

For Your Health

Meet the Nurse on Tuesday November 5 at 10:30 AM

Join us on to welcome Joyce Cheng, Bedford's Community Health Nurse. Joyce has been working for the Town since September, so many of you may have already met her, but now is your chance to come chat with her!

Are You Concerned About Your Memory?

Are you concerned about memory loss? Do you want to find out how your memory is now and for future comparison? Memory screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. Screenings also are appropriate for anyone who does not have a concern right now, but who wants to see how their memory is now and for future comparisons.

Thursday November 21, 2013 is National Memory Screening Day. Senior Helpers of Westford will be offering **free, confidential** memory screenings at the Bedford Council on Aging from 1:00 to 3:00 pm. All the memory screenings will be **conducted by a Registered Nurse**. Please call the Bedford COA at (781) 275-6825 to make an appointment.

Back By Popular Demand! Understanding Your Options

This program was VERY well received by those who attended in September so we decided to give you another opportunity to take advantage of this free educational talk! Understanding your options before a health need arises is critical to informed decision making that often occurs in a moment of crisis. Join Candy Costas, VP of Privatus Care Solutions, at the Bedford COA on **Wednesday November 6 at 1:00 PM** for a discussion of the various choices that are clinically safe, socially appealing, and financially appropriate. We will discuss the true realities of assisted living, rehab after a hospital stay, how to find trustworthy caregivers, and what is covered by insurance.

Eye Care

It's a fact of life that vision changes occur as you get older. But these changes don't have to compromise your lifestyle. Knowing what to expect and when to seek professional care are important steps to safeguarding your vision. Local Optometrist, Dr. Kiana Kaymanesh of Bedford Vision Center will be at the COA on **Wednesday November 13 at 12:30 PM** to talk about how to maintain healthy eyes.

5 Simple Exercises to Increase Your Strength Today

Since 1991, Steve Satin has been an Exercise Physiologist and President of Satin Wellness In-Home Personal Training. On **Monday November 18 at 10:00 AM** he will present a program of simple exercises you can do in your home that can help increase your strength and maintain/build strong bones and joints. *5 Simple Exercises to Increase Your Strength Today* includes safe and effective exercises even if you have heart disease, diabetes, arthritis, joint and/or back pain. Whether you are physically fit, have an injury or health challenge; these exercises can be done by anyone. Come have fun with Steve!

Health Services

Podiatry Clinic: Dr. Bryant Tarr's next clinic is scheduled for **Friday November 15** 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: Our new Community Health Nurse, Joyce Cheng will be at the COA on **Friday November 8 at 1:00 PM** and **Monday November 18 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 November 5 and 19** beginning at 10:00 AM and **Wednesdays November 6 and 20** 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 November 12** from 10:30-12. Joe Sarofeen of Apex Hearing will be here on **Thursday November 21** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need To Know

Holiday Decorating Made Simple Tuesday November 12, 7:00 PM

Ellie Pooya is a certified interior designer and founder of SIMPLY YOUR HOME, based in Bedford that serves Interior decorating service to Metrowest Boston. She believes every person is unique therefore deserves a unique arrangement to express her/his personality. She works closely with her clients to achieve this goal in designing their rooms and arranging their events in a timely manner within their budget.

In this talk she will bring some easy holiday decorating ideas to simply dress up your fire place, table or favorite room with easy to make Christmas centerpieces, wreath and fireplace mantel treatments.

Celebrate Our Veterans
Join us for coffee and
dessert in honor of those who
served our country!

*State Representative Ken
Gordon will also be
presenting a citation to our
Board Chair Bobbie Ennis!*

*Friday November 8th
12:30 P.M*

*Please RSVP
(781)275-6825*

Encore Presentation: Nova Scotia and Southern New Brunswick

Join Carol and Ron Reynolds on **November 19 at 6:30 PM** as they share photos and video of their travels around Nova Scotia and Southern New Brunswick. After following the Lighthouse Route to Peggy's Cove, and spending a day in Halifax, they followed the Cabot Trail, hiked in Cape Breton Highlands, enjoyed a Ceilidh, and experienced living history at Fortress Louisbourg. In New Brunswick, they were amazed at the dramatic tides along the Bay of Fundy. Come and share their memories of quaint fishing villages, Acadian jigs and Celtic music.

Could You Use Some Help With Home Heating Bills?

Applications for fuel assistance will be accepted beginning November 1. 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!



*Being Safe
in the Kitchen*

Put a Lid On It!

Join Fire and Life Safety Educator Nick Anderson for breakfast (only \$3!) at the COA on Wednesday

November 13 at 8:30 AM. Nick will show us some simple ways to stay safe in our own kitchens. Please sign up ahead of time by calling (781) 275-6825.

Council on Aging Board Meeting

The next Board meeting will be held on **Tuesday, November 12 at 12:15 PM** in the Fitch Room (second floor of the Town Center Building). All are welcome to attend this public meeting.

The Computer Corner

Computer Club A round table discussion will be held on **Wednesday November 6** 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.