

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

March 2012

62 Providence Road • Mendon, MA 01756 • Hours: 8:30 A.M.-3:30 P.M. Monday-Friday • (508) 478-6175 • coa@mendonma.gov

Caregiver Program

The Alzheimer's Association of Central Massachusetts will be offering a three part series for caregivers at the Mendon Senior Center in March.

March 13th - Essential Skills for Family Caregivers: It Starts with Communication

This 1.5 hour program provides helpful tips for improving communication in a way that minimizes frustrations, decreases anxiety and avoids disagreements.

March 20th - Essential Skills for Family Caregivers: Understanding Behaviors

This 1 hour program provides education and practical tools to those caring for someone with dementia. Learning to understand the message and making changes to care can prevent outbursts and arguments.

March 27th - Essential Skills for Family Caregivers: Safety at Home

This final 1.5 hour program provides helpful tips on creating a safe and supportive home for someone with dementia. Participants will learn to adapt their home environment to make it dementia safe and supportive. Please call 508-478-6175 or stop by the center to register for this free program.

St. Patrick's Day Celebration

Saturday, March 17th 2pm

Tis not only the luck of the Irish, but also the luck of the Mendon Senior Center to have another special meal graciously prepared and hosted by the Faith Baptist Church of Mendon. Before you don your green please call 508-478-6175 or stop by the center to reserve your space and be sure to let us know if you prefer corned beef & cabbage or baked ham. Seating is limited.

Health Plan Options: When You Retire

This free workshop on Thursday, March 22nd at 10:30am will address the following common concerns: What happens to my insurance if I retire younger than 65? What if I work past 65? What about coverage for my spouse? What does Medicare cover? What is the difference between a Medicare Supplement plan vs. a Medicare Advantage plan?

Presenter Sue Flanagan, Senior Plan Consultant with Blue Cross Blue Shield of Massachusetts, will also include an explanation of COBRA as well as the Direct-Pay health plan options available before Medicare. She will then explain the health plan options available once a person does have Medicare. A question and answer session will follow. All are welcome regardless of your insurance coverage. Please stop by or call the Mendon Senior Center at 508-478-6175 to make a reservation. Space is limited.

Heroic Women You Can Talk To

The Taft Public Library will be sponsoring a living history experience, open to the public, in honor of Women's History month on Wednesday, March 28th at 6pm at the Mendon Senior Center. Performer Kate Carney, brings to life the story of Bethenia Owens-Adair, MD, the first woman west of the Mississippi to hold an MD degree. Ms. Carney will tell tales about how folks used grit, their wits and humor to survive. It's 1895, a time when medical schools didn't accept women, as medicine not though fitting for a lady in the West. (Continued on page 4)

Month-At-A-Glance March 2012

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

Monday, March 12 11:00
Friends Meeting

Tuesday, March 13 6-7:30
Caregiver Program Part I

Wednesday, March 14 9:00
COA Meeting

Thursday, March 15 9-11:00
SHINE Insurance Counseling

Saturday, March 17 2:00
St. Patrick's Day Dinner

Tuesday, March 20 6-7:00
Caregiver Program Part II

Wednesday, March 21 9-11:00
Podiatry Clinic

Wednesday, March 21 11:15
Diner Tour - Dave's Diner

Thursday, March 22 10:30
Health Plan Options ~
When You Retire

Tuesday, March 27 6-7:30
Caregiver Program Part III

Wednesday, March 28 11:00
Transportation Meeting

Wednesday, March 28 11:30
Dine-Out Group ~ Olive Garden
Patriot's Place

Wednesday, March 28 6:00
Kate Carney ~ Heroic Women

Thursday, March 29 11:00
Presenter Margo Bik
A Hat for All Seasons

Thursday, March 29 12:00
Pizza Party



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 Mendon Elders extend their heartfelt sympathy to the family and friends of the following Mendon seniors:

Jean Adams Jack Curboy
Alfred Auty Morey Smith

Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 3px double black; padding: 10px; width: 80px; margin: auto;"> March 2012 </div>			9 Cribbage / 9 Stretch&Flex ¹ 9 Scrabble 12 Lunch Club 1 Wii Bowling 7 Pitch	9 Bridge ²
9 Walking Group ⁵ 9-11 Whole Foods 9 Cribbage / 9 Bridge 1 Chorus 5:45 Evening Yoga	9 Stretch&Flex / Scrabble ⁶ 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling 3 Computer Class	8 Shopping Van ⁷ 9 Yoga 10:15 T'ai Chi	9 Stretch & Flexibility ⁸ 9 Cribbage/Scrabble 12 Lunch Club 1 Wii Bowling 7 Pitch	9 Bridge ⁹
9 Walking Group ¹² 9-11 Whole Foods 9 Cribbage / 9 Bridge 11:00 Friends Meeting 1 Chorus 5:45 Evening Yoga	9 Stretch&Flex/Scrabble ¹³ 11:15 Chair Yoga 12:00 Lunch Club 1 Wii / 3 Computer Class 6 Caregiver Program Pt. I	8 NO Shopping Van ¹⁴ 9 COA Meeting 9 Yoga 10:15 T'ai Chit	9 Stretch & Flexibility ¹⁵ 9 Cribbage/Scrabble 9-11 SHINE Counseling 1 Wii Bowling 7 Pitch	9 Bridge ¹⁶
9 Walking Group ¹⁹ 9-11 Whole Foods 9 Cribbage / 9 Bridge 1 Chorus 5:45 Evening Yoga	9 Stretch&Flex/Scrabble ²⁰ 11:15 Chair Yoga 12 Lunch Club 1 Wii / 3 Computer Class 6 Caregiver Program Pt. II	8 Shopping Van ²¹ 9 Yoga 9-11 Podiatry Clinic 10:15 T'ai Chi 11:30 Diner Tour <i>Dave's Diner, Middleboro</i>	9 Stretch & Flexibility ²² 9 Cribbage/Scrabble 10:30 Health Plan Options 12 Lunch Club 1 Wii/ 7 Pitch	9 Bridge ²³
9 Walking Group ²⁶ 9-11 Whole Foods 9 Cribbage / 9 Bridge 1 Chorus 5:45 Evening Yoga	9 Stretch&Flex/Scrabble ²⁷ 11:15 Chair Yoga 12 Lunch Club 1 Wii / 3 Computer Class 6 Caregiver Program Pt. III	NO Shopping Van ²⁸ 9 Yoga / 10:15 T'ai Chi 11 Transportation Meeting 11:30 Dine-Out Group 6 Kate Carey: Heroic Women	9 Stretch & Flexibility ²⁹ 9 Cribbage/Scrabble 11 Margo Bik - Hats 12 Pizza Party 1 Wii / 7 Pitch	9 Bridge ³⁰

Podiatry Clinic

There are limited openings to see Dr. Clayton Cooper of Southboro Medical Group at the Mendon Senior Center on Wednesday, March 21st 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 Tax Preparation

The AARP Tax-Aide preparation service is once again available free to tax payers with low to moderate income, with special attention to those over 60. Due to space constraints we are unable to offer this program at the Mendon Senior Center. However, please visit www.aarp.org/money/taxes/aarp_taxaide/ to find answers to frequently asked questions about Federal Taxes or to review a list of program sites in this area including Milford Public Library.

Outreach Services

Senior Center Outreach Worker Nancy Mosher is now available to offer free confidential counseling, caregiver support, information and referral services on aging issues for seniors and caregivers. This position is grant funded under CHNA-6 Community Partners for Health and a state grant. Home visits are available.

New Sessions Starting 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 beginning March 7th. Yoga is held at 9am and T'ai Chi classes begin at 10:15. The cost for each six-week session is thirty 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 Yoga ~ If you'd like to experience the therapeutic benefits of yoga but have issues with balance, here's your chance. Come give this relaxing, healthy discipline a try without leaving the comfort of your chair on Tuesdays at 11:15am. Please stop by or call the Mendon Senior Center at 508-478-6175 to inquire about this subsidized weekly program (donations welcome) also taught by instructor Faith Kennedy.

Friends News & Events

New Members Welcome: Support the group that supports the center! Annual membership is \$5.00 payable to the Friends of Mendon Elders, Inc. Feel free to drop yours off or mail it c/o Mendon Senior Center 62 Providence Street, Mendon, MA 01756.

MENDON ANIMAL CLINIC
 128 UXBRIDGE ROAD
 MENDON, MASSACHUSETTS 01756
 508-478-7387



DR. HOLLY FABBRICOTTI

Wills & Trusts
 Divorce
 Personal Injury
 Bankruptcy



EDMUND L. MYERS
 ATTORNEY AT LAW
 31 HASTINGS STREET
 MENDON
 (508) 478-2204

The Milford National Bank
milfordnational.com
 Milford • Mendon • Bellingham

Mendon Office:
 14 Hastings Street, Rte.16
 508-634-4114



BEAUMONT
 REHABILITATION AND
 SKILLED NURSING CENTER

 **SALMON**

(508) 393-2368
 238 W. Main St., Northborough
www.SalmonHealthAndRetirement.com

Friends News & Events Continued:

Monthly Meeting: Monday, March 12th 11am. Feel free to join us to learn more about our mission!

Ongoing program! Cell Phone Recycling: Drop off your old, used cell phones at the Mendon Senior Center and various local sites to be announced. This program helps to reduce unnecessary waste and provides additional income to the Friends.

Annual Book Fair: Donations and volunteers are needed for this popular fundraiser. Contact President Marty Fletcher at 508-473-3922 or stop by or call the Mendon Senior Center at 508-478-6175 to sign up for a one or two hour shift. Donations of Books (hard cover and soft cover), DVDs, CDs, children's books, puzzles and games can be dropped off Monday through Friday from 9-3pm. Plan to join us for our new opening day! Sale Dates: Friday, April 13th 3-7pm and Saturday, April 14th 9am-2pm.

Transportation Update

The Senior Center's new 12 passenger van is now slated for delivery the end of March 2012. While we all eagerly await the new van, the Transportation Advisory Committee would like to remind everyone that delivery dates are fluid due to many factors. This advisory committee was established last year in conjunction with our approved Mobility Grant application for a new van from the Massachusetts Department of Transportation (DOT). The committee's primary purpose is to discuss the transportation needs of Mendon's seniors and persons with disabilities and is comprised of a diverse group of elderly and disabled clientele, as well as liaisons from the COA Board and a community member. The committee looks for ways to improve access and efficiency and has been working diligently to assist the Council on Aging with this important mission.

Transportation Advisory Members:

Clientele: James Blevins, Marjory Blevins, Dorothy Leighton, Beverly Mathewson, Roger Moore, and Karen Walker, Community Liason Kevin Rudden, COA Director Amy Wilson Kent, COA Board member Earl Pearlman and Van Driver Bob Gebelein.

VanBucks — Coming Soon!

The Transportation Advisory Committee has teamed up with Blackstone Valley Tech. High School, with the assistance of committee member Kevin Rudden, to create a new pass called VanBucks, a voluntary donation to help defray the cost of operating of the new van once it arrives. These passes will be offered

through the Friends of Mendon Elders thus continuing the Friends efforts to help support the center's transportation program. The suggested donation amount of one dollar per round trip ride in-town has been established and the cost of each Van Bucks pass is set at \$10.00 allowing for eleven in-town rides. Due to the rising cost of fuel a \$4.00 request has been made for out of town transportation. Committee members and the Council on Aging all agree that no senior or person with disabilities should be turned away if they cannot afford to pay. VanBucks passes, generously printed by Blackstone Valley Tech, will be available for purchase from the Friends of Mendon Elders as a practical gift to mark a special occasion such as birthdays and anniversaries or as a donation for a person in need. Call 508-478-6175 or stop by the Mendon Senior Center for more information.

Diner Tour

For a nostalgic eating experience join us on Wednesday, March 21st to head out to Dave's Diner in Middleboro, MA. Plan to meet at the Mendon Senior Center at 11:15 and carpool. No sign-up necessary.

Dine-Out Group

March 28th: Olive Garden, Patriot's Place 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 put your cell phone number.

Quiet Heroes

The Mendon Council on Aging would like to take a moment to thank the many local organizations and individuals that quietly support the Mendon Food Pantry on a regular basis. The generosity of the Mendon Town Employees, The Mendon Historical Society and the Mendon Lions Club allows for those little extras that Food Stamps does not cover making a great difference to local families and individuals in need.

A Hat for All Seasons

Be sure to join us on March 29th at 11:00am when Blackstone native Margo Bik will stop by the Mendon Senior Center to offer her entertaining program about the many hats in her life. A delicious pizza luncheon will follow after the program including soup and salad. This program is partially subsidized by the Friends of Mendon Elders. The cost for the program and lunch is \$5.00 per person in advance.

Volunteer Appreciation

We could not provide the many quality programs and meals at the Mendon Senior Center without the help of many dedicated individuals. During 2011 Senior Center volunteers and Friends of Mendon Elders members collectively logged more than 4,000 hours at the Mendon Senior Center. Please save the date of Wednesday, April 25th 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 musical performer Roger Tincknell with grant funding through the Mendon Cultural Council, a member of the Massachusetts Cultural Council.

**Tri-Valley Lunches
March Menu**

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

Thursday, March 1
Beef & Broccoli
Herbed Couscous

Tuesday, March 6
Chicken Mornay

Thursday, March 8
Beef Veggie Soup
Sweet & Sour Pork

Tuesday, March 13
Beef Burgundy
With Egg Noodles

Thursday, March 15
Corned Beef, Boiled Potatoes
Cabbage & Carrots

Tuesday, March 20
Turkey ala King
Mashed Potatoes

Thursday, March 22
Chicken Cantonese

Tuesday, March 27
Pork Bourguignon

Thursday, March 29
No Tri-Valley Lunch Served
Senior Center Pizza Party

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



Charles River Bank

Bellingham (508) 966-2857
Medway (508) 533-8661
Mendon (508) 422-9792
www.charlesriverbank.com

M MEDICAL SUPPLY INC.
Sales & Rentals

Breast Pumps • Compression Garments
Lymphedema Pumps • Mastectomy
Fittings • Orthopedic Products •
Wheelchairs and more
(877) 966-6337
107 Uxbridge Road (Route 16) Mendon, MA 01756



**WARREN'S
HAIRCUTTING**

14 HASTINGS
MENDON, MA 01756
TEL: 508-478-4441

Across From Willowbrook
3 Barbers
Call For Hours



Milford • Whitinsville • Woonsocket
1-800-478-6990
www.milfordfederal.com Member FDIC

NEWS FROM SHINE MARCH 2012

Can I Enroll in a Medigap Plan Now?

Yes! In Massachusetts, all Medigap plans currently offer continuous enrollment, which means you can sign up at anytime, with coverage effective the first of the following month. A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan. Massachusetts has two types of Medigap plans, Core and Supplement 1. The Core plan covers some of the gaps in Medicare. The Supplement 1 plan covers all deductibles, co-pays and coinsurance for Medicare covered services. These two types of plans are offered by six insurance companies.

In 2012, the lowest premium for a Core plan is \$93.46/month and for a Supplement 1 is \$181.71/month. If you sign up when you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to pre-existing health conditions. You can go to any provider who accepts Medicare anywhere in the United States with no referrals required.

Affordable Care Act Part D Gap Savings Update

The final numbers on how much money our Medicare Beneficiaries saved on medications during the Coverage Gap are available. In Massachusetts 62,831 beneficiaries went into the Coverage Gap, as a result of the Discount from the Affordable Care Act this folks saved \$36,897,939.75 an average savings of \$587.26 per beneficiary. Closer to home, for Worcester County the numbers are 8,378 Beneficiaries, saving \$4, 307,089.80 for an

average savings of \$514.10. Even more closer to home, in (your town) the numbers are (insert numbers from chart if you desire). This is just more evidence that the Affordable Care Act has provided our seniors with significant savings without affecting their benefits.

If you need help on any aspect of your health insurance, SHINE offers free counseling at The Mendon Senior Center. Call 508-478-6175 and ask for a SHINE appointment. You can also reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636)

Heroic Women You Can Talk To

(Con't from page 1)

As the rebel doctor, Ms. Carney tells action-packed rousing tales of the Oregon Trail, the Frontier School of Self-Reliance, teenage marriage and divorce, and life as a single mother, teacher, milliner and natural doctor. More adventures followed when she became a MD at 40. Like most pioneers, she was not one to take no for an answer!

Listeners will get a first-hand sense of life on the American frontier. Dr. Owens-Adair will interact with listeners and answer questions after the 45 minute program. Please stop by or call the Mendon Senior Center at 508-478-6175 to reserve your space for this free program.

Kate Carney, actor, speaker and storyteller, performs Heroic Women You Can Talk To living history characters in libraries, schools and community events around the Northeast. She's performed in films and on TV, in New York and Boston theaters. Ms. Carney has toured nationally and internationally, performing Annie Sullivan in England and Ireland. She has directed on Broadway and in

theatres across the country. She taught and directed at Brandeis, Smith and other colleges.

Looking Ahead Mark Your Calendar...

Advance Planning: On Thursday, April 12 at 11:00am Nancy Durkin, MSSW LICSW, with the VNA and Hospice of Greater Milford will provide the basics on what a good advance directive needs to include. Nancy will address topics such as: Do I have to do a living will, what about a health care proxy, what are the 5 wishes, who does a POA? Don't leave these important issues to chance. Please stop by or call the Mendon Senior Center at 508-478-6175 to sign up for this free program.

Annual Book Fair: Join us for our new day! Friday, April 13th 3-7pm and Saturday, April 14th 9am-2pm. Donations and volunteers are needed for this popular fundraiser. Please stop by or call the Mendon Senior Center at 508-478-6175 to sign up for a one or two hour shift. Donations of Books (hard cover and soft cover), DVDs, CDs, children's books, puzzles and games can be dropped off Monday through Friday from 9-3pm.

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, quality of life and the fostering of aging with grace and dignity.



Boucher Energy Systems, Inc.

World Class Heating & Air Conditioning

- Heating & Air Conditioning Installations
- We Service Most HVAC Equipment

(508) 473-6648

boucherenergy.com

DEAN BANK

www.deanbank.com

Mendon Branch 634-0040
Hood Plaza, Route 16

Dedicated to keeping your
account information safe!

simple solutions
to protect
your whole life.

MURPHY
INSURANCE
AGENCY

3 Uxbridge Road
Mendon
508 473 0455
insurance made simple.



Town of Mendon - Council on Aging Board
ChairpersonBob Carlson
Vice Chairperson Earl Pearlman
SecretaryRuth O'Grady
TreasurerCarol Kotros

Members: Jim Negri, Ken O'Brien and
Ann Vandersluisis

Outreach Worker: Nancy Mosher

SHINE Counselor/Veterans Agent: Robin Fletcher

Food Pantry Coordinator: Carol Kotros
ckotros7647@comcast.net

Van Drivers: Bob Gebelein & Wally Matthews

Council on Aging meetings are held the second Wednesday of every month at 9:00 A.M. in the Senior Center. All Mendon residents are welcome to attend this meeting.

MENDON COUNCIL ON AGING
62 PROVIDENCE STREET
MENDON, MA 01756

PRSR STD
U.S. POSTAGE PAID
MENDON, MASS
PERMIT NO. 14
RETURN SERVICE REQUESTED