

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

April 2012

62 Providence Road • Mendon, MA 01756 • Hours: 8:30 A.M.-3:30 P.M. Monday-Friday • (508) 478-6175 • coa@mendonma.gov

Transportation Update: We're Rolling!

It is with great pleasure that the Mendon Council on Aging and its Transportation Advisory Group announce the arrival of a new 14-passenger van. This long awaited achievement is due in part to both public and private support of the Council's successful Massachusetts Department of Transportation Mobility Grant and the Friends of Mendon Elders outstanding fundraising efforts including memorials and donations. The van will be available to offer transportation to Mendon residents, age 60 and over and to people with disabilities for medical appointments, shopping and errands and rides to and from Senior Center activities. (Continued on page 3)

Friends' Book Fair

Friday, April 13th 3 -7pm

Saturday, April 14th 9am-2pm

Mark your calendars for The Friends of Mendon Elders annual Book Fair at the Mendon Senior Center with added convenient night-time hours. You're sure to find many treasured titles among our stock of hard and soft covered books as well as a variety of movies and puzzles. And don't miss out on a final chance to win one of our fabulous raffle baskets for Red Sox fans and Lottery enthusiasts both to be drawn at 2pm on Saturday, April 14th! Thank you to the Milford National Bank and the Dean Bank for displaying our raffles baskets.

Friends President Marty Fletcher also invites everyone to get involved....become a member today, offer your ideas at the monthly meetings, help out for an hour or two at the upcoming book fair--you'll be glad you did! Everyone is welcome to attend the Friends monthly meeting on the Monday, April 9th at 11am.to learn more about the Friends' mission!

Prescription Advantage Presentation

Each year thousands of seniors in Massachusetts reach the gap in their Medicare prescription drug coverage (Part D) that is often called the "donut hole." This year, when Medicare beneficiaries (who do not get Extra Help) reach the donut hole, their Part D plan will pay 50% of covered brand name drugs and 14% of covered generic drugs. Although a 50% discount sounds great, if you take a brand name drug that costs \$300, you will still have to pay \$150!! This is where Prescription Advantage can help. Kathy Devine from the Executive Office of Elder Affairs will be at the Mendon Senior Center on Thursday, April 26th @ 10:30 to explain how Prescription Advantage can help to fill the hole in your Medicare prescription drug coverage. You won't want to miss this important presentation!

Meet & Greet Mendon Outreach

Please take a moment to stop by to meet Nancy Mosher--our new Outreach Worker-- on Friday, April 27th from 10-11am at Mendon Senior Housing or on Friday, May 4th from 10-11am at the Mendon Senior Center. Refreshments will be served. Nancy is available to offer free confidential counseling, caregiver support, information and referral services on aging issues for seniors and caregivers. This position is grant funded under CHNA-6 Community Partners for Health and a state grant throughout 2012. Home visits are available.

Month-At-A-Glance April 2012

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

Monday, April 9 11:00
Friends Meeting

Wednesday, April 11 9:00
COA Meeting

Thursday, April 12 11:00
Advance Planning

Friday, April 13 9:00
Beautification Meeting

Friday, April 13 9-2:00
Book Fair Set up

Friday, April 13 3-7:00
Book Fair Sale Hours

Saturday, April 14
Book Fair Sale Hours 9-2:00

Monday, April 16
Patriot's Day
Senior Center Closed

Wednesday, April 18 11:15
Diner Tour
Patriots Place, Woonsocket

Thursday, April 19 9-12:00
SHINE Counseling

Monday, April 23 9:00
Dine-out for Breakfast
Franklin Senior Center

Tuesday, April 24 11-12:00
VNA Blood Pressure

Wednesday, April 25 12:00
Volunteer Appreciation

Thursday, April 26 10:30
Prescription Advantage Workshop

Friday, April 27 10-11:00
Meet & Greet Outreach Worker
Nancy Mosher
Mendon Senior Housing



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"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:

Henry Corcoran Vincent Mistretta
Bertha Lewinski Kate Watson

Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Walking Group 2 9-11 Whole Foods 9 Cribbage / 9 Bridge 1 Chorus 5:45 Evening Yoga	9 Stretch&Flex / Scrabble 3 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling 3 Computer Class	8 Shopping Van 4 9 Yoga 10:15 T'ai Chi	9 Stretch & Flexibility 5 9 Cribbage / Scrabble 12 Lunch Club 1 Wii Bowling 7 Pitch	9 Bridge 6
9 Walking Group 9 9-12 Food Pantry 9-11 Whole Foods 9 Cribbage / 9 Bridge 11 Friends Meeting 1 Chorus/5:45 Evening Yoga	9 Stretch&Flex / Scrabble 10 11:15 Chair Yoga 12 Lunch Club 1 Wii / 3 Computer Class	8 NO Shopping Van 11 9 COA Meeting 9 Yoga 10:15 T'ai Chi	9 Stretch & Flexibility 12 9 Cribbage / Scrabble 11 Advance Planning 12 Lunch Club 1 Wii Bowling / 7 Pitch	9 Bridge 13 9 Beautification Meeting 9-2 Book Fair Set Up 3-7 Book Fair Evening & Saturday 4/14 9-2pm
16 Senior Center Closed Patriot's Day	9 Stretch & Flexibility 17 9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling NO Computer Class	8 Shopping Van 18 9 Yoga 10:15 T'ai Chi 11:30 Diner Tour Patriot's Diner, Woonsocket	9 Stretch & Flexibility 19 9 Cribbage / Scrabble 9-11 SHINE Counseling 12 Lunch Club 1 Wii / 7 Pitch	9 Bridge 20
8:30 Dine-Out Franklin SC 23 9 Walking Group 9-11 Whole Foods 9 Cribbage / 9 Bridge 1 Chorus/5:45 Evening Yoga	9 Stretch & Flex 24 9 Scrabble 11-12 Blood Pressure 11:15 Chair Yoga 12 Lunch Club 1 Wii / 3 Computer Class	NO Shopping Van 25 9 Yoga 10:15 T'ai Chi 12 Volunteer Appreciation	9 Stretch & Flexibility 26 9 Cribbage / Scrabble 10:30 Prescription Workshop 12 Lunch Club 1 Wii / 7 Pitch	9 Bridge 27 10 Meet & Greet Outreach Worker Mendon Senior Housing
9 Walking Group 30 9-11 Whole Foods 9 Cribbage / 9 Bridge 1 Chorus 5:45 Evening Yoga				April 2012

Advance Planning

On Thursday, April 12 at 11:00am Nancy Durkin, MSSW LICSW, with the VNA and Hospice of Greater Milford will provide the basics on what a good advance directive needs to include at the Mendon Senior Center. Nancy will address topics such as: Do I have to do a living will, what about a health care proxy, what are the 5 wishes, who does a POA? Don't leave these important issues to chance. Please stop by or call the Senior Center at 508-478-6175 to sign up for this free program.

Blood Pressure Clinic

The VNA and Hospice of Greater Milford, in cooperation with the Mendon Board of Health, is offering a Vital Signs Blood Pressure Clinic on Tuesday, April 24th from 11:00 to 12:00noon. Please call or stop by the center to register. Drop-ins are also welcome.

Veteran's Services

Mendon's Veterans Agent, Mr. Robin Fletcher, is available to discuss benefits and corresponding eligibility requirements with Mendon Veterans of all ages and their family members. Please note Mr. Fletcher's new office is located at the Mendon Town Hall at 20 Main St, Mendon. Please call 508/473-8461 to request an appointment. Also, watch for upcoming monthly drop-in hours at the Mendon Senior Center.

Fuel Assistance

The South Middlesex Opportunity Council (SMOC) is accepting applications for fuel assistance **until April 30, 2012**. The Mendon Council on Aging will process local applications for first time applicants under the administration of SMOC. The gross household income limit for a single person household is \$31,218 or less or for a family of two

is \$40,824 or less. If you qualify for fuel assistance, you may be eligible to receive discounts on electric and telephone bills as well. Call the Senior Center at 508/478-6175 to request an instruction checklist prior to making a confidential appointment.

Special Computer Topics

Tuesdays April 10 – June 5

Our wonderful teen volunteers, the Nipmuc Friends of Seniors, will return to the Mendon Senior Center to teach an eight week spring session touching on special computer topics such as Appearance and Themes-including changing the background, screensaver and cursor pointers and Performance and Maintenance- including defragmenting and scanning the system. Please stop by or call the center at 508-478-6175 to register for this informative class. Space is limited.

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Volunteer Appreciation

Wednesday, April 25th

We could not provide the many quality programs we offer at the Mendon Senior Center without our dedicated volunteers. During 2011 more than one hundred individuals, Senior Center volunteers and Friends of Mendon Elders members, logged over 4,000 hours serving meals, folding newsletters, leading classes, sorting books, trimming shrubs, checking expiration dates, answering phones, planning events, selling maps and so much more! It is with gratitude we invite YOU our wonderful volunteers to the Senior Center's annual Volunteer Appreciation recognizing the individuals and the teamwork that make our center successful.

On Wednesday, April 25th at 12:00 noon we will feature a light lunch followed by a musical performance by Roger Tincknell entitled ***Across the Americas***. This multicultural, multilingual musical journey from Canada to South America features a variety of folk instruments from around the world and is made possible with grant funding through the Mendon Cultural Council, a member of the Massachusetts Cultural Council. Invitations will be mailed shortly. Please contact the center if you haven't received yours by April 13th. RSVP by April 20th. Thank you!

Please note – updated CORI forms are required for all active volunteers this month. Please stop by the office to complete a form. It only takes a few minutes of your time.

Senior Day Trip June 13th Boston Duck Tour

For the ultimate adventure, come explore Boston by land and by sea in a World War II amphibious landing vehicle. This day trip coordinated by the Mendon Friends and Foxy Travel set for Wednesday, June 13th will be sure to please. Depart the Mendon Senior Center by 8am and embark on your Duck Tour by 10:00am. Two lunch options follow with corresponding tour costs: lunch at Durgan Park following the Duck Tour for a total cost of \$69.00 or Duck tour and lunch on your own at Quincy Market for \$55.00. There will be time for shopping afterwards and we will return to Mendon Senior Center by 5:30pm. Payment is due by May 11th to reserve your space. Please make checks payable to the Friends of Mendon Elders and drop off or mail to the Mendon Senior Center, 62 Providence Street, Mendon,

MA 01756. Call 508-478-6175 for more information and be sure to have an updated File of Life form completed before the trip.

Spring into Action!

Walking Group ~ Join the Mendon Senior Center's coed walking group on Mondays at 9am under the direction of volunteer Joan McMullen. Please contact the center to inform us of your interest.

Stretch & Flexibility ~ Join us on Tuesdays and Thursdays at 9am for a free invigorating, yet gentle workout taught by volunteer instructors Martha Gebelein, Mary Ann Murphy and Joan McMullen. If you're looking to start a new routine, look no further. Simply drop in!

Chair Yoga ~ This half-hour drop-in class is held on Tuesdays from 11:15 – 11:45am for seniors of all ages and ability levels. Enjoy the therapeutic benefits of yoga from the safety and comfort of the chair. There is no fee for this subsidized class, however donations are welcome to help defray the cost.

T'ai Chi ~ You are encouraged to register now for a six week session of this relaxing yet energizing form of exercise beginning **Wednesday, April 25th at 10:15am**. You also can enjoy a class in the great outdoors when weather permits.

Yoga ~ *New Sessions!* Day & Evening classes taught by Faith Kennedy will be starting later this month; Wednesday mornings at 9am and evening classes Mondays at 5:45pm (dates TBD). Please stop by or call the Mendon Senior Center at 508-478-6175 to pre-register for T'ai Chi or either Yoga class and to inquire about availability and fees.

Important: Always check with your physician before starting a new fitness program.

Diner Tour

Join us for a jaunt to Patriot's Diner in Woonsocket for this month's Diner Tour. No sign-up necessary, just meet at the Senior Center at 11:15am and carpool.

Dine-Out Group

This month we will gather for breakfast at the Franklin Senior Center on Monday, April 23rd at 9:00am. Plan to carpool from the Mendon Senior Center at 8:30am or meet up at Franklin at 9:00. Sign up at the senior center. **And please be sure to note your cell phone number and indicate whether you will carpool or meet us there.** Thank you!

Transportation Update

(Continued from page 1)

Requested donations for round trip rides in town will be one dollar and out of town rides, four dollars. Van passes or Vanbucks are available for a donation of ten dollars to the Friends of Mendon Elders allowing for eleven in town rides. Vanbucks will make the perfect birthday or thinking of you gift and can also be purchased to be donated to someone in financial need. No senior or person with disabilities will be denied a ride due to the inability to pay the requested donation. The transportation advisory group, comprised of a diverse group of elderly and disabled clientele, as well as liaisons from the COA Board, will continue to meet on a regular basis to discuss ways to improve access and efficiency for Mendon's transportation disadvantaged and looks forward to planning trips to many new destinations. We're rolling!

Tri-Valley Lunches April Menu

Served 12:00 noon

Tuesdays & Thursdays

Cost: \$2.00 Donation per Meal

Tuesday, April 3
Spanish Meatballs

Thursday, April 5
Ham & Raisin Sauce

Tuesday, April 10
Pork Stir Fry

Thursday, April 12
Chicken/Veggie Soup
Cheese Lasagna

Tuesday, April 17
Beef Stroganoff

Thursday, April 19
Baked Chicken

Tuesday, April 24
Chicken Fricassee

Thursday, April 26
Beef with Jardiniere Sauce

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

Food for Thought: "A Smile is the Light in the Window of Your Face that Tells People You're Home."



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NEWS FROM SHINE APRIL 2012

New Federal Poverty Levels Have Been Announced

New Federal Poverty Levels were announced that were effective on March 1, 2012. The Federal Poverty Level triggers the changes in eligibility for most of the Public Benefits available to our seniors. Income guidelines for the **Social Security Extra Help Program** have gone up to \$1,417 for a single person and \$1,912 for a married couple. The resource limit for this program is \$13,070 for a single person and \$26,120 for a married couple. **This program may significantly reduce your Medicare Plan Drug Costs and eliminate the donut hole.**

Guidelines for the **MassHealth Medicare Savings Programs**, such as **MassHealth Buy-In** have gone up to \$1,277 for a single person and \$1,723 for a married couple. The resource levels are \$6,940 and \$10,410 respectively. **This program will pay for your Medicare Part B premium if you are eligible.** These guidelines will make more of our seniors eligible for these valuable programs. If you feel you may be qualified you should call Social Security or set up an appointment to discuss it with your local SHINE Counselor.

*If you need help on any aspect of your health insurance, SHINE offers free counseling at The Mendon Senior Center. Call 508-478-6175 and ask for a SHINE appointment on **Thursday, April 19th from 9-11am.** You can also reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636) If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.*

Senior Connection

Central Massachusetts Agency on Aging has created Senior Connection and Connection for Caregivers to help seniors and caregivers help themselves. They offer a variety of FREE services including the following:

- Search Our Database – The Guide to Elder Services has over 2,000 programs and agencies in our area that may help you in your search for services.
- Online Support Groups & Chats – facilitated chats regarding legal, health insurance, prescription drugs and reverse mortgage issue.
- 24/7 Ongoing peer support - available online anytime day or night.
- Four Corners Articles – Monthly articles written by community experts on medical and legislative issues, ways to maintain your well-being plus a spotlight on resources available for seniors and caregivers.
- The Caregivers Guide – Extensive resource guide for seniors, caregivers and professionals trying to navigate the complex aging and caregiver networks. Hard copies are available at the Mendon Senior Center. Quantities are limited.

Visit www.SeniorConnection.org today and check out with CMAA has to offer or stop by the Mendon Senior Center to pick up handouts and The Caregivers Guide.

Beautification Meeting

If you enjoy putting outdoors and have a few hours to spare each month, why not consider joining our small group of committed volunteers on Friday, April 13th at 9:00am for a brief meeting and walk-thru of the Mendon Senior Center property. At that time we will formulate our goals for the year to further beautify the center's grounds. The Friends of Mendon Elders have generously agreed to fund our efforts again this year, so all we need now is

your green thumbs. Please call the center at 508-478-6175 to let us know of your interest.

Looking Ahead Mark Your Calendar...

Mendon Minstrels: Spring Program ~Moving Around. Don't miss out! Come enjoy a wonderful array of tunes sure to rekindle your wanderlust performed for your listening pleasure by our own Mendon Minstrels. The Minstrels, lead by Marge West with Dave Clinkman on piano and Art Forand on guitar, are performing on Thursday, May 10th at 11:00am just prior to their summer hiatus. Why not invite a friend and join us for lunch immediately following. Please call the center or stop by to sign up for one or both programs.

Pancake Breakfast: Troop 44 Boy Scouts will be holding their annual Mother's Day Pancake Breakfast on **Saturday, May 12th** from 8:30am to 11am at the Unitarian Church on Maple Street. Tickets are available at the door. Troop 44 offers seniors a discounted price of \$3.00 per person.

Podiatry Clinic: There are limited openings to see Dr. Clayton Cooper of Southboro Medical Group at the Mendon Senior Center on Wednesday, May 16th 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.

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, quality of life and the fostering of aging with grace and dignity.

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Outreach Worker: Nancy Mosher

SHINE Counselor/Veterans Agent: Robin Fletcher

Food Pantry Coordinator: Carol Kotros
ckotros7647@comcast.net

Van Drivers: Bob Gebelein & Wally Matthews

Council on Aging meetings are held the second Wednesday of every month at 9:00 A.M. in the Senior Center. All Mendon residents are welcome to attend this meeting.

MENDON COUNCIL ON AGING
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