

MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS | VOLUME 1, NO. 3, MARCH, 2014

Annual St. Patrick's Day Party!

A traditional Irish
meal will be served
with entertainment
by the McMurphy's



Special Thanks to our
Proud Premier Sponsor
Eric G. Piascik, DMD
Family & Cosmetic Dentistry

Making a Difference... One Patient at a Time



Maurice Watson
Falmouth, MA

CHALLENGE

Restoring patient's physical health following a lower-arm fracture following a fall from a ladder.

SOLUTION

Over the course of a month, Wingate at Sudbury's short-term rehabilitation program delivered aggressive therapy that resulted in the restoration of full arm function.

Former Engineer Over the Moon with Wingate at Sudbury Short-Term Rehabilitation

In the summer of 2013, the staff of Wingate at Sudbury had the pleasure of meeting Mr. Maurice Watson. A former Raytheon engineer, Watson was rehabbing following a fall from a ladder that left him with a lower arm fracture. Watson, who resides in Falmouth, helped MIT design a laser that hit the moon in 1972. His accomplishments also included helping to build the first weather radar in Taiwan.

Impressed by the care that the staff at Wingate at Sudbury provided to his ALS-afflicted cousin for more than a decade, he made the 70-mile trek from his home on the Cape to rehab at Wingate. Mr. Watson was confident that the Wingate at Sudbury staff would provide the same outstanding care for him. In September, 2013, he was admitted to one of Wingate at Sudbury's newly renovated private orthopedic suites, complete with amenities, such as throw pillows, plush furnishings, engraved towels, a refrigerator, loveseat, and more. "It's spacious and luxurious – a room for two! I loved the privacy and high ceilings. It's very clean and well-managed," said Watson.

Upon arriving at Wingate, Mr. Watson immediately began daily physical therapy conducted in Wingate at Sudbury's on-site state-of-the-art orthopedic rehab center. Using a variety of hands-on techniques and encouragement, Watson's therapists Eileen and Natalie worked to restore strength in his arm. His light therapy soon turned aggressive, resulting in very quick progress.

Wingate at Sudbury's therapists not only worked to restore strength in his arm, but also improved strength and function in his legs. "I feel like when I go home Eileen will be looking over my shoulder to see what I'm doing wrong and I'll feel guilty," he said.

Watson is over the moon with the care he received at Wingate at Sudbury. Although he is sad to be leaving his two favorite physical therapists, Watson is looking forward to returning to his home on the Cape and continuing his therapy at home.

"It's spacious and luxurious – a room for two! I love the privacy and high ceilings. It's very clean and well-managed."



136 Boston Post Road, Sudbury, MA 01776 978 443 2722

Wingate at Sudbury is the Metro West region's premier skilled nursing center offering short and long-term care, cardiac, orthopedic and stroke rehabilitation using state-of-the-art equipment, as well as a host of highly sought-after amenities including private orthopedic suites.

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*
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MAYOR'S CORNER

One of the City of Marlborough's great traditions is the Mayor's Biennial Charity Ball and the Humanitarian Award. This event brings together our community like no other to ensure the city has the means to help those in need in times of emergency or duress. This event also gives us time to recognize one of our own who has gone above and beyond to help their fellow citizens.

If you know of a special person with a lengthy and extraordinary track record of community service and charitable activities, I want to hear from you! Consider sending a letter to my office telling me who this person is and why they are deserving of the 2014 Humanitarian Award. Letters can be dropped off or mailed to Mayor Arthur Vigeant / 140 Main Street / Marlborough, MA 01752.

The next few months will be a busy time in City Hall. Not only are we at the beginning of new two year terms for both myself and the City Council, we are also hard at work making budget preparations for the upcoming 2015 fiscal year, which begins on July 1st.

I hope you have also had the chance to see the progress being made at Ward Park for our new senior center. I am thrilled with the progress made so far and, if the weather cooperates, we remain on track for a December grand opening.

Here's hoping for an early start to spring!

Mayor Arthur G. Vigeant

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THANKS AND FUN NEWS TO SHARE!

Our volunteers are truly dedicated and so caring about what they do here at the center and I DON'T KNOW WHAT WE WOULD DO WITHOUT THEM. We have volunteers packing food at the food pantry for the Senior Mobile Market and others delivering the food to seniors who are homebound and cannot pick up the food themselves. Then there are our wonderful instructors who lead classes each week, Monday lunch volunteers, COA and Friends Board members, Library and BINGO volunteers, as well as our greeters and front desk receptionists. Another special group of volunteers is our Friendly Visitors. These special folks visit a senior once a week to provide conversation and socialization. As I try to conclude this paragraph I want to encourage you to stop one of our volunteers and just smile and let them know how much we appreciate their generous efforts and time. Our volunteers are a great foundation for our center.

Speaking of giving, I would like to thank **Whitney Place Assisted Living Residences at Northborough** for donating our exquisite chocolate dessert spread for our Valentine's evening. What a special valentine treat.



in downtown Marlborough for donating a hair wash, cut and style, manicure and pedicure. Join Cheryl, pictured center, who will orchestrate this special day for a lady. Also pictured is Judy Kane (left) and COA Director Jennifer Claro. **Register by March 13th at the senior center.** (More Information on p. 8)

Welcome Spring and a fabulous time of pampering an active adult from our center (age 60 and over). Thanks to ROC's Unisex Salon

On the topic of treats we would like to welcome Spring with some relaxing fun thanks to **ROC's Unisex Salon** who donated a day of pampering for one special lady which will include a hair-cut and style, some make-up tips, a pedicure and manicure (all at your discretion). Now men, don't feel left out because **Kennedy's Pub** has donated a lunch for two just for a special gentleman. All you have to do to win these fun spring gifts is drop your name in the appropriate box in our lobby that says *Welcome Spring Fun*. The drawing will be done at our annual St. Patrick's Day Party on March 14th. You must be age 60 and over. SHHH...Don't forget to sign up for the **38th Mayor's Senior of the Year Dinner on April 16th at 5:30**. Also, we need you to please fill out a **Senior of the Year Nomination form** for a Marlborough senior over age 85 who has greatly contributed to the betterment of our community. Nomination forms are available at the center, COA web-site, or give us a call at 508-485-6492 and we will be glad to send you one. **The deadline for Nomination Forms is March 10, 2014.**

Sincerely, *Jennifer*

38th Mayor's Senior of the Year Dinner

Hosted by Mayor Arthur Vigeant

You're invited to a special dinner to honor an individual in our community who is at least 85 years old and has contributed to the betterment of our community.

When: Wednesday, April 16th, 2014

Time: 5:30 PM

Where: Marlborough High School Cafeteria

The menu for the evening will include: fresh spring fruit cup, boneless stuffed breast of chicken & gravy, mashed potatoes, green peas and pearl onions, rolls and butter, strawberry shortcake and tea & coffee. Entertainment will be provided by the MHS A Cappella Choir. There is no charge to attend this special event; however you must be age sixty and older and you must register by calling the Senior Center at **508-485-6492**. This event fills quickly so call early!



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CONTINUUM OF CARE

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

OUTREACH DEPARTMENT NEWS**Ana Cristina Oliveira****THE AFFORDABLE CARE ACT (OBAMACARE)
EXCHANGES AND MEDICARE**

Much media attention is being focused on the Affordable Care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces). Medicare beneficiaries should know the following:

- The health insurance exchanges are for people without health insurance, and not for Medicare beneficiaries.
- Beneficiaries who have Medicare Part A and B meet the requirement for health insurance.
- Medicare supplement plans (Medigaps), are not sold in the health insurance exchanges.
- In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries.
- People with Medicare do not need to re-enroll or get new Medicare cards.

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.

CIRCUIT BREAKER PROGRAM INFORMATION

The Circuit Breaker program was created to provide property tax relief to older homeowners and renters who meet income and other requirements. In 2012, more than 86,000 taxpayers claimed nearly \$67 million in refunds, according to the state Department of Revenue. The average refund in 2012 was \$774. "Property taxes are high everywhere and a lot of people are hard-pressed to stay in their homes. The Circuit Breaker refund can make it more affordable for people to remain in their residences. Some people use the refunds to pay for necessities like food, medicine or utilities. Eligibility requirements change from year to year. For 2013 tax returns, total income for single people cannot exceed \$55,000 (\$69,000 for a head of household or \$82,000 for a married couple). For homeowners, the assessed value of their primary residence cannot be more than \$700,000. Eligible property owners can claim a credit equal to the amount by which their property tax payments—including water and sewer charges—exceed 10 percent of their yearly income. Renters can claim a credit if 25 percent of the rent they paid is more than 10 percent of their annual income. What's more, eligible taxpayers can file for the credit up to three years retroactively. Even people who don't typically file returns because they don't owe taxes can apply for the refund.

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.

NOMINATION FORM**38th Annual Senior of the Year Award****To Be Honored at the Mayor's Annual Dinner / Wednesday, April 16, 2014 at 5:30 PM**

Looking for that special resident of Marlborough who deserves the title SENIOR OF THE YEAR FOR 2014. The nominee must be a resident of Marlborough; Must be 85 years of age or better; and must have a history of community service to the City of Marlborough. Think about someone who gives back selflessly without expecting recognition. That special person may be nominated by completing this form and returning it to the Senior Center by March 10, 2014

Nominee: _____

Nominee's Address: _____

Nominee's Phone Number: _____

Please tell us why this person should be selected as Senior of the Year. _____

Your name/phone number: _____

Drop off completed forms or mail it to the Senior Center at 250 Main Street, Marlborough, MA 01752
Attention: Jennifer Claro (Senior Center Director). Call 508-485-6492 if you have any questions.

HATS FOR OUR FRIENDS UNDERGOING CHEMOTHERAPY

The Senior Center's Knit & Crochet Group will be starting a new outreach project, Chemotherapy Hats for our Friends. If anyone is interested in helping out, there will be patterns at the Senior Center. Just ask at the front desk. As always, we appreciate all of your help and time for making these much needed comfort hats. Hats may also be dropped off at the center Monday through Fridays 8:00 AM to 4:00 PM, Thanks in advance! ~ The Knit Crochet Group

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!

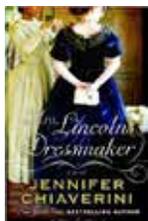
BOOK CLUB

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 March 18th is *Mrs. Lincoln's Dressmaker*, by Jennifer Chiaverini

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

- April 15th is *Yellow Crocus*, Laila Ibrahim
- May 20th is *Sundays at Tiffany's*, by James Patterson

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, March 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, March 18th

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.

NEXT STEPS, THE COA'S CABLE

SHOW - A new schedule for the 2014 season launched in January so play times have changed.

Comcast Channel 8, Verizon Channel 34
Sundays @ 5 PM

Mondays @ 10 AM & 4:30 PM

Tuesdays @ 3:30 PM

Wednesdays @ 7 PM & 10 PM

Thursdays @ 3:30 PM & 7:30 PM

Fridays @ 10 AM

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.

CLASSES:

Gentle Chair Yoga: Tuesdays 10-10:45 AM,

Strengthening Chair Yoga: Fridays 9-10 AM

Gentle Hatha Yoga: Tuesdays 9-9:45 AM

MARCH CLASS THEMES

Allow YOGA to assist in transitioning you physically and emotionally this windy month as we mindfully flow and breathe into the long awaited spring with Health and Wellness!

March 4 & 7-Transition Flow Yoga

March 11 & 14-Yoga Breath work

March 18 & 21-Spring Equinox Yoga

March 25 & 28-Yoga for Health & Wellness



MOVIE TIME

Leader: Peg Bouvier

Day: Wednesdays

Time: 1:45 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:



March 5th:

Meet Me in St. Louis

- 1944, NR, 113 min.
- 3.9 stars
- Classic Musicals
- Judy Garland, Margaret O'Brien, Mary Astor,



March 12th: Bernie

- 2011, PG-13, 98 min.
- 3.6 stars
- Indie Comedy, Dark humor
- Jack Black, Shirley MaLaine, Matthew McConaughey,



March 19th:

Parental Guidance

- 2012 PG, 104 min.
- 3.6 stars
- Family Comedy
- Billy Crystal, Bette Midler, Marisa Tomei,



March 26th:

Lee Daniels' The Butler

- 2013, PG-13, 113 min.
- 4.1 stars
- Drama, Biographies, Political Dramas
- Forest Whitaker, Oprah Winfrey, John Cusack, & all-star cast,

CONFIDENCE STARTS WITH

a Happy & Healthy Smile



Dr. Eric Piascik is a graduate of Tufts University School of Dental Medicine in Boston, Massachusetts. He is board certified in Massachusetts and a member of the Massachusetts Dental Society and the American Dental Association. Dr. Eric believes strongly in patient education and making patients understand all services of general and cosmetic dentistry. Dr. Eric takes great pride in his work and his attention to detail. If you are in need of a cleaning, have a tooth ache, or just looking for a new dentist, call Dr. Eric to book an appointment today.

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Eric G. Piascik, DMD
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46 Hosmer Street
Marlborough, MA 01752
508-485-2960

Office Hours:
Monday - Wednesday:
7:30 am - 5 pm
Thursdays: 9 am - 7 pm
Friday & Saturday: 9 am - 1 pm



DID YOU KNOW YOUR ORAL HEALTH CAN AFFECT YOUR OVERALL HEALTH?

It is important to take care of our teeth because they are the only ones we get. Taking care of our mouths will allow us to enjoy foods and not cause mouth pain. Some ways we can take care of our teeth are brushing, flossing, nutrition, and safety. Without good tooth and mouth care we can develop dental caries or tooth decay. If these cavities are not caught early and taken care of by the dentist, they can hurt our whole mouth and eventually our body because if your mouth hurts, then it's hard to eat healthy food.

Teeth are like bones, so foods like milk, cheese, and yogurt are healthy foods with calcium which helps keep our teeth strong. It is important to take care of our gums and foods with Vitamin C in them such as fruits, vegetables keep our gums healthy. The bacteria in our mouth love the bad foods (candy, cookies and complex carbohydrates) because they produce an acid to break down our teeth causing cavities. Juices have lots of sugar and can be worse for your teeth than soda. If you do have a snack/drink that has lots of sugar, that is okay once in a while, but it is a good idea to rinse your mouth out with water or brush your teeth to get the extra sugar off.

Diabetes can lead to serious health problems such as heart disease, blindness, kidney failure, leg or foot amputation. Patients with inadequate blood sugar control appear to develop severe periodontitis more often and lose more teeth than those who control their diabetes. Diabetics should maintain good oral hygiene, see your dentist regularly and prevent other health complications.

Did you know that plaque that develops on your teeth is the same plaque that causes heart attacks? The most common type of bacteria in dental plaque can escape into bloodstream travel thru arteries and result in blood clots that can cause fatal heart attacks, bacterial endocarditis and COPD. People with periodontal disease are twice as likely to suffer from heart disease.

Pregnant women with periodontal disease are seven times more likely to have premature, low birth weight babies that have higher incidences of breathing problems, anemia, jaundice, cerebral palsy, CHF, and malnutrition. Very high levels of prostaglandin (labor-inducing chemical) are found in women with severe cases of periodontal disease. It is common for pregnant women to have red puffy gums that bleed when you brush which are caused by increased levels of the hormone progesterone. It is recommended that pregnant women have more cleanings to avoid these problems.

Osteoporosis is a disease linked to oral health initiating tooth loss because the density of the jaw bone that supports teeth is decreased causing periodontal disease and tooth mobility. The good news is this disease is preventable for most people. A balanced diet and regular exercise is the best combination to maintain a healthy weight and dentition. Also, reducing the frequency of sugary foods and beverages will reduce tooth decay and help maintain a healthy weight.

Eric G. Piascik, DMD



**PUT ON YOUR GREEN
AND JOIN US FOR
SOME FUN AT THE
SENIOR CENTER'S ANNUAL
ST. PATRICK'S DAY PARTY!**

When: Friday, March 14th

Time: 12:00 PM

Where: Marriott Courtyard, 75 Felton St, Marlborough, MA

Meal: A traditional Irish meal will be served including Corned Beef, Cabbage, Potatoes, Carrots, Corn Bread, Apple Crisp & Beverage Cart

Entertainment: the McMurphy's

Cost: \$10 for Friends Members \$12 for Non-Members.

Call and reserve your seat today. Let us know if you require transportation. We are grateful to the sponsors of this event: Courtyard by Marriott and Fitzgerald & Collins Funeral Home

**MEN'S GROUP LUNCHEON
AND TOUR OF THE NEW
MARLBOROUGH EMERGENCY
DISASTER BUILDING**

Meeting place and lunch spot will be determined soon. Please look for more information at the Senior Center.

Please call **508-485-6492** or come into the Senior Center to save your spot for this informative outing.



LEGAL CLINIC WITH ARTHUR BERGERON: "QUALIFYING FOR MASSHEALTH: THE CHANGING RULES OF THE ROAD"

When: Thursday, April 3rd

Time: 1:00 - 2:00 PM

Where: Marlborough Senior Center

Recent MassHealth decisions threaten to make assets in many existing irrevocable trusts countable and subject to spend down rules. New legislation promises to make most regular gifting exempt from MassHealth 5-year look back requirements. In this seminar, Attorney Arthur Bergeron will explain how you can navigate through these and other changing rules of the road. Lunch will be provided. Please call early to reserve your seat: **508-485-6492**.



**SPRING MAGIC ARRIVES
AT THE SENIOR CENTER**

Spring arrives on March 20th and Marlborough Seniors are anxiously awaiting this date. To make the arrival even sweeter and brighter don't miss this OPPORTUNITY. One lady will be given the chance to enjoy a FREE visit to Roc's Salon where her hair will be washed and styled, and she'll enjoy a mini make-over including manicure and pedicure.

Now, we can't forget about some spring magic for our men so one gentleman and his guest will be treated to a leisurely lunch at Kennedy's Restaurant.

Interested seniors can submit a chance at the greeter's Desk at the Senior Center. Deadline for entry is March 13th. Our lady and gentleman winners will be drawn at the St. Patrick's Day Party, Friday, March 14th.

We would like to thank Roc's Unisex Salon and Kennedy's Restaurant for their donations of Spring Magic.

**REHABILITATION:
WHAT YOU SHOULD KNOW**

When: Thursday, March 13th

Time: 12:30 PM

Where: Marlborough Senior Center

Come join us for another informative seminar and discussion on the different types of rehabilitation services, different delivery service options, what to do before rehab and what to do and expect after your rehabilitation services end.

A boxed lunch will be provided at this seminar. Please RSVP to the Senior Center: **508-485-6492**.

**OVER THE COUNTER DRUGS:
PREVENTING OVERDOSE AND
INTERACTIONS WITH OTHER
PRESCRIPTIONS**

When: Thursday, March 27th

Time: 1:30 - 2:30 PM

Where: Marlborough Senior Center

Ann Esposito, pharmacist at Marlborough Hospital will be at the Senior Center to conduct a seminar and roundtable discussion on Over the Counter Overdose. Plenty of time for your own questions will be offered at this event. Please call to reserve your place at the table. **508-485-6492**.



**REFLEXOLOGY
INFORMATIONAL SEMINAR**

When: Monday, March 10th

Time: 1:15 PM

Where: Marlborough Senior Center

Join Veronica Thompson, Master Reflexologist for an introduction to reflexology. Reflexology is a compression massage applied to the feet and hands, in order to engage & activate reflexes that correspond to all parts of the body. Stimulation of these reflex zones can help restore the body's normal physiological functioning, reduce tension, alleviate the effects of stress, reduce pain, help with diabetic neuropathy and assist in bringing greater balance to the body & mind. Veronica is also a licensed nail technician with advanced training in Diabetic and Cancer patient skin and nails. Her services are manicure, pedicure and reflexology treatments.

Please call **508-485-6492** and let us know if you would like to attend this informative talk so we know how many seats will be needed. Also, consider joining us for our Monday Blue Plate Special directly before the talk and be sure to let us know when you call.



4 DIGITAL PHOTOGRAPHY CLASSES

When: Thursdays, March 6th, March 20th, April 3rd and April 17th
Time: 3:30 – 5:00 PM

Where: Marlborough Senior Center

If you've ever wanted to get into photography or simply learn some new techniques for improving your shots then join our new Photography Class. Topics include: "This dial that dial" The basics of what your camera does and how to do it. "Lighting" The best and hardest thing to master as a photographer – explaining natural light and when to use it and an introduction to strobes and off camera flash. "Portraits" Take photos to make you famous- The basics of portrait photography including families and groups, and "Tell a Story" Why it matters, how to tell it with your camera and how to do it. Bring your digital camera in with you and join the fun! Call us to reserve your seat **508-485-6492**.

TUFTS MEDICAL WILL BE HERE FOR AN EDUCATIONAL MEETING WITH ANYONE WHO IS A MEMBER OF TUFTS HEALTHCARE

When: Tuesday, March 11th

Time: 2:00 – 4:00 PM

Where: Senior Center

Please call **508-485-6492** to let us know if you would like to participate

DON'T THINK YOU CAN EXERCISE, OR HATE TO EXERCISE...

Let Steve Satin of Satin Wellness help you to step out of that box! 5 Simple Exercises Almost Anyone Can Do

When: Monday, March 24th
Time: 1:15 PM

Where: Marlborough Senior Center

Steve Satin of Satin Wellness will be here to discuss 5 simple exercises that almost everyone can do that will help you to increase your strength now. It doesn't matter if you don't currently exercise, or have never participated in an organized exercise program; these exercises are safe and practical. Steve will demonstrate them and show you how to do them yourself! This is sure to be educational and a lot of fun! Please sign up at **508-485-6492**. Consider joining us right before the talk for the Monday Blue Plate Lunch. Hope to see you there!



JOIN US AS WE RECOGNIZE THE 26TH ANNUAL AMERICAN DIABETES ASSOCIATION ALERT DAY!

When: Tuesday, March 25th

Time: 11:30 AM

Where: Marlborough Senior Center Craft Room

American Diabetes Association Alert Day, which is held every fourth Tuesday in March, is a one-day, "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are

at risk for developing type 2 diabetes. The Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risks for pre-diabetes or Type-2 diabetes. Preventative tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider. Health educational information and glucose testing will be done that day.

To support this important health alert day the Senior Center will be holding a free Diabetes Clinic for all seniors who live in Marlborough. You will be able to take the Diabetes Risk Test, get a glucose test and screening done and have any questions you may have about diabetes answered. Please call ahead to reserve your appointment: **508-485-6492**.

GROUP PIANO LESSONS WITH DENNIS DEYO

When: Mondays

Time: 9:00 AM

Where: Senior Center Multipurpose Room

Dennis teaches group lessons at the senior centers in Northborough, Westborough, Southborough 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, and also gives private instruction in music theory and composition. Piano Books are \$22, and each class is \$3 payable at class time.



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Alzheimer's and Dementia Programs



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CONTINUUM OF CARE

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



PODIATRIST APPOINTMENTS WITH DR. CORMIER

Where: Senior Center

Day: Tuesday, March 25th

Time: 1:30 - 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 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, March 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 out greeting cards that come from specific organizations (for example, Perkins, Alzheimer's Assn., National Wildlife Federation, etc.) Calendars are also welcome.



SECOND SATURDAY

Date: Saturday, March 8

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 **Friday, February 28th**

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.

FRIENDLY VISITOR VOLUNTEERS

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



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 and 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**.



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for only **\$66.50!**

Limited time offer. Call **508-485-8633** for details.

- Initial Road Test for Noises, Vibrations & Alignment
- Evaluate Engine & Transmission Operation
- Evaluate Undercarriage For Leaks, Rust & Rot
- Evaluate Tires, Brakes, Steering & Suspension Components

- If Check Engine Light Is On, Scan Computer for Trouble Codes
- Evaluate Drive Belts, Under Hood Fluid Levels & Conditions
- Evaluate Filters & Windshield Wipers
- Record Inspection Sticker Due Date
- Evaluate Exterior Lighting
- Advise on Preventative Maintenance Schedules
- Document, Estimate, Prioritize & Consult On Findings

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ONLY AAA
Approved Auto
Repair Shop**

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20 YEARS
OF BUSINESS**

19 Mechanic Street | Marlborough, MA 01752 / 508-485-8633 / www.ProfessionalAutomotive.com

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.**

MARCH, 2014

10:05 am - 1:50 pm

Monday	March 3	Market Basket & BJ's
Monday	March 10	Westborough Shopping Center
Monday	March 17	Solomon Pond Mall
Monday	March 24	Sudbury Farms (Sudbury)
Monday	March 31	Wegman's (Northborough)
Tuesday	March 4	TJ Maxx (Hudson)
Tuesday	March 11	Hannaford (Marlborough)
Tuesday	March 18	Market Basket & BJ's
Tuesday	March 25	Regal Cinema Solomon Pond Mall - Movie choices at Senior Center, Depart 11:45 return 4:00
Friday	March 28	Owen O'Leary's Irish Restaurant (Framingham)

Sudoku

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

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

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DIFFICULTY: ★★☆☆

Answer to February 2014 Sudoku

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



CROSSWORD PUZZLE

- ACROSS**
- 1 Israelite tribe
 - 4 Biblical giants
 - 8 Universe (pref.)
 - 12 Stitchbird
 - 13 Synthetic rubber
 - 14 Table scraps
 - 15 Eg. god of pleasure
 - 16 Tallow (2 words)
 - 18 Madame Bovary
 - 20 Commotion
 - 21 Padded jacket under armor
 - 25 Son of Zeus
 - 29 Dish (2 words)
 - 32 Ganda dialect
 - 33 Agent (abbr.)
 - 34 Indian sacred fig
 - 36 "Blue Eagle"
 - 37 Ravine
 - 39 Immense
 - 41 Swelling
 - 43 State (Ger.)
- DOWN**
- 1 Deride
 - 2 Attention-getting sound
 - 3 Raze
 - 4 Amer. Bar Assn. (abbr.)
 - 5 Pigeon
 - 6 Black cuckoo
 - 7 Hindu god of love
 - 8 Banner
 - 9 Yellow ide

- 44 Medieval shield
- 46 Before (Lat.)
- 49 Culm (2 words)
- 55 Fiddler crab genus
- 56 Snake (pref.)
- 57 Unfledged bird
- 58 Centers for Disease Control (abbr.)
- 59 Love (Lat.)
- 60 Tooth (Lat.)
- 61 Exclamation

ANSWER TO PREVIOUS PUZZLE

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

- 10 As written in music
- 11 Mountain standard time (abbr.)
- 17 Amer. Dental Assn. (abbr.)
- 19 Pointed (pref.)
- 22 End
- 23 Auricular
- 24 Rom. historian
- 26 Build
- 27 Irish sweetheart
- 28 Hall (Ger.)
- 29 Created
- 30 Old-fashioned oath
- 31 Beer ingredient
- 35 Afr. worm
- 38 Vomiting
- 40 Drain
- 42 Amer. Cancer Society (abbr.)
- 45 Habituated
- 47 Alternating current/direct current (abbr.)
- 48 Apiece
- 49 Tibetan gazelle
- 50 Revolutions per minute (abbr.)
- 51 Exclamation
- 52 Nautical chain
- 53 Belonging to (suf.)
- 54 Manuscripts (abbr.)

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			

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A3

Friends of the Marlborough Senior Center



What a great time we all had at the luncheon last month. We were so pleased to see so many of you come out and join us and to talk to you and get your input and ideas as we move forward into 2014.

To carry on that momentum your Friends Board invites you to join them on **Thursday, March 6th at 3:00 PM at the Senior Center**

for our Board meeting for the Friends of The Marlborough Seniors. We are very interested in starting a discussion about your ideas and interests for future fundraising events. We hope to see you there!

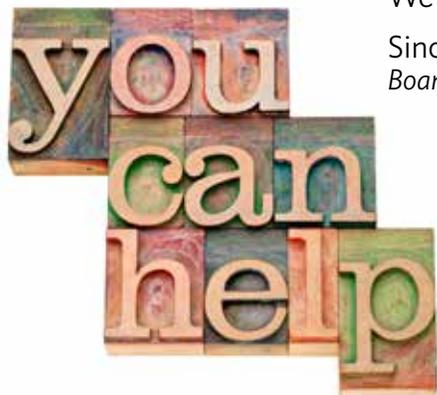
Sincerely, Tammy Pozerycki, *President*
Board of Friends of The Marlborough Seniors



"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.

~ Dolores Mulvey ~



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: \_\_\_\_\_

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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**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 3/31/14.

**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**  
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**SORENTOS**  
ITALIAN GOURMET

**\$5 OFF**

any purchase of \$20 or more

508-486-0090  
128 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 3/31/14.

**Domino's**

**FREE PIZZA**

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

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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 3/31/14.

## ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron



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

### SHOULD FRANK STILL BE DRIVING? PROBABLY NOT. WHAT IS MARY TO DO?

This issue comes up frequently. An older client of mine called me the other day irate about a notice he received from the Registry of Motor Vehicles (RMV) asking him to surrender his license and stating that, if he didn't, the RMV would suspend his license because he was no longer fit to drive. The following week, a client who I am helping to get his 92-year old father's financial matters in order asked if there was anything he could do to prevent his father, whose near-misses on the road would be comical but for the possibility of a serious accident, from driving.

Like many of my clients, Mary is concerned for Frank's safety and that he may hurt someone else if he continues to drive. Frank doesn't want to give up the last bit of independence he feels he has. Does Mary have the right to prevent Frank from driving? She doesn't want to be the "bad guy," so where is she to turn for help?

So how does this system work exactly? The answer is contained in a series of Massachusetts statutes and regulations governing driver's licenses and the Registry of Motor Vehicles.

First, there is the question of whether you can renew your license no matter how old you are. The answer is yes. There can be no discrimination due to your age alone. Once you have received a license, you can renew it for periods of up to 5 years, indefinitely. My wife recently told me that she and her sisters were amazed that a very close family friend, who had just turned 92 and is still as sharp as the proverbial tack, just got her license renewed. They weren't surprised about the renewal, only that the next expiration date is her 97th birthday. If you are worried about having to take another driving test, your worries are unjustified. If you are panicky about having to take the vision test again, stop worrying. You can have the vision test waived by bringing with you a "vision screening certificate" signed by your optometrist or ophthalmologist certifying that you meet the visual standards to obtain and hold a license. Once you are over 75 years old, though, you can no longer renew your license online. You have to go to the RMV in person (*General Laws, Chapter 90, Section 8*).

So what if you are concerned that Mom or Dad, or your husband or wife, should not be on the road? There is the traditional strategy, of course: hide the keys. But if you want something more formal, General Laws, Chapter 90, Section 22I provides that any "health care provider" (which includes doctors, nurses, physician assistants, psychologists, physical and occupational therapists, optometrists, ophthalmologists, osteopaths, and podiatrists) who thinks that a person under his or her care "has reasonable cause to believe that an operator is not physically or medically capable of safely operating a motor vehicle or has a cognitive or functional impairment that will affect that person's ability to safely operate a motor vehicle", the health care provider may (but is not required to) make a report to the RMV requesting a medical evaluation of the operator's ability to safely operate a motor vehicle. (Note that a law enforcement officer may also make such a report.) The report may not be made solely on the basis of age. The RMV is then required to conduct a review within 30 days and determine "the operator's capacity for continued licensure" to operate a motor vehicle.

If the RMV determines that there is a real question regarding the operator's capacity, then a different statutory section applies (General Laws, Chapter 90, Section 22). That section allows the RMV to suspend or revoke the license of a person if "the holder thereof is an incompetent person to operate motor vehicles." The RMV must notify the operator at least 14 days in advance, and the operator can request a hearing within 14 days of the notice. Failure to request a hearing will constitute a waiver of the right to a hearing.

#### You should note a few other things about these laws:

- A health care provider is not required to make a report. He or she may not want to, since it might affect his or her relationship with the patient. Therefore, you may need an outside provider, like a nurse or other professional from an agency such as the Visiting Nurse Association (VNA) or Aging Services Access Point (ASAP) to make the evaluation.
- The report needs to be based on actual observation of the person driving (a scary thought for the provider) and physical evidence.
- Once the elder's license has been suspended, he or she can get it back by providing a report from a health care provider saying that the operator is now competent to drive.

If you want to learn more about these rules, they can be found online in the Code of Massachusetts Regulations (CMR) at 540 CMR 24. If you are really interested in this, you should read the statutes and regulations. If you have questions, talk to a lawyer, preferably one who focuses his or her practice on elder law.

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PRESENT TWO EXCITING TRIPS FOR 2014!  
Informational Meeting Thursday, March 13th 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 April 29, 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*

**TRIPS FOR THE FIRST HALF OF 2014**

**RONAN TYNAN OF THE IRISH TENORS**

**When: Tuesday, March 11th**

**Where: Venus De Milo, Swansea, Ma**

**Meal Choice:** Corned Beef & Cabbage or Baked Haddock, Minestrone Soup, Vegetables, Breads, Desserts, Coffee/Tea

**Cost:** \$79/pp: Includes lunch, transportation and show

As one of the most sought after performances for the St Patrick's Holiday season, this show is not to be missed. Join us as Ronan treats us to an incredible Irish Celebration concert.

**DEBBIE REYNOLDS LIVE IN CONCERT**

**When: Tuesday, April 15th**

**Where: Mohegan Sun**

**Meal Choice:** On your own (\$10 meal voucher include in cost)

**Cost:** \$79/pp includes show tickets, \$10 meal voucher, \$20 free slot play, and transportation.

Leading lady of the 1950's and 60's, began her career with MGM studios when she was just 16 years old. Don't miss this chance to see her live. Also there will be some time at the Casino to try your luck.

**PENNSYLVANIA DUTCH & GETTYSBURG  
NATIONAL PARK & HIT SHOW MOSES**

**When: Tuesday to Thursday, May 20-22**

**Where: Pennsylvania Dutch Country, Gettysburg National Park**

**Cost:** \$389 dbl, \$489 single/pp. Includes 3days/2nights, 4 meals (2 DINNERS & BREAKFASTS)

Featuring the new hit show MOSES, at Sight and Sound Theatre, Chalk Talk a program with insights into Amish life, a tour of Gettysburg National Park and shopping at Kitchen Kettle Shops and bird in Hand Farmers market.

**Charles River  
Medical Associates**

**Vinay Kumar M.D. & Karen Guigno N.P.**  
246 Maple St., Marlborough, MA 01752  
**508-460-3872**

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- GYN
- Phlebotomy
- Nutrition and
- Ultra Sounds
- Diabetes Education



**Marlborough  
Hills  
Healthcare  
Center**



*Our people make all the difference.*

**In a recent survey of our residents and their families:**

- ▶ 98% rated our RN's, LPN's, CNA's and Rehabilitation Staff good to excellent.
- ▶ 97% consider our staff very caring and compassionate.
- ▶ 93% would recommend us to a family or friend.

**We Provide Specialized Care for:**

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• Including Orthopedic Unit for total joint replacement patients.
- ▶ **Special Alzheimer/Dementia Care**
- ▶ **Long-term & Comfort Care**

**Marlborough Hills Healthcare Center**

121 Northboro Road East, Marlborough, MA 01752  
(508) 485-4040 • [www.marlboroughhills.com](http://www.marlboroughhills.com)

*Adding real value to our healthcare community.*

| MONDAY                                                                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3<br>9:00 Grp Piano class<br>10:00 Beg. Aerobics<br>11:00 Knit/Crochet<br>11:00 Zumba<br>12:30 Blue Plate Lunch<br>1:00 Wayside Water Aerobics<br>1:30 Hand Waxing<br>1:30 Water Color                                                     | 4<br>9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>11:15 Pilates<br>6:15 Zumba                                                                                                             | 5<br>9:00 30/30 Exercise<br>9:00 Multicultural Computer Club<br>10:15 Bingo<br>12:30 Bingo<br>1:45 Movie time<br>1:00 Wayside Water Aerobics                                      | 6<br>9:00 ESL<br>9:00-11:00 Wellness Clinic<br>10:00 Zumba<br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br>1:00 Wayside Water Aerobics<br>3:00 Friend's Meeting<br>3:30 Photography Class<br>6:45 Zumba                                | 7<br>8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br>1:00 Computer Club<br>1:30 PITCH (At Senior Center)<br><br><b>BIG COOKIE DAY!</b><br>Sponsored by Christopher Heights Assisted Living |
| 10<br>9:00 Grp Piano class<br>10:00 Beg. Aerobics<br>11:00 Knit/Crochet<br>11:00 Zumba<br>12:45 Blue Plate Lunch<br>1:00 Wayside Water Aerobics<br>1:15 Reflexology for Stress and Pain Seminar<br>1:30 Hand Waxing<br>1:30 Water Color    | 11<br>8:45 COA Board Meeting Walker Bldg, 1st flr<br>9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>11:15 Pilates<br>2:00 Tufts Member Meeting<br>6:15 Zumba                                | 12<br>9:00 Friendly Visitor Volunteers<br>9:00 30/30 Exercise<br>9:00 Multicultural Computer Club<br>10:15 Bingo<br>12:30 Bingo<br>1:45 Movie time<br>1:00 Wayside Water Aerobics | 13<br>9:00 ESL<br>9:00-11:00 Wellness Clinic<br>10:00 Zumba<br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br>12:30 Seminar: Rahab before and after<br>1:00 Wayside Water Aerobics<br>2:00 Info meeting for Collette Trips<br>6:45 Zumba | 14<br>8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br>12:00 St Patrick's Day Party! - Marriott<br>1:00 Computer Club<br>1:30 PITCH (At Senior Center)                                      |
| 17<br>9:00 Grp Piano class<br>10:00 Beg. Aerobics<br>11:00 Knit/Crochet<br>11:00 Zumba<br>12:30 Blue Plate<br>1:00 Wayside Water Aerobics<br>1:30 Hand Waxing<br>1:30 Water Color                                                          | 18<br>9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>11:00 Bowling<br>11:15 Pilates<br>1:00 Book Club<br>6:15 Zumba                                                                         | 19<br>9:00 30/30 Exercise<br>9:00 Multicultural Computer Club<br>10:15 Bingo<br>12:30 Bingo<br>1:45 Movie Time<br>1:00 Wayside Water Aerobics                                     | 20<br>9:00 ESL<br>9:00-11:00 Wellness Clinic<br>10:00 Zumba<br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br>11:00 Men's Group<br>1:00 Wayside Water Aerobics<br>3:30 Photography Class<br>6:45 Zumba                                   | 21<br>8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br>1:00 Computer Club<br>1:30 PITCH (At Senior Center)                                                                                  |
| 24<br>9:00 Grp Piano class<br>10:00 Beg. Aerobics<br>11:00 Knit/Crochet<br>11:00 Zumba<br>12:30 Blue Plate Lunch<br>1:00 Wayside Water Aerobics<br>1:15 Seminar: 5 Exercises to Build Strength Now<br>1:30 Hand Waxing<br>1:30 Water Color | 25<br><b>Diabetes Alert Day!</b><br>9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>11:15 Pilates<br>11:30-1:30 Diabetes Clinic<br>1:30-4:00 Podiatrist<br>2:00 Tenant Meeting<br>6:15 Zumba | 26<br>9:00 30/30 Exercise<br>9:00 Multicultural Computer Club<br>10:15 Bingo<br>12:30 Bingo<br>1:45 Movie Time<br>1:00 Wayside Water Aerobics                                     | 27<br>9:00 ESL<br>9:00-11:00 Wellness Clinic<br>10:00 Zumba<br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br>1:00 Wayside Water Aerobics<br>1:30 Over Counter Overdose Seminar<br>6:45 Zumba                                            | 28<br>8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br>1:00 Computer Club<br>1:00 Craft Time<br>1:30 PITCH (At Senior Center)                                                               |
| 31<br>9:00 Grp Piano class<br>10:00 Beg. Aerobics<br>11:00 Knit/Crochet<br>11:00 Zumba<br>12:30 Blue Plate<br>1:00 Wayside Water Aerobics<br>1:30 Hand Waxing<br>1:30 Water Color                                                          |                                                                                                                                                                                                 |                                                                                                                                                                                   |                                                                                                                                                                                                                                                |                                                                                                                                                                                                 |

# MOVING THROUGH LOSS



In the process of living, we all experience losses. They are an inevitable part of the changes that define us, like changes in our relationships, jobs, homes, finances and health. Many of us experience the ultimate loss in the death of a loved one. As we get older, these losses may seem to mount up and weigh us down with sadness, grief or despair.

Unfortunately, the very fact that spring is supposed to be a time of joy and renewal can highlight what's missing for those who aren't feeling that way. How can we cope?

The first step is to recognize that we can't control grief; we can only manage it. It's how we respond that counts.

Older individuals may have a tendency to shut out and shut down feelings of loss. Although difficult, it's important to process each loss. We can't run away. It's simply something everyone has to get through.

## How do we process grief?

Typical stages of grief include shock and denial, anger and guilt, depression and, eventually, resolution. Loss and grief may trigger sleeplessness, nausea, anxiety, restlessness, forgetfulness, depression, even thoughts of suicide.

Each person has a different timetable, and each loss will affect us differently. If we don't process our grief and accept our losses, the emotions get stockpiled. Then one loss may reawaken others in our past, and they all come tumbling down on us.

Experts warn against becoming isolated in grief. It sounds cliché, but it's important to reach out to others. It's a time to rely on family and friends, and to talk with our doctor about how we feel physically and emotionally. Seek out a support group or professional counselor.

There's no stigma attached, and sometimes it takes an expert to steer us through the recovery process.

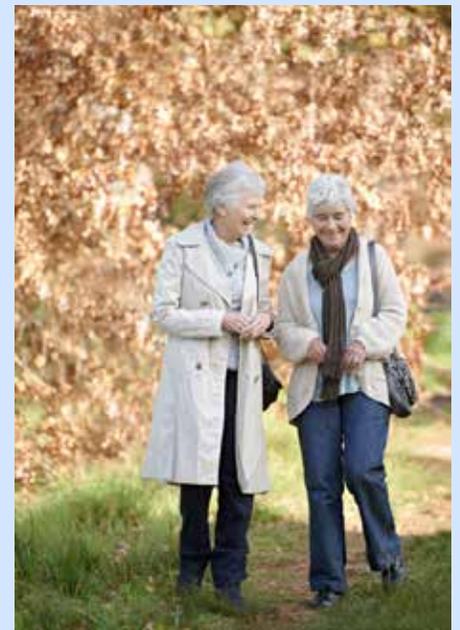
The key to coping successfully is to reinvest in life in small steps. Don't rush. Set weekly goals and recognize each achievement.



## Losing sadness, FINDING JOY!

Here are a few steps recommended by professionals to move through loss:

- Eat balanced meals and keep physically active.
- Get plenty of rest (six to eight hours each night).
- Get out. Volunteer, take a class, attend religious services, get active in an organization or the community, pursue sports or recreational interests, teach others a hobby or skill.
- Talk with friends and family daily.
- Be aware of how you handled stress in the past, and compensate for it.
- Avoid taking on more stress.
- Be careful about over indulging in alcohol.
- **Live for today and plan for tomorrow.**



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## ASK A PHARMACIST

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**Question: What can I do to make my arthritis manageable?**



Arthritis describes more than 100 diseases and conditions that affect the body's joints and surrounding tissue. Some signs of arthritis include aching, stiffness and swelling. If you are experiencing these signs and symptoms, talk to your doctor.

**Answer:**

There are a number of things you can do to feel better.

- Participation in a self-management educational workshop can help teach you the skills and give you the confidence to manage arthritis symptoms on a day-to-day basis. Contact your local branch of the Arthritis Foundation to find classes in your area or ask your doctor to refer you to a class.
- Regular physical activity for people with arthritis is generally safe, reduces pain and can help keep you doing many of the things you enjoy. Check with your doctor before beginning an exercise program.
- A healthy body weight lowers the risk of developing arthritis and may stop the disease from getting worse. If you need to lose weight to reach this healthy range, talk with your doctor about a sensible weight-loss plan.

— Sources: California Arthritis Partnership Program; Arthritis Foundation

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**When: Friday, April 11th**  
**Time: 12:45 PM**  
**Cost: \$10**



Aloha! Come have fun with us as we bring the sunny Islands to the Senior Center for some much needed thoughts of warm summer time fun!

We will enjoy some scrumptious Hawaiian rolls, Spinach Salad w/ Mandarin Oranges, Candied Macadamia Nuts, Red Onions and Vinaigrette Dressing, Pineapple Glazed Chicken Kabobs, Kahlua Pork Chops (Ginger and Teriyaki Glaze), Pork, Ginger & Scallion Fried Rice, Green Beans with Strawberry & Mango Shortcake for dessert.

Entertainment will be provided by Bright Smile Entertainment and will include Hawaiian Music and activities.

Leis will be provided for all at the entry. Feel free to wear your favorite Hawaiian garb or come as you are.

Don't miss out on this fun trip to the Islands, sans airfare, planned by our very own Marilyn Gullotti.

To reserve your spot in the fun please call **508-485-6492**.

**MONDAY'S BLUE PLATE SPECIALS**

**Time: 12:30 PM**

**All meals will be served at the Senior Center unless otherwise noted**



**March 3:** Checkerboards: Spaghetti & Meatballs, Salad, Rolls, Butter Dessert and Beverage - Cost \$5

**March 10:** Lunch with Lisa: Ham, Baked Beans, Corn Bread and Salad, Dessert and Beverage - Cost \$5

**March 17:** Assabet: Baked Scrod, Steamed Veggie Medley and Rice Pilaf Dessert and Beverage - Cost \$6

**March 24:** Superior Pie: Chicken, Rice, Beans, Salad, Dessert and Beverage - Cost \$6

**March 31:** Lunch with Ana Cristina - \$5 More information will be coming.

**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, March 10, 2014 / April 7, 2014 / May 5, 2014**

Please call Pauline Ordway at **508-485-4677** for your reservation and more information. Also enjoy some BINGO on the bus!



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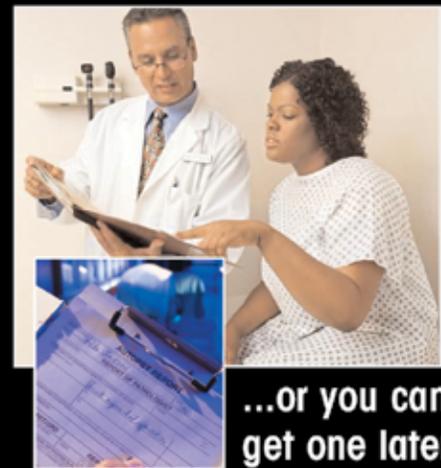
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## Who is in Charge upon Discharge?

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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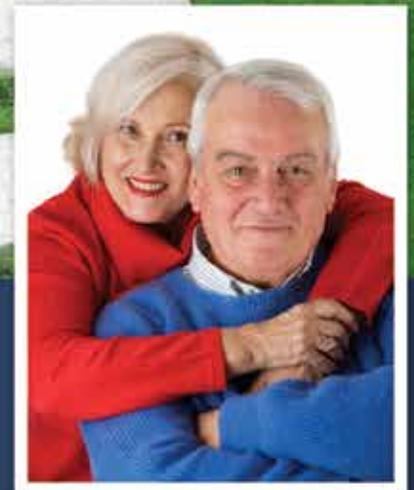


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