

# MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS | VOLUME 1, NO. 7, JULY, 2014



**Come enjoy a summer afternoon of music and light refreshment on the outdoor patio on July 15th.**

String-Swing, with Rob Natoli, Frank Moore and Joe McEachern, is an entertaining band of guitar players, performing swing music from the big band era of the '20s and '30s.

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Family & Cosmetic Dentistry

# Making a Difference... One Patient at a Time



**Maurice Watson**  
Falmouth, MA

## CHALLENGE

Restoring patient's physical health following a lower-arm fracture following a fall from a ladder.

## SOLUTION

Over the course of a month, Wingate at Sudbury's short-term rehabilitation program delivered aggressive therapy that resulted in the restoration of full arm function.

## Former Engineer Over the Moon with Wingate at Sudbury Short-Term Rehabilitation

In the summer of 2013, the staff of Wingate at Sudbury had the pleasure of meeting Mr. Maurice Watson. A former Raytheon engineer, Watson was rehabbing following a fall from a ladder that left him with a lower arm fracture. Watson, who resides in Falmouth, helped MIT design a laser that hit the moon in 1972. His accomplishments also included helping to build the first weather radar in Taiwan.

Impressed by the care that the staff at Wingate at Sudbury provided to his ALS-afflicted cousin for more than a decade, he made the 70-mile trek from his home on the Cape to rehab at Wingate. Mr. Watson was confident that the Wingate at Sudbury staff would provide the same outstanding care for him. In September, 2013, he was admitted to one of Wingate at Sudbury's newly renovated private orthopedic suites, complete with amenities, such as throw pillows, plush furnishings, engraved towels, a refrigerator, loveseat, and more. "It's spacious and luxurious – a room for two! I loved the privacy and high ceilings. It's very clean and well-managed," said Watson.

Upon arriving at Wingate, Mr. Watson immediately began daily physical therapy conducted in Wingate at Sudbury's on-site state-of-the-art orthopedic rehab center. Using a variety of hands-on techniques and encouragement, Watson's therapists Eileen and Natalie worked to restore strength in his arm. His light therapy soon turned aggressive, resulting in very quick progress.

Wingate at Sudbury's therapists not only worked to restore strength in his arm, but also improved strength and function in his legs. "I feel like when I go home Eileen will be looking over my shoulder to see what I'm doing wrong and I'll feel guilty," he said.

Watson is over the moon with the care he received at Wingate at Sudbury. Although he is sad to be leaving his two favorite physical therapists, Watson is looking forward to returning to his home on the Cape and continuing his therapy at home.

*"It's spacious and luxurious – a room for two! I love the privacy and high ceilings. It's very clean and well-managed."*



136 Boston Post Road, Sudbury, MA 01776 978 443 2722

Wingate at Sudbury is the Metro West region's premier skilled nursing center offering short and long-term care, cardiac, orthopedic and stroke rehabilitation using state-of-the-art equipment, as well as a host of highly sought-after amenities including private orthopedic suites.

**MARLBOROUGH COUNCIL  
ON AGING & SENIOR CENTER**

250 Main Street  
Marlborough, MA 01752  
Telephone: **508-485-6492**  
Fax: 508-460-3726  
www.marlborough-ma.gov  
Hours are Monday - Friday 8:00 am - 4:00 pm

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## Council on Aging Volunteer Appreciation Luncheon



## *Always interested in making things better...*

As many of you know, our Council on Aging Board, which is appointed by the Mayor, had as one of its agenda items at its April meeting ways we could improve our system of signing people up for programs, parties, trips, etc. To work on this a committee was formed to implement a new system. The people that served on the committee were: **Jim Confrey, COA Chair, Sheila Brecken, COA Vice Chairman, Marie Elwood, Barbara McGuire, Friend of the Marlboro Seniors, Sue Maki and Tina Nolin**, both COA Staff members.

Listed below are the changes that will go into effect on July 4th to assist in making your registering for Senior Center and Friends of Marlborough Seniors functions easier.

1. Greeters will sign you up for **(non-paying)** programs at the greeter's desk from **10:00 am – 2:00 pm**.
2. For events that require payment there will be a lock box which will have **numbered envelopes** the greeters will provide. Once you receive your numbered envelope you will place your list of programs and payment for these functions in the envelope and drop it in the lockbox. If you have a question about a program, please ask the greeter and if they need assistance to answer your question, your COA staff will be available to help. If you need change you may go to the front desk and we will try and assist. We encourage you to have your list of programs and payments ready when you arrive at the center. At the end of the day Tina will open the lockbox and register individuals for specific paid events, in the order of the chronological numbers on the

envelopes that day. Checks and cash will be accepted. Please try and have exact payment if possible.

As always your COA staff is here to assist you. If you have any questions about a trip, event, payment, etc. Just let the greeter know you need to speak to a staff member.

A new check-in system is being implemented. Many of you have used this at other centers called MYSENIORCENTER. We are so excited about the many features the new technology system and software programs will provide your COA staff to better serve YOU. We anticipate using this new system in July once our COA staff and volunteers are trained. So take off that old Marlborough Senior Center key tag and get ready for a new one that we believe you will be happy with regarding the check-in system and more. Don't be surprised if you see some pictures that are familiar to you displayed as screen savers. **We would like to thank the Cummings Foundation for our new MYSENIORCENTER Program. This is one of many ways you will continue to see how their grant of \$100,000.00 is enhancing our center.**

Lastly, I would like to thank the volunteers who worked so hard to ensure we had a nice picnic at Jericho Hill and they include: **Peggy Cahill, Leslie Biggar, Marie Elwood, Debbie Beausoleil, Joe and Ann Tunnera, Janice Matson and Jan Pulsifer. Stevie's Eatery did a nice job on our true southern BBQ and we appreciate the sponsorship from Marlborough Hills.**

*Jennifer*



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## CONTINUUM OF CARE

- THE WILLOWS Retirement Communities
- BEAUMONT Skilled Nursing and Rehabilitation
- WHITNEY PLACE Assisted Living Residences
- SALMON VNA & Hospice

## OUTREACH DEPARTMENT NEWS

**Ana Cristina Oliveira**

### MEDICARE APPEALS

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. It is very important to pay attention to the time limits for appeals!



#### Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care that you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at **866-778-0939**.

For assistance with understanding and accessing your Medicare benefits, you can call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. 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 counselor will call you back, as soon as possible.

### ENGLISH CONVERSATION CIRCLES COMING SOON...July 10th

So many of you have been working so hard to improve your English in our ESL classes that we thought we'd take it to the next level. Starting Thursday, July 10th from 11am to 12pm, Diane Rodriguez, from the Marlborough Public Library will be leading an English Conversation Group here. No workbooks, testing or registration -- just come! All participants are encouraged to speak and practice English in this friendly, no pressure group. We'll talk about your interests, food, restaurants and what's happening in Marlborough.

Also, we will have lunch together to get to know each other a little better.

Before Diane heads back to the library she will bring some of the newest fiction, non-fiction, magazines, CDs, and DVDs, for you to borrow, so bring your library card to class! No library card? Bring an ID and Diane will give you your own library card one to you.

**Next week's conversational circle falling on July 17th** will include a **special craft with Lisa Martino** so let us know if you will join us so we will have a lunch just for you. Please RSVP to **508-485-6492**.



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- A full social calendar

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99 Pleasant Street, Marlborough, MA 01752

Call for a tour - 508.281.8001



*Our doors are always open!*

## MANICURES, PEDICURES AND REFLEXOLOGY SESSIONS WITH VERONICA THOMPSON FROM GREAT KNEADS

**When: First Wednesday of every month**  
**Time: 9:00 AM - 3:30 PM**  
**Where: Senior Center**

Veronica Thompson is a state licensed Manicurist, certified Master Reflexologist and certified Advanced Nail Technician will be at the Senior Center every first Wednesday of each month to provide manicures, pedicures and reflexology services. Reflexology is the application of pressure to areas on the feet, hands and ears. Reflexology is generally relaxing and may be an effective way to alleviate stress. For more information on the services Veronica offers and the costs pick up a flier at the Senior Center. All costs are paid directly to Veronica at the time of appointment.

These appointments have been going fast so call early to reserve a spot at **508-485-6492**.

## GROUP PIANO LESSONS WITH DENNIS DEYO

**When: Mondays**  
**Time: 9:00 AM**  
**Where: Senior Center Multipurpose Room**

Dennis teaches group lessons at the senior centers in Northborough, Westborough, Southborough and Shrewsbury, and at "The Willows" in Westborough. He also teaches private piano lessons in his home studio and in private homes with a Spring Recital in June, and also gives private instruction in music theory and composition. Piano Books are \$22, and each class is \$3 payable at class time.

## BOWLING TRIP!

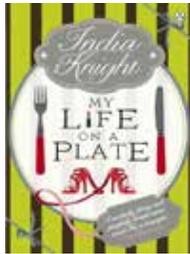
**When: Tuesday, July 29th**  
**Where: Sawyers' in Northborough**  
**Time: 11:00 AM**  
**Sponsored by: Fitzgerald & Collins Funeral Home**

Teams will be organized once we get a final count of who has time to "spare" to have another great time together for only \$3.00. After 2 strings of bowling, we will meet at Mama's Pizzeria next door to the bowling alley for pizza and a beverage. Spaces fill up early, so please drop by or call the Senior Center at **508-485-6492** to sign up.

## BOOK CLUB

**When: Every 3rd Tuesday of the month**  
**Time: 1:00 PM, at the Marlborough Senior Center**

All are welcome to join this fun book lovers group for more information call: **508-485-5580**.



Join Sheila Brecken and others who enjoy reading and discussing a good book. This month's book for July 15th is *My Life On A Plate*, by India Knight. If you want to get ahead on your

reading, the book for:

- August 19th is *The Light Between Oceans*, By M.L. Stedman
- September 16th is *Minding Frankie*, by Maeve Binchy

## YOGA CLASSES AT MARLBORO SENIOR CENTER

Yoga has many health benefits: Yoga strengthens bones and muscles and improves posture, and balance. It reduces High Blood Pressure and lowers stress, improves memory and brain functioning, and overall physical and emotional well-being.

**Gentle Hatha Yoga**  
**Tuesdays 9:00 - 9:45 AM**

**Gentle Chair Yoga**  
**Tuesdays 10:00 - 10:45 AM**

**Strengthening Chair Yoga**  
**Fridays 9:00 - 10:00 AM**

## July Class Themes

Splash into the relaxation and fullness of Summer: Explore, Refresh and Play in the lush and colorful warmth with these unique YOGA classes designed to take you on a weekly Rainbow adventure. Each week of the summer will feature a different color and experience. Color your summer Fun & Bright!

**Week of July 1- 3**  
 Yoga for Independence

**Week of July 7- 11**  
 Feel your roots: Legs/feet/hips - Red

**Week of July 14- 18**  
 Find your Flow: creativity, abundance - Orange

**Week of July 22- 25**  
 Centering yoga: radiate well-being - Yellow

**Week of July 28- Aug 1**  
 Cooling, calming Yoga

## CRAFTS WITH LISA AND PAM

The Dynamic Duo will resume in the Fall.

## PITCH

Pitch will be in hiatus for the summer. See you in the Fall!

## COMPUTER CLUB

The Computer Club is on summer hiatus. It will resume on September 12th.

## MOVIE TIME

**Day: Wednesdays at 1:00 PM at the Senior Center**

Join Peg Bouvier for movie time! Popcorn & refreshments are served and you don't have to stand in line! This month's movie selections include the following:



**July 2nd: Funny Girl**  
 - 1968, G, 165 min.  
 - 4.0 stars  
 - Classic Musicals  
 - Barbra Streisand, Omar Sharif



**July 9th: American Hustle**  
 - 2013, R, 138 min.  
 - 3.5 stars  
 - Crime Dramas  
 - Christian Bale, Bradley Cooper, Amy Adams



**July 16th: Gravity**  
 - 2009, PG-13, 91 min.  
 - 3.5 stars  
 - Sci-Fi Thrillers, Suspense,  
 - Sandra Bullock, George Clooney



**July 23rd: Philomena**  
 - 2013, PG-13, 95 min.  
 - 4.25 stars  
 - Dramas Based on Real Life  
 - Judi Dench, Steve Coogan



**July 30th: The Monuments Men**  
 - 2014, PG-13, 118 min.  
 - 3.75 stars  
 - Dramas Based on Real Life (military/war)  
 - George Clooney, Matt Damon, Bill Murray, John Goodman, Cate Blanchett

## ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron



Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

## WHERE DOES YOUR BODY GO AFTER YOU DIE? YOU DECIDE!

What will happen to your body after you die? Do you want to make an organ or tissue donation? Do you want your remains buried or cremated? Do you want a church service, "calling hours" at a funeral home, or no service? If you don't want to make these decisions now, who should be in charge of making them later?

Until recently, there was no state law specifying who was in charge of your remains. There were a handful of court cases, saying that your spouse was in charge, then your "next of kin." What if your family members disagreed on what to do? There were no answers.

To address some of these issues, in 2012 Massachusetts adopted the Uniform Anatomical Gift Act. This law permits your "health care agent" under a Massachusetts Health Care Proxy or your Personal Representative in your will to make anatomical donations on your behalf. You can also make a gift of your body or specific parts of your body by indicating your wishes on your driver's license, on a donor card, in your will, or by oral communication witnessed by two adults (one of which is not related to you). If you die leaving a will, the Personal Representative named in your will may take charge of your body for the purpose of carrying out any written instructions you have made prior to your death. The instructions themselves may, but do not have to, be part of the will. The will does not have to be probated for the instructions to be effective. You can also specifically state you do not want to make any donations of your body. You get to decide so long as your intentions are made clear to your health care agent or your Personal Representative.

Funeral directors who I have had as guests in my local seminars have told stories of families disagreeing about how to handle organ donations or funeral arrangements. One remembered a fist fight in the back seat of a funeral limo on the way to the cemetery. Do your family a favor, let them spend their time remembering you and celebrating your life, not worrying about organ donations, cremations and calling hours. Document your wishes in writing to establish a record of what you want to have done in regard to anatomical gifts as well as your funeral. Then make out a will, giving your Personal Representative the power to deal with all this. Your family will be grateful.

If you'd like to see one of my seminars about this subject, you can view my YouTube channel at [www.YouTube.com/ElderLawFrankAndMary](http://www.YouTube.com/ElderLawFrankAndMary).



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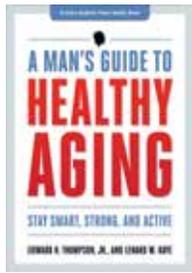
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**MEN'S GROUP- GET TOGETHER FOR LUNCH AND GUEST SPEAKER EDWARD H THOMPSON AUTHOR OF A MAN'S GUIDE TO HEALTHY AGING:**

**STAY SMART, STRONG, AND ACTIVE**

**When: Thursday, July 17th**

**Where: Senior Center**

**Time: 12:30 PM**

**Cost: \$5.00**

This month retired Professor Emeritus at the College of the Holy Cross, Worcester, MA and author Edward H. Thompson will join our group to discuss his book *A Man's Guide to Healthy Aging: Stay Smart, Strong, and Active* in which he talks about choosing not to embrace the ageist stereotype of spending your later years "winding down", but rather reinventing yourself once, twice or more by managing your health, creating new careers, and contributing your skills and experiences to your communities. Lunch will be pulled pork sandwiches, grilled mixed veggies, beans and salad, beverage and dessert. Please reserve your seat for this informative, inspiring and energizing talk by calling **508-485-6492**.

**GOT JOINT PAIN?**

**When: Thursday, July 17th**

**Where: Senior Center**

**Time: 1:00 PM**

Join us as local orthopedic physician Paul Pongor discusses the latest in joint pain causes and treatment options. Topics to be discussed include arthritis of the hip and knee, and non-surgical and surgical treatment options. Please RSVP to let us know you are coming **508-485-6492**.

**COME ENJOY A SUMMER AFTERNOON OF MUSIC & LIGHT REFRESHMENT ON THE OUTDOOR PATIO!**

**When: Tuesday, July 15th**

**Where: Senior Center**

**Time: 2:00 PM**

**Cost: \$5.00**

String-Swing, with Rob Natoli, Frank Moore and Joe McEachern, is an entertaining band of guitar players, performing swing music from the big band era of the '20s and '30s. Light refreshments will be finger sandwiches, cheese & crackers, fresh fruit with dip, pastries, and fruit punch. Call to RSVP and reserve a seat **508-485-6492**.

**AFTERNOON OF SCRABBLE FUN, PRIZES AND TREATS!**

**When: Friday, July 11th**

**Where: Senior Center**

**Time: 1:00 PM**

Come join us for some spelling, fun, laughter and a little friendly competition... prizes will be given for longest word, highest scoring word, highest overall individual score, highest overall team score and more. Snacks, treats and beverage will be served. Call to reserve your tile rack and a seat! The more the merrier so please call **508-485-6492**.

**BACK BY POPULAR DEMAND... DIGITAL PHOTOGRAPHY CLASSES WITH JOE DON RICHARDS**

**When: Every other Tuesday**

**starting, July 8th**

**Where: Senior Center**

**Time: 3:30 - 5:00 PM**

Come join professional photographer Joe Don Richards as he returns to the Senior Center for some more learning and fun with your digital camera. If you've ever wanted to get into photography or simply learn some new techniques for improving your shots then join the Digital Photography Class. Bring your digital camera with you and join the fun! Call us to let us know you will be joining the class. **508-485-6492**.

**SEMINAR ON EXCITING NEW RESOURCES FOR MARLBOROUGH FAMILY CAREGIVERS**

**When: Monday, July 14th**

**Where: Senior Center**

**Time: 1:15 PM**

Are you a caregiver for a spouse, parent or someone else? Then please join Douglas Flynn from BayPath to learn all about exciting new resources for Marlborough Family Caregivers. BayPath Elder Services, Inc., thanks to the generous support and funding of the MetroWest Health Foundation, is proud to present a state of the art website designed to help the growing population of family caregivers in the MetroWest region. CaregivingMetroWest.org will provide a single point of access to information, support, resources and social connections for caregivers in 25 MetroWest communities served by the MetroWest Health Foundation, including Marlborough. Features include an interactive map allowing users to get extensive lists of care giving resources

in each town, a discussion forum, a care giving blog and a comprehensive information section covering all aspects of family care giving. **RSVP to 508-485-6492** to let us know you will be coming. Also consider joining us at the Blue Plate Special Luncheon right before the Seminar (see page 17 for details).

**COME GET A GOOD DOSE OF THE "BEST MEDICINE" WITH CERTIFIED LAUGHTER YOGA TEACHER LINDA HAMAKER OF LET'S LAUGH TODAY**

**When: Friday, July 18th**

**Where: Senior Center**

**Time: 1:00 PM**

Experience all the health benefits of a good belly laugh! No comedy or jokes involved! Enjoy this unique exercise of laughter and clapping combined with gentle breathing that brings more oxygen to the body's cells. This oxygen boost gives enhanced vitality, energy and a feeling of real well-being. Any level of physical ability can participate in this uplifting experience! So come on down to the Senior Center and get your laugh on! To reserve your spot for this fun and funny event please call: **508-485-6492**.

**COME FOR A FUN AFTERNOON OF LEGENDS AND LIES**

**When: Friday, July 25th**

**Where: Senior Center**

**Time: 1:00 PM**

We are pleased to welcome Sneak Peak Productions' Patricia Perry, a professional historical interpreter for an interesting and entertaining program that will test your knowledge of historical myths and tall tales. For example, True or False: As late as 1892 in Rhode Island, a suspected vampire was exhumed and the heart removed and burned. If you said "True" you just might do well in "Legends and Lies" and win some fabulous prizes. Light refreshment and beverage will also be served. Call to join us for this interesting afternoon! **508-485-6492**.

**SURPRISE WEDNESDAY! JOIN US FOR ... IT'S A SURPRISE!**

**When: Wednesday, May 30th**

**Time: 2:30 PM**

**Where: The Senior Center, 250 Main Street, Marlborough**

Hmmm....think fun! Think food... think... aww, stop thinking and just come! RSVP to **508-485-6492**

## COMING THIS SUMMER: BEGINNERS LEVEL LINE DANCING

Line dancing is a fun way to exercise, reduce your stress and increase your energy. Popular and classic line dances are put to all different types of music. Besides learning the steps, you'll learn the terminology, which will help you learn quicker as you progress.

Mary Dragon is from Northborough, and has 27 years of dancing experience, plus 19 years of line dancing. She currently teaches at the Senior Centers in Northborough, Westborough and Hudson, as well as The Elks in Hudson and Assabet's After Dark Program in Marlboro during the spring and fall. Mary is the manager, choreographer, and dancer with the Country Kickers Dance Team, representing the Bay Path Barn in Boylston.

So come join us each Thursday's in the afternoon at 2:30 for a some good line-kickin' dancing. This class will require a \$3.00 participation cost that you can leave in the basket for the instructor to get at the end of class, also please sign-in and leave your phone number in the class attendance book.

## IT'S YOUR PARTY...YOU ARE INVITED TO A BIRTHDAY PARTY!

**For: Celebrating our Winter Birthdays (January, February, and March)**

**Where: Stephen Anthony's**

**When: Thursday, July 10th**

**Time: 12:30 PM**

**Cost: Winter Birthdays pay \$5.00, all others \$10.00**

**Menu Selection TBD**

Transportation available if needed please notify us when you sign up - **508-485-6492.**

## PEOPLE'S UNITED BANK IS COMING BACK! BRING YOUR INVESTMENT QUESTIONS, GET SOME INVESTMENT ADVICE AND ENJOY SOME REFRESHMENT.

**When: Wednesday, May 23rd**

**Time: 2:30 pm**

**Where: The Senior Center, 250 Main Street, Marlborough**

Come join Rosanne Elworthy, Financial Services Manager of our Main Street Branch and her Investment team for an afternoon of learning, fun and Investment answers. You might learn something or

simply get that question answered in the convenience of the senior center. So bring all your questions and get ready for the opportunity to hear some free investment advice. Please RSVP to let us know you're coming at **508-485-6492.** Hope to see you there!

## TO ALL OUR KNITTERS AND CROCHETERS, THANK YOU AGAIN FOR MAKING THE CHEMO HATS,

they have been very well received and we will continue with this project. We greatly appreciate all your talent and the patients do too! LAP ROBES are also appreciated if you would like to make them. As a reminder, if anyone is interested in helping out, there will be patterns at the Senior Center. Just ask at the front desk. Hats may also be dropped off at the center Monday through Fridays 8:00 AM to 4:00 PM.

We also have gratefully appreciated your yarn donations. Thank you again,  
~ The Knit Crochet Group

## 10 Reasons Why *Home Care is Better for Most Seniors*

Home is a place of emotional and physical associations, memories and comfort. For many people, leaving their home can be disruptive and depressing.



**1 - FASTER RELEASE FROM THE HOSPITAL:** With home care, patients can come home sooner from the hospital. Since the services of nurses, doctors, therapists, social workers and caregivers can follow patient's home, they don't have to stay in the hospital as long.

**2 - SUBSTITUTE FOR HOSPITAL OR NURSING HOME:** In some cases, depending on the severity of an illness or disability, home care can substitute for other forms of institutionalized care, including hospitals, nursing homes and assisted living facilities.

**3 - INVOLVEMENT WITH TREATMENT:** Both the patient and family members can be more intimately involved with the patient's treatment at home.

**4 - INDEPENDENCE:** This is, perhaps, the greatest plus for receiving care in one's own home.

**5 - COMFORT:** Being at home is simply more comfortable for most people. They have their photographs, books, bed, bath, kitchen, telephone, television; everything is in its place.

**6 - FAMILY AND FRIENDS:** Unlike the restricted visiting hours at hospitals and nursing homes, home provides a place where family and friends can be close to the person at all hours, whenever needed.

**7 - MORALE:** Patients tend to have a greater sense of well-being and overall morale when they are in the comfortable surroundings of their own home.

**8 - FASTER RECOVERY:** Research has shown that recovery can be faster at home than in the hospital, particularly if there is good quality, skilled home health care available to the patient.

**9 - COST:** Depending on the hours needed, home care can be much more affordable than nursing homes or other institutions.

**10 - PROMOTES HEALING:** Patients enjoy a much better quality of life which many families have said helped to extend the lives, health and happiness of their loved ones. This is particularly true with individuals suffering from dementia.

Article provided by Home Helpers

(203) 558-7065 | [www.homehelpers.cc/watertown58454](http://www.homehelpers.cc/watertown58454)





### PODIATRIST

Appointments with

Dr. Cormier

Where: Senior Center

Day: Tuesday, June 22nd

Time: 1:30 - 4:00 PM

Services provided by the podiatrist at the Senior Center include: Nail trimming, treatment of corns and calluses, and screenings for problems that could require further foot care. A \$25.00 charge is to be paid to the doctor at the time of the appointment. Please call the Senior Center at **508-485-6492**.

### NEXT STEPS, THE COA'S CABLE SHOW - SEE IT ON COMCAST CHANNEL 8 AND VERIZON CHANNEL 34

Sundays @ 5:00 PM

Mondays @ 10:00 AM & 4:30 PM

Tuesdays @ 3:30 PM

Wednesdays @ 7:00 PM & 10:00 PM

Thursdays @ 3:30 PM & 7:30 PM

Fridays @ 10:00 AM

### WELLNESS CLINIC

Day: Thursdays

Time: 9:00 - 11:00 AM

The Senior Center offers a weekly drop-in health clinic. Blood sugar and blood pressure testing are provided. No appointment is necessary. The clinic is staffed by a Registered Nurse who will also answer health and medication related questions.

### FRIENDLY VISITOR PROGRAM

We are currently looking for volunteers who are interested in visiting elders in the community who are in need of companionship. If you would like to visit an elder one or two hours a week please call Susan Maki at **508-485-6492**.



### PARAFFIN WAX HAND TREATMENTS

Day: Mondays

Time: 1:30 - 2:30 PM

The Senior Center offers weekly, free paraffin wax hand treatments. No appointment is necessary but service is provided on a first come, first served basis. These treatments are particularly helpful to those who suffer from arthritis.

### DENTAL SERVICES COMING TO THE SENIOR CENTER!

Donna Paschalides and Ryana Dutra certified public health dental hygienists, will help provide solutions to your dental needs and act as an advocate for you. Services that we can provide for you: Dental Cleanings, Fluoride Varnishes, Denture Maintenance and Oral Cancer Screenings. We hope you find this service helpful and convenient we know you will like Donna and Ryana as they are personable, knowledgeable and excited to serve you. Call the Senior Center for more information on date and appointment times - **508-485-6492**.

### MEDICAL EQUIPMENT LOAN PROGRAMS

For seniors in need of a wheelchair, walker, shower chair, commode, transfer bench, cane, etc. the Senior Center can provide the item on a loan at no charge, based on availability. All donations welcome. Please call the Senior Center at **508-485-6492** to check on availability or to donate.

### LOW VISION GATHERING

When: Wednesday, July 16th

Where: St. Matthias Church, 409 Hemenway Street

Time: 10:00 AM - 12:00 PM

Our faithful leader, Bob Marcotte would like to invite any interested parties to the Low Vision group for individuals who are losing their vision and would like to learn and listen from others' experiences. If you have any questions feel free to call Bob at **978-634-1314**.

### HOME DELIVERED MEALS - MEALS ON WHEELS

Bay Path Elder Services Meals on Wheels program offers the option of a hot midday meal delivered to your door along with a hello. Contact BayPath Elder Nutrition at **508-485-6492** for menu selections. \$2.00 donation is requested.

### FISH VOLUNTEER DRIVING SERVICE

FISH Marlborough is a volunteer service that provides no cost rides to medical appointments for seniors when friends or family cannot. More volunteer drivers are always needed! If you can spare several hours every few weeks, you can

be a FISH driver. You select the rides that fit your schedule and there is no obligation to accept rides. For more information call the phone number below and leave a message. FISH covers the following communities: Those over 65 that are "Friends of Marlborough Seniors" or are residents at Marlborough Public Housing, Christopher Heights, Academy Knolls, Marlborough Hills Healthcare, Villages at Crane Meadows, Marlborough Villages East or are veterans referred by the Veterans Agent. To schedule a ride call **508-485-6492 ext. 11** one week in advance and leave your name, phone number and date/time of the appointment and you will be contacted.

### LIFELINE

The LifeLine Medical Alert service has provided senior patients with quick access to help at the push of a button in the event of an emergency. If you are interested in LifeLine please call **1-800-521-5539**.

### GREETING CARDS

Your greeting card donations are greatly appreciated. We are sorry however that we cannot accept or put our greeting cards that come from specific organizations (for example, Perkins, Alzheimer's Assn., National Wildlife Federation, etc.) Calendars are also welcome.

### SECOND SATURDAY

Date: July 12th

Do you need some minor repairs to your home or some extra helping hands around your home or apartment? "Second Saturday" is a resource (originating out of Grace Baptist Church in Hudson) that is available in our community to low-income seniors. This outreach program assists in moving or setting up new households, yard work, light repairs and housekeeping. Our volunteers can also assist in transitioning from a home or apartment to an assisted living facility or nursing home. Also, if you have donations of furniture, small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship. Requests must be received by Thursday, 3rd 2014. Call Barbara McGuire—**508-624-9365**: leave your name, phone number, address, and details of the work you are requesting. You will receive a call back.

## **NEWS FROM SUSAN MAKI, SOCIAL SERVICES COORDINATOR**

### **NEW SIGN-UP SYSTEM**

Beginning July 1st we are going to be implementing a new activities sign-up system. The greeters will play an instrumental role in this project. In this new system greeters will be signing people up for events and activities that do not require payment. For activities that do require payment we will have a lock box for you to place your money and event information in.

### **LIBRARY**

If you have books to donate to the library please drop them off with the receptionist at the receptionist's desk. Do not drop them off at the library. We currently have a large amount of Reader's Digest Condensed Books. Please call Susan Maki at **508-485-6492** if you would like to add these books to your collection.

### **FRIENDLY VISITOR PROGRAM**

We currently have a female client who is in need of a friendly visitor. She would like to share some of her interests including sewing, painting, knitting, and a love of horses with a volunteer. Friendly Visitors provide conversation and socialization to frail and isolated elders in the community. Please call Susan Maki at **508-485-6492** if you are interested in volunteering to visit this elder, or others who are awaiting a visit.

### **FRIENDLY VISITOR VOLUNTEERS MEETING**

Our Friendly Visitor meeting for May is Wednesday, July 9th at the Coffee Loft, 406 Lincoln St. at 9:00 AM.

### **THE WALKING WONDERS**

Come join the "Walking Wonders" for a trek around Ghiloni Park. We will meet at Ghiloni Park in the parking lot by the playground. Walking Days are Mondays and Wednesdays at 8:30 am. If you need a ride, we will meet in the lobby of the Senior Center at 8:15. Please call Susan Maki at **508-485-6492** if you would like to join us for some fresh air and exercise.

### **MONDAY'S BLUE PLATE SPECIALS**

**Time: 12:30 pm. Sign up at the Senior Center Office by Friday-noon prior to Monday's Lunch. 508-485-6492. All meals will be served at the Senior Center unless otherwise noted**

**July 7: At Meadowbrook Orchards in Sterling:** The Farm store and Bakery is nestled amidst apple trees overlooking the hills of Central Massachusetts. Relax inside and feast upon a "huge homemade lunch" of Soup or Salad, 1/2 Sandwich, Pickle, Sliced Fruit and Dessert. Following lunch we will have some time to visit the Farm Store and Bakery. Cost: \$10

**July 14: Salad Extravaganza:** Tuna Salad, Chicken Salad, Egg Salad, Ham Salad with finger rolls to make a sandwich, or put over Green Salad, Fruit Salad, Beverage and Dessert. Join us after lunch for a seminar on exciting new resources for Marlborough Family Caregivers. Cost \$6

**July 21: Lunch with Ana Cristina:** Chicken, Rice, Beans, Plantains, Salad and for Dessert Rice Pudding and Beverage. Cost \$5

**July 28: Bobby Kays:** Hamburgers, Hotdogs, Pasta Salad, Salad, Beverage and Dessert. Cost \$6



## ***The Area's Newest Name in Nursing & Rehabilitation***

Featuring

### ***The Passport Short-Term Rehabilitation Program***

- Post Hospital Recovery & Care Programs ●
- Physical, Occupational & Speech Therapies ●
- Pulmonary and Cardiac Specialty Services ●
- Respite Care for Vacationing Caregivers ●
- Hospice Care and Services ●
- Secured Alzheimer's and Dementia Program ●

  
**The Reservoir**  
 Center for Health & Rehabilitation

400 Bolton Street  
 Marlborough, MA 01752  
 508-481-6123

**www.ReservoirCenterRehab.com**

**SENIOR TRANSPORTATION PROGRAM NEWS**

To participate in our transportation program active adults over 60 must complete a registration application. To receive a registration application you may call **508-485-6492 and ask for ext. 33** which is the Transportation line for the Senior Center's new pilot program. Also, we have a booklet that explains all transportation options for seniors living in the Marlborough community. Please remember this transportation program is based on first come first served. **Cost per each way is \$1 which you may put in payment box on the bus. This service is provided in part by a grant through BayPath Elder Services and the Executive Office of Elder Affairs. Because federal funding is being used you have the opportunity to participate in a "voluntary donation" toward this transportation program. Enjoy the ride!**

**JULY, 2014**

10:05 AM - 1:30 PM

Monday	July 7	Solomon Pond Mall (Marlborough)
Monday	July 14	Wal-Mart (Hudson)
Monday	July 21	Savers (NEW STORE - Marlborough)
Monday	July 28	Wal-Mart
Tuesday	July 1	Friendly's (Sudbury)
Tuesday	July 8	Regal Cinema (Marlborough)
Tuesday	July 15	Wegman's (Northboro)
Tuesday	July 22	Market Basket & BJ's (Hudson)
Tuesday	July 29	Sudbury Farm (Sudbury)
Friday	July 25	O'Connor's (Worcester)

**Sudoku**

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

					7	6		
4			1		6			
		7				1	2	4
	5							2
2			4			6		3
	4							
1	6	5				3		
	3		2	6	9			

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DIFFICULTY: ★★☆☆

**Answer to June 2014 Sudoku**

4	7	6	2	5	3	9	1	8
9	3	1	8	6	7	4	2	5
8	5	2	4	9	1	6	3	7
6	9	5	1	7	2	8	4	3
3	1	8	6	4	5	7	9	2
7	2	4	9	3	8	1	5	6
5	8	9	7	2	4	3	6	1
2	4	7	3	1	6	5	8	9
1	6	3	5	8	9	2	7	4



**CROSSWORD PUZZLE**

**ACROSS**

- 1 Liquid crystal display (abbr.)
- 4 Rural free delivery (abbr.)
- 7 Confederate States of America (abbr.)
- 10 Red-tailed Hawaiian bird
- 11 Water (Fr.)
- 12 Snake (pref.)
- 14 A (Ger.)
- 15 Ask (abbr.)
- 17 Three (pref.)
- 18 Blesbok
- 19 Big apple (abbr.)
- 20 Kemo (abbr.)
- 22 Agent (abbr.)
- 24 Ingenuous
- 27 Slave of Sarah
- 31 Fare
- 32 End
- 34 Servant
- 35 Auricular
- 37 Saltwort
- 39 Royal Air Force
- 41 New sugarcane shoot
- 42 Negative population growth (abbr.)
- 45 Marked with lines
- 47 Health resort
- 50 Indic language
- 52 Husband of Jezebel
- 53 Wings (abbr.)
- 54 Or nearest offer (abbr.)
- 55 Cleave
- 56 Age
- 57 Soak flax
- 58 Atlantic standard time (abbr.)

**DOWN**

- 1 Large Eur. dormouse
- 2 Tea box
- 3 River into the

**ANSWER TO PREVIOUS PUZZLE**

P	A	I	D	R	I	D	O	A	H	E
I	D	E	A	E	L	A	S	I	A	L
N	A	R	C	A	L	B	I	D	E	A
E	M	I	R	A	T	E	B	E	A	C
		O	M	A	T	E				
K	E	R	N	E	P	A	D	C	E	L
A	A	A	S	A	L	M	I	H	A	E
A	N	D	L	A	O	Z	A	I	R	E
		R	A	M	O	Z	S			
S	E	W	A	N	P	A	Y	A	B	L
A	R	A	B	L	A	S	R	O	A	N
A	D	D	A	A	B	I	U	D	I	C
L	A	E	T	B	A	S	M	E	R	E

- North Sea (abbr.)
- 4 Solicit
- 5 Field deity
- 6 Chaperon (Sp.)
- 7 Bed
- 8 Whirl
- 9 Nautical cry
- 10 Ketone (pref.)
- 13 Incorporated
- 16 Audible breath
- 18 Compass direction
- 21 Amend
- 23 Dravidian language
- 24 "Fables in Slang" author
- 25 Inlet
- 26 Family relative
- 28 Overshoes
- 29 Trouble
- 30 Recommended daily allowance (abbr.)
- 33 Overcoat
- 36 Gloomy
- 38 Energy unit
- 40 Public excitement
- 42 Nat'l Security Agency (abbr.)
- 43 Pallid
- 44 Growl
- 46 Cord
- 48 Beat rapidly
- 49 Abdominal (abbr.)
- 51 Expanse
- 52 Altar constellation

	1	2	3		4	5	6		7	8	9		
10					11				12			13	
14					15				16				
17					18				19				
		20	21				22		23				
24	25					26			27		28	29	30
31					32		33		34				
35					36		37		38				
					39		40		41				
42	43	44			45		46				47	48	49
50					51						52		
53							54				55		
	56						57				58		

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A7

# Friends of the Marlborough Senior Center

Hello Everyone,

I hope everyone is doing well and you have been able to get out and enjoy the warmer weather! We are continuing to work hard on getting the "Boot Scootin' BBQ" fundraiser ready, so please save the date for Saturday night, October 18th at the Masonic Hall.

We are also continuing to hold our monthly fundraising event planning meetings and if you are interested in helping with our efforts, please let me know and I'll let you know the day and time of our next meeting. Also, if you are interested in attending our Board meeting, please note that we are meeting the second Thursday of each month at 4:15 PM at the Senior Center.

Please contact me with any questions at **508-335-1968** or email **tammy@pleasantriesads.com**.

Thank you. Have a great JULY!

Sincerely, Tammy Pozerycki, President | Board of Friends of the Marlborough Seniors



## FOXWOODS FUN!

\$23.00 includes trip, bonus package, consisting of \$10.00 buffet and \$10.00 coupon. Pick up and bus departure is at 7:30 am in front of the Senior Center and we return at approximately 4:45 pm.

## Upcoming Dates:

**Monday, July 14th, 2014,**

**August 11th and September 8th**

Please call Pauline Ordway at **508-485-4677** for your reservation and more information. Also enjoy some BINGO on the bus!

## Living Memorial

This form allows you to make a donation that will support and enhance the senior services in our Marlborough community. The individual or families you have chosen to honor will be notified of your contribution. Your support is needed and greatly appreciated.

I am enclosing \$ \_\_\_\_\_ In honor/memory of: \_\_\_\_\_

**Send acknowledgment to:** Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

~~~~~  
Make checks payable to: Friends of Marlborough Seniors Mail to: P.O. Box 358, Marlborough, MA 01752

## FRIENDS OF THE MARLBOROUGH SENIORS MEMBERSHIP INFORMATION

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2014. Please fill out this form and mail it to:

**Friends of Marlborough Seniors P.O. Box 358, Marlborough, MA 01752**

### "Friends of the Marlborough Seniors"

- New Membership  
 Renewal Membership  
 I would like a bar code card for tracking my class and volunteer participation

### I would like to give:

- Individual (\$7.00)  
 Couple (\$14.00)  
 Building Fund (\$ \_\_\_\_\_ )  
 Friends (\$ \_\_\_\_\_ )

PLEASE PRINT

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Enjoy these discounts from some of the eateries in our Marlborough area

**Marlboro House of Pizza**  
Est. 1964

**FREE PIZZA**

Buy any large pizza at the regular price & get a small cheese pizza FREE.

For Pick-Up Only.

**508-485-3033**  
280 Main Street  
Marlborough, MA 01752

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 7/31/14.

**Welly's Restaurant**

**\$5 OFF**

any purchase of \$20 or more

**508-281-2091**  
[www.wellysrestaurant.com](http://www.wellysrestaurant.com)  
153 Main Street  
Marlborough, MA 01752

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 7/31/14.

**THE WESTENDER**  
Your Upscale SportsBar & Grille

**\$5 OFF**

any purchase of \$20 or more

**508-485-1185**  
493 Boston Post Road West  
Marlborough, MA 01752

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 7/31/14.

**Quiznos**  
MMMM... TOASTY™

**\$3 OFF**

any purchase of \$15 or more

**508-460-7827**  
The Crossing at White's Corner,  
154 Turnpike Rd, Southborough  
423 Lakeside Ave, Marlborough

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 7/31/14.

**Auntie Anne's**

**FREE PRETZEL**

Buy any pretzel at the regular price & get the 2nd pretzel of equal or lesser value free.

**508-303-6100**  
601 Donald Lynch Blvd  
Marlborough, MA 01752

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 7/31/14.

**SORENTOS**  
ITALIAN GOURMET

**\$5 OFF**

any purchase of \$20 or more

**508-486-0090**  
128 Main Street  
Marlborough, MA 01752

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 7/31/14.

**Domino's**

**FREE PIZZA**

Buy any large pizza at the regular price & get a Small Cheese Pizza Free

Pick-up Only

**508-481-5335**  
10 Weed Street  
Marlborough, MA 01752  
**978-562-7755**  
234 Washington Street  
Hudson, MA 01749

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 7/31/14.

**Regina Pizzeria**  
BOSTON'S BRICKOVEN PIZZA

**FREE PIZZA**

Buy any large pizza at the regular price & get a large cheese pizza free.

**508-303-6999**  
Solomon Pond Mall  
601 Donald Lynch Blvd  
Marlborough, MA 01752

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 7/31/14.

## CONFIDENCE STARTS WITH *a Happy & Healthy Smile*



Dr. Eric Piascik is a graduate of Tufts University School of Dental Medicine in Boston, Massachusetts. He is board certified in Massachusetts and a member of the Massachusetts Dental Society and the American Dental Association. Dr. Eric believes strongly in patient education and making patients understand all services of general and cosmetic dentistry. Dr. Eric takes great pride in his work and his attention to detail. If you are in need of a cleaning, have a tooth ache, or just looking for a new dentist, call Dr. Eric to book an appointment today.

### NEW PATIENTS WELCOME!

We accept most major insurances and In-Network with many dental plans. We accept cash, check and most credit cards. Financing available through CareCredit.

### SPECIALIZES IN:

- Cleanings
- Digital Dental X-Rays
- Crowns and Bridges
- Dental Implant Crowns
- Dentures
- Partial Dentures  
(With & Without Metal)
- Teeth Whitening
- Lumineers (Veneers)
- Snap-on-Smile
- Deep Cleaning-Scaling  
& Root Planning
- Patient Education

## Marlborough Seniors New Patient Special!

**\$90 for Comprehensive Exam,  
Cleaning and Radiographs if needed.**

**A 40% savings!** (Only good for first visit.  
Must be 65 and older, Have no dental insurance,  
and must bring coupon with you)

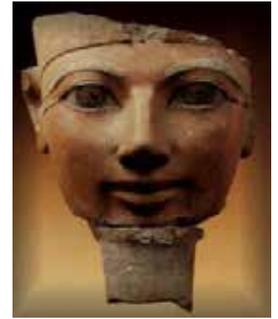
[www.DrEricDMD.com](http://www.DrEricDMD.com)

**Eric G. Piascik, DMD**  
**Family & Cosmetic Dentistry**  
46 Hosmer Street  
Marlborough, MA 01752  
**508-485-2960**

Office Hours:  
Monday - Wednesday:  
7:30 am - 5 pm  
Thursdays: 9 am - 7 pm  
Friday & Saturday: 9 am - 1 pm



## EGYPTIAN QUEEN IDENTIFIED BY HER TOOTH



Forensic Dentistry is often used to identify human remains especially in homicide cases with the help of dental radiographic images. However, dentistry was the last place anyone thought to identify a 3500-year-old mummy, Queen Hatshepsut. Queen Hatshepsut was one of the great queens of ancient Egypt who reigned in the 15th century B.C. She was succeeded by her stepson, Thutmose III, who tried to remove all traces of her memory. It was common for royal mummies to be moved after they died to protect them from looters or jealous successors, so it was likely that her preserved body was hidden in another burial chamber for safekeeping. Her tomb was found but without a mummified female inside.

In 1903, in the Valley of the Kings, two mummies were discovered in an obscure, undecorated tomb (KV-60) where the young Pharaoh Tutankhamun was buried: one obese mummy stretched out on the floor, another in a coffin inscribed for a royal nurse. The mummy on the floor was of interest because her left arm was bent at the elbow, with the hand over the chest and her right arm lay against her side. Royal mummies were usually found with both hands crossed at the chest. This mummy was of interest because it was found that her right arm was moved to her side after mummification and this was usually done to hide the fact the mummy was of royal blood.

CT technology is a useful technology to compare and contrast mummies. Researchers had several of Hatshepsut's relatives, which were scanned along with six unidentified female mummies thought to be possible Hatshepsut as well as objects associated with them. The scan of the mummy found on the floor in KV60 revealed this mummy was that of an obese woman between ages of 45-60 with bad teeth. This mummy also suffered from cancer. One of the objects that were CT scan was a wooden box bearing the royal seal of Hatshepsut. This box was found in 1881 in a tomb about 1000 yards away from KV-60 along with other artifacts of royal mummies. During mummification it was common to place body parts in containers to preserve them. This wooden box was CT scanned, because they did not want to risk destroying evidence if the box was opened. The CT scan of the box revealed Hatshepsut's well-preserved liver and another object they did not expect to find; a molar tooth!

The reason forensic dentistry is so beneficial to identifying bodies because exact dimensions of teeth are unique to each person's mouth. It was discovered that the molar tooth was a perfect fit in a gap in the upper jaw missing from the mouth of the obese mummy from KV-60 fitting within a fraction of a millimeter. The mummy from KV-60 is no longer an unknown, but the royal mummification body of a queen from the 18th dynasty of ancient Egypt, Hatshepsut. Physicians working on this case concluded Hatshepsut was around the age of 50 when she died. Hatshepsut was an overweight woman with bad teeth. She most likely had diabetes and died of bone cancer that spread throughout her body. The infected tooth most likely caused her great pain in the queen's final days. Without forensic dentistry, Queen Hatshepsut would probably still be undiscovered to this day.

*Eric G. Piascik, DMD*

# COOL-DOWN TIPS FOR SUMMER

**Warm weather is wonderful. But when things heat up this summer, seniors would be wise to follow a few simple cool-down tips.**

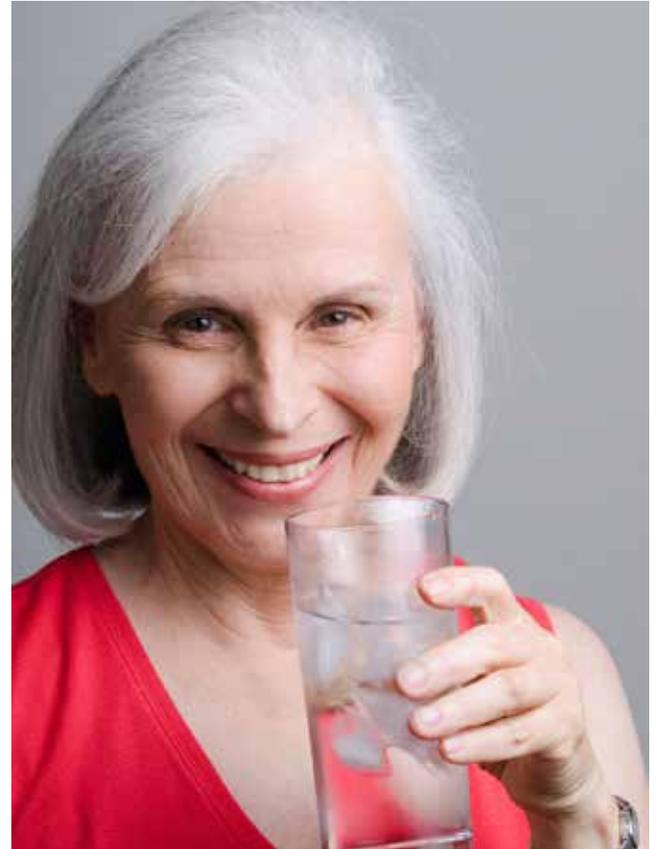
Older individuals are especially susceptible to heat-related illnesses. You perspire less as you get older. When you don't sweat enough, which is even harder for the body to do in hot and humid weather, your body heats up, and that spells trouble. Plus, you're in greater danger if you have a chronic illness such as diabetes or blood vessel disease; take certain medications such as anti-depressants or diuretics; or have had a recent illness involving fluid loss.

## WHEN YOUR BODY HEATS UP

**Heat cramps**, which are painful muscle cramps in the legs or abdomen, are the first sign of a heat-related problem. If you also feel dizzy, weak and are sweating profusely, stop what you're doing, lie down and sip a cool drink. Most often, you'll feel better soon.

**Heat exhaustion** happens when your body loses more fluids and important salts, causing your blood pressure and circulation to drop. Common symptoms are fatigue, lightheadedness, profuse sweating, pale, clammy skin and nausea. Immediately rest, seek shade or air conditioning and drink plenty of water.

If left untreated, heat exhaustion may develop into **heat stroke**—an emergency situation in which your body's heat-controlling mechanism shuts down and your temperature may soar to 106 degrees Fahrenheit. Additional key symptoms to those above are rapid pulse and breathing, disorientation and possible unconsciousness. (Call 911!)



## WHAT YOU CAN DO - When temperatures soar, try these simple tips:

- Don't do strenuous outdoor activity during the hottest part of the day (10 AM to 2 PM) and generally reduce your activity level.
- Stay in an air conditioned environment. If your home is not air conditioned (AC), go to a place that is: a mall, library, movie theater, or a family's or friend's home. At the very least, open windows and use a fan. Hot air is better than no circulating air.
- Wear light-colored, loose-fitting clothing.
- Drink eight to 10 glasses of water each day—more if you're active. Drink less alcohol, carbonated or caffeinated beverages. (If you take a diuretic, ask your doctor about taking a lower dose during hot weather.)
- Lighten up your diet. Good foods to look for are ones with high water content, and that are easy to digest. Leafy green vegetables and fruits can help keep you cool in the long run. It's time for green and cold-pasta salads—topped with your favorite veggies, beans, seafood or chicken. For a snack or dessert, try Jell-O® or a bowl of watermelon, cantaloupe, peaches or berries.
- Take advantage of the cooling power of water. Take cool showers, baths or "sponge baths." Use a spray bottle filled with cold water for refreshing spritzes. Apply an ice pack (or use ice cubes in a plastic bag) to your body's quickest cooling spots— your wrists, neck and inner elbows and knees.

Founded in 1977, Fallon Health is a leading health care services organization that supports the diverse and changing needs of those we serve. In addition to offering innovative health insurance solutions and a variety of Medicaid and Medicare products, we excel in creating unique health care programs and services that provide coordinated, integrated care for seniors and individuals with complex health needs. Fallon has consistently ranked among the nation's top health plans, and is the only health plan in Massachusetts to have been awarded "Excellent" Accreditation by the National Committee for Quality Assurance for its HMO, Medicare Advantage and Medicaid products. For more information, visit [www.fallonhealth.org](http://www.fallonhealth.org).

| MONDAY                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                                                                                                                                            | FRIDAY                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <b>July<br/>2014</b>                                                                                                                                                                                                                   | 1                                                                                                                                                                                                            | 2                                                                                                                                                                                                          | 3                                                                                                                                                                                                                                                                                                                                                   | 4                                                                                                 |
|                                                                                                                                                                                                                                        | 9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>10:30 Wayside<br>Water Aerobics<br>11:15 Pilates<br>6:30 Zumba                                                                                            | <b>8:30 Walking Wonders</b><br><b>9:00 - 3:30 Mani/pedi &amp; reflexology appts</b><br>9:00 30/30 Exercise<br>10:00 Multicultural<br>Computer Club<br>10:15-1:30 Bingo<br>1:00 Movie time                  | 9:00 ESL<br>9:00-11:00 Wellness Clinic<br>10:00 Zumba<br>10:30 Wayside<br>Water Aerobics<br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br>6:30 Zumba                                                                                                                                                                                         | <b>Center Closed for Independence Day</b>                                                         |
| 7                                                                                                                                                                                                                                      | 8                                                                                                                                                                                                            | 9                                                                                                                                                                                                          | 10                                                                                                                                                                                                                                                                                                                                                  | 11                                                                                                |
| <b>8:30 Walking Wonders</b><br>9:00 Grp Piano class<br>10:00 Beg. Aerobics<br>11:00 Knit/Crochet<br>11:00 Zumba<br>12:00 Blue Plate Lunch at Meadowbrook Orchards<br>1:30 Hand Waxing<br>1:30 Water Color                              | 9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>10:30 Wayside<br>Water Aerobics<br>11:15 Pilates<br><b>3:30 Digital Photography</b><br>6:30 Zumba                                                         | <b>8:30 Walking Wonders</b><br><b>9:00 Friendly Visitor Mtg - Coffee Loft</b><br>9:00 30/30 Exercise<br>10:15-1:30 Bingo<br>1:00 Movie time                                                                | 9:00 ESL<br>9:00-11:00 Wellness Clinic<br>10:00 Zumba<br>10:30 Wayside<br>Water Aerobics<br><b>11:00 English Conversational Circle/ lunch/special program</b><br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br><b>12:30 B-day Bash at Stephen Anthony's</b><br><b>2:30 NEW "Line Dancing"</b><br><b>4:15 Friends Board Mtg</b><br>6:30 Zumba | 8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br><b>1:00 Scrabble Fun</b>                     |
| 14                                                                                                                                                                                                                                     | 15                                                                                                                                                                                                           | 16                                                                                                                                                                                                         | 17                                                                                                                                                                                                                                                                                                                                                  | 18                                                                                                |
| <b>8:30 Walking Wonders</b><br>9:00 Grp Piano class<br>10:00 Beg. Aerobics<br>11:00 Knit/Crochet<br>11:00 Zumba<br>12:30 Blue Plate<br><b>1:15 Resources for Marlborough Family Caregivers</b><br>1:30 Hand Waxing<br>1:30 Water Color | 9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>10:30 Wayside<br>Water Aerobics<br>11:15 Pilates<br>1:00 Book Club<br><b>2:00 Concert &amp; refreshment on the Patio</b><br>6:30 Zumba                    | <b>8:30 Walking Wonders</b><br>9:00 30/30 Exercise<br>10:00 Multicultural<br>Computer Club<br>10:00 Low Vision Group<br>10:15-1:30 Bingo<br>1:00 Movie Time<br><b>2:30 Marlborough History Trivia Fun!</b> | 9:00 ESL<br>9:00-11:00 Wellness Clinic<br>10:00 Zumba<br>10:30 Wayside<br>Water Aerobics<br><b>11:00 English Conversational Circle/ lunch/special program</b><br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br><b>12:30 Men's Group</b><br><b>1:00 Joint Pain Seminar with Dr. Pongor</b><br><b>2:30 NEW "Line Dancing"</b><br>6:30 Zumba    | 8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br><b>1:00 Let's Laugh Today</b>                |
| 21                                                                                                                                                                                                                                     | 22                                                                                                                                                                                                           | 23                                                                                                                                                                                                         | 24                                                                                                                                                                                                                                                                                                                                                  | 25                                                                                                |
| <b>8:30 Walking Wonders</b><br>9:00 Grp Piano class<br>10:00 Beg. Aerobics<br>11:00 Knit/Crochet<br>11:00 Zumba<br>12:30 Blue Plate<br>1:30 Hand Waxing<br>1:30 Water Color                                                            | 9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>10:30 Wayside<br>Water Aerobics<br>11:15 Pilates<br><b>1:30 Podiatrist</b><br><b>2:00 Tenant Meeting</b><br><b>3:30 Digital Photography</b><br>6:30 Zumba | <b>8:30 Walking Wonders</b><br>9:00 30/30 Exercise<br>10:15-1:30 Bingo<br>1:00 Movie Time<br><b>2:30 Investment Questions Seminar</b>                                                                      | 9:00 ESL<br>9:00-11:00 Wellness Clinic<br>10:00 Zumba<br>10:30 Wayside<br>Water Aerobics<br><b>11:00 English Conversational Circle/ lunch/special program</b><br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br><b>2:30 NEW "Line Dancing"</b><br>6:30 Zumba                                                                                  | 8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br><b>1:00 Legends and Lies Interactive fun</b> |
| 28                                                                                                                                                                                                                                     | 29                                                                                                                                                                                                           | 30                                                                                                                                                                                                         | 31                                                                                                                                                                                                                                                                                                                                                  |                                                                                                   |
| <b>8:30 Walking Wonders</b><br>9:00 Grp Piano class<br>10:00 Beg. Aerobics<br>11:00 Knit/Crochet<br>11:00 Zumba<br>12:30 Blue Plate<br>1:30 Hand Waxing<br>1:30 Water Color                                                            | 9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>10:30 Wayside<br>Water Aerobics<br><b>11:00 Bowling</b><br>11:15 Pilates<br>6:30 Zumba                                                                    | <b>8:30 Walking Wonders</b><br>9:00 30/30 Exercise<br>10:00 Multicultural<br>Computer Club<br>10:15-1:30 Bingo<br>1:00 Movie Time<br><b>2:30 SURPRISE WEDNESDAY!</b>                                       | <b>Gloucester Lobster Cruise</b><br>9:00 ESL<br>9:00-11:00 Wellness Clinic<br>10:00 Zumba<br>10:30 Wayside<br>Water Aerobics<br><b>11:00 English Conversational Circle/ lunch/special program</b><br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br>2:30 NEW "Line Dancing"<br>6:30 Zumba                                                     |                                                                                                   |

**COLLETTE VACATIONS & THE  
MARLBOROUGH COA PRESENT  
TWO EXCITING TRIPS FOR 2014!**



**TRAINS OF THE  
COLORADO  
ROCKIES**  
September 6 - 14,  
2014 (9 Days -  
12 Meals)

**Highlights:** Denver, Rocky Mountain National Park, Georgetown Loop Railroad, Grand Junction, Colorado National Monument, Durango & Silverton Railroad, Durango, Mesa Verde National Park, Royal Gorge Railroad, Colorado, Springs, Pike's Peak, Cog Railway, Garden of the Gods.  
**Double \$2729**

**CALIFORNIA NEW YEAR'S GETAWAY**

**Dec. 29, 2014 - Jan. 2, 2015**  
**(5 Days - 6 Meals)**

**Highlights:** Once-in-a-lifetime opportunity to view floats in final stage of decorating, Bandfest - featuring selected bands from all over the country, New Year's Eve Gala Dinner Dance with live entertainment and a champagne toast, reserved seating for prime viewing of the Tournament of Roses Parade, an evening of spectacular live entertainment carefully orchestrated just for you with a private Legends in Concert Show.

**Double \$2099\***

**Book by June 29, 2014 & save  
\$100 per person!**

*Look for more information in the  
Senior Center Lobby*

**THE MARLBORO DAY TRIPPERS  
TRAVEL GROUP ARE PROVIDING  
A DAY AT HERMIT WINERY AND  
HARTS TURKEY FARM**

**When: Sunday, July 20, 2014**

**Departure Time: 8:45 AM**

**Cost: \$44 and is due July 11th**

We will leave from the Walmart Parking Lot in Hudson and travel to Meredith, NH where we will visit Hermit Woods Winery for a wine tasting. We will then proceed to Harts Turkey Farm for lunch. Lunch choices are: Turkey, Sirloin of Beef, Broiled Haddock and includes all the fixings. On our way home we will make a brief stop at the Pheasant Lane Mall. If you are interested in joining us please call Pauline Lynch @ **508-485-3741** or Robert Hall at **508-481-6630** for more information.

## 2014 SUMMER TRIPS

With summer finally here the Marlborough Senior Center will be taking full advantage of trips on the water and we hope you will be sure to join us!

**GLoucester Lobster Cruise**

**Thursday, July 31**

**Cost: \$85**

**Leaving from Marlborough Senior  
Center on a Luxury Silver Fox**

**Motor Coach (Bus and boat handicapped accessible)**



We'll travel first to Salem, and the Visitors Center to view a film focusing on the maritime history of this area. Then off to Gloucester to board the new, luxurious Beauport Princess for a delicious New England Clam Bake buffet with Classic Caesar Salad, New England Clam Chowder, Saint Joseph's Bread of the Fishermen, Steamed Lobster w/ drawn butter (Vegetarian Option available) Steamer Clams with broth and drawn butter, Corn on the Cob and Chocolate Mousse. As we enjoy the Clam Bake, our Captain will provide a narration about the sights you'll be viewing on your two and one half hour cruise. Gloucester Harbor and its environs are breathtaking and the Princess has large glass windows to view the sights. During the cruise, a Jazz Trio will be playing live music for your enjoyment, and, you can walk out onto the outside deck if you wish for a salty sea breeze. Your cruise will return to the dock at 2:00 PM and then we'll travel over to the nearby scenic and quaint town of Rockport, for shopping and sightseeing. We'll return home early in the evening at 5:30 PM after a delightful day on the North Shore! CALL **508-485-6492** to reserve a seat.

**PILGRIM BELLE HISTORIC PLYMOUTH HARBOR CRUISE**

**Tuesday, August 12th**

**Cost: \$77**

**Leave Marlborough  
Senior Center on a  
Luxury Silver Fox Motor  
Coach (Bus and boat handicapped accessible)**



Enjoy a full course luncheon at Plymouth's excellent Hearth & Kettle Restaurant. Then, today's real treat will follow, a narrated 75 minute sightseeing Harbor Cruise on the Pilgrim Belle, a true paddle wheeler with no propeller propulsion. Your Captain will point out many sights of interest, including two lighthouses and Plymouth's spectacular beaches. Arrival home is expected at 5:30 PM with fond memories of your wonderful day in scenic Plymouth, Massachusetts. Your entrées choices are Broiled Cape Scrod, Plymouth's Best Fish & Chips, or Cranberry Chicken along with Apple Cranberry Crisp with Fresh Whipped Cream for Dessert. Yum! CALL **508-485-6492** to reserve a seat.

**IT'S TIME AGAIN FOR THE BOURNE SCALLOP FESTIVAL!**

**Friday, September 19th**

**Cost \$75**

8:30 AM We'll depart on our luxury Silver Fox Coach for one of our tastiest adventures -- a day filled with fresh air and fun, great food and good friends, all



located in Mashpee on Cape Cod. The Bourne Scallop Festival has something for everyone, from crafts to exciting entertainment. You'll enjoy a traditional Scallop Dinner or Herb Roasted Chicken. Then spend time at the Bourne Festival itself. Next you'll travel to Onset to relax and enjoy a cruise on the Cape Cod Canal (no extra charge for the fresh salt air sea breezes!). Your captain will provide a very interesting narrative on the Canal during your ninety minute cruise. You'll return home at 5:30 PM with great memories of your day on the Cape! This fills fast so please call early to reserve your seat!



## ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

### Question:

What are some important safety tips I should follow regarding my medicine?



### Answer:

- Ask your pharmacist or doctor to review the medications you are taking at least once a year.
- Try to have your prescriptions filled at one pharmacy so your pharmacist can have a complete record of everything you are taking.
- Carry a medication record with you in your purse or wallet. Particularly, take your medication record with you to doctor's appointments and to your pharmacy when you are picking up new medication(s). The list will remind you of all of the medications you are taking and help the doctor and pharmacist manage your drugs appropriately.
- Store your medications as instructed by the pharmacist and keep them in their original containers. Place them in a safe place away from heat, moisture, or freezing temperatures, and away from where food is stored. The bathroom cabinet is not the best place for medications. Safe places might be in a linen closet or dresser drawer. Be sure to store them out of sight and reach of children. You may want to lock your medications in a cupboard or a medicine safe, especially to avoid unintentional use or misuse by family or visitors to your home.
- Keep all medications out of reach of children. Do not believe a safety cap will keep children from opening the medication bottle.
- Dispose of medications that are expired or unwanted. Medications are considered expired if they are one year from the date the prescription is filled, unless otherwise noted. Do not discard medications where small children or pets can find them. Some medications, such as certain pain pills and fentanyl patches should be flushed down the toilet to avoid children's and pet's accidental exposure.
- Do not share medications prescribed for you with anyone else.

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# Mayor's Senior of the Year Luncheon





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750 ML.....2 for \$17.99

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750 ML.....\$9.99

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750 ML.....\$19.99

William Hill  
(Chardonnay, Cabernet, Merlot)  
750 ML.....\$12.99

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1.5 Liters.....\$8.99

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750 ML.....\$28.99

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750 ML.....\$16.99

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750 ML.....\$21.99

Three Olives Vodka  
1.75 Liters.....\$21.99

Canadian Club  
1.75 Liters.....\$19.99

Southern Comfort  
1.75 Liters.....\$29.99

New Amsterdam Gin  
1.75 Liters

**\$17<sup>99</sup>**

Barefoot Cellars  
1.5 Liters

**\$8<sup>99</sup>**

Shock Top  
12-pack bottles

**\$10<sup>99</sup>\***

\* Plus deposit

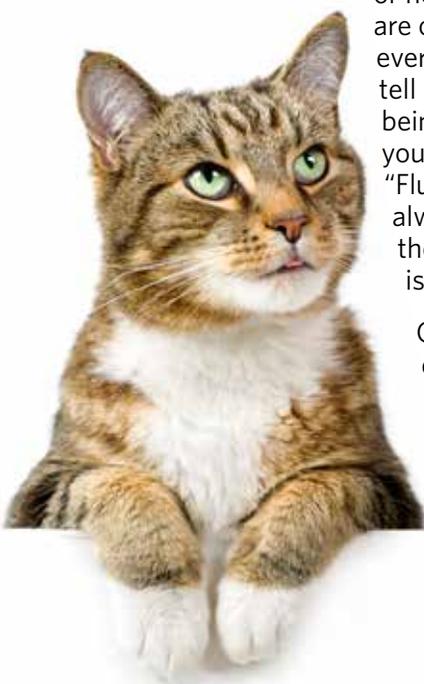
# Keeping Our Cats Healthy

In the veterinary field there are several misconceptions regarding felines and their health. We often hear things like, "My cat doesn't go outside, he doesn't need vaccines" or "My cat is acting more like a kitten now than when he was younger." Something you may not know is that your cat can catch upper respiratory viruses from animals outside simply by having the windows open; or that your cat may be more active due to an underlying metabolic condition.

Regular health check-ups that include vaccines and blood screens can help to keep our pets healthier and happier longer. The FVRCCP booster helps protect cats against upper respiratory viruses they get by breathing the same air as cats that are carrying them. The Rabies vaccine is mandatory for cats and dogs, lifestyle notwithstanding. One of the most common questions we are asked related to indoor cats is "If my cat doesn't go outside why does he need a rabies vaccine?" Apart from being a requirement by law, Do you know what animals are the most common carriers of the rabies virus? Bats! Bats are not symptomatic of rabies, but many of them have the ability to infect us or our pets; and what's worse, they often live inside the house! It is important to make sure we protect our cats as they don't have the ability to take themselves to the Doctor like we do.

Before cats were domesticated, in the wild, if they were to show illness or weakness it was more likely for them to be singled out by predators or more dominant animals. To protect themselves they have evolved to mask symptoms of illness and injury. So regardless of how much you love them, or how much attention you give them, things are often missed. For instance; you see your cat every day. Because of this, it is often hard to tell if they're losing weight. Sometimes it takes being away from them for a few days before you notice that "now it's really easy to see "Fluffy's" spine and hips" Or if your cat has always had hairballs, you may not notice that the vomiting has increased and "Fluffy" is now off his appetite.

One of the hard truths of owning cats and dogs is that they simply do not live as long as their human counterparts. This means that they age exponentially faster than we do. So, in 12 months our cats have aged, what equates to, 5-7 years. Blood screens and physical exams done by a veterinarian can pick up on subtle changes with your cat, and catch things that are treatable BEFORE they have the chance to affect quality of life.



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## GLACUOMA

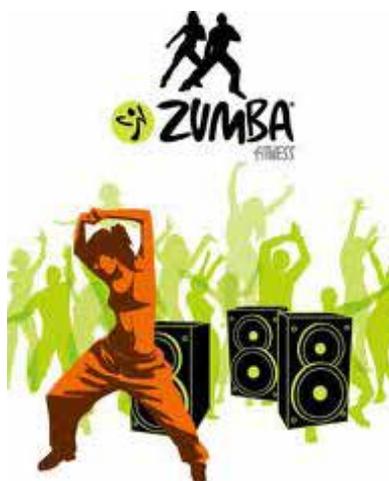
Glacuoma es un grupo de enfermedades que pueden dañar el nervio óptico. Es la principal causa de ceguera en los Estados Unidos. Suele ocurrir cuando la presión del líquido que se encuentra dentro de los ojos aumenta lentamente y lesiona el nervio óptico. Es posible que al comienzo no haya síntomas. Sin tratamiento, las personas con glacuoma perderán la visión periférica (de lado). Sienten como que están mirando a través de un túnel. Con el tiempo, esta visión de túnel (el campo visual) puede disminuir hasta que llevar a la ceguera.

Un examen integral del ojo puede determinar si usted padece de glacuoma. Algunas personas corren más riesgo que otras. Estas tendrían que realizarse un examen completo de los ojos por lo menos una vez cada dos años. Quienes están a riesgo son:

- Afroamericanos mayores de 40 años
- Personas mayores de 60 años, especialmente mexicoamericanos
- Personas con antecedentes familiares de glacuoma

No hay cura para el glacuoma pero puede ser controlado. El tratamiento inmediato en la primera etapa puede ayudar a proteger la pérdida de la visión. Los tratamientos suelen incluir gotas para los ojos y/o cirugía.

La biblioteca de Marlborough está muy contenta de ofrecer Círculos de Conversación en Ingles para los residentes que habla español que están aprendiendo el idioma. Podrás practicar tus ingles en una forma social o formal. Con una persona nativa al Ingles podrás practicar como hablar en situaciones diarias, como hablar de noticias de último minuto, y como expresarse y comunicarse en su diario como un residente de Marlborough.



## ZUMBA CLASE-MARTES Y JUEVES 6:30 PM

Clase de informática de nivel básico-  
Miércoles - 10:00 AM - 12:00 PM

## AULA DE ZUMBA- TERÇAS E QUINTAS- 6:30PM

Aula de Inglês- Nível Básico -  
Terça-feira- 9:00 - 11:00 AM  
( Professor Hélio)

Aula de conversação- Quinta -  
feira- 11:00 AM - 12:00 PM  
(iniciando no dia 10 de Julho)

Aula de informática de nível básico-  
Quinzenal, Quarta-feira -  
10:00 AM - 12:00 PM

Para mais informação ligue para Ana  
Cristina Oliveira, Outreach Coordinator.

## GREAT SMILES ON THE GO....

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