

For Your Health

Summer Trails

On **Thursday July 31 at 1:00**, come explore a historic landmark with Alissa and hike to Two Brothers' rocks! We'll meet at the Minnie Reid Conservation Area parking lot (on Chelmsford Rd, just after the split from North Rd). We'll walk the trail to get some fresh air and exercise! This will be a 1 mile + walk with some uneven ground. Please wear appropriate footwear. Please call the Bedford Council on Aging at (781) 275-6825 to register by July 30.

Need to escape the heat of the summer? Join Alissa for a trail walk at the Wilderness Park Conservation Area on **August 21 at 1:00 PM**. We will meet at the trail head in the Middlesex Community College parking lot, adjacent to the VA Hospital on Springs Rd. This will be a 1 mile + walk with some uneven ground. Please wear appropriate footwear and bring a bottle of water. Please call the Bedford Council on Aging at (781) 275-6825 to register by August 20.

Tips to Beat the Heat



Summer is finally here! Whether you are lying on the beach, sitting on a bench in a park, or just walking to your car, you are exposed to the sun. Your body is usually able to withstand the heat. But when the body heats up too quickly or you lose too much fluid through sweating and become dehydrated, it may become dangerous. This is called heat stress. Heat stress occurs when the body cannot cool itself enough to maintain a healthy temperature. The elderly (>65 years old) are more prone to heat stress than younger people. Factors include inability to adjust as well as young people, chronic medical conditions, and prescription medications. The elderly may not be able to notice the changes in body temperature as quickly. Chronic medical conditions such as heart and lung disease can also change normal body responses to heat. Some prescription medications can hinder the body's ability to sweat, causing the inability to regulate body temperature. Join Joyce Cheng RN, Community Health Nurse and Simmons College student nurse, Neangkanika Chea on **Tuesday July 15th at 11:00 AM** as we discuss ways to protect ourselves from the heat, prevent heat related illnesses, and staying hydrated, while still enjoying our summer! We will provide you with ways to detect the warning signs of heat stress, such as sweating, weakness, cool, pale, clammy skin, nausea, vomiting, fainting, and tips to beat it!

Bedford Council on Aging Services

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!

Health Screenings

Podiatry Clinic: Friday, July 25

Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

Nurse's Hours: Friday, July 11 & August 8 and Monday July 28 & August 25 Community Health Nurse, Joyce Cheng will be at the COA 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! SHINE counselors from Minuteman Senior Services will be available **Tuesdays July 8 and August 12 and Wednesdays July 16 and August 6** beginning at 2 PM. Please 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, July 8 & August 12** at 9:30 AM. Joe Sarofeen of Apex Hearing will be here on **Thursday, July 17 & August 21** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need to Know

Taking Control of Your Future: Asset Protection, MassHealth and At Home Care Options

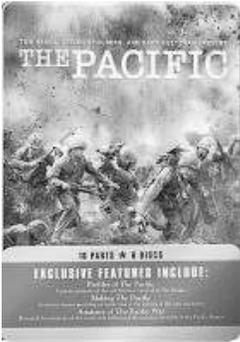
Attorney Dale J. Tamburro will present a free seminar on Wednesday July 16 at 1:00 PM. Please call to register ahead of time (781) 275-6825. In addition to any questions you may have for attorney Tamburro, he will also cover the following major topics during this session:

- MassHealth Basics
- Special Asset Protection Options
- Reverse Mortgages
- Options for Paying for Long Term Care at Home
- Using Irrevocable Trusts for Protection
- Staying Home Benefits and Disadvantages
- Assisted Living or Similar Facilities vs. staying home

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.

Create Your Own Decorative Note Cards

Our very own Priscilla Grunes will teach you how to create your very own hand-made note cards! During each of the 5 classes, you will create 3 cards with envelopes! All materials provided, but bringing small scissors, snail adhesive, and a bone folder is encouraged. Cost for the course is \$45, payable at sign-up. If space allows, drop-ins will be \$15 per class. **Thursdays, 1:00 PM in July.**



Mondays from 1:00 - 3:00 PM July 14-August 11

The Pacific is an epic 10-part miniseries that delivers a realistic portrait of WWII's Pacific Theatre as seen through the intertwined odysseys of three U.S. Marines - Robert Leckie, John Basilone and Eugene Sledge. The extraordinary experiences of these men and their fellow Marines take them from the first clash with the Japanese in the haunted jungles of Guadalcanal, through the impenetrable rain forests of Cape Gloucester, across the blasted coral strongholds of Peleliu, up the black sand terraces of Iwo Jima, through the killing fields of Okinawa, to the triumphant, yet uneasy, return home after V-J Day. The viewer will be immersed in combat through the intimate perspective of this diverse, relatable group of men pushed to the limit in battle both physically and psychologically against a relentless enemy unlike any encountered before.

How to Have a Meaningful Visit: Not Just Putting In Time Tuesday August 12 at 10:30

This 1-hour discussion led by Keri Hickey of All Care Hospice, centers around having a meaningful visit with a loved one with Dementia. Discussion on the stages of dementia and how to interact in a positive manner in all stages is highlighted. Person-Center focus is explained and examined. Please call the COA to register (781) 275-6825.

Lunch & Learn - Medicare's Observation Status vs. Admission: Beware!

Nancy Carney, RN *Community Relations and Education nurse from VNA of Middlesex East* Right at Home will be sponsoring a Lunch and Learn on **Tuesday August 19 at 11:30 AM**. Did you know that even if you stay in the hospital overnight, you might still be considered an "outpatient"? Your **hospital status** (whether the hospital considers you an "inpatient" or "outpatient") affects how much **you pay** for hospital services (like X-rays, drugs, and lab tests) and may also affect whether Medicare will cover care you get in a skilled nursing facility (SNF). Space is limited so please register in advance by calling the COA at (781) 275-6825.

"Not Your Typical" Banking Seminar

Meet representatives from the local Citizens Bank on **August 20 at 1:00** when they come to talk about some of the financial services they offer, many of which are free of charge!

THE COMPUTER CORNER

Computer Club

Meetings will continue on the 1st Wednesday of each month through the summer. A round table discussion will be held on **Wednesdays July 2 and August 6 at 10:00 AM.**

Computer Drop-In

****Please note that Drop-in will be suspended until September. If you need assistance, please contact the COA at 781-275-6825 to arrange an appointment over the summer. ****

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com.