

SENIORS TRULY APPRECIATE OUR TWO NOVEMBER HOLIDAYS

Dear friends:

This month we commemorate two beautiful holidays – Veteran’s Day and Thanksgiving Day. Both are etched in Americana and surely resonate with a unique celebratory persona allowing American citizens to observe with gratitude and appreciation – one for our beloved veterans, the other for the many blessings that we have in this great nation - The United States of America.

Many of our Revere seniors have a solid recollection of the history of both holidays and how each one has evolved over the years into what and how we observe them today. Our seniors are full of knowledge and it is fascinating to speak with them about many topics, the holidays being only one of them. Seniors are part of our great American history. They exemplify the essence of the phrase, “Proud to be an American”. On these particular holidays seniors bring vitality and exuberance. Their life experiences and longevity invite so much thankfulness that other segments of the population take for granted. At the Rossetti-Cowan Senior Center we witness this each day!

Veteran’s Day

I went on the website of the U.S. Department of Veterans Affairs and found this interesting piece of historical information that I’d like to share with you since we celebrate November 11th which is now called Veteran’s Day. World War I – known at the time as “The Great War” - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 A.M.

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after

World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation’s history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veteran’s service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars.

Thanksgiving

The following was taken from Wikipedia.org:

Thanksgiving, or Thanksgiving Day, is an important public holiday, celebrated on the fourth Thursday in November in the United States. It originated as a harvest festival. Thanksgiving has been celebrated nationally on and off since 1789, after a proclamation by George Washington. It has been celebrated as a federal holiday every year since 1863, when, during the American Civil War, President Abraham Lincoln proclaimed a national day of "Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens," to be celebrated on the last Thursday in November. Together with Christmas and the New Year, Thanksgiving is a part of the broader holiday season.

The event that Americans commonly call the "First Thanksgiving" was celebrated by the Pilgrims after their first harvest in the New World in 1621. This feast lasted three days, and — as accounted by attendee Edward Winslow — it was attended by 90 Native Americans and 53 Pilgrims. The New England colonists were accustomed to regularly celebrating "thanksgivings"—days of prayer thanking God for blessings such as military victory or the end of a drought.

The Rossetti-Cowan Senior Center staff and seniors always salutes our veterans – and in much the same manner are so grateful to be in this great country.

Warm Regards,

Stephen W. Fielding

Join me in welcoming Camille Piccinni-Ciambelli as our new Program/Activity Coordinator. Camille is a terrific addition to the staff.

November, 2016 Menu – see attached Excel file

Medicare Open Enrollment/Turning 65 Seminar

A Medicare Open Enrollment/Turning 65 Seminar will be presented by Bari Olevsky, S.H.I.N.E. counselor at the Rossetti-Cowan Senior Center. Open Enrollment Medicare/Turning 65 is a comprehensive seminar that helps people during Medicare's Annual Open Enrollment (October 15 – December 7) restructure their plan for next year. It helps them understand their plan changes as well as explains other options they may have. For those approaching Medicare eligibility it reviews their health insurance options outside of employer-sponsored coverage, whether they are planning to retire or continuing to work. **Location: Rossetti-Cowan Senior Center, 25 Winthrop Ave., Revere, MA, Date: Wednesday, November 2, 2016, Time: 6:30 PM. Planning for Medicare is a presentation and discussion led by S.H.I.N.E. counselor Bari Olevsky.** What will Open Enrollment Medicare/Turning 65 cover? Several topics will include: an explanation of Medicare Parts A and B, Medicare enrollment timeline, Medigap plans that help supplement Medicare coverage, Medicare Advantage plans, such as HMOs and PPOs, Medicare Part D prescription drug plans, Plans and programs available to early retirees.

A CAPIC representative to be here on Tuesday, November 15th at 10:00 AM – save the date!

SENIOR CENTER BOOK CLUB - Do you like to read? Want to share and discuss books and authors? Join our Senior Center Book Club on November 17, 2016 with Lois Diamond and Revere Librarian Janis Van Heukelom from 2:30 P.M. to 3:30 P.M.

HOLLYWOOD AT THE SENIOR CENTER - Each Wednesday at 12:30 P.M. the most recent movies available on DVD are shown on our flat screen TV at the Center. Movies, free snacks and great socializing makes Wednesdays a fun activity. Come join us!

SENIOR NEWS ON REVERE TV EACH MONTH - Revere Seniors can now watch Morris Morris and I deliver the Revere Senior News on Revere TV (Channel 8) with all of the Senior Power newsletter Information and more each month. To learn more about the Revere Rossetti-Cowan Senior Center check out our Senior Center Walk-Through video tour at www.revere.org/departments/elder-affairs.

THAT'S ENTERTAINMENT The Rossetti-Cowan Senior Center continues to offer seniors quality lunches and entertainment at quite an affordable price. The staff and I make every effort to ensure you have a fun, safe, and exciting time to celebrate a special occasion each month. Limited seating –be sure to make your reservation with the office staff. **Each special monthly luncheon & entertainment will cost \$4.00 (\$1.50 for lunch as usual and \$2.50 towards entertainment). Thanksgiving Dinner - Thursday, November 17, 2016 – 12 PM lunch; featuring Jimmy Celona at 1 PM! Back by popular demand!**

Blood Pressure/Consultation: Nurse Carol Donovan of the Inspectional Services/Board of Health will be at the Rossetti-Cowan Senior Center on November 3 & 17: 11:00 AM -12:00 PM for blood pressure reads and individual conferences in the Dining Area.

Monthly Hearing Program with Mary Marino: Mary Marino of Affordable Hearing Aids will be at the Rossetti-Cowan Senior Center on Tuesday, November 29, 2016 from 10:00 A.M. – 12:00 P.M.

Chair Massage: Barbara McDonald, our chair masseuse will be at the Rossetti-Cowan Senior Center on Monday, November 7th at 9:30 A.M.

Monthly Podiatry Clinic: To be held at the Rossetti-Cowan Senior Center on Wednesday, November 2, 2016.

Trips - For information regarding trip offerings, please contact: the office at the Revere Rossetti-Cowan Senior Center @ 781-286-8156; Lorraine Repoli, Revere Patriot Civic Club @ 781-289-3039; Irma Accettullo, Irma & Friends @ 781-307-6706, or Jean Barry of the Winthrop Council of Aging @ 617-846-8538. We are outsourcing our trips.

SHARING GRIEF EXPERIENCES – The next grieving group meeting with Lois Diamond will be held on Monday, November 28 from 1:00 to 3:00 P.M at the Rossetti-Cowan Senior Center 25 Winthrop Ave, Revere, Ma 0215. For more information or if you plan to attend please contact the administrative staff at 781-286-8156

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Senior Shuttle Program through the Rossetti-Cowan Senior Center

The Senior Shuttle Program provides local transportation for Revere Seniors sixty-years and over. This service provides seniors transportation to meet medical appointment, dental appointments, attend the Rossetti-Cowan Senior Center for lunch and activities, and if available, transporting them to take care of personal needs such as going to the pharmacy, the bank, hair dressing appointments, recreational activities, or shopping. The staff will determine driver's availability based on a First Call/First Serve/Open time schedule.

Medical appointments, dental visitations, and attending the Senior Center for lunch will be the priority trips available. One coupon each way is required. On Wednesdays, and depending on the schedule and number of requests, we will offer trips to Walmart in Lynn and Square One Mall in Saugus. These two outside Revere trips require two coupons each way.

Days/Hours of Operation–Monday through Friday 10:00 a.m. to 3:45 p.m. (last pick-up or drop off is 3:30 p.m.)

- You must register in person and purchase a \$10.00 coupon book at the Rossetti-Cowan Senior Center prior to usage of the shuttle van. Cost is \$1.00 per person per destination. Once registered and if a new coupon book is needed, you must notify the office. The driver will provide them to on the van but will only accept \$10.00 cash.
- The driver will not accept cash or credit cards – only the coupon. It is up to you to have enough coupons to pay for your ride. Coupons are the only means of payment for shuttle usage.
- You must call and reserve an appointment one day in advance. You must be flexible and be aware that the pick-up time requested may be adjusted. Appointments are on a first call/first serve basis.
- You must be ready for pick-up on time. Be aware that the shuttle van driver has other passengers to pick up and the driver will wait as discretion allows.
- Your return pick-up home will be dictated according to the shuttle schedule that day. You must call the Senior Center once you are ready to return home.
- Shopping to retail stores such as Market Basket or Stop & Shop: You are responsible for carrying your shopping bag from the store to the van and from the van to your home. Do not expect the driver to do so.
- The shuttle van will not allow for non-shuttle participants to accompany you. If so, please contact a taxi company or The Ride.
- The shuttle will not operate on holidays and/or should the Revere Public Schools be cancelled due to inclement weather.

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See attached Excel file containing November, 2016 Activities (you can increase font to fit page)

Meet The Folks Serving Our Seniors!

Rossetti-Cowan Senior Center Staff

Stephen Fielding, Director

Marisa Curiale, Office Manager

Camille Piccinni-Ciambelli, Program Coordinator

Jim Carlton, Shuttle Driver (full-time)

Open position, Shuttle Driver (part-time)

Mary Ann Moore, Office Clerk

Salvatore Curiale, Maintenance/Back-up Shuttle Driver

Chuck Mackin, Maintenance

Loretta Papa, Kitchen Cook

Maria Liccardi, Kitchen

Anna Marie Guarente, Kitchen

Nina DeFreitas, Lunch Monitor

Revere Council on Elder Affairs

Nick Giacobbe, President

Albert Terminiello, Sr., Vice President

Irma Accettullo

Vincent J. Cammarata

Ameodeo Iocco

Morris Morris

Josephine Piccardi

Ty Smith

Agnes Ferrioli

Rose Mirasolo

Roseann Colannino

Ann Eagan