lowell, MA

978-459-7771

Angela Callahan RN, Administrator



(978) 441-0911
www.pridestarems.com

Greater Lowell

AMBULANCE AND CHAIRCAR TRANSPORT

"People, Passion, Performance."

Compare our rates with the competition

Request PRIDEStar for all your medical transportation needs



Wingate Management Company, LLC
16 Middle Street • Lowell, MA 01852
978-459-3631



Cox Fuel
316 Plain St
Lowell, Me.
01852
978-454-7887

Fuel Oil
Premium Wood Pellets
Heating Equipment Installations
"Serving Greater Lowell Since 1927"
316 Plain St., Lowell, MA 01852
Office 978-454-7887
(www.coxfuel.com)
FREE ESTIMATES

Congdon Law Offices

Jerry S. Congdon, ESQ

Wills • Trusts • Probate
Real Estate • Elder Law

978.500.5978 WILL VISIT YOU
IN YOUR HOME

1310 Main St., Tewksbury, MA 01876



Join us for worship...

- Warm and welcoming church
- Solid, Bible-based teaching
- Traditional Methodist service
- Classic hymns
- Elevator to sanctuary level
- Ample parking

Lawrence Street Church • 1199 Lawrence St., Lowell
978-453-2052 • www.lawrencestreetchurch.org

The complete care you've come to expect from the area's most trusted hospital.

LOWELL GENERAL HOSPITAL
 Main Number: 978-937-6000
 Physician Referral Line: 1-877-LGH-WELL
 (1-877-544-9355)

Lowell General Hospital

- ✓ 24-Hour Emergency Service with Primary Stroke Service
- ✓ Diagnostic Imaging (Mammography, CT, MRI, Ultrasound and X-ray)
- ✓ Ambulatory (Day) and Inpatient Surgery
- ✓ Complete Cardiac Care
- ✓ Physical and Occupational Therapy
- ✓ Laboratory Services
- ✓ Health Education and Wellness Classes
- ✓ Pain Management and more!

Expertise. Service. Integrity. We get it.

295 VARNUM AVENUE, LOWELL, MA 01854
 TEL: 978-937-6000 ~ TTY: 978-937-6889 ~ WWW.LOWELLGENERAL.ORG

Audio Hearing Center

30 Years of Service

Audiologist & Hearing Instrument Specialist

We can help you HEAR better

77 East Merrimack Street
978-454-1966
 www.audiohearingcenter.com

100% Financing Available

Congdon Law Offices
 Jerry S. Congdon, ESQ
 Wills • Trusts • Probate
 Real Estate • Elder Law

978.500.5978 WILL VISIT YOU IN YOUR HOME

1310 Main St., Tewksbury, MA 01876

Personal-Touch
 HOME CARE SERVICES

CHRP

The People with a Heart for Over 35 Years™
1-800-224-0594
 • Skilled Home Care • Private Service
 CHAP Accredited
 RN/MSRN, Homehealth, Aides, HMA/PCA
 Skilled Nursing, Rehab, Infusion, Cardiac Rehab
 Medical/Medical Certified, Private Insurance
 24 Hours a Day, 7 Days a Week
 15 Tyngsboro Rd., N. Chelmsford
 www.pthomecare.com

Life Care Center of Merrimack Valley

- Alzheimer's Specialty Care
- Short-Term Rehabilitation
- Adult Enrichment Programs
- Hospice
- Beautifully Landscaped Courtyards

Exceptional care in a quiet country setting
 The only skilled nursing in Billerica

80 Boston Road
 North Billerica, MA
978-667-2166

Blaire House of Tewksbury
 A SENIOR LIVING COMMUNITY

Caring & Compassion

coupled with high standards of healthcare delivery make **Blaire House of Tewksbury** a perfect choice when deciding on a Senior Living Community.

Adult Day Health Care • 24-hour Nursing Care
 Assisted Living Residence • Respite Care
 Transportation

TAKE A TOUR TODAY!

10 Erlin Terrace, Tewksbury, MA 01876
 For more information contact:
 Sarah Coletti at 978.382.8741 or scoletti@egmcare.com
 www.elderservices.com • Family Owned & Operated

We have special AD space for you **TODAY!**
 978-392-1302

LOWELL SUN APARTMENTS
FATHER JOHN'S APARTMENTS

Rent is based on 30% of adjusted gross income. Elderly age 62 and over or those requiring a mobility accessible unit. Near-Elderly Families ages 50-61 with a disability. All applicants must meet income and eligibility requirements.

Hours: M-F 9am-2pm
 Management Office:
 73 Market Street, Lowell, MA 01852
 TTY: 711 National Voice Relay

978-454-0229

Equal Housing Opportunity
 Handicap Accessible Units

Northwood
 Rehabilitation & Health Care Center

- Short-Term Rehabilitation
- Long-Term Care
- Memory Care in a Secure Unit
- Hospice Care
- Respite Care

Come tour our beautiful facility.

Northwood Rehabilitation & Health Care Center • 1010 Varnum Avenue, Lowell, MA 01854
978-458-8773
 athenanh.com/northwood
 Managed by Athena Health Care Systems

MAZUR PARK APARTMENTS

227 Fayette Street • Lowell • 453-5380

Call for application
30% of income is your rent



QUALITY ELDERLY HOUSING

First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



SHOW YOUR SUPPORT

sponsor your
local newsletter

Call: 978-392-1302

Pro Rehab, Inc.

Outpatient Physical Therapy Clinic

- ❖ TOTAL KNEE AND HIP REPLACEMENT
- ❖ BALANCE & COORDINATION
- ❖ FALL PREVENTION
- ❖ MUSCLE WEAKNESS
- ❖ BACK AND NECK PAIN
- ❖ SURGERY REHAB
- ❖ SPORTS INJURIES
- ❖ AND MANY MORE!



WWW.PROREHABINC.COM

Lowell Office
Across the Senior Center
978-452-6633

Chelmsford Office
227 Chelmsford Street
978-256-3300

MOST INSURANCES ACCEPTED- EVENING HOURS AVAILABLE

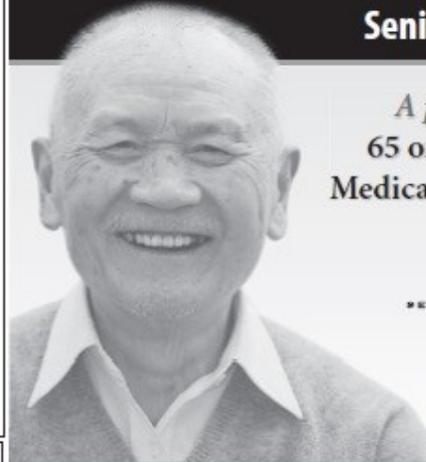
LUZ GRANITE CORP.

Beautifully Crafted memorials
Free Pre-Need Consultations

Adrian Luz, Jr.
978-459-9799

1208 Gorham St. Lowell, MA
www.luzgranite.com

Senior Whole Health



A plan for seniors
65 or older with both
Medicare and MassHealth.



We can help

1-888-566-3526 (Toll-free) • TTY/TDD: 711 • www.seniorwholehealth.com

TIRED OF CLIMBING STAIRS?



- New, Rental, Reverb Stairlifts
- Indoor, Outdoor, Custom Curve
- In Stock, FAST installations
- Wheelchair Ramps & More!



Free
Info Kit
by Mail
Free
Home Evalua-
tion

866-321-4442 www.HudsonAccess.com

O'Donnell Funeral Home

DISCOVER THE DIFFERENCE

**FREE PRE-NEED
PLANNING**

978-458-8768

John W. Crane • James F. O'Donnell, Jr.
www.odonnellfuneralhome.com

Friends of the Lowell Council on Aging, Inc.
276 Broadway Street
Lowell, MA 01854

NON-PROFIT ORG
US POSTAGE
PAID
LOWELL, MA
PERMIT 107

www.lowellma.gov/seniors



FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL,
THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

Top 10 List: What's Keeping Your Spirits Up?

Gardening or potted plants

Visiting the forest

Talking with friends over the phone

Religious services over the phone

Learning to use technology

Walking every day

Grocery shopping

**Staying busy! My home has never
been cleaner**

**Keeping my mind sharp ... reading,
puzzles, online**

**Marion's exercise classes on TV
with my favorite
music on the radio**



Exercise
in the Park
with Marian Silk

**Survey on pages 13-14 ...
We want to hear from you!**