

The Orange East Senior Center is available to rent for your special occasion!
Call Vicky for all the details 802-222-4782

I feel much more intelligent after reading this.

Brains of older people are slow because they know so much.

People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe.

Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is not a memory problem, it is nature's way of making older people do more exercise.

So There!!!

I have more friends I should send this to, but right now I can't remember their names. So, please forward this to your friends: they may be my friends too.

Orange East Senior Center
176 Waits River Road
Bradford, VT 05033

ORANGE EAST SENIOR CENTER

176 Waits River Road, Bradford, VT 05033

Phone/Fax 802-222-4782 Hours: M-F 9 a.m.—3p.m. Lunch served M-F at Noon

Board Members

Meetings on 3rd Monday of
month 12:45 p.m. Open to all!!!!

James McDade-Chair

W. Fairlee

Connie Linnell-V Chair Topsham

Diane Smarro-Sec Bradford

Ruth Bishop Bradford

Lorraine Pearson W. Fairlee

Robert Nutting Bradford

Margaret Culver Fairlee

Grace Bagley Fairlee

Olive Wilson Newbury

Carole Freeman E. Corinth

Hal Drury Corinth

Nancy Frost Topsham

Director

Victoria R. Chaffee

Notary Public

Assistant Director

Sara Ordway

Cooks

Bettelou Smith

Michael Clogston

Kitchen Assistants

Dale Beams, Jeff Bense

Diane Bennett,

Wendell Kenison, Lester Williams

Volunteer Drivers

Bob and Rosie Bradley, Kathy

Chapman, David Glaude,

David Smith

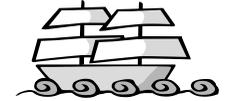
Exercise Leaders

Nancy Cherrier, Virginia Crowe



2015

The center will be closed on Monday, October 12 in observance of Columbus Day.



The Visiting Nurse and Hospice of Vermont and New Hampshire will be here on Friday, October 16 for the Seasonal Flu Clinic from 10:00 a.m. until 12:00 p.m. All adults 18+ welcome. Please bring your Medicare Part B insurance card so they can bill them directly. The fee for all others is \$25.00.

Captain Cook discovered Australia looking for the Terra Incognita. Christopher Columbus thought he was finding India but discovered America. History is full of events that happened because of an imaginary tale.

Umberto Eco

The penny auction will be held on Saturday, November 7, from 9 a.m. to 2 p.m. We still need unopened and unused items for the penny auction. Please drop them off at the Senior Center between 9:00 a.m. and 3:00 p.m. Monday through Friday. There will also be a bake sale that day.

FROM THE COUNCIL ON AGING

Greetings everyone! Ah, where did the summer go? The days are starting to get shorter and I know the holidays will be here before I know it! The other event that this time of year heralds is the Open Enrollment for Medicare D plans. These are the prescription plans that are available through Medicare. The open enrollment period this year is from October 15th through December 7th. During this time you can join a Medicare Prescription Drug Plan or switch from one Medicare Prescription Drug Plan to another. If your plan is working for you there is no need to do anything, your current coverage will stay in force. Our staff will be working with many clients at this time of year to assist in making changes. If you feel you need to change your coverage, or have questions, please call the Senior Helpline at 1-800-642-5119 for further information. Thanks so much and have a great Autumn.

Marianne Barnett
Case Manager

HAPPY BIRTHDAY TO YOU!

Libra-September 24 - October 23
Diplomatic, romantic, charming,
indecisive, gullible, and flirtatious
Color: Maroon
Gem: Opal
Flower: Hibiscus

Brenda Benior	6th
Gloria Henry	7th
Carolyn Thorburn	8th
Wayne Kenyon	12th
Edna Feuerstein	14th
Marie Hood	16th
Ginny Thurston	23rd
Eugene Goodell	25th
Olive Wilson	27th
Clarence Thurston	30th

Because your immune system weakens as you age, adults age 65 years and older are more susceptible to the flu. It is important all seniors get the flu vaccine.

- You have two options for vaccination: the regular dose flu shot and the high-dose shot that results in a stronger immune response. Talk to your health care provider to decide which one is right for you.

If you have flu-like symptoms, contact your health care provider immediately.

Since you are at high risk for flu-related complications, your doctor may prescribe antiviral medications if you get the flu.

Why does being older than 65 put me at higher risk for getting the flu?

As you age, your immune system weakens. This weakening makes seniors—adults 65 years and older— more susceptible to the flu. For seniors, the seasonal flu can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

How can I protect myself from the flu?

Get the flu vaccine as soon as it is available in your area. Getting the flu vaccine protects you and prevents you from spreading the flu to your spouse, children, or grandchildren.

You have two options for vaccination—the regular dose flu shot and the higher-dose flu shot designed specifically for people 65 and older. Both vaccines protect against the same three flu viruses. The higher-dose vaccine should result in a stronger immune response. Talk to your health care provider about which vaccine is right for you.

In addition to getting the flu vaccine, you should follow our everyday steps to keep yourself healthy this flu season.

Because you are at an increased risk of getting pneumonia, a complication of the flu, talk to your health care provider about the pneumococcal vaccine. The pneumococcal vaccine will protect you against pneumonia.

Will Medicare cover my flu vaccine?

Yes, Medicare will cover the flu vaccine once every flu season.

I have the flu, what should I do?

If you develop flu-like symptoms, contact your health care provider immediately. Since you are at high risk for flu-related complications, your health care provider may prescribe antiviral medications to help make your symptoms less severe and make you feel better faster.

You should also follow our treatment recommendations.