

COACH MESSENGER

AUGUST 2019

CHESTER COUNCIL ON AGING
15 MIDDLEFIELD RD., CHESTER, MA 0101
413 354-7735

PEGGY GRAVELINE, DIRECTOR

This Newsletter is sponsored in part by the Executive Office of Elder Affairs

SAVE THE DATE

Dining Center (Mondays 8/5, 8/12, 8/19, 8/26, and Friday 8/16 (see back for menu)

Knitting or Puzzle Making on Mondays from 1:30 – 4:00 p.m.

Mahjong Tuesdays – 1:30 – 4:30 p.m.

Thursday Matinee Movies – Movie begins @ 1:00 p.m. (doors open at 12:15 for hot dog lunch & refreshments) – 8/1, 8/8, 8/15, 8/22 & 8/29

Brown Bag Pick-Up – 3rd Friday of the Month (August 16th) – 11:15 a.m.

Pot Luck Luncheon – Tuesday, August 20th @ Noon

Foot Clinic – Tuesday, 8/27, Wednesday, 8/28 & ½ day on Thursday, 8/29 (by appointment only)

MEDICARE SCAM ALERT

SHINE (Serving the Health Insurance Needs of Everyone) Medicare Counseling Programs are being bombarded with calls and ads for “free” genetic cancer screening kits. *This is entirely bogus. Agents claim Medicare will pay for them... and they are making cold calls to convince you to buy one. THE OFFER IS FALSE!! Medicare DOES NOT pay for mail order kits for cancer screening.*

Scammers are trying to get beneficiaries to give them your Medicare numbers – in return for a kit with a swab that detects hidden medical conditions. THIS IS BOGUS!!

Medicare covers many genetic tests to *diagnose cancer once symptoms are present*, but there is *only ONE* test to screen (for colorectal cancer). *Only* screening by a physician will be covered by Medicare!

Report sales complaints to SHINE (1-800-243-4636, press 3) or the Senior Medicare Patrol Project (978-946-1200). Do not be scammed!!

REMINDER – HILLTOWN MOBILE MARKET HAS BEGUN

If you are looking to purchase fresh, local produce, look no further. This program runs from July 25th to September 27th. Two locations and pick-up times:

Huntington – Stanton Hall Green, 24 Russell Road – Fridays, 3 pm – 5 pm (ends 9/27)

Worthington – The Maples, 48 Old North Road – Thursdays – 3pm – 5 pm (ends 9/26)

WHAT'S COOKING AT THE DINING CENTER

Monthly menus are usually available at the COA the last week of the month for the next month. Reservations or Cancellations must be made 24 hrs. in advance. Indicate which entrée you want. There is a sign-up sheet at the COA or you may call 354-7735 to make your reservation and/or request a ride to the meal. Meals are served at 12 noon. Beverages are available. Meals are free, Anonymous donations are accepted if it is within one's means to help defray the cost of this program.

Monday, August 5th

Spinach Vegetable Pinwheel w/Marinara Sauce OR Fish Sticks, Italian Blend, Rice Pilaf, Bread in Entrée, Oatmeal Cookie. **Cal: 790 - Sodium: 905 - Carb: 116**

Monday, August 12th

Oven Baked Fish w/Lemon Dill Sauce OR Grilled Cheese, Brussel Sprouts, Oven Brown Potato, Oatmeal Bread, Strawberry Yogurt. **Cal: 601 – Sodium: 662 – Carb: 85**

Friday, August 16th

Chef Salad (Chicken, egg, cheese) w/Lettuce, Tomato, Cucumber OR Grilled Cheese, Three Bean Salad, Orange Cranberry Muffin, Vanilla Pudding w/Whipped Topping. **Cal: 888 – Sodium: 1111 – Carb: 81**

Monday, August 19th

Vegetable Lasagna Roll-up w/Marinara Sauce OR Cheeseburger, Steamed Broccoli, Blueberry Muffin, Warmed Spiced Apples. **Cal: 574 – Sodium: 780 – Carb: 90**

Monday, August 26th

Pulled Pork Sandwich OR Chicken & Vegetable Dumplings, Steamed Corn, Au Gratin Potatoes, Grinder Roll, Chilled Peaches. **Cal: 738 – Sodium: 1128 – Carb: 97**

THURSDAY MATINEE MOVIE SCHEDULE

Movies begin at 1PM in the Senior Room. Please use the side entrance to the town hall as the front entrance is locked. This program is free, and free refreshments are available beginning at 12:15 PM.

August 8th – Mary Poppins Returns

The magic continues in Disney's classic as Mary Poppins (Emily Blunt) helps the Banks family remember the joy of being a child. 2018 – PG – 2 hrs. 10 min.

August 15th – Second Act

Maya (Jennifer Lopez) is a 40-year old woman struggling with frustrations of not having achieved more in life. As an experienced, quick-witted, perceptive employee, she is passed over for a promotion solely because she doesn't have a college degree. 2018 – PG-13 - 1 hr. 44 min.

August 22nd – Stan & Ollie

With their glory days as Hollywood's premier comedy team long behind them, Stan Laurel and Oliver Hardy begin a 1953 farewell tour of England and Ireland, reminding audiences – and themselves – of the magic of their partnership. 2018 – PG – 1hr. 37 min.

August 29th – The Great Debate

Inspired by a true story a brilliant but politically radical debate team coach who uses the power of words to transform a group of underdog African American college students into a historical powerhouse that took on the Harvard elite. 2007 – PG-13 – 2 hr. 6 min.

September 5th - Dreamer

Inspired by a true story – You'll cheer all the way to the finish line for this feel good film destined to become a family classic. A horse trainer and his inspiring young daughter, whose determination to help an injured racehorse changes their lives forever. 2005 – PG – 1 hr. 46 min.

SHINE Counseling – Contact Sue Kucharshi at the Senior Outreach Center (SHCOAC) 3 Maple Street, Chester, MA – (413) 354-6540 to schedule an appointment. See what other senior benefits you may also be eligible for.