

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

March 2013

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

St. Patrick's Celebration

Saturday, March 16th 2pm

We are pleased to invite you to a special 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 and be sure to let us know if you prefer corned beef & cabbage or baked ham. Seating is limited. Van transportation is available..

Planning For Medicare—Countdown to 65 Wednesday, March 27th 1:00

Planning for Medicare-Countdown to 65 is a comprehensive seminar that helps people approaching Medicare eligibility understand their health insurance options outside of employer-sponsored coverage, whether they are planning to retire or continuing to work. Many employees need help understanding the coverage options available to them when they approach Medicare eligibility. This is especially true for employees, that plan to retire and are leaving employer-sponsored coverage.

The Planning for Medicare—Countdown to 65 seminar allows attendees to gain the confidence they need to make an informed decision about their individual health coverage options. Planning for Medicare is a free presentation and discussion led by Susan Flannagan, Senior Plan Consultant for Blue Cross Blue Shield of Massachusetts. Topics will include:

- An explanation of Medicare Parts A and B
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

Please stop by or call the Mendon Senior Center at 508-478-6175 to register for this program.

Please Thank Our Sponsors!

We are grateful for the support of the local businesses which sponsor the publication of this monthly newsletter including Beaumont Rehabilitation and Skilled Nursing Center, Boucher Energy Systems, Inc., Charles River Bank, Dean Bank, Edmund L Myers Attorney, M+M Medical Supply, Inc., Mendon Animal Hospital, Milford Federal Bank, The Milford National Bank, Murphy Insurance Agency, and Warren's Haircutting. Please let them know you saw their advertisement in the Mendon Senior Sentinel.

Month-At-A-Glance March 2013

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

Monday, March 4 11:00
Note Earlier Date!
Friends Meeting

Tuesday, March 5 10-12:00
SHINE Insurance Counseling
By Appointment

Wednesday, March 13 9:00
COA Meeting

Saturday, March 16 2:00
St. Patrick's Dinner
Hosted by Faith Baptist Church

Tuesday, March 19 10-12:00
SHINE Insurance Counseling
By Appointment

Wednesday, March 20 9-11:00
Podiatry Clinic

Wednesday, March 20
Diner Tour ~ Modern Diner
Pawtucket, RI

Wednesday, March 27 11:00
Transportation Meeting

Wednesday, March 27 1:00
Planning for Medicare Workshop

Wednesday, March 27 11:15
Dine-Out ~ Picket Fence
Route 16, East Douglas

Thursday, March 28 10:30
Fallon Navicare Presentation



The
"Mendon Senior Sentinel"

Is a Publication

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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 senior residents:

Linda Brewer	Camille Lord
Lorraine Courtemanche	Doug Taylor
James Kellet II	Leonard Wilson
John Kelley	

Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 2013				New Friday Hours: 1 Senior Center & Outreach 9-12 by Appointment
9 Walking Group 9-11 Whole Foods 9 Cribbage/9 Bridge 11 Friends Meeting Note Earlier Date! 1 Chorus 4	9 Stretch&Flex/9 Scrabble 5 10-12 SHINE Counseling 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling	8 Shopping Van 6 9 Panera Bread 9 Yoga 10:15 T'ai Chi	9 Stretch & Flexibility 7 9 Cribbage 9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling/7 Pitch	New Friday Hours: 8 Senior Center & Outreach 9-12 by Appointment
9 Walking Group 11 9-11 Whole Foods 9 Cribbage 9 Bridge 1 Chorus	9 Stretch & Flexibility 12 9:00 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling	8 NO Shopping Van 13 9 COA Meeting 9 Panera Bread 9 Yoga 10:15 T'ai Chi	9 Stretch & Flexibility 14 9 Cribbage/9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling/7 Pitch	New Friday Hours: 15 Senior Center & Outreach 9-12 by Appointment
9 Walking Group 18 9-11 Whole Foods 9 Cribbage 9 Bridge 1 Chorus	9 Stretch&Flex/9 Scrabble 19 10-12 SHINE Counseling 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling	8 Shopping Van 20 9 Panera Bread 9 Yoga /10:15 T'ai Chi 9-11 Podiatry Clinic 11:15 Modern Diner, RI	9 Stretch & Flexibility 21 9 Cribbage/9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling/7 Pitch	New Friday Hours: 22 Senior Center & Outreach 9-12 by Appointment
9 Walking Group 25 9-11 Whole Foods 9 Cribbage 9 Bridge 1 Chorus	9 Stretch & Flexibility 26 9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling	8 NO Shopping Van 27 9 Panera Bread 9 Yoga /10:15 T'ai Chi 11 Transportation Meeting 11:30 Dine-Out ~ Picket Fence 1:00 Planning for Medicare	9 Stretch & Flexibility 28 9 Cribbage/9 Scrabble 10:30 Navicare Program 11:15 Chair Yoga/12 Lunch 1 Wii Bowling/7 Pitch	New Friday Hours: 29 Senior Center & Outreach 9-12 by Appointment

Fuel Assistance Available

The Fuel Assistance program helps low income households defray the cost of their winter heating bills with applications being accepted until April 30, 2013. The Mendon Senior Center is the intake site for Mendon families, seniors and disabled individuals under the administration of SMOC (South Middlesex Opportunity Council). Call Amy Wilson Kent, Director, at the Mendon Senior Center at 508/478-6175 to request an instruction checklist or to schedule a confidential appointment.. Family Size Maximum Income

1 31,271
2 40,893
3 50,515
4 60,137
5 69,759

Outreach Services

Senior Center Outreach Worker Nancy Mosher is available Wednesday afternoons and Friday mornings to offer free confidential counseling, caregiver support, information and referral services on aging related issues for Mendon seniors and caregivers. Nancy can also help with a variety of confusing paperwork including SMOC Fuel Assistance and SNAP Supplemental Nutrition applications (formerly Food Stamps). Home visits are available. Please call the Senior Center at 508-478-6175 for more information or to schedule an appointment. This position is grant funded in part through the Executive Office of Elder Affairs.

Senior Connection & Caregivers Guide

Stop by the Mendon Senior Center to pick up a free copy of The Caregivers Guide- an extensive resource guide for seniors, caregivers and professionals who are trying to navigate the often complex aging and caregiving networks. This guide includes; advice, checklists, tips, specific agency contact information, etc... The Caregivers Guide, a publication of the Central Massachusetts Agency on Aging along with the Senior Connection, may also be accessed on line.

Free Tax Preparation

The AARP Tax-Aide preparation service is once again available free to tax payers with low to moderate income, with special atten-

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tion 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.

Podiatry Clinic

There are limited openings to see Dr. Clayton Cooper of Southboro Medical Group at the Mendon Senior Center on Wednesday, March 20th 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.

Friends News & Events

Monthly Meeting: Monday, March 4th at 11am. Feel free to join us to learn more about our mission! Note the earlier date this month.

New Members Welcome: Support the group that supports the center! Annual membership dues is still only \$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.

Annual Book Fair: Donations and volunteers are needed for this popular fundraiser. Please let your family and friends know we are now collecting gently used, CDs, DVDs, Video tapes and puzzles for our sale. We also need volunteers to help organize and sort items as they come in and to help during the sale. **Sale Dates: Friday, April 5th 3-7pm and Saturday, April 6th 9am-2pm.** Contact President Marty Fletcher at 508-473-3922 or stop by or call the Mendon Senior Center at 508-478-6175 for more information. Also a sign-up sheet is available at the center. Donations can be dropped off Monday through Thursday from 9-3pm. *Shoppers love coming to our book sales because, as they tell us, we are organized!*

Ongoing Friends Programs:

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.

Van Support Fund:

Help offset the center's transportation costs by turning redeemable bottle and cans into cash for gas for the senior van. You may drop

off your clean empties at the Senior Center gazebo. Help is needed with this once a month endeavor, if interested please call the center. Thank you!

Volunteer Appreciation

It does indeed take a village. Without dedicated volunteers the Mendon Senior Center could not provide the many quality programs, special events and weekly meals benefiting many over 9,000 guests annually at the Mendon Senior Center. During 2012 Senior Center volunteers and Friends of Mendon Elders members once again logged more than 4,000 volunteer hours collectively! In gratitude we ask that you save the date of Wednesday, April 17th 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 *Laughter for the Health of It* by presenter Mark Sherry followed by a light meal. This program is the first in a three part series sponsored by the Mendon Cultural Council a member of the Massachusetts Cultural Council. Invitations will be mailed by early April.

Diner Tour

Wednesday, March 20th

If you're feeling nostalgic, join us on Wednesday, March 20th to head out to **Modern Diner in Pawtucket, RI.** Plan to meet at the Mendon Senior Center at 11:15 and carpool. No sign-up necessary.

Dine-Out Group

Wednesday, March 27th

Join us for another fine dining experience. This month's pick is Picket Fence, Rt. 16 338 Main St., East Douglas. 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.

Navicare Health Care

Thursday, March 28th 10:30

You may qualify for no cost health insurance that covers all medication, medical transportation, homecare, dentures, hearing aids and more. If you have income less than \$2130 per month, have chronic medical conditions and are over 65 years old, you may be eligible

for NAVICARE or Summit ElderCare through Fallon Community Health Plan. Clementine Bihiga will be at the Senior Center to share more information about these programs. Refreshments will be provided and all are welcome. If you have any questions, feel free to call Clementine at 508-368-9576. Please stop by or call the Mendon Senior Center at 508-478-6175 to register for this program.

Tri-Valley Lunches March Menu

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

Tuesday, 3/5
Burgundy Meatballs
& Egg Noodles

Thursday, 3/7
Chicken Veggie Soup
Boneless Spareribs

Tuesday, 3/12
Mushroom Soup
Chicken Fricassee

Thursday, 3/14
Corned Beef & Cabbage

Tuesday, 3/19
American Chop Suey

Thursday, 3/21
Baked Chicken

Tuesday, 3/26
Breaded Fish

Thursday, 3/28
Beef Jardiniere

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



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NEWS FROM SHINE MARCH 2013

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 \$96.38/month and for a Supplement 1 is \$182.00/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.
- Remember if you enroll in a Medigap Plan you will have to also enroll in a Medicare Stand Alone Part D Plan to cover your medications. Unlike Medicare Health Plans, Medigap Plans do not provide any drug coverage. If you have any questions regarding Medigap Plans you should speak with a SHINE Counselor.

You can now access our monthly SHINE chat line, sponsored by the Central Massachusetts Agency Aging, on the second Tuesday of each month. To attend the SHINE Session, go to www.SeniorConnection.org and click on Connection for Caregiver button. Then click on the Support Groups and Chat button. Create a username and password, log in and click on SHINE.

If you need help on any aspect of your health insurance, SHINE offers free counseling at the Mendon Senior Center. Call the center at 508-478-6175 ask for a SHINE appointment. You can also reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636) If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies

Brown Bag Concert

**Mechanics Hall ~ April 3
321 Main Street, Worcester**

Enjoy the Big Band sound of the Worcester Jazz Orchestra featuring the music of favorites like Stan Kenton, Tommy Dorsey, Benny Goodman, Duke Ellington, Buddy Rich, Maynard Ferguson and more! The concert begins at noon and admission is free. Bring your own lunch or purchase one at the

Hall. Bus transportation is available for \$3.00 from the Hopedale Community Center. Call Hopedale SC 508-634-2208 to reserve your space.

Overnight Trip Washington, DC

Don't miss out. A few spaces remain for this wonderful Friend of Mendon Elders overnight spring trip to Washington DC April 26-29, 2013. The price per person double occupancy is \$365.00 and includes 3 nights lodging and 6 meals: 3 breakfasts and 3 dinners. This tour features an evening guided memorial and monument tour and a two full day guided tour of Washington DC including WWII Memorial, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Lincoln Memorial and the NEW Martin Luther King Jr. National Memorial and much more! Stop by the Mendon Senior Center to register for this trip of a lifetime or call coordinator Sue Carlson 508/473-6614 for further information. Payment is now due.

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.

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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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