

MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS VOLUME 2, NO. 3, MARCH 2015

It's the Annual Wearin' of the Green!



Come join us on Friday,
March 13th at 12:45 PM

Location: Senior Center
at 250 Main Street

Entertainment by
the Murphy's

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by Friends of
the Marlborough
Seniors

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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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Lisa Martino, *Program Coordinator*
Lucky Becker, *Multicultural Assistant*
Jeanne McGeough, *Transportation Coordinator*

VOLUNTEER PROGRAM LEADERS

BINGO - Peggy Cahill, Ginger Cutting,
Marlene King and Linda Maher
Movies - Peg Bouvier
Computer Lab - Richard Mahoney
Book Club - Sheila Brecken
Knit and Crochet - Judy Jewett and
Sheila Brecken
Low Vision - Bob Marcotte
Water Aerobics - Jeanne McGeough
Duplicate Bridge - Jay Levine, N. Nath

**FISH VOLUNTEER TRANSPORTATION
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March

2015

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NOMINATION FORM

39th Annual Senior of the Year Award

To Be Honored at Mayor Arthur G. Vigeant's Senior Dinner / Wednesday, May 6, 2015 at 5:30 PM

Looking for that special resident of Marlborough who deserves the title SENIOR OF THE YEAR FOR 2015. The nominee must be a resident of Marlborough; Must be 85 years of age or better; Must have a history of community service to the City of Marlborough; Think about someone who gives back selflessly without expecting recognition that special person may be nominated by completing this form and returning it to the Senior Center by 4 PM on Monday, March 30th, 2015.

Nominee: _____

Nominee's Address: _____

Nominee's Phone Number: _____

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

Your name/phone number: _____

Drop off completed forms or mail it to the Senior Center at 250 Main Street, Marlborough, MA 01752
Attention: Jennifer Claro (Senior Center Director). Call 508-485-6492 ext.13 if you have any questions.

THE TIME IS COMING KEEP WATCH FOR THE OPENING OF OUR NEW CENTER....

With a little delay in the opening of our new center at 40 New Street I want to let you all know how great and as close to perfect we want it to be for you on opening day. Each time I have the opportunity to visit I am still in awe of the wonderful facility you will all enjoy. As we are heading down the home stretch we are readying ourselves for this move. Please be advised that our center may close for a couple of days in preparation of this move so please watch for announcements stating moving underway. We plan on giving you a couple days of warning on the times we will be closed.

Also amongst this excitement I would like to thank **Margaret Cardello**, Director of the Marlborough Library for their continued partnership in assisting and providing the reading and audiobooks, DVD's for our new library. What a nice outreach from our municipal library. Thank you Margaret. Another nice feature we are glad to provide in our new library is an Eye-Pal Solo which is a reader and magnifier which connects to a monitor to assist in your reading. This device is very easy to use because it is prompted by hand gestures. So pick out your favorite book and or bring that bill that you can't read and let this new device assist you with your own personal needs. We would like to thank the **Brigham Family Trust Foundation** for this special piece of low vision device.

Also, coming in June we are looking forward to having our own eight passenger handicap accessible van with an electronic lift. This will help greatly in transporting individuals to our center daily, doctor's appointments, and assist with other basic needs. As we prepare for our new van from the **MASSDOT Mobility Access Program** I would like to thank **Cy Cygan**, our first volunteer driver for attending a one day mandatory training through **the MA. Rural Transit Assistance program. Congratulations Cy for passing the Disability Awareness and Sensitivity and the Defensive Driving and Drug and Alcohol Awareness for Safety Sensitive Employees tests.** Cy and I have a couple more trainings to do but I look forward to having Cy assist in this good transportation program we offer in Marlborough under **Jeanne McGeough**, our Transportation Coordinator. We are still in need of at least one or two more volunteer drivers. Please think about this tremendous volunteer opportunity that enhances the quality of life for so many of our neighbors. We would very much appreciate your help.

Lastly, I would like to thank **Jan Pulsifer and her son** for our new Scrabble Boards. Come join our dedicated Scrabble players each Tuesday at 1:00 PM.

Keep reading to learn about far more activities and events to do inside your *Seniors on the Go*

Jennifer Claro

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- THE WILLOWS Retirement Communities
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OUTREACH DEPARTMENT NEWS

Ana Cristina Oliveira

GET THE FOOD YOU NEED TO STAY HEALTHY APPLY FOR SNAP/FOOD STAMPS

Project Bread's FoodSource Hotline offers free, confidential screenings for SNAP/Food Stamp eligibility as well as assistance completing the application over the phone.

Counselors are also available to help current recipients ensure they are receiving the maximum benefits. Call today!

1-800-645-8333. Seniors should press 2 for the dedicated Senior Line. Monday-Friday 8 AM - 7 PM & Saturday 10 AM - 2 PM. Special hours for seniors in February, March and April Mondays & Wednesdays 2:00 PM - 7:00 PM.

A GOOD QUESTION FOR OUR EXERCISE PARTICIPANTS:

Does Medicare pay for fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



COME AND LEARN HOW TO DECORATE A CAKE (BILINGUAL CLASS)

We will be offering eight classes on how to bake and decorate a cake starting on Friday March 6 from 3:00 - 5:00 PM. Silvia Resende a talented long time cake decorator will teach the whole process from the beginning to the end and will also provide the cake recipe. Please sign up because space is limited.

VENHAM APRENDER COMO DECORAR

Bolo (Portuguese)

O Senior Center irá oferecer aula de decoração de bolo a iniciar no dia 6 de Março, das 3-5 PM durante oito semanas. Silvia Resende Brasileira e talentosa decoradora de bolo, a qual é confeiteira com longo tempo de experiência, irá ensinar, desde as receitas, como preparar, até o final que é decorar. Se estiver interessada(o) favor falar com Ana Cristina ou Lucky Soares. **508-485-6492.**

Atividades em Português para pessoas acima de 60 anos de idade (Portuguese)

Terça-feira: 9:00 - 11:00 AM - Aula de Inglês.

Quarta-feira: 4:00 PM - Aula de loga com a Instrutora Rosangela

Quinta-feira: 10:00 - 11:00 AM Aula de Inglês (Professor Hélio Régis)

Quinta-feira: 9:00 - 11:00 AM - Clínica de manutenção para monitorar pressão e glicose.

Terça-feira dia 3 de Março: Venham participar da nossa reunião mensal de 11:00 AM - 12:00 PM.

INCLEMENT WEATHER GUIDELINES:

Please remember **when schools are closed the senior center is closed** and this means there will be no transportation provided through the Senior Center and all services and programs administered at the senior center will not be available. Your COA Staff will report to work based on their best ability to ensure their safety. If you have an emergency need please feel free to call your center at **508-485-6492** for help.



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SALON SERVICES ARE COMING TO THE SENIOR CENTER

We are happy to introduce Karen Navedo who will be providing salon services at the Senior Center. Karen has her own facility in Marlborough at the Marie Esther house and has also worked in Auburn at The Life Care of Auburn for four years and at Notre Dame Long term for going on seven years. She is very passionate about her work and her clients and we are happy to have her. Until the new center opens Karen will be available to make house calls on Tuesdays. Prices for women and men's haircuts are \$15.00, shampoo & conditioner is \$6.00, shampoo & set with conditioner is \$18 and haircut & blow dry with shampoo and conditioner is \$28. Other services are available, call the Senior Center for pricing and scheduling **508-485-6492**.

MANICURES, PEDICURES AND REFLEXOLOGY

Sessions with Veronica Thompson from Great Kneads

When: Second Wednesday of every month
Time: 9:00 AM - 3:30 PM
Where: Senior Center

Veronica Thompson is a state licensed Manicurist, certified Master Reflexologist and certified Advanced Nail Technician will provide manicures, pedicures and reflexology services. Reflexology is the application of pressure to areas on the feet, hands and ears. Reflexology is generally relaxing and may be an effective way to alleviate stress. All costs are paid directly to Veronica at the time of appointment. These appointments have been going fast so call early to reserve a spot at **978-407-7658**.

COMPUTER CLUB AND TUTORING WITH BOB

When: Fridays
Time: 1:00 - 3:00 PM
Where: 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. Tutoring is available during computer club. Come ask those questions that you have been putting off. Give Bob, a volunteer and retired IT Tech, a call and he will set up a special appointment time just for you. Contact Bob at Bobsal@gmail.com or **508-485-6484**.



TAI-CHI FOR HEALTH AND BETTER AGING

When: Fridays
Time: 10:15 AM
Where: Senior Center

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. No pre-registration needed. A \$3 donation per class is requested.

BOOK CLUB

When: Tuesday, March 24th
Time: 1:00 PM, at the Marlborough Senior Center



All are welcome to join this fun book lovers group. 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 March 24 is *Winter Garden*, by Kristen Hannah. If you want to get ahead on your reading, the book for April 21st is *Lady in the Attic*, by Tara Randell.

BOWLING TRIP!

When: Tuesday, March 10th
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 or call the Senior Center at **508-485-6492** to sign up.

GROUP PIANO LESSONS WITH DENNIS DEYO

When: Mondays
Time: 10:00 AM
Where: Senior Center Multipurpose Room

Dennis teaches group lessons at several locations in the area and he also teaches private piano lessons in his home studio and in private homes with a Spring Recital in June. Piano Books are \$22, and each class is \$3 payable at class time.

YOGA CLASSES AT MARLBORO SENIOR CENTER

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

MARCH THEMES - MINDFUL MARCH:

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

March 3 & 6 - Mindful Transition Flow Yoga

March 10 & 13 - Mindful Yoga Breath work

March 17 & 20 - Mindful balance - Spring Equinox Yoga

March 24 & 27 - Mindful Yoga for Health and Wellness

March 31 & April 3 - Mindful Awareness Yoga

MOVIE TIME

Join Peg Bouvier for movie time!
Day: Wednesdays at 1:30 PM
at the Senior Center

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



March 4th: *On the Town*
- 98 minutes, R, 4 stars
- Comedy/Music/Romance
- Academy Award and Golden Globe winner
- Directed by Stanley Donan & Gene Kelly



March 9th: *To the Arctic*
- Rated G
- 40 minutes long
- Mother Polar Bear navigates her two cubs through Arctic
- Narrated by Meryl Streep



March 18th: *And So It Goes*
- 94 minutes, PG-13, 3 Stars
- American Romantic Comedy
- Michael Douglas and Diane Keaton



March 25th: *Admission*
- 117 minutes, PG-13, 3 stars
- Actors Tina Fey and Paul Rudd



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

AGE-RELATED VISION PROBLEMS



As you age, so do your eyes. You might find that you have difficulty reading small print or that you need brighter lighting at your desk. In addition, eye diseases that could lead to more-serious vision problems become more common with age. Consider cataracts. A cataract is a clouding of the normally clear lens of the eye. Most cataracts develop slowly and don't disturb eyesight early on. At first, stronger lighting and eyeglasses can help you deal with cataracts. Eventually cataracts can interfere with your vision. Left untreated, cataracts can lead to blindness. However, even with advanced cataracts, vision can usually be restored with surgery. Be sure to have regular checkups with your ophthalmologist so that any developing vision problems can be caught early.

— Source: Mayo Clinic



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IT'S THE ANNUAL WEARIN' OF THE GREEN! COME JOIN US FOR OUR YEARLY ST. PATRICK'S DAY CELEBRATION

When: Friday, March 13th

Time: 12:45 PM

Location: Senior Center, 250 Main Street (last party at this center)

Entertainment by THE MURPHEY'S

\$10.00 FOR MEMBERS

\$12.00 FOR NON-MEMBERS

Thank you to our friends of the Marlborough Seniors for their financial support for this party and we would like to thank our COA Board Members Jeanne McGeough and Richard Collins for planning this occasion. Call the Senior Center at **508-485-6492** to sign up.



The Marlborough COA and Library invite you to:
SHAKE OFF THOSE WINTER BLUES

When: Monday, March 2nd

Time: 2:00 PM

Location: Marlborough Library

We will enjoy a hot chocolate bar and treats while celebrating Dr. Suess's Birthday! So gather the grandkids or bring a friend and join us for stories and games! Call the Senior Center at **508-485-6492** to sign up.

CHECKERS TOURNAMENT

When: March 12th

Time: 1:00 PM

Come join us for our first ever checkers tournament! We will have many tables set so games can be played simultaneously and refreshments will be served. Come on down with a friend and join us!

*Grandparents should note that this is a day off for Marlborough schools and children are welcome! Call the Senior Center at **508-485-6492** to sign up.

VOLUNTEERS NEEDED - HELP FILL EGGS FOR OUR EASTER HUNT

BEING HELD ON FRIDAY APRIL 3RD

When: Tuesday, March 31st

Time: 1:00 PM

Get your bunny on and join Lisa as she fills eggs! Call the Senior Center at **508-485-6492** to sign up.



SPRING IS IN THE AIR!

When: Friday,

March 20th

Time: 1:00 PM

Let's celebrate the season together! We will plant bulbs for indoor flowering while we "buzz" about the warmer months ahead! Tea Cakes and Punch will be served. Call the Senior Center at **508-485-6492** to sign up.



CRAFT TIME

When: Friday, March 27th

Time: 1:00 PM

Come enjoy a fun time with our Program Coordinator, Lisa Martino and our good friend Pam McMahon as you will create something special for your home or someone special. Even if you are not crafty or creative you will love what you create and bring home with this special duo of ladies... Call the Senior Center at **508-485-6492** to sign up.

MENS GROUP

WE ARE HEADED TO BOSTON!!

When: March 26th

Time: 10:30 AM

Our first stop is the famous SAM ADAMS BREWERY where we will enjoy a tour and tasting. We will have lunch at DOYLE'S CAFÉ an historic landmark that has been in business since 1882. Join us for what is sure to be a great day! Cost of the trip is \$20.00 The bus will leave the senior center on Thursday, March 26th at 10:30 AM.

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VNA CARE NETWORK PRESENTS.... FEWER FALLS, SAFER SENIORS PROGRAM

Includes talks, screenings and more

Place: Marlborough COA

250 Main Street

When: Tuesday, March 3rd

Time: 1:00 PM

Appointments: Needed for screenings.

Call Marlborough COA, 508-485-6492

RAFFLE: You will be entered into a raffle for an American Express gift card & other prizes if you attend all sessions.

PROGRAM SCHEDULE:

- Balance Screenings: March 3rd
1:00 - 3:00 PM. Appt. necessary
- Medication Review: March 10th
1:00 - 3:00 PM. Appt. necessary
- Orthostatic BP Screening: March
17th 1:00 - 3 PM. Appt. necessary
- Making Fall Prevention Work for You!
March 24th 1:00 -
2:00 PM

For information & to make appointments. Please call: Jennifer Claro, Marlborough COA at **508-485-6492** or Maureen Sendrowski, RN, MPH, VNA Care Network at **1-888-663-3688, ext. 5603.**



FEATURING: HERITAGE AT FRAMINGHAM INDEPENDENT AND ASSISTED LIVING

When: Thursday, March 26th

Time: 12:30 PM

This month in our series of visiting and learning about local and neighboring over 55+ communities we will be going to HERITAGE to learn about their campus and many amenities. We will have a tour and enjoy some afternoon refreshments while we have a little Q&A with their staff. Afterwards we have been invited to stay and enjoy the music program for the day which is a harpist by the name of Rebecca Swett. Join us for a lovely afternoon! Please RSVP to the Senior Center!



DENTAL SERVICES COMING TO THE SENIOR CENTER!

When: Friday, March 20th
Time: 9:00 AM

Donna Paschalides 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 at **508-485-6492** to schedule your appointment.

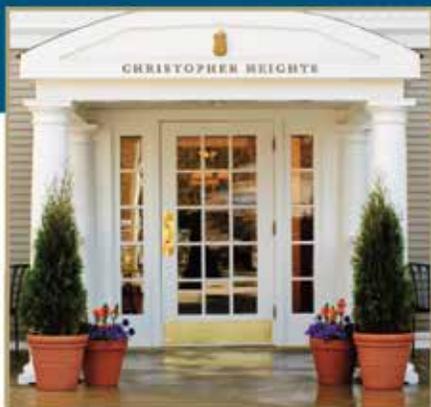
TAX PREPARATION HELP AVAILABLE AT THE CENTER.. CALL TODAY!

AARP is here at our center assisting with tax preparations each Wednesday in March and ending on April 8th. If you would like to have the free service you need to call the center at **508-485-6492** and make an appointment between the hours 9:00 AM - 12:00 PM. This service is for those seniors with Federal Adjustable Income of under \$80,000. This program also helps seniors who would not typically file a tax return but who might qualify for the MA. Circuit Breaker, a partial tax refund up to \$1000 for low income seniors whose real estate taxes or rent meets certain requirements. Residents of subsidized housing do not qualify for the Senior Circuit Breaker. We will be glad to go over what documents you must have in preparation to have your tax returns done through this wonderful volunteer service AARP provides to our community.



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PODIATRIST

Appointments with

Dr. Cormier

Where: Senior Center

When: Tuesday,

March 17th

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: March 14th

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 in good condition, or clothing, we will gladly accept and recycle these items to those experiencing hardship.

Requests must be received by Thursday, March 5th, 2015. 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!

KNIT AND CROCHET

When: Mondays

Time: 11:00 AM

Where: Craft Room

Please come join the Knit and Crochet group ALL ARE WELCOME. This group does various outreach projects using their craftsmanship and big hearts as well as some may just wish to bring their own work and enjoy the company.



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, March 18th

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

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 ext. 16** 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 our greeting cards that come from specific organizations (for example, Perkins, Alzheimer's Assn., National Wildlife Federation, etc.) Calendars are also welcome.

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**.

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.

FRIENDLY VISITOR VOLUNTEERS MEETING

When: Wednesday, March 11th

Time: 9:00 AM

Where: the Coffee Loft

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 related questions.

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.

MAKING NORTHBOROUGH ALZHEIMER'S FRIENDLY

Trapped. That's how many of us feel right about now. Trapped in our houses. Trapped by the cold, the snow, the ice. For many of us, though, liberation is around the corner. Spring is almost at hand. Time to get out, move around, take a walk, work in the garden, feel free again. For all of us living here, that's what spring is about.

But, suppose the cage you are trapped in is not physical, but mental. Suppose you can't get out because you are afraid of getting lost, of forgetting not only where you are going but where you are, who you are with, what to do, what to say? For many of us who are older, that is our greatest fear. For many others, in the later stages of Alzheimer's or other diseases that cause dementia, that fear has become a reality.

There is hope though, even hope for those suffering from Alzheimer's. The Alzheimer's Association has developed a series of programs to teach family caregivers and caregiving professionals how to help those with Alzheimer's get out, stay active, and feel empowered, not afraid. It is called "habilitation therapy." Many assisted living communities, like the Hearthstone program at New Horizons in Marlborough and the Tapestries program at Whitney Place in Westborough, provide people living with Alzheimer's an environment in which they can continue to live stimulating lives while staying safe.

The challenge for us living in these communities is to broaden these programs, to make sure that everyone in (Marlborough or Northborough) knows how to "speak Alzheimer's", how to help and interact with those who suffer from it, not to avoid them. In Minnesota, there is a statewide effort to encourage each community to develop a strategy to make itself "Alzheimer's-friendly." The communities on Martha's Vineyard are developing programs that will apply island-wide. I will be talking more about those programs in upcoming articles.

If you want to learn more about "habilitation therapy," check out my interview with Melissa Plourde from Care Solutions, a home care agency in Westborough. For information on the Hearthstone program, look for my interview with John Zeisel, who created it. You can also see my interview with Gary Davis, who runs the Tapestries program. Find them all on my Youtube channel, <http://www.youtube.com/elderlawfrankandmary>. Feeling trapped? There's help out there.



Article Provided By

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ATTORNEYS AT LAW

To learn how Mirick O'Connell's
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can assist you and your loved ones, contact

Arthur P. Bergeron

508.860.1470

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FOR MORE TRIP INFORMATION:

Welcome Trip Participants: We have only listed our trips for this year up to June in this newsletter due to space limitations. If you would like to receive our 2015 Trip flier please call Lisa Martino, our Program Coordinator and she will be happy to send it to you. Lisa's number is **508-485-6492**.

MARCH

- The 2015 Boston Flower Show special theme "Season of Enchantment" and lunch at Maggiano's

- Featuring a five course meal
- Thursday, March 12th
- Time of departure-TBA- \$82 Fox Tours

APRIL

- Neil Sedeka" show @ Mohegan Sun

- Includes meal casino, \$
- Tuesday, April 21st,
- \$90, Best of Times

MAY

- Lantana's, Randolph, "Late Night Catechism" uproariously funny play that takes the audience back to their youth, "A Howling Comedy" -Catholic Standard and Times - Gloriously Funny!- Chicago Reader

- Includes lunch and bus
- May 19th
- \$89, Best of Times

JUNE

- A day in Portsmouth, New Hampshire

- Visit Strawberry Bank, enjoy shopping, dining, flower gardens and more!

-All About Quebec

- 4 Days and 3 Nights
- **Day 1:** The Palace Royal Hotel spend three evenings at this four star hotel near St. John Gate to the historic walled city- Dinner included in this night.
- **Day 2:** Exploring the Walled City with local guides and enjoy a nice dinner after visiting such places as Boardwalk of Dufferin Terrace by the Chateau Frontenac, Place Royal where Samuel Champlain first settled, Provincial Parliament and the ornate Quebec Basilica and complimentary dinner at the Palace Royal Hotel.
- **Day 3:** Exploring the Beapre Coast- sightseeing continues at St. Anne de Beapre, outdoor bread ovens,, Montmorency Falls and the Isle of Orleans- Dinner included at Café de Paris tonight.
- **Day 4:** Duty Free Shopping and Bonjour et adieu Quebec-
- Approx \$679 pp Date TBD

JULY

- Martha's Vineyard

Depart at 7:00AM as we travel to Falmouth to board the Island Queen ferry on arrival, a native guide will provide an onboard bus tour across the Island. From Oak Bluffs to Edgartown where you will find a nice lunch spot and then you can enjoy some shopping and sightseeing on your own before you will meet up with everyone for an enjoyable and complimentary dinner at the Old Country Buffet before heading home for 7:00 PM. \$84, Fox Tours.

AUGUST

- The Statue of Liberty, Ellis Island and The 9/11 Memorial,(Friends of our seniors are welcome to join the trip)

- Saturday, August 15, 2015
- Luxury WiFi Motor coach
- \$92, Fox Tours

SEPTEMBER

- Connecticut Rail and Trail

Make a stop at Lyman Orchard's Apple Barn and see what is cooking and then off to lunch at Oliver's Tavern, known for their courteous service. After lunch it's "All aboard" the Valley Railroad Steam Train for an Old-fashioned steam train ride along the Connecticut River. Once you reach the Deep River it will be time for a comfortable hour-long riverboat ride aboard the Becky Thatcher - Date: TBD, \$95, Tours of Distinction.



FOXWOODS FUN!

\$25.00 includes trip, bonus package, consisting of \$10.00 buffet and \$10.00 coupon. Pick up and bus departure is at 7:30 AM in front of the Senior Center and we return at approximately 4:45 PM.

Upcoming Dates: Monday, March 9, April 6, May 4

Please call Ellen Dew at **508-481-7868** for your reservation and more information. Also enjoy some BINGO on the bus!



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.**

A donation In honor of Verna Bradley given by Lisa Bradley

Building Fund:

- Leona and David Keefe
- Arthur Marsan, Robert and Madeline Dupuis In Memory of **George Blanchette**
- A donation was made by Fran Brescia

Donation to the Friends:

- Rosalyn Rueger
- Leona and David Keefe
- Arthur J. Marsan
- Joan and Edward Beauchemin
- Beverly and Alfred Broz
- Linda Sullivan, Debbie Gitner and ElderCare Services made a donation in honor of Arthur Bergeron and his staff: Brenda Costa, Amy McIntyre, Tracy Craig



Friends of the Marlborough Senior Center

Elections for the Friends of Marlborough Seniors Board of Directors took place on December 8th. Elections are held every two years to select a seven member Board, Clerk, Treasurer, Vice President, and President.

Brenda Diaz was elected as a new member of the Board of Directors. Brenda has been in the hospitality industry for over 20 years. She currently serves as the Director of Sales for the Holiday Inn in Marlborough. Her passion and dedication to excellent service has been felt by many in the hospitality industry. She is thrilled for the opportunity to serve Marlborough's seniors.

Peg Bouvier, Sarah Condon, Melissa Esteves, James Hickey, Gretta Holland, and Lydia Whitcomb were re-elected to another two year term on the Board. Sarah Condon is the Program Director for the AgingWell Adult Day Health Program in Marlborough. She has been with the company since the program opened in 2008, and has become familiar with the Marlborough community. She has experience with fundraising and event planning, and is looking forward to another term with the Friends. Sarah lives nearby with her husband, their two children and the family dog, Betty.

Gretta Holland has been a resident of Marlborough for 35 years, and she currently serves the senior community as marketing director of Orchard Hill Assisted Living in Sudbury.

Barbara McGuire was re-elected as Treasurer, and has served on the Board for six years. Barbara handles the very difficult and time consuming job of managing the finances of the Friends. Barbara currently serves on six boards in the City, all dealing with senior issues and concerns, including the Mayor's Advisory Board for the new Senior Center Amenities. Barbara is also the President of Senior Housing.

Carol DeRienzo was elected to the position of Clerk and will take responsibility for the Board's record keeping. Carol, The Nurse Carpenter, owns and operates Solace

RNovations, Inc. The focus of Carol's work is helping people of all ages and abilities remodel their environments today for their tomorrow, making them as safe and accessible as possible. As a nurse Carol's primary motivation is to focus on the care of individuals, families, and communities so they may attain, maintain, or recover optimal health and quality of life.

David Morticelli was elected as Vice President. David is a long time Marlborough Resident and active community member, serving on the Marlborough Regional Chamber of Commerce Board (past chair), Treasurer for the Chamber's Foundation, Committee member for the Marlborough Hospital Golf Committee, and Sunday School Teacher at Immaculate Conception Parish. David is an Assistant Vice President/Market Manager for Avidia Bank, and a Bentley University graduate. David and his wife Rose have 3 children and a son-in-law. His favorite title is that of Papa to their 24 month old granddaughter.

Sean Fay was elected as President. Sean is also a long time Marlborough resident. He is a Trusts and Estates and Elder Law attorney, and has been practicing law for more than 20 years. As an elder law attorney, Sean assists seniors and their families with common sense advance planning, as well as assisting families in crisis due to an unexpected health issue. In 2002, Sean moved his practice to Marlborough and opened The Fay Law

Offices. Sean is also a member of the Planning Board in the City of Marlborough. Sean and his wife Mary have three children. Their daughter Kayleigh was an intern for the Council on Aging in 2013. Sean is looking forward to this additional opportunity to serve the senior community in the City.

In the coming months, members of the Board will be writing informative guest columns. David Morticelli will address banking and other financial security issues facing seniors. James Hickey, Vice President of Business Development for Marlborough Savings Bank, will discuss sensible investing and financial management for seniors. Gretta Holland will address transitioning from the family home to more secure and safer housing options as a tool to preserve health. Carol DeRienzo will discuss common renovations to homes that are required to allow seniors who face physical challenges to age in place. Finally, Sean Fay will write about a new resource available to seniors (caregignmetrowest.org), and common sense advance planning.



Sean Nicholas Fay, Esq.
The Fay Law Offices
14 Winthrop Street
Marlborough, MA 01752
508-303-4937
sean@faylawoffices.com
www.faylawoffices.com

FRIENDS OF THE MARLBOROUGH SENIORS MEMBERSHIP INFORMATION

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2015. Please fill out this form and mail it to:

Friends of Marlborough Seniors P.O. Box 358, Marlborough, MA 01752

PLEASE PRINT

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: _____

"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 (\$ _____)

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: _____

Make checks payable to: Friends of Marlborough Seniors
Address: _____

Mail to: P.O. Box 358, Marlborough, MA 01752
City: _____ State: _____ Zip Code: _____

Cabin Fever—it happens to the best of us

Winter seems never ending and something called Cabin Fever sets in. It happens to the best of us. It just so happens, that our pets are affected too. Being contained inside, looking at the same four walls, lack of exercise and interaction can make your pet under stimulated, bored and lazy. Excessive sleeping weight gain and restlessness are signs of cabin fever. Here are some ways to avoid cabin fever for both of you and finish off the winter with some spunk.



- **Get Outside!** Winter is on its way out. Take advantage of the early spring weather, even if there is snow outside. Don your boots, grab your winter coat, grab the leash and waste bags and go for a walk. Make this a habit. Fresh air and some activity will do you both a world of good.
- **Schedule some Time to Play!** Even if you are inside, spend some quality with your pet. Show your pet that they are important and that they deserve some attention. Interact with them, pet them, brush them, be near them, and be active with them. Quality time with your pet is priceless.
- **New Toys/New Attitude!** Buy your pet a few, safe, new toys. Introduce them slowly on a snowy or rainy day when you know that outside time or interaction time may be limited. There is nothing better than the sign of pet gratitude when they receive a new toy!
- **Brighten Up The Day!** Most moods lighten up with sunshine and light. The same goes for you're your pet. Brighten up the house, open the blinds and curtains, keep the lights on. Bring some sunshine, even aesthetically into the home.

Focus on your pet and schedule some extra special time with them. You can both beat cabin fever together!

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Phone: **508-485-1664**

www.homepethealth.com

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

Full Service House Calls
HOUSE CALL FEE WAIVED FOR SENIORS!

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.

Also, we have a booklet available at your senior center that explains all transportation options for seniors living in the Marlborough community. Please remember this transportation program is based on a first come first served basis. **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!**

MARCH AND EARLY APRIL, 2015		
9:30 AM - 12:30 PM		
Monday	March 2	Solomon Pond Mall
Monday	March 9	Price Chopper
Monday	March 16	Wal-Mart
Monday	March 23	Christmas Tree Shop
Monday	March 30	Friendly's
Tuesday	March 3	Sudbury Farms
Tuesday	March 10	Savers (Marlborough)
Tuesday	March 17	Market Basket & BJ's
Tuesday	March 24	Hannaford's (Marlborough)
Tuesday	March 31	Wal-Mart
Monday	April 6	Solomon Pond Mall
Tuesday	April 7	Price Chopper
Monday	April 13	Wal-Mart
Tuesday	April 14	Savers

Sudoku

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

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

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DIFFICULTY: ★★☆☆

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

Answer to Previous Sudoku



CROSSWORD PUZZLE

- ACROSS**
- Hurry
 - Civil Rights Commission (abbr.)
 - Egg (pref.)
 - Andes' cold higher region
 - Pronoun
 - "Lorna Doone" character
 - Gushing
 - Machine gun
 - Flying saucer
 - Body of water
 - Equal Rights Amendment (abbr.)
 - Afr. eye-worm
 - Sound of a bell
 - Song of praise
 - Evolve
 - Anatomy (abbr.)
 - Temporary fashion
 - Alb (arch.)
 - Jewish month
 - Caucasus
- DOWN**
- Fit of sulks
 - Information (abbr.)
 - people
 - Nipple
 - Fluidity unit
 - Compass direction
 - Portable chair
 - Question starter
 - Killer of Abel
 - Castile (2 words)
 - Fire (pref.)
 - Rubber tree
 - Health Opportunity for People Everywhere (abbr.)
 - Soft drink
 - Repose
 - Teacher of Samuel

ANSWER TO PREVIOUS PUZZLE

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

	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		

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A15

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

THE WESTENDER
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Est. 1964

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Buy any large pizza at the regular price & get a small cheese pizza FREE.
For Pick-Up Only.

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Marlborough, MA 01752

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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.

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Marlborough, MA 01752

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SORENTOS
ITALIAN GOURMET

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any purchase of \$20 or more

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128 Main Street
Marlborough, MA 01752

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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

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

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Welly's Restaurant

\$5 OFF
any purchase of \$20 or more

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

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 3/31/15.

NEWS FROM SUSAN MAKI, SOCIAL SERVICES COORDINATOR



WORCESTER ART MUSEUM TRIP RESCHEDULED

The Worcester Art Museum Trip scheduled for Wednesday, January 28th has been rescheduled for Wednesday, March 25th.

The WAM includes paintings by Cassatt, Gauguin, Goya, Monet, Sargent and Whistler, contemporary art, and a collection of arms and armor entitled Knights! There is also a special exhibit on Yoshitoshi, one of the greatest designers of the Japanese woodblock print.

The cost of the trip is \$30.00 which includes the bus ride and admission to the museum. The Museum Café serves lunch between the hours of 11:30 AM - 2:00 PM. You also have the option of bringing your own lunch and eating in the lobby. Please join us for this interesting and informative event. To sign up please give Susan Maki a call at **508-485-6492**.

PARKINSON'S SUPPORT GROUP

Did you know that over one million Americans have Parkinson's disease. Parkinson's disease is a progressive brain disorder that affects the ability to move. It can lead to shaking, slow movement, and problems with balance and walking. Symptoms can get worse in time, affecting muscles throughout the body and causing serious pain and difficulty with speech and digestion.



Parkinson's disease affects about 1 in 100 Americans over the age of 60, which is also the average age of onset. It is estimated that 5 to 10% of all people with P.D. are diagnosed prior to age 40.

There is currently no Parkinson Disease Support Group in the Marlborough area. There is a particular need for a group that meets during the day. The Marlborough Senior Center is interested in forming a support group that would be an informal, self-managed organization of people with Parkinson's and their caregivers, whose purpose is to share information and offer mutual support in a spirit of self-acceptance. Meetings would be open to caregivers, as well as people of any age who suffer from Parkinson's. Speakers may be invited to present different topics related to Parkinson's disease.

Members of the Caregiver Support Group who are 60 and over would be able to access exercise programs, activities and trips that are offered at the Marlborough Senior Center. If you are interested in more information, or to sign up for the Parkinson's Support Group, please give Susan Maki a call at **508-485-6492**.



MONDAY'S BLUE PLATE SPECIALS

All lunches are at 12:30 PM

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.

March 2nd: Boston Market

Meatloaf with gravy, mashed potatoes, their delicious cinnamon apples, and cornbread with garden salad \$6.00

March 9th: Assabet Valley

March 16th: MARLBORO HOUSE PIZZA PARTY!

Enjoy pizza and fresh garden salad...ice cream sundaes for dessert! \$6.00

March 23rd: Pasta and Meatballs, garden salad, and garlic bread. Beverage and dessert included. \$6.00

March 30th: Road Trip to Joy Asia!

We will enjoy their delicious lunch buffet complete with assorted fruits and jello! \$6.00

RIVER'S EDGE COMMUNITY BAND CONCERT
SCHEHERAZADE... TALES FOR COMPASSION
 MARCH 29 AT 3:00 PM
 HUDSON HIGH SCHOOL, 69 BRIGHAM ST.
 Wheelchair accessible
 RIVER'S EDGE ARTS ALLIANCE
 155 Apsley Street
 Hudson, MA 01749
 For tickets or more info:
 (978) 562-1646
 upwitharts.org
 This program is supported in part by grants from the Hudson Cultural Council and the Marlborough Cultural Council, local agencies which are supported by the Massachusetts Cultural Council, a state agency.

FEATURING THE RIVER'S EDGE PLAYERS
ONE FLEW OVER THE CUCKOO'S NEST
 by Dale Wasserman, From the Novel by Ken Kesey
 DIRECTED BY LYNNE JOHNSON
 APRIL 10 AND 11 AT 7:30 PM
 APRIL 12 AT 2 PM
 HUDSON TOWN HALL, 78 MAIN ST.
 Wheelchair accessible

Get an additional **\$1.00 OFF**
 the senior rate for one ticket to
SCHEHERAZADE... TALES FOR COMPASSION CONCERT
 - OR - **ONE FLEW OVER THE CUCKOO'S NEST**
 when purchased at the door.
 Present this coupon on the day of the show to redeem your discount.
 RIVER'S EDGE ARTS ALLIANCE
 155 Apsley Street, Hudson, MA 01749
 (978) 562-1646 | upwitharts.org

HOW TO BEAT SPRING ALLERGIES



Looking beyond the snow banks and the melting snow, it's hard to believe that Spring is right around the corner. With Spring comes warming temperatures, increased sunshine and yes, seasonal allergies. It is not too soon to arm yourself with knowledge and tools to fight off that pesky allergen, called pollen.

Pollen begins its nasty ascent earlier than you think. Pollen season starts when the weather warms just enough before the buds arrive on trees sometimes as early as early March. If you are an allergy sufferer, prepare yourself; don your pollen armor as no one needs to go down without a fight.

- **Feed Your Immune System**
 - Apples can inhibit the body's release of allergic compounds called histamines.
 - Drink plenty of fluids to naturally keep your passages well hydrated.
 - Steaming, baking or poaching fish like salmon, provides Omega-3 fatty acids that have a natural anti-inflammatory that can shrink nasal passages.
 - Nuts, red grapes and tomatoes also can help.
- **Wear Sunglasses** to protect your eyes from the sun AND pollen.
- **Wear a Mask** to limit the ingestion of pollen while gardening, doing your winter cleanup.
- **Shower after being outside** while gardening, doing yard work or being out for prolonged periods. Pollen on your clothes will find its way in, even into your bed.
- **Know your pollen counts** and schedule your day accordingly. If the weatherman tells you it's a bad day for pollen, do your errands early or later in the day.
- **Over-The Counter Allergy Medications** can help from nasal sprays to oral antihistamines. Ask your health professional which would be best for your symptoms.

Don't let pollen get the best of you. Spring into the season feeling healthy and ready to enjoy the warm, sunny days ahead.



Article Provided by Dr. Roxanne Latimer, *Medical Director and Lead Physician*
Doctors Express Marlborough and Natick

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a Week
M-F: 8-8
S-S: 8-5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:00 30 min. cardio/30 min. strength training class 10:00 Beg. Aerobics 10:00 Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge 2:00 DR. SUESS BIRTHDAY CELEBRATION	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:15 Pilates 1:00 Scrabble 1:00 VNA presents: Balance Screenings- Appt.'s only	9:00 30/30 Exercise 9:00 AARP Tax Preparations 10:15 Bingo 11:00 Multicultural Computer. Club 12:30 Bingo 1:30 Movie time 4:00 YOGA Multicultural class - All invited	8:50 Wayside Water Aerobics 9:00-11:00 Wellness Clinic 9:00 Cardio & Weights 10:00 ESL 10:00 Zumba	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club Big Cookie Day Sponsored by: Christopher Heights Assisted Living
9	10	11	12	13
9:00 30 min. cardio/30 min. strength training class 10:00 Beg. Aerobics 10:00 Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch- 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:30 COA Board Meeting, Walker Bldg.-1st floor 8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Bowling 11:00 Citizenship Class 11:15 Pilates 1:00 Scrabble 1:00-3:00 VNA presents: Medication Review- Appt.'s only	9:30 - 3:30 Reflexology/ Manicures/Pedicures by Appt only 9:00 Friendly Visitor Mtg - Coffee Loft 9:00 30/30 Exercise 9:00 AARP Tax Preparations 10:00 Multicultural Computer Club 10:15 Bingo 12:30 Bingo 1:00 Movie Time 4:00 YOGA Multicultural class - All invited	8:50 Wayside Water Aerobics 9:00-11:00 Wellness Clinic 10:00 Zumba 10:00 ESL 11:00 Cardio & Weights 1:00 1ST EVER CHECKERS TOURNAMENT	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 12:45 ST. PATRICKS DAY LUNCH 1:00 Computer Club and tutoring Second Saturday on March 14th
16	17	18	19	20
9:00 30 min. cardio/30 min. strength training class 10:00 Piano 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:15 Pilates 1:00 Scrabble 1:00 Book Club 1:00-3:00 VNA presents: Orthostatic BP Screenings- Appt.'s only 1:30 - 3:30 Podiatrist	9:00 30/30 Exercise 9:00 AARP Tax Preparations 10:15 Bingo 11:00 Latino Comp. Club 12:30 Bingo 1:30 Movie 4:00 YOGA Multicultural class-All invited	8:50 Wayside Water Aerobics 9-11:00 Wellness Clinic 10:00 ESL 10:00 Zumba 11:00 Cardio & Weights	8:30 Cribbage 9:00 Chair Yoga 9:00-1:30 Dental Clinic 10:15 Tai-Chi 1:00 Computer Club and tutoring 1:00 FIRST DAY OF SPRING CELEBRATION!
23	24	25	26	27
9:00 30 min. cardio/30 min. strength training class 10:00 Beg. Aerobics 10:00 Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:15 Pilates 1:00 Scrabble 1:00-2:00 VNA Presents: Making Fall Prevention Work For You 3:15 Tenant meeting	9:00 30/30 Exercise 9:00 AARP Tax Preparations 10:00 Multicultural Computer Club 10:15 Bingo 11:30 Trip to Worcester Art Museum 12:30 Bingo 1:30 Movie 4:00 YOGA Multicultural class-All	8:50 Wayside Water Aerobics 9-11:00 Wellness Clinic 10:00 Zumba 10:00 ESL 10:30 MENS GROUP Bus Leaving Senior Center 11:00 Cardio & Weights 12:30 ROAD TRIP TO HERITAGE AT FRAMINGHAM 1:00 Tufts Health Plan Medicare Preferred Customers Meeting In Craft Room	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:00 Crafts with Lisa and Pam
30	31	SAVE THE DATE:		
9:00 30 min. cardio/30 min. strength training class 10:00 Beg. Aerobics 10:00 Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:15 Pilates 1:00 Scrabble 1:00 Gathering to fill eggs for next month's hunt!!!	35TH ANNUAL SENIOR CONFERENCE - April 23rd Hosted by State Senator Jamie Eldredge UPCOMING LEGAL CLINIC with Arthur Bergeron - Tues, April 14 at 1 PM Topic: <i>Keeping Control as You Get Older - The 2015 Sequel</i>		MAYOR ARTHUR VIGEANT HOSTS 39TH SENIOR OF THE YEAR DINNER - Wed, May 6, 2015 at 5:30 PM at the MHS Cafeteria Please sign up for this complimentary dinner and special evening. Sign up and receive your event ticket at the Senior Center and more to come...
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