

# The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

March 2015

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

## Mendon Historical Society Program

Sunday, March 8th ~ 2:00pm

The March meeting of the Mendon Historical Society features popular local author Michael Tougas. His most recent book is "Rescue of the Bounty: Disaster and Survival During Super Storm Sandy" which he co-authored with Douglas A. Campbell. Mr. Tougas will bring to life the harrowing tale of the shipwreck and rescue of the aging ship "Bounty" during Super Storm Sandy. The meeting will be held Sunday, March 8 at 2:00 PM at the Mendon Senior Center, 62 Providence Road. In case of bad weather, please refer to [www.mendonhistoricalsociety.org](http://www.mendonhistoricalsociety.org) or call 1-774-766-0739 for cancellation information.



## St. Patrick's Celebration

Saturday, March 14th ~ 2:00pm

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.

## Jukebox Memories of the 50's & 60's & Tri-Valley Baked Potato Bar

Tuesday, March 24 ~ 11:00am/12:00noon

As winter winds down we'll try to banish those lingering blues with a return performance by Vic Solo on Tuesday, March 24th at 11am --this time with a Salute to the 50's and 60's in his Jukebox Memories show.

Following Vic's performance we will enjoy a Baked Potato Bar made to order by YOU! This bar supplied by Tri-Valley will feature an assortment of toppings including chili, broccoli, cheese sauce, sour cream, chives and bacon so you can customize your own stuffed potato. Also provided are salad, bread, milk and dessert. Please call 508-478-6175 or stop by the Mendon Senior Center to register. Please note the musical program is generously sponsored by the Friends of Mendon Elders and the cost of the potato bar is \$3.00 per person.

## Powerful Tools for Caregivers

Thursdays, April 9 – May 14 (1-3:00pm)

The Bellingham 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 [lblack@tves.org](mailto:lblack@tves.org) or 1-800-286-6640 x 3079. If either transportation or companion care are needed so you can attend this worthwhile program, please call Amy Wilson Kent or Beverly Hart of the Mendon Senior Center at 508-478-6175 to discuss.

## Month-At-A-Glance March 2015

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

SHINE Health Insurance  
Counseling ~ Call for an  
Appointment

Saturday, March 7 8-11:00  
Mendon Lions Club/Girl Scout  
Pancake Breakfast  
Unitarian Church, Mendon  
Transportation Available

Monday, March 9 11:00  
Friends Meeting

Wednesday, March 11 9:00  
COA Meeting

Saturday, March 14 2:00  
St. Patrick's Dinner @ the Senior Center  
Hosted by Faith Baptist Church  
Transportation Available

Wednesday, March 18 9-11:00  
Podiatry Clinic

Wednesday, March 18 11:15  
Diner Tour ~ Dave's Diner, Middleboro

Saturday, March 21 8-12:00  
Boy Scout Troop #44  
Pancake Breakfast  
Unitarian Church, Mendon  
Transportation Available

Tuesday, March 24 11:00  
Jukebox Memories of the 50's & 60's  
Starring Vic Solo

Tuesday, March 24 12:00  
Tri-Valley Baked Potato Bar

Wednesday, March 25 11:15  
Dine-Out ~ Depot Café, Uxbridge




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## In Sympathy

The Mendon Council on Aging and The Friends of the Mendon Elders extend their heartfelt sympathy to the families and friends of the following Mendon senior residents and former residents:  
Joyce Dellarova  
Ruth Kearsley  
Doris Kollet

# Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11 Whole Foods 9 Cribbage 9 Bridge 12:30 Chorus <b>2</b>	9 Stretch & Flexibility 11:15 Chair Exercise 12 Lunch Club 1 Wii Bowling <b>3</b>	8 Shopping Van 9 Panera Bread 9 Yoga <b>4</b>	9 Stretch & Flexibility 9 Cribbage 12 Lunch Club 1 Wii Bowling 7 Pitch <b>5</b>	Senior Center 9-12 by Appointment <b>6</b>
9-11 Whole Foods 9 Cribbage 9 Bridge 11 Friends Meeting 12:30 Chorus <b>9</b>	9 Stretch & Flexibility 11:15 Chair Exercise 12 Lunch Club 1 Wii Bowling <b>10</b>	8 NO Shopping Van 9 COA Meeting 9 Panera Bread 9 Yoga <b>11</b>	9 Stretch & Flexibility 9 Cribbage 12 Lunch Club 1 Wii Bowling 7 Pitch <b>12</b>	Senior Center 9-12 by Appointment <b>13</b>
9-11 Whole Foods 9 Cribbage 9 Bridge 12:30 Chorus <b>16</b>	9 Stretch & Flexibility 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling <b>17</b>	8 Shopping Van 9 Panera Bread/9 Yoga 9-11 Podiatry Clinic 11:15 Dave's Diner – Middleboro, MA <b>18</b>	9 Stretch & Flexibility 9 Cribbage 12 Lunch Club 1 Wii Bowling 7 Pitch <b>19</b>	Senior Center 9-12 by Appointment <b>20</b>
9-11 Whole Foods 9 Cribbage 9 Bridge 12:30 Chorus <b>23</b>	9 Stretch & Flexibility 11:00 Jukebox Memories 12 Tri-Valley Potato Bar 1 Wii Bowling <b>24</b>	8 NO Shopping Van 9 Panera Bread 9 Yoga 11:30 Dine-Out – Depot Café, Uxbridge <b>25</b>	9 Stretch & Flexibility 9 Cribbage 12 Lunch Club 1 Wii Bowling 7 Pitch <b>26</b>	Senior Center 9-12 by Appointment <b>27</b>
9-11 Whole Foods 9 Cribbage 9 Bridge 12:30 Chorus <b>30</b>	9 Stretch & Flexibility 11:15 Chair Exercise 12 Lunch Club 1 Wii Bowling <b>31</b>			<b>March 2015</b>

## SHINE

### Health Insurance Counseling

Help is available if you're turning 65 this year and have questions about your health insurance options including Medicare D or *if you are already enrolled in Medicare and have concerns about a claim or coverage*. During the month of March certified, trained SHINE (Serving Health Information Needs of Elders) volunteer Chet Twarzdicki will be filling in for Larry Goldman to counsel you here at the Mendon Senior Center. Please call 508-478-6175 to schedule a free, confidential appointment.

### Podiatry Clinic

There are limited openings to see Dr. Clayton Cooper of Southboro Medical Group at the Mendon Senior Center on Wednesday, March 18th 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.

### Free Caregivers Guide

Stop by the Mendon Senior Center to pick up a free copy of user friendly 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.

### Meals on Wheels

If you need a nutritional boost but have difficulty preparing your meals, why not consider home delivery of hot meals from the Meals on Wheels program at Tri-Valley. Contact Outreach Worker Beverly Hart at the Mendon Senior Center at 508-478-6175 for a referral or contact Tri-Valley directly. Also, if you are interested in volunteering a couple hours a week to pack and/or deliver lunch to seniors in our community, please call Tri-Valley Meals on Wheels at 1-800-286-6640. Thank you.



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## Durable Medical Equipment

The Mendon Senior Center has a small inventory of Durable Medical Equipment for LOAN including regular wheelchairs, walkers, bath seats and commodes. The center also has two heavy-duty transport chairs capable of bearing up to 400 lbs. available for short term use. Please call the center to inquire about this free service. Also, if you have any unwanted equipment, particularly small bath seats, please contact the Senior Center at 508-478-6175.

## 2015 Travel Offerings

### Tower Hill Botanic Garden

**Wednesday, May 6th**

Depart the Mendon Senior Center at 1pm for a graciously sponsored trip to beautiful Tower Hill Botanic Garden in Boylston. Your tour will include round-trip motor coach transportation, entrance fee, small group guided tours of the atriums and gardens and a \$10.00 voucher toward an early supper (4pm) and music at Twigs Café. Please stop by the Mendon Senior Center to reserve your space. This trip is open first to Mendon Seniors and current Friends of Mendon Elders members. A \$10.00 non-refundable fee is due upon signing.

## Block Island

**Thursday, June 11th**

The Mendon Senior Center proudly presents another breathtaking trip to the Atlantic Ocean. Your tour will depart the Senior Center at 8:30am on a luxury Silver Fox motor coach. Your first destination is Point Judith, Rhode Island, where you'll board your ferry for an invigorating one-hour ride to Block Island. Upon arriving you will enjoy a 1 ¼ hour Sightseeing Tour of the Island with a native Block Island guide followed by a delicious luncheon at the National Hotel. This unique property offers Victorian Charm and fine cuisine along with an ocean view. Be sure to note your choice of entrée: Grilled Salmon, Chicken Teriyaki or Crab Cakes. There will be time to browse the

shops and enjoy the atmosphere in this very elegant and beautiful small town. You'll depart Block Island at 4:00pm. Then, after a visit (on your own) to the Ice Cream Machine in Cumberland, RI you'll arrive home in Mendon at 7:00pm. The cost per person is \$109.00 including gratuities and is due by May 11th.

## Fall 2015 Overnight Trip

The Mendon Seniors are planning a 5 day 4 night trip Sunday, October 4th through Thursday, October 8th to include tours of New York City, Philadelphia and Atlantic City. Cost of the trip is \$405 pp double occupancy and includes 4 nights lodging, 7 meals (4 breakfasts, 3 dinners), guided tour of New York City, guided tour of Philadelphia, and visits to Atlantic City where you can enjoy as much gaming as you want or visit the boardwalk, enjoy an ocean view, do some shopping, take in a show or do so much more! There is a great deal to do with a mixture of gaming and non-gaming activities on this trip! For more information, call Sue at 508-473-6614! This trip is open to seniors and non-seniors as well.

## Diner Tour

**Wednesday, March 18th**

On Wednesday, March 18th 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 25th**

Join us for another enjoyable dining experience. This month's pick is the Depot Café, Main St., Uxbridge. 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.

## New Players Welcome

Feel free to drop in Mondays and/or Thursdays at 9am for a friendly game of Cribbage. Don't worry if you need a little brushing up- our gang will ease you back into the game and counting: 15-2, 15-4 and a pair makes 6. Also, on occasion we are in need of "subs" for our ongoing Bridge game. If there is a game you'd like us to offer just let us know. Chances are there are other folks who'd like to play as well.

## Tri-Valley Lunches

### March Menu

Served 12:00 noon

Tuesdays & Thursdays

Cost: \$3.00 Donation per meal

Tuesday, 3/3  
Veggie Cheese Bake

Thursday, 3/5  
Mushroom Soup  
Salisbury Steak

Tuesday, 3/10  
Turkey Veggie Soup  
Meatballs with Gravy

Thursday, 3/12  
BBQ Chicken

Tuesday, 3/17  
Corned Beef & Cabbage

Thursday, 3/19  
Beef Mediterranean

Tuesday, 3/24  
Shepherd's Pie

Thursday, 3/26  
Chicken Cacciatore

Tuesday, 3/31  
Salmon Boat

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



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**THANK YOU**

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## **NEWS FROM SHINE** **MARCH 2015**

### **Does Medicare cover fitness programs?**

We have all seen the email inheritance scam – “give me your bank account number and I will get my 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.

### **“SHINE’S MEDICARE AND MORE” PROGRAM**

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE’S MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don’t see it on your local cable channel give them call and ask about it.

### **CENTRAL MASS SHINE WEBSITE**

The Central Mass Region has recently launched its website. You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with you insurance needs.

**Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Mendon Senior Center at 508-478-6175 and ask for a SHINE appointment. You can also 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. You can now visit us on the internet at [shinema.org](http://shinema.org)**

## **Friends News & Events**

**Monthly Meeting:** Monday, March 9th at 11am. 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 & Volunteers Wanted***

Donations and volunteers are needed for this popular fundraiser. Please let your family and friends know we are now collecting gently used books (hard & soft cover), CDs, DVDs and puzzles for our upcoming sale. Thank you to the many returning and new volunteers who have begun to organize and sort items as they come in. Additional volunteers are always welcome. Please contact President Sue Carlson at 508-473-6614 for more information. A sign-up sheet will be available shortly at the center. Donations can be dropped off Monday through Thursday from 9-3pm. We continue to hear that shoppers love coming to our book sales because, as they tell us, we are organized! **Sale Dates: Friday, April 10th 3-7pm, Saturday, April 11th 9am-2pm and Sunday, April 12th 10am-2pm**

## **Ongoing Friends Programs:**

### **Cell Phone Recycling**

Consider dropping off your old, used cell phones at the Mendon Senior Center. This program helps to reduce unnecessary waste and provides additional income to the Friends **Bottle & Can Redemption**

You may also drop off your clean bottles and cans at the Senior Center gazebo. With your help the Friends have collected nearly 50,000 bottles and cans since the programs inception totaling nearly \$2,500.00. Many thanks to Paul

and Patrice Doucette and Warren Goodnow for teaming up for this volunteer effort. If you have one or two hours to spare for this once a month endeavor, we’d love to hear from you! Please call the center. Thank you!

## **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.

## **Looking Ahead**

### **Mark Your Calendar...**

#### **Blood Pressure Clinic**

**Tuesday, April 7 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 7st from 11am-12:00noon. Please call or stop by the center to register. Drop-ins are also welcome.

## **Volunteer Appreciation**

**Wednesday, April 15th 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 later this month.

## **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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### **Town of Mendon - Council on Aging Board**

**Chairperson**.....Kevin Rudden

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**Treasurer** ..... Carol Kotros

**Members:** Bob Carlson, May Ann Hopkins  
and Jim Negri

**Outreach Worker:** Beverly Hart

**Van Drivers:** Bob Gebelein, Wally Matthews,  
Russ Dudley

**SHINE Counselor:** Larry Goldman

**Volunteer Food Pantry Coordinator:** Carol Kotros  
[ckotros7647@comcast.net](mailto:ckotros7647@comcast.net)

Council on Aging meetings are held at 10:30AM 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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