

MARLBOROUGH SENIORS *on the go!*

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



It's hard to believe how fast the holiday season has come and gone but here we are in 2014 as I embark on my second term as your Mayor.

I am excited to get back to work with the City Council, who I'm sure is as eager as I am to build on the progress we achieved the past two years. Speaking of the Council, I hope you will join me in welcoming newly elected Ward 2 Councilor Bob Page and Ward 5 Councilor John Irish. Both gentlemen will be great additions to the Council and I look forward to working with them.

In the upcoming year, I anticipate the Office of Middlesex County Sheriff Peter Koutoujian returning to run some informational programs for the senior community. We were fortunate to have Sheriff Koutoujian visit the Senior Center for an in-depth discussion on the role and responsibilities of his office last November. Future programs or workshops will focus on issues ranging from avoiding Medicare/Medicaid/Social Security scams to learning new tips for home safety.

Keep on the lookout for some beautiful new banners displayed on our light posts on Main Street and in the French Hill neighborhood. These banners are a small way we can brighten, enrich, and better define our downtown areas during the winter months.

Best wishes for a healthy and prosperous New Year!

Sincerely,

Mayor Arthur G. Vigeant



Pictured left to right are Thomas Kamataris, Tina Nolin, and Mayor Vigeant.

Thomas Kamataris, President of The Marlborough Foundation delivers a generous donation to the COA to support the works and services of the Marlborough Senior Center.

Thank you to Pauline Ordway and Ellie Lapine for all your help decorating for the Christmas Holiday Season. It is much appreciated.

Dine at Marlborough's

Finest Establishments



Marlboro House
of Pizza



Auntie Anne's



Look to page 12 for details.



Proudly Serving Seniors in the Metrowest Area

Our Clinical Services



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- Long-Term Care
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- TPN Services
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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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Please speak with Alicia, the Director of Admissions, to come by for a tour of our beautiful facility located at 136 Boston Post Road in Sudbury.



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

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Judy Jewett, *Craft Show*
Dick Mahoney, *Computer Lab*
Sheila Brecken, *Book Club*
Judy Jewett, *Knit & Crochet*
Sheila Brecken, *Knit & Crochet*
Bob Marcotte, *Low Vision*
Jeanne McGeough, *Water Aerobics & Transportation Coordinator*

A Note from the Director

NEW "SENIORS ON THE GO" DEDICATED TO OUR NEWSLETTER VOLUNTEERS

It is hard to believe that I am wishing you all a Happy and Healthy New Year because it is still early December as I write this, but as you have noticed we have a new newsletter. We are all excited about the opportunity to work with Senior Center Communications! They publish a very nice newsletter and we hope you will enjoy all the new things it offers, including discounts at local businesses, colored pictures, and excellent graphics, and is overall more user-friendly. In the midst of this change, I want to thank and dedicate this newsletter to our dedicated NEWSLETTER VOLUNTEERS, who each month volunteered four hours or more to prepare your newsletter for mailing.

A very special thank you to Peggy Cahill, Volunteer Mailing Coordinator, Pauline Ordway always busy working on those labels, Ellie Lapin, efficient and we enjoy her dry, witty humor, Edmond Frye sole male volunteer who would always come early to help set up the table and chairs, Terry Lupien, never missed helping and is always so willing to help, Anne Bjorkman, it would not be the same without Anne we will just leave it like that, Leona Sampson, quiet and diligent, Betty Hoban our sweetie and Rosebud Bilodeau always very focused at the task on hand. I will miss seeing our volunteers hard at work in the craft room; in the hallway or the large room assembling the newsletter because now a mail house associated with our newsletter publisher will handle the mailing of our new "Seniors On the Go." I encourage you to make note of all the businesses that are sponsors of our newsletter, and if given the opportunity please support and thank them for helping to provide our senior center with such a nice newsletter. We are very fortunate to have such supportive partnerships here in our community to help our Council on Aging. So, enjoy the first edition of your new newsletter! I also want to extend a special thank you to our COA staff members Susan, Ana Cristina and Tina, as well as Tammy Pozerycki, President of the Friends of the Marlborough Seniors for helping make this newsletter possible.

Looking forward to seeing you at the center,

Jennifer

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OUTREACH DEPARTMENT NEWS

Ana Cristina Oliveira

Can I still change my Medicare Plan?

The 2013 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans.

For those with a Medicare Advantage Plan:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:

You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, 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, as soon as possible.

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.

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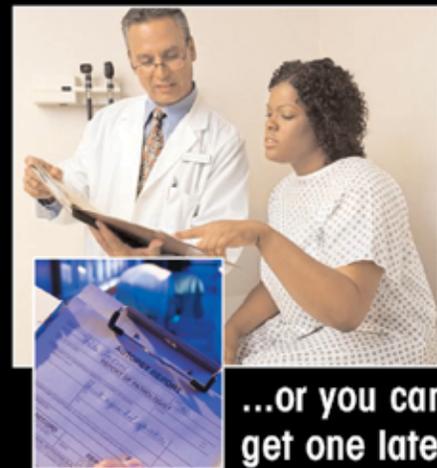
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UGLY SWEATER PARTY WITH SOUP & CHILI AND TRIVIA

Date: Thursday, January 16th
Time: 12:30 pm

Sponsored by: Marlborough Hills



Let's kick off 2014 off with a fun, goofy themed luncheon that requires a little brain matter and fun. Throw on your ugliest sweater and warm up with a few different types of soups and chili. After we eat, we will vote on the "ugliest" sweater for one brave woman and man with a prize. We will then play table trivia pitting each table against the other and rewarding the winning table generously.

"JERRY ATRIC....THE OLDER I GET" FUNNY, FUNNY

Date: Friday, January 24th
Time: 1:30 pm

Aging is hard; no one likes the references to the "golden age" or "twilight years" but Steve Henderson's performance puts humor and a positive spin on the enormous difficulties of getting old. You will laugh until your belly hurts at this one-person play about an elderly gentleman and his experiences with the health care system. Bring your favorite snack and we will supply some soda and water.



CHAMBER MUSIC METROWEST AND THE MARLBOROUGH SENIOR CENTER PRESENT THE COCHRAN-WRENN DUO

Date: Tuesday, January 28th

Time: 1:15 - 2:15 PM

Featuring: Bonnie Cochran, flute & Bryan Wrenn, guitar
Cost: \$4.00

Works at this performance will be inspired by travel and culture. So come and be transported to another place. Variety of Quiche, Fruit Salad and Chocolate Trifle along with beverage will be served. Please RSVP if you would like to join us for this relaxing afternoon.

REVISIONS OF MASSACHUSETTS MEDICAL ORDERS FOR LIFE-SUSTAINING TREATMENT (AKA MOLST).

Date: Tuesday, January 14th
Time: 12:45 pm

Cost: \$3.00 boxed lunch optional
Presenter: Dr. Allison Larusso, MD

Marlborough Hospital hosts an important and educational seminar with Dr. Allison Larusso, MD, who is a Board Certified Emergency Medical Specialist in Emergency medicine. She attended medical School at the University of Massachusetts.

You can learn about the following questions and more:

- If a person has written "final wishes" or "living will" isn't that enough?
- Is MOLST the same as a health Care Proxy?
- If a person already has "Do Not Resuscitate order" can MOLST be used?
- What is the Massachusetts Medical Orders for Life-Sustaining Treatment" form?

Dr. Larusso will also be taking questions from the audience during this seminar. Please RSVP. A \$3.00 boxed lunch is optional. Choose: chicken salad, roast beef and cheese or ham and cheese or feel free to bring your own brown bag lunch.



YOU ARE INVITED TO A BIRTHDAY PARTY!

Celebrating our Summer Birthdays (June, July, Aug., Sept.)

Where: OLIVE GARDEN

When: Thursday, January 30th

Time: 12:00 pm

Cost: \$10.00

Summer Birthdays only pay \$5.00

Menu Selection: Choice of Entrée: Chicken Parm., Eggplant Parm., Seafood Alfredo, Chicken Scampi, Cheese Raviolis w/meat sauce, unlimited salad and bread sticks, tea/coffee/soda, and BIRTHDAY CAKE and ice cream.

Door prizes (who does not like winning a prize at a birthday party) Transportation available if needed please notify Tina.

MEN'S GROUP EVENT

Date: Thursday, January 23rd

Time: 12:30 pm

Join us for lunch at the Senior Center with very popular guest Speaker Dr. Gary Hylander. In recognition of 2014 marking the 70th anniversary of D-Day, Dr. Hylander will speak on this.

Watch American History come to life as our favorite history professor, Dr. Gary Hylander, marks the 70th anniversary of the end of World War II. Join us as we discuss the politics, personalities and military campaigns that culminated in D-Day and brought an end to the Second World War. Dr. Hylander, Ph.D., is a professor of History at Stonehill College; and a frequent lecturer at library forums, historical societies, senior centers, and professional organizations.

Lunch will be provided and include: Marinated Steak Tips served with Roasted Peppers, Onions & Mushrooms, Rice Pilaf with Almonds, Celery & Herbs, Sesame Roasted Green Beans, Tossed Garden Salad and Rolls and Butter. Cost for this event is \$5.00.

AARP IS BACK TO HELP WITH TAX RETURNS

We are glad to have AARP back with us to help you with your tax returns for this fiscal year. We will start taking appointments on Thursday, January 2, 2014.

Tax returns will be done in the Craft Room here at the senior center. Please remember to make an appointment sooner rather than later. Appointments will begin on Wednesday, February 5th and run each Wednesday from 8:30-12:00 until the last day which is Wednesday, April 9th.

If you are a first time AARP tax client we require you bring with you a photo ID, your social security card, and the social security card of each dependent you intend to list on the tax form. It would also be helpful to bring the prior year's tax filing and of course all forms you received for the current tax year.

Don't wait until it's too late to schedule an appointment because we will fill up times quickly with this wonderful volunteer service through AARP.

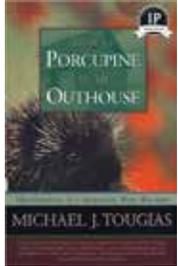
To schedule your appointment please call the Senior Center at **508-485-6492**.

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 Jan. 21st is *There's a Porcupine in My Outhouse*, by Michael Tougas

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

Feb. 18th is

The Last Summer, by John Hough, Jr.

March 18th

Mrs. Lincoln's Dressmaker, by Jennifer Chiaverni

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

CRAFTS WITH LISA AND PAM**Date:** Friday, January 31st**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, January the 21st**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.

MOVIE TIME**Leader:** Peg Bouvier**Day:** Wednesdays at 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:

January 1st**CLOSED FOR NEW YEAR'S****January 8th: An American in Paris**

- 1951, NR, 115 min.,
- 3.6 stars
- Classic Musicals
- Leslie Caron, Nina Foch, Gene Kelley

January 15th: Playing for Keeps

- 2012, PG-13, 128 min.
- 3.7 stars
- Romantic Comedy
- Gerard Butler, Jessica Biel, Dennis Quaid

January 22nd: Parker

- 2013 R, 118 min.
- 3.9 stars
- Crime Drama
- Jason Statham, Jennifer Lopez, Michael Chiklis

January 29th: The Impossible

- 2012, PG-13, 114 min.
- 3.8 stars
- Drama based on real life
- Naomi Watts, wan McGregor



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**NEWS FROM SUSAN MAKI,
SOCIAL SERVICES COORDINATOR**



Bereavement Part I

Date: Tuesday, January 14th

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 Liaison from Beacon Hospice will be speaking on the Bereavement Process on Tuesday, January 14th 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. We will also be offering a second session of this seminar and discussion group in February more information will be in the February Newsletter.

**THE PEABODY ESSEX MUSEUM
"Impressionists on the Water"**

Date: Wednesday, January 8th

Time: 9:30 am



For almost two hundred years, Salem was one of North America's richest and most important seaports. The Salem merchants who founded the Peabody Essex Museum in 1799 sailed the globe in search of international trade, collecting extraordinary works of art and culture along the way. This began what is today the country's oldest continuously operating museum and one of the largest in the nation. The museum's collection includes New England decorative art, paintings, textiles, costumes, and one of the finest collections of maritime art and culture in the country. There are unrivaled works of art and culture from North America, China, Japan, Korea, India and beyond, plus groundbreaking special exhibitions of historical and contemporary art from around the world.

The special exhibit "Impressionists on the Water" delves into the often surprising connection between the Impressionists and their watery subjects. As an artistic subject, there could be no better match for the Impressionists than the element of water. The play of light, sense of atmosphere and physical experience of floating in a groundless world were irresistible for artists like Monet, Renoir, Sisley, Signac, and Caillebotte (an accomplished sailor in his own right) key impressionists who spent many hours at sea, on river boats, leisure craft and floating studios. Through nearly 60 oil paintings, works on paper, models and small crafts, this exhibition illuminates the importance that access to the sea and France's intensive inland waterways played in the development of one of the world's most enduring artistic movements.

The cost of the trip is \$ 40.00 which includes the cost of the bus and admission to the museum. Lunch is on your own, and you can choose from the Atrium Café' or the Garden restaurant.

If you are interested in visiting this exciting exhibit, as well as other exhibits within the museum, please call Susan Maki at **508-485-6492**.

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PODIATRIST APPOINTMENTS WITH DR. CORMIER

Where: Senior Center

Day: Tuesdays, January 7th & 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 released 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, January 15th

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: January 11

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, Jan. 4, 2013. Second Saturday date for work is Jan. 11, 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.



FLU REVIEW

ARE YOU AN EXPERT YET?

By Lorraine P. Bachand



In 1918, children would skip rope to the rhyme:

*I had a little bird,
Its name was Enza.
I opened the window,
And in-flu-enza.*

Most children that year knew someone who had been very sick or even died from the influenza epidemic that in one year killed more Americans than all of the wars of the 20th century. The epidemic, which began in Kansas, became a pandemic as American soldiers joined World War I. Eventually, 20 million people died worldwide.

This was not the last pandemic we'd see that century. We now know that every 30 to 40 years an aggressive, novel virus is likely to emerge and catch people's natural defenses by surprise. In 1957–58, there was the "Asian flu" (H2N2 Influenza A), which caused 70,000 U.S. deaths and evolved into the "Hong Kong" flu in 1968–69, an H3N2 Influenza A that resulted in 34,000 U.S. deaths.

We've even seen a "swine" flu before. In 1976, a small outbreak of swine flu killed one person at Fort Dix in New Jersey. But after a controversial nationwide immunization campaign, the outbreak mysteriously disappeared and became known as "the epidemic that never was."



And then there's seasonal flu

To put this all in perspective, the seasonal flu, without any fanfare, every year infects

up to 20% of Americans, puts 200,000 in the hospital with flu-related complications and kills about 36,000 people.

According to the federal government website, www.flu.gov, "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."

Getting a flu shot is the best way to protect yourself and those around you from flu—and its potentially serious complications. The flu vaccine is a covered health benefit. Get your flu shot as soon as you can—it takes about two weeks for the vaccine to fully protect you.

Given how the flu can affect us, we should all be experts on the topic. Do you know what you need to know? See if you would correctly label our statements as true or false, learn from them ... and stay well!

True or false?

1. The words "influenza" and "virus" are of Spanish origin.

False. Influenza comes from the Italian word "influential." People in earlier centuries thought the influence of the moon, stars and planets caused widespread sickness. "Virus" is a Latin word meaning "poison, slimy liquid." Not accurate, but sounds good!

2. The common cold, the seasonal flu and gastroenteritis ("stomach flu") are all caused by viruses.

True. All these conditions are caused by viruses. (Gastroenteritis, which is vomiting and diarrhea for up to 48 hours, also may be caused by bacteria.)

Antibiotics cannot help flu or cold symptoms or viral gastroenteritis—they are only effective against bacteria. By the way, you can't get the flu by being out in cold, wet weather. You must be infected by the virus.

3. You typically get a flu or a cold if someone coughs or sneezes around you, or if you touch a contaminated surface and then touch your eyes, nose or mouth.

True. Flu and cold viruses are airborne and easily infect people. Rhinoviruses (colds) can live up to three hours in the air or on surfaces. Flu viruses can live up to 12 hours on cloth and tissues and up to 48 hours on some nonporous surfaces, like stainless steel. Consider that one sneeze, which can contain billions of viruses, acts like a cannonball, spreading germs into the air at hurricane force (100 mph!).

4. Once you get a flu vaccine, you're all set—you can't get infected and you can't infect anyone else.

False. No vaccine has a 100% guarantee. You should follow the same recommendations given to people without the vaccine: wash your hands frequently with regular soap and water for at least 20 seconds (alcohol-based hand sanitizers and wipes are an alternative.); sneeze or cough into your sleeve or use a facial tissue and throw it away; stay away from crowds as much as possible; and stay home if you do get sick.

5. You can't give someone the flu before you feel sick.

False. Generally adults can infect others one day before symptoms show up—and up to 7 days after getting sick. Children can pass on the virus for longer than a week. It actually takes about 3 days to get sick after being exposed to the virus.

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.**



JANUARY, 2014

10:05 am - 1:50 pm

Monday	January 6	Wal-mart
Monday	January 13	Market Basket & BJ's
Monday	January 20	Ocean State Job Lot & Marshall's - also within walking distance Stevie's Eatery, Sal's Pizza, Price Chopper & More
Monday	January 27	Wal-Mart
Tuesday	January 7	Wegman's
Tuesday	January 14	Target
Tuesday	January 21	Solomon Pond Mall
Tuesday	January 28	Market Basket & BJ's
Friday	January 17	JP's - Love their lobster salads and sandwiches!

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

Sudoku

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

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

CROSSWORD PUZZLE

- ACROSS**
- 1 Metrical unit
 - 5 Arabian judge
 - 9 Grandfather of Saul
 - 12 Exude
 - 13 Sleeping
 - 14 Mountain on Crete
 - 15 Javanese carriage
 - 16 Weed
 - 17 Computer generated imagery (abbr.)
 - 18 Alcott heroine
 - 20 Sable
 - 22 Article
 - 25 Nat'l Endowment for the Arts (abbr.)
 - 27 Garland
 - 28 Time period
 - 29 International (abbr.)
 - 31 And other: abbr. (2 words) (Lat.)
 - 34 Sinbad's bird
 - 35 Fr. author
 - 37 Amer. Dental Assn. (abbr.)
 - 38 Wing (pref.)
 - 40 Grape syrup
 - 41 Jap. fish
 - 42 Article (Fr.)
 - 44 Negative population growth (abbr.)
 - 45 Deviate
 - 46 Necktie
 - 49 Droop
 - 51 Male person
 - 52 Baseball equipment
 - 54 Eth. Danakil people
 - 58 Pointed (pref.)
 - 59 Afr. tree
 - 60 Polish rum cake
 - 61 Footlike structure
 - 62 Direct
 - 63 Poetic foot

ANSWER TO PREVIOUS PUZZLE

F	I	C	O	M	A	H	A	T	A	V
E	V	O	E	A	G	A	R	A	B	E
D	E	A	N	I	A	N	A	C	I	T
C	O	R	N	U	R	E	T	R	O	
S	C	H	N	O	Z	L	A	D		
W	I	D	E	N	U	T	T	E	R	E
A	M	O	E	L	D	I	R	E		
B	A	G	A	S	S	E	A	S	C	I
	R	H	E	S	A	T	E	E	N	
S	A	B	E	R	C	A	L	E	B	
A	B	A	I	C	A	L	E	R	A	T
H	I	C	V	I	N	A	V	A	C	E
O	A	K	E	R	A	T	E	N	C	E

- DOWN**
- 1 Before some vowels (pref.)
 - 2 Tumor (suf.)
 - 3 Free
 - 4 Monad
 - 5 Felis (2 words)
 - 6 Amateur Boxing
 - 7 Skin (suf.)
 - 8 Utopian
 - 9 Wink
 - 10 Wayside
 - 11 Pour
 - 19 Camelot lady
 - 21 Female ruff
 - 22 Manmade protective mound
 - 23 Owl's cry
 - 24 Moon of Saturn
 - 26 Hindu soul
 - 30 Pulka (2 words)
 - 32 City in Judah
 - 33 Den
 - 36 Legend
 - 39 Race the motor
 - 43 Palmetto
 - 46 Thunder sound
 - 47 People
 - 48 Subtract
 - 50 Tar
 - 53 Yarn measure
 - 55 Federal Aviation Admin. (abbr.)
 - 56 Antibalistic Missile (abbr.)
 - 57 Mortar beater

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
			18	19		20		21				
22	23	24		25		26		27				
28				29		30		31		32	33	
34				35				36		37		
38			39		40					41		
		42		43		44				45		
46	47				48		49		50			
51				52		53			54	55	56	57
58				59					60			
61				62					63			



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

Q: Can my medications increase my risk of accidental hypothermia?



A: The short answer is yes. Almost everyone knows about winter dangers for older people such as broken bones from falls on ice or breathing problems caused by cold air. But not everyone knows that cold weather can also lower the temperature inside your body. This drop in body temperature, called hypothermia, can be deadly if not treated quickly. Some medicines used by older people can increase the risk of accidental hypothermia. These include drugs used to treat anxiety, depression or nausea. Some over-the-counter cold remedies also can cause problems.

What can I do?

- Ask your doctor or pharmacist how the medicines you are taking affect body heat.
- Check the weather forecast for windy and cold weather. Try to stay inside or in a warm place on cold and windy days. If you have to go out, wear warm clothes, including a hat and gloves. A waterproof coat or jacket can help you stay warm if it's cold and snowy. Wear several layers of loose clothing when it's cold. The layers will trap warm air between them. Don't wear tight clothing because it can keep your blood from flowing freely. This can lead to loss of body heat.
- Make sure you eat enough to keep your weight in a healthy range. If you don't eat well, you might have too little fat under your skin. Body fat helps you to stay warm.

Have a question for the pharmacist?

Email questions to: pharmacist@bouvierpharmacy.com



TOO MANY PILLS TO KEEP TRACK OF?

Tired of spending your day running from Doctor to Pharmacy and back?

Ask us how *Bouvier's Medicine Management Program* can help.

All your medicine is pre-packaged in monthly dose cards with Free Delivery to your home or assisted living community!



We also have a complete inventory of Medical Equipment!

515 Lincoln Street, Marlborough, MA

Fax: 508-485-8777

Call 508-485-0432

www.bouvierpharmacy.com

*4 Generations of our Family
Caring for Yours...*

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

Marlboro House of Pizza
Est. 1964

FREE PIZZA

Buy any large pizza at the regular price & get a small cheese pizza FREE.

508-485-3033
280 Main Street
Marlborough, MA 01752

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 6/30/14.

Welly's Restaurant

\$5 OFF

any purchase of \$20 or more

508-281-2091
www.wellysrestaurant.com
153 Main Street
Marlborough, MA 01752

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Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 12/31/14.

THE WESTENDER
Your Upscale SportsBar & Grille

\$5 OFF

any purchase of \$20 or more

508-485-1185
493 Boston Post Road West
Marlborough, MA 01752

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Quiznos
MMMM... TOASTY™

\$3 OFF

any purchase of \$15 or more

508-460-7827
The Crossing at White's Corner,
154 Turnpike Rd, Southborough
423 Lakeside Ave, Marlborough

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 12/31/14.

Auntie Anne's

FREE PRETZEL

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

508-303-6100
601 Donald Lynch Blvd
Marlborough, MA 01752

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 12/31/14.

SORENTOS
ITALIAN GOURMET

\$5 OFF

any purchase of \$20 or more

508-486-0090
128 Main Street
Marlborough, MA 01752

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Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 12/31/14.

Domino's

FREE PIZZA

Buy any large pizza at the regular price & get a Small Cheese Pizza Free
Pick-up Only

508-481-5335
10 Weed Street
Marlborough, MA 01752
978-562-7755
234 Washington Street
Hudson, MA 01749

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 6/30/14.

Regina Pizzeria
BOSTON'S BRICKOVEN PIZZA

FREE PIZZA

Buy any large pizza at the regular price & get a large cheese pizza free.

508-303-6999
Solomon Pond Mall
601 Donald Lynch Blvd
Marlborough, MA 01752

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 12/31/14.

COLLETTE VACATIONS AND THE MARLBOROUGH COA PRESENT TWO EXCITING TRIPS FOR 2014!!!

Come to an informational meeting about both of these trips Tuesday, January 14, 2014 at 2:00



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



Come sail away to Bermuda

May 16th - 23rd, 2014

The Marlborough COA with Tours of Distinction are offering a cruise to the Island of Bermuda on-board the Norwegian Dawn.

A very important informational meeting will be held at the Senior Center on Monday, January 9th for anyone interested in this trip

Highlights: Roundtrip Deluxe Escorted Motorcoach Transfers, 8-Day Cruise on the new Norwegian Dawn, Port Charges & Taxes, All Meals & Daily Entertainment Onboard the Ship, Porterage on Arrival at the Pier, Full Time Tour Director, Gratuities for Motorcoach Drivers & Porters on Arrival.

Accommodations per person*:

Inside Room: \$1049, Ocean View \$1249, Balcony \$1599.

**Pricing is based on double occupancy*

For more information please contact: Tina Nolin or Jennifer Claro at **508-485-6492**.





January, 2014



Monday

Tuesday

Wednesday



**Happy Chinese
New Year**
YEAR OF THE HORSE

1

**CLOSED
NEW YEARS DAY**

6 10:00 Beg. Aerobics
11:00 Knit/Crochet
11:00 Zumba
11:00 Blue Plate Lunch
1:00 Wayside Water
Aerobics
1:30 Hand Waxing
1:30 Watercolor

7 9:00 ESL
9:00 Floor Yoga
10:00 Chair Yoga
11:15 Pilates

1:30 Podiatrist
6:15 Zumba

8 9:00 30/30 Exercise
9:00 Multicultural
Computer Club
9:30 Peabody Museum
9:30 Trip
10:15 Bingo

13 10:00 Beg. Aerobics
11:00 Knit/Crochet
11:00 Zumba
11:00 Blue Plate Lunch
1:00 Wayside Water
Aerobics
1:30 Hand Waxing
1:30 Watercolor

14 8:45 COA Board Meeting
Walker Bldg, 1st flr
9:00 ESL
9:00 Floor Yoga
10:00 Chair Yoga
11:15 Pilates
12:45 Marlborough
Hospital Seminar
on MOLST

2:00 Bereavement
Seminar - Coffee Loft
2:00 Meeting on Trips-
Colorado Rockies/
Rose Parade
6:15 Zumba

15 9:00 30/30 Exercise
9:00 Multicultural
Computer Club
10:15 Bingo
12:30 Bingo

20
**CLOSED
MARTIN LUTHER
KING DAY**

21 9:00 ESL
10:00 NO Yoga
10:00 NO Yoga
11:00 Bowling

11:15 Pilates
1:00 Book Club
2:00 Tenant Meeting
6:15 Zumba

22 9:00 30/30 Exercise
9:00 Multicultural
Computer Club
10:15 Bingo
12:30 Bingo

27 10:00 Beg. Aerobics
11:00 Knit/Crochet
11:00 Zumba
11:00 Blue Plate Lunch
1:00 Wayside Water
Aerobics
1:30 Hand Waxing
1:30 Watercolor

28 9:00 ESL
10:00 Floor Yoga
10:00 Chair Yoga
11:15 Pilates
1:15 Chamber Music Metrowest Concert
6:15 Zumba

29 9:00 30/30 Exercise
9:00 Multicultural
Computer Club
10:15 Bingo
12:30 Bingo





Thursday		Friday	
2	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	3 8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:30 Pitch (at Senior Center) BIG COOKIE DAY!
9	TBD Mtg on Bermuda 9:00 Trip 9:00 - 11:00 ESL 10:00 Wellness Clinic 11:00 Zumba	11:00 Cardio & Weights 1:00 Latino Comp. Club Wayside Water 6:45 Aerobics Zumba	10 8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:30 Pitch (at Senior Center)
16	9:00 ESL 9:00 - 11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Latino Comp. Club	12:30 Ugly Sweater & Trivia Party 1:00 Wayside Water 6:45 Aerobics Zumba	17 8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:30 Pitch (at Senior Center)
23	9:00 ESL 9:00 - 11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Latino Comp. Club 12:30 Men's Lunch with Dr. Hylander	1:00 Wayside Water Aerobics 6:45 Zumba	24 8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:30 Steve Henderson- Comedy 1:30 Pitch (at Senior Center)
30	9:00 ESL 9:00 - 11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Latino Comp. Club	12:00 Summer B-day Celebration 1:00 Wayside Water Aerobics 6:45 Zumba	31 8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:00 Craft Time 1:30 Pitch (at Senior Center)





FRIENDS OF THE MARLBOROUGH SENIOR CENTER

On behalf of the Board of Friends of The Marlborough Seniors, I would like to invite you to attend our Annual

General Meeting to be held on Thursday, January 9th from 2:00 pm to 3:00 pm at the Senior Center. This is not an election year. I will review our fundraising efforts for 2013 and discuss our goals for 2014. We are hoping

that you will attend and share your ideas on making our fundraising efforts even better for 2014. We also hope you will consider signing up for various committees to assist the Board in making our events successful.

Hoping you all had a wonderful Holiday season. Wishes of happiness and health to you in the new year.

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.

~ Pauline Ordway ~

~ Frances Ramaskwich ~

~ Maureen Webber ~

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 New Year! Will you make any resolutions? One of mine is to start this column, which you will see in every issue of Marlborough On The Go this year. The point of the column will be to answer the kinds of elder law questions that I inevitably get whenever I present a seminar here at the Council on

Aging. If you have come to one of my seminars, or seen one on the local cable station, you know that I always talk about Frank and Mary, my fictional older couple. Frank and Mary are retired. Frank had a full-time job. Mary worked part-time and raised the kids. Peter, Paul and Mary Jr. They live in the same house where they raised their kids. The mortgage is paid. They live on their social security income and Frank's pension. Their goal in life is to stay health, see their kids when they can, die on the same day, and be buried in the backyard.

My job as an elder law attorney is to help Frank and Mary sleep well at night. Sometimes they means being their at a time of crisis, when one of them has gotten hurt, or gets very sick, or may be dying. Sometimes it means helping them with major life changes, like whether they need to sell their home, move into assisted living, move in with their children, or have their children move in with them. Usually, though, it's about answering their legal questions.

In my seminars, I try to deal with the big questions. Inevitably, though, either before or after my presentation, people will come up to me who had not come to hear about the seminar topic at all. Rather, they came because they have been up at night worrying about an issue they may not understand fully or are just completely overwhelmed by decisions that might affect their quality of life, living situation, or assets that they would like to reserve for their loved ones. In this column, I will address those common scenarios and tough decisions we all have to face as we age or as our loved ones age. The question I get asked most often is: What legal documents do I really need? Do I need a will?

My answer to both of these is simple. First, you always need two legal documents: a Health Care Proxy and a Power of Attorney. The Health Care Proxy assures that, if your doctor determines that you are unable to make a medical decision, the person you name in the Proxy can make the decision for you. The Power of Attorney assures that someone can handle your daily affairs, like signing checks and documents on your behalf. Everyone should have those two documents in place, no matter what age you are, provided you are over 18, because accidents happen. As you get older, though, those "accidents" are much more likely to happen on any given day. The cost of having these documents is minimal, typically a few hundred dollars. The cost of not having them in an emergency is



huge, because the alternative is having a legal guardian or conservator appointed by the court, and the process of getting that done will cost thousands of dollars and can take a lot of time.

Interested in a certain topic? I would be happy to address it in this column. Call me at **508-929-1652** or email me at: abergeron@mirickoconnell.com

My seminars and cable show, "Bergeron Briefs" can now be viewed on YouTube's www.youtube.com/ElderLawFrankandMary. You can also follow our blog: "Getting all your 'Docs' in a Row."

MIRICK O'CONNELL

ATTORNEYS AT LAW

To learn how Mirick O'Connell's
Estate Planning
Elder Law Attorneys
can assist you and your loved ones, contact

Arthur P. Bergeron
508.929.1652
abergeron@mirickoconnell.com





**Watch our elder law
legal clinics on YouTube:
"ElderLawFrankAndMary"**



**Follow our Blog:
"Getting All Your 'Docs'
in a Row"**

Excellence in our work.
Excellence in client service.
Excellence in value.

800.922.8337

www.mirickoconnell.com



**VALENTINE'S DAY EVENT:
DINNER AND LIVE MUSIC**

When: Wednesday, February 12th

Entertainment: Live music

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.

More information coming soon!



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

More information coming soon!

**MONDAY'S BLUE
PLATE SPECIALS**

Time: 12:30 pm



January 6: Stevie's Eatery: BBQ chicken, German Potato Salad, Green Beans with Balsamic - cost \$6

January 13: Lunch with Lisa: American Chop Suey, salad, bread and butter and desert - cost \$5

January 20: Boston Market: Meatloaf, Mashed Potatoes and Gravy, Sweet Corn, Cornbread and Salad - cost \$6

January 27: Assabet: Chicken Cacciatore, Glazed Carrots & Oven Roasted Potatoes, Salad and Rolls with Butter - cost \$5

Sign up at the Senior Center Office by Friday-noon prior to Monday's lunch! **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:

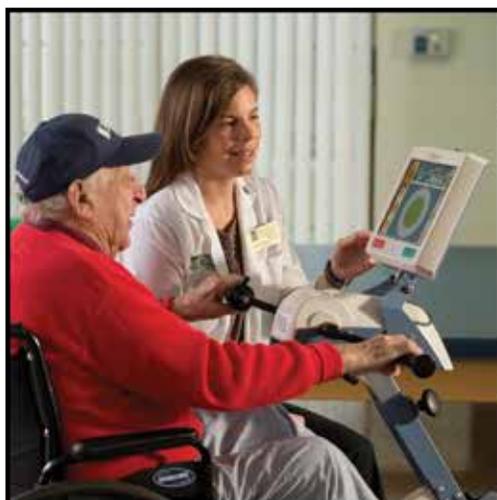
Monday, January 13, 2014

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!

Summer Boat Trip



UNPARALLELED CARE. UNPARALLELED CARING.

Post-surgical, short- or long-term rehabilitation

Skilled nursing

Complex medical management

Alzheimer's and Dementia Programs



**NORTHBOROUGH
508-393-2368**

**WESTBOROUGH
508-366-9933**



CONTINUUM OF CARE

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

Happy



2014
New Year

from

SPERRY'S LIQUORS

10 Technology Drive
Hudson, MA 01749
978-568-8500

17 East Main Street
Marlboro, MA 01752
508-481-8022

531 Lincoln Street
Marlboro, MA 01752
508-481-9499

Sperry's Country Market Beer & Wine

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

BEER

STELLA ARTOIS 12pk Bottles	\$12.99 ^{+dep}
SAM ADAMS 12pk Bottles	\$13.99 ^{+dep}
GOOSE ISLAND 12pk Bottles	\$13.99 ^{+dep}
SIERRA NEVADA 12pk Bottles	\$12.99 ^{+dep}
KONA VARIETY 12pk Bottles	\$12.99 ^{+dep}
ANGRY ORCHARD 12pk Bottles	\$12.99 ^{+dep}
BASS 12pk Bottles	\$10.99 ^{+dep}
HEINEKEN, HEINEKEN LIGHT 18pk Bottles	\$17.99 ^{+dep}

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.*

MARLBOROUGH SENIORS *on the go!*

Marlborough Senior Center
250 Main Street
Marlborough, MA 01752

It's not too late to get Medicare supplement coverage you can depend on.

Choose a Medicare supplement and preventive dental plan
with the reliability of Blue Cross.

Enroll in a **Medex Medicare supplement plan** from Blue Cross Blue Shield of Massachusetts and get the out-of-pocket savings you want with the quality and dependability you need. After all, we've been serving Massachusetts residents since 1966. Add our affordable Dental Blue™ 65 Preventive plan, and you'll be covered from head to toe by Blue Cross – at a price that fits your budget.

Learn more about your options at www.bluecrossma.com/medicare
or call **1-800-678-2265 (TTY: 1-800-522-1254)**.



MASSACHUSETTS

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