

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

October 2013

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

NEWS FROM SHINE – OCTOBER 2013

Medicare Open Enrollment October 15th – December 7th

Its that time of year again! If you have Medicare, you will soon be receiving important information from your Prescription Drug Plan and your Medicare Advantage Plan (HMO, PPO). It is important to **understand** and **save** this information because it explains the changes in your plan for 2014. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. Trained SHINE Counselors can help you understand your plan changes, as well as other options you may have. Schedule an individual appointment with SHINE Counselor Larry Goldman by calling the Mendon Senior Center at 508-478-6175 or **plan to attend the SHINE Medicare Boot Camp to be held on Tuesday, Oct. 15th at 10:30am at the center. Please call to reserve your space. And Please Don't Ignore Your Medicare Mail!** (continued on page 4)

The Friends of Mendon Elders Oktoberfest

Please Save the Date and your donations for The Friends of Mendon Elders, Inc. annual Oktoberfest on Saturday, October 19th, from 9am-2pm at the Mendon Senior Center. In addition, due to the success of our previous evening hours you can shop early on Friday, October 18th from 3pm – 7pm. Donations of attic treasures, craft items, jewelry, baked goods, plants and raffle items are needed to make this fundraiser a success. The Lunch/Snack bar will be available as well. Please plan on making a donation and attending this wonderful event and support our Friends' efforts to support the Senior Center and its programs and services. Items can be dropped off at the center Monday-Thursday from 9am-3pm. *Sorry, but we cannot accept clothing and shoes and electronics including televisions, computers or computer monitors.* If you're interested in volunteering, please call the Mendon Senior Center at 508-478-6175.

Flu Shot Clinic - Oct. 25th

Open to the Public. Transportation Available

The Mendon Board of Health will be sponsoring the annual seasonal Flu Shot Clinic administered by the Salmon VNA & Hospice of Greater Milford on Friday, October 25th from 10:00-11:30am at the Mendon Senior Center. These flu shot vaccines are for all Mendon residents ages 6 months and older including senior citizens, pregnant women and individuals at high risk. Please call or drop by the Center to pre-register. Note- all individuals with the last names A-L should arrive between 10-10:30am and all individuals with the last names M-Z should arrive between 10:30-11:30am. There is no fee for the vaccine. However, please be sure to bring your insurance and Medicare cards (or copies) to the clinic. Pneumonia vaccines ARE NOT available at this clinic. Thank you. Please call 508/478-6175 to request transportation if needed.

Month-at-a-Glance October 2013

- Tues/Thurs Lunches 12:00
Transportation Available
- Tuesday, October 1 10-12:00
SHINE Counseling
- Tuesday, October 1 11-12:00
VNA Blood Pressure Clinic
- Monday, October 7 10-11:00
Senator Moore Office Hour
- Monday, October 7 11:00
Friends Meeting. *Note Earlier Date!*
- Tuesday, October 8 8:30-5:30
NH Foliage Day Trip
- Wednesday, October 9 9:00
COA Meeting
- Wednesday, October 9 1:30
Fallon Senior Plan for 2014
- Saturday, October 12 10 –5:00
Mendon Country Fair Visit the Friends'
Table!
- Monday, October 14
Columbus Day. Senior Center Closed
- Monday, October 15
Medicare Open Enrollment
Begins 10/15 ~ Ends 12/7
- Tuesday, October 15 1:30
SHINE Medicare Boot Camp
- Tuesday, October 15 2:30-3:30
Technology Classes start
- Wednesday, October 16 9:00
Food Pantry Committee Mtg.
- Wednesday, October 16 11:15
Diner Tour – Victory Square, Nasonville, RI
- Friday, October 18 3-7:00
Early Bird Shopping! Friends Oktoberfest
- Saturday, October 19 9-2:00
Friends Oktoberfest
- Wednesday, October 23 11:30
Dine-Out ~ Quaker Tavern, Uxbridge
- Thursday, October 24 11:00
Frank Rusciti It's ALL About The Music!
- Friday, October 25 10-11:30
VNA Flu Shot Clinic
- Tuesday, October 29 10-12:00
SHINE Insurance Counseling
- Wednesday, October 30 1:00
Tufts Health Plan, Hopedale Senior Center
- Thursday, October 31 1:00
Halloween Hat Party & Bingo
Following Tri-Valley lunch



The
"Mendon Senior Sentinel"

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Council on Aging

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Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 10px; width: 80%; margin: auto;"> <h2 style="text-align: center; margin: 0;">October 2013</h2> </div>	<p>9 Stretch&Flex/9 Word Games 1 10-12 SHINE Counseling 11 Blood Pressure Clinic 11:15 Chair Yoga/12 Lunch Club 1 Wii Bowling / 1 Hand & Foot</p>	<p>8 Shopping Van 2 9-11 Panera Bread 9 Gentle Yoga 10:15 T'ai Chi</p>	<p>9 Stretch & Flexibility 3 9 Cribbage 9 Word Games / Scrabble 12 Lunch Club / 1 Wii Bowling 7 Pitch League</p>	<p>Senior Center & Outreach 4 9-12 by Appointment</p>
<p>9 Walking Group 7 9-11 Whole Foods 9 Cribbage / 9 Bridge 10 Sen. Moore Office Hours 11 Friends Meeting 12:30 Chorus</p>	<p>8:30 Day Trip Departs ~ NH Foliage Tour 8 9 Stretch&Flex/9 Word Games 11:15 Chair Yoga/12 Lunch Club 1 Wii Bowling/1 Hand & Foot</p>	<p>8 NO Shopping Van 9 9-11 Panera Bread 9 COA Meeting 9 Gentle Yoga / 10:15 T'ai Chi 1:30 Fallon Senior Plan</p>	<p>9 Stretch & Flexibility 10 9 Cribbage 9 Word Games/Scrabble 12 Lunch Club / 1 Wii Bowling 7 Pitch League</p>	<p>Senior Center & Outreach 11 9-12 by Appointment</p>
<p>14 Columbus Day Senior Center Closed</p>	<p>9 Stretch&Flex/9 Word Games 15 10:30 Medicare Bootcamp 11:15 Chair Yoga 12 Lunch Club/1 Wii Bowling 2:30 Technology Classes start</p>	<p>8 NO Shopping Van (Driver Training) 16 9-11 Panera Bread 9 Gentle Yoga / 10:15 T'ai Chi 11:30 Diner Tour ~ Victory Square</p>	<p>9 Stretch & Flexibility 17 9 Cribbage 9 Word Games / Scrabble 12 Lunch Club / 1 Wii Bowling 7 Pitch League</p>	<p>9-3 Fair Set-up 18 3-7 Early Bird Hours Friends Oktoberfest Saturday Hours 9-2</p>
<p>9 Walking Group 21 9-11 Whole Foods 9 Cribbage 9 Bridge 12:30 Chorus</p>	<p>9 Stretch & Flexibility 22 9 Word Games / Scrabble 11:15 Chair Yoga 12 Lunch Club / 1 Wii Bowling 2:30 Technology Classes</p>	<p>8 Shopping Van 23 9-11 Panera Bread 9 Gentle Yoga 10:15 T'ai Chi 11:30 Dine-Out ~ Quaker Tavern</p>	<p>9 Stretch & Flexibility 24 9 Cribbage / 9 Word Games 11:00 It's All About Music! 12 Lunch Club / 1 Wii Bowling 7 Pitch League</p>	<p>Senior Center & Outreach 25 9-12 by Appointment 10-11:30 VNA Flu Shot Clinic</p>
<p>9 Walking Group 28 9-11 Whole Foods 9 Cribbage 9 Bridge 12:30 Chorus</p>	<p>9 Stretch & Flexibility 29 9 Word Games / Scrabble 10-12 SHINE Counseling 11:15 Chair Yoga 12 Lunch Club / 1 Wii Bowling 2:30 Technology Classes</p>	<p>8 NO Shopping Van 30 9-11 Panera Bread 9 Gentle Yoga / 10:15 T'ai Chi 1 Tufts Health Plan <i>(meeting at Hopedale SC)</i></p>	<p>9 Stretch & Flexibility 31 9 Cribbage / Word Games 12 Lunch Club and Halloween Hat Party 1 Bingo / 7 Pitch League</p>	

Guided Tours of Mendon

If you missed last summer's tour, plan to join us for an encore performance--you will not be disappointed. Local historians Dick Grady, John Trainor and Ann Dudley are teaming up again, offering a fascinating glimpse into Mendon's past on Saturday, Oct. 19th similar to the Clough 3rd Grade Trolley Tours. This free program which will utilize the Mendon Senior van is funded in part with a regional transportation grant. Donations are welcome. Two one-hour tours will run from the Mendon Senior Center beginning at 9:30 and 11:00am. Seating is limited so please call early 508-478-6175 or stop by the center to reserve your space.

Blood Pressure Clinic

The Salmon VNA & Hospice of Greater Milford will offer a blood pressure screening sponsored by the Mendon Board of Health on

Tuesday, October 1st from 11-12:00. Please call or stop by the center to register. Walk-ins are also welcome.

Welcome Back Senator Moore

Office Hour: Mon, October 7th 10-11:00am
 Monday, October 7th Senator Richard Moore will hold office hours at the Mendon Senior Center from 10-11am. Please feel free to stop by and express any concerns you might have or simply say hello to the Senator.

FREE Music at Mendon Series

The Unitarian Church of Mendon-Uxbridge invites you to attend its FREE monthly music series. This month enjoy the bluegrass music of Mark Kilianski and the Moonshine Ramblers on Sunday, October 6th at 7:00pm in the church hall 13 Maple Street, Mendon. No reservations necessary. This concert is provided

without charge in part due to the generosity of the Massachusetts Cultural Council.


It's All About the Music

Former educator Frank Ruscitti of Milford invites us all to share in his passion for history and music including big band, swing, 50's and 60's. On Thursday, Oct. 24th at 11am he will play original recordings and is open to discuss the times associated with those recordings and the particular artists' lives. Please stop by or call to reserve your space for this free program. And why not consider making a reservation for lunch following.

Mendon Pitch League

The Mendon Pitch League has resumed their Thursday evening league here at the Mendon Senior Center. The league is often times looking for alternate players to fill in when needed. If you're interested please call the center.

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Technology Classes

Tuesdays October 15 –December 3

Our wonderful teen volunteers with the Nipmuc Friends of Seniors and, new this year, Mount Saint Charles will offer a flexible eight-week drop-in session exploring the use of I-pads, I-pods, lap tops and cell phones. Please stop by or call the center at 508-478-6175 to register for this free informative class and let us know of your areas of interest. Enrollment is limited.

Scenic Fall Day Trip: NH's Kancamagus Highway

Tuesday, October 8th

Please remember to bring your file of life cards with you when you depart the Mendon Senior Center 8:30AM on a luxury Silver Fox Motor Coach for this fall foliage tour in "The Granite State." You will return home by 5:30pm. Call 508-478-6175 with any questions.

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. A \$75 deposit is due upon signing with final payment due 2/21/14. For more information contact Sue at 508-473-6614.

Transportation Destinations

Your Suggestions Wanted!

Thank you for your varied suggestions for our special monthly van trips have been planned above and beyond our normal Monday – Thursday schedule.

Saturday, Oct. 19 ~ Historic Mendon Village Tours ~encore performance

Friday, Nov. 1 ~BJ's Franklin, MA 10am

Friday, Nov. 15 ~ Solomon Pond Mall, Marlboro, MA 10am

These trips are funded in part with a federal grant. The cost for out of town shopping trips is four dollars per person with a minimum of five people attending. Please call 508-478-6175 or stop by the center to sign up.

Halloween Hat Party & Bingo

Thursday, October 31st 1:00pm

Join us for a friendly game of bingo after our Thursday luncheon (hot dog, beans and cole slaw) on Halloween. If possible please bring one piece of your favourite candy for a collaborative candy dish. Don your stately, spooky or kooky hat for an extra chance at our sweet drawing. Please be sure to make a lunch reservation at least 48 hours in advance.

Fuel Assistance 2013-2014

Begins Nov. 1st

Mendon residents over the age of 18 years who own or rent a house are eligible to apply for heating assistance. Eligibility is based on gross annual income and household size. If heat is included in your rent, you can still apply. SMOC (South Middlesex Opportunity Council) packets will be available at the Mendon Senior Center after October 28, 2013. You may call to pre-register. The program begins on November 1, 2013 and runs through April 30, 2014. After receiving a packet, an appointment is necessary to complete an application. Please bring with you all the necessary required documents as stated in the packet.

All completed applications are mailed to SMOC in Framingham to determine eligibility and benefit level. **The Mendon Senior Center is an intake site ONLY.** If you receive an incomplete letter from SMOC, mail the missing documents directly to SMOC at 300 Howard Street, Framingham, MA 01702-8313 (1-800-286-6776).

If you require assistance with your re-certification or have not received your form yet, please contact Director Amy Wilson Kent at the Mendon Senior Center at 508-478-6175. Outreach Worker Nancy Mosher is also available to assist homebound clients.

Household Size	Gross Annual Income – Max
(1)	\$32,965.00
(2)	\$41,932.00
(3)	\$51,798.00
(4)	\$61,664.00
(5)	\$71,530.00
(6)	\$81,396.00
(7)	\$83,246.00

Veterans Appreciation

Breakfast

Friday 11/8 New Date & Time!

Veterans of all ages please save the date for the upcoming 6th annual Veterans Appreciation event on Friday, November 8th from 8-10:00am sponsored by the Mendon Police Association, the Council on Aging and the Friends of Mendon Elders. And if you haven't previously done so, please drop a photo of yourself in uniform for our photo display. All photos will be returned. More details to follow.

Tri-Valley Lunches October Menu

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

Tuesday, 10/1
Cr. Mushroom Soup
Beef Jardinere

Thursday, 10/3
Tuna Casserole

Tuesday, 10/8
Hot Dog & Bun

Thursday, 10/10
Greek Chicken
Steamed Rice

Tuesday, 10/15
Chicken Murphy

Thursday, 10/17
Meatloaf & Gravy

Tuesday, 10/22
Macaroni & Cheese

Thursday, 10/24
Pork with Gravy

Tuesday, 10/29
Corn Chowder
Wild Pacific Salmon

Thursday, 10/31
Hot Dog & Baked Beans

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



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NEWS FROM SHINE

OCTOBER 2013

MEDICARE BOOT CAMP: PLAN YEAR 2014

There will be a number of changes to Medicare health plans here in the Central Mass Region and this is your opportunity to learn about the changes that may affect you. At this meeting we will be discussing your options for Medicare in 2014. **One of the more important issues we will be discussing is the options you may have is you are no longer going to be covered by Fallon Senior Plan when you visit your Reliant Clinic Physician.**

Also, we may have additional Medicare Health Plans available for you to choose from. We will be reviewing Medicare Part D coverage and how it works. Finally we will be speaking about programs that may be available to assist you will some or all of your Medicare Costs. Please call the Mendon Senior Center at 508-478-6175 to reserve a space for this important meeting.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Mendon Senior Center at 508-478-6175 and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. Be sure to make your SHINE appointment early!

Health Insurance Programs for 2014

Fallon Senior Plan

A representative of Fallon Senior Plan will be at the Mendon Senior Center on Wednesday, Oct. 9th at 1:30pm to discuss 2014 changes and options for seniors. Please call 508-478-6175 or stop by the Mendon Senior Center to register for this program.

Tufts Health Plan Medicare Preferred

On Thursday, October 30th at 1:00pm a Tufts representative will present information at the Hopedale Senior Center at 43 Hope Street, Hopedale on the 2014 Tufts Medicare Preferred HMO plans and Tufts Medicare Preferred Supplement plans. Please call the Hopedale Senior Center at 508-473-6189 to register.

Blue Cross Blue Shield

On Friday, November 1st at 10:30am A Blue Cross and Blue Shield of Massachusetts representative will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. Questions on the 2014 benefits can be answered! Plan information will be available for Individual plans (non group) Medex, Blue MedicareRx, Medicare HMO Blue, Medicare PPO Blue. All are welcome regardless of your insurance coverage. Please call 508-478-6175 or stop by the Mendon Senior Center to register.

Snow Birds

If you will be leaving shortly for warmer climates, please let the Senior Center to know to suspend delivery of this monthly newsletter. Unfortunately, bulk mail will not be forwarded and the center will be charged extra for return postage. More importantly, we would like to know when to resume delivery when you return. Bon voyage!

Looking Ahead Mark Your Calendars...

Podiatry Clinic

Dr. Cooper of Southboro Medical Group will be available on Wednesday, Nov.20th from 9-11:00am 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. Please call the center at 508-478-6175 to make an appointment.

Mendon Minstrels

Harvest Luncheon ~Nov. 14th

Join us on Thursday, Nov. 14th at 11:00 sharp for Get Happy, a performance of feel good tunes sure to delight, followed by our own fabulous Harvest Potluck Luncheon. Please be sure to register for the program and designate what you'd like to contribute for the luncheon. Feel free to call the center for suggestions.

Leaf Raking Help

Volunteers from Nipmuc High School will be available to assist seniors with leaf raking on Monday, November 11th (Veterans Day). This program, coordinated by the Nipmuc HS Student Council, is for those without other means. Please contact Mendon Senior Center Director Amy Wilson Kent at 508-478-6175 to register for this free service and be sure to let us know if you have an appropriate place to deposit the leaves on your property or not. Thank you.

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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Outreach Worker: Nancy Mosher

Van Drivers: Bob Gebelein & Wally Matthews

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.

MENDON COUNCIL ON AGING

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