

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

June 2014

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

Friends' Progressive Yard Sale

Saturday, June 7th 8am-2pm

It all starts at 7:30 AM, June 7th at the Mendon Senior Center where shoppers first stop and shop, purchase the Master List of Sales Directory with map of the town included for only \$1.00 then progress from the center throughout the entire town! Last year over thirty homes participated with folks coming from miles around. In conjunction with this year's sale, the Mendon Lions Club will be co-hosting the annual Strawberry Festival with the Unitarian Church of Mendon. Please support the Mendon Senior Center by supporting the Friends biggest fundraiser of the year.

How can you help? **Volunteers and baked goods are needed.** In terms of volunteering, an hour or two is all it takes. Help sort items ahead of time, set up on Friday or Saturday early or relieve another volunteer for a spell on sale day. Baked goods can be dropped off the day before or the morning of the sale. Please call Friends President Sue Carlson at 508/473-6614 or the Senior Center at 508-478-6175 for more information.

Brain Healthy Eating

Thursday, June 26th 5:30- 8:00PM

The South Worcester County Alzheimer's Partnership & the Alzheimer's Association of MA/NH will be co-sponsoring this Educational Forum for Caregivers and Professionals offered at the *Bellingham Senior Center* 40 Blackstone St., Bellingham on June 26th presenting the benefits of Brain Healthy Eating & the Mediterranean Diet and How Making Healthy Choices Can benefit Your Brain. Presenter Nancy Emerson Lombardo, PhD, Adjunct Research Assistant Professor of Neurology at Boston University School of Medicine, and BU Alzheimer's Disease Center and recipient of a grant to study a combination of nutritional supplements. Preident, Brain Health and Wellness Center. Registration begins at 5:30pm. RSVP by June 23rd jmcmurray@alz.org or 508-799-2386.

Cape Cod Canal's 100th Anniversary Tour

Thursday, July 24, 2014

Don't miss out on this fabulous trip to beautiful Cape Cod. Depart from the Mendon Senior Center at 8:30AM on a Silver Fox Coach and travel to Sandwich, the oldest town on the Cape. Brimming with history, age-old charm and scenic sights, Sandwich will delight you with its many attractions. You'll visit the Sandwich Glass Museum, where you'll view real glass blowing artisans, creating world renown pieces of art. At noon, you'll arrive at the Daniel Webster Inn, for the Grand Buffet featuring Coq au Vin, Pasta Primavera, Broiled Scrod and much more. Following your meal you will sail away for narrated two-hour cruise of the Cape Cod Canal. You'll learn the history of this important maritime resource and how it has boosted New England commerce since its inception while enjoying the scenery of beautiful homes and resorts. You will return home to Mendon at 5:30PM. The cost per person including gratuity is \$74.00 due by June 24th. Please stop by the Mendon Senior Center or contact Sue Carlson at 508-473-6614 to register.

Month At A Glance June 2014

Month-At-A-Glance
Tuesday/Thursday 12:00
Tri-Valley Lunch
Transportation Available

Tuesday, June 3 10-12:00
SHINE Insurance Counseling

Tuesday, June 3 11-12:00
VNA Blood Pressure

Saturday, June 7 8-2:00
Progressive Yard Sale
(Rain date - 6/8)

Monday, June 9 11:00
Friends Meeting

Wednesday, June 11 9:00
COA Meeting

Tuesday, June 17 10-12:00
SHINE Insurance Counseling

Tuesday, June 17 12:00
Music to Dine By with
Frank Ruscitti

Wednesday, June 18 11:15
Summer Safari ~ Twisted Fork

Wednesday, June 25 11:30
Dine-Out Group ~ Hopedale CC

Wednesday, June 25 5-8:00
Friends Fundraiser
Dairy Queen, Milford

Thursday, June 26 5:30
Brain Healthy Eating
Bellingham Senior Center



The
"Mendon Senior Sentinel"

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Council on Aging


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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:

William Hackenson	Rita Skinner
Nancy McTurk	Lois Taylor
Peter Morelli	David Thomas

Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-12 Food Pantry Distribution 9 Walking Group 9-11 Whole Foods 9 Cribbage/9 Bridge 2	9 Stretch & Flexibility 10-12 SHINE Insurance Counseling 11:00-12 Blood Pressure Clinic 11:15 Chair Exercise 12 Lunch Club 1 Bocce/Hand and Foot 3	8 NO Shopping Van 9 Panera Bread 9 Yoga 10:15 T'ai Chi 4	9 Stretch & Flexibility 9 Cribbage 9 Scrabble 12 Lunch Club 1 Bocce 5	Senior Center & Outreach 9-12 by Appointment 9-3 Yard Sale Set-up 6
9 Walking Group 9-11 Whole Foods 9 Cribbage 9 Bridge 11 Friends Meeting 9	9 Stretch & Flexibility 11:15 Chair Exercise 12 Lunch Club 1 Bocce 1 Hand and Foot 10	8 Shopping Van 9 COA Meeting 9 Panera Bread 9 Yoga 10:15 T'ai Chi 11	9 Stretch & Flexibility 9 Cribbage 9 Scrabble 12 Lunch Club 1 Bocce 12	Senior Center & Outreach 9-12 by Appointment 13
9 Walking Group 9-11 Whole Foods 9 Cribbage 9 Bridge 16	9 Stretch & Flexibility 10-12 SHINE Counseling 11:15 Chair Yoga 12 Fine Dining Music & Lunch 1 Bocce/1 Hand & Foot 17	NO Shopping Van 9 Panera Bread 9 Yoga/10:15 T'ai Chi 11:15 Summer Safari Twisted Fork, Worcester 18	9 Stretch & Flexibility 9 Cribbage/9 Scrabble 12 Lunch Club 1 Bocce 19	Senior Center & Outreach 9-12 by Appointment 9 - 1 Mall Shopping Van: Solomon Pond, Marlboro 20
9 Walking Group 9-11 Whole Foods 9 Cribbage 9 Bridge 23	9 Stretch & Flexibility 11:15 Chair Yoga 12 Lunch Club 1 Bocce/1 Hand & Foot 24	8 Shopping Van 9 Panera Bread 9 Yoga/10:15 T'ai Chi 11:30 Dine-Out-Hopedale CC 5-8:00 Dairy Queen Fundraiser, Milford 25	9 Stretch & Flexibility 9 Cribbage 12 Lunch Club 1 Bocce 26	Senior Center & Outreach 9-12 by Appointment 27
9 Walking Group 9-11 Whole Foods 9 Cribbage 9 Bridge 30	June 2014			

Blood Pressure Clinic

The Salmon Family VNA and Hospice of the Greater Milford, in cooperation with the Mendon Board of Health, is sponsoring its final VitalSigns Blood Pressure Clinic before the summer on Tuesday, June 3rd from 11:00am-12:00pm. Please call or stop by the center to register. Drop-ins are also welcome.

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) volunteer Larry Goldman is based out of

the Mendon Senior Center and are ready to counsel you the first and third Tuesday of every month. Please call 508-478-6175 for a free, confidential appointment

Senior Discounts


Great minds think alike. Thank you to our readers Sharon Cutler and Dick Skinner for both bringing Senior Discounts to our attention this spring. The following website, one of many to be sure, details numerous senior discounts offered at Restaurants, Retail and Clothing Stores, Grocery Stores, Entertainment Venues and even Cell Phone services. It may just pay to visit this site. Happy savings!
www.braddeals.com/blog/senior-discounts/

Home Repair

Any senior age sixty (60) and older, who owns and resides in their home, can apply for home repair assistance. The repair must be deemed a safety concern in order to qualify for this service. There is no income guideline for this program. If you qualify the wait is between one (1) week and one (1) month depending on the severity of the problem.

For more information or to apply you can call Central Massachusetts Housing Assistance (CMHA) at 774-243-3815 or check out the website at www.cmhaonline.org and click on "Read more about our organization" to access the information on Elder Home Repair.

MENDON ANIMAL CLINIC
128 UXBRIDGE ROAD
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508-478-7387



DR. HOLLY FABBRICOTTI

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Greetings from Outreach...

I would like to take this opportunity to thank Amy Wilson Kent, Director; Mendon Council on Aging; the Friends of Mendon Elders and all the residents of Mendon who have made my transition to the Outreach Worker appointment a smooth and wonderful experience. Since, I know many of you from teaching, it's been great seeing you at the various places around town, etc. and having you tell me how happy you are that I have this position. It's a rewarding position, as I get to assist in many areas with a different population than teaching. Visiting the elders is exciting, as many of them have wonderful stories of the town of Mendon when it was a young town. Thank you again for all of your support. Please do not hesitate to call me if you need anything or just want to chat. ~ Beverly Hart

Senior Center Outreach Worker Beverly Hart is available Monday, Wednesday and Friday mornings to offer free confidential counseling, caregiver support, information and referral services on aging related issues for Mendon seniors and caregivers. Beverly can also help with a variety of confusing paperwork including SNAP Supplemental Nutrition applications (formerly Food Stamps). Home visits are available. Please call the Senior Center at 508-478-6175 for more information or to schedule an appointment. This position is grant funded through the Executive Office of Elder Affairs.

Seasonal Excursions Return!

The Summer Safari returns to Mendon Senior Center with a few picks from the Phantom Gourmet in the following line-up:

June 18 ~ Twisted Fork, Worcester home of the singing chef

July 16 ~ Iggy's, Oakland Beach, RI

Aug 20 ~ Cape Cod Café, Raynham

Sept 17 ~ Smashburger Sherwood Plaza, Rt. 9, Natick

Please sign up at the center and meet at the Senior Center at 11:15am to carpool.

Dine-out Group

Looking ahead to summer, we have once again selected restaurants with outdoor dining for our upcoming Wednesday Dine-Out locations:

~ June 25th, Hopedale Country Club

~ July 23th, Meadowview Tavern at Blissful Meadows Country Club, Uxbridge Carpool from the Mendon Senior Center at 11:00am OR meet up at 11:30am at each dining location. 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!

Fine Dining Music

Join us on Tuesday, June 17th at noon when former educator and music lover Frank Ruscitti of Milford returns to the Mendon Senior Center to indulge your auditory senses with songs of days gone by. Enjoy "original" nostalgic music from the 20's through the 60's while dining on a roast turkey meal served by our Tri-Valley volunteers at 12:00 noon. All are welcome. Please stop by or call the center at 508-478-6175 to reserve your space at least 48 hours in advance. The cost is \$3.00 for lunch. Transportation is available.

If you can't get enough of the music, look for Frank Ruscitti's upcoming offering entitled *American Music Appreciation Program* next fall through the Milford Public School's Community Education department <http://www.milforded.org>. It will feature an entertaining and informative look into the development of American music from the post WWI period through the Disco Period. Emphasis will be on playing the "original" tunes and/or discussing the artists that made them as well as event(s) of the times.



Tri-Valley Lunches

June Menu

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

Tuesday, June 3
Chicken Cacciatore

Thursday, June 5
Turkey a La King

Tuesday, June 10
Fish Sticks

Thursday, June 12
Eggplant Parm

Tuesday, June 17
Roast Turkey

Thursday, June 19
Buttermilk Chicken

Tuesday, June 24
Pacific Salmon with Dill Sauce

Thursday, June 26
Beef and Broccoli

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

DQ Grill & Chill Fundraiser

On Wednesday, June 25, Dairy Queen of Milford will donate 10% of the total pre-tax sales during the hours of 5:00pm to 8:00pm to the Friends of Mendon Elders. Stop by DQ to treat yourself to something yummy and a portion of your sale will help the center!



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Free Training

For Eligible Mature Workers

MA-SCSEP Senior Community Services Employment Program is offering a free Personal and Home Care Aide recruitment, training and placement program for mature workers. Training and certification is offered for the following: PCA/PCHA, Alzheimer and Dementia Habitation and Chronic Disease Self-Management Program and takes place over three weeks during regular working hours. Participants must be Massachusetts residents, age 55+ and unemployed, and meet the low income 125% Federal Poverty Rate. Students must attend all training days in order to successfully complete certification and provide their own transportation. **Informational Sessions are being offered at Hopedale Senior Center, 78 Hopedale St on either Wednesday, June 4th or Wednesday, June 11th at 11:30am.** Call 508-634-2209 or email Carole Mullen at Hopedalecoa@comcast.net for more information or to register.

Friends Raffle Winner

The Friends of Mendon Elders would like to congratulate Nancy Durbano of Mendon-winner of the Lottery Tickets basket- drawn May 21st at Johnny Diamond's Country Classic program: Nancy was surprised to learn the news as her winning ticket was purchased nearly two months ago at the Friends Book Fair. Good Luck Nancy and thank you to everyone who supported this fundraiser including the Milford National Bank.

Two Thumbs Up

Many thanks to Beautification volunteers Ann Vandersluis, Tom Sawyer, Stu Mills, Kathy Staniszewski and Barbara Jenness for their green thumbs and their dedication to sprucing up the center's exterior grounds this spring. We would also like to thank the North

Grafton Job Corp. youth volunteers with supervisor Marty Yenawine for lending a hand in honor of Earth Day. Collectively their edging, weeding, mulching, pruning and planting the gardens and flower boxes has us looking good.

A big thank you also goes out to Colleen Oncay and the Mendon Greenhouse for donating barch mulch and to Alan Tetreault and the Mendon Highway and Parks Departments for their post-winter clean-up and general lawn maintenance respectively. We appreciate you all! *If you enjoy working outside and would like give an hour or two a month, please call the center. **Special request: volunteers are needed to simply water the Flower Boxes once a week.***

Thank you Youth Volunteers!

We would like to thank the many energetic youth volunteers from Mendon, Upton and surrounding communities who generously give their time to also volunteer here at the center. Many thanks especially to The Nipmuc Friends of Seniors club members who have enthusiastically taught technology classes to senior citizens at our center September through June especially Jesse Arsenault, Bill Whitcomb and Dan Whitcomb. The Nipmuc Friends have also assisted with special social programs and Friends of Mendon Elders activities. We are grateful to Nipmuc High School senior Jesse Arsenault who also provided coordination of his fellow Nipmuc Friends of Seniors members throughout the 2013-2014 school year. We are encouraged and inspired by all these kind, respectful, hardworking youth who give up their time after school, weekends, vacations and summers to volunteer. Thank you all! In closing, we would also like to extend congratulations to the following Nipmuc Friends of Seniors graduates Laura Ng, Jesse Arsenault, Theresa Bechera, Same Chiburis, Lexi Figore, Tiffany Griffith, Kayleigh

Kernan, Peter Jordan, and Emily Pirozzi. We wish them all the best in their future endeavors.

Looking Ahead Mark Your Calendars... Podiatry Clinic

Doctor Clayton Cooper of Southboro Medical Group will be available on Wednesday, July 16th from 9-11am '...at the Mendon Senior Center to assist with your podiatry needs.' Home visits are available for an additional fee. Please inquire at Senior Center office.

Senior Center Cookout/Eat-In
Save the date—Thursday, July 17th at 12:00noon The Mendon Council on Aging will offer a summer cookout/eat in at the center. Details to follow.

Senior Tea Honoring 85+

Together, the Mendon COA and the Friends of Mendon Elders will be hosting a reception, honoring Mendon seniors age 85 and over on Sunday August 3rd at 2:00pm at the Mendon Senior Center sponsored by the Friends of Mendon Elders. COA Board member Earl Pearlman, an accomplished pianist, will provide entertainment. Dessert and beverages will be served. Invitations for seniors and their guests will be mailed out mid-July. Please be sure to save the date and don't hesitate to contact the center if you have any questions.

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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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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