

For Your Health

Clap Your Hands Workshop

Do your hands hurt? This workshop is for painful, stiff hands and fingers. Learn self-care techniques to manage hand pain and improve movement. This 4-week workshop will begin on October 7 and will meet on Tuesdays from 11:00 AM - 12:00 PM. This workshop is \$76 (Members of Osteofitness \$60). Several sessions may be needed to experience the full benefits. Please bring your favorite lotion and remove as much jewelry as comfortable. Please register in advance by calling the COA at (781) 275-6825.



Beverley Ikier is the hand therapist for many of Boston's professional musicians, as well as students of music at BU's College of Fine Arts.

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

12 Benefits of Tai Chi for Seniors

The benefits of Tai Chi for seniors are incredible! If you are looking for a low-impact, relaxing form of exercise that only requires about 20 minutes a day and rewards your efforts, Tai Chi is for you. Tai Chi is an internal Chinese martial art in the sense that it focuses on mental and spiritual aspects integrated into movement. This meditative form of exercise consists of a series of 19 movements and one pose. You may have seen groups of people demonstrating its slow-moving forms in public parks. Many seniors and senior centers have been enjoying this style of workout and conditioning for more than 20 years.

Here are 12 benefits of Tai Chi for seniors:

1. Relieves physical affects of stress
2. Promotes deep breathing
3. Reduces bone loss in menopausal women
4. Improves lower body and leg strength
5. Helps with arthritis pain
6. Reduces blood pressure
7. Requires mind and body integration through mental imagery
8. Accumulates energy by releasing endorphins rather than depleting it
9. Enhances mental capacity and concentration
10. Improves balance and stability by strengthening ankles and knees
11. Promotes faster recovery from strokes and heart attacks
12. Improves conditions of Alzheimer's, Multiple Sclerosis, and Parkinson's

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, October 24

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, October 10 and Monday October 27 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 **Tuesday October 14** Beginning at 10 AM and **Wednesdays October 1 and 15** 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, October 14** at 9:30 AM. Joe Sarofeen of Apex Hearing will be here on **Thursday, October 16** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need to Know

What is *Minuteman By Your Side*?

Building on 40 years of experience and a reputation for excellence, Minuteman Senior Services has launched a new program called *Minuteman By Your Side* that extends a vital service - care management - to adults of any age who can use a little help coping with the challenges presented by aging, disability or caregiving. Offered on a fee basis, the experienced and credentialed *By Your Side* team will do a comprehensive assessment of your needs and preferences (including a home safety assessment) and help create a personalized plan to get you the help you need that fits within your family's resources. This can include arranging home care services, helping you manage medical appointments (and transportation to them), finding more appropriate housing or balancing caregiving responsibilities. Minuteman's Care Management service is conflict-free, as the agency has no ownership interest in any direct service or facility, and long-term relationships with their network of independent direct service providers offers added value for consumers as well. For more information about *Minuteman By Your Side*, or any of the programs offered by Minuteman Senior Services, please Call 888-222-6171, Email elderinfo@minutemansenior.org or Visit www.minutemansenior.org

Council on Aging Board Meeting

The next Board meeting will be held on **Tuesday, November 4 at 11:30 AM** in the Fitch Room (second floor, Town Center Building). All are welcome to attend this public meeting. The COA board is an appointed committee that consists of 9 volunteers who live in Bedford and are registered Bedford voters. They work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live.

Medicare Open Enrollment Info Session Wednesday, October 22 at 1:00 PM

It's that time of year again! Medicare open enrollment starts on October 15 and ends December 7, 2012. SHINE representatives from Minuteman Senior Services will be providing an information session at the Bedford Council on Aging on **Wednesday October 22 at 1:00 pm**. SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Please RSVP by Friday October 17 so that we know how many people to expect. If you need assistance before then, please contact the COA at 781-275-6825 to make an individual appointment with our SHINE counselors.

Back to Basics with Attorney Dale Tamburro Wednesday October 8 at 1:00 PM

Attorney Dale Tamburro will be giving a seminar on the basics of Estate Planning including:

- Non-Legal Actions to make things easier
- Documents and Information to keep updated and available
- Terminology to try to understand
- Last Will and Testaments
- Health Care Proxies and Durable Power of Attorneys
- Disability Planning
- Avoidance of Probate and the Ramifications
- Trusts Basics

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.

Trail Walk



Join Alissa for our last trail walk this season, at the Bedford/Massport Trail off the Minuteman Bikeway Extension. Let's get some fresh air and exercise before winter comes! This will be a 1+ mile walk with some uneven ground. Please wear appropriate footwear. We will meet at the end of Caesar Jones Way on Thursday October 16 at 1:00 PM. Please call the Bedford Council on Aging at (781) 275-6825 to register by October 15th.

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 **Wednesday October 1 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.