



Senior Soundings

The Newsletter of the Groton Council On Aging

It's not about age, it's about attitude !

October 2016



1-978-448-1170

163 West Main St. (Rt.225) Groton, MA 01450

Hours: M-F 8:00am - 4:00pm

Feasibility Study Update

The newsletter is a bit late because I wanted to be able to give you the most up to date information on the Feasibility Study. As a quick refresher, March 2016 the COA convened a committee to provide oversight to the RFP which had been issued at the Spring Town Meeting in which we were conducting a feasibility study of the viability of a senior center at three town owned properties; the current sight, the Prescott School and the Country Club. Several architect firms applied and the committee offered interviews to three firms (two came for the interviews). Reinhardt and Associates was the firm selected and throughout the summer they conducted their study. In August the first result draft was released with the current senior center sight being the favorable sight. There were seven metrics used to make this determination (a full copy of the report is available at the senior center and on the town website through the COA page). As of Thursday, September 22 the COA Feasibility Oversight Committee had an article on the Fall Town Meeting warrant asking for \$300,000 for a design study for a new senior center on the current sight. During this process the committee was confident with the professionalism of the architect firm hired and the unbiased approached taken by the committee itself. We did learn, however, that we had failed to education the community on the process and the results. We have listened to what the community is asking for and therefore voted on September 23 to withdraw the original Article on the Fall Town meeting Warrant. It is vital to us that the community understand the reasoning behind the decisions made and questions and concerns are addressed/ We are in fact asking a lot from the Groton taxpayer and would not want anyone to believe we have anything other the needs of this community and the Groton senior foremost in our minds.

Moving forward the committee will recommend to the Board of Selectman that the following Article to be placed on the Fall Town Meeting Warrant:

Motion: Seek further funding TBD for the sole purpose of:
Getting additional hard cost estimates on Prescott School,
specifically for:

Renovation that meets the requirements of the COA center plans
as defined in the Site and Building Analysis and other related
documents;

Secondary road access:: Emergency shelter adaptability as
defined by Groton's Fire and Police Chiefs respectively; and
ADA universal adaptability

With the understanding that working with the Board of Selectman
and Finance Committee, once a determination is made, a Special
Town Meeting would be called in January, 2017 to appropriate the
design/bid funding to bring bids in hand to the Spring Town
Meeting.

I encourage you to call or stop in should you have any questions or
concerns.

Kathy

Mission Statement:

The Groton Council on Aging
seeks to enrich the lives of
Senior Citizens by providing
opportunities for learning,
leisure, creativity, health and
fitness, information and
referral, and social services.

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Norma Garvin
Jean Sheedy
Vera Strickland
Eddie Wenzell



NEWS FROM SHINE OCTOBER 2016

**The Medicare Open Enrollment begins on
October 15th through December 7th
Don't Wait Until It's Too Late!
Make a SHINE Appointment Soon!**

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan, It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK *BEFORE* YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

Assistance is available from the SHINE program. Call the senior center, 978-448-1170 and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

MEDICARE UPDATE MEETINGS

There are 25 Medicare Update Meetings in the Central Massachusetts area. If you cannot make the meeting at our senior center on October 31 at 1pm or check the Shine website www.shinema.org for a list of local meetings.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched it website. You can visit us on the web at www.shinema.org. The site has valuable general information and links to other agencies that can assist you with you insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the senior center, 978-448-1170 and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call.



Monday, October 31 1pm

Shine Counselors will be conducting a Medicare Open Enrollment Update Meeting at the Senior Center to explain any changes to Medicare or Medicare Health Plans or Drug Plans for the 2016 plan year. Please be sure to attend by calling the senior center, 978-448-1170.

CPR Training

Friday, October 28
10am - 12pm
at

Groton Central Fire Station

Cost \$5

certification processing



The ability to perform CPR and to know how to use an automatic external defibrillator can make a lifesaving difference when someone suffers a cardiac or breathing emergency. Groton EMT's Susan Daley and Tyler Shute will provide excellent training with real life experiences. You will be CPR certified at the conclusion of this class.

**Please call the senior center to register,
978-448-1170.**

Groton Senior Center Activities

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring</p>	<p>4</p> <p>10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 The Connection <i>Mind your Body</i></p>	<p>5</p> <p>11:00 Strength Training 12:00 Pizza & Movie: "Suffrage"</p> <p>7:00 The Connection <i>Mind Your Body @ Groton Library</i></p>	<p>6</p> <p>9:00 Yoga 10:00 Veterans Breakfast 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation</p>	<p>7</p> <p>VAN DW Highway</p> <p>8:30 Beauport Trip 10:00 Strength Training 10:00 Groton Swim 11:15 Hearing Screenings 12:30 Bridge</p>
<p>Columbus Day</p> 	<p>11</p> <p>10:00 Focus on Footcare 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Energy Healing <i>Using Tong Ren</i></p>	<p>12</p> <p>9:30 Book Club 11:00 Strength Training 12:00 Nashoba Tech Luncheon Speaker: Capt. Susan Daley 7:00 Energy Healing <i>Using Tong Ren @ Groton Library</i></p>	<p>13</p> <p>9:00 Yoga 10:30 Jonathan Greno 10:30 Take a Walk 11:30 Ask the Nurse 12:30 Hand & Foot 1:00 Tai-Chi 1-3 Flu Clinic 7:00 Meditation</p>	<p>14</p> <p>VAN Walmart</p> <p>10:00 Strength Training 10:00 Groton Swim</p>
<p>17</p> <p>10:00 Groton Swim 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring 7:00 Town Meeting @the Middle School oring</p>	<p>18</p> <p>10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Acid Reflux talk</p>	<p>19</p> <p>11:00 Strength Training 12:00 Women's Club Luncheon Entertainment: "Witches" by Patricia Perry Acid Reflux talk @Groton Library</p> <p>7:00</p>	<p>20</p> <p>9:00 Yoga 10:30 Take a Walk 10:30 Art Matters: <i>Monet and Renoir</i> 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation</p>	<p>21</p> <p>VAN Westford Market Basket</p> <p>10:00 Strength Training 10:00 Groton Swim 12:30 Bridge</p>
<p>24</p> <p>10:00 Groton Swim 10:30 Talk with Tom 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring</p>	<p>25</p> <p>10:00 Creative Creations 10:00 Garden Club 10:00 Painting Club 10:00 Writing Creatively 10:30 Take a Walk 12:30 Hand & Foot 1:00 Mahjong 1:00 Diabetes Diet Talk</p>	<p>26</p> <p>11:00 Strength Training</p> <p>7:00 Diabetes Diet Talk @ Groton Library</p>	<p>27</p> <p>9:00 Yoga 10:00 Memory Café 10:30 Take a Walk 12:30 Hand & Foot 1:00 Tai Chi 7:00 Meditation</p>	<p>28</p> <p>VAN Christmas Tree Shop Plaza</p> <p>10:00 Strength Training 10:00 Groton Swim</p>
<p>31</p> <p>10:00 Thomas Hardy 11:30 Strength Training 12:30 Cribbage 1:00 Coffee & Coloring</p>				

Always Available

For more information and to register
please call or better yet, stop in and see us!

If you would like a copy of our
monthly newsletter e-mailed to you,
please call us at the senior center,
978-448-1140 or email us,
gcoa@townofgroton.org



Mondays

COA Board Meeting (1st Mon)	9:30am
Groton Swim	10:00am
Talk with Tom - Current Events (4th Mon)	10:30am
<i>Supported by the Friends of Groton Elders</i>	
Strength Training	11:30am
Cribbage	12:30pm
Coloring, Coffee and Conversation	1:00pm

Tuesdays

Creative Creations	10:00am
One Stroke Painting Club	10:00am
Writing Creatively	10:00am
Garden Club	10:00am
Take a Walk with Us	10:30am
Hand and Foot Cards	12:30pm
Mahjong	1:00pm

Wednesdays

Book Club (2nd Wed)	9:30am
Strength Training	11:00am
Groton Women's Club Luncheon (3rd Wed)	12:00pm
<i>with Entertainment</i>	
<i>Sponsored by Groton Trust Lecture Fund</i>	
Pizza and a Flick (Wed varies)	12:00pm
<i>Sponsored by Right at Home</i>	
Nashoba Tech Lunch - \$10 (Wed varies)	12:00pm
Holiday Celebrations (Wed. varies)	12:00pm

Thursdays

Yoga—\$3 per class	9:00am
<i>Supported by the Friends of Groton Elders</i>	
Vet's Breakfast (1st Thurs)	10:00am
<i>Sponsored by Groton Police Association</i>	
Take a Walk with Us	10:30am
Ask the Nurse	
and Blood Pressure Screenings (2nd Thurs)	11:30am
<i>Presented by Nashoba Associated Boards</i>	
<i>of Health & Nashoba Nursing Service & Hospice</i>	
Hand and Foot	12:30pm
Tai-Chi	12:30pm

Fridays

Shopping - \$4 for van	9:00am
Groton Swim	10:00am
Strength Training	10:00am
Hearing Screenings (2nd Fri)	11:15am
Bridge (1st and 3rd Fri.)	12:30pm



**Thursday
October 13
1-3pm
at the
Senior Center**

- Please bring your Medicare card and insurance cards.
- No appointment necessary.
- We do NOT offer high dose
- We are not providing the Flu Mist
- We do offer the regular seasonal quadrivalent vaccine protecting against 4 strains of flu.

Talk with Tom

Discussion Group with Tom Hartnett October 24

4th Monday of the month
10:30 AM

Join Tom Hartnett, previous Town of Groton Treasurer, for a stimulating conversation about local stories and politics. Topics are driven by participants.

Writing Creatively

At the senior center

In collaboration with
Groton Library Lifelong Learning

Tuesdays, 10:00-11:30 a.m.

There are many people who know how to write, but may not know how to write creatively.

In this seminar, participants will write every week on topics of their choice and then share their work with other seminar participants. With peer critiques, we will learn valuable editing skills and how to turn ideas into prose.



Leader: Richard Meibers. After graduating from Hunter College in the 60's and working as a therapist, Richard began his career as a professional writer. His most recent work includes the novel, *Falling off the Wind* (2012), but he has also written non-fiction, *The Fitchburg Watch: History of a Masterpiece* (2002). He has been a Groton resident for over forty years.

Veterans Wall of Honor



We at the Council on Aging in Groton are proud of our veterans and would like to add to our **Wall of Honor** here at the center.

We are asking you to share stories and pictures from your time of service. Anything and all you would like to share. Please drop them off at the center or email them to us at gcoa@townofgroton.org and be part of our Veterans Wall of Honor.

If you are a spouse or a child of a veteran we would also love to hear from you about your loved one who served.

Pizza and a Flick

This program is made possible through the generous donation of Ebi and Desiree Masalehdan

Wed, October 5 12:00pm

"Suffragette"

In this galvanizing feminist drama, a working-class laundress (Carey Mulligan) in 19th century London becomes radicalized when she meets a brave cadre of women organizing to obtain the vote.

Wed, November 2 12:00pm

"Me Before You"



Young and quirky Louisa "Lou" Clark moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for a cynical, wealthy young banker left paralyzed from an accident two years earlier. His cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could.

Special Events

Please make your reservation by calling the center, 978-448-1170



Veteran's Breakfast

Thursday, October 6

10:00am

Cost: None

Nine months a year the Groton Police Union sponsor a free breakfast for our area's veterans and spouses. Head Chef, Police Chief Palma will serve eggs, sausage, bacon and hash brown potatoes with the assistance of his officers and other town employees. At each breakfast, Bob Johnson, Groton's Veterans' Agent/Veterans' Service Officer; will schedule a veterans themed presentation or speaker.

Groton Women's Club Sponsored luncheon

Wed, October 19

12:00pm

We begin with a menu of Pork over rice, copper penny carrots and baked apple square. In the Halloween spirit we will enjoy a Patricia Perry and her program;

Witches

"Witches" will look at witchcraft through history from the perspective of the accused and the accusers, with that special Sneak Peek twist, of course. Audience members may just find themselves accused of witchcraft and a trial may break out at any moment.



Nashoba Tech Catered Luncheon

Wed, October 12

12:00pm

Menu: Chicken Coq Au Vin (bite sized chicken with onions and mushroom in red wine sauce) or Baked Haddock with crumbed topping

Speaker:

Captain Susan Daley Groton Fire Department

Susan will take us on her beautiful odyssey through the orphanages of Ethiopia and reuniting her sons with their brother.

Cost: \$10pp with tip optional
Reservations needed by Fri., Oct 7

Transportation Information

Lahey, Mass General, Brigham and Women's, Dana Farber, Emerson Hospital, Boston VA and Bedford VA

Serving outlying Medical services

Boston, Concord, Burlington, and the VA

This service is also open to residents in surrounding towns, however the van will leave from the Groton Senior Center for non-residents.

Wednesday: Serving **Boston area hospitals** Mass General, Dana Farber, Brigham & Women's, Boston VA
Please make your appointments between the hours of 11am and 1pm.

Thursdays: Serving **Emerson, Lahey and Bedford VA**
Please make your appointments between the hours of 10am and 2pm.

Round Trip Fees: Boston \$15, Emerson \$5, others \$10
No charge for the Va

This is a new service with policies subject to change. Please call if you absolutely cannot get an appointment within the requested hours and we will do our best to accommodate you.

Local Trips

within Groton, Pepperell, Shirley, Townsend, Westford, Ayer, Harvard and Littleton

Medical Social Shopping

Mondays, Tuesdays, and Thursdays: Van leaves COA at 9:30am Mondays and 8:30am Tuesdays and Thursdays with last trip completed by 3:00pm.



Wednesdays: Visit to Loaves and Fishes (no charge for this) the van leaving the COA at **10:00am** and with the last trip completed by **2:00pm**

Fridays: Special shopping trips and senior center activities

Friday Special Shopping: 9:30 AM - 2:00 PM

- 1st Friday:** Shopping on DW Highway, Nashua The mall, Savers, BJ's, Trader Joe's back to Mall
- 2nd Friday:** Shopping in Lunenburg: Wal-Mart
- 3rd Friday:** Westford Market Basket Plaza (afternoon)
- 4th Friday:** Nashua Drop at BJ's or Christmas Tree Kohls, Burlington Coat, LL Bean

Reservations for all COA Van rides must be made using the COA Van line, 978-448-1141.

Reservations will not be accepted on the general phone line. Please leave a message with name, phone number, time of appointment and location. Staff will return your call by the end of the workday. Reservations are filled on a first come, first serve basis. **When you make your reservation please let staff know if you are transported by a wheelchair.**

Creative Creations

Please register by calling the senior center
Samples on display at the senior center

Tuesday, October 25

10:00am

Alcohol Ink on Tiles

Cost: \$5

Express your creativity through the use of alcohol ink on tiles, you can simply "play" with the medium and get amazing effects. You don't have to be an artist to get fabulous results! Learn the techniques that are easy to do on your own. Kathy #1 will lead this class.

Tuesday, November 29 and
Wednesday, November 30

10:00am

Photo transfer

Cost: \$5

Create your own personalized tiles using your favorite photos, quotes, postcards or anything that can be photocopied.

This technique is simple but produces phenomenal results. This is a two day class because we need drying time.
Kathy #1 will lead this class



Gibbet Hill

Holiday Dinner

November 17

5:30 PM

Our much anticipated annual dinner is held at the Gibbet Hill Barn and provided through the generosity of Mark Lynch and his team. This event is free to residents of Groton 60 and older and is a ticketed event with limited seating. Tickets are available at the Senior Center beginning **Monday, October 31.**

Entertainment for the evening will be Groton's own,

John Murphy and The McMurphys.

Home delivered meals and transportation are available.

Health and Wellness

Please register by calling the center or stop in and register at the front desk.

Strength Training

Mon 11:30, Wed 10:30 and Fri 10:00

Cost: \$3 per class

Elaine Corsetti, our instructor, offers just the right mix of aerobic & strength in your workout. Class is set to vibrant music.

Yoga

Supported by the Friends of Groton Elders.

Thursdays, 9:00AM

Cost: \$3.00 per class

A gentle yoga class with a focus on mental peace. Work on your flexibility as you experience tranquility.

Take a Walk

Please call the senior center to register



Open to all adults
Tuesdays and Thursdays
10:30am—11:30am

**At the Peter Twomey Center
Located on the Middle School campus
(behind the middle school)**

A great way to get exercise, walk with friends, meet new ones. COA staff will meet you there for some chatting and walking!

Ask the Nurse

2nd Thursday of each month

September 8 11:30am

Town of Groton nurse will be on hand to check your blood pressure, or simply answer your questions Presented by *Nashoba Associated Boards of Health & Nashoba Nursing Service & Hospice*

Groton Senior Swim

Open swim available

**During the school year
The Groton School pool.**

Mon and Fri 10-11AM Cost: none

Please register at the senior center prior to participation.



JOY OF LIVING

Meditation Group

7:00 PM Thursdays

at the senior center

Each session includes a video teaching with clear instructions on the basics of meditation practice, guidelines for daily practice, advice for bringing mindfulness into your everyday life, and questions to reflect upon throughout the week.

Focus on Footcare

October 11

November 15

Appointments beginning at 10am

During your visit you can expect a 30 minute appointment which will include; assessment, nail clipping, filing callus reduction and, completing the appointment, a gentle massage.

Each appointment is \$30

Provider:

Sarah Kinghorn: BSN RN CFCN

Instructional Tai Chi

Thursdays 1:00pm - 2:00pm



**Cost: \$5 per class
payable to the instructor**

Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all fitness levels. It is known to increase balance, reducing fall risk and aid in lowering blood pressure through its meditative qualities. Instructor Debbie LaDue



Hearing Screenings

October 14

2nd Friday of each month 11:15am-1pm

By Appointment

Christopher Streeter, hearing specialist, will conduct free hearing screenings and hearing aid cleanings. Please be sure to make an appointment.

Four Weeks of Thomas Hardy

This program is made possible through the generosity of the *Friends of the Groton Elders*

**Mondays, Oct 31 - Nov 21
10-11am**

Thomas Hardy's reputation as a man of letter is firmly established by his novels. However, he had told his good friends that he wanted to be remembered first and foremost as a poet. He was writing poetry while writing the novels but his first book of poems wasn't published until 1898 when he was 58 years old. This poetry does not *tell*, it *shows* what it often means in a world indifferent to suffering. His war or anti-war poems are among the best ever written. His love poems, or elegies, written after his wife's Emma's death, are some of the very best in the English language. During this seminar, we will study and examine his greatest work.

Coloring Coffee Conversation

Every Monday 1-3pm

Coloring is said to reduce stress, tap into your creativity and encourage mindfulness. Join us for great conversation while we all see what the craze is all about.



Day Trips with Jay

Reagle Players It's Christmas Time

Saturday, December 3

Depart from the senior center 9am and return 3PM.

Cost : \$61

Includes transportation;

show and breakfast at In a Pickle

This is a truly spectacular show that rivals anything you could see in Boston or New York City, The Living Nativity Scene and the Parade of Wooden Soldiers are each worth the price of admission alone.

On sale:

Groton Residents: September 30

Non-Residents: October 14

Gloucester and Peabody Trips Waiting list only

Gloucester's Beauport by the Sea

Friday, October 7

8:30am-4:30pm

Cost \$53 includes guided tour and lunch

Peabody Essex Museum

Thursday, November 3

9:00am-3:00pm

Cost \$49 includes tour and lunch

ART Matters

We Bring the Museum

Thursday, October 20

10:30 AM

MONET and RENOIR

They were fast friends at the very heart of the most radical revolution in art since the Renaissance. Join us for a tour through the life and works of Claude Monet and Auguste Renoir, two of the most beloved of the Impressionist artists.

A typical presentation comprises 35 - 50 fine art reproductions, displayed in the salon style, thereby encouraging comparison, discussion and reflection. Only oversized prints are used and can be viewed up close and personally. All of the images are arranged and displayed together so they can be enjoyed and compared for the entire length of the presentation.

Call the COA to register, 978-448-1170.



Register by calling
the senior center,
978-448-1170

Health Workshops

with Charles Smigelski

Register for library
program at
www.gpl.org

This program is made possible through the support of
Massachusetts Office of Elders Affairs and Groton Trust Program and Lecture Fund

Charlie Smigelski is a well-known nutrition counselor, writer and speaker in Boston, with an office in Groton. He was a dietitian at the Harvard University student-faculty health service for 14 years. He also spent a number of years at the Fenway Health and The Framingham Heart Study. He was also visiting faculty for Bristol Myers Squibb, and Abbot Labs. He has a special interest in diet and immune function: plus nutrition for coping with chronic conditions, like MS, rheumatoid arthritis, Crohn's disease, and ulcerative

WORKSHOP #1

Documentary and conversation



The **CONNECTION**

Mind your body.

October 4, 1:00pm at the senior center
or
October 5, 7:00pm at the library

After being diagnosed with an autoimmune disease, journalist filmmaker Shannon Harvey traveled the world in search of the missing link in healthcare. From interviewing world leading scientists to meeting people with remarkable stories of recovery from severe back pain, heart disease, infertility, cancer and multiple sclerosis, this documentary delves into the link between our bodies and mind. After the documentary join us in a conversation about the mind/body connection led by Charlie.

WORKSHOP #3

Acid Reflux - GERD

October 18, 1:00pm at the senior center
or

October 19, 7:00pm at the library

You take medicines to manage infections, manage blood pressure, manage acid reflux, manage diabetes, etc. What do you take to actually repair better, so things get fixed? Medicine has side effects, but food has direct effects. It can restore you. This talk provides practical advice for smart breakfast, lunch and dinner meals. Good nutrition and great eating aren't supposed to be a major hassle. So improving stomach and intestine health is the goal, not taking meds for years. Come learn how to pamper your gut and make happy intestine cells. Improve stomach valve function too. If your intestines aren't happy, this affects your lungs, liver, your brain and even your mood.

WORKSHOP #2

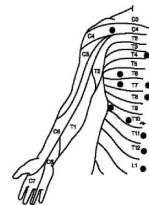
Energy Healing Using Tong Ren

October 11, 1:00pm at the senior center
or

October 12, 7:00pm at the library

In Eastern medicine, the flow of Chi, a subtle bioelectrical current, is a key component of the healing the body. Tai Chi, Chi gung, and acupuncture get Chi moving. Tong Ren is a new method for doing this.

Many people are finding this healing energy works to reduce chronic pain of arthritis, or improve nerve function in multiple sclerosis and ALS. Those with migraines, fibromyalgia and Parkinson's disease feel better too. People with advanced cancers are also getting benefit, as are people with diabetes and anxiety or depression. There are no hopeless cases.



WORKSHOP #4

Diabetes Diet Update

October 25, 1:00pm at the senior center
or

October 26, 7:00pm at the library

The term "**diabetes**" literally means sugar trapped in the blood, not moving into cells. It is a descriptive term. In **Type 1** diabetes, "juvenile onset", something has happened in the pancreas, and there is suddenly no insulin produced, to do the job of directing sugar into cells. There is also **Type 2** diabetes, "adult onset".

In Type 2, there is generally plenty of insulin, but Insulin's "move sugar" message is not getting through to cells. Either the insulin message is being ignored, or actually "resisted" or it is simply not talking to muscle and other cells well enough.

Smart diet is still far stronger for managing blood sugar than any medicine is. Eating well need not be a major hassle. Cave men were nourished, without stoves and refrigerators. So no excuses for you. Now, what do you need to know to be a 21st century Hunter and Gatherer?

our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

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PROTECTING SENIORS NATIONWIDE

PUSH



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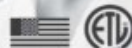
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