

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

April/May 2014

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

Friends Book Fair with Flair!

We are pleased to announce that The Friends of Mendon Elders Book Fair was a tremendous success due to the contributions of many-- including you our donors and shoppers. Credit is also due to Friends President Sue Carlson and volunteer Sharon Cutler for superb publicity. This was a banner year in terms of foot traffic due to their efforts. Special thanks to all volunteers who set up or covered the event, and to the dedicated volunteers who worked tirelessly since February 1st shorting and alphabetizing including: John Cicchese, Sharon Cutler, Paul Doucette, Stu Mills, Peg Tetreault, John Trainor and Dick & Diane Wilt. Their organizational expertise was key! We now hope everyone can take a moment or two to put their feet up and enjoy a good book. Thanks again.

Mendon Council on Aging Survey

In order to plan for the needs of our current and future senior citizens, the Mendon Council on Aging is conducting a survey. Residents of all ages are encouraged to complete and return the survey recently distributed in the Town Crier by April 18th. Your input is important! Your responses will help the Council on Aging plan and prioritize services for Mendon's seniors and their families. Drop-off boxes are conveniently located at the Mendon Post Office, the Milford National Bank & Trust, the Charles River Bank and the Mendon Senior Center. For more information, contact the Mendon Senior Center at 508-478-6175.

Reminder: Plan to attend the **Annual Mendon Town Meeting** on Friday, May 2nd at 7:00pm at the Miscoe Hill School. Please keep informed of the issues and how they impact you and plan to attend this important meeting. Transportation is available for seniors and handicapped individuals. Please call the Mendon Senior Center at 508-478-6175.

Volunteer Appreciation

Wednesday, April 30th 11:00

"It's not just a question of doing what you love for a living. It's about doing what you love with love. Then your life and all will be transformed." — Rasheed Ogunlaru

Dedicated volunteers transform the Mendon Senior Center into a welcoming place every day. Without their hard work and creativity we could not provide the many quality programs, special events and weekly meals benefiting many over 10,000 guests annually at the Mendon Senior Center. During 2013 Senior Center volunteers and Friends of Mendon Elders members logged more than 3,800 volunteer hours collectively! In gratitude we ask that you save the date of Wednesday, April 30th for the Senior Center's annual Volunteer Appreciation when we recognize the individuals and the teamwork that makes our center successful. This event will feature a charming two person show 'Jerry & Mabel' by Steve Henderson followed by lunch. This program is sponsored by the Mendon Cultural Council a member of the Massachusetts Cultural Council.

2014 Mendon Senior of the Year

Nominations now being accepted!

The Mendon Council on Aging is now accepting nominations for this year's "Senior Citizen of the Year." Since 1978 some deserving person (or persons) has been awarded the annual distinction of Senior Citizen of the Year. The chosen Mendon resident, age 60 or older, generally exemplifies a spirit of public service and has made a positive difference in the community. Written nominations will be accepted until June 1st and the award will be presented in September. Nomination forms are available at the Mendon Senior Center or on-line from the Council on Aging home page at www.mendonma.gov. Please drop off or mail nominations to the Senior Center at 62 Providence Street, Mendon, MA 01756. If you have any questions about the nomination process, please call 508-478-6175.

Month At A Glance April/May 2014

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

Friday – Saturday - Sunday
April 4th, 5th, 6th
Friends Book Fair

Wednesday, April 9 9:00
COA Meeting

Monday, April 14 11:00
Friends Monthly Meeting

Monday, April 21
Patriot's Day
Senior Center Closed

Wednesday, April 30 11:00-1:00
Volunteer Appreciation
Program & Lunch

Thursday, May 8 10:30
Stealing Without a Gun
Fraud & Identity Theft

Monday, May 12 11:00
Friends Meeting

Wednesday, May 14 9:00
COA Meeting

Thursday, May 15 11:00
Mendon Minstrels &
Potluck Luncheon

Wednesday, May 21 9-11:00
Podiatry Clinic

Wednesday, May 21 12:00/1:00
Pizza Party & Entertainment
Johnny Diamond ~ Country Flair

Thursday, May 22 10:30
Diabetes Workshop

Monday, May 26
Memorial Day
Senior Center Closed

Wednesday, May 28 11:15
Pen Pal Luncheon, Clough
School



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 residents:

Philip Flaherty

Ongoing Weekly Programs:

Whole Foods: Monday 9-11am
Walking Group: Monday 9am
Bridge: Monday 9am
Cribbage: Monday/Thursday 9am
Chorus: Mondays 12:30pm
Stretch & Flexibility: Tues/Thurs 9am
Chair Yoga: Tuesday 11:15am
Lunch Club: Tues/Thurs 12:00 noon
Bocce: Tuesday/Thursday 1pm
Computer/Technology Class: Tues 2:30pm
Shopping Van: Alternating Wednesdays 8am
Panera Bread: Wednesday 9-11am
Yoga: Wednesday 9am
T'ai Chi: Wednesday 10:15am

Tri-Valley Lunches

April Menu

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

Tuesday, April 1
Meatloaf & Gravy

Thursday, April 3
Pot Roast Stew

Tuesday, April 8
Spaghetti & Meatball

Thursday, April 10
Carrot Soup
Buttermilk Chicken

Tuesday, April 15
Beef & Broccoli

Thursday, April 17
Baked Ham

Tuesday, April 22
Chicken & Rice Soup
Oven Baked Chicken

Thursday, April 24
Chicken Filet w/Asparagus

Tuesday, April 29
Beef Jarniniere

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

New Players Welcome

The Mendon Senior Center offers a variety of recreational activities including Cribbage, Bridge, Scrabble and Wii Bowling. New players are always welcome. Please check our schedule regarding days, times and availability. If there is a game you'd like to see us offer, please make a suggestion. The Mendon Pitch League is also looking for alternates for their Thursday evening games. Call the Senior Center for more information.

SHINE Health Insurance Counseling

Certified SHINE Counselor Larry Goldman will be at the Mendon Senior Center by appointment on the following dates: April 1 & 15 and May 6 & 20 to answer your questions about health insurance related issues. If you will be turning 65 or are currently on Medicare, please call the Mendon Senior Center at 508-478-6175 to make a free confidential appointment.

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.

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.

Diner Tour

Wednesday, April 16th

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

Dine-Out Group

Wednesday, April 23th

This month's choice is Uno's in Bellingham. 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. Also stop by the center later this month to see what on May's agenda for Dine-Out.

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

MENDON ANIMAL CLINIC
128 UXBRIDGE ROAD
MENDON, MASSACHUSETTS 01756
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DR. HOLLY FABBRICOTTI

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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.

Yoga: Come experience the benefits of Yoga. Certified instructor Faith Kennedy teaches this session on *Wednesday mornings at 9:00am*. Please call the center at 508-478-6175 for information on fees and to let us know of your interest. Also, try your first class for free.

T'ai Chi: Stop by to check out this relaxing yet energizing form of exercise *Wednesdays at 10:15am* also taught by instructor Faith Kennedy. You also can enjoy a class in the great outdoors when weather permits.

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

Stealing without a Gun

On May 8th at 10:30am the Mendon Senior Center will host another program presented by RSVP of Worcester focusing on fraud and identity theft. Rita Sullivan, Community Liaison of RSVP and Tami Germain of the Webster First Credit Union will discuss some of the latest scams and how you can protect yourself. Please stop by or call the center at 508-478-6175 to reserve your space for this important, free program.

Mendon Minstrels

Springtime Performance & Delicious Potluck

Don't be late...join us Thursday, May 15th at 11am sharp for a nostalgic performance all about TIME followed by one of our famous potluck luncheons. Please sign up in advance to indicate your contribution. If you're not sure what to make or perhaps don't feel up to cooking, you can call the Senior Center at 508-478-6175 for suggestions or contribute toward an item.

Country Music Social & Pizza Luncheon

Entertainer Johnny Diamond of Upton will be returning next month to the Mendon Senior Center on Wednesday, May 21st for another enjoyable program ~ this time featuring country music. Come join us for a pizza and salad luncheon for \$3.00 beforehand at 12:00noon.

Please stop by or call 508-478-6175 to register for this event and be sure to let us know if you need a ride.

Diabetes Workshop

Nutritionist Kerri Sheinberg with the Milford Regional Medical Center will be at the Mendon Senior Center on Thursday, May 22nd at 10:30am to review the basics and answer your questions to help you stay on track. Please stop by or call the Mendon Senior Center at 508-478-6175 to reserve your space.

Pen Pal Luncheon

Wednesday May 28th

Pen pals from the Mendon Senior Center are hereby invited to a pizza party luncheon at the Clough School library on Wednesday, May 28th from 11:15-1:00pm where they will learn the identity of their secret Pen pal! Van transportation will be available door-to-door from the Mendon Senior Center at 11:00am to The Clough School in an effort to minimize walking. **Please call the center to sign up and note if you would like transportation.** *Many Senior Center participants have asked if they may bring a small token for their pen pal. A gift under \$10.00 may be purchased. If you are unable to do so and would like assistance procuring something, please contact coordinator Peg Nougeria or the Senior Center. Thank you.*

Eyeglass Donations

Reminder the Mendon Senior Center is 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!

Fuel Assistance

Deadline April 30th

Applications for fuel assistance will be accepted until April 30, 2014 to help low-income households defray the cost of winter heating bills. The Mendon Senior Center is the intake site for Mendon residents including

families, seniors and individuals. Please 508/478-6175 for income guidelines or to schedule a confidential appointment. Residents eligible for fuel assistance (or SNAP/food stamps) are 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.



Tri-Valley Lunches May Menu

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

Thursday, May 1
Greek Chicken

Tuesday, May 8
Beef in Onion Gravy

Thursday, May 8
Roast Pork

Tuesday, May 13
Creamy Tomato Soup
Fish Filet & Bun

Thursday, May 15
Meatloaf & Gravy

Tuesday, May 20
Macaroni & Cheese

Thursday, May 22
Pork & Stuffing

Tuesday, May 27
Pork Ragu

Thursday, May 29
Salmon Boat w/Dill Sauce

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



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Eat Healthier on a Tight Budget... SNAP Benefits

Contact Mendon Outreach Worker Beverly Hart to obtain an application or to learn if you qualify for benefits of this income based Supplemental Nutritional Assistance Program (SNAP) formerly known as food stamps. The application process may be easier that you realize and Beverly can help. Individuals or families eligible for SNAP or Fuel Assistance are also eligible to utilize the Mendon Food Pantry administered by the Mendon Senior Center. Call Beverly at 508/478-6175 for more information.

Ongoing Technology Classes

Our patient teen volunteers including Jesse, Steve and Scott from the Nipmuc Friends of Seniors, will continue teaching weekly technology classes this spring on Tuesdays from 2:30-3:30pm. Brush up on your computer skills on our Desktop PCs or to learn how to navigate your new lap top, tablet/iPad or cell phone. Please stop by or call the center at 508-478-6175 to register for this informative class. Space is limited.

Transportation Update Suggestions Wanted!

The Mendon Senior Center van is 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. Please call the center as soon as possible, but at least 48 hours in advance, to schedule a

ride. Requested donations for round trip rides in town are 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. However, no senior or person with disabilities will be denied a ride due to the inability to pay the requested donation. *Vanbucks* make the perfect birthday or thinking of you gift and can also be purchased to be donated to someone in financial need

Special monthly van trips have been planned above and beyond our normal Monday – Thursday schedule with partial grant funding:
Friday, April 11 ~ K-Mart Plaza, Rt. 109, Milford 9-11:30am
Friday, April 25 ~ Big Lots/Dollar Tree Plaza, Rt.140, Milford 9-11:30am

The senior van also travels every other Wednesday at 8am to Market Basket in Bellingham: April 2, 16 and 30 and May 14 and 28. The cost for all shopping excursions is \$4.00 roundtrip per person. Please call the center at 508-478-6175 to reserve your space. Seating is limited and those Mendon residents without other means have preference regardless of age. Please contact the Senior Center to offer your own trip ideas.

10th Annual Progressive Yard Sale

June 7th 8am – 2pm
Registrations are now being accepted for the

Friends 10th Annual Town Wide Yard Sale which will be held on Saturday, June 7th from 8am until 2pm. Rain Date: June 8th. In May we will be calling Friends members requesting donations of items and delicious baked goods. Also, if you can help man a table for an hour or two the day of the sale, we'd appreciate that. You may drop off your usable items Monday - Thursday from 8:30am-2:30pm. **Please, please, please no electronics including computers, monitors, printers and TVs. Also, no extra large furnishings, exercise equipment or clothing.** Thank you.

If you'd like to register to hold a yard sale of your own that day, you may obtain a registration form at the Senior Center or on-line at the official Council on Aging webpage via <http://www.mendonma.gov/>. We thank you for your continued support. This is one of our big fundraisers so that we may provide the seniors of Mendon with programs and also furnish the Center with needed items. If you'd like to get involved please contact Friends President Sue Carlson at 508-473-6614 or the Mendon Senior Center at 508-478-6175.

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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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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