

# MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS | VOLUME 1, NO. 5, MAY, 2014

## *Boston Baseball History*

**GENTLEMAN AND LADIES: BACK BY POPULAR DEMAND BASEBALL HISTORIAN  
HERB CREHAN AND HIS FOUR WEEK CLASS ON BOSTON BASEBALL HISTORY (1871-2013).**



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# 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.

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**MAYOR'S CORNER**

The City of Marlborough recently hosted the March monthly meeting of the Massachusetts Mayor's Association (MMAA). The event was held at The TJX Companies campus and was without a doubt a great opportunity to showcase the economic renaissance going on in our city.

The MMAA meets each month in a different city to discuss some of the common issues we face as Mayors, including the state budget, the impacts of casino gaming, and public safety. These meetings present a great opportunity to exchange new ideas and solutions with colleagues from other cities and I have found them to be very informative.

At last month's meeting, I was honored to introduce as our Guest Speaker Mr. John Polanowicz, Massachusetts Secretary of the Executive Office of Health & Human Services. Secretary Polanowicz is known to many of us having served as CEO of Marlborough Hospital for eight years. Our group had an engaging discussion with the Secretary regarding the need for safe implementation of the state's medical marijuana regulations, homelessness and its impact on cities, and strategies for strengthening veterans' services.

Though we did not leave the meeting with solutions to all the problems we face, I drove back to City Hall reassured that while we, as elected officials, may not always agree on how best to tackle the issues that confront us, we are all united by two common goals: to improve our communities and the lives of the people in them.

Sincerely,



Standing L-R: MMA Executive Director Geoff Beckwith, Newton Mayor Setti Warren, Lawrence Mayor Daniel Rivera, Chicopee Mayor Richard Kos, Northampton Mayor David Narkewicz, Gloucester Mayor Carolyn Kirk, Malden Mayor Gary Christenson, Newburyport Mayor Donna Holaday, Marlborough Mayor Arthur Vigeant, Melrose Mayor Rob Dolan, Medford Mayor Michael McGlynn, Leominster Mayor Dean Mazzearella. Sitting: Salem Mayor Kimberly Driscoll, Gardner Mayor Mark Hawke, John Polanowicz - MA Secretary of Health & Human Services, Waltham Mayor Jeanette McCarthy.

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**SOMETHING TO ALWAYS BE MINDFUL OF...**

I recently received an email from a fellow senior center director regarding a Behavioral Code soon to be introduced in their center. She went on to say they had to expel two members from their center for what I would say in short was bullying. This issue has not been foreign to our center, as well as our senior housing, which is unfortunate, but a reality. I want to encourage our participants and those in the senior community to stop and listen to yourself before lashing out in frustration, loneliness, jealousy and/or anger at someone just because you can, or perhaps have done so before. Unfortunately, this week I had a participant from our BINGO come talk to me about how rude some ladies were to her. I apologized and asked if she could tell me more about what they said and she stated, "I would rather not. Let me see what happens next week" I accepted that response and encouraged her to please let me know how next week goes at BINGO and she said she would. I told her if the same behavior unfurls itself on her again to please let me know as I would like to address the situation with that person or persons so it does not happen again to her or anyone else. She looked at me and said, "There is nothing you can do." I assured her there were things that I could do if the situation indeed was unacceptable behavior to

this center. So what about a code of conduct or expulsion? As your director, what makes me want to do my best is that the members of our center deserve the very best, but disrespect, rudeness, and gossip is not what I consider to be our very best. So, I ask everyone to be mindful of how we treat each other, whether we just want to take our own frustration and anger out on someone else who perhaps just came to the center for a piano, photography or watercolor class or simply to join their friend for their first time at the center to enjoy a movie, exercise class, lunch and more.

On another note, more in keeping with our center, a special thanks to Richard Collins and Jeanne McGeough for a great St. Patrick's Day Party, Kenneth Robbins for helping me set-up the tables for Crafts in the Housing Community Room on the second floor, Janice Matson and Leslie Biggar for volunteering to pick-up seniors for special events away from the center, Diane Smith, Auditor for working overtime to help me with a grant (and I mean over-time), Mark Gibbs, IT Director for teaching two classes in April and May, Peggy Cahill for always trying to keep our center well stocked for lunches, parties, etc., and the Friends of the Marlborough Seniors for their continued financial support.

*Jennifer*

**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**

**May 5:** From Checkerboards - Ziti & Meatballs, Salad, Rolls, Butter, Dessert and Beverage - Cost \$5

**May 12:** Assabet Culinary Arts: Ham and cheese quiche, Caesar salad and strawberry shortcake. Cost is \$5

**May 19:** At Smashburger - Handcrafted burgers are smashed, seared and seasoned to order, using fresh, never frozen 100% Certified Angus Beef®. Whether you choose the Classic Smashburger or decide to create-your-own, the artisan buns, freshly chopped produce, flavorful sauces and variety of cheeses are designed to deliver a great-tasting, juicy burger you can taste in every bite. Cost \$10. (includes transportation and meal)

**May 26:** CLOSED FOR MEMORIAL DAY

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## OUTREACH DEPARTMENT NEWS

**Ana Cristina Oliveira**

### NEED HELP WITH PRESCRIPTION DRUG COSTS? PRESCRIPTION ADVANTAGE MAY BE YOUR ANSWER!



Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

#### Who can join?

If you are a Massachusetts resident, eligible for Medicare, and are:

- 65 years or older with an annual income at or less than \$58,350 for a single person or \$78,650 for a married couple

#### OR

- Under 65 years and disabled, with an annual income at or less than \$21,940 for a single person or \$29,572 for a married couple.

If you are 65 years or older and not eligible for Medicare, you can also join and there is **no income limit**. There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,010 for a single person

and \$47,190 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. Also, help is available from the SHINE program. Call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. 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.



## Charles River Medical Associates

**Vinay Kumar M.D. & Karen Guigno N.P.**  
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## HATS FOR OUR FRIENDS UNDERGOING CHEMOTHERAPY

To all our Knitters and Crocheters, **THANK YOU** so much for making the Chemo Hats, they have been very well received and we will continue with our project. We greatly appreciate all your talent and the patients do too! It is so good to make them HAPPY. They will also appreciate LAP ROBES if you would like to make one.

As a reminder, if anyone is interested in helping out, there will be patterns at the Senior Center just ask at the front desk.

Hats may also be dropped off at the center Monday through Fridays 8:00 AM to 4:00 PM. Finally, we gratefully accept yarn donations. Thanks Again,  
~ The Knit Crochet Group

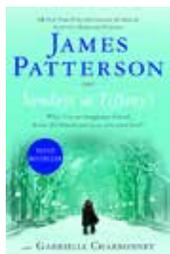
## GROUP PIANO LESSONS WITH DENNIS DEYO

**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.

## 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 May 20th is *Sundays at Tiffany's*, by James Patterson

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

- June 17th is *Once We Were Brothers*, by Ronald H. Balson
- July 15th is *My Life On A Plate*, by India Knight

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

## 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

### MAY CLASS THEMES

Welcome the Marvelous Month of May...with these magnificent yoga classes and themes

**May 6 & 9** - Improve mood and energy with core yoga

**May 13 & 16** - Gratitude - Heart centered yoga

**May 20 & 23** - Happiness - Laughter yoga

**May 27 & 30** - Freedom yoga

### 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!

### CRAFTS WITH LISA AND PAM

**Date: Friday, May 30th**  
**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!

### 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

## BOWLING TRIP!

**Date: Tuesday, May 20th**  
**Where: Sawyers' in Northborough**  
**Time: 11:00 am**  
**Sponsored by: Fitzgerald & Collins Funeral Home**

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

After 2 strings of bowling, we will meet at Mama's Pizzeria next door to the bowling alley for pizza and a beverage. This very popular time, spaces fill up early, so please drop by or call the Senior Center at **508-485-6492** to sign up.

## MOVIE TIME

**Leader: Peg Bouvier**  
**Day: Wednesdays**  
**Time: 1:00 pm**  
**Where: Senior Center**

Popcorn & refreshments are served and you don't have to stand in line! Where else can you find a good movie and be served those favorite movie snacks? This month's movie selections include the following:



### May 7th: It Happened One Night

- 1934, NR, 105 min.
- 3.9 stars
- Classic Musicals
- Clark Gable, Claudette Colbert



### May 14th: Quartet

- 2012, PG-13, 99 min.
- 3.7 stars
- Comedy
- Maggie Smith, Tom Courtenay, Billy Connolly, Pauline Collins, Michael Gambon



### May 21st:

#### People Like Us

- 2012, R, 115 min.
- 3.1 stars
- Drama
- Chris Pine, Elizabeth Banks, Olivia Wilde, Michelle Pfeiffer, Jon Favreau



### May 28th: Miracle on the Hudson

- 2012, PG-13, 96 min.
- 3.5 stars
- Documentary

## 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.*

### A WONDERFUL LIFE

Seniors know they are going to die. As we age, our friends and family members begin to die and we start feeling frail. "Someday", the way you think of death when you are younger, as out of view, beyond the horizon, turns into "any day."

Mostly we joke about it, much to the chagrin of our children. "You look great! You'll live forever," they say, but we know better than to believe that.

There is something fundamentally different, though, between knowing death is coming "soon" and knowing it is coming in a few months or maybe next year. People with a terminal illness are the ones most likely to be given that kind of clock: a few months, nine months to a year, maybe a little longer with various treatments. People react differently to this kind of diagnosis. We've all read about the "stages" we go through, from denial, to anger, to trying to make a deal with God, to depression, and finally, to acceptance. Last November, Attorney David Gadbois got that kind of diagnosis. We could all learn something from his reaction.

"NO TEARS" was the sign that he put up in his bedroom. He called his two children and told them that he wanted to be the one to tell his grandchildren that he had cancer and did not have long to live. He told his grandchildren that he believes in life after death, that he would always be with them. If they were struggling with a tough life decision, he told them, "Ask Pepere." He'd be there to answer. He told them, and many others, how lucky he feels to have lived a long life and to know when his life will end, so he can be ready.

When I found out about his illness, I told David that I wanted to do a testimonial in his honor, so that his children and grandchildren, and his many friends could come to show their appreciation for the tremendous good that he has done in this community, from the small things such as giving free legal advice and representation to veterans, to the big things like chairing the License and the Recreation Commissions. At first, he demurred. Then I suggested we make the testimonial a fundraiser for his favorite charity, The Boys and Girls Clubs of MetroWest. He dove in with both feet.

That testimonial, which was held in March, drew a sold-out crowd of 450 people and raised about \$225,000, a record in Marlborough. The testimonial program was packed with speakers, from his son and grandson to his friends and colleagues, regaling the audience with stories about the wonderful life of this man. Then David spoke.

Anyone who has faced death, or knows someone who has, or who fears it (in other words, everyone) should hear that speech. I had it taped and you can see it on my YouTube Channel, "Elder Law with Frank and Mary."

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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**LEGAL CLINIC WITH ARTHUR Bergeron: "What will happen to your body after you die?"****When: Thursday, May 13th****Time: 1:00 – 2:00 pm****Where: Marlborough Senior Center**

Join Attorney Bergeron and his invited guests to discuss funeral arrangements, pre-need contracts, cremation, organ donation, burial plots, all you need to know about where your body will go after you die and how you can control the process. Lunch will be provided. Please call early to reserve your seat: **508-485-6492**.

**GENTLEMAN & LADIES: BACK BY POPULAR DEMAND BASEBALL HISTORIAN HERB CREHAN AND HIS FOUR WEEK CLASS ON BOSTON BASEBALL HISTORY (1871-2013)****When: Thursdays: May 22, 29 and June 12 and June 19th****Time: 2:00 pm****Where: The Senior Center, 250 Main Street, Marlborough**

This course tells the story of professional baseball in Boston from the first game of the Boston Red Stockings, who were the predecessors of the Boston Braves, through the Boston Red Sox of today. Our discussions during the four weekly sessions will center on the players who played in Boston and the significance of baseball on the culture of Boston and New England. Sessions will be broken into four periods of Boston Baseball History:

**I: The early years (1871 - 1903)** - included a review of the origins of baseball and the myth that Abner Doubleday invented baseball, the domination of baseball by the Boston Nationals, the formation of the Boston Americans, who we know and love as the Red Sox today, and their victory in the first World Series in 1903.

**II: 1912 - late 1930's** - included the opening of Fenway Park in 1912, the new Braves Field, the Red Sox four World Championships from 1912 to 1918, and the "Miracle Braves" of 1914 and the beginning of the "Yawkey Era"

**III: 1946 - the mid 1970's**- included the return of Red Sox and Braves players from service in World War II, and the first Red Sox World Series appearance since 1918, The 1948 season, the Braves move to Milwaukee, Ted Williams, the foundation of the Red Sox Nation, and the 1975 World Series.

**IV: 1980's - 2013** - Included the heartbreak of Game Six of the 1986 World Series, the successes of icons Jim Rice, Wade Boggs, and Roger Clemens, highlight of the 2004, 2007 and 2013 World Champion Boston Red Sox and our predictions for the next Red Sox World Championship.

**MY LIFE, MY HEALTH - SELF-MANAGEMENT****When: Thursdays, Beginning May 1st & continuing every Thursday until June 5th****Time: 1:00 - 3:30 pm****Where: Marlborough Senior Center - 250 Main Street, Marlborough**

The Callahan Center will be hosting a **free six-week program on chronic disease self-management**, a participant education program developed by Stanford University. The class is for adults living with and/or caring for someone with a chronic disease. The sessions are geared to help manage and educate participants and are led by professionals with chronic diseases themselves. Subjects covered in the sessions include:

- Techniques to deal with problems such as fatigue, frustration, pain and isolation
- Appropriate use of medications
- How to communicate effectively with family, friends and medical professionals
- Nutrition tips and advice
- Decision making
- How to evaluate new treatments

The program will meet once a week on Thursdays, beginning May 1st. Each participant will also receive a companion book, "Living a Healthy Life With Chronic Conditions," and an audio relaxation CD.

Classes and parking are free. Advance registration is required. For more info or to register, call Tina at **508-485-6492 Ext 10**.

**BARBECUE AT JERICHO HILL COME KICK OFF SUMMER AT A JERICHO HILL BARBECUE****When: Tuesday, May 27th****Time: 12:30 pm****Where: Jericho Hill, 496 Brigham St, Marlborough****Cost: \$5**

This will be a **Southern Style BBQ**, which is chicken with BBQ sauce, **NOT** hot dogs and hamburgers, included will be cornbread, coleslaw, beverages and dessert. A special thank you to our sponsor **Marlborough Hills Healthcare Center** who will supply the Coleslaw and pies...yum, yum! **Be sure to call and let us know you're coming! 508-485-6492.**

**STRIKE 1, STRIKE 2, STRIKE 3... IT'S TIME FOR SOME BASEBALL!****When: Tuesday, May 20th****Time: Bus leaves the Senior Center at 10:30 am for a 12:05 pm game****Cost: \$20.00 includes transportation and ticket to the game**

Pawtucket Red Sox Baseball fans we are calling all to join our Men's Group this month for a baseball game on May 20th at 12:05 to watch the Scanton/Wilkes Rail Riders game. We will leave the center at 10:30. **We have group seats in Box 9 for 30 true baseball fans**, okay ladies it is your time to show who the real baseball fans are here at the center. Go Bruins! (ha, ha I mean Red Sox)

**WELCOME VETERANS AND THEIR FAMILIES: In recognition of Memorial Day and to honor your loved ones**

**who selflessly honored their country we invite you to join us for a special viewing of the movie HONOR FLIGHT.**

**When: Friday, May 16th****Time: 12:30 pm****Where: The Senior Center, 250 Main Street, Marlborough**

**Honor Flight** is a heartwarming documentary about four living World War II veterans and a Midwest community coming together to give them the trip of a lifetime. Volunteers race against the clock to fly thousands of WWII veterans to Washington, DC to see the memorial constructed for them in 2004, nearly 60 years after their epic struggle.

We hope you join us for this wonderful afternoon. Pizza and Beverage will be provided by the ITAMVETS. Please call to save your seat **508-485-6492** for this special event.

**PEOPLE'S UNITED BANK IS COMING...BRING YOUR BANKING QUESTIONS, DOOR PRIZES, REFRESHMENT AND PERHAPS SOME BANKING TRIVIA****When: Thursday, May 15th****Time: 2:00 pm****Where: The Senior Center, 250 Main Street, Marlborough**

Come join Rosanne Elworthy, Financial Services Manager of our Main Street Branch and her team members for an afternoon of learning, fun and financial answers. You might learn something or simply get that question answered in the convenience of the senior center. Please RSVP to let us know you're coming - **508-485-6492**. Hope to see you there.

**COME JOIN US FOR A FUN EVENING OF DINNER AND ORIGINAL CABERET SHOW "SWEET SWING" RIGHT HERE AT THE SENIOR CENTER.**

**When: Wednesday, May 7th**

**Time: 5:30 pm**

**Where: The Senior Center**

**Meal: Baked Stuffed Shrimp OR Roasted Beef Sirloin w/Rice Pilaf, steamed vegetables medley & dessert**  
**Cost: \$10**



Come and see your center transformed into a night on the town featuring a plated dinner from THE Epicurean Room and a show with Gail Gallagher.

Singer and actress, Gail Gallagher, is best known for her cabaret shows in which she combines song and narrative that transform beloved songs into lively theatrical pieces. Each show is a timeless journey through romance and nostalgia, featuring the musical best of Hollywood, Broadway and the Big Bands.

"Sweet Swing" celebrates the American Songbook. Harold Arlen, Irving Berlin, George Gershwin, Jerome Kern, Richard Rodgers and Glenn Miller and his Orchestra. These musical magicians wrote songs that hitched the rhythm of our bodies to the longings of our heart. Come tap and sway to the sounds of "The Swing Era"!

Gail has performed for hundreds of audiences in venues including concert halls, colleges, hotels, music festivals and retirement communities in the Boston and New York areas, Florida and across the country. Her original cabaret acts and her CD, "Warm as a Late Spring Day," have won praise from music and theatre critics alike, among them VARIETY, the Boston Herald and PBS radio and TV. Gail has also been awarded eleven concert grants from the National Endowment for the Arts through the Massachusetts Arts Council and served as an Artist-in-Residence with the Theatre Company of Boston.

Please RSVP to this very special event **508-485-6492**. Let us know if you will need a ride.

**YES, THERE IS HELP WITH YOUR DENTAL NEEDS**

**When: Friday, May 2nd**

**Time: 2:00 pm**

**Where: The Senior Center, 250 Main Street, Marlborough**

You are invited to attend the informative session about oral health and dental prevention with guest speakers from "Great Smiles on the Go!" **Donna Paschalides**, a certified public health dental hygienist, who will inform and answer all your questions related to dental care or dental insurance concerns that you may have. **Ryana Dutra**, also a certified public health dental hygienist will help provide solutions to your dental needs and act as an advocate for both the Spanish and Portuguese communities. We will also be signing people up for appointments that will start in June.

Services that we can provide for you at the Senior Center are:

- Dental Cleanings, Oral Cancer Screenings, Fluoride Varnishes, Denture maintenance, etc.

## 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](http://www.homehelpers.cc/watertown58454)





### **PODIATRIST APPOINTMENTS WITH DR. CORMIER**

**Where: Senior Center**

**Day: Tuesday, May 6th**

**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, May 21st**

**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**.

### **FISH VOLUNTEER DRIVING SERVICE**

FISH Marlborough is a volunteer service that provides no cost rides to medical appointments for seniors when friends or family cannot. More volunteer drivers are always needed! If you can spare several hours every few weeks, you can be a FISH driver. You select the rides that fit your schedule and there is no obligation to accept rides. For more information call the phone number below and leave a message. FISH covers the following communities: Those over 65 that are "Friends of Marlborough Seniors" or are residents at Marlborough Public Housing, Christopher Heights, Academy Knolls, Marlborough Hills Healthcare, Villages at Crane Meadows, Marlborough Villages East or are veterans referred by the Veterans Agent. To schedule a ride call **508-485-6492 ext. 11** one week in advance and leave your name, phone number and date/time of the appointment and you will be contacted.



### **SECOND SATURDAY**

**Date: Saturday, May 10th**

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, May 2, 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.



**THE WALKING WONDERS**

Come join the "Walking Wonders" for a trek around Ghiloni Park. We will meet at Ghiloni Park in the parking lot by the playground. Walking Days are Mondays and Wednesdays at 8:30 am starting on May 12th. If you need a ride, we will meet in the lobby of the Senior Center at 8:15. Please call Susan Maki at **508-485-6492** if you would like to join us for some fresh air and exercise.

**FRIENDLY VISITOR VOLUNTEERS**

Our Friendly Visitor meeting for May is Wednesday, May 14th 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.

- 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

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

**CELEBRATING  
20 YEARS  
OF BUSINESS**

**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 and you must register at least **3 days** ahead of your trip. **Cost per each way is \$1** which you may put in payment box on the bus.

**MAY, 2014**

10:05 am - 1:50 pm

Monday	May 5	Solomon Pond Mall
Monday	May 12	Wal-Mart
Monday	May 19	Ocean State Job Lot
Monday	May 26	HOLIDAY
Tuesday	May 6	Market Basket & BJs
Tuesday	May 13	Regal Cinema
Tuesday	May 20	Sudbury Farms
Tuesday	May 27	Wegman's
Friday	May 30	Super Buffet, Marlborough

**Sudoku**

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

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

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DIFFICULTY: ★☆☆☆☆

**Answer to April 2014 Sudoku**

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

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

**CROSSWORD PUZZLE**

- ACROSS**
- 1 Lamb's pen name
  - 5 Knot lace
  - 8 Maori seagoing canoe
  - 12 Concentrated (abbr.)
  - 13 Cheer
  - 14 King killed by Samuel
  - 15 Ger. exclamation
  - 16 Malt liquor
  - 17 Tibetan priest
  - 18 Serpent worship
  - 20 Helm
  - 22 Old Irish counterfeit coin
  - 23 Bustle
  - 24 Marvel
  - 28 Of the eye
  - 32 One-spot
  - 33 Tree
  - 35 Amer. Cancer Society (abbr.)
  - 36 Greek letter
  - 39 Arp
  - 42 Camel hair cloth
  - 44 Science class
  - 45 Evaluate
  - 48 Plant filament
  - 52 Legume
  - 53 Warp yarn
  - 55 S.A. toucan
  - 56 Geological epoch
  - 57 No (Scot.)
  - 58 Included (abbr.)
  - 59 Jack-in-the-pulpit
  - 60 Pub fare
  - 61 Blind in falconry
- DOWN**
- 1 Spoken alphabet letter
  - 2 Circular turn
  - 3 Move little by little
  - 4 Canna plant
  - 5 Tread
  - 6 Mulberry of

**ANSWER TO PREVIOUS PUZZLE**

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

- India
- 7 Greek letter
- 8 Smash
- 9 Bedouin headband cord
- 10 Ridge created by a glacier
- 11 Seaweed
- 19 Skin vesicle
- 21 Artificial language
- 24 Brit. halfpenny
- 25 Amazon tributary
- 26 Rapid eye movement (abbr.)
- 27 Ancient times
- 29 Jap. porgy
- 30 Science of (suf.)
- 31 Central standard time (abbr.)
- 34 Drone (2 words)
- 37 Bacchante
- 38 Absolute (abbr.)
- 40 Arabic letter
- 41 Fortification of felled trees
- 43 Hindu prayer position
- 45 Father: Hebrew
- 46 Cauterize
- 47 Room (Sp.)
- 49 Accent
- 50 Lo (Lat.)
- 51 Bun
- 54 Formal dance (Fr.)

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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## Friends of the Marlborough Senior Center

The Board of Friends of The Marlborough Seniors would like to thank the generous sponsors of The Giving Tree. Thank you very much to our \$500.00 sponsors: **Digital Federal Credit Union, St. Mary's Credit Union, Fitzgerald & Collins Funeral Home, John P. Rowe Funeral Home, Christopher Heights of Marlborough, Whitney Place Assisted Living Residences, Bouvier Pharmacy Inc., Marlborough Hills Healthcare Center;** and thank you to **Avidia Bank** for their \$100.00 donation. We appreciate your support. We also want to thank **Richard Holland** of Marlborough for his assistance, talent, and time with hanging The Giving Tree in the Senior Center Office. This will certainly have its special place in our new Senior Center. Thank you to everyone for your continued support on the Friends fundraising efforts. Stay tuned for further information on upcoming fundraising events.

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.

*Terry Lozouski*

*Lorraine Spinazzola*

*In Memory of*

***Nancy Ricciuti:***

*The Barreira Families, Breault Family, and Cleveland Family*

### 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, 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!

## 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.

For Pick-Up Only.

**508-485-3033**  
280 Main Street  
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**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

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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

**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**  
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**Auntie Anne's**

**FREE PRETZEL**

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

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

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**SORENTOS**  
ITALIAN GOURMET

**\$5 OFF**

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**508-486-0090**  
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**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 5/31/14.

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.

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(With & Without Metal)
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- Deep Cleaning-Scaling & Root Planning
- Patient Education

## Marlborough Seniors New Patient Special!

**\$90 for Comprehensive Exam,  
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**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)

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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



## ORAL CANCER: BASIC OVERVIEW, RISK FACTORS, & SYMPTOMS

Of all the cancers diagnosed each year in the United States, Oral Cancer accounts for 2 to 4 percent. Even though 2-4% may not seem a lot in contrast to other cancers, the problem with oral cancer is the survival rate! In the past 50 years, the survival rate from oral and pharyngeal cancer after five years of diagnosis is approximately 50-55 percent and it has NOT improved due to late-stage diagnosis. Annually in the US, there are about 36,000 new cases of cancer in the oral cavity (region from the lips to the start of the tonsils) with the majority occurring in men (~25,000) than women (~11,000). Every year, 8,000 people die of cancer of the oral cavity. The average age at diagnosis for this cancer is around 62 years.

The main risk factors associated with oral cancer are tobacco and alcohol use and the risk is increased ~40-fold when they are used together. In the U.S., African American men are diagnosed more frequently compared to rest of the population. The death rate among African American men with oral cancer is double the death rate of staged matched Caucasian patients.

Common sites that have a high risk of oral cancer in the mouth include the tongue (lateral sides) and floor of the mouth. Less common sites are the gingiva (gum tissue) which account for ~10% of all oral cancers.

Symptoms of oral cancers are not always obvious and/or painful and that is why it is important to see your dentist every 6 months for a check-up so he/she can perform the 90-second oral cancer-screening test. There are many different symptoms of oral cancer with a non-healing ulcer or wound being the first presenting symptom. Other suspicious oral cancer symptoms are white or red spots, loose teeth, increased mouth pain, bleeding mouth sores, poor fitting dentures, ear pain, non-healing extraction socket, lip or tongue numbness, change in speech or lump in neck, and difficulty/painful swallowing. REMEMBER, many of these symptoms are also associated with dry sockets, bone loss, tooth infections, etc. and that is why it is important to be screened every 6 months by your dentist. I always tell my patients that if you see something suspicious in your mouth wait 3 weeks or 21 days because that is how long it takes for the connective tissue in your mouth to heal so if you have a white or red lesion/ulcer in your mouth that is not healing for more than 3 weeks, see your dentist immediately for evaluation.

After you finish this article, please do not stress or worry that every possible cut, wound, white or red spot in the mouth is potential cancer but I hope you understand how important seeing your dentist regularly can be because it only takes 90 seconds to determine the difference between life or death. The rates of oral cancers are increasing and recent studies have shown of all the men and women born today, ~1% will be diagnosed with oral cancer. Even though the median age of diagnosis is 62, there has been a rise of younger people being diagnosed with HPV-related tumors in the mouth and they don't have the traditional oral cancer risks factors. Recent studies have also shown a link between HPV and oral cancer but the correlation is still yet to be defined.

Please remember, prevention is the best medicine and simply visiting your dentist twice a year can help with early detection and increase in survival rate.

*Eric G. Piascik, DMD*

# DO IT THE MEDITERRANEAN WAY



May is International Mediterranean Diet Month, an observance promoted by the Mediterranean Foods Alliance and Oldways—a non-profit organization whose mission “is to guide people to good health through heritage.”

The Mediterranean diet has been widely promoted, with the support of scientific studies, as one of the healthiest ways of eating. Yet another major study\*, released from Spain last year, reinforced the healthy benefits of following a Mediterranean diet—especially to prevent heart disease and strokes. Researchers concluded that people on the Mediterranean diet were 30% less likely to develop cardiovascular disease than those on a general low-fat diet. That’s a significant finding.

As explained on the Oldways website ([www.oldwayspt.org](http://www.oldwayspt.org)), “The Mediterranean diet is a way of eating based on the traditional foods (and drinks) of the countries surrounding the Mediterranean Sea. The Mediterranean diet is not a diet, as in “go on a diet,” even though it is a great way to lose weight or improve your health. Rather, it is a lifestyle— including foods, activities, meals with friends and family, and wine in moderation with meals.”

## EXACTLY WHAT IS THE MEDITERRANEAN APPROACH? IT IS GENERALLY EASY TO FOLLOW:

### EAT MORE OF THESE FOODS:

- Fruits and vegetables
- Nuts (walnuts, almonds, hazelnuts, etc.)
- Legumes (green beans, peas, beans, lentils)
- Whole-grain cereals and pasta
- Some fish and poultry
- Olive oil

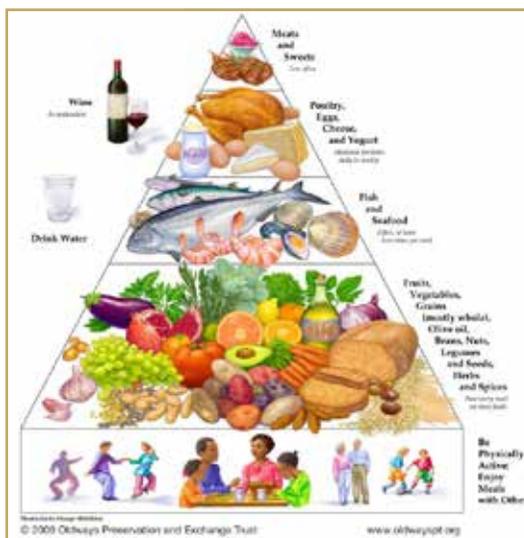
### EAT LESS OF THESE FOODS:

- Dairy products
- Sweets
- Spreadable fats like butter and margarine
- Red meat
- Processed meats (ham, bacon, pastrami, sausages, hot dogs and luncheon meats)

You can migrate to a more Mediterranean diet with small changes, such as forgoing meat one or two days a week, trying a new vegetable every week, cooking with olive oil and switching to whole-grain pasta. This is a great time of year to start!

And, remember, the Mediterranean lifestyle also includes regular physical activity—so get moving, too! (Talk with your doctor about whether the Mediterranean approach is appropriate for you based on your current medical condition.)

\* “Primary Prevention of Cardiovascular Disease with a Mediterranean Diet,” published February 26, 2013 in the New England Journal of Medicine Online at [nejm.org/doi/full/10.1056/NEJMoa1200303](http://nejm.org/doi/full/10.1056/NEJMoa1200303).



### MORE ABOUT THE MEDITERRANEAN WAY

To help people understand the Mediterranean Diet, Oldways developed the Mediterranean Diet Pyramid, with the help of the Harvard School of Public Health and many scientists from Mediterranean countries and the US.

The bottom of the pyramid emphasizes being physically active and enjoying meals with others. Fruits, vegetables, whole grains, olive oil, beans, nuts,

legumes and herbs and spices are the bulk of your healthy diet. Moving up the pyramid, you’re encouraged to eat fish and seafood often, at least twice a week.

Eat moderate portions of poultry, eggs, cheese and yogurt daily to weekly, and eat meats and sweets only occasionally. Drink water often and wine in moderation.

On the Oldways website ([www.oldwayspt.org](http://www.oldwayspt.org)), you’ll find a tip sheet from dietitians for eating Mediterranean-style at home, as well as a brochure, recipes, a shopping list and other resources for healthier eating. Check it out!

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| MONDAY                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h1>May 2014</h1>                                                                                                          |                                                                                                                                                                            |                                                                                                                                                                                                                          | 1                                                                                                                                                                                                                                      | 2                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                           |                                                                                                                                                                            |                                                                                                                                                                                                                          | 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><b>1:00 My Life, My Health</b><br><b>1:00 Wayside Water Aerobics</b><br>6:45 Zumba                                       | 8:30 Cribbage<br><b>9:00 - 3:30 Mani/pedi &amp; reflexology appts</b><br>9:00 Chair Yoga<br>10:15 Tai-Chi<br>1:00 Computer Club<br>1:30 PITCH<br><b>2:00 Dental Seminar</b><br>BIG COOKIE DAY!<br>Sponsored by Christopher Heights Assisted Living |
| 5                                                                                                                                                                                                         | 6                                                                                                                                                                          | 7                                                                                                                                                                                                                        | 8                                                                                                                                                                                                                                      | 9                                                                                                                                                                                                                                                  |
| 8:30 Walking Wonders<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 | 9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>11:15 Pilates<br><b>1:30-4:00 Podiatrists</b><br>6:15 Zumba                                                             | 8:30 Walking Wonders<br>9:00 30/30 Exercise<br>9:00 Multicultural Computer Club<br>10:15 Bingo<br>12:30 Bingo<br>1:00 Movie time<br><b>1:00 Wayside Water Aerobics</b><br><b>5:30 Dinner/Cabaret Show</b>                | 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><b>1:00 My Life, My Health</b><br><b>1:00 Wayside Water Aerobics</b><br>6:45 Zumba                                       | 8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br>1:00 Computer Club<br>1:30 PITCH<br><b>4:15 Friends Board Mtg.</b>                                                                                                                            |
| 12                                                                                                                                                                                                        | 13                                                                                                                                                                         | 14                                                                                                                                                                                                                       | 15                                                                                                                                                                                                                                     | 16                                                                                                                                                                                                                                                 |
| 8:30 Walking Wonders<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 | <b>8:45 COA Board Meeting - Walker Bldg, 1st flr</b><br>9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>11:15 Pilates<br><b>1:00 Legal Clinic</b><br>6:15 Zumba         | 8:30 Walking Wonders<br><b>9:00 Friendly Visitor Mtg - Coffee Loft</b><br>9:00 30/30 Exercise<br>9:00 Multicultural Computer Club<br>10:15 Bingo<br>12:30 Bingo<br>1:00 Movie Time<br><b>1:00 Wayside Water Aerobics</b> | 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><b>1:00 My Life, My Health</b><br><b>1:00 Wayside Water Aerobics</b><br><b>2:00 Banking Seminar</b><br>6:45 Zumba        | 8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br><b>12:30 Veterans Pizza &amp; Movie</b><br>1:00 Computer Club                                                                                                                                 |
| 19                                                                                                                                                                                                        | 20                                                                                                                                                                         | 21                                                                                                                                                                                                                       | 22                                                                                                                                                                                                                                     | 23                                                                                                                                                                                                                                                 |
| 8:30 Walking Wonders<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 | 9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br><b>10:30 PawSox Game</b><br><b>11:00 Bowling</b><br>11:15 Pilates-at the Library<br><b>1:00 Book Club</b><br>6:15 Zumba | 8:30 Walking Wonders<br>9:00 30/30 Exercise<br>9:00 Multicultural Computer Club<br>10:15 Bingo<br>12:30 Bingo<br><b>12:30 Trip to see Play: Regency Theater</b><br>1:00 Movie Time<br><b>1:00 Wayside Water Aerobics</b> | 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><b>1:00 My Life, My Health</b><br><b>1:00 Wayside Water Aerobics</b><br><b>2:00 Baseball History Class</b><br>6:45 Zumba | 8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br>1:00 Computer Club<br>1:30 PITCH                                                                                                                                                              |
| 26                                                                                                                                                                                                        | 27                                                                                                                                                                         | 28                                                                                                                                                                                                                       | 29                                                                                                                                                                                                                                     | 30                                                                                                                                                                                                                                                 |
| <b>CLOSED FOR MEMORIAL DAY</b>                                                                                                                                                                            | 9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>11:15 Pilates<br><b>12:30 Jericho Hill Picnic</b><br><b>2:00 Tenant Meeting</b><br>6:15 Zumba                           | 8:30 Walking Wonders<br>9:00 30/30 Exercise<br>9:00 Multicultural Computer Club<br>10:15 Bingo<br>12:30 Bingo<br>1:00 Movie Time<br><b>1:00 Wayside Water Aerobics</b>                                                   | 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><b>1:00 My Life, My Health</b><br><b>1:00 Wayside Water Aerobics</b><br><b>2:00 Baseball History Class</b><br>6:45 Zumba | 8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br>1:00 Computer Club<br><b>1:00 Craft Time</b><br>1:30 PITCH (At                                                                                                                                |

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**Where: Venus De Milo**

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

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

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.

**.....**  
**THE MARLBORO DAY TRIPPERS TRAVEL GROUP PRESENTS:  
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We start the day with a ride to Middlefield, CT and stop at Lyman Orchard Barrel where lots of goodies await. From there we head to Oliver's Tavern where a wonderful lunch awaits. After lunch it is a short ride to the Essex Station where we will board our train for a ride up the CT River to meet our boat, The Becky Thatcher. We will continue north on the river until we meet our coach for the trip home.

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- Drug allergies
- Interactions with other drugs you are taking
- Incorrect drug dosage or length of treatment
- Therapeutic duplication with other drugs being taken
- Inappropriate use of a drug

You can also talk with your pharmacist about any questions you have about a particular medication. And be sure to share with him or her a list of over-the-counter supplements or herbal medications you may be taking, as the pharmacist can check to make sure these don't interact with any prescription medications you are taking.

Like your physician, your pharmacist, as a key member of your healthcare team, is required to keep all patient information confidential.

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# Pet Summer Care

When it's warm outside, extra precautions are required to ensure your pet's well-being. Follow these tips to keep your pet safe and happy during these warm months.

## THE OUTDOOR FACTOR

Whenever possible it is best that animals live indoors. For cats they are less likely to get into trouble, whether it is other cats or larger animals. If your cat does live an indoor/outdoor lifestyle it is best to try and convince them to come in at night to keep them safe from would be predators.



In the summer months there is also the concern of elevated temperatures. Cats are better at finding shaded areas to hide in, but dogs are at a very high risk for heat stroke/exhaustion. If your dog spends their days outside, they should have a shaded, sheltered, area that is large enough for them to move about freely. As temperatures rise, so does the risk of dehydration. Dogs and cats should ALWAYS have access to fresh drinking water.

There are signs to look out for when talking about overheating. Dogs and cats expel heat through their tongues and paw pads. They do not have sweat glands all over their bodies like humans. If you see your pet panting excessively even while lying around outside, you should bring them into a cooler environment and encourage water consumption.

When traveling with your pets in the car, it is best to have air conditioning running as opposed to the windows down. Dogs who stick their heads out the windows can have things blown into their eyes causing injuries. It is important to consider that the inside of your car heats up exponentially faster once the air conditioning is not running. Even cracking a window does not let in enough cool air to maintain a safe or comfortable temperature in the summer months. When running errands during the hot weather it is best to leave your pets at home.

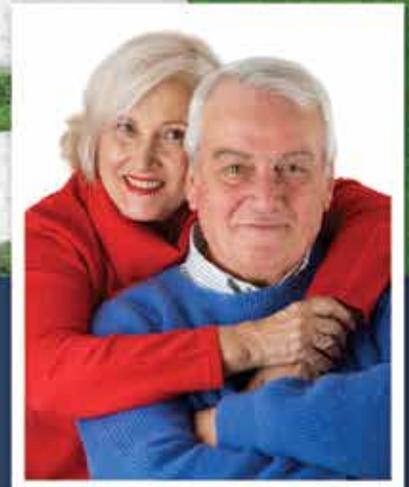
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## CONTROLAR A DIABETES

A Diabetes é uma doença multifatorial, cujo

tratamento depende da conjugação de três fatores: alimentação, atividade física e medicação.

Em geral, a **alimentação dos diabéticos** deve ser tão **equilibrada, variada e completa** como a alimentação de qualquer indivíduo saudável. À luz do conhecimento atual, não se justifica aconselhar as pessoas diabéticas a não comer hidratos de carbono. De fato, é importante que incluam na alimentação diária o consumo de hortícolas, frutos, cereais de grão inteiro e leguminosas, todos ricos em hidratos de carbono, mas igualmente ricos em fibra alimentar, vitaminas, minerais, antioxidantes e outras substâncias protetoras.

Apesar dos diabéticos não estarem absolutamente proibidos de ingerir açúcar ou alimentos adocicados, convém lembrar que estes alimentos, além de contribuírem para uma rápida subida da glicemia (açúcar no sangue), apresentam, normalmente, uma elevada densidade calórica, e, simultaneamente, défices de fibras, vitaminas e minerais. Por isso, não acrescentam qualquer valor a uma alimentação que se pretende saudável, além de contribuírem para o aumento de peso.

**Toda a pessoa considerada diabética** deve ter um plano alimentar individualizado, adaptado às suas condições de vida e equilibrado, quer em quantidade, quer em qualidade, em função do seu peso de referência, sexo e idade.

O **objetivo nutricional** será evitar ou minimizar as flutuações extremas de glicemia, atingir um perfil lipídico que reduza o risco de doença cardiovascular, contribuir para níveis de pressão arterial normais e ajudar a reduzir a evolução de certas complicações microvasculares, as renais em particular.

## ÁGUA ZUMBA PARA LATINOS



Dia 28 de Abril tivemos início a nossa primeira sessão de Água Zumba para Latinos na piscina da academia do Marriott Hotel para pessoas latinas acima de 60 anos de idade residentes de Marlborough. Água Zumba é uma nova experiência de fitness na água, adaptando os movimentos latim para uma aula de estilo descontraído. Essa aula irá tonificar seus músculos e dar-lhe um treinamento cardiovascular enquanto se diverte. A Água Zumba é ministrada pela instrutora Wilma Feliciano que fala espanhol. A primeira sessão consiste em 10 aulas semanais, tdas as segundas- feiras com uma hora de duração. O preço é de \$20 por pessoa com pagamento antecipado.

## CAFÉ DA TARDE EM HOMENAGEM AS MÃES

Quinta-feira, dia 8 de Maio as 2:00 pm, estaremos oferecendo um Café da tarde muito especial para todas as mães da Terceira Idade da língua portuguesa e espana, para comemoramos o seu dia que é tão especial. Venha saborear: deliciosos pães de queijo, bolos e broas caseiras, e também ter uma tarde de descontração. Ligue para Ana Cristina Oliveira (508-485-6492x14) e reserve seu lugar e nos deixe saber se necessitará de transporte.

## AULA DE INGLÊS

**Aulas de inglês de nível básico todas as terças e quintas-feiras.**

**9:00 - 11:00 am**

**Aula de Zumba**

**Toda terças e quintas**

**6:30 pm - 7:30 pm**

O **Marlborough Senior Center** é um ponto de encontro para pessoas da Terceira Idade fazerem atividades físicas e participarem de eventos sociais para que envelheçam com dignidade.

## VENHAM PARTICIPAR!!!!

**Há ajuda com suas necessidades dentais**

Que você está convidado a participar na sessão informativa sobre saúde bucal e prevenção dentária com palestrantes convidados de "Grandes sorrisos em movimento"...



Donna Paschalides, uma dentista de saúde pública certificada, informa e responde a todas as perguntas relacionadas ao atendimento odontológico ou preocupações de seguros dentais que você pode ter. Ryana Dutra, também uma certificado público de saúde dentista pode ajudar fornecer soluções para suas necessidades dentais e agir como um defensor para o espanhol e o Português de comunidades. **Serviços que podemos oferecer para você:**

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