

## Swampscott Senior Center



# COMPASS

Get centered at the senior center

### THE MISSION STATEMENT OF THE SWAMPSCOTT COUNCIL ON AGING IS

- To serve all seniors with dignity and positive regard.
- To identify and respond to the needs of elders and to advocate on their behalf.
- To promote an awareness in the community of issues regarding seniors.

EDITOR: DON WESCOTT

JULY 2015

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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### QUESTION AND ANSWER COLUMN OFFERED BY NORTH SHORE PHYSICAL THERAPY

Please feel free to submit questions about musculoskeletal problems to us in writing at NSPT, 1 Widger Road, Marblehead, MA, 01945, c/o Susan Finigan.

Question. Sometimes I do not feel well in the hot and humid weather, why do I feel like this?

Answer. Your body will perspire more in hot humid weather. You will perspire more when you are doing errands, housework or exercising. It is particularly difficult to work outside in the garden under hot and humid conditions, perform errands or play golf.

The majority of the body is made up of water, with up to 75% of the body's weight due to water. Dehydration may occur when the amount of water leaving the body is greater than the amount being taken into the body. We lose water routinely from our body through breathing, during perspiration, urination, and bowel movements. On a normal day a person has to drink approximately 64 ounces of fluids to replace this routine loss. Elderly people are more susceptible to dehydration due to 10 percent less water content than an adult body. Elderly people who take diuretics such as lasix are more prone to dehydration. On a hot and humid day taking in 72 ounces of fluid is beneficial due to loss of fluid through perspiration.

Dehydration will occur quickly if the water is not replenished. The thirst mechanism signals the body to drink water when the body is dry. Special circumstances during illnesses such as diarrhea, vomiting, fever, diabetes, or the inability to drink adequately, or through sweating are leading causes of dehydration. Signs and symptoms of dehydration include thirst, decreased urine output (becomes more yellow), headache, light headedness when standing. As the level of water loss decreases, the eyes stop making tears, sweating may stop and mental confusion and disorientation can set in. Muscle cramps, nausea and vomiting are other signs of dehydration.

Dehydration is a serious clinical diagnosis made by a doctor. When the body is dehydrated the pulse rate may increase and the blood pressure drops as the body loses fluid. Your doctor will check your temperature to determine if a fever is present and the skin checked for signs of perspiration and elasticity. Blood and urine tests will be taken to check for potential electrolyte abnormalities. Dehydration is treated through fluid replacement and in severe cases by intravenous fluid (IV). Clear fluids (water, clear broths, popsicles, Jell-O, and Gatorade, should be given by mouth first in small amounts over a period of time.

Dehydration is a preventable condition. In hot, humid weather drink more fluids, do not wait until you feel thirsty, stay out of the hot sun, and turn on the air conditioner in the house or car. Even if you exercise in an air conditioned gym you must drink more fluid because your body will require more fluid once you cool down and return to a hot, humid environment. Watch out for gardening or other outdoor activities. Remember to drink more fluids especially when the temperature rises above the 70 degree level or humidity levels are high.

### LINE DANCE CLASS

Put on your dancing shoes and join me (Christine Loiacano) for line dancing classes at the Swampscott Senior Center. The start date is Wednesday, September 7th from 10:00 to 11:00 am. The cost is \$5.00 per class. We will need a minimum of ten people to start the class. The class will meet at the Swampscott High School in the dance studio. Contact the senior center at 781-596-8866 to sign-up

### THANK YOU LOU GALLO

We want to thank Lou for providing his "personal post card collection" of Swampscott for display at the senior center.

### FIRE EVACUATION PROCEDURES

**For your safety it is important that you take the time to read and understand our Fire Drill Procedures which are located on the walls in our Lobby, Lunch Room, Sitting Room and Activities Room.**

### TAI CHI CLASS

Nicanor Snow the founder of Seacoast Tai Chi is running a Tai Chi class here at the senior center on Tuesday afternoons from 2:00 to 3:00 pm at a cost of \$5.00 per class. There is still room for new students. Contact the senior center for additional information or to sign-up.

### COME AND JOIN OUR POKER LEAGUE

The senior center has a poker league consisting of men and women that meets every Monday, Wednesday and Friday from 1:00 pm until approximately 4:00pm. The league is looking to add to the existing group. If you are interested stop by the senior center and observe the games or call the center at 781-596-8866 for additional information.

### MEET WITH THOMAS YOUNGER

Thomas Younger, our town administrator will be at the Senior Center every month to meet with any Swampscott senior, the next date is Tuesday, July 7th. from 11:00 am to 11:45 am. Contact the senior center if you would like a one on one meeting.

### YOU GOTTA LIKE OUR GARDEN

We have received many compliments about our flowers and landscaping out front. We want to thank the "Friends" including Linda and John Hinchey for their dedication in maintaining this beautiful garden.

### REVISED IMPORTANT NOTICE

**There be will shopping at Walmart on Friday mornings from 9:45 to 10:45. Shopping on Monday's , Tuesday's and Thursday's will remain in effect.**

### SENIOR CENTER SUMMER HOURS

**Our new Senior Center summer hours are now in effect until September 17th and are as follows; Monday, Tuesday and Thursday 8:30 am to 3:00 pm. Wednesday 10:00 am to 3:00 pm and Friday 9:00 am to 2:00 pm.**

### OUR NEWS LETTER IS ON LINE

Go to [www.town.swampscott.ma.us](http://www.town.swampscott.ma.us) click on Tow Department's then click on Council on Aging, under links click on Latest Compass Newsletter. Also our newsletter is available on line at [www.seekandfind.com](http://www.seekandfind.com) enter "Searching Near Swampscott" click on "latest bulletin" and a PDF newsletter will appear.

### BEWARE OF CHILDREN AROUND THE CENTER

**Please be extra cautious when arriving and leaving the senior center. There have been close calls involving children on the road leading to the senior center, especially now that the weather has improved. Be aware that they can dart out behind parked cars at any time. Also it is important to take extra caution when school is letting out. We want to thank you for your cooperation.**

### Even with insurance, prescription Drugs can still be unaffordable!

High co-payments and gaps in coverage can make paying for prescription drugs very difficult. This is where Prescription Advantage can help. Prescription Advantage is a state-sponsored pharmacy assistance program available to Massachusetts residents age 65 and over and under 65 with disabilities.

Prescription Advantage does not replace your insurance; it supplements your coverage to help lower your out-of-pocket costs.

Prescription Advantage will supplement all insurances including Medicare Part D, Medicare Advantage plans and drug coverage you may receive from a former employer. Prescription Advantage also has benefits for seniors and disabled persons not eligible for Medicare.

To learn more about how you can lower your medication costs call Prescription Advantage today at:1-800-AGE-INFO (1-800-243-4636) press 2. TTY 1-877-610-0241, or email at [www.mass.gov/elders](http://www.mass.gov/elders)

### A Message from SHINE (Serving Health Insurance Needs of Everyone...on Medicare): The Affordable Care Act (Obama care) 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 be aware of the following:

The health insurance exchanges are for those who do not have health insurance and are NOT eligible for Medicare beneficiaries

If you have Medicare A and B, you meet the requirement for health insurance

Medicare supplement plans and Medicare Advantage Plans are NOT sold through the health insurance exchanges.

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

People who are already on Medicare do not need to re-enroll or get new Medicare cards.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. For more information, meet with a SHINE counselor. To make an appointment with the SHINE counselor here, please contact 781-596-8866. You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-388-4845 or if you live on the North Shore, please call our satellite office at North Shore Elder Services at 978-750-4540.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b> Roast turkey/mushroom sauce Vegetable rice pilaf California blend veg. WW bread Chilled pears <b>ALTERNATIVE</b> Ham &amp; Cheese Sandwich Split pea soup</p>	<p><b>2</b> <b>SPECIAL</b> BBQ chicken Cheddar mashed potatoes Buttered corn Wheat roll Brownie</p>	<p><b>3</b> <b>HOLIDAY</b> <b>NO MEAL SERVICE</b></p>
<p><b>6</b> Chicken and broccoli alfredo Pasta Capri blend veg. Italian bread Gata cookie <b>ALTERNATIVE</b> Tuna Salad Sandwich Chicken &amp; rice Soup</p>	<p><b>7</b> Salmon/dill sauce Mashed sweet potatoes Salad/dressing WW bread Banana <b>ALTERNATIVE</b> Ham &amp; Cheese Sandwich Cream of Broccoli Soup</p>	<p><b>8</b> American chop suey Green peas WW roll Chocolate pudding <b>ALTERNATIVE</b> Turkey &amp; Cheese Sandwich Vegetable Soup</p>	<p><b>9</b> Our Summer Traditional BBQ Hamburgers, Hotdogs Potato Salad Watermelon With entertainment</p>	<p><b>10</b> Stuffed shells with Tomato sauce Broccoli Rye bread Chilled pears <b>ALTERNATIVE</b> Roast Beef sandwich Minestrone Soup</p>
<p><b>13</b> Boneless pork chops/ gravy Garlic mashed potatoes Collard greens Muffin Fruit cocktail <b>ALTERNATIVE</b> Turkey &amp; Cheese sandwich Tomato basil Soup</p>	<p><b>14</b> Chicken teriyaki brown rice Stir fry vegetables WW roll Tapioca pudding <b>ALTERNATIVE</b> Egg Salad Sandwich Chicken &amp; Orzo Soup</p>	<p><b>15</b> Baked white fish red potatoes Green peas Italian bread Chilled pineapple <b>ALTERNATIVE</b> Ham &amp; Cheese Sandwich Split Pea Soup</p>	<p><b>16</b> Meatloaf/brown gravy Mashed sweet potato Salad/dressing WW bread Cookie <b>ALTERNATIVE</b> Tuna Salad Sandwich Bean &amp; Barley Soup</p>	<p><b>17</b> Turkey Milanese Vegetable Rice pilaf Carrots Rye bread Chilled pears <b>ALTERNATIVE</b> Roast Beef Sandwich New England Clam Chowder</p>
<p><b>20</b> Creole baked fish Rice &amp; beans Spinach, WW bread, Pudding <b>ALTERNATIVE</b> Chicken Salad Sandwich Chicken &amp; Rice Soup</p>	<p><b>21</b> Roast pork loin Baked beans Salad/dressing Italian bread Banana <b>ALTERNATIVE</b> Roast Beef Sandwich Cream Of Broccoli Soup</p>	<p><b>22</b> Rosemary chicken Candied yams Broccoli WW bread Cookie <b>ALTERNATIVE</b> Ham &amp; Cheese Sandwich Vegetable Soup</p>	<p><b>23</b> WW baked pasta/ mozzarella Salad/dressing WW roll Chilled pineapple <b>ALTERNATIVE</b> Turkey &amp; Cheese Sandwich Cream of Potato Soup</p>	<p><b>24</b> Salisbury steak/ gravy Cheddar mashed potato Beets Snack loaf Applesauce <b>ALTERNATIVE</b> Egg Salad Sandwich Minestrone Soup</p>
<p><b>27</b> Roast turkey Florentine Crispy potatoes California blend vegetables WW bread Vanilla pudding <b>ALTERNATIVE</b> Ham &amp; Cheese Sandwich Tomato Basil Soup</p>	<p><b>28</b> Tilapia/tomatillo salsa Cilantro lime rice Salad/ dressing Scali bread Banana <b>ALTERNATIVE</b> Chicken Salad sandwich Chicken Orzo Soup</p>	<p><b>29</b> Roast pork/gravy Mashed sweet potatoes Capri blend vegetables Rye bread Cake <b>ALTERNATIVE</b> Roast Beef Sandwich Split Pea Soup</p>	<p><b>30</b> Chicken cacciatore Pasta Salad/dressing WW roll Chilled peaches <b>ALTERNATIVE</b> Egg Salad Sandwich Bean &amp; Barley Soup</p>	<p><b>31</b> Chicken Creole Yellow rice Green beans WW bread Fruit cocktail <b>ALTERNATIVE</b> Turkey &amp; Cheese Sandwich New England Clam Chowder</p>



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**SENIOR CENTER SUMMER HOURS**

**MONDAY, TUESDAY & THURSDAY 9:00 a.m. To 3:00 p.m. WEDNESDAY & FRIDAY 10:00 a.m. To 3:00 p.m.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:00 Creative Writing 1 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 2 10:00 Line Dancing 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:30 Duplicate Bridge	3  SENIOR CENTER CLOSED  FOR THE FOURTH OF  JULY HOLIDAY
9:30 Golf/Mah Jongg 6 9:30 Mah Jongg 57 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 12:30 Poker League	8:30 Mah Jongg 7 8:45 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:00 Tai Chi Class	10:00 Creative Writing 8 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 9 10:00 Line Dancing 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:30 Tap Dancing 10 9:45 Shopping at Walmart 11:30 Lunch 12:45 Beano 12:30 Poker League
9:30 Golf/Bowling 13 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 12:30 Poker League	8:30 Mah Jongg 14 8:45 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:00 Tai Chi Class	10:00 Creative Writing 15 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 16 10:00 Line Dancing 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:30 Tap Dancing 17 (:45 Shopping at Walmart 11:30 Lunch 12:45 Beano 12:30 Poker League
9:30 Golf/Bowling 20 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 12:30 Poker League	8:30 Mah Jongg 21 8:45 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:00 Tai Chi Class	10:00 Creative Writing 22 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 23 10:00 Line Dancing 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:30 Tap Dancing 24 (:45 Shopping at Walmart 11:30 Lunch 12:45 Beano 12:30 Poker League
9:30 Golf/Bowling 27 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 12:30 Poker League	8:30 Mah Jongg 28 8:45 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:00 Tai Chi Class	10:00 Creative Writing 29 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 30 10:00 Line Dancing 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:30 Tap Dancing 31 (:45 Shopping at Walmart 11:30 Lunch 12:45 Beano 12:30 Poker League

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**HOLIDAY  
SPECIAL**



Dorothy's Recipe for Life

- #3 cups of joy
- 2 & 1/2 cups of giddiness
- 2 cups of loyalty
- 3 cups of wisdom
- 1/2 cup of indecision
- A splash of sadness
- 3 cups of compassion
- 1 & 1/2 cups of patience
- 1 & 1/2 cups of acceptance
- A heaping glob of "no regrets"
- Prep Time-- - - -85 years
- Cooking time- - -a lifetime



Begin Prep:

Preheat oven to 350 degrees. Grease and flour a 9x9 pan. Sift the indecision and sadness into a bowl so that it doesn't lump up. Then coat the greased pan with these two ingredients in a thin layer. Set aside and keep away from all the other ingredients, until ready to assemble.

Next, mix the joy and giddiness into a large bowl, stir until well-blended. Add eggs, water and flour to the mixture. The batter should be a little lumpy. Pour the wisdom and loyalty into the batter; stir well but do not overbeat. When well mixed, gently fold in compassion and acceptance.

Assembly:

Pour the mixture of joy, giddiness, wisdom and loyalty over the indecision and sadness, spread evenly and smooth carefully. Then cover with a layer of compassion and patience. Each layer is ment to enhance the flavor of each tier of the baked tart.

Bake on middle rack of oven for 30 minutes.

When done, let cool for 10 minutes. Frost with thick topping of acceptance and no regrets. Cut in squares, mull over with a steaming hot cup of coffee and enjoy.

Dorothy Bergevin

**FRIENDS OF THE SWAMPSCOTT SENIOR P.O. BOX 612 SWAMPSCOTT, MA 01970**

You can make a tax-deductible contribution in any amount to help support the activities of the Senior Center by donating to the Friends. Please make checks payable **to Friends of the Swampscott Senior Center**. Enclosed please find \$\_\_\_\_\_.

Thank you for your donation.\_

Donor's Name \_\_\_\_\_  
 Address \_\_\_\_\_

If this is a tribute gift, please fill out the following information:

In Honor of \_\_\_\_\_  
 In Memory of \_\_\_\_\_

Please send acknowledgement to:

Name \_\_\_\_\_  
 Address \_\_\_\_\_

TRIPS TO FOXWOODS

The Senior Center will be will be going to Foxwoods on Tuesday July, 21st. The bus leaves the Essex Street side of the Stop & Shop at Vinnin Square no later than 7:00 am. The cost is \$28.00 per person and you will receive a \$10.00 coupon for food or a free buffet plus a \$10.00 bonus slot play all upon your arrival. Seats are limited so contact the Swampscott Senior Center at 781-596-8866 to sign-up.

*Happy Birthday Wishes  
 For Those Who Celebrate  
 Their Birthday in July*



BOCCI AT THE SENIO CENTER

Joint our men's Bocce Ball league at the senior center on Friday mornings at 10:00am. Cont act us at 781-596-8866 for any additional information.

**DO YOU HAVE EARLY SIGNS OF HEARING LOSS**  
 Find out by answering these questions

1. Do you experience ringing in the ears?
  2. Does it seem as if people are mumbling?
  3. Are you turning the volume up on your TV?
  4. Do you find yourself asking people to repeat themselves?
  5. Do you find it difficult to understand speakers?
- Sign-up for the free hearing screening at the Senior Center on Thursday, July 23rd from 11:00am to 1:00pm.

**CANDY AND KLEENEX ARE NEEDED**  
**The Senior Center would like to ask its seniors to donate any type of soft and hard candy, especially chocolate as well as boxes of Kleenex.**