

MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS | VOLUME 1, NO. 4, APRIL, 2014

38th Mayor's Senior of the Year Dinner

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.

Special Thanks to our Proud Premier Sponsors

Eric G. Piascik, DMD
Family & Cosmetic Dentistry

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HOSPITAL

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
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 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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MAYOR'S CORNER

If you have driven by Ward Park lately then you know that construction on our new Senior Center continues to move full steam ahead. As of this writing, all unbuildable soils have been removed and replaced, footings and foundations have been installed and work has begun on the installation of a new drainage system. For the most part, Mother Nature has been cooperative. So long as this continues, I anticipate framing of the building to begin very soon.

We have a great team working on this project and I am pleased with the progress we have made.

In case you haven't noticed, we have done some minor office relocations. The Marlborough Retirement Board is now located on the second floor of the Walker Building. The Board of Health has moved to the ground floor of City Hall, in a renovated space formerly occupied by the Retirement Board. In addition, the Comptroller/Treasurer's Office will soon be located on the third floor, across from the City Auditor's office and the Zoning/ Conservation will be on the ground floor near the Board of Health.

These moves are designed to provide a better experience for our customers when they visit City Hall, allowing them access to as many city offices in one location as we can accommodate.

Lastly, I wanted to share some belated thoughts on the Department of Public Works. Lifetime city resident Ron LaFreniere retired last month as our DPW Commissioner after nearly a 40 year career in our community. His replacement, John Ghiloni, also has deep roots in our city. If you see either of them around, please wish them the best of luck as they embark on new challenges and chapters in their lives.

See you at the Senior Dinner!

Mayor Arthur G. Vigeant



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IT TAKES A CITY...

One of the more important aspects of the Council on Aging is ensuring that members of our over-sixty population have their most basic needs met, which can be a challenge. However, with your staff here at the COA, I can assure you that you are in good hands! We also realize that our partnerships with outside agencies and fellow city departments is crucial to ensure that our seniors are safe, have access to medical care, food, shelter and advocacy when requested and needed.



Recently, we engaged the assistance of several city departments and partnering agencies to ensure a senior had a safe dwelling, food, heat and various support services. Pictured are **Valarie Wilkinson**, Housing Department, **Lynn Faust** Second Saturday

Executive Director, Home Depot Store Manager **Mike Aubin** and **Donny Wyne**, Assistant Manager, **Pam Wilderman**, Marlborough Code Enforcement Officer and **Ana Cristina Oliveira**, COA Outreach Coordinator.

With the support and willingness of our business and community partners, your COA actively pursues new initiatives to better meet the needs of our growing over-sixty population. Some of the new programs we have implemented this year

include the **Senior Alternative Food Market** in partnership with our local food pantry, the Community Cupboard. This food initiative provides seniors with a choice of needed non-perishables, meats, and fresh fruits and is delivered each month by COA volunteers who just want to help and truly enjoy this volunteer opportunity. Another important program identified by our senior community was a transportation program. With the support of **Mayor Vigeant** and our **City Council** we were given the green light to initiate a six month **pilot transportation program**. Currently, we have a Volunteer Coordinator, **Jeanne McGeough** who schedules weekly trips to grocery stores, eateries, the senior center, medical appointments, etc. As of this writing, we have over 94 seniors registered for this well received pilot program that is 75 percent grant driven. Lastly, in our January COA Board meeting I was asked if our COA could look at having a **telephone check-up program** for seniors who are alone, perhaps mentally and or physically fragile, new to our center and/or who have recently experienced a new transition in their life. I am happy to report our social worker/ volunteer coordinator, Susan Maki is assessing the feasibility of such a program.

It takes a city to care for each other and I and your COA staff want to thank all of our volunteers for the time you dedicate to care for your fellow seniors and our city.

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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- THE WILLOWS Retirement Communities
- BEAUMONT Skilled Nursing and Rehabilitation
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OUTREACH DEPARTMENT NEWS

Ana Cristina Oliveira

HOSPITAL OBSERVATION STAYS AND ORIGINAL MEDICARE

Hospitals are increasingly admitting patients under observation status. Patients under "observation" are considered outpatients even though they may stay in a hospital bed for many days. For those with Original Medicare, outpatient stays at a hospital could result in increased costs. For instance, Medicare requires a three-day inpatient stay at a hospital before it will pay for any stay in a skilled nursing facility and time spent under "observation" in a hospital will not count toward that three-day minimum.

In addition, a Medicare Supplement (Medigap) will not cover any of the costs of the skilled nursing care if Medicare has not paid first. So patients with Original Medicare who have been under observation status, whether they have a Medigap or not, must decide whether to pay out-of-pocket for the medically necessary rehab/skilled nursing care, or cut care short and return home, because they are unable to cover the costs.

Medicare Advantage plans will cover costs of skilled nursing facility care, if it is medically necessary, because they do not have a three-day minimum in a hospital stay requirement. However, in a Medicare Advantage plan, skilled nursing facility services are subject to co-payments, which can be substantial.

Currently, there are bills filed in both houses of Congress (the Improving Access to Medicare Coverage Act of 2013) requiring that time spent in "observation" be counted towards meeting the three-day prior inpatient stay that is necessary to qualify for Medicare coverage in a skilled nursing facility. All members of the Massachusetts delegation support this pending legislation.

Trained SHINE (Serving Health Insurance Needs of Everyone... on Medicare) volunteers 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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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!

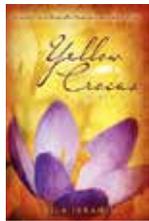
BOOK CLUB

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 April 15th is Yellow Crocus, Laila Ibrahim. If you want to get ahead on your reading, the book for:

- May 20th is Sundays at Tiffany's, by James Patterson
- June 17th is Once We Were Brothers, by Ronald H. Balson

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, April 25th

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, April 22nd

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

APRIL CLASS THEMES

The month of April brings us showers, spring cleaning, and Earth Day. Let's shake off the winter, and connect to nature with Yoga!

April 1 & 4 - Yoga and Affirmations

April 8 & 11 - Yoga for Mindful Movements

April 15 & 18 - Yoga to Cleanse and Release (April showers/ spring cleaning)

April 22 & 25 - Earth Day Yoga - Yoga and Nature

April 29 & May 2 - May Day Yoga - Celebration & Gratitude



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:



April 2nd:

It Happened One Night

- 1934, NR, 105 min.

- 3.9 stars

- Classic Musicals

- Clark Gable,
Claudette Colbert



April 9th: The Heat

- 2013, R, 117 min.

- 3.6 stars

- Action Comedy

- Sandra Bullock,
Melissa McCarthy



April 16th:

Hyde Park on Hudson

- 2012, R, 94 min.

- 3.1 stars

- Drama Based on

Real Life

- Bill Murray, Laura Linney



April 23rd:

The Guilt Trip

- 2012, PG-13, 96 min.

- 3.5 stars

- Comedy

- Barbra Streisand,
Seth Rogen



April 30th: Flight

- 2012, R, 138 min.

- 3.9 stars

- Deadly Disasters,
Social Issue Drama

- Denzel Washington,
John Goodman,
Don Cheadle

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.

NURSING HOME TRIVIA YOU SHOULD KNOW

Here is some nursing home trivia that could affect you or someone you know:

- For years, it has been common knowledge that Medicare would not cover the cost of nursing home care once the nursing home resident had "plateaued", that is, was no longer improving. That rule just changed. As a result of a settlement in a recent federal court case, *JIMMO V. SEBELIUS*, the Centers for Medicare and Medicaid Services (CMS), the agency that runs Medicare, has agreed that nursing home residents will continue to be entitled to Medicare as long as they continue to need skilled nursing services, even if the services are only necessary to keep them stable or to slow their rate of deterioration. This new change in the standard is not yet universally known among many nursing home caseworkers, so if you are told that your services are being terminated, you should bring the change to their attention and/or immediately appeal. The initial appeal can be done over the phone and is very straightforward. If you would like more information on the effects of the Jimmo case, you can view related videos on Frank and Mary's YouTube channel (www.YouTube.com/ElderLawFrankAndMary).
- Previously, nursing homes have often been willing to admit new patients based on the signature of the patient's designated agent under a Health Care Proxy. That has now changed. In a recent decision, the Massachusetts Supreme Judicial Court ruled that only the person you have named through your Power of Attorney can validly sign an agreement admitting you to a nursing home. So be sure you have a valid and updated Durable Power of Attorney, as well as a Health Care Proxy, and make sure the relevant family member(s) or friend(s) have it or know where it is in case of emergency.
- I recently spoke to a client who was very worried because his wife, who has been in a nursing home, was just sent to the hospital. He is concerned that the nursing home might not readmit her after her hospital stay. He should not worry. Technically, transfer to the hospital does not constitute a discharge from the nursing home and the nursing home must readmit the nursing home resident. Failure to readmit constitutes a discharge, and any discharge decision by a nursing home is subject to an administrative appeal before it can be carried out. There may, however, be a limit to the number of days for which a particular bed can be held.



If you have more questions about any of this, talk to me or to another lawyer who specializes in elder law.

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To learn how Mirick O'Connell's
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Arthur P. Bergeron
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BIG KAHUNA'S TROPICAL LUAU**When:** Friday, April 11th**Time:** 12:45 pm**Where:****Marlborough Senior Center****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, and 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** to reserve your place at the Luau.

MEN'S GROUP

Join us for another Lunch 'N Learn with Author Thomas Whalen who will be discussing his latest book: **JFK and His Enemies: A Profile in Political Power**

When: Thursday, April 17th**Time:** 11:00 am**Where:** Marlborough Senior Center**Cost for this event is \$5 LUNCH??**

Thomas J. Whalen is an associate professor of social science at Boston University and an expert in modern American politics, American foreign policy and the American presidency, Whalen's expert commentary has appeared in the New York Times, ABCNews.com, Wall Street Journal, USA Today, Boston Globe, Los Angeles Times, and the AP. He has also appeared on several national broadcast outlets including CNN, NPR and Reuters TV. Please call **508-485-6492** or come into the Senior Center to save your spot for this informative event.

CALLING ALL GRANDPARENTS, GRANDKIDS AND ALL SENIORS TO JOIN US FOR A FUNFILLED LUNCH**When:** Tuesday, April 22nd**Time:** 12:45 pm**Where:** Marlborough Senior Center

Come join us for burgers and hotdogs cooked by Bobby Kays, Bingo & prizes, cupcake decorating, music and more as we celebrate Spring! Please call the Senior Center to reserve your seat and a cupcake! **508-485-6492**.

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**.

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

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

When: Thursday, April 10th**Time:** 1:30 pm**Where:** Senior Center

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

**2 DIGITAL PHOTOGRAPHY CLASSES LEFT, BUT FEEL FREE TO JOIN US****When:** Thursdays, 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 & 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**.

LEARN ABOUT ACCESSIBLE HOME MODIFICATION SERVICES TO KEEP YOU IN YOUR HOME**When:** Tuesday, April 8th**Time:** 2:00 pm**Where:** Marlboro Senior Center, 250 Main St., Marlboro**Hosted by:** Age In Place of New England

Age In Place of New England will be presenting unique solution to help residents remain in their homes. Age In Place Of New England is a home design and remodeling construction company that specializes in helping elderly and disabled individuals make their homes secure, comfortable and more accessible. Through no/low cost loans, homeowners can have increased access and maneuverability for walker/wheelchair access or other concerns that will make the home safer- including stair chair installations, grab bar installations, low threshold shower installations, tub to shower conversions, ramps, sensor lighting and much more! To save your seat for this informative program call: **508-485-6492**.

SKYPE CLASSES ARE COMING TO THE SENIOR CENTER!

When: Friday, April 4th

Time: 1:00 pm

Where: Marlboro Senior Center, 250 Main St., Marlboro



Join us for a lesson on how to Skype. Skype is a software program that permits you not only to talk with another Skype user almost anywhere in the world that has internet service, but also has a

video connection with that person. You talk -- as in vocal conversation -- not using the keyboard and typing your message. Imagine being able to speak and at the same time SEE in real-time your friends around the country, your children out west or down south, or your grandchild at college, while you sit at your computer in Marlborough, Massachusetts! This class will be led by the City of Marlborough's very own Mark Gibbs, head of the city's IT department. Please let us know if you would like to attend this program so we can plan seating. **508-485-6492.**



"I HAVE TOO MUCH STUFF! HELP!"

When: Thursday, April 24th

Time: 2:00 pm

Where: Marlboro Senior Center, 250 Main St., Marlboro

Sound familiar? Join Kazia Navas as she shares 5 essential steps to reducing clutter and provides specific tools and techniques to help you plan and manage a spring clean!

Come and be inspired, motivated, and well-armed to take action. Whether you are thinking of "staying in place" or contemplating a future move, it makes good sense to begin de-cluttering and organizing now. Call the Senior Center to join this seminar: **508-485-6492.**



10 Reasons Why *Home Care is Better for Most Seniors*

Home is a place of emotional and physical associations, memories and comfort.

For many people, leaving their home can be disruptive and depressing.



1 - FASTER RELEASE FROM THE HOSPITAL: With home care, patients can come home sooner from the hospital. Since the services of nurses, doctors, therapists, social workers and caregivers can follow patient's home, they don't have to stay in the hospital as long.

2 - SUBSTITUTE FOR HOSPITAL OR NURSING HOME: In some cases, depending on the severity of an illness or disability, home care can substitute for other forms of institutionalized care, including hospitals, nursing homes and assisted living facilities.

3 - INVOLVEMENT WITH TREATMENT: Both the patient and family members can be more intimately involved with the patient's treatment at home.

4 - INDEPENDENCE: This is, perhaps, the greatest plus for receiving care in one's own home.

5 - COMFORT: Being at home is simply more comfortable for most people. They have their photographs, books, bed, bath, kitchen, telephone, television; everything is in its place.

6 - FAMILY AND FRIENDS: Unlike the restricted visiting hours at hospitals and nursing homes, home provides a place where family and friends can be close to the person at all hours, whenever needed.

7 - MORALE: Patients tend to have a greater sense of well-being and overall morale when they are in the comfortable surroundings of their own home.

8 - FASTER RECOVERY: Research has shown that recovery can be faster at home than in the hospital, particularly if there is good quality, skilled home health care available to the patient.

9 - COST: Depending on the hours needed, home care can be much more affordable than nursing homes or other institutions.

10 - PROMOTES HEALING: Patients enjoy a much better quality of life which many families have said helped to extend the lives, health and happiness of their loved ones. This is particularly true with individuals suffering from dementia.

Article provided by Home Helpers

(203) 558-7065 | www.homehelpers.cc/watertown58454



JOIN US FOR A MATTER OF BALANCE SEMINAR INCLUDING A FREE EQUIPMENT TUNE UP CLINIC

When: April 22nd

Time: 1:00 - 2:00 pm

Where: Marlborough Senior Center

Our friends from Parmenter Community Health Care will be at the Senior Center to tune-up wheel chairs, walkers and canes to ensure safety and will do a program on balance with tips on fall prevention. Educational materials will also be provided for clients to go home with. Please register to reserve a spot: **508-485-6492**.



PODIATRIST APPOINTMENTS WITH DR. CORMIER

Where: Senior Center

Day: Tuesday, April 29th

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, April 16th

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.

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.

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.

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**.

SECOND SATURDAY

Date: Saturday,

April 12th

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, April 4, 2014**.

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

NEWS FROM SUSAN MAKI, SOCIAL SERVICES COORDINATOR



A Blockbuster Play Hits the Regent Theater in Arlington

The Regent Theatre in Arlington is presenting a play entitled **My Son the Waiter, A Jewish Tragedy**. The Marlborough

Senior Center has reserved 20 tickets for a matinee performance on **Wednesday, May 21st at 2:00**. The cost of the trip is \$50 which includes tickets and transportation. The bus will be leaving at 12:30.

My Son The Waiter, A Jewish Tragedy is Brad Zimmerman's hysterical as well as bittersweet tale of his 29 year struggle to "make it" in New York as an actor and comedian, while "temporarily" waiting tables to make a living. Part theater, part stand-up, his stories about family, career, childhood, and misbegotten love life are as warm and poignant as they are hilarious!

His career includes opening for George Carlin and Joan Rivers who says: "I've had three great opening acts in my lifetime: Billy Crystal, Garry Shandling, and Brad Zimmerman." The Ft. Lauderdale Sun Sentinel calls the show "Hilarious!" and the Palm Beach Arts said: "Zimmerman's show is an absolute MUST -SEE. You'll laugh, and walk out of the theater with a lesson- If you can find something that you truly love, it gives your life meaning!"

Please give Susan Maki a call by noon on Friday, April 18th at **508-485-6492** if you are interested in attending this performance.



Art in Bloom

As part of the Museum of Fine Arts 2014 Season of Color, join us for this exuberant spring festival of art and floral design! Once again, garden clubs and professional designers from

across New England will create floral arrangements inspired by the MFA's works of art.

A group from The Marlborough Senior Center will be attending this event on **Monday, April 28th**. Participants will have an opportunity to see the Art in Bloom exhibit, as well as other exhibits within the museum. There will also be a choice of four dining experiences to choose from: The Bravo Restaurant, the New American Café, the Taste Café and Wine Bar, and the Garden Cafeteria.

The cost of the trip is \$50, which includes bus and admission. The bus will leave the Senior Center at 9:45 am. If you are interested in attending this remarkable exhibit, as well as other exhibits within the museum, please call Susan Maki at **508-485-6492**.

FRIENDLY VISITOR VOLUNTEERS

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



PROFESSIONAL AUTOMOTIVE SERVICE
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Get the **PROFESSIONAL EVALUATION**
for only **\$66.50!**

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

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- 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

**Marlborough's
ONLY AAA
Approved Auto
Repair Shop**

**CELEBRATING
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.**

APRIL, 2014

10:05 am - 1:50 pm

Monday	April 7	Market Basket & BJ's (Hudson)
Monday	April 14	Wegman's (Northborough)
Monday	April 21	Solomon Pond Mall
Monday	April 28	Trader Joe's & Whole Foods (Framingham)
Tuesday	April 1	Solomon Pond Mall
Tuesday	April 8	Wal-Mart
Tuesday	April 15	Ocean State Job Lot
Tuesday	April 22	Sudbury Farms
Tuesday	April 29	Wal-Mart
Friday	April 25	O'Connor's Restaurant (Worcester)

Sudoku

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

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

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DIFFICULTY: ★★★★★

Answer to March 2014 Sudoku

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



CROSSWORD PUZZLE

ACROSS

- 1 Brit. Virgin Islands (abbr.)
- 4 Viking
- 8 External covering
- 12 Belonging to (suf.)
- 13 End (pref.)
- 14 Mississippi bridge
- 15 Compass direction
- 16 Maenad
- 18 Broad structural basin
- 20 Water nymph
- 21 Abdominal (abbr.)
- 23 Stair post
- 27 Sp. instrument
- 32 Annoy
- 33 Insect
- 34 Misrepresent
- 36 You (Ger.)
- 37 Hindu month
- 39 Female noble
- 41 Bird

- 43 Eur. Economic Community (abbr.)
- 44 Trespass for game
- 48 Gamin
- 51 Puce (2 words)
- 55 Shoe size
- 56 "Uncle Remus" rabbit
- 57 7th incarnation of Vishnu
- 58 Cathode-ray tube (abbr.)
- 59 Convey
- 60 Black
- 61 Kilometers per hour (abbr.)

DOWN

- 1 Conquer
- 2 Anatomical duct
- 3 Limp
- 4 Off-track betting (abbr.)
- 5 Compact
- 6 Razor-billed auk

ANSWER TO PREVIOUS PUZZLE

GAD	ANAK	COSM
IHI	BUNA	ORTS
BES	ANIMAL	FAT
EMMA	ADO	
ACTON	ARCAS	
MENUITEM	SOGA	
AGT	PIPAL	NRA
DALE	COLOSSAL	
EDEMA	STAAIT	
ECU	PRAE	
GRASS	STEM	UCA
OPHI	EYAS	CDC
AMAS	DENS	TCH

- 7 Central points
- 8 Dive
- 9 John, Gaelic
- 10 Banned pesticide
- 11 Compass direction
- 17 Chin. dynasty
- 19 Dance
- company (abbr.)
- 22 Cotillion attendee
- 24 Job
- 25 Ancient Gr. city
- 26 Dregs
- 27 Heddles of a loom
- 28 Handle
- 29 Beak
- 30 Guido's note (2 words)
- 31 Shooting match
- 35 Equal opportunity employer (abbr.)
- 38 Household linen
- 40 Nat'l Endowment for the Arts (abbr.)
- 42 Chin. pan
- 45 Rhine tributary
- 46 Crustacean
- 47 Blood (pref.)
- 49 Amer. Assn. of Retired Persons (abbr.)
- 50 Eng. spa
- 51 Abate
- 52 Yorkshire river
- 53 Race the motor
- 54 Israelite tribe

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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A4

Friends of the Marlborough Senior Center

On behalf of the Board of Friends of The Marlborough Seniors, we would like to invite you to attend:

THE ANNUAL PASTA DINNER:

GREAT FOOD, ENTERTAINMENT, RAFFLES, FRIENDS AND FUN!

When: Saturday, April 12th, 2014

Time: 4:00 - 6:00 pm

Where: Marlborough Senior Center, 250 Main St., Marlborough

Menu: All you can eat Pasta & Sauce, 2 meatballs, salad, garlic bread, dessert & coffee or tea

Entertainment: Tony Funches, former singer with the Platters

To Purchase Tickets: Visit the Senior Center office for tickets

Cost: \$6.00 adults, \$3.00 children, free under 7

Please join us for a delicious meal generously prepared by The Jewett Family and wonderful entertainment with Tony Funches. All proceeds go to Friends of Marlborough Seniors.

Also, we would like to thank those who attended our Monday Luncheon on February 10th. We appreciated your wonderful ideas for the Friends. We are working hard to bring some of those recommendations to reality. Please let me know if you would like to volunteer for any aspect of our fundraising efforts. Thank you also to Assabet Valley High School students for the wonderful food provided for our luncheon, thanks to Jim Comfrey, Peg Cahill, Jim Hickey, and all Board members who assisted in making this luncheon very successful. Thank you.

As a final note this month, the Board of Friends of The Marlborough Seniors is changing their meeting time to be the 2nd Friday of each month at 4:15pm at the Senior Center, so please join us.

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



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.

In Memory of
Nancy Riccuti
from Jacqueline & Richard
Moraes, Robert Moraes,
Deborah & Keith Cummings

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: _____

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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.

For Pick-Up Only.

**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](http://www.wellysrestaurant.com)  
153 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 4/30/14.

**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

**TERMS & CONDITIONS**  
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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 4/30/14.

**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 4/30/14.

**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 4/30/14.

**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 4/30/14.

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.

### NEW PATIENTS WELCOME!

We accept most major insurances and In-Network with many dental plans. We accept cash, check and most credit cards. Financing available through CareCredit.

### SPECIALIZES IN:

- Cleanings
- Digital Dental X-Rays
- Crowns and Bridges
- Dental Implant Crowns
- Dentures
- Partial Dentures  
(With & Without Metal)
- Teeth Whitening
- Lumineers (Veneers)
- Snap-on-Smile
- Deep Cleaning-Scaling & Root Planning
- Patient Education

## Marlborough Seniors New Patient Special!

**\$90 for Comprehensive Exam,  
Cleaning and Radiographs if needed.**

**A 40% savings!** (Only good for first visit.  
Must be 65 and older, Have no dental insurance,  
and must bring coupon with you)

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

**Eric G. Piascik, DMD**  
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46 Hosmer Street  
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**508-485-2960**

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



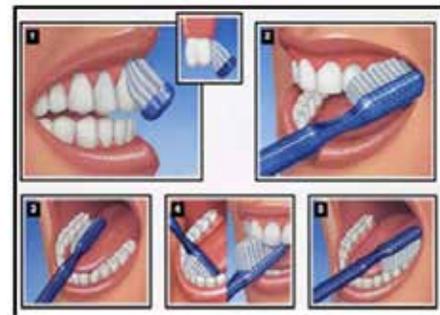
## DR. ERIC'S THREE SIMPLE STEPS TO IMPROVE YOUR ORAL HYGIENE AT HOME!

### 1) Use a Soft or Extra-Soft Bristle Toothbrush and Brushing at a 45 degree angle.

People have the misconception that brushing their teeth harder means it will get their teeth cleaner and using a hard bristle toothbrush will clean your teeth more efficiently. We have all heard too much of a good thing can also be bad for you. This applies to brushing your teeth as well.

Too many people brush the wrong way with the wrong toothbrush. This can lead to gum recession, enamel erosion and eventually sensitivity. To avoid these problems, only brush with a soft or extra-soft toothbrush.

When brushing your teeth, the bristles need to be angled at a 45 degree angle, known as the Bass Technique. When brushing, it is important to place the brush at an angle against the tooth so that the bristles are at the gumline. Gently brush all the surfaces of each tooth using a short vibrating motion. Don't forget to brush your tongue as well!



(Photo courtesy of [www.identalhub.com](http://www.identalhub.com))

### 2) Floss, Floss, Floss, Floss, Floss!

I am sure you all are sick of hearing your dentist say, "Mr. Smith, you need to floss more regularly." I am a big fan of floss sticks. If you are like me and always on the go, it is easy to forget to floss because you are rushing out the door in the morning. I always tell my patients put some floss sticks in your car and that way you have something to do on your 45 minute commute to work. I think using a floss stick and driving is much safer than being on your phone and driving. My personal favorite floss stick is the brand Plackers®. If you only floss once a day, I recommend flossing before bedtime because you don't want a food particle sitting in between your teeth for 8 hours as you sleep eventually causing tooth decay.

### 3) Using a mouth rinse with Fluoride.

Other than your town water supply, the only means of obtaining fluoride is through your toothpaste. I always recommend to my patients using a mouth rinse that contains fluoride. For example, if you buy Cool Mint Listerine®, there is no fluoride in the rinse. If you like Listerine, you have to purchase Listerine Total Care®, which is a specific rinse, that targets strengthening teeth to prevent cavities. It is especially important if you have a lot of fillings, crowns, etc... because overtime you can develop weak areas around these restorations, and the additional fluoride can make a huge difference. I recommend rinsing in the morning (after brushing and flossing) and right before you go to bed, so the rinse can strengthen your teeth while you sleep. If you have dry mouth especially due to the medications you are taking, then I recommend a rinse without alcohol such as Crest ProHealth®, ACT®, or Listerine Total Care Zero®.

As I tell all my patients, if you simply follow these three steps, and faithfully see your dentist twice a year, then you will greatly reduce your risk of tooth decay.

*Eric G. Piascik, DMD*

# BONING UP ON OSTEOARTHRITIS



At first, you discovered some stiffness in your joints at the end of the day. But lately the stiffness has become pronounced, making it more difficult to perform routine daily tasks.

## **What's going on?**

After a good workup, your doctor may confirm that—like half of all Americans over age 65—you have osteoarthritis.

Osteoarthritis is a degenerative disorder that typically affects the knees, hips, back, toes or fingers. It may result from injury to a joint or from wear and tear on the joints. Also, heredity, obesity, or excessive trauma to the joints can increase your risk of developing the condition.

Osteoarthritis affects a part of the joint called cartilage, a tough, rubbery tissue that cushions the bones at the joint. Osteoarthritis happens when the cartilage breaks down and gradually becomes rougher and thinner. Bone growths (spurs) may form, making the joint look knobby and swollen. Eventually, the bones may rub against each other, causing pain and limiting movement in the joint.



Your doctor may suggest an over-the-counter pain medication or prescribe stronger anti-inflammatory nonsteroidal drugs. In severe cases, surgery to repair or replace joints may be recommended.

But medication and surgery are not the only answers. Simple lifestyle changes can help reduce your symptoms, and prevent long-term damage to your joints and bones. See our sidebar for some suggestions!



## **TRICKS TO TREAT OSTEOARTHRITIS!**

Osteoarthritis often can be managed with lifestyle changes. Here are a few tips:

- Exercise regularly. Being active often is an effective pain reliever, helps you lose weight and improves energy and mobility—and is highly recommended for individuals with osteoarthritis. Low-impact exercise is best, such as walking, biking or swimming, which all strengthen the muscles and improves flexibility. Now that it's spring, get out for walks around the neighborhood or nearby park. Get a walking buddy to join you!
- Lose weight. Being overweight is the most common cause of excess pressure on the joints.
- Apply heat and cold. Heating pads, hot packs and hot showers can relax muscles. Applying ice packs to sore joints can reduce the pain by numbing the area.
- Use support devices for walking. A cane, crutches or walker can help reduce strain on hips and knees and, for fingers, extra-thick pens help for writing.
- Get good leverage. Use long-handled tools for gardening and cleaning. Install handrails by the tub or toilet for extra support.
- Support your back. Choose chairs with armrests for back support.
- Get the right footwear. Wear well-cushioned athletic shoes for proper support.

For additional information, there are many online resources. You might start with the Arthritis Foundation, at [www.arthritistoday.org](http://www.arthritistoday.org). Or, ask your doctor to suggest other good reading material and everyday preventive measures you can take to manage your arthritis. And remember, ask for help when you need it!

Founded in 1977, Fallon Health is a leading health care services organization that supports the diverse and changing needs of those we serve. In addition to offering innovative health insurance solutions and a variety of Medicaid and Medicare products, we excel in creating unique health care programs and services that provide coordinated, integrated care for seniors and individuals with complex health needs. Fallon has consistently ranked among the nation's top health plans, and is the only health plan in Massachusetts to have been awarded "Excellent" Accreditation by the National Committee for Quality Assurance for its HMO, Medicare Advantage and Medicaid products.

For more information, visit [www.fallonhealth.org](http://www.fallonhealth.org).

| MONDAY                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>DON'T FORGET</b><br/>Saturday, April 12th is The Friends of the Marlborough Seniors Pasta Dinner<br/>From 4:00 to 6:00 pm<br/>Entrainment by Tony Funches</p>                                                                    | <p>1</p> <p>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/>11:15 Pilates<br/>6:15 Zumba</p>                                                                                                                                  | <p>2</p> <p>9:00-3:00 Manicurist appts.<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</p>                   | <p>3</p> <p>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/>11:00 Cardio &amp; Weights<br/>11:00 Latino Comp. Club<br/>1:00 Legal Clinic<br/>1:00 Wayside Water Aerobics<br/>3:30 Photography Class<br/>6:45 Zumba</p>                               | <p>4</p> <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/><b>1:00 SKYPE Seminar</b><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</p> |
| <p>7</p> <p>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</p>                               | <p>8</p> <p>8:45 COA Board Meeting<br/>Walker Bldg, 1st flr<br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/>11:15 Pilates<br/><b>2:00 Home Safety Modifications Seminar</b><br/>6:15 Zumba</p>                            | <p>9</p> <p>9:00 Friendly Visitor Mtg - Coffee Loft<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</p>       | <p>10</p> <p>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/>11:00 Cardio &amp; Weights<br/>11:00 Latino Comp. Club<br/>1:00 Wayside Water Aerobics<br/><b>1:30 Arthritis Pain Seminar w/Dr. Shah</b><br/>6:45 Zumba</p>                             | <p>11</p> <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/><b>12:45 Hawaiian Luau</b><br/>1:00 NO Computer Club<br/>1:30 NO PITCH (At Senior Center)<br/>4:15 Friends Board Meeting</p>                                               |
| <p>14</p> <p>9:00 Grp Piano class<br/>10:00 Beg. Aerobics<br/>11:00 Knit/Crochet<br/>11:00 Zumba<br/>12:30 Blue Plate &amp; Music<br/>1:00 Wayside Water Aerobics<br/>1:30 Hand Waxing<br/>1:30 Water Color</p>                        | <p>15</p> <p><b>Debbie Reynolds Trip</b><br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/>11:15 Pilates<br/>1:00 Book Club<br/><b>1:00 Springtime in Paris Concert</b><br/>6:15 Zumba</p>                                  | <p>16</p> <p>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<br/><b>5:30 Senior of the Year Dinner at MHS</b></p> | <p>17</p> <p>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/>11:00 Men's Group<br/>11:00 Cardio &amp; Weights<br/>11:00 Latino Comp. Club<br/>1:00 Wayside Water Aerobics<br/>3:30 Photography Class<br/>6:45 Zumba</p>                              | <p>18</p> <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/><br/><b>No Afternoon Classes and Clubs. Center Closes at 12:00 for Good Friday</b></p>                                                                                     |
| <p>21</p> <p><b>Closed for Patriots Day</b></p>                                                                                                                                                                                        | <p>22</p> <p>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/>11:00 Bowling<br/>11:15 Pilates - at the Library<br/><b>12:45 Grandparent-Kids Lunch</b><br/>1:00-2:00 Tune Up Clinic<br/>2:00 Tenant Meeting<br/>6:15 Zumba</p> | <p>23</p> <p>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</p>                                                  | <p>24</p> <p><b>9:00-2:00 Senior Conference</b><br/>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/>11:00 Cardio &amp; Weights<br/>11:00 Latino Comp. Club<br/>1:00 Wayside Water Aerobics<br/><b>2:00 TOO MUCH STUFF Seminar</b><br/>6:45 Zumba</p> | <p>25</p> <p>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)</p>                                                                                               |
| <p>28</p> <p><b>ART IN BLOOM TRIP</b><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</p> | <p>29</p> <p>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/>11:15 Pilates<br/><b>1:30-4:00 Podiatrist</b><br/><b>2:00 Bermuda Cruise Presentation</b><br/>6:15 Zumba</p>                                                     | <p>30</p> <p>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</p>                                                  |                                                                                                                                                                              |                                                                                                                                                                                                                                                 |

**COLLETTE VACATIONS & THE MARLBOROUGH COA  
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**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**

**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.

**THE TEMPTATIONS**

**When: Thursday, June 12th**

**Where: Venus De Milo**

**Meal Choice: Chicken Parmesan or Baked Haddock, Minestrone Soup, Vegetables, Breads, Desserts, Coffee/Tea**  
**Cost: \$79/pp includes Luncheon, show and transportation.**

Known for their choreography, distinct harmonies, and flashy wardrobe this is a group that has been influential to the R&B and soul music. 'My Girl, Just My Imagination' are just a few of their award winning hits.

**LADY BEA RIVER CRUISE**



**When: Thursday, June 26th**

**Where: South Hadley MA and then down the Connecticut River**

**Meal: Deerfield Inn's Champney Restaurant: Chicken Pot Pie,**

**Turkey Breast with Cranberry chutney, OR New England**

**Cost: \$108/pp includes transportation and lunch**

**Haddock w/ Butter Crumb Topping and Lemon Butter Sauce, Freshly Baked Rolls, Sweet Butter, Mixed Greens with Seasonal Vegetables, Dessert, Coffee and Tea.**

Begin your journey to So Hadley, MA to board the LADY BEA for a 90 minute cruise of the scenic Northern Connecticut River. Enjoy a mimosa and mini quiche on board. Lunch follows at Deerfield Inn Champney Restaurant. After lunch stop at the Kringle Candle and Christmas Barn for shopping.

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If you are prescribed an antibiotic, take it exactly as directed by your pharmacist, even if you start feeling better!

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**34TH ANNUAL SENIOR CONFERENCE**

Hosted by Senator Eldridge

When: April 24th

Time: 9:00 am – 2:00 pm

Where: Hudson High School

Workshops, Entertainment, Exhibits, Prizes, Speakers and Free Coffee, Donuts & Lunch!



**INFORMATIONAL MEETING: APRIL 29TH 2014 AT 2:00 PM AT THE SENIOR CENTER**  
**2015 Bermuda Cruise**

May 15 – 22, 2015

Onboard the brand new Norwegian Dawn. Trip includes: Roundtrip Deluxe Escorted Motorcoach Transfers, 8-Day Cruise on the Norwegian Dawn, Port Charges & Taxes, All Meals & Daily Entertainment Onboard the Ship, Portage on Arrival at the Pier, Full Time Tour Escort. Cost & details at Senior Center.

**THE MARLBORO DAY TRIPPERS TRAVEL GROUP IS GOING TO THE MEDIEVAL MANOR**

When: April 13, 2014

Where: Boston

This is where you eat with your fingers and are served and entertained by the "Royal Court." If you are interested in joining us on this festive outing please call Pauline Lynch @ 508-485-3741 or Robert Hall @ 508-481-6630 for more information.

**MONDAY'S BLUE PLATE SPECIALS**

Time: 12:30 pm

Sign up at the Senior Center Office by Friday-noon prior to Monday's Lunch. 508-485-6492.

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



**April 7: Northborough's Pickle Haus Deli** - Panini's, chips, beverage and dessert. Choice of Panini (see below), chips, half-sour pickle, beverage and dessert. **Arlington:** Smoked Turkey, Bacon, Cheddar Cheese, and Tomato on Multi-Grain; **Berkeley:** Tuna Salad, Cheddar Cheese, Bacon, and Tomato, on Thick-Sliced White Bread; **Clarendon:** Grilled Chicken Breast, Provolone, Red Roasted Pepper, Sun-Dried Tomato Spread on Focaccia; **Dartmouth:** Grilled Chicken Breast, Bacon, Tomato, and Cheddar on Multi-Grain bread; **Exeter:** Grilled Assorted Vegetables, Provolone, Tomato, and Roasted Red Pepper on Wrap. Cost: \$5.50

**April 14: Music and Lunch! (Assabet Culinary Arts Program):** Meatloaf, Potato, Chef's choice of Veggie, Salad, Rolls and Butter, and dessert. Music by **Miguel Melendez**. Mr. Melendez is a Marlborough resident. He plays a mix of classical, Latin jazz, flamenco and American jazz standards on the guitar. Cost \$5.

**April 21:** CLOSED FOR PATRIOT'S DAY

**April 28:** At **Pruller Restaurant:** 514 Lincoln St, Marlborough Incredible full Buffet including Rice, Veggies and Meats + Skewer of Brazilian BBQ of your choice: Chicken, Pork or Beef. Cost: \$6

**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, April 7, 2014 / May 5, 2014 / June 9, 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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### BEER

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

### LIQUOR

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

### WINE

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

### CHAMPAGNE/SPARKLING WINE

|                          |         |
|--------------------------|---------|
| KORBEL 750mL             | \$11.99 |
| LAMARCA PROSECCO 750mL   | \$10.99 |
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| MOET BRUT IMPERIAL 750mL | \$36.99 |

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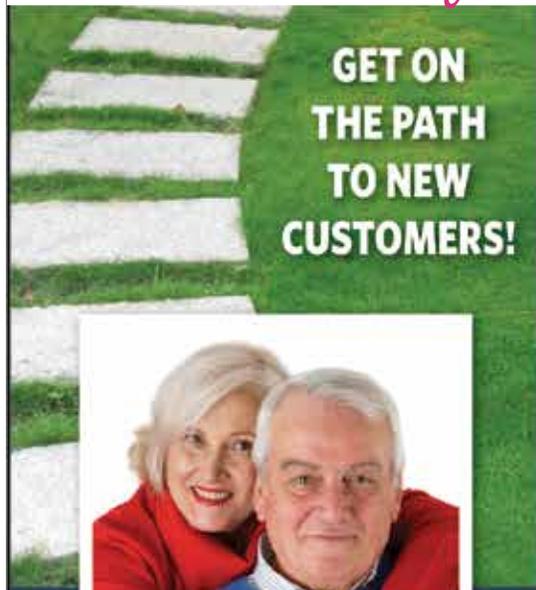
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# April is Parkinson's Awareness Month

## Hope Through Research, Education and Advocacy

Parkinson's disease is a movement disorder that is chronic and progressive, meaning that symptoms continue and worsen over time.

Nearly one million people in the US are living with Parkinson's disease. The cause is unknown, and although there is presently no cure, there are treatment options such as medication and surgery to manage its symptoms.

To learn more about Parkinson's or to learn how can you help spread the word, visit the Parkinson's Disease Foundation website at [www.pdf.org](http://www.pdf.org)



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 Monday & Friday 7:30 am - 4:00 pm  
 Tuesday - Thursday 7:30 am - 7:30 pm  
 Saturday 8:00 am - 2:00 pm

  
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