

# The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

May 2012

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

## Mendon Minstrels

### Spring Program ~ Moving Around

Don't miss out! Come enjoy a wonderful array of tunes sure to rekindle your wanderlust performed for your listening pleasure by our own Mendon Minstrels. The Minstrels including Susan Carlson, Diana Carter, Connie Forand, Helen Forand, Martha Gebelein, Nuala Mills, Peg Nogueira, Sonja Porter and Ann Vandersluis lead by Marge West with Dave Clinkman on piano and Art Forand on guitar will drop in for a visit on Thursday, May 10th at 11:00am just prior to their summer hiatus. Why not invite a friend and join us for a fabulous pizza party immediately following. Please call the center at 508-478-6175 or stop by to sign up for one or both programs. The cost for lunch is \$4.00 per person in advance. Thank you.

## Multi-medium Art Classes

The Mendon Senior Center is fortunate to once again be offering a multi-medium art program sponsored in part by the Friends of Mendon Elders. Instructor Barbara McAuliffe, an accomplished artist from Foxboro, was schooled at the Boston School of Painters, Newbury Street, Boston. Barbara will offer instruction in painting and drawing with a variety of mediums including pen and ink, watercolors, acrylics and oil. This six-week subsidized program will be held on Wednesdays beginning May 16 at the Senior Center, from 1:00-2:30pm for a cost of \$40.00 for Mendon seniors covering instruction and materials. Class size is limited; please call 508-478-6175 or stop by the Senior Center to register. Transportation is available.

## Elder Law Education Program

Join us on Monday, May 14th at 1:00pm for statewide program presented by the Massachusetts Bar Association entitled "Taking Control of Your Future: A Legal Checkup." Attorney Steve Wiles from Franklin will touch on some important topics in this year's 2012 resource guide (available for distribution) on a wide range of legal issues affecting the lives of seniors including how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Medicare/Medicaid changes and alternatives to nursing home care. For more information or to register for this free program call the Mendon Senior Center at 508-478-6175.

## 2012 Mendon Senior of the Year ~ Nominations being accepted!

Since 1978 some deserving person (or persons) has been awarded the annual distinction of Senior Citizen of the Year. The chosen Mendon resident 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. Please drop off or mail nominations to the Senior Center at 62 Providence Street, Mendon, MA 01756.

## Many Thanks to the Nipmuc Yacht Club! Due to their generosity the Senior Center has a new grill.



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

## Reminder: Annual Town Meeting

Friday, May 4th at 7:00pm at the Miscoc Hill School. Please keep informed of the issues and how they impact you. Also, please plan to attend this important meeting.

Transportation is available for seniors and handicapped individuals. Please call the Mendon Senior Center at 508-478-6175.

## Month-At-A-Glance May 2012

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

Friday, May 4 10-11:00  
Meet & Greet Outreach  
Mendon Senior Center

Monday, May 7 9-12:00  
Food Pantry

Wednesday, May 9 8:30  
Fenway Park Tour & Lunch

Wednesday, May 9 9:00  
COA Meeting

Thursday, May 10 11:00  
Mendon Minstrels  
& Pizza Luncheon

Monday, May 14 11:00  
Friends Meeting

Monday, May 14 1:00  
Legal Check-up

Wednesday, May 16 9-11:00  
Podiatry Clinic

Wednesday, May 16 11:15  
Diner Tour TBD

Wednesday, May 16 1-2:30  
Weekly Art Class Begins

Thursday, May 17 9-11:00  
SHINE Insurance Counseling

Monday, May 21 10:30  
MassHealth Eyeglass Program


Wednesday, May 23 11:30  
Diner Out – Union Street Grill

Thursday, May 24 11:45  
Pen Pal Luncheon  
@ Clough Elementary

Monday, May 28  
Memorial Day  
Senior Center Closed

Thursday, May 31 12:30/1:00  
Dessert & Nipmuc Sax Quartet

# Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>May 2012</b>	9 Stretch & Flex/Scrabble <b>1</b> <b>11:15 NO Chair Yoga</b> 12 Lunch Club 1 Coed Bocce 3 Computer Class	<b>8 Shopping Van</b> <b>2</b> NO Yoga / T'ai Chi Classes Today	<b>3</b> 9 Stretch & Flexibility 9 Cribbage 9 Scrabble 12 Lunch Club 1 Coed Bocce	<b>4</b> 9 Bridge 10 Meet & Greet Outreach Worker Mendon Senior Center
<b>7</b> 9 Walking Group <b>9-12 Food Pantry</b> 9-11 Whole Foods 9 Cribbage / 9 Bridge <b>5:45 NO Evening Yoga</b>	<b>8</b> 9 Stretch & Flexibility 9 Scrabble 11:15 Chair Yoga 1 Coed Bocce 3 Computer Class	<b>9</b> NO Shopping Van <b>8:30 Fenway Trip</b> ~ Departs Hopedale~ <b>9 COA Meeting</b> 9 Yoga / 10:15 T'ai Chi	<b>10</b> 9 Stretch & Flexibility 9 Cribbage/Scrabble <b>11 Mendon Minstrels</b> 12 Pizza Luncheon 1 Coed Bocce	<b>11</b> 9 Bridge
<b>14</b> 9 Walking Group 9-11 Whole Foods 9 Cribbage / 9 Bridge <b>11:00 Friends Meeting</b> <b>1 Legal Check-up</b> 5:45 Evening Yoga	<b>15</b> 9 Stretch & Flexibility 9:00 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Coed Bocce	<b>16</b> <b>8 Shopping Van</b> <b>9-11 Podiatry Clinic</b> 9 Yoga / 10:15 T'ai Chi <b>11:15 Diner Tour TBD</b> <b>1 Art Class Begins</b>	<b>17</b> 9 Stretch & Flexibility 9Cribbage/Scrabble <b>9-11 SHINE Counseling</b> 12 Lunch Club 1 Coed Bocce	<b>18</b> 9 Bridge
<b>21</b> 9 Walking Group 9-11 Whole Foods 9 Cribbage/9 Bridge <b>10:30 Mass Health/Eye</b> 5:45 Evening Yoga	<b>22</b> 9 Stretch & Flex 9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Coed Bocce 3 Computer Class	<b>23</b> NO Shopping Van 9 Yoga / 10:15 T'ai Chi <b>11:30 Dine-Out</b> <b>Union St. Grill, Franklin</b> <b>1 Art Class</b>	<b>24</b> 9 Stretch & Flexibility 9Cribbage/Scrabble <b>11:45 Pen Pal Luncheon</b> <b>@ Clough Elementary</b> 12 Lunch Club/1 Bocce	<b>25</b> 9 Bridge
<b>28</b> <b>Memorial Day</b> <b>Senior Center Closed</b>	<b>29</b> 9 Stretch & Flex 9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Coed Bocce 3 Computer Class	<b>30</b> 8 Shopping Van 9 Yoga 10:15 T'ai Chi <b>1 Art Class</b>	<b>31</b> 9 Stretch & Flexibility 9 Cribbage / Scrabble 12 Lunch Club <b>12:30 Fallon sponsored</b> <b>Dessert</b> <b>1 Nipmuc Jazz Quartet</b>	

## Podiatry Clinic

Doctor Clayton Cooper of Southboro Medical Group will be available on Wednesday, May 16th 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.

## Masshealth Eyeglass Patients

Lisa Trainor from Anywear Optical will be at the senior center on Monday, May 21st beginning at 10:00 a.m. If you have Masshealth Insurance and would like to be fitted for your new eyeglasses please call to schedule an appointment. You must have your current prescription available. Call Lisa at 508-634-3596 and have your insurance number ready.

## Lending Library

The Mendon Senior Center has an extensive lending library of fiction and non-fiction— including

'books on tape.' Many current popular titles are conveniently available for your reading enjoyment as well as an assortment of DVDs, CDs and puzzles. Simply borrow, enjoy, and return— without late fees.

## Durable Medical Equipment

The Mendon Senior Center has a small inventory of Durable Medical Equipment for LOAN including regular wheelchairs, walkers, bath seats and commodes. The center also has two heavy-duty transport chairs capable of bearing up to 400 lbs. available for short term use. Please call the center to inquire about this free service. Also, if you have any unwanted equipment, particularly small bath seats, please contact the Senior Center at 508-478-6175.

## Trash Fee Discount

Did you know the Town of Mendon offers a 50% reduction in trash fees for senior home-


owners who meet the following criteria:

- The property must be the senior's primary residence
  - The property must be owner occupied with no more than two people residing.
  - One resident must be age 65 by Jan. 1, 2010
- Please contact Missy at the Mendon Board of Health before June 1st at 508-634-2656 to learn if you qualify and to apply for this senior discount.

## Fenway Park Tour Behind the Scenes


We are invited to join our neighbours from Hopedale to explore Fenway Park, for a 'behind the scenes' tour on Wednesday, May 9th. We will depart from the Hopedale Senior Center at 8:30am and enjoy a guided tour of Fenway, followed by lunch at Ken's Steak House in Framingham and will return to Hopedale at approximately 2:30pm. The cost

**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

per person is \$35.00. Registration is required by May 4th. Payments can be made directly to Hopedale SC in cash or checks can be made payable to the Friends of Mendon Elders. Please be sure to specify choice of lunch entrée: Fish or Steak. Call Hopedale SC at 508/634-2208 or the Mendon Senior Center at 508-478-6175 to register.

## Coed Bocce Returns

### Beginners Welcome!

Join us on Tuesdays and Thursdays at 1pm beginning May 1st for fresh air and a friendly game. Haven't played for years? We'll refresh your memory. Looking to learn? No problem. Beginners welcome. Also, if you would like to reserve the court for a game on your own, please call the Mendon Senior Center at 508-478-6175.

## Pen Pal Luncheon

### Thursday, May 24th

Pen pals from the Mendon Senior Center are hereby invited to a pizza party luncheon at the Clough School library on Thursday, May 24th from 11:45-1:30pm where they will learn the identity of their secret Pen pal! Van transportation will be available door-todoor from the Mendon Senior Center at 11:15am 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 Ruth O'Grady or the Senior Center. Thank you.*

## Senior Day Trip: Boston Duck Tour

### Wednesday, June 13th

For the ultimate adventure, come explore Boston by land and by sea in a World War II amphibious landing vehicle. This day trip coordinated by the Mendon Friends and Foxy Travel set for Wednesday, June 13th will be sure to please. Meet the motor coach at the Mendon Senior Center at 8am and embark on your Duck Tour by 10:00am. Two lunch options follow with corresponding tour costs: lunch at Durgin Park following the Duck Tour for a total cost of \$69.00 or Duck tour and lunch on your own at Quincy Market Place for \$55.00. Driver and escort gratuities not included. There will be time for shopping afterwards and we will return to Mendon Senior Center by 5:30pm. Payment is due by May 11th to reserve your space. Please make checks payable to the

Friends of Mendon Elders and drop off or mail to the Mendon Senior Center, 62 Providence Street, Mendon, MA 01756. Call 508-478-6175 for more information and be sure to have an updated File of Life form completed before the trip.

## Friends News

Thank you to all the volunteers and donors who helped to make the Friends of Mendon Elders **4th Annual Book Fair** our most successful yet! We'd like to recognize Sharon Cutler, Marty Fletcher and Paul Doucette for their outstanding organizational efforts and we'd also like to thank the our hardworking youth volunteers from the Nipmuc Friends of Seniors and Bayview Academy as well as our hero, Mendon resident Brian Morford and his son Connor—we could not have done it without them. Thanks also to everyone who supported the Friends' raffles including Milford National and Dean Bank. Congratulations to our lucky winners: **Lottery Raffle Basket** winner Joann Goss of Blackstone and **Red Sox Raffle Basket** winner Marjorie Mastriani of Mendon! The proceeds from the Friends' Book Fair and raffle will benefit the Friends Van Support Fund to help offset any operating expenses of the Senior Center van. Your continued support of the Van Support Fund by purchasing VanBucks for a donation of ten dollars each is most appreciated. Please join us for our upcoming monthly meeting on Monday, May 14th at 11am.

## Exercise Updates:

**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 will resume after a short break on Tuesday, May 8th. Enjoy the 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. **T'ai Chi:** You are encouraged to register now for a six week session of this relaxing yet energizing form of exercise beginning Wednesday, May 9th at 10:15am. You also can enjoy a class in the great outdoors when weather permits.

**Yoga:** Day & Evening options will be starting soon. Wednesday mornings beginning May 9th at 9am and evening classes Mondays at 5:45pm. 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. **Important: Always check with your physician before starting a new fitness program.**

## Dine-Out Group

Carpool from the Mendon Senior Center at 11:00am or meet up at the Union Street Grill in Franklin on Wednesday, May 23rd at 11:30. Please sign up at the center. **And please be sure to note your cell phone number and indicate whether you will carpool or meet us there.** Thank you!

## A Sweet Treat & Music

### May 31st 12:30/1:00pm

Do we have a treat for you! Following our regular Tri-Valley Thursday lunch we will offer a scrumptious dessert provided Summit ElderCare and Navicare – two programs of coordinated care for seniors, offered by Fallon Community Health Plan. To top it off we will feature a musical program coordinated by Nipmuc High School student Jesse Arsenault. This saxophone quartet featuring Jesse Arsenault, Kevin Harris, Evan Tamagni, Jesse Charpentier and Rachel Plante on Piano is sure to please. Call 508-478-6175 or stop by the Mendon Senior Center to register for this free program.

## Tri-Valley Lunches May Menu

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

**Tuesday, May 1:** Menu Change! Sweet & Sour Chicken

**Thursday, May 3:** Hot Dog & Bun

**Tuesday, May 8:** Yankee Chicken Pie

**Thursday, May 10:** NO Tri-Valley Meal Senior Center Pizza Party & Mendon Minstrels

**Tuesday, May 15:** Macaroni & Cheese

**Thursday, May 17:** Fish with Crumb Topping

**Tuesday, May 22:** Meatballs with Onion Gravy

**Thursday, May 24:** Beef & Broccoli

**Tuesday, May 29:** Cheese Omelet

**Thursday May 31:** Italian Braised Beef

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](http://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](http://www.milfordfederal.com) Member FDIC

**News From SHINE: May 2012**  
*Need help with prescription drug costs? Prescription Advantage may be your answer!*

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$33,510 for a single person and \$45,390 for a married couple. *(There is no asset limit!)*

**Who can join?** If you are a Massachusetts resident, eligible for Medicare, and are:

- 65 years or older with an annual income at or less than \$55,850 for a single person or \$75,650 for a married couple OR...

- under 65 years and disabled, with an annual income at or less than \$21,000 for a single person or \$28,444 for a married couple.

If you are **not** eligible for Medicare, you can also join and there is no income limit.

**How can Prescription Advantage help you?**

- If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare Part D coverage gap (donut hole).

- If you are unhappy with your current Part D or Medicare Advantage plan, Prescription Advantage allows you to switch your plan **now**, instead of waiting for Open Enrollment in October.

- If you are NOT currently enrolled but you need a Part D or Medicare Advantage plan **now**, joining Prescription Advantage allows you to enroll right away.

*If you need help on any aspect of your health insurance, call the Mendon Senior Center at 508-478-6175 for a SHINE appointment on Thursday, May 17th from 9-11am. Or you may call Prescription Advantage today for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.*

**Property Inspections**

The Mendon Board of Assessors wishes to announce the commencement of the fourth phase of a town wide reinspection program as mandated by Mass General Law. This program will be completed over a five year period during which time all properties will be visited and all building description information will be verified for accuracy.

The Assessors have retained the services of Paul S. Kapinos & Associates of South Hadley. A representative from this firm, Bruce Webster will be registered with the Mendon Police Dept. and display proper identification. We will commence the reinspection process on Monday, April 9, 2012. An interior inspection of the dwelling will be requested and entrance will only be made if an adult is present. If entrance cannot be completed during the initial visit, a call back card will be left on the main entrance with instructions to contact the Assessor's office to schedule an appointment. If a response is not received, an estimate of the interior will be made.

Areas of Mendon which will be visited during this third phase are: Adare Rd., Cadman Rd., Davenport Dr., Dudley Rd., Eight Rod Rd. Ext., Eight Rod Rd., Esty Rd., Forest Park Dr., Freeman Place, Harrington St., Hartford Ave West, Hopedale St., Kinsley Ln., Leonard Rd., Leone Lane, Lori Lane, Lowell Dr., Metcalf Rd., Miscoe Rd., Mowry St., Northbridge St., Old Saw Mill Rd., Park St., Powers Rd., Sandra Circle, Stymast Dr., Taft Ave., Thornton St., Uxbridge Rd., Washington St., West Hill Rd., and Western Circle Ave.

If you have any questions, please feel free to contact Assistant Assessor Jean Berthold at # 508-473-2738.

**Looking Ahead**  
**Mark Your Calendar...**

**Miscoe Hill Jazz Ensemble: Tuesday, June 5th 1pm.** Join us for a return engagement of this fabulous, dedicated group of musicians lead by Instructor Michael Morel following our Tuesday lunch.

**8th Annual Progressive Yard Sale:** Registrations and donations are now being accepted for the **Friends' Town Wide Yard Sale** which will be held on Saturday, June 9th from 8am until 2pm. We will be calling Friends members requesting donations of items and your 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 any day the Senior Center is open from 8:30am-2:30pm. *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, please call the Senior Center for more information. 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 Marty Fletcher at 508-473-3922 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, 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.*



**3 Uxbridge Road**

**Mendon**

**508 473 0455**

insurance made simple.



**Town of Mendon - Council on Aging Board**

**Chairperson .....Bob Carlson**

**Vice Chairperson .....Earl Pearlman**

**Secretary .....Ruth O'Grady**

**Treasurer .....Carol 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