

For Your Health

Medicare Open Enrollment period is:
October 15 – December 7
Medicare plans change every year.

The Minuteman Senior Services SHINE Program can help you review your options.

What are the changes to your prescription drug plan?

What are your options for Medicare coverage?

How does your particular health insurance plan work and how does it compare to others?

Call the Council on Aging to make an appointment with one of our SHINE counselors (see schedule below).



SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice.

Immunizations

Amee Mistry, PharmD, Associate Professor of Pharmacy Practice at MCPHS (and a Bedford resident!) will be talking about immunizations – the shingles vaccine, pneumococcal, hepatitis B, and tetanus/diphtheria/pertussis on **Monday November 17 at 10:30 AM**. Please call 781-275-6825 to register.



Preventing Type 2 Diabetes

Type 2 Diabetes, previously known as Adult Onset Diabetes, is a chronic condition that affects the way our body metabolizes sugar. Pre-diabetes indicates the stage at which your blood sugar level is higher than normal, but is not yet high enough to be classified as type 2 Diabetes. The Center for Disease Control and Prevention estimates that 1 in every 3 US adults has pre-diabetes (about 57 million). Half of all Americans age 65 years and older have pre-diabetes. Without lifestyle changes to improve their health, 15% to 30% of people with pre-diabetes will develop Type 2 Diabetes within 5 years. The symptoms of diabetes often develop slowly. You can have Type 2 Diabetes for years and not know it. It is important to discover the pre-diabetes condition early and make the necessary lifestyle changes.



The good news is that Type 2 Diabetes is largely preventable. Community Health Nurse, Joyce Cheng will give a presentation on **Friday November 14 at 10:30**. Learn about your risk for getting Diabetes, as well as the cause, signs and symptoms. A blood glucose test will be performed by request. If you would like to have the blood test done, do not eat any food for 2 hours prior to the test.

Muscle Care Clinic

With Wayne Durante, LMT

\$10 for 10 minutes • Thursdays beginning at 9:00 AM

Please call for an appointment 781-275-6825

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, December 12

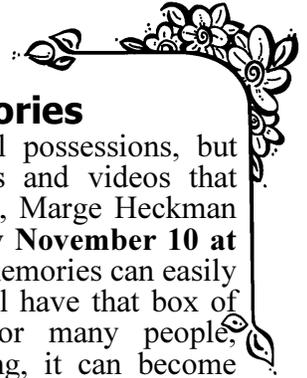
Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

Nurse's Hours: Friday, November 14 and Monday November 24 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 **Monday November 10 and Tuesday November 25** Beginning at 10 AM; **Wednesdays November 5 and 19** beginning at 2 PM. Please call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinic: Joe Sarofeen of Apex Hearing will be here on **Thursday, November 20** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need to Know



AGING IN PLACE: A PANEL DISCUSSION

Wondering if that home improvement you've been considering will prove to be a good return on your investment? Or what adjustments can make it possible for you to stay in your home as long as possible? Or considering selling, but not sure if you or your home is ready? Then be sure to join Suzanne Schmul Koller of Suzanne & Company Keller Williams Realty for a panel discussion with a local contractor and organizing expert to get your questions answered and point yourself in the right direction. **Friday, November 7 at 10 AM.**

Think Safety First When Heating your Home this Winter

Heating is the second leading cause of fires in the home in Massachusetts. One of every 20 space heater fires in the past five years has caused a fire death. December through February are traditionally the peak months for house fires as the cold weather drives people indoors, heating systems are taxed, and there is more use of space heaters. Join Fire and Life Safety Educator Nick Anderson on **Thursday November 20 at 8:30 AM** to learn some simple steps to ensure you stay warm and stay safe this winter. Breakfast will be served following the presentation.



Please sign up by calling the COA at (781) 275-6825.



Could You Use Some Help With Home Heating Bills?

Applications for fuel assistance are currently 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 **\$32,618** for a one-person household to **\$42,654** for couples. Contact the COA at (781) 275-6825 for more information or to set up an appointment. All information will be held confidential. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!



Preserving Your Memories

We invest so much insuring our material possessions, but forget to protect the irreplaceable photos and videos that remind us of our history. Bedford resident, Marge Heckman will be at the Council on Aging on **Monday November 10 at 10:30 AM** to talk about some ways those memories can easily be shared with the people you love. We all have that box of "stuff" stored away in our closets! For many people, especially seniors who may be downsizing, it can become very stressful to try to figure out what to do with it all. Marge is a consultant for EverPresent, a company that provides digitizing services for any clients who are interested in converting any type of old media (pictures, slides, VHS tapes, reels, scrapbooks) into digital format

Taking Control of Your Future: Do you Need a Revocable or Irrevocable Trust Wednesday November 12 at 1:00 PM

Attorney Dale Tamburro will be giving a seminar on trusts including:

- The most important estate planning documents that everyone needs
- What is a Trust and why do so many people use them?
- The Components a Trust: paper, Creator, Trustee and Beneficiary
- What is Probate and why people want to avoid it and how?
- Revocable First then Irrevocable....maybe and why
- How do I protect my House and other assets from a Long Term Care Problem like a Nursing Home stay?
- How to Fund the Trust and why is it so complicated
- Now do you need a trust?

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.



MEMORIZE LIKE NEVER BEFORE

Wednesdays November 5, 12, and 19 at 10:00 AM

Learn the secret that actors like Alan Alda use to memorize long scripts. Neil Kutzen, actor and memory coach will teach you how to memorize ANYTHING of any length using a method that is effective, easy and fun. This is the method Roman orators used in 2000 B.C. and memory contest champions use today. Use this method for memory tasks such as: pass codes, phone numbers, birthdays, to-do lists, poems, songs, recipes, foreign language and more. Improve your memory and also keep your brain sharp longer. Bring your memory tasks with you to the classes. Plan to come to all 3 classes, as the lessons build on each other. There is a \$5 per class fee. Please call the Council on Aging for more information or to register (781) 275-6825.

THE COMPUTER CORNER

Computer Club

Meetings will continue on the 1st Wednesday of each month. A round table discussion will be held on **Wednesday November 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 computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com.