

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

January/February 2014

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

Best Wishes Helen Berard!

Mendon's Oldest Resident

In mid-December Helen Berard not only celebrated her 97th birthday, she became distinguished as Mendon's oldest resident ~ receiving the senior center's "golden cane." On Sunday, December 15th she graciously accepted the honor bestowed by Council on Aging Chairman Jim Negri and Senior Center Director Amy Wilson Kent surrounded by her family. Five of her six grandchildren and seven great-grandchildren and close family friend Reverend Carl Fisette attended the party organized by Helen's daughters and sons-in-law, Jean and Rene Demers and Suzanne and John Lauzon. Helen was born in Cumberland, RI and raised in nearby Woonsocket. She and her late husband Ernest Berard made their summer home in Mendon fifty-two years ago and seventeen years later established their full time residence here. Helen and her family have participated in many senior center and Friends programs over the years. And as such we couldn't be more pleased than to congratulate her for this special honor. Best Wishes Helen!

Happy New Year from the Friends!

Friends of Mendon Elders

Officers 2014

President ~ Sue Carlson

Vice President ~ Diana Carter

Secretary ~ Lana Mars

Treasurer ~ Ann Gonyea

Board Members: Martha Gebelein, Henry Hebb, Kay Holmes, Dottie Leighton, Louis Merolli Jr., Vivian Podsiadlo, Pat Vandenberg and Honey Vartabedian

The Friends of Mendon Elders, Inc. is a nonprofit organization that supports the Mendon Senior Center programs and facility through its fundraising efforts. As always, your suggestions and participation are welcome and encouraged. Annual dues (\$5.00) for 2014 are now being accepted, payable to The Friends of Mendon Elders. Please inquire about half-priced BJ's memberships, which are available to current Friends' members.

As we look ahead with renewed energy with a new slate of officers, we would like to thank past Friends president Marty Fletcher and past acting president Tom Irons for their many contributions. Furthermore, we would like to commend Martha Gebelein for her years of committed service as Treasurer and past Secretary for the Friends. Fortunately, Martha will remain active as a Friends board member ensuring continuity. Thank you, Martha!

Ongoing Programs:

Walking Group - Monday 9am

Whole Foods - Monday 9-11am

Bridge - Monday 9am

Cribbage - Monday/Thursday 9am

Stretch & Flexibility - Tues/Thurs 9am

Chair Yoga - Tuesday 11:15am

Lunch Club - Tues/Thurs 12:00 noon

Wii Bowling - Tuesday/Thursday 1pm

Computer/Technology Class - Tuesdays 3pm

Shopping Van - Alternating Wednesdays 8am

Panera Bread - Wednesday 9-11am

Yoga - Wednesday 9am

T'ai Chi - Wednesday 10:15pm

Pitch League - Thursday 7pm

Winter Highlights January/February 2014

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

Wednesday, January 8 9/10:15
Yoga & T'ai Chi
Winter Sessions Starting

Wednesday, January 8 9:00
COA Meeting

Monday, January 13 11:00
Friends Meeting

Monday, January 13 11:15
Diner Tour ~ Miss Mendon Diner

Wednesday, January 15 9-11:00
Podiatry Clinic

Monday, January 20
Martin Luther King Jr.
Senior Center Closed

Wednesday, January 22 11:30
Dine-Out Group ~ BVT, Upton

Tuesday, February 4 11-12:00
VNA Blood Pressure Clinic

Tuesday, February 4 2:30-3:30
Technology Classes II Begin

Monday, February 10 11:00
Friends Meeting

Wednesday, February 12:00
COA Meeting

Thursday, February 13 11:00
Mendon Minstrels ~ Love Songs
Valentine's Potluck

Monday, February 17
President's Day
Senior Center Closed

Wednesday, February 19 11:15
Diner Tour ~ Patriots Diner, Woonsocket

Thursday, February 20
Friday, February 21
RI Flower Show, Providence

Wednesday, January 26 11:30
Dine-Out Group ~ Roast House



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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 senior residents:

Louis Murray
Mary Walker

Mendon Neighbor Brigade

Neighbor Brigade is a network of local chapters of volunteers who are willing to provide non-medical services to neighbors of all ages during times of temporary crisis—such as a serious illness, major surgery, sudden accident or tragedy. Some of the services that can help people during these times include delivery of a meal, rides to recurring appointments, dog walking and help with errands.

At this time, the greatest need for volunteers here in Mendon is for those who are willing to occasionally provide a ride to recurring appointments in the local area. To find out how to join this volunteer network or to find out how we can help you or someone you know, send us an email at MendonMA@neighborbrigade.org, contact our central office at 781-3250 or our website at <http://www.neighborbrigade.org/cvhapers/MendonMA/>. All you need to volunteer is an email address and a willingness to help out now and then.

Health Insurance Counseling

Help is available if you're turning 65 this year and have questions about your health insurance options including Medicare D or if you are already enrolled in Medicare and have concerns about a claim or coverage. Certified, trained SHINE (Serving Health Information Needs of Everyone) volunteer Larry Goldman is available at the Mendon Senior Center and are ready to counsel you. Please call 508-478-6175 for a free, confidential appointment.

Trash Discount for Seniors

The Town of Mendon offers a 50% discount in the yearly trash fee for qualifying senior citizens. To qualify, senior citizens must meet all of the following requirements.

Information will be verified with Town Clerks office thru census forms and ownership verified with Assessors office

1. Applicant or spouse must be over the age of 65 at the time of application.
2. Applicant or spouse must be the homeowner of the property.
3. Home listed on the application must be the primary residence of the applicant or spouse. (No Rentals)
4. Number of residents in the home cannot exceed 2.

Please contact Missy at the Mendon Board of Health at 508- 634-2656 for more information or forms.

Technology Classes & Computer Lab Use

The Nipmuc Friends of Seniors student instructors will be returning to offer Technology Classes on Tuesdays beginning February 4th at an earlier time from 2:30- 3:30pm. Although the primary intent is to offer instruction in computer use, feel free to bring your own lap tops, I-pads and/or cell phones along with your questions. Also, please call 508-478-6175 or stop by the Mendon Senior Center to register for this program. Space is limited.

We would also like to remind everyone that the Mendon Senior Center computer lab is available for your personal use during center hours. Check your emails and utilize the internet away from home. Also, if you're interested in helping other seniors with their individualized computer needs or helping with special projects, please contact Director Amy Wilson Kent at 508- 478-6175.

Lending Library & Reading Aids

Do you like to curl up with a good book? The Mendon Senior Center has a vast array of titles to choose from in hard or soft cover as well as books on tape or CD. Also, if you are visually impaired or have some other disability that prevents you from reading, come down to the center to try out one of our digital reading machines on loan from the Talking Book Library program out of Worcester or an Aladdin reader donated by The Mendon Lions Club available for use.

New Year, New You!

Ongoing Affordable Fitness Programs:

Walking Group ~ Due to the bitter cold and sometimes icy conditions, our Monday morning walking group, coordinated by volunteer Joan McMullen, is taking a brief winter hiatus. Check with the center for an upcoming start date for this free program. This group normally meets Mondays at 9am at the center and heads out from there to a variety of locations.

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!

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 January 8th. However, you can join in any time—just let us know. Yoga is held at 9am and T'ai Chi classes begin at 10:15. The cost for each six- week session is thirty-five 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. All ages welcome. Please call 508-478-6175 for availability.

Chair Yoga ~ Come experience the therapeutic benefits of yoga but have issues with balance, here's your chance. Come give this relaxing, half-hour class 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 free, subsidized weekly programs (donations welcome) also taught by instructor Faith Kennedy.

Shopping Van

Our Shopping Van is scheduled to travel to Market Basket Plaza in Bellingham on the following alternating Wednesdays at 8:00am: January 8, January 22, February 5 and February 19. Please call the center at 508-478-6175 to make a reservation.

Diner Tour

Monday, January 13 ~ Miss Mendon Diner
Wednesday, February 19 ~ Patriot's Diner, Woonsocket No sign up necessary; simply meet at the Mendon Senior Center at 11:15am to carpool

Dine-Out Group

January 22nd ~BVT, Upton (11:30 carpool)
February 26th ~Roast House, Blackstone
Join us for our upcoming Wednesday Dine-Out Groups. All are welcome! Plan to gather at the Mendon Senior Center to carpool or meet up at the restaurant, Please note departure times above and sign-up at the Senior Center. Be sure to put your phone number. Thank you!

MENDON ANIMAL CLINIC

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DR. HOLLY FABBRICOTTI

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Podiatry Clinic

Dr. Cooper of the Southboro Medical Group will be available on Wednesday, Jan. 15th to attend to your podiatry needs. The cost of this service is thirty dollars made payable to Dr. Cooper. Home visits are also available the same day for an additional fee. Call the center at 508-475-6175 to make an appointment between 9:00-11:00am.

Blood Pressure Clinic

The VNA and Hospice of the Greater Milford, in cooperation with the Mendon Board of Health, will be sponsoring a Blood Pressure Clinic on Tuesday, February 4th from 11:00am-12:00pm. Please call or stop by the center to register. Drop-ins are also welcome.

Mendon Minstrels ~ More Amore & Valentine's Luncheon

Thursday, February 13th 11:00am

Join us on Thursday, February 13th us for a scrumptious potluck feast, pleasant company, and enjoyable love songs. 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.

Volunteerism: The Gift that Keeps Giving

Having a committed roster of volunteers is any senior center director's dream and the "We Couldn't Do It Without YOU!" award goes to some very special folks for helping to make things happen (in a big way) for the benefit of others, especially during the months of November & December. Coordinating and serving regular Tuesday/Thursday Tri-Valley meals and Special dinners, providing quality entertainment and assisting with Food Pantry donations and monthly/holiday distributions are just some of the ways volunteers gave back. Thank you to these very generous individuals for sharing their time and talent:

Tri-Valley lunch Volunteers (and alternates):

Janet Ahearn, Diana Carter, Claudia Gardner, Mary Ann Hopkins, Barbara Jenness, Louis Merolli Jr., Jim Negri, Peg Nogueira, Shirley Phipps, Hollie Tenerowicz. and Ann Vandersluis

Food Pantry Volunteers:

Jean Brennan, Karen Collins, Karley Collins*, Katie Collins*, Marty Fletcher, Sandy Flynn, Kenny Gay, Ann Gonyea, Mary Ann Hopkins, Nancy Jenkins, Carol Kotros (coordinator), Nancy Larkin, Wally Matthews, Stu Mills, Jim Negri, Shirley Phipps, Kevin Rudden, Ray Simmons and Joanne Simmons

Mendon Minstrel Members:

Diana Carter, Sue Carlson, Lynda Chace, Dave Clinkman, Bob Duffy, Art Forand, Helen Forand, Martha Gebelein, Ruth Logan, Lana Mars, Nuala Mills, Peg Nogueira, Mary 'Sonja' Porter, Pat Vandenberg, Ann Vandersluis and Marge West (coordinator)

Special Events Volunteers:

Janet Ahearn, Jesse Arsenault*, Tory Bauer*, Therese Bechara*, Stacey Berthiaume, Taylor Brogan*, Diana Carter, Bob Carlson, Sue Carlson, Micaela Clark*, Lexi Figore*, Marty Fletcher, Sandy Flynn, Claudia Gardner, Maybelle Grant, Evelyn Hennessey, Mary Ann Hopkins, Barbara Jenness Carol Kotros, Nancy Larkin, Dottie Leighton, Paula Malnati, Lana Mars, Louis Merolli Jr., Rachel Murphy*, Jim Negri, Peg Nogueira, Earl Pearlman, Shirley Phipps, Diane Rice, Kevin Rudden, Nancy Sala, Marie Savicki, Bill Snow, Ann Vandersluis, Honey Vartabedian, Karen Wheet, Laura Wheet* and Sara Wheet*

*student volunteers

Senior Center Inclement Weather policy

Reminder: It is the policy of the COA to cancel all center programs and transportation when the Mendon school system closes due to inclement weather, particularly during the winter. The center will remain open for information and referrals unless the Town Hall closes. Please listen to Milford radio station WMRC following a significant snowfall for school cancellations. If you have a doctor's appointment, hairdresser or shopping appointment on a day when the schools are closed, we apologize for the inconvenience but feel that if it is risky for school buses to be on the road, then it is risky for the COA van to be on the road as well. Thank you for understanding.



Tri-Valley Lunches January Menu

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

Tuesday, January 2
Pork with Stuffing & Gravy

Thursday, January 7
Menu change!
Non-Tri-Valley meal
Beef Stew

Tuesday, January 9
Hot Dog on Bun
Baked Beans & Coleslaw

Thursday, January 14
Chicken Cacciatore

Tuesday, January 16
Pot Roast Stew

Tuesday, January 21
Meatloaf & Gravy

Thursday, January 23
Corn Chowder
Breaded Fish Nuggets

Tuesday, January 28
Cream of Broccoli Soup
Roast Turkey & Gravy

Thursday, January 30
Buttermilk Chicken

Menus are subject to change.
Reservations must be made
48 hours in advance
Transportation is available
Stop by later in the month to
pick up a copy of February's menu.



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2014 Travel Offerings

~Rhode Island Flower Show

Thursday, Feb. 20th & Friday, Feb. 21st

Come enjoy the Rhode Island Spring Flower & Garden Show at RI Convention Center and banish those winter blues. This year we have two options to attend this breathtaking, accessible exhibit. We have been invited to once again join our neighbors from Hopedale to attend opening day Thursday, February 20th. Bus transportation is available from the Mendon Senior Center at 9:30am (following the initial departure from Hopedale at 9:15) and will return at approximately 2:30/3:00pm. For the second option, our own senior van will be utilized for a visit on Friday the 21st with pick-ups beginning at 9:00am giving preference to Mendon seniors in need of greater/additional accessibility.

The cost for admission for senior citizens (65+) and round trip transportation is \$20.00. Group rate discounts may apply for parties of 13 or more. Enjoy lunch on your at one of the many food court venues. Mendon Senior Center members, please stop by or call the center at 508-478-6175 to register. Payment is required to secure you space by February 13th. You may also register and pay directly with the Hopedale Senior Center at 508-634-2208.

~March Day Trip

Newport Playhouse & Cabaret Restaurant ~ March 13th

Depart Mendon at 9:00 for a scenic ride along Newport's beautiful Ocean Drive prior to a hearty buffet luncheon, a wonderful play and a fun filled Cabaret performance. The show, a laugh out loud comedy, 'Angel on My Shoulder' will leave you in stitches. After the show, you will return to your original table where the dining room is transformed into a captivating Cabaret. The cost of this tour is

\$79.00 per person. Please call 508-478-6175 or stop by the Mendon Senior Center to register. You will arrive back home in Mendon at approximately 6:00pm after a wonderful day. Reminder: 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.

~Overnight Spring Trip

Lancaster Pennsylvania Dutch

Stop by the Mendon Senior Center to pick up a flyer for the Friend of Mendon Elders overnight spring trip to Lancaster in the heart of Pennsylvania Dutch Country April 28-May 1, 2014. The price per person double occupancy is \$355.00 for this 4-day trip includes 3 nights lodging and 6 meals: 3 breakfasts and 3 dinners. This tour features a guided tour of Lancaster including Amish Country, the awesome "MOSES" Show at the Sight & Sound Millennium Theatre, a visit to the charming Kitchen Kettle Village, admission to the Mennonite Information Center and admission to Landis Valley Museum & Village. \$75 deposit is due upon signing with final payment due 2/21/14. For more information, contact Sue at 508-473-6614.

Fuel Assistance

The Mendon Council on Aging is currently processing applications for Mendon residents of all ages under the administration of SMOC (South Middlesex Opportunity Council). The SMOC Fuel Assistance program can help low-income households defray the cost of winter heating bills for the current heating season between November 1, 2013 and April 30, 2014. If your gross household income falls within the limits shown in the following chart, you may qualify not only for fuel assistance but also for discounts on electric and telephone bills. Please note these income amounts below

include your monthly Medicare deduction (if applicable).

If you are you worried about keeping warm this winter, please call the Mendon Senior Center for an instruction checklist, but please don't wait until your oil tank is almost empty. Applications can take 5-6 weeks to process. Please note, any resident eligible for fuel assistance (or SNAP/foodstamps) is 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. Please contact the center if for more information.

Family Size/Maximum Income

- 1 \$32,065
- 2 \$41,932
- 3 \$51,798
- 4 \$61,664
- 5 \$71,530

Looking Ahead...

Mark Your Calendars

Book Fair Drop Off/Volunteers Wanted:

Please save your gently used books, DVD's and puzzles or drop them off for the Friends' Book Fair slated for April 4 - 6. Volunteers are needed to help us sort in the upcoming months. Please email Friends President Sue Carlson at friends@mendonelders@verizon.net or call the center for more information

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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Members: Bob Carlson, Kevin Rudden and Mary Ann Hopkins

Outreach Worker: Nancy Mosher

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.

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