

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

2014 July/August

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

2014 Mendon Senior Citizen of the Year!

The Mendon Council on Aging would like to thank everyone who took the time to submit nominations for consideration this year. This year's honoree, chosen from among several commendable nominees, is Mr. Robin Fletcher. Robin has not only been active in the Mendon senior community since his retirement in 2008, his dedication to civic duty spans decades. As a new retiree, after working for the EPA for twenty five years, Robin began to use his professional and technological experience to benefit senior citizens. In 2008 he began teaching computer basics one on one and generously updated the center's computer lab. Following that, he became SHINE certified and began actively volunteering locally as a health insurance counselor through the Executive Office of Elder Affairs (2009-present). That same year he was appointed by the Mendon Board of Selectmen as local Director of Veterans Services (2009 - present). The combined role of SHINE Counselor and Veterans Agent has made him a dynamic resource for others. His overall involvement and his generosity to the Mendon senior community cannot be overstated and is greatly appreciated by the Mendon Council on Aging and many the seniors he has served.

Furthermore, Robin has served as a trustee and treasurer of the First Parish Unitarian Church, Mendon Society as well as a property committee member (1988-present) and has served as an elected member of the Mendon Board of Health (1987-1990). As many know, Robin has been active in the Boy Scout program from boy-hood to today—over sixty years--serving as a leader in almost every capacity at the local Troop and District level. Robin is also an active member in both the Worcester County Veterans' Services Officers Association (WCVSOA) and the Massachusetts veterans Services Officers Association (MVSOA), serving currently as president in WCVSOA.

Robin and Marty, his wife of 43 years, have resided in Mendon for nearly thirty years. Their son Eric, 32, currently resides in New York City. *Please join us in congratulating Robin Fletcher and watch for details to honour him at a dinner hosted by the Mendon Lion's Club at the 37th annual Senior Citizens Day on Sunday, September 21st.*

Senior Center Cookout/Eat-in

The Mendon Council on Aging will be hosting its annual cookout/eat-in on Thursday, July 19th at 12:00noon at the Mendon Senior Center featuring grilled hot dogs, hamburgers, and summer side dishes. Joining us will be our guests and good neighbors from the Mendon Highway and Parks Departments. Please stop by or call to reserve your space; seating is limited.

Mendon COA Welcomes New Town Administrator

The Mendon Council on Aging would like to welcome Kimberly Darigan Newman~ recently appointed by the Mendon Board of Selectmen as Mendon's Town Administrator. As Chief Administrative Officer she will oversee the administration of all town affairs and supervise town departments that are placed in her charge. She will implement and manage all policies, programs and procedures that have been implemented by the Board. Additionally, she will be responsible for budget preparation, hiring personnel, negotiating labor contracts, writing grants, and the day-to-day administration of the general government.

Continued on page 4.

Summer Highlights July/August 2014

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

Friday, July 4th
Independence Day Holiday
Senior Center Closed

Monday, July 7th 9:00
Bridge Basics Begins

Wednesday, July 9 10:30
COA Meeting

Wednesday, July 16 9-11:00
Podiatry Clinic

Wednesday, July 16 11:15
Summer Safari~ Iggy's

Thursday, July 17 12:00
COA Cookout/Eat-in

Friday, July 18 9-12:00
Shopping Van ~ Milford
Dollar Store/Big Lots Plaza

Thursday, July 24 8:30
Cape Cod Day Trip Departs

Monday, July 28 1:00
Movie of the Month

Thursday, July 31 10:30
Memory & Aging Discussion

Sunday, August 3 2-4:00
Senior Tea Honoring 85+

Wednesday, August 6 1:00
The Elvis Experience
& Ice Cream Social

Wednesday, August 13 10:30
COA Meeting

Friday, August 15 9-12:00
Shopping Van ~ Woonsocket
Savers/Ocean State Joblot

Wednesday, August 20 11:15
Summer Safari ~ Cape Cod Café

Monday, August 25 1:00
Movie of the Month

Wednesday, August 27 11:30
Dine Out ~ Blissful Meadows

Thursday, August 28 11:00
Historical Presentation:
Mendon Airport by Paul Doucette
Followed by a Cold Pot-Luck



The
"Mendon Senior Sentinel"

Is a Publication

Administered by the Mendon
Council on Aging

Cost of the postage is paid by the
State Formula Grant from the
Executive Office of Elder Affairs

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:

Marlene Beaman
Aubrey Hensel
Jacqueline McGrath

Ongoing Weekly Programs:

Walking Group ~ Monday 9am
Whole Foods ~ Monday 9-11am
Bridge Basics ~ Monday 9am
Cribbage ~ Monday/Thursday 9am
Stretch & Flexibility ~ Tues/Th 9am
Word Games ~ Tues/Thurs 9am
Chair Exercise ~ Tuesday 11:15am
Lunch Club ~ Tues/Thurs 12:00 noon
Hand & Foot ~ Tuesday 1pm
Shopping Van ~ Alternating Wednesdays 8am
Panera Bread ~ Wednesday 9-11am
Yoga ~ Wednesday 9am
T'ai Chi ~ Wednesday 10:15
Bocce ~ Reserve the court

Tri-Valley Lunches July Menu

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

Tuesday, July 1
Hot Dog & Baked Beans

Thursday, July 3
BBQ Chicken

Tuesday, July 8
Beef Jardiniere

Thursday, July 10
Ginger Glazed Salmon

Tuesday, July 15
Cheese & Spinach Omelet

Thursday, July 17
No Tri-Valley Meal Served
COA Cookout/Eat-in

Tuesday, July 22
Chicken Murphy

Thursday, July 24
Cracker Crumb Fish

Tuesday, July 29
Cold Oriental Noodles
With Salmon

Thursday, July 31
Roast Pork with Gravy
& Stuffing

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

Bridge Basics and Counting Cribs Players Welcome...

Beginning in July, players are welcome to brush up on their games skills here at the Mendon Senior Center. Pat Vandenberg is available to teach basic Bridge on Mondays at 9am and Henry Hebb and others will have you playing Cribbage like a pro in no time on Mondays and Thursdays at 9am. Haven't played in a while, no worries. Our patient participants will ease you back into the game. Please call the center or simply drop in the appointed days and times.

Medicare Counseling

If you are about to turn 65 and have questions, SHINE is for you...*Serving Health Information Needs of Elders* (SHINE) is sponsored by the Executive Office of Elder Affairs and offers Medicare beneficiaries *Free, confidential* Health Insurance counseling. Our knowledgeable, trained volunteer Larry Goldman is available to assist you at the Mendon Senior Center the first and third Tuesday of each month. Call the center at 508-478-6175 for a convenient appointment on **Tuesday, July 1, 15 or Tuesday, August 5, 19.**

Stay Healthy, Keep Moving

New Sessions Starting!

Have you heard the latest catch phrase "Sitting is the New Smoking?" Recent evidence is clear. Inactivity is detrimental to your health. If you want to do something good for yourself this summer consider joining a local gym or better yet join one of our affordable, local programs in our cool air-conditioned center.

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 Exercise ~ This popular half-hour drop-in class will continue to be held on **Tuesdays from 11:15 - 11:45am** for seniors of all ages and ability levels. Enjoy the therapeutic benefits of stretching and breathing exercises from the safety and comfort of the chair. There is a requested donation of \$10.00 per participant for each eight week session to help defray the cost.

Yoga ~ A new six-week session of *Wednesday morning Yoga begins July 9th at 9am.* Please stop by or call the Mendon Senior Center at 508-478-6175 to pre-register for the Yoga and/or T'ai Chi programs taught here at the center by instructor Faith Kennedy of Hummingbird Holistic Center of Uxbridge and to inquire about availability and fees.

T'ai Chi ~ You are encouraged to register now for a new six week session of this relaxing yet energizing form of exercise beginning *Wednesday, July 9th at 10:15am.* 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.

Podiatry Clinic

Doctor Clayton Cooper of Southboro Medical Group will be available on Wednesday, July 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.

Senior Day Trip ~ July 24th Reminders...

The Fox Tours motor coach departs from the Mendon Senior Center at 8:30am on 7/24 for the Cape Cod Canal 100th Anniversary Tour and will arrive home at 5:30pm. File of Life emergency information cards are required to be carried by all travelers and are available from the Mendon Senior Center prior to the trip. If you have any further questions or concerns, please contact trip coordinator Sue Carlson at 508/473- 6614. This promises to be a wonderful day trip!

Memory and Aging

Join us on Thursday, July 31 at 10:30am for a discussion about memory changes that happen as one ages. Gary Davis, LSW, CDCM will present on what is considered normal age associated memory loss, and what are some things we can do to preserve one's ability to remember. Gary Davis is Director of the Tapestry Program at Salmon Health and Retirement where he oversees 10 Tapestry programs, Salmon Health and Retirement's specialized communities for persons living with Alzheimer's disease serving over 350 people. He has created and managed over a dozen specialized programs for the memory impaired in Adult Day Health, Assisted Living and Skilled Nursing settings. Please call the Mendon Senior Center at 508-478-6175 or stop by to register for this free program.

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DR. HOLLY FABBRICOTTI

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Senior Tea

Honoring Mendon Seniors 85 years+

Together, the Mendon COA and the Friends of Mendon Elders will be hosting a special reception honoring Mendon seniors age 85 and over on Sunday, August 3 at 2:00pm at the Mendon Senior Center sponsored by the Friends of Mendon Elders. COA Board member Earl Pearlman will provide piano entertainment. Dessert and beverages will be served. Please be sure to save the date and don't hesitate to contact the center at 508-478-6175 to register or if you have not received your invitation. Van transportation is available.

Ice Cream & Elvis

Wednesday, August 6th 1:00pm

Summer doesn't get much cooler than this...

Join us at the Mendon Senior Center on Wednesday, August 6th at 1pm to enjoy The Elvis Experience starring Vic Solo sponsored by the Friends of Mendon Elders. This Elvis tribute features the biggest hits spanning three decades. Following the performance enjoy a 'make your own sundae' social for \$3.00 per person. Transportation is available. **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.**

Transportation

The Senior Center van is currently available to offer transportation to Mendon residents, age 60 and over and to people with disabilities Mondays through Thursday for local medical appointments, shopping and errands and rides to and from Senior Center activities. 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. No senior or person with disabilities will be denied a ride due to the inability to pay the requested donation. Vanbucks will make the perfect birthday or thinking of you gift and can also be purchased to be donated to someone in financial need. Please call the Senior Center at least 48 hours in advance to schedule a ride. Greater notice is, however, recommended as we book up quickly. Thank you.

Summer Shopping Van

Our Shopping Van currently travels to Market Basket Plaza in Bellingham on alternating Wednesdays at 8:00am:

July 9, July 23, August 6, and August 20.

Please call the center to make a reservation. We also make a once a month trip to different retail locations including:

July 18 ~ Dollar Store/Big Lots Plaza, Milford and August 15 ~ Savers/Ocean State Joblot Woonsocket, RI. The donation for all out of town shopping trips is \$4.00 per person. Please call the Mendon Senior Center at 508-478-6175 to register.

Volunteers Opportunities

New retirees, are you looking for something worthwhile to do that won't zap all your free time? At the Mendon Senior Center an hour or two per month is all it takes to make a difference. Volunteers are at the heart of the center's success and the opportunities are limitless--and rewarding.

- Volunteers are needed once a month to help mail out newsletters.
- Volunteers are needed to sort and restock the shelves of the center's library at your convenience.
- Fill in Lunch Servers are needed periodically to cover on Tuesdays or Thursdays from 10am -1pm for our Tri-Valley Lunch program
- Garden enthusiasts are needed seasonally to help beautify the center's grounds.
- Positions can also be tailored based on your area of expertise, interests and schedule.

For more information, please contact director Amy Wilson Kent at the Mendon Senior Center at 508/478-6175 or obtain an application on line at the Mendon Senior Center site at mendonma.gov. Thank you!

Lending Library

In need of a good book for the beach?

The Mendon Senior Center has a number of popular works of fiction and non-fiction for your reading enjoyment as well as an assortment of DVDs, Talking Books and players and puzzles. Feel free to stop by and check out our popular titles. Simply borrow, enjoy and return. Donations are always welcome.

Movie of the Month

Come for a special viewing of unforgettable movies on the BIG SCREEN at the Mendon Senior Center the last Monday of each month at 1:00pm. July 28th we will feature the charming antics of The Best Exotic Marigold Hotel starring Judi Dench, Bill Nighy, Dev Patel, Tom Wilkinson and Maggie Smith. August 25 come and enjoy Dancing At Lughanasa starring, most notably, Meryl Steep~ portraying one of five unmarried sisters finding joy despite their struggles in pre-war Ireland (1936). Please call or stop by the center to register for this FREE program. Feel free to bring a friend and your brown bag lunch before hand if you wish!

Historical Discussion:

Mendon Airport

Join us on Thursday, August 28th for the flight of your life, back in time to days of the Mendon Airport. Paul Doucette, local resident and history buff, will have vintage photos to accompany his presentation. Your memories are welcome as well. Please call 508-478-6175 or stop by the center to register for this free program and why not consider taking part in our cold Pot Luck directly following.

Summer Pot Luck ~ Cold Dishes

Come on down to the Mendon Senior

Center to beat the heat. We've got the A/C on and on Thursday, August 28th you'll be cool as a cucumber when you join us for a special cold potluck. Be creative, be cool. Some suggestions are of course the obvious garden, pasta and potato salads.

How about deviled eggs, shrimp cocktail and Amy's cucumber sandwiches for starters? Then there's cold chicken and finger sandwiches. For dessert why not consider jello with whip cream, watermelon or ice cream sandwiches. Please stop by the Mendon Senior Center to sign up and note your contribution. Why not go in together with a friend or if you'd prefer to pitch in for any of the above--just let us know. A contribution of no more than \$5.00 per person should be considered. Finally, plan on enjoying Paul Doucette's amazing look back in time at Mendon's Airport before lunch. Please sign up for one or both programs.

Sheriff's Annual Senior Picnic

On Saturday, August 16, 2014 enjoy a fun filled day of complimentary lunch, raffles and BINGO in honor of our Seniors! This FREE event is sponsored by Worcester County's Sheriff Lew Evangelidis from 11:00am to 3:00pm at SAC Park, 348 Lake Street, Shrewsbury, MA. Reservations are required by July 30th--call Gail at 508-876-5151

Tri-Valley Lunches

August PreMenu

Served 12:00 noon
Tuesdays & Thursdays
Cost: \$2.00 Donation per Meal

Tuesday, August 5
Chicken Salad Sandwich

Thursday, August 7
Baked Ham

Tuesday, August 12
Chicken Cacciatore
& Penne Pasta

Thursday, August 14
Turkey a la King

Tuesday, August 19
Potato Crunch Fish

Thursday, August 21
Eggplant Parmesan

Tuesday, August 26
Rib-B-Que

Thursday, August 28
No Tri-Valley Meal Served

Cold Pot Luck

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

Transportation is available



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Bottle & Can Recycling Update

Thank you for continuing to drop off your redeemable bottles and cans for the *Friends of Mendon Elders' Senior Van Fund*. To date we have collected 38,131 units totaling over \$1,900!. You may drop off your CLEAN redeemable bottles and cans at the center's gazebo anytime during the week. *Special thanks to volunteers Paul Doucette and Warren Goodnow for sorting and transporting your donations to the Milford Redemption Center*. Additional volunteers are needed for a once a quarter rotation. If you have a truck please consider this periodic role. Thank you.

Friends of Mendon Elders News

Folks, we could not have asked for a more perfect day for the Friends 10th annual Progressive Yard Sale. We wish to thank our sponsors, yard sale registrants and the multitude of shoppers for their participation and support. We hope everyone enjoyed the day. Thank you, also, to those who baked or donated items, or volunteered their time before and during the sale. We could not do it without YOU!

Special thanks to Friends' newcomer John Trainor for his creativity and stamina. He did outstanding job promoting this event with our local advertisers and bringing their ads to life. Thanks also to Pat Vandenberg & Allan Kent for their work behind the scenes putting together the list of sales and refining our Town of Mendon map. Lastly, thanks to the Walker family from Postalcenter of Milford for their company's assistance with printing.

The Friends of Mendon Elders, Inc. is a non-profit 501C-3 organization formed for the purpose of supporting Mendon senior cit-

izens and providing financial support through fundraising efforts to the Mendon Senior Center for items not provided for by local or state funding. If you'd like to be kept in the Friends' loop, sign up to receive email updates from the Friends of Mendon Elders by sending us an email with your name to our new address:

friendsofmendonelders@verizon.net

We hope everyone has a restful summer and we look forward to seeing you all September 8th when we begin preparing for our Oktoberfest!

Sue Carlson President

See You in the Fall!

Some of our popular programs will be taking a summer break, but will fortunately be returning in the fall...

- The Mendon Minstrels—coordinated by Marge West—will resume their melodious activities on Mondays beginning September 29th at 12:30. All voices are welcome!
- The Friends of Mendon Elders will reconvene in September for their monthly meetings on Monday, Sept. 8th at 11am in preparation of their Oktoberfest Fair 10/18.
- The Pen-pal program with Clough 4th Graders, under the top-notch coordination of Senior Center volunteer Peg Nogueira, will return in mid-fall. To register (or re-register), please call Peg at 508-473-8378 or email her over the summer at pegnog@comcast.net
- Thursday evening Pitch League will be regrouping in October and is often looking for additional players. Please call Ileen or Wally Matthews at 508-478-3297 if you are interested.

New Town Administrator

Continued from page 1

Kimberly has worked in local government for over a decade and previously served in a similar role in Lyndon, Kansas and Killingly, Connecticut. She has Bachelors' Degree in Political Science and a Masters' Degree in Public Administration, both from the University of Rhode Island. She was recently honored by being named an International City/County Management Association Credentialed Manager, which recognizes professional local government managers qualified by a combination of education and experience, adherence to high standards of integrity, and an assessed commitment to lifelong learning and professional development.

Originally from Coventry, Rhode Island, she has family in RI, Mass, and CT. She has two children, Aaron age 6 and Calista age 2. In her free time she enjoys being outdoors, attending local events, and going to the beach. She is also an avid reader and states, "like everyone else in the world- Michael Crichton was my favorite for a while. I just got finished with *In a Pit With a Lion On a Snowy Day: How to Survive and Thrive When Opportunity Roars* by Mark Batterson - excellent book, and *Divergent* by Veronica Roth." She plans to relocate with her family to Mendon in the coming year.

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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