

# The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

2014 September

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

## Senior of the Year Luncheon Sunday, September 21st at 11:30am

Please plan to join us for the 37th Annual Senior Citizens Day on Sunday, September 21st at 11:30 when we honor all seniors—especially Robin Fletcher, 2014 Mendon Senior of the Year, for his enduring spirit of volunteerism and dedication to public service, serving among others: senior citizens, veterans and boy scouts since moving to Mendon nearly thirty years ago. The ceremony will be followed by a delicious roast chicken meal generously sponsored and hosted by the Mendon Lion's Club at the Unitarian Church of Mendon Uxbridge, 13 Maple Street, Mendon. Please stop by or call the Senior Center at 508/478-6175 reserve your space by Sept. 12th for this free celebration. Van transportation is available.

## Diabetes Workshop Part II

Nutritionist Kerri Sheinberg with the Milford Regional Medical Center will be returning to the Mendon Senior Center on Thursday, September 18th at 10:30am to help you stay on track. Many of you found her first visit this past spring extremely helpful. For this program Kerri will be focusing on triglycerides and glycemic index. Please stop by or call the Mendon Senior Center at 508-478-6175 to reserve your space.

## Gloucester Lobster Cruise Tuesday, October 14, 2014

We weren't sure we could top the beautiful Cape Cod Canal trip in June, however, this offering just might. Depart from the Mendon Senior Center at 8:00AM on a Silver Fox Coach and travel to the North Shore, stopping in Salem where you will learn about the maritime history of the area. From there you will travel to Gloucester and board the new and luxurious Beauport Princess for a delicious New England Clam Bake buffet featuring Caesar Salad, NE Clam Chowder, Baked Haddock, Steamed Lobster, Steamer Clams, Corn on the Cob and Chocolate Mousse. The Captain will provide a narration about the sights you'll be viewing on your two and one half hour Gloucester Harbor cruise. A Jazz Trio will be playing live music for your enjoyment as well. You will return home to Mendon at approximately 6:00PM. The cost per person is \$79.00 due by September 18th. Please stop by the Mendon Senior Center or contact Sue Carlson at 508-473-6614 to register.

## Fuel Assistance 2014-2015 Re-certifications Due Now

If you were approved for Fuel Assistance last year, you should be receiving a pre-printed application form shortly, directly from SMOC (South Middlesex Opportunity Council) for the upcoming heating season. To avoid delays in receiving your benefit, forms should be completed and returned as soon as possible. If you are a Mendon resident and require assistance with your re-certification or have not received your form yet, please contact the Mendon Senior Center at 508-478-6175. Note – The process for first time applicants does not begin until November 1, 2014. However, you may pre-register for an information packet at this time by also contacting the Mendon Senior Center

## Month-At-A-Glance September 2014

Month-At-A-Glance  
September 2014

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

Tuesday, September 2 10-12:00  
SHINE Insurance Counseling

Wednesday, September 3 1:00  
Movie of the Month ~ Jump!

Monday, September 8 11:00  
Friends Meeting

Wednesday, September 10 10:30  
COA Meeting

Monday, September 15 12:30  
Mendon Minstrels Chorus  
Rehearsal Begins

Tuesday, September 16 10-12:00  
SHINE Insurance Counseling

Tuesday, September 16 12:45  
Gary Landgren ~ Honky Tonk Piano

Wednesday, September 17 9-11:00  
Podiatry Clinic

Wednesday, September 17 11:15  
Final Summer Safari

Thursday, September 18 10:30  
Diabetes Management

Sunday, September 21 11:30  
Senior of the Year Luncheon  
Unitarian Church, Maple St.

Thursday, September 25 10:30  
Salmon VNA & Hospice  
Volunteer Opportunities



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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 residents:

Lucille Taylor  
Robert 'Bob' Wallace

# Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Labor Day Holiday</b> 1 <b>Senior Center Closed</b>	9 Stretch & Flexibility 2 <b>10-12 SHINE Ins. Counseling</b> 11:15 Chair Exercise 12 Lunch Club 1 Hand and Foot	<b>8 Shopping Van</b> 3 9 Panera Bread 1 Movie of the Month: <i>Jump!</i> An inspiring documentary	9 Stretch & Flexibility 4 9 Cribbage 9 Word Games 12 Lunch Club	Senior Center & Outreach 5 9-12 by Appointment
9 Walking Group 8 9-11 Whole Foods 9 Cribbage 9 Bridge <b>11 Friends Meeting</b>	9 Stretch & Flexibility 9 11:15 Chair Exercise 12 Lunch Club <b>1 Wii Bowling Returns!</b> 1 Hand and Foot	<b>8 NO Shopping Van</b> 10 <b>9 COA Meeting</b> 9 Panera Bread 9 Yoga 10:15 T'ai Chi	9 Stretch & Flexibility 11 9 Cribbage 9 Word Games 12 Lunch Club 1 Wii Bowling	Senior Center & Outreach 12 9-12 by Appointment
9 Walking Group 15 9-11 Whole Foods 9 Cribbage 9 Bridge <b>12:30 Chorus Rehearsal</b> <b>Minstrels Return!</b>	9 Stretch & Flexibility 16 <b>10-12 SHINE Counseling</b> 11:15 Chair Exercise 12 Lunch Club <b>12:45 Honky Tonk Piano</b> 1 Wii/1 Hand & Foot	<b>8 Shopping Van</b> 17 9 Podiatry Clinic 9 Panera Bread 9 Yoga/10:15 T'ai Chi <b>11:15 Final Summer Safari</b> <b>Sandy's Restaurant ~ Buzzard's Bay</b>	9 Stretch & Flexibility 18 9 Cribbage <b>10:30 Diabetes Management</b> 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling	Senior Center & Outreach 19 9-12 by Appointment 9 - 1
9 Walking Group 22 9-11 Whole Foods 9 Cribbage 9 Bridge	9 Stretch & Flexibility 23 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling 1 Hand & Foot	<b>8 NO Shopping Van</b> 24 9 Panera Bread 9 Yoga /10:15 T'ai Chi <b>11:30 Dine-Out~</b> 1 Movie of the Month: <i>Jump!</i> (second showing)	9 Stretch & Flexibility 25 9 Cribbage <b>10:30 Volunteer Opportunities:</b> <b>Salmon VNA &amp; Hospice</b> 12 Lunch Club 1 Wii Bowling	Senior Center & Outreach 26 9-12 by Appointment
9 Walking Group 29 9-11 Whole Foods 9 Cribbage/9 Bridge	9 Stretch & Flexibility 30 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling 1 Hand & Foot	<div style="border: 2px solid black; padding: 10px; width: 100px; margin: 0 auto;"> <h2 style="margin: 0;">September 2014</h2> </div>		

## New Caregiver's Guide Available

The newly revised 2014 Caregiver's Guide is now available. This free guide is meant to be a tool for those providing care for older adults and offer education on programs, supports and resources available in the Central Massachusetts region. The Caregiver's Guide is a free publication, funded in part through a grant from the Tufts Health Plan Foundation. For more information or to request a copy of the guide, please contact the Caregiver Program at Tri-Valley, 508-949-6640 or 1-800-286-6640. Copies are also available at the Mendon Senior Center and a PDF version of the guide is also available at [www.trivalleyinc.com](http://www.trivalleyinc.com).

## Outreach Services

It's nice to know where to turn if you have a problem. Senior Center Outreach Worker Beverly Hart is available~Monday and Wednesday mornings~to offer Mendon seniors free confidential counseling, help with confusing paperwork (including SMOC Fuel Assistance applications), caregiver support, information and referral services on aging related issues for seniors and caregivers. **Home visits are available.** Please call the senior center for assistance. *This 6 hour per week, part-time position is grant funded by the Executive Office of Elder Affairs, Boston.*

## Podiatry Clinic



Doctor Clayton Cooper of Southboro Medical Group will be available on Wednesday, September 17th from 9-11am at the Mendon Senior to assist with your podiatry needs. Home visits are available for an additional fee. Please inquire at Senior Center office.

## Volunteer Opportunity

Hospice Volunteers Sought  
 Mike Metcalf, Volunteer Coordinator from Salmon VNA & Hospice will be at the Mendon Senior Center on Thursday, September 25th at 11:00 to present on what is hospice and volunteer opportunities within Mendon and surrounding communities. Join us to learn more on how you can help make a difference in someone's life. Please stop by or call the center at 508-478-6175 to register.

## Eyeglass Donations

The Mendon Senior Center is now an official collection point for used eyeglasses. *The Mendon Lion's Club* will donate these glasses to the worldwide Lion's effort to assist those who can't afford to purchase glasses. The collection box is located in the entryway of the Senior Center by the main door. Thank you!

<p><b>MENDON ANIMAL CLINIC</b>          128 UXBRIDGE ROAD          MENDON, MASSACHUSETTS 01756          508-478-7387</p>  <p style="text-align: center;">DR. HOLLY FABBRICOTTI</p>	<p style="text-align: center;"><b>FRIENDS OF MENDON ELDERS, INC.</b></p> <p style="text-align: center;">A non-profit organization (501.c3)          Supporting Mendon Senior Center          Programs &amp; Facility With Your Help.  <i>Become a 2014 Member Today!</i>  <a href="mailto:friendsofmendonelders@verizon.net">friendsofmendonelders@verizon.net</a></p>	<p style="text-align: center;"><b>The Milford National Bank</b>  <a href="http://milfordnational.com">milfordnational.com</a>          Milford • Mendon • Bellingham  <b>Mendon Office:</b>          14 Hastings Street, Rte.16          508-634-4114</p>	<p style="text-align: center;"> <b>BEAUMONT</b>          REHABILITATION AND          SKILLED NURSING CENTER          SALMON</p> <p style="text-align: center;"><b>(508) 234-9771</b>          85 Beaumont Drive, Northbridge  <a href="http://www.SalmonHealthAndRetirement.com">www.SalmonHealthAndRetirement.com</a></p>
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## Intergenerational Programs: Pen Pals Needed!

The Mendon Senior Center will be teaming up once again with the Henry P. Clough Elementary School during the 2014-2015 school year for an endearing, intergenerational Pen Pal Program under the top-knotch direction of volunteer coordinator Peg Nogueira and, new this year, fourth grade teacher Mrs. Marie Brigham following Mrs. McDonough's retirement this past spring. One brief letter per month from October through May is all that is required on your part. Don't worry that you won't know what to write... Mrs. Brigham's class will ease you into prose with their own informative descriptions of school curriculum and their inquisitive questions about your own recollections of childhood, school and holidays. Please remember to create a descriptive pen name-personal to you- to sign your letters with. It could be your youthful nickname or perhaps it relates to a favorite hobby. Your identity and your pen pal's will be revealed at an end of the year get-together- not to be missed! If you're interested in "adopting" a secret pen pal as a new or returning participant, please stop by or call the Mendon Senior Center at 508-478-6175 to sign up or email Peg Nogueira at [pegnog@verizon.net](mailto:pegnog@verizon.net) by September 19th.

## Movie of the Month

Beginning in September the Movie of the Month will change to a new day--the first Wednesday of the month-- with occasional encore performances when the schedule allows on the fourth Wednesday of the month. In September come enjoy the excitement of JUMP! on September 3rd and 24th at 1:00pm. JUMP! is an award winning documentary about competitive jump rope teams in the United States. The Mendon Council on Aging and our seniors are grateful to Coach Christine Horn and the Miscoe Hill Skippers for entertaining and educating us about this exciting sport last month. Please stop by or call the Mendon Senior Center at 508-478-6175 to sign up for this free program. Next month we will feature the Disney film Saving Mr. Banks on October 1st and October 22nd at 1:00pm starring Tom Hanks and Emma Thompson about the making of Mary Poppins.

## Technology Classes Tuesdays October 14 –December 9

Our wonderful teen volunteers, the Nipmuc Friends of Seniors, will return to the Mendon Senior Center this fall to offer a flexible eight-week drop-in session exploring the use of I-pads, I-pods, laptops and cell phones. Please stop by or call the center at 508-478-6175 to register for this free informative class and let us know of your areas of interest. Enrollment is limited.

## Tri-Valley Lunches September Menu Served 12:00 noon Tuesdays & Thursdays Cost: \$3.00 Donation per Meal

Tuesday, September 2  
Salmon Boat

Thursday, September 4  
Beef & Broccoli

Tuesday, September 9  
Beef Stroganoff

Thursday, September 11  
Chicken Asparagus

Tuesday, September 16  
No Tri-Valley Meal  
Pizza Party followed by  
Honky Tonk Piano

Thursday, September 18  
Rosemary Pork

Tuesday, September 23  
Hot Dog & Baked Beans

Thursday, September 25  
Ham Salad

Tuesday, September 30  
Chicken Salad & Soup

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

## Summer Safari Finale!

The Summer Safari culminates on September 17th in a trip to Buzzard's Bay for a visit to Sandy's Restaurant No sign up necessary; simply meet at the Mendon Senior Center at 11:15am to carpool.

## Free One Night Workshops

The Milford Community School Use Program is offering FREE one night programs on a variety of subjects including: Social Security Options, "On Silent Wings: The World of the Snowy Owl" Presentation, Divorce and Separation, Introduction to LinkedIn and Introduction to Facebook. Please refer to the program website <http://mcs.milford.ma.us/> for more information including dates and times or to download a registration form. Please mail or deliver to the Milford Community Use office (inside Milford High School), 31 West Fountain Street, Milford, MA 01757.

## Mendon Minstrels Return

Stretch your vocal chords on Mondays beginning September 15th at 12:30pm. Join volunteer coordinator Marge West, Dave Clinkman on piano and Art Forand on guitar for weekly practice. Male and Female voices welcome. Call for more info.

## Looking Ahead Mark Your Calendars: Blood Pressure Clinic

The Salmon Family VNA and Hospice of the Greater Milford, in cooperation with the Mendon Board of Health, is sponsoring its final Vital Signs Blood Pressure Clinic before the summer on Tuesday, October 7th from 11:00am- 12:00pm. Please call or stop by the center to register. Drop-ins are also welcome.



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**DON'T IGNORE YOUR MEDICARE MAIL!**  
It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2015.

During the annual Medicare Open Enrollment (October 15 – December 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early or save the date of Tuesday, October 21st at 10:30am for a comprehensive SHINE overview offered by Counselor Larry Goldman here at the center.

**DON'T WAIT UNTIL IT'S TOO LATE!**  
Trained SHINE volunteers including Larry Goldman, Chet Twarzdicki and Robin Fletcher offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment or register for the Oct. 21st workshop, call the Mendon Senior Center at 508-478-6175. 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.

**The Friends of Mendon  
Elders Oktoberfest**

Please save the date and your donations for The Friends of Mendon Elders, Inc. annual Oktoberfest on Saturday, October 18th, from 9am-2pm at the Mendon Senior Center. And

due to the success of our previous evening hours you can shop early on Friday, October 17th from 3pm – 7pm. Donations of attic treasures, hand crafted items, jewelry, baked goods, plants and raffle items are needed to make this fundraiser a success. The Lunch/Snack bar will be available as well. Please plan on making a donation and attending this wonderful event and support our Friends' efforts to support the Senior Center and its programs and services. Items can be dropped off at the center Monday-Friday from 9am-3pm. Sorry, but we cannot accept clothing and shoes and electronics including computers or computer monitors. If you're interested in volunteering, please contact Friends President Sue Carlson at 508-473-6614 or call the Senior Center at 508-478-6175. Anyone interested is also welcome to attend the September Friends fall kick-off meeting on Monday, September 8th, at 11:00am.

**In Front and Behind the Scenes...**

Thank you Mendon Council on Aging members and Senior Center volunteers for supporting the center's mission each in your own way. The following individuals have made the center a better place by offering their time and talent at the Mendon Senior Center this summer! Piano Tuner Jay Buyer for helping us sound so good. Coach Christine Horn & the Miscoe Skippers for an amazing, enlightening performance on August 1st. Weekly Panera Volunteers: Tom & Vonnie Stavish, Larry & Sandy Pearson, Kevin Rudden, Louis Merolli Jr., and Harolyn & Bill Thiemke Weekly Wholefoods Volunteers: Laurie Barefoot, Jake Barefoot, Bob Gebelein, Bill Gokey, Priscilla Koopman and Honey Vartebedian. Historical Enthusiast: Paul Doucette (and Patrice Doucette) for an in depth, wonderful program on Mendon's airport. Sign Volunteers: Tom Irons, Nancy Jenkins, Ann Nardi and Ollie Zaino Special Event Volunteers: Janet Ahearn, Stacey

Berthiaume, Bob Carlson, Sue Carlson, Diana Carter, Sandy Flynn, Claudia Gardner, Maybelle Grant, Ann Halsing, Kay Holmes, Mary Ann Hopkins, Carol Kotros, Nancy Larkin, Dottie Leighton, Lana Mars, Peter Mars, Louis Merolli Jr., Jim Negri, Earl Pearlman, Shirley Phipps, Kevin Rudden and Ann Vandersluis for helping to put on several enjoyable (and delicious) programs this summer. To each of you I say, "Take a bow." We could not offer our quality programs without you! If you'd like to learn more about volunteer opportunities at the senior center please call director Amy Wilson Kent at 508-478-6175.

**Medicare Annual Election Period:  
Are You Ready? Do you know what type of health insurance is best for you?**

On Friday, October 17th at 10:00 A Blue Cross and Blue Shield of Massachusetts representative will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. The presentation will help attendees understand the weights and balances between Medigap and Medicare Advantage plans. Members of (non group) Medex, Blue MedicareRx, Medicare HMO Blue, Medicare PPO Blue will also have the opportunity to ask questions regarding any 2015 changes. All are welcome regardless of your insurance coverage. Please call 508-478-6175 or stop by the Mendon Senior Center to register.

**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**

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Members: Bob Carlson, Kevin Rudden and Mary Ann Hopkins

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

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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