

## For Your Health

### 140 over 80 : What do the numbers mean?

Blood pressure readings and what they mean can be confusing to everyone. When you have your blood pressure checked it helps to understand what the numbers are telling us. What is the difference between systolic and diastolic, when is a blood pressure too high or too low? These are all common questions. Bring your questions to an informative talk on June 17<sup>th</sup> at 11:00 with Bedford's Public Health Nurse, Patty Moran. A blood pressure clinic will be held after the talk, for those that can stay.



### Senior Elite Breakfast

**Monday June 17 at 9 AM**

The Senior Elite Program is a free service offered to seniors through the Greater Medford VNA. The program offers a variety of resources for seniors and also assistance with finding new doctors or medical resources in the area. Michelle Caron RN will be here to discuss the benefits of the program and will be providing a light breakfast as well. Pre-registration is required by calling the COA at (781) 275-6825.

### AARP Driver Safety Course

**Tuesday June 4, 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 \$12 for AARP members and \$14 for non-members. Checks should be made payable to AARP. Participants will receive a comprehensive workbook as well as a certificate upon completion of the course. A light lunch will be served. Class size is limited to 25 people so **you must pre-register**. Please call the COA at (781) 275-6825 to find out if space is still available.

### Heard about the new Senior Sports Club?

**Come see what all the excitement is about!**

### OPEN HOUSE

FRIDAY JUNE 7<sup>th</sup> 10 AM - 2 PM

Atlantis Sports Club (Double Tree Hotel)

44 Middlesex Turnpike

Try Aqua Zumba \* Tennis \* Wellness Center

Free Refreshments

Interested? Sign up at the Council on Aging or by calling (781) 275-6825

### Depression and the Older Adult Wednesday June 19 at 10:30 AM

This program will be centered around nutrition, exercise and medications and how they relate to depression. This will be an open discussion with a chance to learn more about depression and how to recognize the signs. Michelle Caron RN from the Greater Medford VNA will lead the group and will be able to integrate the various medical and psychosocial issues related to depression.

## Health Services

**Now Weekly! Therapeutic Massage:** Elements Massage of Woburn will be offering therapeutic chair massages every Wednesday from 10:30 AM - 12:30 PM. The cost is \$12 for a ten minute session (payable at the time of your massage). Please call the COA to schedule your appointment.

**Podiatry Clinic:** Dr. Bryant Tarr's next clinic is scheduled for **Friday July 12** 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:** Bedford Community Health Nurse Patty Moran will be at the COA on Friday June 14 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 counselor will be available Wednesdays June 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 June 11 from 10:30-12. Joe Sarofeen of Apex Hearing will be here on Thursday June 20 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

# What You Need To Know

## Library Book Discussion

Join Theresa Maturevich from the Bedford Public Library on Tuesday June 25 at 1:00 PM for a discussion of *One Amazing Thing* by Chitra Banerjee Divakaruni. "Late afternoon sun sneaks through the windows of a passport and visa office in an unnamed American city. Most customers and even most office workers have come and gone, but nine people remain. A punky teenager with an unexpected gift. An upper-class Caucasian couple whose relationship is disintegrating. A young Muslim-American man struggling with the fallout of 9/11. A graduate student haunted by a question about love. An African-American ex-soldier searching for redemption. A Chinese grandmother with a secret past. And two visa office workers on the verge of an adulterous affair. When an earthquake rips through the afternoon lull, trapping these nine characters together, their focus first jolts to their collective struggle to survive. There's little food. The office begins to flood. Then, at a moment when the psychological and emotional stress seems nearly too much for them to bear, the young graduate student suggests that each tell a personal tale, "one amazing thing" from their lives, which they have never told anyone before. And as their surprising stories of romance, marriage, family, political upheaval, and self-discovery unfold against the urgency of their life-or-death circumstances, the novel proves the transcendent power of stories and the meaningfulness of human expression itself. *One Amazing Thing* is a passionate creation about survival--and about the reasons to survive."

## Smartphone Smarts

Is your family trying to text you? Feeling clueless when it comes to your new smartphone? Or maybe you just have a simple question about using one of its functions. Join Liz Crowell of the Bedford Police Department for a fun and informative lesson on Friday June 21 at 10:30 AM.



## New and Improved Recycling!

Gretchen Carey, Bedford's Recycling Coordinator, will be speaking about the newer, easier rules for recycling on Wednesday June 12 at 1:00 PM. A short video will be shown, with a question and answer session to follow. Save money and help support the town by recycling!



## East Meets West Travelogue— Monday June 10, 6:30-8:00

*"The Journey of a thousand miles begins with a single step."*

The fulfillment of one person's dream to visit the Orient comes true... What was the genesis of the dream? How did it take shape? What were the challenges? There are so many aspects to traveling to a land so far from home, and so many obstacles. Come join us as we present China in a travelogue that involved five trips over a ten year period. From Hong Kong to Beijing, to Xian, Quelin, Hanzhou, Lhasa, Tibet to Shanghai, from Katmandu, Nepal to Tokyo, Japan and Seoul, Korea. The adventure is aplenty and so much to share as a result. We look forward to sharing these experiences with you. If you have also traveled there, we welcome the opportunity to relive your experience as well. Or perhaps you have been planning such an adventure yourself? On Monday June 10, from 6:30-8:00 come to the COA and have some fun with us in our retelling of many stories. And bring a friend or two with you to share in the fun!

旅行

## Concerned about Scamming?

Home Instead Senior Care will present "Protecting Seniors from Fraud" on Thursday, June 6th at 11:00 with light refreshments served. Pamela Connolly, Home Instead CSR will address local senior fraud issues that include what are the most common (and recent) scams, tips on what to do if you have been a victim and how to avoid becoming a victim. Information services will be provided. Please register by calling the COA at (781) 275-6825.

## The Computer Corner

**Computer Club** A round table discussion will be held on **Wednesday June 5** at 10:00 AM.

**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.