



Warren Senior Center News

P. O. Box 428, 2252 Main St., West Warren, MA 01092
413-436-5662 - www.warren-ma.gov

Email: warrensenior@verizon.net - Elder Bus Service: 1-800-321-0243

MISSION STATEMENT: The mission of the Warren Council on Aging is to identify the needs of the elders in our community, provide preventative health and educational programs, social and recreation activities and give assistance to the homebound through referrals.

"This institution is an equal opportunity provider, and employer."

March 2014

From the Director's Desk

It's a great feeling to see extra daylight as the days get longer. We will finally be able to enjoy the outside now that this brutally cold winter will be behind us. This March 9 will allow us to turn our clocks one hour ahead and begin to enjoy longer daylight hours. While we are on the subject of enjoyment take a moment and ask yourself when was the last time you came to a senior center. Participating in weekly events at our senior center keeps your mind sharp and helps establish new friendships and your outlook on life will have more meaning on living life to the fullest.

Our monthly Birthday Party with entertainment is enjoyed by seniors that comes to our celebration from various communities. Our weekly BINGO on Fridays will now also be played on Wednesdays starting on February 12, this was done at the request of our players.

Come on in and join us for all of our activities. Remember, this is your home away from home. Armand

Upcoming Events

March 1 - Polish Plate Dinner Sponsored by the Friends of the Town Hall 1st sitting 5 P.M. - 2nd sitting 6:30 P.M. Dinner consists of, golomki, pierogi, kielbasa, kapusta and Polish bread. Tickets will not be sold at door. Donation \$10.00

Upcoming Events Continued

March 15 - West Warren Library will have a catered dinner serving Corn Beef and Cabbage with all the fixings, includes dessert. 6 P.M. Entertainment by BOYS OF THE TOWN. "This program is supported in part by a grant from the Warren Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency." Tickets \$20.00

March 27 - Birthday Party 11:30 A.M. SIGN UP IS REQUIRED - Only \$6.00 Door Prize - Entertainment by Dave Colucci - 12:15-1:15 P.M. "This program is supported in part by a grant from the Warren Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."

April 7 - Foxwoods Casino Trip

Our Senior Club Foxwood Casino trip will be on April 7th leaving from Lizak Bus Co. at 7 A.M. The cost is \$25 with comps and we will be returning around 6:15 P.M. If you are interested, call and sign up at the senior center 436-5662, or call Gail at 436-5836. Please pay when signing up or make checks payable to: Gail Winders, P.O. Box 805, Warren, MA.

All are welcome!

**Warren Senior Center Hours:
Mon.-Fri. 8:00 a.m.-3:00 p.m.**

MARCH BIRTHDAYS - *denotes age 90 and over

2 - JEANETTE JOHNSON	14 - DENNIS DESAUTELS
4 - SHIRLEY HARD	14 - VERNON KEITH
6 - ROBERT MORRISON	14 - LORRAINEMAILMAN
10 - SARA BLACKWELL	15 - JOSEPH ZULKIEWICZ*
10 - MARY CARTER	16 - LOUISE A. MUNDELL
10 - DONNY ROBIDEUX	24 - SHIELA FRANCESKETTI
11 - SUSAN E. DECOTEAU	26 - ELLIOTT BLACKWELL
11 - ANNE SZTUKA*	26 - HILDA SZTWKA*
13 - ROMONA DORNAN	29 - JENNIE ARSENAULT



WARREN CULTURAL COUNCIL

As a fundraiser, the Warren Cultural Council is organizing a trip to Boston, Red Sox vs. Seattle Mariners, on Friday, August 22, 2014. A limited number of seats are available. For tickets please call 413-436-9268. Only \$62.

COUNCIL ON AGING

There are two (2) openings on the Council on Aging. Anyone wishing to serve on the council must submit their name to the Warren Council on Aging, at P.O. Box 428, West Warren, MA 01092. These positions will become effective on July 1st, 2014. Applications will be accepted until May 1st, at which time the council will determine who would be the best candidates to serve on the board. The names are then submitted to the Board of Selectmen for final approval.

WARREN SENIOR CLUB

Whist Party and Penny Sale is being planned for April 10th at senior center. Mark your calendar and join in the fun. Details to follow in the April newsletter.

FUEL ASSISTANCE

Any person over the age of 18 may apply for fuel assistance. If you have a home or live in a rental unit and need fuel assistance, you may submit your name with proof of income and etc.

Income for family of: 1 - \$32,065
2 - \$41,932
3 - \$51,798

CALL THE SENIOR CENTER FOR AN APPOINTMENT.

FOOT CARE

Appointment available by calling the senior center. Service available every tow months at a cost of \$28. Next available date is in April.

CRIBBAGE, PITCH, BINGO players are always in demand. Come to our Senior Center and join in the fun, companionship and enjoy a very friendly atmosphere. Our meals are delicious and very affordable. So why not join us? You will be glad you did.



Our NEWSLETTER is now on-line on the town website.



Go to www.warren-ma.gov and click on **Senior Center Calendar** link.

March 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHCKEN SOUP, CHICKEN PATTY, LETTUCE&TOMATOS, ROLLS & CHIPS 5:45 pm Pitch	4 TURKEY CROQUETTE, MASHED POTATOES, VEGETABLES, ROLLS 1 pm Cribbage	5 GARDEN SALAD, SHEPARD'S PIE, ROLLS	6 STUFFED CABBAGE, VEGETABLES, RYE BREAD 10:30 am Tai Chi	7 GARDEN SALAD, CHEESE OR VEGE- TABLE PIZZA 1 pm Bingo
10 SOUP, BURGERS, LETTUCE, TOMATOS, CHIPS & PICKLES, ROLLS 5:45 pm Pitch	11 LIVER & ONIONS OR SUBSTITUTE, VEGETABLES, POTATOES, ROLLs 1 pm Cribbage	12 JANIK KIELBASA, POTATO PANCAKE, MIXED VEGETABLES, RYE BREAD 12:45 pm Bingo	13 GARDEN SALAD, CHICKEN AND NOO- DLES CASSEROLE, VEGETABLES & ROLLS 10:30 am Blood Pressure Clinic 1 pm Bingo	14 FISH & CHIPS, CORN, COLE SLAW, ROLLS 1 pm Bingo
17 GARDEN SALAD, TACO CASSEROLE, MIXED VEGETABLES, ROLLS 5:45 pm Pitch	18 SEAFOOD VARIETY, OVEN FRIES, COLE SLAW, CORN & ROLLS 1 pm Cribbage	19 BAKED HAM, POTA- TOES, VEGETABLES & ROLLs 12:45 pm Bingo	20 GARDEN SALAD, BEEF CHILI, CORN BREAD 10:30 am Tai Chi	21 GARDEN SALAD, MAC & CHEESE, VEGETABLES, BREAD 1 pm Bingo
24 JANIK KIELBASA, CABBAGE SOUP, CARROTS, RYE BREAD 5:45 pm Pitch	25 GARDEN SALAD, SPAGETTI & MEAT- BALLS, GARLIC BREAD 1 pm Cribbage	26 HOT DOGS W/ ROLLs, BAKED BEANS, OVEN FRIES 12:45 pm Bingo	27 BIRTHDAY PARTY CORNED BEEF & CABBAGE, POTATOS, CARROTS, TURNIP & ROLLs, CAKE & ICE CREAM 10:30 am Tai Chi	28 CHEF'S SURPRISE 1 pm Bingo
31 GARDEN SALAD, CORNED BEEF HASH, MIXED VEGE- TABLES, RYE BREAD 1 pm Cribbage		The menu is subject to change without notice. All meals include dessert, milk & coffee.	Please call by 10 AM for lunch reservations. For Liver day please sign up the day before.	

FOUNTAIN & SONS FUEL CO., INC.
62 Comins Pond Rd., P.O. Box 1539
Warren, MA 01083-1539
Phone: 413-436-7314
Fax: 413-436-9313

Fuel Oil - Kerosene - On/Off-Road Diesel Fuel
Licensed - Insured - 24 Hour Service
Cash Discounts
Fuel Assistance - Citizens Energy



HAIR STUDIO & DAY SPA
Phone: 413-436-7220
2370 Main Street
West Warren, MA 01092

Hair & Skin Care, Hair Extensions
Tanning, Therapeutic Massage
Body Wraps & Facials
Pedicures & Eye Lash Extenders
www.HairStudioAndDaySpa.com

News from SHINE March 2014

The Affordable Care Act (Obamacare) Exchanges and Medicare

Much media attention is being focused on the Affordable care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces). Medicare beneficiaries should know the following:

* The health insurance exchanges are for people without insurance, and **not for Medicare beneficiaries.**

* Beneficiaries who have Part A and B meet the requirement for health insurance.

* Medicare supplement plans (Medigaps), are not sold in the health insurance exchanges.

* In most cases, it is illegal to sell health insurance exchanges policies to Medicare beneficiaries.

* People with Medicare **do not need to re-enroll or get new Medicare cards.**

If you need help on any aspect of your health insurance, SHINE offers free counseling at your local Senior Center or Council on Aging. Call your Senior Center or COA and ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636). If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.

Cherokee Indian Legend

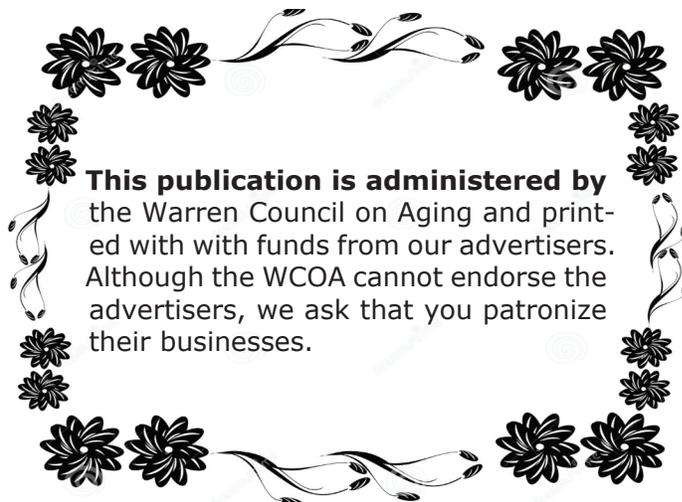
One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between 2 "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."



This publication is administered by the Warren Council on Aging and printed with funds from our advertisers. Although the WCOA cannot endorse the advertisers, we ask that you patronize their businesses.

Council on Aging Executive Board

Dennis Morel, Chair
Jean Lavash, Vice Chair
Richard Gelinias, Rec. Secretary
Peggy Bernard, Treasurer
Richard Pisarski
Barbara Keith
Leona Wrobel

Senior Center Staff

Armand Dimo, Director/Editor
Charlene Disley, Lunch Coordinator
Gail Winders, General Helper
Roberta Harnois-Roby, Transportation
Albert Theberge, Maintenance

Warren Senior Center
P. O. Box 428
West Warren, MA 01092