

For Your Health

What is shingles?

Shingles, also known as zoster, is a painful skin rash often with blisters caused by the *Varicella Zoster* virus, the same virus that causes chickenpox. Different from other rashes, a shingles rash usually appears on one side of the face or body and is accompanied with severe nerve pain. Other symptoms can include fever, headache, chills and upset stomach. In some rare cases, a shingle infection can also lead to pneumonia, hearing problems, and blindness. Only someone who has had chickenpox can get shingles. The virus stays in your body and can cause shingles many years later. Shingles is more common in people 50 years of age and older. It is also more common in people whose immune system is weakened because of diseases such as cancer, or drugs such as steroids or chemotherapy.

Should I Get the Shingles Vaccine?

A single dose of shingles vaccine is recommended by the Advisory Committee on Immunization Practices (ACIP) for adults 60 years of age and older. A person should not get shingles vaccine if the person is allergic to gelatin, neomycin or other components of the vaccine, or the person has a weakened immune system because of disease or current cancer treatments. You are recommended to talk to your primary care physician on whether you should get the vaccine.

Find Out More!

Learn more about the shingles disease on **Thursday February 20th at 11:00 AM** and find out if the shingles vaccine is right for you. Please come to the presentation on shingles provided by the Community Health Nurse, Joyce Cheng. A shingles vaccine clinic will be offered by the Board of Health in March. Further details on the clinic will be announced shortly.

Free Pneumonia Vaccines

When: February 7, 10:30 -11:30 AM

Where: Town Center Building (yellow building behind Town Hall), 12 Mudge Way, Flint Room, 2nd Floor.

Please call the Bedford Board of Health at 781-275-6507 for an appointment. Please bring all of your insurance cards and wear clothing that allows for easy access to your arm for vaccine administration.

The risk of getting Pneumococcal disease is significantly higher for adults 65 years of age and older. Only one dose is needed when you receive the vaccine after 65 years of age. If you received your first dose of Pneumococcal vaccine before the age of 65, a second dose is recommended and should be given 5 years after the first dose. Please consult with your doctor to determine if Pneumococcal vaccination is appropriate for you.

Discover Tap Dancing

Chuck Frates took his first formal tap class at age 43 and he hasn't stopped dancing since! Tap is fun and a great way to get into or stay in shape while meeting others! The class meets at the Town Center Building on Tuesdays at 11 :00 AM and newcomers are always welcome! Come check out a class for free and if you decide to join, the fee is only \$55! Contact the COA at 781-275-6825 to register or for more information.

Health Services

Podiatry Clinic: Dr. Bryant Tarr's next clinic is scheduled for **Friday March 14** 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 February 14 at 1:00 PM** and **Monday February 24 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 February 11** beginning at 10:00 AM and **Wednesdays February 5 and 19** beginning at 2 PM. Call to make an appointment! If you cannot leave your home, she will call you.

Free Hearing Clinics: Brian Knight from Rogers Hearing Solutions will be here on **Tuesday February 11** from 10:30-12. Joe Sarofeen of Apex Hearing will be here on **Thursday February 20** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need To Know



Property Tax Information You Should Know!

Did you know that the Town offers a variety of exemptions that could save you money on your property taxes? Come find out what is available and if you may be eligible when Stephen Poulos of the Assessor's Office comes on **Thursday February 13 at 11:00 AM.**



20 MISCONCEPTIONS/QUESTIONS IN ELDER LAW AND ESTATE PLANNING:

1. WHAT IS ELDER LAW?
2. WHAT ARE THE MOST PRESSING ESTATE PLANNING ISSUES OF CONCERN TO ELDERS AND THEIR FAMILIES?
3. WHAT ARE THE ESSENTIAL ESTATE PLANNING DOCUMENTS EVERY FAMILY SHOULD KNOW ABOUT?
4. WHAT IS A HEALTH CARE PROXY AND WHAT IS THE SIGNIFICANCE OF HAVING ONE OR NOT?
5. WHAT IS A DURABLE POWER OF ATTORNEY?

Attorney Dale J. Tamburro will present a FREE seminar which will clarify these and other misconceptions/questions on **Wednesday, February 12 at 1:00 PM.**

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.

Prescription Advantage Presentation

Each year thousands of seniors in Massachusetts reach the gap in their Medicare prescription drug coverage (Part D) that is often called the "donut hole."

This year, when Medicare beneficiaries (who do **not** get Extra Help) reach the donut hole, their Part D plan will pay 52.5% of covered brand name drugs and 27% of covered generic drugs. Although a 52.5% discount sounds great, if you take a brand name drug that costs \$300, you will still have to pay \$142.50!!

This is where **Prescription Advantage** can help!

Kathy Devine , Executive Office of Elder Affairs

will explain how Prescription Advantage can help to fill the hole in your Medicare prescription drug coverage.

Wednesday, February 26th at 10:00 AM

You won't want to miss this important presentation!

Fuel Assistance Program

Applications for fuel assistance are still being accepted. If you could use some help paying your home heating bills, the Fuel Assistance Program may be for you! To be eligible, you must be a Bedford resident and have a maximum income of \$32,065 for a one-person household to \$41,932 for couples. Contact the COA at (781) 275-6825 for more information or to set up an appointment. All information will be held strictly confidential. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

World Cultural Tours

World Cultural Tours presents their 2014 Series Programs on **Tuesday, February 11, 6:30 PM!** They are offering two trips this year, both from November 1-9, 2014. The Northern Italy tour highlights Parma, Rapallo, and Stresa, with a day trip to Switzerland. It includes a pasta and pesto making demonstration and a wine tasting tour. The Bella Tuscany trip will highlight Montecatini, Florence, Rome and the surrounding areas. While experiencing the architectural grandeur from centuries past, you will also enjoy a tour of and tasting at Brunello wine and a visit to the famous Pecorino region for a cheese and olive tasting. This presentation will focus on the itineraries for both tours and will include time for questions.

The Computer Corner

Computer Club A round table discussion will be held on **Wednesday February 5** at 10:00 AM. Please let us know if there are any special topics you are interested in learning about.

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.