

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

January 2012

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

Welcome Aboard!

The Mendon Council on Aging is looking forward to the appointment of Outreach Worker Nancy Mosher by the Mendon Board of Selectmen. Nancy will be joining the Senior Center team beginning in January 2012. The Outreach position will be funded under a local grant through CHNA-6 (Community Partners for Health) and a state grant to help the Council on Aging meet the needs of Mendon's frail elderly. Nancy has four years experience serving as the Outreach Worker for Hopedale Senior Center and thirty years experience as a customer service manager. She will continue to work for Hopedale part-time while bringing her expertise to Mendon for five hours weekly. Nancy, a Hopedale resident and mother of three, enjoys volunteering and loves sewing. Nancy will be available to assist homebound seniors with a variety of tasks and looks forward to making your acquaintance in the coming months. Please be sure to welcome her aboard.

Wellness in Your World

Dr. Bethany Bowman of Palmer Family Chiropractic of Milford will visit the Mendon Senior Center to discuss the wellness movement in the United States and how you can become part of it. Her talk will include helpful information on:

- Hydration, nutrition, exercise, posture, alternative therapies and "well thinking".
- How many of the things we do each day contribute to our back pain.
- How to sit, stand, and sleep better to avoid pain.
- How everyday activities such as lawn care, house cleaning, even reading or doing hobbies can aggravate the back.
- Concepts that are important in improving overall body mechanics in the work place and at home.

Please stop by or call the Mendon Senior Center to register for this free informative program. All are welcome.

Register Now! Rhode Island Flower Show Feb. 24th

Van Transportation Available

Take the chill off this winter and breath in the fresh air at the 19th Annual Rhode Island Flower Show on Friday, February 24th from 10am - 3pm. Reduced prices are available for this accessible, imaginative exhibit whose theme is Simple Pleasures this year. Group rate tickets are \$13.00 per person for parties of 15 or more. (Regular ticket prices are: \$16/seniors; \$18/non-seniors, \$7/children 6-12). Several dining alternatives are available on site for lunch at indoor cafes and a cafeteria at an additional cost or pack a brown bag lunch. Carpooling is encouraged from the Mendon Senior Center. Van transportation is available for an additional on a first come basis for seniors without others means and persons with disabilities. (All others will be considered on a space available basis i.e.waiting list). Please stop by or call the center at 508-478-6175 to register.

Month-At-A-Glance January 2012

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

Monday, January 9 11:00
Friends Meeting

Monday, January 9 5:45
Evening Yoga

Tuesday, January 10 3-4:00
Intermediate Computer Classes

Wednesday, January 11 9:00
COA Meeting

Wednesday, January 11 9/10:15
Yoga & T'ai Chi
New Sessions Starting

Thursday, January 12 11:00
Comedy Show

Thursday, January 12 12:00
Pizza Party

Monday, January 16
Martin Luther King Jr.
Senior Center Closed

Tuesday, January 17 10:30
Chiropractic Wellness Program

Wednesday, January 18 9-11:00
Podiatry Clinic

Wednesday, January 18 11:15
Diner Tour ~ Miss Worcester

Wednesday, January 25 9:00
Dine-Out Group ~ Breakfast
Lowell's, Mendon

Wednesday, January 25 11:00
Transportation Meeting



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: **Millie Boover** - a lifelong resident of Mendon and an anitinional contributor to the Mendon Senior Center - was a founding member and recording secretary of the Friends of Mendon Elders, Inc.

Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Senior Center Closed In Observance of New Year's Day	9 Stretch & Flexibility 9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling	4 8 Shopping Van	9 Stretch & Flexibility 9 Cribbage / Scrabble 12 Lunch Club 1 Wii Bowling 7 Pitch	6 9 Bridge
9 Walking Group 9-11 Whole Foods 9 Cribbage / 9 Bridge 11 Friends Meeting 1 Chorus 5:45 Evening Yoga	10 9 Stretch & Flex / Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling 3 Computer Classes Start	11 8 Shopping Van 9 COA Meeting <i>New Sessions!</i> 9 Yoga 10:15 T'ai Chi	9 Stretch & Flexibility 9 Cribbage / Scrabble 11 Comedy Hour 12 Pizza Party 1 Wii / 7 Pitch	13 9 Bridge
16 Senior Center Closed Martin Luther King Jr's Birthday (Observed)	9 Stretch & Flexibility 9 Scrabble 10:30 Wellness Program 11:15 Chair Yoga 12 Lunch Club / 1 Wii 3 Computer Class	18 8 Shopping Van 9-11 Podiatry Clinic 9 Yoga 10:15 T'ai Chi 11:15 Diner Tour Miss Worcester	9 Stretch & Flexibility 9 Cribbage / Scrabble 12 Lunch Club 1 Wii Bowling 7 Pitch	20 9 Bridge
9 Walking Group 9-11 Whole Foods 9 Cribbage / 9 Bridge 1 Chorus 5:45 Evening Yoga	24 9 Stretch & Flexibility 9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Wii / 3 Computer Class	25 8 Shopping Van 9 Dine-Out ~ Lowell's 9 Yoga 10:15 T'ai Chi 11 Transportation Meeting	9 Stretch & Flexibility 9 Cribbage / Scrabble 12 Lunch Club 1 Wii Bowling 7 Pitch	27 9 Bridge
9 Walking Group 9-11 Whole Foods 9 Cribbage / 9 Bridge 1 Chorus 5:45 Evening Yoga	31 9 Stretch & Flexibility 9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Wii / 3 Computer Class			<div style="border: 2px solid black; padding: 10px; display: inline-block;">January 2012</div>

Podiatry Clinic

Dr. Clayton Cooper of Southboro Medical group will be on hand on Wednesday, January 18th from 9-11am at the Mendon Senior Center to assist with your podiatry needs. The cost for this service is thirty dollars, payable to Dr. Cooper. House calls are also available for an additional fee. Please stop by or call the center at 508-478-6175 to make an appointment.

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 Elders) volunteers Robin Fletcher and Judy & Lee Katz are based out of the Mendon Senior Center and are ready to counsel you. Please call 508-478-6175 for a free, confidential appointment.

Laughter: The Best Medicine

Cast aside those winter blues and you'll be stitches on Thursday, January 12th at 11:00am when comedian David Shikes, Brookline native and current New Hampshire resident, volunteers to entertain us with a conservative potpourri of New England humor. Please note the Tri-Valley Lunch will not be served this day. Instead plan on joining us afterwards for a pizza party including garden salad and dessert. The cost of this meal is \$3.00 per person in advance. Please sign up for one or both events at the Senior Center.

Computer Instruction and Lab Use

It's never too late to brush up on your skills. The Nipmuc Friends of Seniors student instructors will be returning to offer Intermediate Computer Instruction on Tuesdays beginning January 10th from 3-4:00pm. This free ten week course will build upon prior computer knowledge and will focus more in depth on familiar topics including Microsoft Word, Excel spreadsheets, email and internet use and advanced concepts such as defragmenting your computer. Please register at the Mendon Senior Center. 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 individ-

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Affordable Fitness Programs

Walking Group ~ Our committed senior walking group meets Mondays 9am at the center and heads out from there to a variety of locations including indoor locations if the weather is inclement. Free.

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 11th. 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 of Mendon Elders News

-We are pleased to announce the 2012 roster of the Friends of Mendon Elders, Inc.

Board Members and Officers: Marty Fletcher, President, Tom Irons, Vice President, Susan Carlson, Secretary, and Martha Gebelein, Treasurer. Board of Director Members include: Diana Carter, Henry Hebb, Kay Holmes, Dorothy Leighton, Louis Merolli, Jr., Vivian Podsiadlo, and Honey Vartabedian. Thank you all for your energy & enthusiasm in support of Mendon Senior Center programs!

- All are welcome to attend The Friends' monthly meeting on Monday, January 9th at 11:00am when new/returning member Kay Holmes will be inducted. Come share your ideas and learn how you can contribute.

-The Friends are now accepting 2012 dues as well as new memberships. The cost per member is \$5.00 for the year.

-You can also support The Friends upcoming fundraising efforts by saving the date and your gently used, unwanted books, dvds, cds and puzzles for The Friends' early spring fundraiser: The fourth Annual Friends' Book Fair on Saturday, April 14th. Volunteers are also needed to help sort books prior in the months to the event. If you're interested, please contact President Marty Fletcher at 508-473-3922 or inquire at the center's office.

-Finally, you can support the Friends Van Support Fund, and help offset transportation costs. Help turn redeemable bottle and cans into gas for the new senior van. Just drop off your clean empties at the Senior Center gazebo and we'll do the rest. And if you are interested in assisting with this once a month endeavor, please call the center. Thank you!

Looking Good!

• Kudos go out to the tireless Beautification Committee members Ann Vandersluis, Stu Mills and Tom and Kathy Sawyer for dressing up the center's window boxes and gazebo for the holidays.

• Thank you also to Monika Schmid and Girl Scout Troop 30203 for helping to clean up the property by raking up the last of the fall leaves in December.

• The "You Really Made Our Day Award" goes out to John Gibson Sr. and John Gibson Jr. of Gibson Septic for not only answering the call, but for going above and beyond after a motorist hit our mailbox. Their generous donation and installation of a new mail box placed in a safer location will have postal workers thanking us for years to come.

Diner Tour

For an interesting, relaxed dining experience consider the Diner Tour on Wednesday, January 18th when we venture out to Miss Worcester Diner. No sign-up necessary, just meet at the Senior Center at 11:15am and car-pool. Tattoos optional.

Dine-Out Group

On Wednesday, January 25th join your friends and neighbors for Breakfast at Lowell's in Mendon at 9:00am. **Plan to meet at the restaurant.** Please sign up at the senior center and be sure to put your phone number. Thank you!

Historic Trivia: We have a Tie!

Congratulations to Brothers of the Brush member Tom Irons, our first respondent, and to Mendon resident Shirley Bilodeau- for her due diligence. Both had the correct answer to our trivia question. In the 1600's the name of the area of land now referred to, as Mendon was Mendham. Tom and Shirley will each receive a coupon for a free Tri-Valley lunch on the day of their choice.

Tri-Valley Lunches January Menu

Served 2:00 noon
Tuesdays & Thursdays
Cost: \$2.00 Donation per meal

Tuesday, January 3
Chicken Mornay

Thursday, January 5
Meatloaf w/gravy

Tuesday, January 10
Beef Chili

Thursday, January 12
No Tri-Valley Lunch Served
Senior Center Pizza Party

Tuesday, January 17
Stuffed Shells

Thursday, January 19
Herbed Chicken

Tuesday, January 24
Beef Stroganoff

Thursday, January 26
Lasagna

Tuesday, January 31
American Chop Suey

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



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NEWS FROM SHINE JANUARY 2012

Can I still change my Medicare Plan??

The 2011 Medicare Open Enrollment period ended on December 7th, but there are still a few changes you can make if you qualify.

For those with a Medicare Advantage Plan: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. Your Original Medicare coverage will begin the first day of the following month. If you drop your Medicare Advantage Plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement plan at this time.

For those with a Tufts Medicare Prescription Drug Plan (drug coverage only) in 2011: If you did not select a different Medicare drug plan for 2012, then you are currently without drug coverage. You have until the end of February to enroll in a new Part D drug plan for 2012, which will begin the first of the month after your enrollment.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

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 appoint-

ment. You can also reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636)

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, 2011 and April 30, 2012. 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. Beginning in January the pantry is open the first Monday of the month from 9am-12noon and from 5pm-7pm. These new evening hours have been added to help accommodate working individuals. Please contact the center if for more information.

Family Size Maximum Income

1	\$31,218
2	\$40,824
3	\$50,429
4	\$60,035
5	\$69,641

Looking Ahead Mark Your Calendar...

Eyeglass Tune-ups - Feb. 7th: Lisa Trainor of Anywear Optical will be on hand Tuesday, February 7th beginning at 10:30am to offer a free eyeglass tune-up. Call the center at 508-478-6175 to schedule a cleaning and adjustment for your tired eyeglasses. Also, feel free to bring a copy of eyeglass prescription if you would like an evaluation.

Valentine's Luncheon: Tuesday, Feb. 14th 11:30am. When it comes to amore we've got you covered on Tuesday, February 14th. Join us for a scrumptious potluck feast, pleasant company, and enjoyable love songs on piano by Earl Pearlman at noon. Please sign up in advance to indicate your contribution. And please plan to arrive early- by 11:30 if possible- so our volunteers can prepare this wonderful spread. Feel free to call the Senior Center at 508-478-6175 for suggestions.

Book Fair Drop Off / Volunteers Wanted: Save your gently used books, DVD's and puzzles or drop them off for the Friends' Book Fair slated for April 14th. Volunteers are always welcome to help us sort in the upcoming months. Call President, Marty Fletcher at 508-473-3922 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.

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Robert Gebelein, Wally Matthews and Tom Bass
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

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