

# MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS | VOLUME 1, NO. 2, FEBRUARY, 2014

## *Valentine's* DINNER & DANCE

Meal provided by  
Kennedy's and  
featuring your  
favorite band,  
**SWAGGER.**



**& NOW FOR  
SOMETHING**

**TRULY WILD!**

Join us for a presentation with Tom Ricardi of the  
Massachusetts Bird of Prey Rehabilitation Facility



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## Our Clinical Services



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- Short-Term Rehabilitation
- Long-Term Care
- Hospice Care
- Respite Care
- TPN Services
- Neurological Services
- Cardiac Services
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- And Much More...

## Physician Spotlight

*Wingate at Sudbury's New Credentialed Physicians*

**Dr. Nicole Orr, M.D.**

*Board-Certified Cardiologist and Internist*

Dr. Orr practices out of the Vohra Physician Group, licensed to practice in MA and NY. Dr. Orr specializes in cardiovascular disease and nuclear cardiology

**Dr. Jason Konter, M.D.**

*Board-Certified Pulmonologist*

Dr. Konter has nine years of practice experience. Dr. Konter is currently at Metrowest Medical Lung Health Center in Framingham – within 10 miles of Sudbury and holds specialties in pulmonology, critical care medicine and internal medicine.

Wingate at Sudbury is committed to providing excellent patient care. We have protocols in place with Standards of Nursing Care to produce successful, positive outcomes with patients. Whether you need short-term rehabilitation, long-term care or a respite stay, we offer cutting edge therapy, outstanding nursing care and excellent customer service to meet your every need.



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## MARLBOROUGH COUNCIL ON AGING & SENIOR CENTER

250 Main Street  
Marlborough, MA 01752  
Telephone: **508-485-6492**  
Fax: 508-460-3726  
www.marlborough-ma.gov  
Hours are Monday - Friday 8:00 am - 4:00 pm

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Susan Maki, *Social Service Coordinator*  
Tina Nolin, *Administrative Assistant*  
Lisa Martino, *Bay Path Meals Site Manager*

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Jim Mosso  
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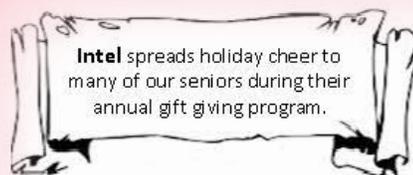
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Sheila Brecken, *Book Club, Knit & Crochet*  
Judy Jewett, *Knit & Crochet*  
Bob Marcotte, *Low Vision*  
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With the New Year I would like to let you all know we will be upgrading our computers for you to use either during computer club, at the center perhaps to Skype with family and friends, or in a class offered through the center, or even practicing at home through a lending program. We also are looking forward to offering some new computer and other technology programs in 2014 thanks to the **Cummings Foundation** and our **IT Department**. In order to best meet your technology and computer needs, however, we want your input on what kind of new technology equipment you would like to see and use at the center, as well as the classes you would like to see offered. Please leave your input in the suggestion box found in the lobby. I hope you will continue to share your thoughts and ideas with us on any programs, administration issues, services, and volunteer opportunities so that your Council on Aging staff can best serve YOU.

Speaking of service, I would like to recognize three ladies who continuously volunteered in helping us mail out our newsletter and they are Mary Ann and Karen Gazzaniga and Mary Ryan. Sorry for the omission I mistakenly made last month.

I am looking forward to our **Valentine Dinner, Musical Evening and Delicious Chocolate Bar** being sponsored through **Whitney Place Assisted Living Residences at Northborough**. It should be an exciting month here at the center with our **Blue Plate at Chez Siam, Birds of Prey program with live birds (thank you Jean Bush for this suggestion), silent movie with live piano** and so much more. Also, don't forget to schedule your **AARP Tax preparation appointment starting this month under the leadership of John Parent**.

See you at the center!

Sincerely, *Jennifer*



## MC Aquarium Trip



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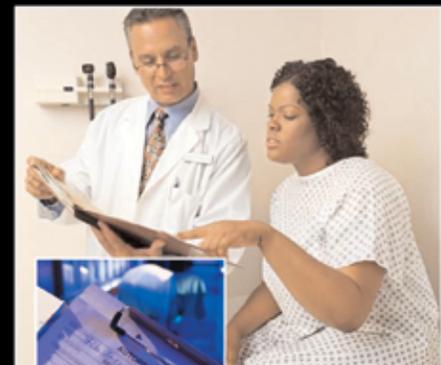
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## OUTREACH DEPARTMENT NEWS

Ana Cristina Oliveira

### Things to Know About Medicare Before You Turn 65

#### 1. Enrollment periods matter.

There are different time periods during which you can enroll in Medicare. These include the **Initial Enrollment Period** around your 65th birthday, **Special Enrollment Periods** for people who move or are losing employer health coverage, and others. It is important to learn about these different times you can enroll, and which apply to your situation. Why? If you don't enroll on time, you may have to pay a penalty—and this penalty lasts as long as you have Medicare.

#### 2. Check with your current insurance about how it works with Medicare.

Many people continue to work past age 65, and have health coverage through their employers. Others may be retired, and have insurance through the military (**VA or TRICARE benefits**) or employee unions.

Depending on your circumstances, it may make sense for you to delay getting parts of Medicare when you turn 65. Be sure to contact the benefits administrator of your current plan to ask about how it works with Medicare, and when (and whether) you need to sign up for Medicare.

#### 3. Enrollment is not automatic for all people.

Some people get Medicare automatically. If you receive Social Security retirement or Railroad Retirement benefits, you'll get your Medicare card in the mail around your birthday. You may also be enrolled automatically if you have been getting Social Security disability payments for 24 months, or you have **ALS** (Lou Gehrig's disease) or **End Stage Renal Disease**.

If you don't get Social Security yet, you'll need to apply for your Medicare card. You can apply online, over the phone, or in person at your local Social Security office.

For additional questions about Medicare contact a Shine Counselor at your local COA.



### **CERTIFIED SHINE (MEDICARE) VOLUNTEER COUNSELORS NEEDED!!**

Are you looking for a challenging volunteer opportunity? Do you enjoy learning about complex topics? Are you good at analyzing and solving problems? Do you like to work with people?

#### ***The SHINE program may be just what you are looking for!***

The SHINE program helps seniors and people with disabilities on Medicare to understand the many and increasingly complex insurance options available to them. The need for certified volunteers to educate and provide unbiased information has never been greater.

Through an intensive training program, SHINE (Serving Health Insurance Needs of Everyone) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income programs that help with healthcare costs.

SHINE Counselors are expected to work an average of 5-6 hours per week meeting with clients and doing necessary follow-up work. They generally counsel at Senior Centers or other public settings that have a private meeting space. SHINE Counselors must also attend monthly meetings where they receive on-going training, support, and opportunities to share their experiences and concerns with other counselors. Knowledge of computers is required.

SHINE Counselors are intelligent and dedicated individuals, who are truly making a difference in many people's lives. This is a unique and wonderful volunteer opportunity for the right person. Please consider joining our dedicated team.

The spring SHINE training will begin mid April and run for two days per week over a six-week period. For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at (508) 532-5980 x 4109.

Bilingual, bicultural and minority individuals are encouraged to apply. SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with Councils on Aging, Aging Services Access Points and other local agencies.

### **INFORMATION & REFERRAL**

Our Outreach staff provides information about services for the diverse needs of the Seniors in the Marlborough area. Staff often assist family members by facilitating transitions involving information about assisted living and nursing home facilities, financial and/or legal concerns, and providing in-home assessments.



## GROUP PIANO LESSONS WITH DENNIS DEYO

**When:** Mondays, starting February 10th

**Time:** 9:00 am

**Where:** Senior Center Craft Room

Dennis teaches group lessons at the senior centers in Northboro, Westboro, Southboro and Shrewsbury, and at "The Willows" in Westborough. He also teaches private piano lessons in his home studio and in private homes with a Spring Recital in June. He also gives private instruction in music theory and composition. Participants will need to purchase three learning books for \$22 and payment for lessons is \$3 due to instructor at each class time.

## PITCH

**Day:** Fridays

**Time:** 1:30 pm

**Where:** Senior Center

Come for a great game and great time to socialize. We hope to see you there!

## BOOK CLUB

**Day:** Every 3rd Tuesday of the month

**Time:** 1:00 pm

**Where:** Marlborough Senior Center

Join Sheila Brecken and others who enjoy reading and discussing a good book.

This month's book for Feb. 18th is *The Last Summer*, by John Hough, Jr.

If you want to get ahead on your reading, the book for:

March 18th

*Mrs. Lincoln's Dressmaker*,  
by Jennifer Chiaverini

All are welcome to join this fun book lover's group for more information call: **508-485-5580**.

## CRAFTS WITH LISA AND PAM

**Date:** Friday, February 28th

**Time:** 1:00 - 3:00 pm

Join Marlborough Senior Center's own Dynamic Duo: Lisa and Pam For a fun craft making session. For reservations call **508-485-6492**.



## COMPUTER CLUB

**Day:** Every Friday

**Time:** 1:00 pm

**Where:**

**Marlborough Senior Center**

All welcome!



## BOWLING TRIP!

**Date:** Tuesday, February 11th

**Where:** Sawyers' in Northborough

**Time:** 11:00 am

**Sponsored by:** Fitzgerald & Collins  
**Funeral Home**

Teams will be organized once we get a final count of who has time to "spare" to have another great time together for only \$3.00.

After 2 strings of bowling, we will meet at Mama's Pizzeria next door to the bowling alley for pizza and a beverage.

This very popular time, spaces fill up early, so please drop by or call the Senior Center at **508-485-6492** to sign up.



## YOGA CLASSES AT MARLBORO SENIOR CENTER

Yoga has many health benefits: Yoga strengthens bones and muscles and improves posture, and balance. It reduces High Blood Pressure and lowers stress, improves memory and brain functioning, and overall physical and emotional well-being.

## OUR CLASSES ARE

Gentle Chair Yoga:

Tuesdays 10-10:45 am,

Strengthening Chair Yoga:

Fridays 9-10 am, and

Gentle Hatha Yoga:

Tuesdays 9-9:45 am

## FEBRUARY CLASS THEMES

Feb 4 & 7 - Yoga for Arthritis

Feb 11 & 14 - Yoga for Heart Health

Feb 18 & 21 - Yoga for Strong Bones

Feb 25 & 28 - Yoga for Core Strength



## MOVIE TIME

**Leader:** Peg Bouvier

**Day:** Wednesdays

**Time:** 1:00 pm

**Where:** Senior Center

Popcorn & refreshments are served and you don't have to stand in line! Where else can you find a good movie and be served those favorite movie snacks?

This month's movie selections include the following:



### February 5th: The King and I

- 1956, G, 133 min.
- 3.9 stars
- Classic Musicals
- Yul Brynner, Deborah Kerr, Rita Moreno



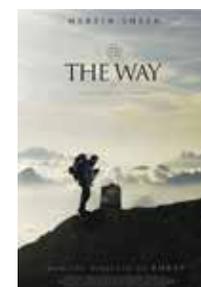
### February 12th: The Loving Story

- 2011, NR, 77 min.
- 3.5 stars
- Documentary
- Mildred Loving, Richard Loving



### February 19th: Safe Haven

- 2013 PG-13, 115 min.
- 3.9 stars
- Romantic Drama
- Josh Duhamel, Julianne Hough



### February 26th: The Way

- 2010, PG-13, 120 min.
- 4.0 stars
- Indie Drama based on real life
- Martin Sheen, Directed by Emilio Estevez



### 3RD ANNUAL VALENTINE'S DINNER AND DANCE

#### LET'S ENJOY ANOTHER WONDERFUL EVENING TOGETHER:

**When:** Tuesday, February 11th

**Time:** 5:30 - 7:30 pm

**Where:** Senior Center

**Meal:** provided by Kennedy's will be Chicken Piccata or Baked Haddock, Roasted Fingerling Potatoes, String Beans Almandine, Salad and Rolls and for dessert a Delicious and Decadent Valentine's Chocolate Bar graciously sponsored by Whitney Place Assisted Living Residences at Northborough.

Entertainment: Of course we will have **your favorite band SWAGGER from Intel**. Tickets may be purchased at the Senior Center for \$10 for Friends Members \$12 for Non-Friends Members.

### MEN'S GROUP LUNCHEON AND LOCAL AUTHOR EVENT - JOIN US FOR A FORAY INTO CRIME SOLVING

**When:** Thursday, February 20th

**Time:** 12:30 pm

**Where:** Senior Center

Former State Police Officer and author Marty Foley will join us to talk about 'A Murder in Wellesley.' The true crime drama of the 1999 investigation into the murder of Mabel "May" Greineder on Halloween morning. It is a story that gripped the wealthy community of Wellesley and later fascinated the nation. Mr. Foley will tell the unsettling tale of domineering Dirk Greineder, a psychopath leading a double life, and family members torn apart by this unconscionable crime. He will also tell the unreported story of the meticulous investigation under his leadership, from the morning of the murder, through the affirmation of Dirk Greineder's conviction in 2001. It's a rare opportunity to hear how crime solving really works and comes together.

Lunch will be pizzas from Superior Pie in Marlborough, along with Salad, Beverage and Dessert.

Cost for this event is \$4.00 please call the Senior Center to reserve your seat.

### STEP BACK IN TIME AT THE MARLBOROUGH SENIOR CENTER

**When:** Thursday, February 27th, 2014

**Time:** 1:30 pm

**Where:** Senior Center Multipurpose Room

Join us for an afternoon of good old fashioned laughs as we watch some of the great Silent Film Comedies complete with live piano accompaniment by Silent movie pianist Richard Hughes, and even some nostalgic goodies. Laurel and Hardy and Charlie Chaplin flickers will be our double feature entertainment!

We hope to see you there! To save a seat call the Marlborough Senior Center at **508-485-6492**.

### LEGAL ADVICE WITH ARTHUR BERGERON

**When:** Wednesday, February 12th

**Time:** 1:30 - 3:30 pm

**Where:** Marlborough Senior Center

The Marlborough COA is pleased to announce that Attorney Arthur Bergeron will be at the Marlborough Senior Center to meet with seniors individually to discuss the legal questions and issues that are concerning you. Each appointment is 15 minutes. If you would like one of these sought after time slots please call the Senior Center at **508-485-6492**. We recommend you call early as they are sure to fill up fast!

### SEMINAR: JOINT PAIN AND ARTHRITIS - REDUCING PAIN AND TREATMENT OPTIONS

**Originally from Attleboro Presented by  
Dr. Shah, Orthopedics, New England**

**When:** Thursday, February 13th

**Time:** 1:00 pm

**Where:** Senior Center

Dr. Shah received his medical degree from the University of Medicine & Dentistry of New Jersey. He completed his surgical internship and residency in orthopedic surgery from Tufts Medical Center. From there, he underwent a fellowship in orthopedic sports medicine at the University of Massachusetts Medical School. In addition to his clinical and surgical commitments, Dr. Shah serves as Assistant Clinical Professor at Tufts Medical Center, Department of Orthopedics & Rehabilitative Medicine. He is also a Staff Surgeon at Newton-Wellesley Hospital and MetroWest Medical Center. Please call the Senior Center to register for this event. **508-485-6492**.



### AND NOW FOR SOMETHING TRULY WILD!

**When:** Tuesday,  
February 18th

**Time:** 2:00 pm

**Where:** Marlborough  
Senior Center Multipurpose room

**Seniors and school-vacationing grandchildren** do we have something fun for you!! Please join us as we welcome Tom Ricardi of the Massachusetts Bird of Prey Rehabilitation Facility to our center. Birds of Prey: Peregrine falcon, red-tailed hawk, great-horned owl, and the bald-headed turkey vulture are among the live birds of prey that Mr. Ricardi will bring to the center to offer you a close encounter with these majestic raptors. Mr. Ricardi runs the Massachusetts Birds of Prey Rehabilitation Center in western Massachusetts. Originally a state game warden that retired after 39 years, Ricardi now rehabilitates eagles, hawks and owls and is often credited with being a driving force behind bald eagle restoration in the northeastern U.S. After recovering from injuries, some of the raptors are released back into the wild while others have injuries that prevent survival in the wild, but enable Mr. Ricardi to showcase their specialized traits. Among the raptors, Mr. Ricardi will either bring a bald eagle or golden eagle, each of which can have a wingspan of up to 7.5 feet. He has a peregrine falcon, the fastest bird in the world that can be clocked at over 200 mph in steep dives after prey. Usually you only see raptors at a distance, so this is a great opportunity for us to see them up close.

If you'd like to be part of this unique opportunity, (KIDS WELCOME AT THIS EVENT) please call the Senior Center to reserve your seat **508-485-6492**.



**Newport  
Mansion  
Trip**





### PODIATRIST APPOINTMENTS WITH DR. CORMIER

Where: Senior Center

Day: Tuesday, February 18th

Time: 1:30 pm - 4:00 pm

Services provided by the podiatrist at the Senior Center include: Nail trimming, treatment of corns and calluses, and screenings for problems that could require further foot care. A \$25.00 charge is to be paid to the doctor at the time of the appointment. Please call the Senior Center at **508-485-6492**.

### WELLNESS CLINIC

Day: Thursdays

Time: 9:00 - 11:00 am

The Senior Center offers a weekly drop-in health clinic. Blood sugar and blood pressure testing are provided. No appointment is necessary. The clinic is staffed by a registered nurse who will also answer health and medication related questions.

### FRIENDLY VISITOR PROGRAM

We are currently looking for volunteers who are interested in visiting elders in the community who are in need of companionship. If you would like to visit an elder one or two hours a week please call Susan Maki at **508-485-6492**.



### PARAFFIN WAX HAND TREATMENTS

Day: Mondays

Time: 1:30 - 2:30 PM

The Senior Center offers weekly, free paraffin wax hand treatments. No appointment is necessary but service is provided on a first come, first served basis. These treatments are particularly helpful to those who suffer from arthritis.

### MEDICAL EQUIPMENT LOAN PROGRAMS

For seniors in need of a wheelchair, walker, shower chair, commode, transfer bench, cane, etc. the Senior Center can provide the item on a loan at no charge, based on availability. All donations welcome. Please call the Senior Center at **508-485-6492** to check on availability or to donate.

### LOW VISION GATHERING

When: Wednesday, February 19th

Where: St. Matthias Church, 409 Hemenway Street

Time: 10:00 am - 12:00 pm

Our faithful leader, Bob Marcotte would like to invite any interested parties to the Low Vision group for individuals who are losing their vision and would like to learn and listen from others' experiences. If you have any questions feel free to call Bob at **978-634-1314**.

### HOME DELIVERED MEALS - MEALS ON WHEELS

Bay Path Elder Services Meals on Wheels program offers the option of a hot midday meal delivered to your door along with a hello. Contact BayPath Elder Nutrition at **508-485-6492** for menu selections. \$2.00 donation is requested.



### FISH VOLUNTEER PROGRAM

The FISH Marlborough program is a volunteer service that provides rides to medical appointments for seniors when friends and family are not available. FISH covers the following communities: Villages at Crane Meadows, Marlborough Villages East, those over 65 that reside at Academy Knoll Apartments, Christopher Heights Assisted Living, Marlborough Public Housing, members over 65 of "the Friends of the Marlborough Seniors" and Veterans referred by the Veterans Agent and residents of Marlborough Hills Healthcare Center. To schedule a ride call **508-485-6492 ext. 11** one week in advance and leave your name, phone number and the date of the appointment and you will be contacted.

# Lifeline

The Lifeline Medical Alert service has provided senior patients with quick access to help at the push of a button in the event of an emergency. If you are interested in Lifeline please call **1-800-521-5539**.

### GREETING CARDS

Your greeting card donations are greatly appreciated. We are sorry however that we cannot accept or put our greeting cards that come from specific organizations (for example, Perkins, Alzheimer's Assn., National Wildlife Federation, etc.) Calendars are also welcome.



### SECOND SATURDAY

Date: February 8th

Do you need some minor repairs to your home or some extra helping hands around your home or apartment?

"Second Saturday" is a resource (originating out of Grace Baptist Church in Hudson) that is available in our community to low-income seniors. This outreach program assists in moving or setting up new households, yard work, light repairs and housekeeping. Our volunteers can also assist in transitioning from a home or apartment to an assisted living facility or nursing home. Also, if you have donations of furniture, small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship.

Requests must be received by **Saturday, Feb. 1, 2014**.

Call Barbara McGuire—**508-624-9365**: leave your name, phone number, address, and details of the work you are requesting. You will receive a call back in a few days.

## NEWS FROM SUSAN MAKI, SOCIAL SERVICES COORDINATOR

### Volunteers Needed for The Senior Mobile Market

The Senior Mobile Market is a partnership between the United Way of Tri-County's Marlborough Community Cupboard in partnership with BayPath Elder Services and the City of Marlborough's Council on Aging. Applicants must meet income guidelines in order to be eligible for this program. In order to be a participant in this program, an elder must find it difficult to pick up food at the Community Cupboard. The Senior Mobile Market is a program to increase the levels of food assistance among homebound seniors through a weekly delivery of fresh and non-perishable groceries right to the seniors' door.

We currently have a wonderful group of volunteers who are delivering food to those in need. Food is delivered from The Marlborough Community Cupboard on Thursday mornings between 9am and 11am. Some volunteers deliver once a month, others two times a month. We are in need of additional volunteer drivers who are able to make a once a month commitment. In addition, we are also in need of substitute drivers who are able to deliver food on an as needed basis when the assigned volunteer is unavailable. If you are interested in volunteering please give Susan Maki a call at **508-485-6492**.

### FRIENDLY VISITOR VOLUNTEERS

Our Friendly Visitor meeting for February is Wednesday, February 12th at the Coffee Loft, 406 Lincoln St. at 9:00 am.

## BEREAVEMENT

**When: Tuesday, February 18th**

**Time: 2:00 pm**

Grief is a word that brings to mind sorrow and loss. But in reality, it is so much more. Grief is a natural response to losing a loved one. It provides an opportunity to work through complicated feelings and learn how to live in a new way. Each person's grief is distinct and individual. What makes your grieving process unique is the personal relationship you had with your loved one, the expressions of your individual feelings and thoughts, and possibly even your physical symptoms.

Judith Chaloux, the Bereavement Coordinator/Regional Liason from Beacon Hospice will continue her seminar and discussion on the Bereavement Process on Tuesday, February 18th at 2:00 at the Coffee Loft located at 406 Lincoln St in Marlborough. The Senior Center will provide coffee and dessert.

Judith has collaborated with Directors of the Councils on Aging throughout the Metrowest area, and has provided 1-on-1 grief support to community members in their home. Please call **508-485-6492** or stop by the Senior Center to sign up for this informative event.



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**SALMON**  
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## CONTINUUM OF CARE

- THE WILLOWS Retirement Communities
- BEAUMONT Skilled Nursing and Rehabilitation
- WHITNEY PLACE Assisted Living Residences
- SALMON VNA & Hospice

### SENIOR TRANSPORTATION PROGRAM NEWS

To participate in our transportation program active adults over 60 must complete a registration application. To receive a registration application you may call **508-485-6492 and ask for ext. 33** which is the Transportation line for the senior center's new pilot program. Also, we have a booklet that explains all transportation options for seniors living in the Marlborough community which is available at your senior center. Please remember this transportation program is based on first come first served. **Cost per each way is \$1 which you may put in payment box on the bus.**

### FEBRUARY, 2014

10:05 am - 1:50 pm

Monday	February 3	Wal-mart
Monday	February 10	Davidian Bros. Farm
Monday	February 17	Hannaford's
Monday	February 24	Market Basket & BJ's
Tuesday	February 4	Wegman's
Tuesday	February 11	Solomon Pond Mall
Tuesday	February 18	Target
Tuesday	February 25	Wal-mart
Friday	February 28	Epicurean Room for Steak Day!

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6				3	1	4		
	3							8
7	2		4					
2		7						
	1	5						7
					2			1
		2	8		3		7	
							4	5
1	6	3						2

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DIFFICULTY: ★★☆☆

### Answer to January 2014 Sudoku

7	5	4	3	8	9	1	2	6
1	6	8	7	4	2	5	9	3
2	9	3	5	6	1	4	8	7
5	4	1	6	3	8	2	7	9
6	2	9	1	7	4	8	3	5
8	3	7	9	2	5	6	1	4
3	1	5	8	9	6	7	4	2
9	8	2	4	5	7	3	6	1
4	7	6	2	1	3	9	5	8

GAME ANSWERS FOR THIS ISSUE WILL BE PUBLISHED IN NEXT MONTHS ISSUE.

## CROSSWORD PUZZLE

### ACROSS

- 1 "Lorna Doone" character
- 5 Sinbad's bird
- 8 Demolish: Brit.
- 12 Idea (Fr.)
- 13 Alas
- 14 Cheese
- 15 Leg ends
- 16 Burmese knife
- 17 Taro
- 18 Small S.A. rabbit
- 20 Pilgrim
- 22 Skin vesicle
- 23 Veneration
- 24 Beginning
- 28 Blaibok
- 32 Public vehicle
- 33 54 (Rom. numeral)
- 35 Israelite tribe
- 36 Ringed boa
- 39 Reading desk
- 42 Abdominal (abbr.)
- 44 Have (Scot.)
- 45 Female falcon
- 48 Butterfly
- 52 State (Fr.)
- 53 Television channel
- 55 Endearment
- 56 Mine (Fr. 2 words)
- 57 Rom. first day of the month
- 58 Per. poet
- 59 Maid
- 60 Compass direction
- 61 Foreign (pref.)

### DOWN

- 1 Breach
- 2 Design
- 3 Profound
- 4 Hate
- 5 Fanatical
- 6 Wood sorrel
- 7 Rudderfish
- 8 Flat molding
- 9 "Cantique de Noel" composer
- 10 Kemo \_\_\_\_\_

### ANSWER TO PREVIOUS PUZZLE

M	O	R	A		C	A	D	I		N	E	R				
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A	C	U			A	K	E	E		B	A	B	A			
P	E	S			L	E	A	D		I	A	M	B			

- 11 Turk. title
- 19 Jap. fish
- 21 Intimidate
- 24 Amazon tributary
- 25 Grab
- 26 Kwa language
- 27 "Abner"
- 29 "Fables in Slang" author
- 30 Rhine tributary
- 31 Television channel
- 34 Car
- 37 Insect
- 38 Presidential nickname
- 40 Helper
- 41 Caddy (2 words)
- 43 Male duck
- 45 Loyal
- 46 Hindu soul
- 47 Cella
- 49 Crippled
- 50 Dayak people
- 51 Aeronautical (abbr.)
- 54 Low (Fr.)

1	2	3	4		5	6	7		8	9	10	11	
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59								60				61	

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A2

# IS IT TIME FOR A CHANGE?

2014 is my  
year to...

How often have you said, "I need to make changes in my life."? Did you make a New Year's resolution for 2014?



If you find it hard to change habits, especially bad habits, you're not alone! After all, we cling to our habits because they're comfortable and take no extra thought or energy. However, many of our daily habits, like what we eat and how much we exercise, determine our health—and that's particularly true for someone with diabetes.

Change is a process. When we're faced with the need to change, whether it is stopping an unhealthy habit, or starting a healthy new one, we go through stages. At first we may ignore or deny the need for change. Then we start thinking about it, learn more about the topic and eventually get ready. Finally, we act! Setting a time and place to start is one way to get motivated.

Here are some other ideas:

- It's a good idea to begin by writing down your goal. Do you want to change your eating habits? Be specific, realistic and positive! Set a goal to "eat more salad" for lunch instead of "don't eat ham sandwiches." Remember, the final goal is to lessen and, hopefully, prevent health complications.
- Pick your battles. It's impossible to change your entire lifestyle at once. Decide to focus on one or two habits at a time, like taking your medicine regularly. List your reasons for making positive changes. Seek out the support of others.
- Think small. For example, 10 minutes of exercise a day can be an important step. You can gradually increase it. Keep a record of your progress and reward yourself (in a healthy way) as you achieve certain goals.
- Change your routines, too. If you tend to have a snack attack at a certain time of day, find a new activity to keep yourself busy.

The experts all say it takes 21 days to break a bad habit—and it probably takes that long to start a good one. It can be difficult to stick with your "new-you" program, but remember that having a relapse isn't as important as how you deal with the relapse.

**STAY POSITIVE.** It's one small goal at a time. If you slip, regain your balance and continue on your journey!



## HAVE DIABETES?

Follow these everyday care tips



It's a new year—and a good time to take fresh inventory of the things you can do every day for good diabetes care. Review this checklist daily as a reminder. If you aren't "perfect" now, remember that it only takes 21 days to establish a new habit! Keep trying—and reward yourself (in a positive way!) for all you do well.

- Follow the healthy eating plan that you and your doctor have worked out.
- Be active a total of 30 minutes most days.
- Take your diabetes medicines at the same times each day.
- Check your blood glucose every day. Each time you check, write the number in a record book.
- Check your feet every day for cuts, blisters, sores, swelling, redness or sore toenails.
- Brush and floss your teeth and gums every day.
- Try to have a positive attitude in all areas of your life. Accept what you cannot change.
- Destress! Practice muscle relaxation, deep breathing, meditation or visualization.

Take other steps to manage stress. Get organized by making "to-do" lists and prioritizing your activities—focus most on the things you need to do.

For you, it means making important decisions every day to manage your diabetes and overall health.

Fallon Community Health Plan (FCHP) is a nationally recognized, not-for-profit health care services organization. From traditional health insurance products available throughout Massachusetts for all populations, to innovative health care programs and services for independent seniors, FCHP supports the diverse and changing needs of all those it serves. FCHP has consistently ranked among the nation's top health plans. Visit us at [www.fchp.org](http://www.fchp.org) or call 1-866-469-4364.

Enjoy these discounts from some of the eateries in our Marlborough area

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Est. 1964

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www.wellysrestaurant.com  
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Marlborough, MA 01752

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154 Turnpike Rd, Southborough  
423 Lakeside Ave, Marlborough

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**Auntie Anne's**

**FREE PRETZEL**

Buy any pretzel at the regular price & get the 2nd pretzel of equal or lesser value free.

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Pick-up Only

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978-562-7755  
234 Washington Street  
Hudson, MA 01749

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## ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

### Question: When Should I Take My Dietary Supplements or Vitamins?



Many of us take dietary supplements daily, but how often do we think about when to take them? Try these tips to help you improve absorption of your dietary supplements:

#### Answer:

- Take multivitamins with a meal because the fat-soluble vitamins A, D, E and K require some fat to be absorbed. Also, drink plenty of water to help vitamins dissolve efficiently.
- Take calcium supplements in doses of 500 milligrams with meals. Don't take calcium supplements at the same time as a supplement with iron because the two minerals can interfere with each other, resulting in reduced absorption.
- Take fiber supplements several hours before taking any nutritional supplement because fiber can bind to minerals and could make them unavailable for the body to use.

Ask your pharmacist if your vitamins may have any potential interactions (sometimes positive!) with your prescription or over-the-counter medications. There are often recommended vitamins to offset side effects of your medications.

Have a question for the pharmacist?  
Email questions to: [pharmacist@bouvierpharmacy.com](mailto:pharmacist@bouvierpharmacy.com)



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Caring for Yours...*

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EXCITING TRIPS FOR 2014!**



**TRAINS OF THE COLORADO ROCKIES**

**September 6 - 14, 2014 (9 Days - 12 Meals)**

Highlights: Denver, Rocky Mountain National Park, Georgetown Loop Railroad, Grand Junction, Colorado National Monument, Durango & Silverton Railroad, Durango, Mesa Verde National Park, Royal Gorge Railroad, Colorado, Springs, Pike's Peak, Cog Railway, Garden of the Gods.

**Double \$2729**

**Book by March 6, 2014 & save \$100 per person!**

**California New Year's Getaway**

**Dec. 29, 2014 - Jan. 2, 2015**

**(5 Days - 6 Meals)**

Highlights: Once-in-a-lifetime opportunity to view floats in final stage of decorating, Bandfest - featuring selected bands from all over the country, New Year's Eve Gala Dinner Dance with live entertainment and a champagne toast, reserved seating for prime viewing of the Tournament of Roses Parade, an evening of spectacular live entertainment carefully orchestrated just for you with a private Legends in Concert Show.

**Double \$2099\***

**Book by June 29, 2014 & save \$100 per person!**

*Look for more information in the Senior Center Lobby*

*Center Holiday Party!*



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- Respite Care for Vacationing Caregivers ●
- Hospice Care and Services ●
- Secured Alzheimer's and Dementia Program ●

  
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*Center for Health & Rehabilitation*

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508-481-6123

[www.ReservoirCenterRehab.com](http://www.ReservoirCenterRehab.com)



# February, 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:00 Wayside Water Aerobics 1:30 Hand Waxing 1:30 Water Color	9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:15 Pilates 6:15 Zumba Gold	9:00 30/30 Exercise 9:00 Multicultural Computer Club 10:15 Bingo 12:30 Bingo 1:00 Movie time 1:00 Wayside Water Aerobics	9:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Latino Comp. Club 1:00 Wayside Water Aerobics 2:30 Friend's Meeting 6:45 Zumba Gold	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:00 Grp Piano class 1:30 PITCH (At Senior Center) <b>BIG COOKIE DAY!</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:00 Piano Lessons 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:45 Friends Free Luncheon 1:00 Wayside Water Aerobics 1:30 Hand Waxing 1:30 Water Color	8:45 COA Board Meeting Walker Bldg, 1st flr 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Bowling 11:15 Pilates 6:15 Zumba Gold 5:30 <b>Valentine's Party Senior Center w/SWAGGER</b>	9:00 Friendly Visitor Volunteers 9:00 30/30 Exercise 9:00 Multicultural Computer Club 10:15 Bingo 12:30 Bingo 1:00 Movie time 1:00 <b>Arthur Bergeron individual sessions</b> 1:00 Wayside Water Aerobics	9:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Latino Comp. Club 1:00 <b>Dr Shah: Arthritis seminar</b> 1:00 Wayside Water Aerobics 6:45 Zumba Gold	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:30 PITCH (At Senior Center)
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Closed for Presidents Day</b>	9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:15 Pilates 1:00 <b>Book Club</b> 1:30-4:00 <b>Podiatrist</b> 2:00 <b>Mass Bird's of Prey Demonstration - live animals</b> 2:00 Bereavement 6:15 Zumba Gold	9:00 30/30 Exercise 9:00 Multicultural Computer Club 10:15 Bingo 12:30 Bingo 1:00 Movie Time 1:00 Wayside Water Aerobics	9:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Latino Comp. Club 12:30 <b>Men's Group</b> 1:00 Wayside Water Aerobics 6:45 Zumba Gold	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:30 PITCH (At Senior Center)
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:00 Piano Lessons 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:00 Wayside Water Aerobics 1:30 Hand Waxing 1:30 Water Color	9:00 ESL 9:00 NO YOGA 10:00 NO YOGA 11:15 Pilates 2:00 Tenant Meeting 6:15 Zumba Gold	9:00 30/30 Exercise 9:00 Multicultural Computer Club 10:15 Bingo 12:30 Bingo 1:00 Movie Time 1:00 Wayside Water Aerobics	9:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Latino Comp. Club 1:30 <b>Silent Film Shorts with live pianist</b> 1:00 Wayside Water Aerobics 6:45 Zumba Gold	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:00 <b>Craft Time</b> 1:30 PITCH (At Senior Center)



**You're Invited to a  
Free Lunch Just for you!**

**FRIENDS OF THE MARLBOROUGH SENIOR CENTER**

The Friends of the Marlborough Seniors are having a FREE luncheon just for you! Monday, February 10th at 12:45 pm. This luncheon is sponsored by the Friends and will be held at the Marlborough Senior Center and catered by the **Assabet Culinary Arts Students**. We hope to see you there!

Sincerely, Tammy Pozerycki, *President*  
Board of Friends of The Marlborough Seniors

*"Each happiness of yesterday is a memory of tomorrow."*

The "Friends" of the Marlborough Seniors would like to thank the following individuals and recognize generous donations made toward the New Senior Center Building Fund.

*~John & Joan Trent~*

*~Pauline Ordway~*

*~Frances Ramaskwich~*

*Living Memorial*

This form allows you to make a donation that will support and enhance the senior services in our Marlborough community. The individual or families you have chosen to honor will be notified of your contribution. Your support is needed and greatly appreciated.

I am enclosing \$ \_\_\_\_\_ In honor/memory of: \_\_\_\_\_

**Send acknowledgment to:** Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

*Make checks payable to: Friends of Marlborough Seniors Mail to: P.O. Box 358, Marlborough, MA 01752*

**FRIENDS OF THE MARLBOROUGH SENIORS MEMBERSHIP INFORMATION**

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2014.  
Please fill out this form and mail it to: **Friends of Marlborough Seniors P.O. Box 358, Marlborough, MA 01752**

**"Friends of the Marlborough Seniors"**

- New Membership
- Renewal Membership
- I would like a bar code card for tracking my class and volunteer participation

**I would like to give:**

- Individual (\$7.00)
- Couple (\$14.00)
- Building Fund (\$ \_\_\_\_\_ )
- Friends (\$ \_\_\_\_\_ )

PLEASE PRINT

Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Telephone Number: \_\_\_\_\_

## ELDER LAW WITH FRANK AND MARY

by *Aurthur P. Bergeron*



*Arthur Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.*

Happy Valentine's Day! My friends, Frank and Mary, love Valentine's Day. After all, they're now 75 years old and they've been married for over 50 years. Their kids are grown and gone. They have a few friends, but basically what they have, and all they really want, is each other. For that reason, they don't really worry

about themselves and about their own health. Mostly, Frank worries about Mary and Mary worries about Frank. They remind me of my parents.

What do they worry about? They won't talk about it, but in the back of each of their minds is the BIG question: if I die, how will my spouse ever manage? That question looms especially large for people whose spouses may not be in the best of health, especially those who may be exhibiting early dementia symptoms from Alzheimer's or some other disease. As I tell people in the seminars I give at the Senior Center, if you are married and your spouse develops dementia, typically that spouse can qualify for MassHealth and get substantial home care benefits at no cost to them. The reason? While MassHealth recipients can only have limited assets, for people at home who would otherwise be eligible for nursing home care, the assets of the well spouse are not counted. Therefore, typically an ailing spouse can transfer all assets to the well spouse and then immediately qualify for MassHealth. If that sick spouse later needs nursing home care, the spouse at home can keep the home and can keep the value of most financial assets, by purchasing an annuity, which reduces his or her assets to a level where the spouse in the nursing home can qualify for MassHealth long term care benefits.



If one spouse dies and the other spouse inherits everything, the surviving spouse may be in trouble regarding paying for long term care with a typical estate plan (I leave everything to my spouse, or if he or she has died, then I leave everything to my children). If Frank, who has a heart condition, wants to make sure that Mary, who has mild dementia, will have her assets protected after Frank dies, Frank needs to change his plan. He needs to:

1. Change his will to specify that, upon his death, everything that he owns will be held in trust (typically by one or more of his children, Peter, Paul or Mary, Jr. as Trustee) for the benefit of his wife Mary. The funds in trust will not be countable if Mary later needs to qualify for MassHealth;
2. Make sure that he owns, individually (not jointly, in which case Mary would become the owner at the time of his death) all the assets that he wants to protect;
3. Make sure that Mary has executed a Durable Power of Attorney to someone so that if Frank becomes ill and additional assets need to be transferred to him from Mary or out of joint names before he dies, someone (such as one of their children) has the power to transfer the assets.

Once Frank has taken these steps, he can tell Mary that she will be okay, even if something happens to him. Wouldn't that be a great Valentine's Day present?

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**ST. PATRICK'S DAY FUN**

**When:** Friday, March 14, 2014  
**Meal:** Provided by the Marriott  
**Entertainment:** The McMurphy's  
**Where:** Marriott Courtyard, 75

Felton St, Marlborough, MA

Cost: \$10 friends members; \$12 non-members.  
 Call to reserve your seats, 508-485-6492.

**FOXWOODS FUN!**

\$23.00 includes trip, bonus package, consisting of \$10.00 buffet and \$10.00 coupon. Pick up and bus departure is at 7:30 am in front of the Senior Center and we return at approximately 4:45 pm.

**Upcoming Dates:**

Monday, February 10, 2014

Monday, March 10, 2014

Please call Pauline Ordway at **508-485-4677**

for your reservation and more information.

Also enjoy some BINGO on the bus!



**MONDAY'S BLUE PLATE SPECIALS**

**Time:** 12:30 pm



**February 3:** Boston Market Meatloaf, mashed potatoes and gravy, sweet corn, cornbread and salad - cost \$6

**February 10:** The Friends of the Marlborough Seniors are having a **FREE** luncheon just for you! Monday, February 10th at 12:45 pm. This luncheon is sponsored by the Friends and will be held at the Marlborough Senior Center and catered by the **Assabet Culinary Arts Students**. We hope to see you there!

**February 17: CLOSED FOR PRESIDENTS DAY - NO BLUE PLATE LUNCH**

**February 24: Chez Siam** - we will be eating at Chez Siam, 280 E Main St, Marlborough. If you need a ride please let us know when you sign up. **cost \$7**. You will have the choice of the following lunch items - all are served with soup of the day and white rice, vegetables are sautéed in a delicious sauce: Please select one of the following meats:

- **Chicken or Pork**    ▪ **Beef**
- and then which one of the following dishes you'd like it in**
- **Cashew Nuts** - Sautéed with onion, cashew nuts, straw mushrooms and ground roasted chili in brown sauce.
- **Prik King** - Sautéed with prik king curry sauce and fresh cut green beans, red pepper and ground peanuts.
- **Black Mushrooms & Ginger** - Sautéed with black mushrooms, thinly sliced fresh ginger, scallion, peppers and onions in a brown sauce.
- **Gra Prao** - Sautéed with basil leaves, broccoli, peppers, onions in a spicy sauce.
- **Broccoli** - Sautéed with broccoli, baby corn, mushrooms & oyster sauce.
- **Mixed Vegetables** - Sautéed with oyster sauce and assorted fresh vegetables in season.
- **Scampi Thai Style** - Marinated in garlic and white wine, sautéed with pineapple chunks served over shredded lettuce and fried rice
- **Sweet & Sour** - Sautéed with mixed vegetables, topped with our own sweet & sour sauce.
- **Pad Thai or Vegetable Pad Thai** - Pan fried rice noodles, shrimp, chicken, egg, baked, tofu, ground peanuts, bean sprouts & scallions. *(may add veggies)*

Sign up at the Senior Center Office by Friday-noon prior to Monday's lunch! **508-485-6492**. Unless otherwise noted, meals will be served at the Senior Center.

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- THE WILLOWS Retirement Communities
- WHITNEY PLACE Assisted Living Residences
- BEAUMONT Skilled Nursing and Rehabilitation
- SALMON VNA & Hospice

# Who is in Charge upon Discharge?

Patients and family members are often inundated with information, and discharge instructions can be confusing. Barriers and breakdowns in communication are common to care transitions, especially for people with multiple health issues and advanced age. Transitions typically involve new roles, responsibilities that may present challenges.



- 1. Anticipate Care Needs** – Meet with your healthcare team before discharge to discuss your specific situation and ask questions to get an idea of what you and your family might expect over the next 30 to 60 days. Make sure you are clear about roles and responsibilities.
- 2. Request Education** – Take time to learn from your healthcare team about your condition and care needs. In addition to information gathered during conversations, ask for written education materials you can read and refer to over time. To help ensure understanding, take time to paraphrase information, clarify your understanding and demonstrate how to do things.
- 3. Focus on Safety** – Make sure you know what is needed and that you are equipped and able to do what is necessary. Become familiar with signs and symptoms that might suggest a need for immediate follow-up or a call to 911.

- 4. Clarify Assumptions** – Ask questions, such as, "What if I cannot get in to see my PCP within the timeframe indicated?" and "Is the hospital sending my medical records to my PCP and if he/she does not have them at the time of my appointment what should I do?"



- 5. Seek Support** – The time and effort required to deliver the needed level of care and support can be daunting. Home care providers such as Home Helpers can be an important part of the care team.

*"As your partner in the care process, Home Helpers structures its services around the needs, goals, preferences, and values of those we serve. We consider it a privilege to assist in care transitions and provide home care services needed to make life easier."*

Article provided by Home Helpers | (203) 558-7065 | [www.homehelpers.cc/watertown58454](http://www.homehelpers.cc/watertown58454)

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205 Turnpike Road | Southboro, MA 01772 | 508-485-3900

### BEER

STELLA ARTOIS 12pk Bottles	\$12.99 <sup>-dep</sup>
SAM ADAMS 12pk Bottles	\$13.99 <sup>-dep</sup>
GOOSE ISLAND 12pk Bottles	\$13.99 <sup>-dep</sup>
SIERRA NEVADA 12pk Bottles	\$12.99 <sup>-dep</sup>
KONA VARIETY 12pk Bottles	\$12.99 <sup>-dep</sup>
ANGRY ORCHARD 12pk Bottles	\$12.99 <sup>-dep</sup>
BASS 12pk Bottles	\$10.99 <sup>-dep</sup>
HEINEKEN, HEINEKEN LIGHT 18pk Bottles	\$17.99 <sup>-dep</sup>

### LIQUOR

JOHNNIE WALKER RED LABEL 1.75Ltr	\$31.99
BAILEY'S 1.75Ltr	\$34.99
SMIRNOFF VODKA 1.75Ltr	\$19.99
CAPTAIN MORGAN SPICED RUM 1.75Ltr	\$27.99
GRAND MARNIER 750mL	\$28.99
FRANGELICO 750mL	\$21.99
AMARETTO DISORONO 750mL	\$23.99
1800 SILVER TEQUILA 750mL	\$21.99

### WINE

GHOST PINES CABERNET SAUVIGNON 750mL	\$14.99
TRIVENTO (CHARD., MALBEC, CABERNET) 750mL	\$7.99
KNARLY HEAD OLD VINE ZINFANDEL 750mL	\$8.99
HARBOR TOWN SAUVIGNON BLANC 750mL	\$8.99
CENTORRI MOSCATO 750mL	\$8.99
LOST ANGEL (P. NOIR, RED BLEND, CABERNET) 750mL	\$7.99
GRASCO MALBEC 750mL	\$11.99
CAVIT ALL VARIETIES 1.5L	\$10.99

### CHAMPAGNE/SPARKLING WINE

KORBEL 750mL	\$11.99
LAMARCA PROSECCO 750mL	\$10.99
MARTIN AND ROSSI 750mL	\$11.99
MOET BRUT IMPERIAL 750mL	\$36.99

### DOUBLE DIP TUESDAYS

10% OFF 750mL or 1.5L Wine  
20% OFF 5 or more Bottles, 750mL Only  
\*Sale items excluded. Tuesdays only.



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