

# The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

February 2015

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

## Greetings from the Friends!

Friends of Mendon Elders  
Officers 2015

President ~ Sue Carlson  
Vice President ~ Diana Carter  
Secretary ~ Lana Mars  
Treasurer ~ Ann Gonyea

**Board Members:** Martha Gebelein, Henry Hebb, Kay Holmes, Dottie Leighton, Louis Merolli Jr., Vivian Podsiadlo, Pat Vandenberg and Honey Vartabedian The Friends of Mendon Elders, Inc. is a (501.c3) nonprofit organization that supports the Mendon Senior Center programs and facility through its fundraising efforts. As always, your suggestions and participation are welcome and encouraged at our monthly meetings. Annual dues (\$5.00) for 2015 are now being accepted, payable to The Friends of Mendon Elders. Please inquire about half-priced BJ's memberships, which are available to current Friends' members. **Note ~ Volunteers are needed to help sort books in our newly heated basement for the spring book fair in April. We will begin this process the end of this month.** Please call President Sue Carlson at 508-473-6614 for more information.

## Ice Harvesting In New England

The program for the February meeting of the Mendon Historical Society is Ice Harvesting in New England. Ice harvesting used to be big business in New England, second only to the steel industry. Historian Ken Ethier will describe the process and the tools used; weather permitting he will demonstrate with a block of ice. The meeting is Sunday, February 8th at 2:00pm at the Mendon Senior Center, 62 Providence St., Mendon. All are welcome; no reservations are necessary.

## Mendon Neighbor Brigade

Neighbor Brigade is a network of local chapters of volunteers who are willing to provide non-medical services to neighbors of all ages during times of temporary crisis—such as a serious illness, major surgery, sudden accident or tragedy. The Mendon chapter has been up and running for just over two years and has provided Mendon residents of all ages with a variety of services including delivery of a meal, rides to recurring appointments, dog walking and help with errands.

At this time, the greatest need for volunteers here in Mendon is for those who are willing to occasionally provide a ride to recurring appointments in the local area. To find out how to join this volunteer network or to find out how we can help you or someone you know, send us an email at MendonMA@neighborbrigade.org, contact our central office at 781-325-8580 or our website at <http://www.neighborbrigade.org/cvhapers/MendonMA/>. All you need to volunteer is an email address and a willingness to help out now and then.

### Ongoing Programs:

**Whole Foods** — Monday 9-11am

**Bridge** — Monday 9am

**Cribbage** — Monday/Thursday 9am

**Stretch & Flexibility** — Tues/Thurs 9am

**Chair Exercise** — Tuesday 11:15am

**Lunch Club** — Tues/Thurs 12:00 noon

**SHINE**- Alternating Tuesdays by appt.

**Wii Bowling** — Tuesday/Thursday 1pm

**Computer/Technology Class** — Tuesdays 2:30pm

**Shopping Van** — Alternating Wednesdays 8am

**Panera Bread** — Wednesday 9-11am

**Yoga** — Wednesday 9am & Thursday 5:45pm

**T'ai Chi** — Wednesday 10:15pm

**Pitch League** — Thursday 7pm

## Mendon Senior Sentinel

February 2015

### Month-At-A-Glance

February 2015

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

Friday, February 6 3:30  
One Act Plays  
Miscoe Hill School

Sunday, February 8 2:00  
Historical Society Program  
Ice Harvesting in New England

Monday, February 9 11:00  
Friends Meeting

Wednesday, February 11 10:30  
COA Meeting

Thursday, February 12 10:00 & 1:00  
Valentine's Craft

Thursday, February 12 12:00  
Love Songs with Earl Pearlman on Piano  
Valentine's Potluck

Monday, February 16  
President's Day  
Senior Center Closed

Wednesday, February 18 11:15  
Diner Tour ~ Patriot's Diner  
Woonsocket, RI

Thursday, February 20 9:30 – 2:30  
Friday, February 21 9:30 – 2:30  
RI Flower Show, Providence

Tuesday, February 24 11-12:00  
VNA Blood Pressure Clinic

Wednesday, February 25 11:30  
Dine-Out Group ~ BVT Three Seasons

Thursday, February 26 10:30  
Diabetes Management  
Recipes & Exercise



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"Mendon Senior Sentinel"

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**Mendon Council on Aging**

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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 and former residents:

James Bettano, Sr.  
Berneta DeVries  
Carlton Gaskill  
Irene Garland  
Thomas Hackenson

Gino Minardi  
Joseph Reed, 101  
Clara Ribeiro  
William Scott, Sr.  
Geraldine Wallace

## Blood Pressure Clinic

The VNA and Hospice of the Greater Milford, in cooperation with the Mendon Board of Health, will be sponsoring a Blood Pressure Clinic on Tuesday, February 24th from 11:00am-12:00pm. Please call or stop by the center to register. Drop-ins are also welcome.

## 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.* Certified, trained SHINE (Serving Health Information Needs of Elders) volunteer Larry Goldman is available to counsel you the first and third Tuesday mornings each month here at the Mendon Senior Center. Please call 508-478-6175 to schedule a free, confidential appointment.

## Outreach Update~ Be Safe this Winter

Outreach Worker Beverly Hart would like to remind everyone she is available most Mondays and Wednesdays to provide information (and referrals as needed), to assist with confusing paperwork and to make periodic home visits. This confidential service is provided free of charge and is currently funded with a grant through the Executive Office of Elder Affairs, Boston. Please be assured no referrals are made without your permission.

We would also like to take this opportunity to feature an important service for those living alone. Personal response services such as Lifeline, Be Safer At Home and Alert1 (to name just a few) may provide you and your family peace of mind. Should the need arise these services allow you to quickly call for help with just the touch of a button. In some cases the cost of the service may be covered by our local homecare agency Tri-Valley; other providers may offer a discount to veterans. Feel free to contact Beverly here at the center for more information. Brochures are also available at the Senior Center.

## Technology Classes & Computer Lab Use

The Nipmuc Friends of Seniors student instructors continue to offer free Technology Classes on Tuesdays from 2:30-3:30pm. Although the primary intent of this drop-in program is to offer instruction in computer use, feel free to bring your own lap tops, I-pads and/or cell phones along with your questions. Also, please call 508-478-6175 or stop by the Mendon Senior Center to let us know of your interest.

We would also like to remind everyone that the Mendon Senior Center computer lab has been generously outfitted with four desktop computers by the Friends of Mendon Elders and is available for your personal use during center hours. Check your emails and utilize the internet away from home. Also, if you're interested in helping other seniors with their individualized computer needs or helping with special projects, please contact Director Amy Wilson Kent at 508- 478-6175.

## Transportation Services

Even during these the winter months there is no excuse to stay home. The Senior Center van is available for Mendon residents age 60 and over or any Mendon resident who is disabled, for rides for medical or personal appointments, grocery shopping on Wednesdays or transportation to and from activities at the Senior Center Monday thru Thursday each week. Please note this service is for individuals who have no other means of transportation and medical appointments take priority. Please call the Center at least 48 hours (or more) in advance to schedule a ride. Thank you.

## Shopping Van

Our Shopping Van is currently scheduled to travel to Market Basket Plaza in Bellingham on the following alternating Wednesdays at 8:00am: February 4 and February 18. Please call the center at 508-478-6175 to make a reservation.

## Fuel Assistance

The Mendon Council on Aging is currently processing applications for Mendon residents of all ages under the administration of SMOC (South Middlesex Opportunity Council). The SMOC Fuel Assistance program can help low-income households defray the cost of winter heating bills for the current heating season between November 1, 2014 and April 30, 2015. If your gross household income falls within the limits shown in the following chart you may qualify not only for fuel assistance but also for discounts on electric and telephone bills. Please note these income amounts below include your monthly Medicare deduction (if applicable).

If you are you worried about keeping warm this winter, please call the Mendon Senior Center for an instruction checklist, but please don't wait until your oil tank is almost empty. Applications can take 5-6 weeks to process. Please note, any resident eligible for fuel assistance (or SNAP/food stamps) is also eligible to use the Mendon Food Pantry located at the center. The pantry is open the first Monday of the month from 9am-12noon. Please contact the center if for more information.

Family Size/Maximum Income

- 1 \$32,618
- 2 \$42,654
- 3 \$52,691
- 4 \$62,727
- 5 \$72,763



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## Cupid's Creations

Come create a token of love. Join us for a drop in session on Thursday, February 12th at either 10am or 1pm. We'll supply the material to make unique valentines, you supply the creativity. Not artsy, craftsy you say? Not to worry, Senior Center volunteer Joanne Cronis and Outreach Worker Beverly Hart will be on hand help you create a card or two. Please bring your own scissors *if possible*. Also, please call or sign up at the center for this free activity to help us with our planning.

## Valentine's Luncheon

**Thursday, February 12th 12:00noon**

Join us on Thursday, February 12th us for a scrumptious potluck feast, pleasant company, and enjoyable love songs on piano by Earl Pearlman. Please sign up in advance to indicate your contribution. If you'd like to pitch in toward an item, call the Senior Center at 508-478-6175 for suggestions. And please arrive early by 10:30 if possible so our volunteers can prepare this wonderful spread.

## Miscoe Hill One Act Plays

**Friday, February 6th 3:30**

**Transportation Available**

The students of Miscoe Hill Middle School on North Ave., Mendon have been rehearsing for their upcoming One Act Plays. This competition features five One Act plays all cast, directed and stage managed by eight grade students. Ample seating is available for the 3:30pm dress rehearsal and there will be no charge. Van transportation is available for a one dollar donation. Please call the center to sign up for this entertaining program.

## Lending Library-

Do you like to curl up with a good book? Mendon Senior Center volunteer Rona Lane keeps our library stocked with a vast array of titles for you to choose from in hard or soft cover as well as books on tape or CD. Also, if you are visually impaired or have some other disability that prevents you reading, come down to the center to try out our digital reading machines on loan from the Talking Book Library program out of Worcester or our Alladin reader available for use donated by the Mendon Lions Club.

## Keep Moving!

**Affordable Fitness Programs are available ongoing at the Mendon Senior Center:**

**Walking Group** ~ Due to the bitter cold and sometimes icy conditions, our Monday morning walking group, coordinated by volunteer Joan McMullen, is taking a brief winter hiatus. Check back with the center for an upcoming start date for this free program which normally meets Mondays at 9am at the center and heads out from there to a variety of locations.

**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!

**New Sessions Underway**

**Yoga & T'ai Chi ~ Register Now!**

**Wednesday Mornings**

Take time to do something good for yourself. Enroll in one of our ongoing Wednesday morning classes. Yoga is held at 9am and T'ai Chi classes begin at 10:15. The cost for each six- week session is thirty-five dollars for seniors made payable to instructor Faith Kennedy of Hummingbird Holistic Center. Classes are held at the Mendon Senior Center, 62 Providence Street, Mendon. Please call 508-478-6175 for availability. All ages welcome. Class size is limited.

**Chair Exercise** ~ If you'd like to keep active but have issues with balance, here's a potential solution. Join us on **Tuesdays at 11:15am** for this drop in class also taught by instructor Faith Kennedy. Please stop by or call the Mendon Senior Center at 508-478-6175 to inquire about this free, subsidized class (donations welcome).

**Evening Yoga** ~ call to inquire whether space is available for our Thursday evening yoga class held from 5:45-6:45pm.

**Important** ~ Always check with your physician before starting a new exercise program.

## Diner Tour

**Wednesday, February 19th~**

Join us this month for a jaunt to Patriot's Place, Woonsocket, RI. No sign up necessary; simply meet at the Mendon Senior Center at 11:15am to carpool.

## Dine-Out Group

**Wednesday, February 25th ~**

**Three Seasons Restaurant at BVT**

Join us for our upcoming Wednesday Dine-Out Group to Blackstone Valley Technical School in Upton where we will dine at the Three Seasons Restaurant on February 25th. All are welcome! Plan to gather at the Mendon Senior Center at 11:15 to carpool or meet up at the restaurant at 11:45, *Please sign-up at the Senior Center*. Be sure to put your phone number. Thank you!

## Tri-Valley Lunches February Menu

Served 12:00 noon  
Tuesdays & Thursdays  
Cost: \$3.00 Donation per Meal

Tuesday, February 3  
Chicken Rice Soup

Thursday, February 5  
Beef & Broccoli

Tuesday, February 10  
Hot Dog on Bun  
Baked Beans & Coleslaw

Thursday, February 12  
No Tri-Valley Meal  
Valentine's Potluck

Tuesday, February 17  
Chicken & Sausage Jambalaya

Thursday, February 19  
Minestrone Soup  
American Chop Suey

Tuesday, February 24  
Turkey Stew

Thursday, February 26  
Swedish Meatballs

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



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## 2015 Travel Offerings

### Rhode Island Flower Show

Thursday, Feb. 19th & Friday, Feb. 20st

Come enjoy the Rhode Island Spring Flower & Garden Show at RI Convention Center and banish those winter blues. This year we again have two options to attend this breathtaking, accessible exhibit. We have been invited to join our neighbors from Hopedale to attend opening day Thursday, February 19th departing from the Hopedale Senior Center at approximately 9:00am. Our own senior van will be utilized for the visit on Friday, February 20th with pick-ups beginning at 9:00am.

The cost for admission for senior citizens (65+) and round trip transportation is \$20.00 for both trips. Enjoy lunch on your at one of the many food court venues or bring a brown bag. Mendon Senior Center members, please stop by or call the center at 508-478-6175 to register for the Friday trip. Payment is required to secure you space by February 13th. For the Thursday program please call the Hopedale Senior Center at 508-634-2208 for departure information and to arrange for payment.

### Town 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 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.

### Looking Ahead...

Mark your Calendar  
Podiatry Clinic

Dr. Cooper of the Southborough Medical Group will be available on Wednesday, March 18th to attend to your podiatry needs. The cost of this service is thirty dollars made payable to Dr. Cooper. Home visits are also available the same day for an additional fee. Call the center at 508-475-6175 to make an appointment between 9:00-11:00am.

### St. Patrick's Celebration

Saturday, March 14th 2pm

Save the date for another special corned beef 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 on Saturday, March 14th

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

Tuesday, March 24th

As winter winds down we'll try to banish those lingering blues with a return performance by Vic Solo on Tuesday, March 24th--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.

### Senior Center

**Inclement Weather policy**

Reminder: It is the policy of the COA to cancel all center programs and transportation when the Mendon school system closes due to inclement weather, particularly during the winter. The center will remain open for information and referrals unless the Town Hall closes. Please listen to Milford radio station WMRC following a significant snow fall for school cancellations. If you have a doctor's appointment, hairdresser or shopping appointment on a day when the schools are closed, we apologize for the inconvenience but feel that if it is risky for school buses to be on the road, then it is risky for the COA van to be on the road as well. Thank you for understanding.

### 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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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

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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