

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

October 2014

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

Friends of Elders News: Country Fair & Oktoberfest

Visit the Friends table at the Mendon Lions Club Country Fair on Saturday, Oct. 11th from 10am to 4pm and please save the date and drop off your donations for The Friends of Mendon Elders, Inc. annual Oktoberfest on Saturday, October 18th, from 9am-2pm with early shopping, evening hours on Friday, Oct. 17th from 3-7pm at the Mendon Senior Center. Donations of attic treasures, craft items, jewelry, baked goods, cider, plants and raffle items are needed to make this fundraiser a success. Please plan on making a donation and attending this wonderful fall 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 Friends President Sue Carlson at 508-473-6614.

NEWS FROM SHINE – UPDATES for 2015

Medicare Open Enrollment Updates

October 15th – December 7th

It's that time of year again! If you have a **Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO)**, you should have received information from your plan by the end of September. It is important to **understand and save** this information because it explains any changes in your plan for 2015. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. Mendon **SHINE Counselor Larry Goldman can help you understand your plan changes, as well as other options you may have.** Make a SHINE appointment early by calling the Mendon Senior Center at 508-478-6175 or plan to attend the SHINE informational session on **Tuesday, Oct. 21th at 10:30am at the center. And Please Don't Ignore Your Medicare Mail!** (Continued on page 4)

USING YOUR HOME EQUITY FOR LONG TERM CARE

Under our "system" of paying for long term care, you may be able to qualify for Medicaid to pay for nursing home care, but in most states, there is little public assistance for home care. Most people want to stay at home as long as possible, but few can afford the high cost of home care for very long. One solution is to tap into the equity built up in your home. A reverse mortgage is a way of tapping into home equity without creating monthly payments and without requiring the money to be paid back during a person's lifetime. Attorney Paula Nedder of Heaney & Small will address the following topics on Wednesday, October 22nd at 1:00pm... (Continued on page 4):

Flu Shot Clinic ~ Oct. 24th

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 of Greater Milford on Friday, October 24th from 10:00am-12:00noon 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. 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.

Month-At-A-Glance

October 2014

- Thursday, October 2 5:45
Evening Yoga Starts
- Tuesday, October 2 7:00
Pitch League Resumes
- Monday, October 6 11:00
Note Earlier Date!
Friends Meeting
- Tuesday, October 7 10-12:00
SHINE Insurance Counseling
- Tuesday, October 7 11-12:00
VNA Blood Pressure Clinic
- Saturday, October 11 10 –5:00
Mendon Country Fair
Visit the Friends' Table!
- Tuesday, October 14 8:00
Senior Day Trip Departs
Gloucester Cruise
- Tuesday, October 14 2:30-3:30
Technology Classes start
- Wednesday, October 15 9:00
COA Meeting
- Wednesday, October 15 5-8:00
Friends Dairy Queen Fundraiser
- Friday, October 17 10:00
Blue Cross Blue Shield for 2015
- Friday, October 17 3-7:00
- Saturday, October 18 9-2:00
Friends Oktoberfest
- Saturday, October 18 10:00
Historic Van Tours Part II
- Tuesday, October 21 10:30
SHINE Medicare 2015
- Wednesday, October 22 1:00
Reverse Mortgages
- Thursday, October 23 11:00
Tri-Valley Services Workshop
- Friday, October 24 10-12:00
VNA Flu Shot Clinic
- Wednesday, October 29 1:00
United Health & Humana
2015 Info Session
- Thursday, October 30 12:00
Halloween Hat Party & Lunch



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 the Mendon Elders extend their heartfelt sympathy to the families and friends of the following Mendon residents and former residents:

John Cappa, 101
John Gaskill
Dorothy Good, 101
Don Kearsley
Marianne Wood

Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 10px; width: 80px; margin: auto;"> October 2014 </div>		8 Shopping Van 1 9-11 Panera Bread 9 Gentle Yoga 10:15 T'ai Chi 1 Movie ~ Saving Mr. Banks	9 Stretch & Flexibility 2 9 Cribbage 12 Lunch Club/1 Wii Bowling 5:45 Evening Yoga Starts 7 Pitch League Resumes	Senior Center 3 9-12 by Appointment
9 Walking Group 6 9-11 Whole Foods 9 Cribbage/9 Bridge 11 Friends Meeting 12:30 Weekly Chorus	9 Stretch & Flexibility 7 10-12 SHINE Counseling 11 Blood Pressure Clinic 11:15 Chair Yoga 12 Lunch Club 1 Wii Bowling/Hand and Foot	8 NO Shopping Van 8 9-11 Panera Bread 9 Gentle Yoga 10:15 T'ai Chi	9 Stretch & Flexibility 9 9 Cribbage 12 Lunch Club 1 Wii Bowling 5:45 Evening Yoga 7 Pitch League	Senior Center 10 9-12 by Appointment
Columbus Day 13 Senior Center Closed	8 Gloucester Trip Departs 14 9 Stretch & Flexibility 11:15 Chair Exercise 12 Lunch Club 1 Wii Bowling 1 Hand and Foot	8 Shopping Van 15 9-11 Panera Bread 9 COA Meeting 9 Yoga/10:15 T'ai Chi 11:15 Diner Tour-5-8pm Dairy Queen	9 Stretch & Flexibility 16 9 Cribbage 12 Lunch Club 1 Wii Bowling 5:45 Evening Yoga 7 Pitch League	10 Aldi's Shopping 17 10 Blue Cross Blue Shield Insurance Options for 2015 3-7 Early Bird Hours Friends Oktoberfest
9 Walking Group 20 9-11 Whole Foods 9 Cribbage 9 Bridge 12:30 Chorus	9 Stretch & Flexibility 21 10:30 SHINE 2015 Insurance Presentation 11:15 Chair Exercise 12 Lunch Club 1 Wii Bowling/Hand and Foot	8 NO Shopping Van 22 9-11 Panera Bread 9 Yoga/10:15 T'ai Chi 11:30 Dine-Out 1 Reverse Mortgages	9 Stretch & Flexibility 23 9 Cribbage 11 Tri-Valley Services 12 Lunch Club 1 Wii Bowling 5:45 Yoga/7 Pitch League	10-12 Mendon 24 Flu Shot Clinic <i>Please pre-register</i> Transportation Available
9 Walking Group 27 9-11 Whole Foods 9 Cribbage 9 Bridge 12:30 Chorus	9 Stretch & Flexibility 28 11:15 Chair Exercise 12 Lunch Club 1 Wii Bowling 1 Hand and Foot	8 Shopping Van 29 9-11 Panera Bread 9 Gentle Yoga/10:15 T'ai Chi 1 Bankers Life Presents: United Health & Humana Options for 2015	9 Stretch & Flexibility 30 9 Cribbage 12 Lasagna Lunch~ Halloween Hat Party 1 WWI Bowling 5:45 Evening Yoga 7 Pitch League	Senior Center 31 9-12 by Appointment

Blood Pressure Clinic

Tuesday, October 7th 11-12:00
 The Salmon Family VNA and Hospice of Greater Milford, in cooperation with the Mendon Board of Health, will be offering a Blood Pressure Clinic on Tuesday, October 7th from 11am-12:00noon. Please call or stop by the center to register. Drop-ins are also welcome.

Mendon Pitch League

The Mendon Pitch League is resuming 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.

Guided Tours of Mendon

Local historians Dick Grady, John Trainor and Ann Dudley are teaming up again to offer another fascinating glimpse into Mendon's past on Saturday, Oct. 18th similar

to their Clough Trolley Tours. They will focus on the Mendon Hilltop Village and trolley and if time permits they will touch on the Myriad Ballroom and Lake Nipmuc Park. This free program will utilize the Mendon Senior van and is funded in part with a regional transportation grant. However, donations are welcome to the Friends of Mendon Elders transportation fund. This one-hour plus tour will run from the Mendon Senior Center beginning at 10:00am. Seating is limited so please call early 508-478-6175 or stop by the center to reserve your space.

Technology Classes

Tuesdays October 14 -December 3

Our wonderful teen volunteers, the Nipmuc Friends of Seniors, will return to the Mendon Senior Center on Tuesdays this fall from 2:30 - 3:30 to offer a flexible eight-week drop-in session exploring the use of I-pads, I-pods, lap tops and cell phones. Please 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.

Tri-Valley Elder Services

Thursday, October 23rd

A representative from Tri-Valley, Inc. will present a general overview of their many services at the Mendon Senior Center on Thursday, October 23rd at 11:00am including in-home services, healthy aging programs, nutrition services, caregiver support services and money management just to name a few. Established in 1976, Tri-Valley, Inc. is a private, non-profit agency providing information, referrals, and care management for in home and community services in Central Massachusetts. Tri-Valley, Inc. is committed to the rights of elders and individuals with disabilities to live independently with dignity and safety in a setting of their choice. Please call the Mendon Senior Center at 508/478-6175 to register for this free program.

<p>MENDON ANIMAL CLINIC 128 UXBRIDGE ROAD MENDON, MASSACHUSETTS 01756 508-478-7387</p>  <p style="text-align: center;">DR. HOLLY FABBRICOTTI</p>	<p style="text-align: center;">FRIENDS OF MENDON ELDERS, INC.</p> <p style="text-align: center;">A non-profit organization (501.c3) Supporting Mendon Senior Center Programs & Facility With Your Help. Become a 2014 Member Today! friendsofmendonelders@verizon.net</p>	<p style="text-align: center;">The Milford National Bank milfordnational.com</p> <p style="text-align: center;">Milford • Mendon • Bellingham</p> <p style="text-align: center;">Mendon Office: 14 Hastings Street, Rte.16 508-634-4114</p>	 <p style="text-align: center;">BEAUMONT REHABILITATION AND SKILLED NURSING CENTER</p> <p style="text-align: center;">SALMON</p> <p style="text-align: center;">(508) 234-9771</p> <p style="text-align: center;">85 Beaumont Drive, Northbridge www.SalmonHealthAndRetirement.com</p>
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Transportation Destinations *Your Suggestions Wanted!*

Special monthly van trips have been planned above and beyond our normal Monday – Thursday schedule. Please contact the Senior Center to offer your own trip ideas.

Friday, Oct. 17 ~ Aldi's Supermarket, Milford ~ 10am (No credit cards. Cash, debit and EBT cards only. Bring your own bags.)

Saturday, Oct. 18 ~ Historic Mendon Hilltop Village Tour ~ 10am

Friday, Oct. 24 ~ Flu Shot Clinic, Mendon Senior Center ~ 10am

Friday, Nov. 7 ~ Veterans Appreciation Breakfast, Mendon Sr. Ctr. 8am

Friday, Nov. 14 ~ 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.

Gloucester Lobster Cruise

Tuesday, October 14th

Please remember to bring your file of life cards with you when you depart the Mendon Senior Center 8:00AM on a luxury Silver Fox Motor Coach for this enjoyable day trip to the North Shore. You will return home by 6:00pm. Please call Sue Carlson at 508-473-6614 with any questions. Also – if you have not already done so, signed release forms need to be completed prior to departure and will be kept on file (forms only need be completed once.)

Diner Tour

For a nostalgic eating experience join us on Wednesday, October 15th as we head out to Al-Mac's, Fall River. Plan to meet at the Mendon Senior Center at 11:15 and carpool. No sign-up necessary.

Dairy Queen Fundraiser

Join the Friends of Mendon Elders on Wednesday, October 15th from 5-8pm for a sweet treat (or supper) at Dairy Queen in Milford on Rt. 140. The Friends will receive 10% of ALL pre-tax purchases during those hours. And best of all, NO coupon needed! Enjoy!

Dine-Out Group

Wednesday, October 22nd

This month we are heading to The Uncommon Café in Bellingham. 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 put your phone number. Thank you!

Halloween Hat Party & Bingo

Thursday, October 30th

On Thursday, October 30th join us at 12:00 noon for a lasagna & salad lunch and for a friendly game of bingo afterwards. If possible please bring one piece of your favorite full-size candy for a collaborative candy dish raffle. And wear your stately, spooky or kooky hat for an extra chance at our sweet drawing. The cost of this non-Tri-Valley lunch is \$4.00 per person paid in advance. Please call the center at 508-478-6175 to reserve your space.

Fuel Assistance 2014-2015

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 27, 2014. You may call to pre-register. The program begins on November 1, 2014 and runs through April 30, 2015. 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 7 Bishop 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 Beverly Hart is also available to assist homebound clients. Household Size Gross Annual Income – Max

- (1) \$32,618.00
- (2) \$42,654.00
- (3) \$52,691.00
- (4) \$62,727.00
- (5) \$72,763.00
- (6) \$82,800.00
- (7) \$84,681.00

Veterans Appreciation Breakfast

Friday 11/7

Veterans of all ages please save the date for the upcoming 7th annual Veterans Appreciation event on Friday, November 7th from 8-10:00am at the Mendon Senior Center. An uplifting musical salute will be performed by our own Mendon Minstrels. If you haven't previously done so, please drop a photo of yourself in uniform for our photo display. Original photos will be returned. Transportation is available. Please call 508-478-6175 or stop by the center to reserve your space.

Tri-Valley Lunches October Menu

Served 12:00 noon
Tuesdays & Thursdays
Cost: \$3.00 Donation per meal

Thursday, 10/2
Meatloaf & Gravy

Tuesday, 10/7
Chicken Chow Mein

Thursday, 10/9
Kielbasa Boiled Potato

Tuesday, 10/14
Salmon Boat

Thursday, 10/16
Pasta Primavera & Chicken

Tuesday, 10/21
Chicken Cacciatore & Pasta

Thursday, 10/23
Turkey Ala King

Tuesday, 10/28
Vegetable Soup
Eggplant Parmesan

Thursday, 10/30
No Tri-Valley Meal
Halloween Hat Party!
Lasagna & Bingo

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



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(Continued from page 1)

NEWS from SHINE

On Tuesday, Oct. 21 we will be discussing your options for MEDICARE IN 2015. We will be reviewing changes to MEDICARE Health Plans, we will also talk about MEDICARE Part D coverage and how it works. Finally, we will be speaking about programs that may be available to assist you with some or all of your MEDICARE costs. Please call the Mendon Senior Center at 508-478-6175 register. Remember MEDICARE Open Enrollment is from October 15th to December 7th. **YOU MUST MAKE ANY CHANGES TO YOUR PLAN BY DECEMBER 7th. If you have any questions you may also call SHINE at 1-800-AGE-INFO/1-800-243-4636 option 3 or call our direct line at 508-422-9931. SHINE (Serving Health Information Needs of Everyone) volunteers offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare**

(Continued from page 1)

Reverse Mortgages

1. What is a Reverse Mortgage 2. How do you qualify for a Reverse Mortgage 3. What are the reverse mortgage loan programs 4. How do you receive the money 5. What are the reasons for getting a reverse mortgage 6. Common reverse mortgage myths 7. Pitfalls - is a reverse mortgage right for you? Please stop by or call the Mendon Senior Center to register for this free program.

Medicare Options for 2015

Blue Cross Blue Shield

Blue Cross Representative Sue Flanagan is pleased to be offer Blue Cross Blue Shield Health Plan Options for 2015 at the Mendon Senior Centers on Friday, October 17th at 10am. The presentation will explain how

Medigap plans and Medicare Advantage plans work with Medicare. A question and answer session will follow where attendees can ask questions on 2015 benefit offerings. Please call 508-478-6175 to register for this program.

United Health Care & Humana

On Wednesday, October 29th at 1:00pm Banker's Life representative Ken Bleakney will offer a presentation on the different options available to Medicare beneficiaries for 2015 including Medicare Supplement Insurance and Medicare Advantage Plans as well as Medicare prescription plans. Please call or stop by the center to register.

Looking Ahead

Mark your Calendars

Movie of the Month

Wednesday, Nov. 5 at 1pm join us to see *Billy Elliot* the heartwarming story of an eleven year old boy from a working class family who discovers a passion for dancing on his way to boxing lessons (much to his family's dismay). Van transportation is available.

Celebrating New England:

Stories & Songs for Everyone

& Harvest Luncheon

The Mendon Senior Center and the Mendon Historical Society are collaborating on Thursday, November 6th at 11am as co-sponsors of **Davis Bates** and his program **Celebrating New England: Stories & Songs for Everyone**. Davis, an award-winning storyteller with over thirty-four years' experience, will be offering a "dynamic mixture of family, Native American, International and regional stories and songs" not to be missed. This free program, open to the pub-

lic, is generously funded by the Mendon Cultural Council a member of the Massachusetts Cultural Council. Our delicious Harvest Luncheon potluck will follow at 12:00noon. Please stop by or call the center at 508/478-6175 to register and note your luncheon contribution or ask for suggestions. Transportation is available.

Leaf Raking Help

Volunteers from Nipmuc High School will be available to assist senior citizens with leaf raking this fall in early November (date to be announced). This program, coordinated by the Nipmuc High School 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.

Podiatry Clinic

Dr. Cooper of Southboro Medical Group will be available on Wednesday, Nov.19th 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 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: Beverly Hart

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.

MENDON COUNCIL ON AGING

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