

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

March 2014

62 Providence Road * Mendon, MA 01756 New Hours: 8:30 AM-3:30 PM Monday-Thursday * (508) 478-6175 coa@mendonma.gov

St. Patrick's Celebration

Saturday, March 15th 2pm

We are pleased to invite you to a special Corned Beef & Cabbage meal graciously prepared and generously hosted by the Faith Baptist Church of Mendon here at the Senior Center. Delicious food, entertaining company and wit abound. Before you don your green please call 508-478-6175 or stop by the center to reserve your space. Seating is limited. Van transportation is available.



Outreach Services ~ Changing of the Guard

The past two years we have been fortunate to have Outreach Worker Nancy Mosher of Hopedale on staff to offer confidential information and referral services on aging related issues for Mendon seniors and caregivers. Nancy has done an excellent job getting this program off the ground and meeting our seniors' needs. At this time we need to make folks aware that while we are grateful for Nancy's dedicated service, she will soon be handing the reins over to the newest member of our staff, Beverly Hart of Milford.

Beverly comes to us with years of varied experience-- including four years in the US Air Force and most notably as an educator from the Henry P. Clough School where she taught kindergarten for more than twenty years. Most recently, Beverly gained two years experience working with the senior population as a volunteer through the SHINE health insurance counseling program based out of the Milford Senior Center. Like Nancy, Beverly will be able to assist local seniors with a variety of aging related issues. She will be available part-time to help complete confusing paperwork and will be available for home visits when warranted. This position is grant funded for six hours weekly through the Executive Office of Elder Affairs. Please join us as we wish Nancy the best in her future endeavors and welcome Beverly to our center.

Friends Book Fair

Donations Wanted

Donations are wanted for next month's Friends fundraiser. Gently used books (hard cover and soft cover), DVDs, CDs, children's books, puzzles and games can be dropped off at the Mendon Senior Center Monday - Thursday between 9am and 3pm.

Please Thank Our Sponsors!

We are grateful for the ongoing support of the Friends of Mendon Elders and of the local businesses which sponsor the publication of this monthly newsletter including: Beaumont Rehabilitation and Skilled Nursing Center, Boucher Energy Systems, Inc., Charles River Bank, Dean Bank, Friends of Mendon Elders, M+M Medical Supply, Inc., Mendon Animal Hospital, Milford Federal Bank, The Milford National Bank, Murphy Insurance Agency, and Jet Press. Please let them know you saw their advertisement in the Mendon Senior Sentinel. Thank you!

Month At A Glance March 2014

Tuesday/Thursday
Tri-Valley Lunches 12:00
Transportation Available

Mondays in March
SHINE Insurance Counseling
12:30 - 2:30 By Appointment

Monday, March 10 10-11:00
Office Hours with
Rep. John Fernandes (D-Milford)

Monday, March 10 11:00
Friends Meeting

Wednesday, March 12 9:00
COA Meeting

Saturday, March 15 2:00
St. Patrick's Dinner
Hosted by Faith Baptist Church
Transportation Available

Tuesday, March 18 1:00
Tax Credit Programs
Senator Richard T. Moore

Wednesday, March 19 9-11:00
Podiatry Clinic

Wednesday, March 19 11:15
Diner Tour ~ Dave's Diner
Middleboro, MA

Tuesday, March 25 1:00
Think Spring Craft

Wednesday, March 26 11:15
Dine-Out ~ Wretham, MA
James' Breakfast & More

Thursday, March 27 10:30
Low Vision Presentation

Tuesday, April 1 10:30
Alzheimer's Program



The
"Mendon Senior Sentinel"
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In Sympathy

The Mendon Council on Aging and The Friends of Mendon Elders extend their heartfelt sympathy to the family and friends of the following Mendon seniors and former senior residents:

John Carrabba	Lawrence Reardon Jr.
Chester Folkerts	Charlotte Rogers
Henry LaBastie	Eleanor Wilson

Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Walking Group 9-11 Whole Foods 9 Cribbage / 9 Bridge 12:30 Chorus 12:30-2 SHINE	9 Stretch & Flexibility 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling	8 Shopping Van 9 Panera Bread 9 Yoga 10:15 T'ai Chi	9 Stretch & Flexibility 9 Cribbage 12 Lunch Club 1 Wii Bowling 7 Pitch	Senior Center & Outreach 9-12 by Appointment
9-11 Whole Foods 9 Cribbage / 9 Bridge 10-11 Meet & Greet Rep. John Fernandes 11 Friends Meeting 12:30 Chorus	9 Stretch & Flexibility 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling	8 NO Shopping Van 9 COA Meeting 9 Panera Bread 9 Yoga 10:15 T'ai Chi	9 Stretch & Flexibility 9 Cribbage 12 Lunch Club 1 Wii Bowling 7 Pitch	Senior Center & Outreach 9-12 by Appointment
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Podiatry Clinic

There are limited openings to see Dr. Clayton Cooper of Southboro Medical Group at the Mendon Senior Center on Wednesday, March 19th from 9-11am. The cost for this service is thirty dollars, payable to Dr. Cooper. House calls are also available for an additional cost. Please call the center at 508-478-6175 to make an appointment.

Low Vision Workshop

Thursday, March 27

Andrea Schein, representative for The Massachusetts Commission for the Blind will offering a comprehensive Low Vision Workshop at the Mendon Senior Center on March 27th at 10:30am to explain the definition of legal blindness and legal benefits, the causes of blindness and popular miscon-

ceptions and services available from the Commission as well as low vision aids. Please register for this free program with the Mendon Senior Center at 508-478-6715.

Alzheimer's Program

Tuesday, April 1 10:30

Julie McMurray, Alzheimer's Association Regional Manager, will present a caregiver program entitled **Conversations About Dementia: Tips to Help with Family Conversations**. The workshop offers tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans. The program is 1 hour long and is a power point presentation with an audio component. Please call the Mendon Senior Center at 508-478-6175 to reserve your space.

Powerful Tools for Caregivers

Thursdays, April 3 – May 1 (1-3:00pm)

The Milford Senior Center will be hosting a free six-week program for caregivers, sponsored by Tri-Valley, Inc. designed to help you take care of yourself while caring for an older adult. Participants will learn to more effectively reduce stress, communicate effectively, reduce guilt, anger and depression, make tough decisions, set goals and problem solve. To register or to request more information, contact Laura Black Silver, LICSW, Caregiver Specialist with Tri-Valley Inc. at 1-800-286-6640 x 3079. If either transportation or companion care are needed so you can attend this worthwhile program, please call the Amy Wilson Kent or Beverly Hart of the Mendon Senior Center at 508-478-6175 to discuss!

MENDON ANIMAL CLINIC
 128 UXBRIDGE ROAD
 MENDON, MASSACHUSETTS 01756
 508-478-7387



DR. HOLLY FABBRICOTTI

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Senior Connection & Caregivers Guide

Stop by the Mendon Senior Center to pick up a free copy of **The Caregivers Guide** - an extensive resource guide for seniors, caregivers and professionals who are trying to navigate the often complex aging and caregiving networks. This guide includes; advice, checklists, tips, specific agency contact information, etc... The Caregivers Guide, a publication of the Central Massachusetts Agency on Aging along with the **Senior Connection**, may also be accessed on line.

Fuel Assistance

There is still time, if you are in need of fuel assistance. Please call the Mendon Senior Center, but please don't wait until your oil tank is almost empty. Applications can take 5-6 weeks to process. Please contact the Mendon Senior Center at 508/478-6175 for income guidelines or to schedule a confidential appointment.

Friends News & Events

Monthly Meeting: Monday, March 10th at 11am following Representative John Fernandes' in-house office hours 10-11:00am. Feel free to join us to learn more about our mission!

Memberships Due: Support the group that supports the center! Annual membership dues is still only \$5.00 payable to the Friends of Mendon Elders, Inc. If you haven't had a chance to renew your membership, there is still time. Feel free to drop yours off or mail it c/o Mendon Senior Center 62 Providence Street, Mendon, MA 01756. Thank you!

Friends Book Fair

Donations Wanted

Donations and volunteers are needed for this popular fundraiser. Please let your family and friends know we are now collecting gently used, CDs, DVDs, Video tapes and puzzles for our sale. We also need volunteers to help organize and sort items as they come in and to help during the sale. Contact President Sue Carlson at 508-473-6614 or stop by or call the Mendon Senior Center at 508-478-6175 for more information. Also a sign-up sheet is available at the center. Donations can be dropped off Monday through Thursday from 9-3pm. *Shoppers love coming to our book sales because, as they tell us, we are organized!*

Sale Dates: Friday, April 4th 3-7pm, Saturday, April 5th 9am-2pm and new this year Sunday, April 6th 10am-2pm

Ongoing Friends Programs:

Cell Phone Recycling: Drop off your old, used cell phones at the Mendon Senior Center and various local sites to be announced. This program helps to reduce unnecessary waste and provides additional income to the Friends.

Bottle & Can Redemption: In 2011 the Friends of the Mendon Elders raised 20% of the cost of the new senior van towards its purchase and delivery in April 2012. In the lean fiscal years 2012 and 2013 the Friends provided funding for the center's transportation services by **turning redeemable bottle and cans into cash** for the senior van. Now with funding gratefully restored through the town budget, the Friends are proactively turning their efforts to the **Senior Van Fund**; to assist with the purchase of a future van in the next five to ten years. You may drop off your clean empties at the Senior Center gazebo. To date the Friends have collected 33,875 cans totaling nearly \$1,700.00. Many thanks to Paul and Patrice Doucette for heading up this volunteer effort. If you have one or two hours to spare for this once a month endeavor, please call the center. Thank you!

Tax Credit Programs

Plan to join us on Tuesday, March 18th at 1:00pm when Senator Richard T. Moore will be at the Mendon Senior Center offering an informational session on tax credit programs for seniors including the Circuit Breaker Tax Program. Please call the Mendon Senior Center at 50-478-6175 to reserve your space.

Think Spring Craft

If you'd like to put those winter blues behind, join us on Tuesday, March 25th at 1:00pm for a spring themed craft lead by our creative volunteer Valerie Knox. Please stop by or call the center 508-478-6175 to register for this free program sponsored by Dean Bank.

Diner Tour

Wednesday, March 19th

On Wednesday, March 20th we will be heading out to **Dave's Diner, Middleboro**. Plan to meet at the Mendon Senior Center at 11:15 and carpool. No sign-up necessary.

Dine-Out Group

Wednesday, March 26th

Join us for another fine dining experience. This month's pick is **James' Breakfast and More**, 850 Franklin St., Wretham, All are welcome! Plan to gather at the Mendon Senior Center at 11:00am to carpool or meet up at the restaurant at 11:30. Please sign up at the senior center and be sure to note your cell phone number.

Do Not Call Registry

To reduce telemarketing calls, sign up now for the Massachusetts **do not call registry** for consumers (including cell phones). You can register in two easy ways: Register online: mass.gov/donotcall or call toll free: 1.866.231.2255

Mendon Office Hours

Rep. John V. Fernandes (D-Milford) will be holding office hours at the Mendon Senior Center on Monday, March 10th from 10am - 11am open to constituents. Mendon is one of the four communities Rep. Fernandes serves in the 10th Worcester District. Office hours are intended to provide constituents with the opportunity to express their concerns and inquiries directly to the representative at an accessible and convenient location. Please feel free to drop in.

Tri-Valley Lunches

March Menu

Served 12:00 noon

Tuesdays & Thursdays

Cost: \$2.00 Donation per Meal

Tuesday, 3/4
Chicken Murphy

Thursday, 3/6
Meatloaf & Gravy

Tuesday, 3/11
Beef Stew

Thursday, 3/13
Corned Beef & Cabbage

Tuesday, 3/18
NO Tri-Valley Lunch
Open Faced Turkey
Sandwiches

Thursday, 3/20
Hot Dog & Beans

Tuesday, 3/25
Chicken Cacciatore
& Penne Pasta

Thursday, 3/26
Turkey a La King
& Wild Rice

Menus are subject to change.
Reservations must be made
48 hours in advance
Transportation is available



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Scams, Scams & More Scams

Submitted by Dick Skinner

We have all seen the email inheritance scam – “give me your bank account number and I will get your inheritance out of (fill in the blank, but often Nigeria) with your help.” Give them your bank account number and you will not have any money left in the account. But the following scam variations are also worth noting – and avoiding.

How about the one that says that you have a court date (in some the distant town or city). Avoid this one by contacting the Mendon Police Department so that if someone does follow-up you will be protected (assuming you are innocent, of course). Or emails even from the IRS and the FBI – cute tries, but false. They will not be contacting you by email if they are real.

Or the latest one I got asking me to update my American Express credit card info – I do not have one. How about the emails offering a free look at my credit scores – are they real, or will I be giving up my Social Security number to some scammers? Skip this one and contact the free credit check companies directly.

Even the telephone is being used. “We have your shipment ready, just press 1” is a rotten trick. Just hang up, and fast! We were expecting a call from an out-of-state pharmacy and got one of these – I almost pressed 1. Pressing 1 would have committed us to buying something we did not want.

A call in the middle of the night telling you that (family member) has been hurt, is in the hospital and needs money right now for some good sounding reason. Screams scam to me. Ask for the injured person’s nick name and other info that would only be known to the immediate family and hope the call goes away. Or ask

for the hospital name, look it up and call them directly. I do not know about you, but I would love to reach out over the phone line and “touch” someone when they try this scam.

And while not directly a scam, these are NOT efficient ways to get money to charities. I am talking about the telephone calls requesting your help for some charity with a great sounding name (I’ll make one up) “Society for a Cancer Free America.” Only a small percentage of the money – as small as 10 cents for every dollar you give gets to the charity. Yeah, 90 cents goes to “fund raising” and to pay the salaries of the call center executives. My wife and I have our favorite charities we have researched and donate to. All others get nothing. Sounds harsh, but we know our contributions are being effectively used.

The moral of this story is if it looks like a scam, sounds like a scam, or smells like a scam, it probably is a scam. Ignore them – they really can hurt you.

Looking Ahead... Mark Your Calendars!

**Blood Pressure Clinic
Tuesday, April 1 11-12:00**

The Salmon Family VNA and Hospice of Greater Milford, in cooperation with the Mendon Board of Health, will be offering a Blood Pressure Clinic on Tuesday, April 1st from 11am-12:00noon. Please call or stop by the center to register. Drop ins are also welcome.

**The Last Word
Thursday, April 10 12:45**

Rita Sullivan, Community Liaison of RSVP, will be holding a workshop at the senior center explaining consumers’ rights regarding purchases for Funeral Goods and Services. Please stop by or call the Mendon Senior

Center at 508-478-6175 to participate in this small group program. RSVP is one of the largest volunteer networks in the nation for people 55 and over, utilizing the skills and talents individuals have learned over the years, or helping them to develop new ones while serving in a variety of volunteer activities within the community.

**Volunteer Appreciation
Wednesday, April 30th 11:00**

Calling all volunteers, we couldn’t do it without you! Please save the date for the Mendon Senior Center’s & Friends of Mendon Elders’ Volunteer Appreciation next month. Invitations will be mailed in early-mid April.

**Overnight Spring Trip
Lancaster Pennsylvania Dutch**

Stop by the Mendon Senior Center to pick up a flyer for the Friend of Mendon Elders overnight spring trip to Lancaster in the heart of Pennsylvania Dutch Country April 28-May 1, 2014. The price per person double occupancy is \$355.00 for this 4 day trip includes 3 nights lodging and 6 meals: 3 breakfasts and 3 dinners. This tour features a guided tour of Lancaster including Amish Country, the awesome “MOSES’ Show at the Sight & Sound Millennium Theatre, a visit to the charming Kitchen Kettle Village, admission to the Mennonite Information Center and admission to Landis Valley Museum & Village. Contact Sue at 508-473-6614 for more information.

Mendon Council on Aging Mission Statement

The mission of the Mendon Council on Aging is to evaluate the needs of Mendon’s senior community and respond to those needs by developing, promoting and encouraging new and existing programs and services that allow for enrichment, independence and quality of life and the fostering of aging with grace and dignity.

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SHINE Counselor: Larry Goldman

Volunteer Food Pantry Coordinator: Carol Kotros
ckotros7647@comcast.net

Council on Aging meetings are held at 9:00AM the second Wednesday of each month at the Senior Center. All Mendon residents are welcome to attend.

**MENDON COUNCIL ON AGING
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