

## *For Your Health*

### **Services Offered by the Bedford Council on Aging**

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

### **Announcing Free Healthy Living Classes**

#### ***Register Now!***

Minuteman Senior Services offers free evidence based Healthy Living classes throughout the year. These classes are perfect for people who want to learn how to better manage their own health in a fun and supportive environment, and are funded through a grant from the Tufts Health Plan Foundation. If you would like more information about upcoming classes or, please contact Minuteman at 781-425-6089.

### ***Joyful Melodies! Program®***

Research has shown that there are many benefits of music for people with dementia. The Joyful Melodies! Program® is a music program that integrates familiar tunes from past eras to encourage participants to become engaged and sing-a-long! Jenn Quinn, Joyful Singer and ComforCare owner, invites caregivers and their families to enjoy a fun and relaxing evening on **Wednesday, April 30 at 5:00 PM**. There is no charge for this event. A light meal will be served so please register by calling the Bedford Council on Aging at (781) 275-6825.

### **Sleep - A Secret for Good Health**

A good night's sleep is essential for physical health and emotional well-being for everyone, no matter what your age is. Sleep allows your body to repair any cell damage that occurred during the day, and refreshes your immune system which helps to prevent disease. Older adults that do not sleep well are more likely to suffer from depression, fatigue, attention and memory problems. They are likely to suffer pain, nighttime falls, and increase use of prescription or over-the-counter sleeping aids. Insufficient sleep can also lead to many serious health problems including an increased risk of cardiovascular disease, diabetes, weight problems, and breast cancer in women. Many physicians consider sleep to be a barometer of a person's health.

Community Health Nurse Joyce Cheng will lead a discussion session on **Thursday, April 17 at 11:00 AM**. Come and learn about how sleep pattern changes as you age and when sleep problems became a real issue for your health. You will learn the common cause of insomnia and sleep problems in older adults and how to improve sleep habits.

### **Health Services**

**Podiatry Clinic:** Dr. Bryant Tarr's next clinic is scheduled for **Friday, April 25** from 8:00 AM to 11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

**Ask a Nurse:** Community Health Nurse, Joyce Cheng will be at the COA on **Friday, April 11 at 1:00 PM** and **Monday April 28 at 1:00 PM** to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

**SHINE Health Benefits Help!** If you have questions about health benefits, our SHINE counselors from Minuteman Senior Services will be available **Tuesday April 15** beginning at 10:00 AM and **Wednesdays April 2 and 16** beginning at 2 PM. Call to make an appointment! If you cannot leave your home, they will call you.

**Free Hearing Clinics:** Rogers Hearing Solutions will be here on **Tuesday, April 8** at 9:30 AM. Joe Sarofeen of Apex Hearing will be here on **Thursday, April 17** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

## What You Need To Know

### "Dine & Discover"- Newbury Court!

**Tuesday, April 8, 5:30 PM**

**12 Mudge Way**

Come enjoy a light dinner sponsored by Newbury Court



Senior Living Community in Concord, MA. Discover "what we're all about"! We'll have an informal discussion and presentation about our community. Barbie Rugg and Jane Taylor (A Bedford Resident!) will facilitate this session. Please RSVP by Friday April 4 (781) 275-6825.

### Memory Loss: When It Happens to a Friend

Presented by  
Marilyn Stasonis, RN, BSN  
Corporate Director of Resident  
Care Northbridge Companies

**Monday, April 28, 5:30 PM**

*Attendees will learn how to:*

- ◆ Understand dementia
- ◆ Explain normal aging vs. memory impairment
- ◆ Have more fun & more meaningful interactions

**Please RSVP to the COA  
(781) 275-6825**

### The Art of Digital Photography Wednesday, April 9 at 6:30 PM

Dennis Rainville started working with Digital Photography in 1999. Backed with an education in Electrical Engineering, Dennis was intrigued with the ability to create Fine Art Photographs with such techniques and tools as Focus Stacking, High Dynamic Range (HDR), multiple shot Panoramas, and pixel manipulation to create works of Fine art.

In the "Art of Digital Photography" Dennis will show these techniques via examples of Photos that were created through pixel manipulation and a series of tools that are available to the Digital Photographer today.

### Choosing Your Retirement Path

Michael Franco of New York Life Insurance will be at the COA on **Wednesday April 16 at 1:00 PM**. This seminar covers topics concerning financial matter pertaining to older adults, such as: Solutions to Help Maximize Retirement Income; Preventing Assets From Depleting; Various Investments Options; The New Retirement Landscape.

### How To Shop Online

Would you like to know how to shop online and feel confident that you are doing it in a secure way? Then come to the COA on **April 16 at 10:15 AM** for a presentation by Leo Cierpial to learn the basics of computer shopping and to get you started in the right direction.

### Benefits of Irrevocable and Revocable Trusts Attorney Dale Tamburro Wednesday April 9 at 1:00

#### Top 5 reasons for using a trust:

1. Avoid Probate
2. Asset Protection
3. Minimize Estate Taxes
4. Management of Assets for Children and Grandchildren or
5. Disabled, Living Revocable Trust vs. Irrevocable Trust or Testamentary Trust? How a Trust is used in Nursing Home and Medicaid Planning. I only have my house and \$100,000, do I need a Trust? Estate Tax Basics

*Dale will also be offering three 45-minute individual consultations that day beginning at 9:00 AM. Please call the Council on Aging at (781) 275-6825 to register for the seminar or to make an individual appointment.*

### AARP Driver Safety Course Thursday April 24, 10 AM - 3 PM

Cars have changed. So have traffic rules, driving conditions, and the roads we drive on every day. Let us bring you up to speed with AARP's Driver Safety Course. A great opportunity to refresh your skills, learn new and updated techniques and possibly even receive a discount on your auto insurance! The cost of this course is \$15 for AARP members and \$20 for non-members (payment required with pre-registration). Checks should be made payable to AARP. Class size is limited to 25 people so **you must pre-register**. Participants will receive a comprehensive workbook as well as a certificate upon completion of the course. A light lunch will be served. Please call (781) 275-825 to find out if space is still available.

### The Computer Corner

**Computer Club** A presentation on *How to Shop Online* will be held on **Wednesday April 16** at 10:15 AM. (See full description above).

**Computer Drop-In** All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

**Get Answers by Email!** Todd Crowley answers the computer questions of Bedford residents by email! Just email your question to AskToddC@yahoo.com.