

# MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS VOLUME 1, NO. 11, NOVEMBER 2014

## ELEVENTH ANNUAL *Holiday Craft Fair*

On November 8th join us for a festive event which is open to the public and features holiday gift selections of beautiful handmade crafts and delicious homemade baked goods! Bakers are still needed to bake cookies, cakes, brownies, cupcakes and more. Sponsored by the Friends of the Marlborough Seniors.

Special Thanks to our  
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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.

## MARLBOROUGH COUNCIL ON AGING & SENIOR CENTER

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

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## BACK BY POPULAR DEMAND MARLBOROUGH LION'S CLUB IS BRINGING BACK THEIR POPULAR SPAGHETTI DINNER

**When: Sunday, Nov. 9th**

**Time: Two seatings: 4:00 - 5:00 PM OR 5:00 - 6:00 PM**

**Cost: Free to Marlborough residents age 60 and over, \$5 for adults and \$2 for teens and younger**

Entertainment will be music artist Tommy Rull performing at both seatings. This program is supported in part by **a grant from the Marlborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.**

*The mission of the Lions Club is to empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs.*



## Fun at the Scallop Festival!



Big Cookie Day sponsored by Christopher Heights - An Assisted Living Community



*The hustle and bustle of the holiday season is upon us*

It is hard to believe that the holiday season is around the corner already. The year has flown by and what a lot of exercising, learning and fun we've had here at the center. Be sure you don't miss any of the upcoming activities that we've planned for you: Kicking off our holiday season is the eleventh annual Holiday Craft Fair. Be sure to stop in and see some spectacular vendors, buy some home baked goods, visit the always popular jewelry table and even enter a raffle for some wonderful prizes. Come early, do a little shopping and have a nice homemade lunch in the Holiday Café. This event is a fundraiser for our center so be sure to come out and support it. Be sure to get your ticket early for the annual Thanksgiving Luncheon at the Epicurean Room sponsored by the COA. This annual event is always a crowd pleaser with delicious food and plenty of time to catch up and chat with friends. We also have planned some concerts, some theater entertainment and many learning seminars. Think about signing up for the healthy crock-pot cooking for one or two, presented by Hannaford nutritionist Karen White and have a chance to win a small crock-pot in which to make the recipes. All that is just in November and we've got plenty planned for December as well. Be sure to save the date December 11th for the Holiday Party. Dinner, provided by Kennedy's will be served here in our multipurpose room and pianist, Jeffery Moore will be on hand to entertain. Lot's more coming so keep an eye out for them and we look forward to seeing you!

The Staff and I wish you and your families a safe and wonderful Thanksgiving and joyous holiday season!

*Jennifer*

**TO ALL OUR KNITTERS AND CROCHETERS**

A note from the knit crochet group. It's that time again... there is a great need for lap robes so we will be concentrating on those for our project over the next few months. For all of you who have participated in our past projects we are very grateful for the time and dedication you put into your pieces and the patients are too. As we have said in the past, you are the greatest! As a reminder, the knit and crochet group can use clean unused yarn of any kind and will gladly accept all donations.

*Thank You, The Knit Crochet Group*



**MONDAY'S BLUE PLATE SPECIALS** all lunches are at 12:30

**November 3: From Superior Pie:** Chicken Parmesan, Beans, Rice and Salad, Rolls and Butter, Beverage and Dessert - Cost: \$6.00

**November 10: Let's Go To Chick-fil-A** (286 Turnpike Rd, Westborough) - \$7.00  
If you need a ride let us know when you sign up.

**November 17: From Assabet:** Traditional Meatloaf, Mashed Potatoes, Sweet Corn and Peppers, Rolls and Butter, Salad, beverage and dessert \$6.00

**November 24: From Assabet:** Chicken Broccoli Ziti Alfredo, Salad, Rolls and Butter, beverage and dessert \$6.00

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



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CONTINUUM OF CARE

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

## OUTREACH DEPARTMENT NEWS

Ana Cristina Oliveira

### FUEL ASSISTANCE PROGRAM 2015

Are you in need of help with your fuel bills this heating season? SMOG Fuel Assistance Program may be able to help. The following information is required when applying for fuel assistance:

1. Current 30 day income documentation from application date, including copies of all fixed income checks, such as Social Security, SSI and veterans benefits; pensions, 1099s forms, pay stubs, interest/dividend income. For self-employment: current complete federal tax returns form 1040 & Schedule C. For rental income: current complete tax form 1040 & Schedule E.
2. Names and Social Security numbers of all household members.
3. Addresses verification: photo ID for head of household, driver's license, bills, etc.
4. Copies of heating and electrical bills.
5. Regular or subsidized leases, mortgage documentation and real state tax bill.
6. Any person ages 18 or over must be income documented.

Eligibility is based on total gross household income and number of people in the house. Check income guidelines below and see you are eligible or know someone, who may be eligible, please call our office for information on how to apply

### Income Guidelines FY 2015

Family size | Gross Income

1	\$32,618
2	\$42,654
3	\$52,691
4	\$62,727
5	\$72,763



### \*\*\* IMPORTANT REMINDER \*\*\*

**The Medicare Open Enrollment ends on December 7th! Don't Wait Until It's Too Late! Make a SHINE Appointment Now!**

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Assistance 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.

For Medicare related matters (other than an appointment), 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 return your call within 2 days.

For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE to speak to a Medicare customer service representative.

## TRIPS

### YOU'RE IN FOR A TREAT: BEST OF TIMES IS PROUD TO BRING TO OUR STAGE ONE OF THE MOST POPULAR VOCAL GROUPS IN HISTORY - THE LETTERMEN

Thurs., November 13th At Mohegan Sun, CT  
Cost: \$79

We begin our day at Mohegan Sun Casino where each traveler will receive a \$30 Casino Gaming Package\*: Includes (\$20 Free Slot Play/or Free Bet & \$10 Meal Voucher Good at Any Eating Facility at Mohegan Sun) \*The Mohegan Sun Casino reserves the right to modify Gaming Packages without prior notice. We then head to the Garde Arts Theatre in New London, CT to see this magnificent show. Sign up for this holiday event at the Senior Center.



### WRIGHT'S FARM & LA SALETTE LIGHTS

Thursday, December 4th

Leave Senior Center at 10:00 AM. Return at 7:00 PM

Cost: \$59

Depart this morning on your luxury CD/DVD/WiFi Silver Fox Coach. Join your friends on a delightful holiday tour combining full course luncheon at Wright's Chicken Farm Restaurant and the magnificent Christmas Lights display at LaSalette Shrine. You will arrive at Wrights Chicken Farm where a full course luncheon is included featuring their all you can eat Chicken, Pasta, Salad, Dessert, Beverage and Rolls. From there, a real spectacle awaits you at LaSalette Shrine, where New England's largest and most colorful Christmas light display is held. You'll arrive here at 4:00 where Father Pat conducts his daily Christmas Choral Concert. At 5:00 PM, over 400,000 lights will be on display for your enjoyment and delight. You'll return home at 7:00 PM with enlivened holiday spirits after visiting beautiful LaSalette Shrine. Sign up for this holiday event at the Senior Center.

### THE MARLBORO DAY TRIPPERS TRAVEL GROUP YANKEE CANDLE SHOP AND LUNCH AT CHANDLER'S RESTAURANT

Sunday, November 16th

Leave from the WALMART Parking Lot in Hudson and traveling to Deerfield, MA

On our way we will make one stop at **Richardson's Candy Kitchen** where we will find a wonderful display of fine candy's to buy. Then we will proceed to Chandler's Restaurant for a great lunch. After lunch we will visit the **Yankee Candle Shop** to look at and buy many of the year round candles as well as seasonal favorites. You may also like to visit Santa's Wonderland, an old fashion German Style village and walk through the Black Forest for Christmas collectables and ornaments, etc. On our way home we will stop at the Old Deerfield Country Store reminiscent of the country store of yesteryear. Cost of this trip is \$69 Payment is due by November 7th. Departure time is 8:30 AM, return home approximately 5:30 PM. Please make check payable to Robert Hall and Mail to Paulina Lynch, 69 Tremont St. Marlborough, MA 01752 Or call **508-485-3741**.

## DENTAL SERVICES COMING TO THE SENIOR CENTER!

**When: Friday, November 21st**

**Time: Appointments 9:00 AM - 1:30 PM**

Donna Paschalides and Ryana Dutra, certified public health dental hygienists, will help provide solutions to your dental needs and act as an advocate for you. Services that we can provide for you: Dental Cleanings, Fluoride Varnishes, Denture Maintenance and Oral Cancer Screenings. We hope you find this service helpful and convenient. We know you will like Donna and Ryana as they are personable, knowledgeable and excited to serve you. **Call the Senior Center for more information on date and appointment times at 508-485-6492.**

## MANICURES, PEDICURES AND REFLEXOLOGY SESSIONS WITH VERONICA THOMPSON FROM GREAT KNEADS

**When: Every 2nd Wednesday**

**Time: Appointments 9:00 AM - 3:30 PM**

**Where: Senior Center**

Veronica Thompson, a state licensed Manicurist, certified Master Reflexologist and certified Advanced Nail Technician, will be at the Senior Center every first Wednesday of each month to provide manicures, pedicures and reflexology services. For more information on the services Veronica offers and the costs pick up a flier at the Senior Center. All costs are paid directly to Veronica at the time of your appointment. These appointments have been going fast so call early to reserve a spot at **978-407-7658**.

## GROUP PIANO LESSONS WITH DENNIS DEYO

**When: Mondays**

**Time: 9:00 AM**

**Where: Senior Center Multipurpose Room**

**Call the Senior Center to sign up at 508-485-6492.**

## BOOK CLUB

**When: Every 3rd Tuesday of the month**  
**Time: 1:00 PM, at the Senior Center**

All are welcome to join, for more information call: **508-485-5580**.

Join Sheila Brecken and others who enjoy reading and discussing a good book. This month's book for November 18th is *Island Practice* by Pam Belluck. If you want to get ahead on your reading, the book for December 16th is *An Invisible Thread* by Laura Schoff and Alex Trensniowski.

## BOWLING TRIP!

**When: Tuesday, November 18th**

**Where: Sawyers' in Northborough**

**Time: 11:00 AM**

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

Teams will be organized once we get a final count of who has time to "spare" to have another great time together for only \$3.00. After 2 strings of bowling, we will meet at Mama's Pizzeria next door to the bowling alley for pizza and a beverage. Spaces fill up early, so please drop by the Senior Center to sign up.

## COMPUTER CLUB

**Every Friday at 1:00 - 3:00 PM**

**At the Senior Center**

Everyone is welcome. Bring your laptop or tablet or use one we have at the center. Bring your questions or something you've learned and share.



## YOGA CLASSES AT MARLBORO SENIOR CENTER

Yoga has many health benefits. It strengthens bones and muscles and improves posture and balance, reduces high blood pressure, lowers stress, improves memory and brain functioning, and overall physical and emotional well-being.

### Gentle Hatha Yoga

**Tuesdays 9:00 - 9:45 AM**

### Gentle Chair Yoga

**Tuesdays 10:00 - 10:45 AM**

### Strengthening Chair Yoga

**Fridays 9:00 - 10:00 AM**

### November Class Themes

November is a month of Giving Thanks. Try our YOGA classes as a way to take care of yourself, as we enter this busy time of year!

**Week of Nov. 3-7th: Yoga for Mind/Body BALANCE (focused and strong)**

**Week of Nov. 10-14th: Yoga to Relieve STRESS (calm and centered)**

**Week of Nov. 17- 21st: Yoga for SELF-CARE - (being Thankful and Grateful)**

**Week of Nov. 24- 26th: FLOW Yoga (breath and movement)**

## TAI-CHI FOR HEALTH AND BETTER AGING

**When: Fridays**

**Time: 10:15 AM**

Tai Chi is a joint safety activity that can help you take control of your physical, emotional and mental health and improve your life. Tai Chi involves slow, gentle moves that can be done while seated or standing, deep breathing and stretching while moving in a sequential "dance." Tai Chi is appropriate for 99% of people seeking a joint-safe program and has been proven to reduce pain and stiffness and improve mobility, breathing and relaxation. These are all important to anyone who suffers from arthritis or any other joint disease. Tai Chi may also improve memory, concentration, coordination, muscle strength, stamina and depression. Tai Chi may help reduce stress and increase circulation and heart and lung function. No pre-registration needed. A \$3 donation per class is requested.

## MOVIE TIME

**Day: Wednesdays at 1:00 PM**  
**at the Senior Center**

Join Peg Bouvier for movie time! Popcorn & refreshments are served and you don't have to stand in line! This month's movie selections include the following:



### November 5th: *Roman Holiday*

- 1953, NR, 118 min.  
- 3.0 stars  
- Classics  
- Gregory Peck, Audrey Hepburn, Eddie Albert



### November 12th: *Mud*

- 2012, PG-13, 130 min.  
- 3.5 stars  
- Drama  
- Matthew McConaughey, Reese Witherspoon



### November 19th: *Now You See Me*

- 2013, PG-13, 116 min.  
- 4.25 stars  
- Thrillers  
- Morgan Freeman, Isla Fisher

**November 26th: No movie due to early closing for Thanksgiving**



## ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

**Question:** How soon should I get my flu vaccine?



**Answer:** The vaccine takes up to 2 weeks to provide protection, so most recommend anytime from September to October is optimal to protect you for the whole season. Influenza ("flu") is a contagious disease that spreads around the U.S. every winter, usually between October and May. Flu is caused by the influenza virus and can be spread by coughing, sneezing and close contact.



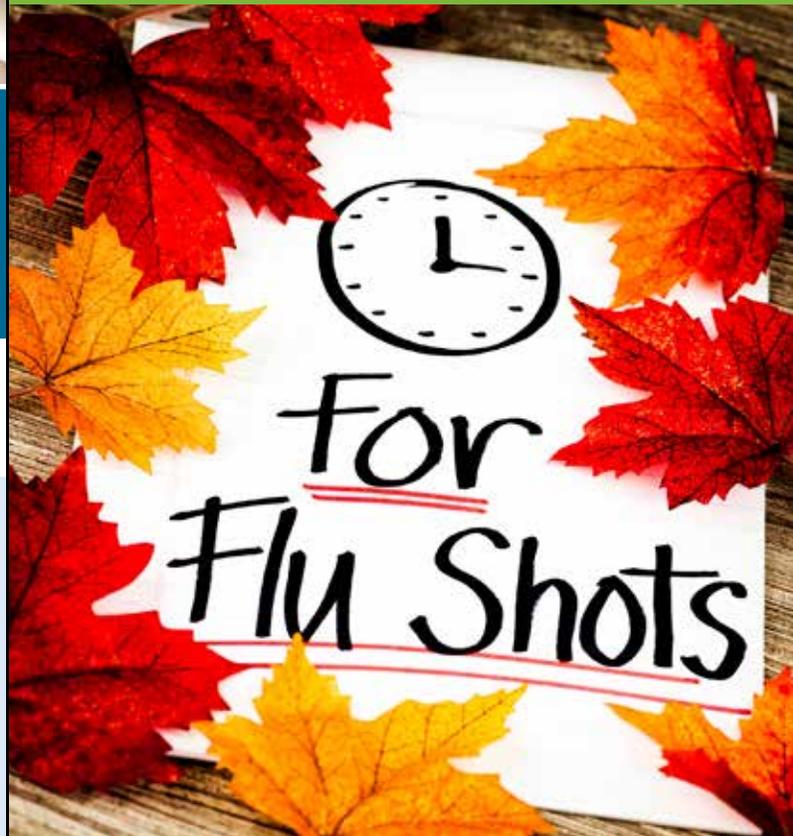
Anyone can get flu, but the risk of getting flu is highest among children. Symptoms come on suddenly and may last several days. They can include:

- Fever/chills • Sore throat • Muscle aches
- Fatigue • Cough • Headache • Runny or stuffy nose

Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions such as heart, lung or kidney disease, or a weakened immune system. Flu vaccine is especially important for these people and anyone in close contact with them. Flu can also lead to pneumonia and make existing medical conditions worse. It can cause diarrhea and seizures in children. Each year thousands of people in the U.S. die from flu, and many more are hospitalized.

Flu vaccine is the best protection we have from flu and its complications. It also helps prevent spreading flu from person to person.

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



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

## ELEVENTH ANNUAL HOLIDAY CRAFT FAIR

The Friends of the Marlborough Seniors  
**When:** Saturday, November 8th  
**Time:** 9:00 AM - 3:00 PM  
**Where:** Marlborough Senior Center,  
 250 Main Street, Marlborough, MA

This festive event is open to the public and will feature holiday gift selections of beautiful handmade crafts and delicious homemade baked goods!

**Bakers are needed to bake cookies, cakes, brownies, cupcakes and more.**

We ask that donors wrap and identify their baked goods which must be clearly marked if they contain peanut butter or nuts of any kind. Goodies may be dropped off at the Senior Center on Friday, November 7th in the evening from 4:00 - 7:00 PM, & Saturday morning after 8:00 AM. Any questions please contact Craft Fair Coordinator Judy Jewett (508-485-0785).

## THANKSGIVING DINNER TOGETHER AT THE EPICUREAN ROOM

**When:** Tuesday, November 18th  
**Time:** 12:00 PM  
**Where:** The Epicurean Room at Assabet High School

**Traditional Turkey Dinner includes: Chefs choice of soup, Turkey, Mashed Potatoes, Dressing, Gravy, Squash, Cranberry Sauce, Rolls & Butter, and Apple Crisp, Coffee and Tea**

Please join us for this wonderful time to catch up with friends and enjoy our Thanksgiving together.

Friends Members: \$10.00 / Non-Friends Members: \$12.00. Purchase Tickets at the Senior Center. \*A tip basket will be passed for our young waiters.

## LEGAL CLINIC WITH ARTHUR BERGERON

Living with Alzheimer's: Staying Home and Staying Safe  
**When:** Wednesday, November 5th  
**Time:** 1:00 PM  
**Where:** The Senior Center

In this seminar, Attorney Arthur Bergeron of Mirick O'Connell and representatives from the Alzheimer's Association and BayPath Elder Services will talk about strategies and programs to help you stay home and stay safe even if you or your loved one is suffering from mild to moderate dementia.

## MEN'S GROUP

**When:** Thursday, November 13th  
**Time:** 12:30 PM  
**Where:** Halfway Café  
**Cost:** \$10



Get ready for another enjoyable afternoon. This month join the Men's Group for some great eats and drinks along with some trivia and prizes at the Halfway Café located at 820 Boston Post Rd E, Marlborough. Be sure to sign up at the Senior Center so we know you're coming. Be sure to let us know when you sign up if you'll need a ride.

## ATTENTION ALL BRIDGE PLAYERS:

**Duplicate Bridge is starting at the Marlborough Senior Center**  
**When:** Mondays  
**Time:** 1:45 - 4:45 PM  
**Where:** Senior Center,  
 250 Main St. in Marlborough

If you are interested in playing please contact Jay Levine at 508-481-8353 so that we have boards and space for all. Refreshments will be provided.

\*\*\* In a few of months, Duplicate Bridge will be held at the new senior center at 12:30 - 3:30. \*\*\*

## THE ORIGINAL MRS. DRINKWATER PRESENTS... A COMEDIC ONE-WOMAN SHOW BY LAURA BELLUSCI

**When:** Thursday, November 20th  
**Where:** Senior Center  
**Time:** 2:00 PM

Meet Mrs. Drinkwater, a delightful character living in Boston's Little Italy in the 1950's. Mrs. Drinkwater is feisty and full of common sense ... her world revolves around her family and friends in her Boston Italian neighborhood.

Laura Bellusci, the actress and writer who brings Mrs. D to life on stage draws on her experience growing up in an Italian-American family in East Boston, but you don't have to be Italian to enjoy the fun! Cookies and beverage will be served. Please call the Senior Center to reserve a seat.

## JOIN US FOR DINNER & A SHOW: New Rep Theater presents - Of Mice and Men

**When:** Wednesday, November 12th  
**Time:** 5:30 PM  
**Where:** Senior Center

The New Rep Theater will be at the Senior Center to perform Of Mice & Men. John Steinbeck's classic follows George and simple-minded Lennie, walking the highways of California in search of jobs to make ends meet. Surrounded by the Depression, the dream of having their own farm keeps them drifting from town to town. But that dream is lost when Lennie unknowingly jeopardizes everything. Dinner will be from Assabet's Epicurean Room and will include Baked Scrod or Herb Roasted Chicken, Glazed Carrots, Rice Pilaf, Rolls and Butter, Salad, beverage and for dessert Bread Pudding, Coffee and Tea. The cost for this event is \$8.00 Be sure to register for this special event at the Senior Center

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## COME JOIN US FOR A GAME OF SCRABBLE

**When:** Every Tuesday  
**Time:** 1:00 PM  
**Where:** Senior Center

If you're interested in playing please sign up or call the Senior Center **508-485-6492** so we can be sure to have enough boards and seats for all.

## COLONIAL GARDEN CLUB

**When:** Thursday, November 6th  
**Time:** 2:00 PM  
**Where:** The Senior Center

Come and see some of Falls beautiful bounty as members of Marlborough's Colonial Garden Club lead a class on making cornucopias. There are a limited number of seats (19 total) so be sure to sign up early at the Senior Center.

## JOIN HANNAFORD NUTRITIONIST, KAREN WHITE FOR A TASTY AFTERNOON OF CROCK POT COOKING FOR ONE (OR TWO)...

**When:** Friday, November 21st  
**Time:** 1:30 PM  
**Where:** Senior Center

Karen White is back with another healthy and comforting food seminar. She will be demonstrating recipes that you can quickly and easily put together in a crock-pot but not have to make enough to feed an army. She will also show us how to make a simple and tasty Fall's dessert that will be perfect for the coming holidays.

We will also be raffling off a small crock pot so you can try your new recipes at home. Be sure to join us for all the fun. RSVP at the Senior Center to attend this event.

## STRING-SWING!

**When:** Tuesday, November 25th  
**Where:** Senior Center  
**Time:** 2:00 PM

String-Swing, with Rob Natoli, Frank Moore and Joe McEachern, is an entertaining band of guitar players, performing swing music from the big band era of the '20s and '30s. Dessert and Coffee or Tea will be served. Be sure to call to reserve a seat at the Senior Center.

## CRAFT TIME WITH LISA AND PAM

**When:** Friday, November 14th  
**Time:** 1:00 PM  
**Where:** Senior Center

Join Marlborough Senior Center's very own crafting Dynamic Duo for this month's holiday craft! Be sure to sign up so that we have enough supplies, seats and yummys available.

## VIVA MELHOR

### TRASTORNO AFECTIVO ESTACIONAL

Existen tratamientos eficaces para la depresión que incluyen antidepresivos y psicoterapia. La mayoría de las personas mejora más rápidamente si utiliza ambos.

Algunas personas experimentan cambios de humor graves durante el invierno, cuando hay menos luz solar. Esta condición se llama trastorno afectivo estacional o TAE. TAE es un tipo de depresión. Suele mejorar en primavera y verano.

No todas las personas que sufren de TAE tienen los mismos síntomas. Estos incluyen

- Tristeza, ansiedad o sentimientos de "vacío"
- Sentimientos de desesperanza y/o pesimismo
- Sentimientos de culpa, inutilidad o impotencia
- Irritabilidad, desasosiego
- Pérdida de interés en actividades que antes solía disfrutar
- Cansancio y disminución de energía
- Dificultad para concentrarse, recordar detalles y tomar decisiones
- Dificultad para dormir o dormir demasiado
- Cambios de peso
- Pensamientos de muerte o suicidio

El trastorno afectivo estacional puede ser tratado efectivamente con terapia con luz (fototerapia). Pero casi la mitad de las personas con TAE no responde solamente a la terapia con luz. Los antidepresivos y psicoterapia pueden reducir los síntomas de TAE, ya sean solos o en combinación con fototerapia.

**Clases de Ciudadanía todos los martes las 11:00 AM**

**Aula de Ingles básico - Martes - 9:00 - 11:00 AM**

**Aula de Zumba- Martes e Jueves - 6:30 PM**

**Aula de informática- Martes - 10:00 - 12:00 PM**



# CHRISTOPHER HEIGHTS of Marlborough

## AN ASSISTED LIVING COMMUNITY



*Our doors are always open!*

Visit our website at [www.christopherheights.com](http://www.christopherheights.com)  
and take a virtual tour of our neighborhood.

- Financial options to help you
- 1.5 hours of daily assistance with personal care needs
- Medication reminders
- Safety checks
- 3 chef prepared meals daily
- Laundry & housekeeping
- A full social calendar

**No Hidden Fees - The Christopher Heights Difference!**

99 Pleasant Street, Marlborough, MA 01752

**Call for a tour - 508.281.8001**

**PODIATRIST****Appointments with****Dr. Cormier****Where: Senior Center****When: Tuesday,****November 18th****Time: Appointments start at 1:30 PM and go until 3:30 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**.

**SECOND SATURDAY****Date: November 8th**

Do you need some minor repairs to your home or some extra helping hands around your home or apartment? "Second Saturday" is a resource (originating out of Grace Baptist Church in Hudson) that is available in our community to low-income seniors. This outreach program assists in moving or setting up new households, yard work, light repairs and housekeeping. Our volunteers can also assist in transitioning from a home or apartment to an assisted living facility or nursing home. Also, if you have donations of furniture, small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship. **Requests must be received by Thursday, October 30th 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 within a few days. **We have a special call for Lift Chairs. If you have one to donate for someone in need please give Barbara McGuire a call.**

**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. 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.

**LOW VISION GATHERING****When: Wednesday, November 19th****Where: St. Matthias Church, 409****Hemenway Street****Time: 10:00 AM - 12:00 PM**

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

**NEXT STEPS, THE COA'S CABLE SHOW - SEE IT ON COMCAST CHANNEL 8 AND VERIZON CHANNEL 34****Sundays @ 5:00 PM****Mondays @ 10:00 AM & 4:30 PM****Tuesdays @ 3:30 PM****Wednesdays @ 7:00 PM & 10:00 PM****Thursdays @ 3:30 PM & 7:30 PM****Fridays @ 10:00 AM****GREETING CARDS**

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

**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.

**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.

**MEDICAL EQUIPMENT LOAN PROGRAMS**

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

**LIFELINE**

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

**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**.

**WELLNESS CLINIC****Day: Every Thursday****Time: 9:00 - 11:00 AM**

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

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

**THE PEABODY  
ESSEX MUSEUM  
- CALDER AND  
ABSTRACTION:  
FROM AVANT-GARDE  
TO ICONIC**

America's first global entrepreneurs brought back extraordinary works of art and culture that formed the basis of the Peabody Essex Museum. Today the museum's collection is among the finest of its kind, showcasing an unrivaled spectrum of New England art, architecture, and maritime art in addition to outstanding Asian, Asian export, and Native American.



Alexander Calder's abstract works revolutionized modern sculpture and made him one of the most celebrated artists of the 20th century. In collaboration with the Calder Foundation, this exhibition brings together forty of the artist's mobiles to explore how Alexander Calder introduced the visual vocabulary of the French Surrealists into the American vernacular. Calder produced a body of work that for beauty, spiritual equilibrium, and sheer invention has few equals in the 20th century.

There has been an effort over the past twenty years to reestablish Calder's reputation as one of the pioneers of modern art. This is Calder's first museum show in the Boston area since the 1950's.

**The trip to the Peabody Essex Museum will take place on Wednesday, November 19th at 10:00. The cost of the trip is: \$34.00 (includes ticket and transportation)**

Be sure to sign up at the Senior Center if you are interested in attending this exciting exhibition.

**BOSTON BALLET- THE NUTCRACKER**

The Boston Ballet's award-winning **The Nutcracker**, choreographed by Nissinen, has been performed annually for 42 years. Over 35 performances employ the talents of the entire company and more than 250 Boston Ballet School students who perform in the production every year. In 2009 Boston Ballet's **The Nutcracker** was voted "Best-Loved Nutcracker Production in the U.S."



Follow Clara's adventures as she battles a giant Rat King and transforms her Nutcracker doll into a Prince. Together they visit a magical land of dancing snowflakes, a Sugar Plum Fairy, and a celebration that takes her around the world in a single night.

**The trip to the Boston Ballet will take place on Thursday, December 18th at noon.** Cost is still in process and can be obtained by calling the Senior Center or in next month's Seniors on the Go. Seats are limited, so please sign up at the Senior Center if you are interested in attending this timeless ballet.

**PEER SUPPORT GROUP**

A Peer Support Group for individuals who have issues with hoarding will begin in October. E-mail ClearPathMa@gmail.com or call the Marlborough Senior Center at **508-485-6492** for information on the date and location.

**LIBRARY**

The library is no longer in need of puzzles, since we have recently received a large assortment. Please leave books at the front office instead of the library.

**FRIENDLY VISITOR VOLUNTEERS MEETING**

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



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Hills** Healthcare  
Center

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- Complex Medical Care
- Long-term Care
- Alzheimer's Care

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www.marlboroughhills.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 **pick one up at the Senior Center or call 508-485-6492 and ask for ext. 33** which is the Transportation line for the senior center's transportation program.

We have information available at the senior center that explains all of the transportation options for seniors living in the Marlborough community. Please remember this transportation program works on a first come first served basis. **Donation Policy: This service is provided in part by a grant through Bay Path Elder Services, Executive Office of Elder Affairs using Title III Older American Act Funding. Due to federal funding being used for this service, we are providing a "voluntary donation opportunity" to continue and further enhance this transportation program. Your participation in this voluntary donation will by no means inform or influence this delivery service. Enjoy your ride!**

NOVEMBER 2014 - 3 BUSINESS DAYS' NOTICE REQUIRED		
9:30 AM - 12:30 PM		
Monday	November 3	WAL-MART (Hudson)
Monday	November 10	Sudbury Farms
Monday	November 17	Christmas Tree Shop
Monday	November 24	Target (Marlborough)
Tuesday	November 4	Market Basket & BJs (Hudson)
Tuesday	November 11	SAVERS (Marlborough)
Tuesday	November 18	Price Rite (Worcester)
Tuesday	November 25	Hannaford's (Marlborough)
Friday	November 21	O'Connor's
Monday	December 1	WAL-MART (Hudson)
Monday	December 8	Sudbury Farms
Tuesday	December 2	Market Basket & BJs (Hudson)
Tuesday	December 9	SAVERS (Marlborough)

**Sudoku**

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

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

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DIFFICULTY: ★★☆☆☆

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

Answer to October 2014 Sudoku



**CROSSWORD PUZZLE**

- ACROSS**
- 1 Cocoon insect
  - 5 Former Korean president
  - 9 Genetic letters
  - 12 Dunlin bird
  - 13 Male noble
  - 14 Edible root
  - 15 Sayings (suf.)
  - 16 Vex
  - 18 Having (suf.)
  - 20 Shout
  - 21 Formula
  - 23 Fish with bait on the surface
  - 24 Buddhist monk in nirvana
  - 25 Held a session
  - 26 Offense
  - 29 Trouble
  - 30 Mortar mixer
  - 31 Shoshonean
  - 32 River into the North Sea
  - 33 Cistern
  - 34 Oriental
  - 36 Month abbr.
  - 37 Jot
- DOWN**
- 1 Greek letter
  - 2 Caribbean lizard
  - 3 Card game
  - 4 Abbey (Sp.)
  - 5 Queen (Fr.)
  - 6 Stag
  - 7 Slip
  - 8 Educe
  - 9 Old Eng. gold piece
  - 10 National (abbr.)
- ACROSS**
- 38 Fetish
  - 40 Fundamental
  - 41 Incense ingredient
  - 43 Rubbish: Brit.
  - 46 Anecdotes
  - 47 Work (Sp.)
  - 48 United States Dept. of Agriculture (abbr.)
  - 49 Ten decibels
  - 50 Corner
  - 51 Wampum

ANSWER TO PREVIOUS PUZZLE

B	A	I	N	POP	A	T	I	C
E	L	L	E	U	M	E	P	A
D	I	S	A	G	R	E	A	M
E	T	A	OLIVE	A	S	B		
			DAO	EVER				
C	I	P	O	L	I	N	ARADO	
P	L	E	B	N	A	P	I	C
I	S	T	L	E	G	R	A	C
			T	A	L	C	E	L
E	R	Y	F	A	B	L	E	I
C	A	S	A	S	E	A	E	A
U	N	I	T	C	A	T	B	O
A	I	N	E	A	N	E	T	R

- 11 Soul or spirit (Fr.)
- 17 Flap
- 19 Choose
- 21 Electric catfish
- 22 Great Lake
- 23 Flat fish
- 25 Pouch
- 26 Bag
- 27 Italic (abbr.)
- 28 Haw. goose
- 30 Mortar beater
- 33 Seamark
- 34 S.A. sloths
- 35 Rile (2 words)
- 36 Coniferous tree
- 37 Muslim divorce
- 38 Without (Ger.)
- 39 Semitic deity
- 40 Pressure (pref.)
- 41 Public vehicle
- 42 Or best offer (abbr.)
- 44 Food and Drug Admin. (abbr.)
- 45 Cigarette: Brit. slang

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		

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A11

# Friends of the Marlborough Senior Center

Hello Everyone,

Please join us for our annual Craft Fair to be held on Saturday, November 8th, 2014 from 9:00 AM to 3:00 PM at the Senior Center. Attendance is free and lunch will be for sale in the craft room. There will also be a raffle and bake sale. Hope to see you there!

The Board of Friends of The Marlborough Seniors is the fundraising entity for the Marlborough Senior Center. Our job is to assist in efforts to raise funds that enhance the activity of the Senior Center, thus improving the quality of life for seniors in our community. In January, the Board will be holding its annual meeting and elections for the new Board. The newly elected Board will serve for a 2 year term from January 2015 through December 2017. We encourage you to consider serving on the Board. If you have an interest in serving, please provide a letter of interest including your qualifications and contact information. You can mail this to: Tammy Pozerycki, President, Board of Friends of The Marlborough Seniors, 195 Reservoir Street, Marlborough, MA 01752. The Nomination Committee will then contact you. Hope you all have a wonderful month and Happy Thanksgiving!

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.

*June Veinot  
Patricia Wilson  
Helen Gagliardi*

## 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, November 10th,  
and December 8th.**

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



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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 11/30/14.



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Est. 1964

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

**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 11/30/14.



**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 11/30/14.



**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 11/30/14.



**Welly's  
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**\$5 OFF**  
any purchase of \$20 or more

**508-281-2091**  
[www.wellysrestaurant.com](http://www.wellysrestaurant.com)  
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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 11/30/14.



## MEDICAL RESPITE PROGRAM

*When Care Givers Need to Take a Break...*

For your own peace of mind and well-being, it's important to allow yourself time off without worry. That is why we offer Short Term Respite Care.

This program is designed for care givers who need a safe, protected environment for the seniors in their care for a short period of time – whether it be a weekend away, a business trip, or a much needed vacation.

Moreover, during their respite stay, our various disciplines of care will work with your loved one to improve their quality of life and their ability to perform activities of daily living through assessments and training. And of course we provide everything you'd expect to make them comfortable: delicious meals under the guidance of a registered dietician, skilled nursing care, medication management, and assistance with activities of daily living in a safe environment.

- 24-Hour Nursing Care
- Medication Management
- Social and Therapeutic Activities
- Dietary and Social Service Assessments
- No Minimum Stay Required
- Special Rate Applies

*Whether it be a weekend away, a business trip or an opportunity to have your loved one assessed and monitored by our caring team, call our admissions department today to learn more about the benefits of our program.*

  
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*Center for Health & Rehabilitation*

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



# Run, Spot, Run!

See Spot run. Spot's having fun...or is he? Just as running isn't the sport for everyone, it's not the sport for every dog. Even if your dog seems to love chasing things and running around the yard, that doesn't mean your pooch will take to running.

The pros of a canine running partner can be numerous. Many runners say their dog enjoys running and helps keep them motivated - after all, you might be able to shrug off your human workout partner's teasing when you skip a workout, but it's tough to ignore the expectant look of a canine workout partner (or their cold nose against your skin, which is much more effective than an alarm clock!). It can be great exercise and, given our two- and four-legged populations' trend toward being overweight, it's pretty clear we all need more exercise. Running can also be a good bonding experience for both of you.

That said, there is a downside to running with your canine companion. For one, running injuries aren't restricted to two-legged runners. Remember that you're most likely wearing well-padded shoes that provide support and cushion when you run, but your dog is barefoot. Being barefoot isn't that tough when a dog is running on grass or other natural ground surfaces, but running on concrete, asphalt, gravel or other hard surfaces can put a lot of stress on your dog's body and can put them at risk of injury to their legs, paws or paw pads.



Your dog's breed (or predominant breed) may play a role, too. Keep in mind that a Husky or other breed with a thick hair coat might be much happier in cold weather and pretty miserable in the heat, but a short-coated dog such as a greyhound or whippet might need to wear a jacket to run in cooler weather.

If you have a short-nosed (the technical term is "brachycephalic") dog, such as a pug, boxer, mastiff or bulldog (for a longer list, check out the Wikipedia entry), running may be too risky. These dogs have abnormalities in their airways (especially the nose and throat) that make it harder for them to breathe when exerting themselves, and can increase their risk of heatstroke during warm weather. Consult your veterinarian before running with any short-nosed dog.

Article by American Veterinarian Medicine Foundation, 2014



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Tuesday - Thursday 7:30 am - 7:30 pm  
Saturday 8:00 am - 2:00 pm



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## 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.

### FRANK AND MARY "WALKED THE WALK!"

As you may know, Mirick O'Connell sponsored a team for my fictional friends, Frank and Mary, in the annual Walk to End Alzheimer's on September 28th. The walk is the main fundraiser for the Alzheimer's

Association, an organization dedicated to finding a cure for, and helping people deal with, the disease that my clients most fear. Thanks to all who participated, either by walking or by contributing to Team Frank and Mary. A special thanks to Mayor Arthur Vigeant for appearing in the Public Service Announcement (PSA) with Frank and Mary, and encouraging people to participate in the walk.

Last month I also did a presentation at the Marlborough Senior Center, in conjunction with the Alzheimer's Association and BayPath Elder Services. We focused on the many programs available to help people who are helping a loved one deal with dementia in its later stages. The basic message was and is: you are not alone. The Alzheimer's Association is there to help you work through the issues.

BayPath Elder Services, the Aging Services Access Point (ASAP) that covers Marlborough and other area communities, is there to help you with program support and funding for home care workers, day health programs, support groups, and all the necessities to help you and your loved one through this difficult time. While these and other seminars I have done in Marlborough are being rebroadcast on the local cable station, you can also see them on Frank and Mary's YouTube channel, [www.youtube.com/ElderLawFrankAndMary](http://www.youtube.com/ElderLawFrankAndMary).

If you are facing these difficult issues or think they may be on the horizon, don't start off by thinking you can't afford the home care or other programs. Talk with an elder law attorney or BayPath Elder Services now.

#### As I pointed out in the seminars:

- In most cases, people who need these kinds of programs can restructure their assets so they can qualify for MassHealth, thereby receiving substantial state and federal financial support.
- This asset restructuring usually is not subject to the so-called five year look back period that concerns most people.
- The sooner you figure out your options the better, since implementing these strategies will often take several months.

Visit the new website developed by BayPath Elder Services, [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org), which will provide you with a tremendous amount of information regarding programs available right here in the Marlborough area. You are not alone in this.

## MIRICK O'CONNELL

ATTORNEYS AT LAW

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

Arthur P. Bergeron  
508.860.1470  
[abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com)



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

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

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- On Site Services
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- GYN
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# MAKING THANKSGIVING HEALTHY AND AFFORDABLE

**FOR MANY OF US, THANKSGIVING IS A FAVORITE HOLIDAY—BUT IT CAN BE A BUDGET AND DIET BUSTER.** If you're hosting the meal, it can cost you a week's worth of groceries. And, if you're like most people, you'll eat at least 4,000 calories (more than two days' worth) and 250 carbohydrates (a day's total) in one sitting.

## HEALTHY BUDGET

If you're on a budget (who isn't?), start planning your meal in early November. This will give you time to take stock of your pantry, comparison shop, take advantage of sales and buy certain items in bulk—which will all save you money! Consider buying a frozen turkey, which is just as tasty but less expensive than fresh. Also, frozen fruits and veggies are just as good anytime and often less expensive. Try store-brand foods—they're usually cheaper and typically taste about the same. If you like them, you'll save a lot on your grocery bill.

## HEALTHY BODY

Early in the month, start planning lighter versions of your favorite dishes. There are healthy Thanksgiving recipes galore on the internet and in cookbooks.

If you have diabetes, it's even more important to keep your intake of carbohydrate ("carbs") under control. A holiday dinner table commonly features foods packed with carbohydrates—bread, pasta, starchy vegetables, fruit and sugar—that may be four or five times more carbohydrates than your body can handle in one meal. If you eat more carbs than your body needs for energy, they'll be stored as fat, causing weight gain and, more dangerously, high blood sugar.

Substitute fresh or steamed vegetables for casseroles. For example, instead of a green bean casserole, opt for fresh green beans with slivered almonds tossed with lemon and garlic. Or, use low-fat dairy instead of heavy cream and cheese in casseroles. Make mashed potatoes with fat-free chicken broth, herbs or roasted garlic for flavor instead of butter. Better yet, use sweet potatoes.

At the meal, fill up on more lean turkey (eat white meat, no skin) and veggies. Go light on the high-carb foods: potatoes (35 grams in one cup), stuffing (45 grams in one cup) and bread (20+ grams in one roll or slice). Avoid the cranberry sauce, which has more than 40 grams of sugar and 200 calories in half a cup! Have fresh fruit or low-fat dessert. For traditionalists, pumpkin pie (without the whipped cream!) is a good choice.

**Remember, you don't have to try everything—and you can skip the seconds. You'll give thanks for leftovers the next day!**



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>20% OFF EVERY TUESDAY FOR SENIORS (55 &amp; OVER)</b><br/>PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</p>   |                                                                                                                                                                                                                                                                                                                                                                  | <p>222A EAST MAIN STREET<br/>MARLBOROUGH, MA 01752<br/>508-485-5191</p>                                                                                                                                                                                                                             | <p>REMINDER: TURN BACK YOUR CLOCKS 1 HOUR ON SUNDAY, NOVEMBER 2</p>                                                                                                                                                                                                                                                         | <p>Holiday Craft Fair<br/>Saturday, November 8th<br/>9:00 - 3:00</p>                                                                                                              | <p>Lion's Club Spaghetti Dinner<br/>Sunday, November 9th<br/>4:00 &amp; 5:00 Seatings</p> |
| <p><b>3</b></p> <p>9:00 Group Piano lesson<br/>10:00 Beg. Aerobics<br/>11:00 Knit/Crochet<br/>11:00 Zumba<br/>12:30 Blue Plate Lunch<br/>1:30 Hand Waxing<br/>1:30 Water Color<br/>1:45 Duplicate Bridge</p> | <p><b>4</b></p> <p><b>VOTING TODAY- NO EXERCISE CLASSES</b><br/>8:45 <b>COA Board Meeting Walker Bldg</b><br/>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>11:00 <b>Citizenship Class</b><br/>1:00 Scrabble</p>                                                                                                                                                  | <p><b>5</b></p> <p>9:00 30/30 Exercise<br/>10:15 Bingo<br/>11:00 Multicultural Computer Club<br/>12:30 Bingo<br/>1:00 Movie time<br/>1:00 <b>Legal Clinic</b></p>                                                                                                                                   | <p><b>6</b></p> <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 - 11:00 Wellness Clinic<br/>10:00 Zumba<br/>11:00 <b>English Conversational Circle/lunch/special program</b><br/>11:00 Cardio &amp; Weights<br/>2:00 <b>Garden Club Craft</b><br/>6:30 Zumba</p>                                                       | <p><b>7</b></p> <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/>1:00 Computer Club</p> <p>Big Cookie Day!<br/>Sponsored by Christopher Heights Assisted Living</p>     |                                                                                           |
| <p><b>10</b></p> <p>9:00 Group Piano lesson<br/>10:00 Beg. Aerobics<br/>11:00 Knit/Crochet<br/>11:00 Zumba<br/>12:30 Blue Plate<br/>1:30 Hand Waxing<br/>1:30 Water Color<br/>1:45 Duplicate Bridge</p>      | <p><b>11</b></p> <p><b>CLOSED FOR VETERAN'S DAY</b></p>                                                                                                                                                                                                                                                                                                          | <p><b>12</b></p> <p><b>Reflexology/Manicures/ Pedicures by Appt only</b><br/>9:00 <b>Friendly Visitor Mtg - Coffee Loft</b><br/>9:00 30/30 Exercise<br/>10:00 Multicultural Computer Club<br/>10:15 Bingo<br/>12:30 Bingo<br/>1:00 Movie Time<br/>5:30 <b>Dinner and a Show Of Mice and Men</b></p> | <p><b>13</b></p> <p><b>Letterman Trip</b><br/>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/>11:00 <b>English Conversational Circle/lunch/special program</b><br/>11:00 Cardio &amp; Weights<br/>12:30 <b>Men's Group</b><br/>4:15 <b>Friends Board Mtg</b><br/>6:30 Zumba</p> | <p><b>14</b></p> <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/>1:00 Computer Club<br/>1:00 <b>Craft Time</b></p>                                                     |                                                                                           |
| <p><b>17</b></p> <p>9:00 Group Piano lesson<br/>10:00 Beg. Aerobics<br/>11:00 Knit/Crochet<br/>11:00 Zumba<br/>12:30 Blue Plate<br/>1:30 Hand Waxing<br/>1:30 Water Color<br/>1:45 Duplicate Bridge</p>      | <p><b>18</b></p> <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/>11:00 <b>Citizenship Class</b><br/>11:00 <b>Bowling</b><br/>11:15 Pilates<br/>12:00 <b>Thanksgiving at the Epicurean Room</b><br/>1:00 Scrabble<br/>1:00 <b>Book Club</b><br/>1:30-3:30 Podiatrist<br/>3:00 <b>Tenant's Meeting</b><br/>6:30 Zumba</p> | <p><b>19</b></p> <p>9:00 30/30 Exercise<br/>10:00 Peabody Essex Museum Trip<br/>10:15 Bingo<br/>11:00 <b>Latino Comp. Club</b><br/>12:30 Bingo<br/>1:00 Movie Time</p>                                                                                                                              | <p><b>20</b></p> <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/>11:00 <b>English Conversational Circle/lunch/special program</b><br/>11:00 Cardio &amp; Weights<br/>2:00 <b>The Original Mrs. Drinkwater</b><br/>6:30 Zumba</p>                                             | <p><b>21</b></p> <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>9:00 - 1:30 Dental Clinic<br/>10:15 Tai-Chi<br/>1:00 Computer Club<br/>1:30 <b>Hannaford Nutritionist's Seminar</b></p> |                                                                                           |
| <p><b>24</b></p> <p>9:00 Group Piano lesson<br/>10:00 Beg. Aerobics<br/>11:00 Knit/Crochet<br/>11:00 Zumba<br/>12:30 Blue Plate<br/>1:30 Hand Waxing<br/>1:30 Water Color<br/>1:45 Duplicate Bridge</p>      | <p><b>25</b></p> <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/>11:00 <b>Citizenship Class</b><br/>11:15 Pilates<br/>1:00 Scrabble<br/>2:00 <b>String-Swing Concert</b><br/>6:30 Zumba</p>                                                                                                                             | <p><b>26</b></p> <p>9:00 30/30 Exercise<br/>10:00 Multicultural Computer Club<br/>10:15 Bingo</p> <p><b>Closing at 12:30 for Thanksgiving</b></p>                                                                                                                                                   | <p><b>27</b></p> <p><b>CLOSED FOR THANKSGIVING</b></p>                                                                                                                                                                                                                                                                      | <p><b>28</b></p> <p><b>CLOSED FOR THANKSGIVING</b></p>                                                                                                                            |                                                                                           |

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MASSACHUSETTS

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