

MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS VOLUME 1, NO. 9, SEPTEMBER, 2014

Boot Scootin' BBQ

Please join us for our good ole
Boot Scootin' BBQ on

Saturday, October 18th at 5:30 PM
at the **Masonic Hall** hosted by the **Friends**
of the **Marlborough Seniors.**

We're dudein' it up on Saturday, October 18 starting at 5:30 AND don't think your boots won't be a scootin' all night long. Live music with DJ George (line dancing and any kind of dancing will be a happening at the Masonic Hall range) Warm your chops on some BBQ ribs, marinated chicken, baked beans, Cole slaw, famous corn bread, apple pie, beverages and a cash bar. Enter in the many raffles and take a chance on winning the 50/50 raffle. This is a fund raising event for furnishings for our new senior center. On behalf of the Board of Friends of The Marlborough Seniors, we look forward to seeing you there!

Special Thanks to our Proud Premier Sponsors

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Eric G. Piascik, DMD
*Family & Cosmetic
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SPERRY'S LIQUORS



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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Ana Cristina Oliveira, *Outreach Coordinator*
Susan Maki, *Social Service Coordinator*
Tina Nolin, *Administrative Assistant*
Lisa Martino, *Bay Path Meals Site Manager*

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Interning at the Senior Center



AFTERNOON BINGO HOURS EXTENDED...

Starting September 3rd we will go back to the afternoon hours of 12:00 - 2:30. For fun bring your favorite afternoon snack to share. Special cover-all match \$\$

CARING SPIRITS AND OUR LEAD IN THE FIGHT AGAINST ALZHEIMER'S

As a community we are always aware when someone we care about has a second or third bout with cancer, received a new diagnosis of Alzheimer's, sustained a stroke or a bad fall. Fortunately, there are so many caring souls in this center that just seeing a friend at the center after you have digested some difficult news can truly brighten your day. Recently, our wonderful Friday front office volunteer came in for duty. Typically it takes about five minutes to try and talk with her about any changes she may need to know while volunteering because she is busy greeting everyone. As I started to approach her when she looked to be settling in I heard her say, "No one talk to me because I want to call my friend Dottie and see how she is doing" (in a nice tone). I stopped and chuckled because she is a firm but kind volunteer and I respected her wishes. On my way back to my office I thought how special that phone call was for her friend who recently had received some difficult news. As a staff we are so grateful for the caring spirits our participants have at the center.

Regarding caring, in support of our participant's here at the center who are caring for loved one's that are affected by various stages of Alzheimer's **our COA will donate all our class/program donations and 50/50 for the weeks of September 7th and 14th to the WALK To END Alzheimer's.** If you would like to be sponsored and participate in one of the walks to end Alzheimer's please let us know and we will be glad to sponsor you. Please look for the Alzheimer's brochure in our front lobby on the credenza for more information on events.

Lastly, I would like to thank Lisa Martino and her very kind family for their sponsorship and hard efforts in making our Lobster Bake a fun and well "decorated" success.

Jennifer



Charles River Medical Associates

Vinay Kumar M.D. & Karen Guigno N.P.
 246 Maple St., Marlborough, MA 01752
 508-460-3872

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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

DON'T IGNORE YOUR MEDICARE MAIL!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2015.



During the annual Medicare Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

DO NOT WAIT UNTIL IT'S TOO LATE!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center.

A PRESENTATION FOR MEDICARE BENEFICIARIES

"What you should know about Medicare Open Enrollment" (October 15 - December 7)

Presented by METRO WEST SHINE Program

When: Tuesday, September 16, 2014 at 5:30pm

Where: 250 Main Street, Marlborough

To sign-up, call 508-485-6492

DOMESTIC VIOLENCE PROGRAMS

If you are a victim of abuse, you are NOT alone, you are not to blame and you cannot control the actions of your abuser. There is more help available to you (and your children) than ever before. You, and only you, can make the decision to change or permanently end the abusive relationship you endure on a daily basis. No one deserves to be abused. Listed below are numerous domestic violence programs available across Massachusetts.

For counseling services, support groups, and advocacy services, please call the nearest domestic violence program 24 hours a day:

- SafeLink -- 1-877-785-2020 (toll-free)
- SafeLink TTY -- 1-877-521-2601
- National Domestic Violence Hotline -- 1-800-799-SAFE (7233)
- National Sexual Assault Hotline -- 1-800-656-HOPE (4673)

TO ALL OUR KNITTERS AND CROCHETERS

A note from the Knit, Crochet group, we will be stopping our project of Chemo hats & lap robes for a bit. We really appreciate all the work you Wonderful Ladies have done so far and we will start up again a little later this year. If you would like to continue at your own pace, that is great. We need to thank all of you so much for all your work in the past. I know the Chemo patients have been enjoying your Handiwork. You are the Greatest!

Thanks Again, The Knit Crochet Group



MONDAY'S BLUE PLATE SPECIALS

September 1st: LABOR DAY HOLIDAY

September 8th: From Boston Market - Meatloaf, Mashed Potatoes and Gravy, Sweet Corn, Cornbread and Salad - cost \$6

September 15th: From Linguini's Italian Eatery - a homemade Italian lunch which can include your choice of Chicken Parmigiana with Ziti or Ziti Primavera with sautéed peppers, mushrooms, onion, broccoli, garlic and grated cheese in tomato sauce with salad and homemade bread and dessert- price \$6

September 22nd: From Buffet Way - Beef Stir-fry, salad, rolls, chocolate éclair and beverage- \$6

September 29th: Let's go to Chez Siam if you need transportation please let Tina know at the front desk. Menu choices: Please select a meat chicken, beef or beef and then one of the following dishes- all meals served with soup and white rice:

- * **Cashew Nuts** - Sautéed with onion, cashew nuts, straw mushrooms and ground roasted chili in brown sauce
- * **Mixed Vegetables** - Sautéed with oyster sauce and assorted fresh vegetables in season
- * **Scampi Thai Style** - Marinated in garlic and white wine, sautéed with pineapple served over shredded lettuce and fried rice
- * **Sweet and Sour** - Sautéed with mixed vegetables, topped with our own sweet and sour sauce
- * **Pad Thai or Vegetable Pad Thai** - Pan fried rice noodles, shrimp, chicken, egg, baked tofu, ground peanuts, bean sprouts and scallions (may add vegetables)

Cost \$7 and this includes meal, beverage (tea, soda, coffee and hot tea) and tip

Be sure to sign up for your lunch by the Friday before the Monday lunch.



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 **978-227-5656**.

GROUP PIANO LESSONS WITH DENNIS DEYO

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

BOWLING TRIP!

When: Tuesday, September 23
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 the Senior Center to sign up.

CRAFTS WITH LISA AND PAM

Will start again in October

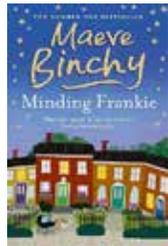
COMPUTER CLUB

Join us for the new session of Computer Club every Friday from 1:00 - 3:00 starting on September 12th.

BOOK CLUB

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

All are welcome to join, 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 for September 16th is *Minding Frankie*, by Maeve Binchy. If you want to get ahead on

your reading, the book for:

- October 21st is *Orange Is The New Black*, by Piper Kerman
- November 18th is *Island Practice*, by Pam Belluck

YOGA CLASSES AT MARLBORO SENIOR CENTER

Yoga has many health benefits. It strengthens bones and muscles and improves posture and balance, reduces high blood pressure, 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

(\$3 donation per class is requested)

September Class Themes

Let's roll right into September, the month of transition from Summer to Fall...continuing to circle around the sun, the months and the seasons. We will explore ABC Yoga for back to school, and some fun Brain Games. Be sure to join in on all the FUN!!

Sept.5 – Circle Yoga

Sept. 8 – 12 - A: Awareness - Arthritis
 – Align the Spine

Sept. 15 – 19 - B: Bones -Breath- Balance

Sept. 22 – 26 - C: Calm - Centered - Core - Compassionate

Sept 29 – Oct 3 – Super Brain Yoga

TAI-CHI FOR HEALTH AND BETTER AGING

Tackle joint pain and stiffness with better health, independence and new relationships. How? Take a Tai-Chi class. Tai Chi is a joint safety activity that can help you take control of your physical, emotional and mental health and

improve your life. Tai Chi involves slow, gentle moves that can be done while seated or standing, deep breathing and stretching while moving in a sequential "dance." Tai Chi is appropriate for 99% of people seeking a joint-safe program and has been proven to reduce pain and stiffness and improve mobility, breathing and relaxation. These are all important to anyone who suffers from arthritis or any other joint disease. Tai Chi may also improve memory, concentration, coordination, muscle strength, stamina and depression. Tai Chi may help reduce stress and increase circulation and heart and lung function. So join this wonderful group on Fridays at 10:15 AM at the Senior Center and find out why Tai Chi has been around for thousands of years. No pre-registration needed. A \$3 donation per class is requested.

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:



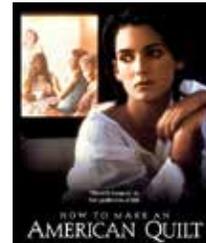
September 3rd: Holiday

- 1938, NR, 93 min.
- 3.8 stars
- Classic
- Katharine Hepburn, Cary Grant



September 10th: The Big Wedding

- 2013, R, 90 min.
- 3.6 stars
- Romantic Comedy
- All star cast



September 17th: How to Make an American Quilt

- 1995, PG-13, 117 min.
- 3.4 stars
- Drama
- Winona Ryder, Anne Bancroft, Ellen Burstyn



September 24th: Now is Good

- 2012, PG-13, 142 min.
- 4 stars
- Romantic Drama
- Dakota Fanning, Jeremy Irvine



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

Question: I am a diabetic, are there any specific things I should be aware of during the summer time?



Answer: Yes, there are a few important things to remember

1) Drink Plenty of Fluids to Avoid Dehydration

When it's hot, it's easy to become dehydrated and everyone needs to drink more water. High blood glucose levels can cause dehydration no matter how warm it is, so it's especially important to get enough fluids. Avoid drinks with lots of sugar. Drinks with alcohol or too much caffeine can actually make dehydration worse. If you experience nausea or diarrhea, be on guard as these can cause serious dehydration that may require medical attention.

2) Remember the Sunscreen

It's important to bring it and apply it! Make sure you use at least a 30 SPF, along with sunglasses and a hat. A bad sunburn can upset your blood glucose control and can also be quite painful.

3) Bring Sensible Shoes

Keep shoes - such as aqua-socks or something protective - on when on the beach, in the ocean or lake, even in a concrete-bottomed pool. There are also bugs, sticks, rocks and broken glass to watch out for. Those with diabetic neuropathy may not even notice when walking on sand that it is hot enough to burn their feet! If you're on the town or sightseeing, wear comfortable shoes that are already broken in. This is no time to be trying out new footwear! Bring extra socks along to keep feet dry and clean, too.

4) Check Blood Glucose Even More Often

Hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar) can both be problems made worse by warmer weather. So make sure you test often, monitor your results, and react accordingly. Changes in diet and location can also cause stress that affects your blood glucose.

5) Keep Your Meds Cool

Summer heat isn't good for insulin, meters and strips. It can lead to inaccurate blood glucose test results, for example. One way to avoid these issues includes using a small cooler or insulated bag with refreezable ice packs. Don't leave supplies in a hot car or the glove compartment, and keep them out of direct sunlight as much as possible.

Do you have Ostomy, Urological, Wound Care or Incontinence supplies delivered to your home? Don't deal with a faceless 800 number, deal with a local, family business you can trust, call Bouvier's!



Our friendly and knowledgeable staff will use care and discretion to help you get the supplies you need delivered **right to your door!**

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**DR. HYLANDER IS BACK WITH
A THREE PART LECTURE SERIES:
"PRESIDENTIAL ELECTIONS:
SIXTIES STYLE"**

**When: Tuesday, September 2nd,
Friday, September 26th and
Friday, October 17th
Time: All lectures will be at 2:00 PM
Where: Senior Center**

Join us in our three part series on the politics, personalities and issues of the presidential



elections of the 1960's. The presidential campaign of 1960 was America's first television election. John F. Kennedy promised voters a New Frontier while Richard M. Nixon pledged to maintain the peace and prosperity of the Eisenhower years. In the 1964 election, Lyndon Johnson crushed Barry Goldwater. "All the way with LBJ" roared Johnson's supporters. Election year 1968 was one of the most tumultuous years in American history. Voters were fed up with Vietnam, black militancy and soaring crime rates. Packaged as a "New Nixon," candidate Nixon spoke to the issues of the "silent majority" and promised "To Bring Us Together."

Sign up at the Senior Center for this exciting lecture series.

**LEGAL CLINIC WITH ARTHUR
BERGERON**

**When: Tuesday, September 16th
Time: 1:00 PM
Where: Senior Center**

Dealing with Alzheimer's: At home; in Assisted Living; or in the Nursing Home. In this seminar, representatives from the Alzheimer's Association and BayPath Elder Services will join Attorney Arthur Bergeron of Mirick O'Connell to discuss strategies and available programs to help you and your family deal with advanced stages of Alzheimer's disease. Learn about the resources available to support you through these difficult times, whether you or your loved one lives at home, in an assisted living facility, or in a nursing home.

Be sure to sign up early at the Senior Center as these are very popular.

**COME ENJOY SOME TRUE OLD
FASHIONED ENTERTAINMENT**

**When: Tuesday, September 30th
Time: 2:00 PM
Where: Senior Center**

Join us for an afternoon of good old fashioned laughs as we watch some of the great Silent Film Comedies complete with live piano accompaniment by Silent movie pianist Richard Hughes, and even some nostalgic goodies.

We hope to see you there! Save your seat by signing up at the Senior Center.

**JOIN US FOR A FUN AFTERNOON
WITH HONKY-TONK PIANO
PLAYER GARY LANDGREN**

**When: Monday, September 15th
Time: 1:30 PM
Where:
Senior Center**

Mr. Landgren will play some of our favorite tunes from "the good old days," with memorable songs and sing-along favorites. We hope to see you there & we welcome you to join us at our Monday Blue Plate Lunch right before the concert.



We will be serving a delicious lunch from Linguini's Italian Eatery see page 5 for lunch details (cost \$6).

**JOIN THE COLONIAL
GARDEN CLUB FOR
A DAHLIA**

**EXTRAVAGANZA
When: Wednesday,
September 17th
Time: 2:30 PM**

Where: Senior Center



Learn about Dahlias and make a floral arrangement to take home! Light refreshment will be served. If you have a 10 to 12 inch vase please bring it with you. Only 15 spots available - so be sure to sign up at the Senior Center early!

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- Secured Alzheimer's and Dementia Program ●


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MEN'S GROUP: BREAKFAST WITH THE COMMISSIONER OF PUBLIC WORKS, JOHN GHILONI

When: Tuesday, September 23rd

Time: 8:00 AM

**Where: Main Street Café
(182 Main St, Marlborough)**

Cost: \$4

Come join us for breakfast The Main Street Café! Order off the menu and enjoy a casual dialogue with our new Commissioner of Public Works and old friend John Ghiloni. This will be a great opportunity to learn more about our City as well as ask questions of interest and get caught up on what's going on in Marlborough.

Please sign up and pay at the Senior Center. A great way to start your day!

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

When: Thursday, September 25th

Time: 2:00 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. Hope to see you there!



LEGAL ADVICE WITH ARTHUR BERGERON

When: Thursday, September 18th

Time: 1:30 - 3:30 PM

Where: Marlborough Senior Center

The Marlborough COA is pleased to announce a double dose of Attorney Arthur Bergeron this month. Attorney Bergeron will be at the Marlborough Senior Center to meet with seniors individually to discuss the legal questions and issues that are concerning you. Each appointment is 15 minutes in length. If you would like one of these sought after time slots please sign up at the Senior Center. We recommend you call early as they are sure to fill up fast!

JOIN US AS WE WELCOME SENIOR WHOLE HEALTH TO THE MARLBOROUGH SENIOR CENTER FOR AN INFORMATIVE SEMINAR

When: Monday, September 22nd

Time: 1:15 PM

Where: Marlborough Senior Center

Senior Whole Health is a Medicare Advantage Health Plan for seniors 65 years and older that combines MassHealth and Medicare Benefits. Come learn how SHW is different and how their team of doctors, nurses, social workers and you build a healthcare plan that is just right for you!

Consider joining us for the Blue Plate Special Luncheon right before this event. We will be serving a special lunch from Buffet Way. See Page 5 for lunch details. Cost is \$6.

Be sure to sign up at the Senior Center if you would like to attend this seminar event.



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**PODIATRIST**

Appointments with

Dr. Cormier

Where: Senior Center

When: Tuesday,

September 2**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.

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, September 17

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: September 13

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 Friday, September 1st 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 within a few days.



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

**MUSEUM OF FINE ARTS:
JAMIE WYETH
RETROSPECTIVE**

**When: Tuesday,
September 23rd**
**Time: Leaving the Senior
Center at 10:00 AM**
**Cost: \$33 includes
transportation and
admission to the Museum**



The Marlborough Senior Center is sponsoring a trip to see the Jamie Wyeth Retrospective at the Museum of Fine Arts. This exhibit is the first comprehensive retrospective of artist Jamie Wyeth (b.1946). It will examine his imaginative approach to realism over the course of six decades, from his earliest childhood drawings through various recurring themes inspired by people, places and objects that populate his world. A member of a family of artists - including his grandfather, N.C. Wyeth (1882-1945); his father, Andrew Wyeth (1917-2009); and his aunt, Carolyn Wyeth (1909-1994), Jamie Wyeth has followed a unique path, training with his Aunt Carolyn after leaving school at age 11, studying anatomy in a New York City morgue and working in Andy Warhol's N.Y. studio, The Factory.

"Jamie Wyeth" will include approximately 100 paintings, works on paper, illustrations and assemblages created by the artist, many in a range of "combined medium", his preferred term for the distinctive technique he brings to his compositions. The exhibition will feature Wyeth's portraits of subjects such as his wife, Phyllis Wyeth, John Fitzgerald Kennedy, Rudolf Nureyev, and Andy Warhol.

The exhibition will also feature landscapes of the worlds he inhabits in the Brandeywine River Valley, the midcoast of Maine, and the many animals and birds that are part of his family and surroundings.

Be sure to sign up at the Senior Center if you are interested in this exciting exhibition.

**HUNTINGTON THEATER COMPANY: "GUESS WHO'S
COMING TO DINNER"**

When: Thursday October, 2nd
Time: Leaving the Marlborough Senior Center at 1:00 PM
Cost: \$44, includes transportation and ticket

The Marlborough Senior Center is sponsoring a trip to The Huntington Theater Company in Boston for a new stage adaptation of the classic play *Guess Who's Coming to Dinner*. The performance will take place on Thursday, October 2nd.

Malcolm-Jamal Warner ("The Cosby Show") makes his Huntington debut in *Guess Who's Coming to Dinner* directed by Huntington favorite David Esbjornson (*All My Sons*). Joanna surprises her liberal, white parents when she brings home John, her African-American fiancé, to meet them. Both sets of parents must **confront their own unexpected reactions and concerns for their children as their beliefs are put to the test. Set in the 1960's, this funny and poignant play offers a** fresh interpretation of the beloved Academy Award-winning film and also features Julia Duffy (*Newhart*) and Boston favorite Will Lyman. According to playwright Todd Kreidler, he wanted to "talk about and engage in the attitudes of 1967 with a 21st century approach." Director David Esbjornson hopes that "the experience of this piece is "compelling, provocative, and perhaps all-too-relevant."

Space is limited. Please sign up at the Senior Center if you are interested in attending this play.

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.

FRIENDLY VISITOR VOLUNTEERS MEETING

Our next Friendly Visitor meeting is Wednesday, Sept 10th at the Coffee Loft, 406 Lincoln St. at 9:00 AM.



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- Complex Medical Care
- Long-term Care
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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!**

SEPTEMBER / EARLY OCTOBER, 2014		
10:05 AM - 1:50 PM		
Monday	September 1	LABOR DAY HOLIDAY
Monday	September 8	Sudbury Farms
Monday	September 15	WAL-MART (Hudson)
Monday	September 22	Solomon Pond Mall (Marlborough)
Monday	September 29	Ocean State Job Lot (Westborough)
Tuesday	September 2	Price Chopper (Marlborough)
Tuesday	September 9	Savers (Marlborough)
Tuesday	September 16	Market Basket & BJs (Hudson)
Tuesday	September 23	Friendly's (Sudbury)
Tuesday	September 30	Wegman's (Northborough)
Friday	September 26	JPs (Westborough)
Monday	October 6	Walmart (Hudson)
Tuesday	October 7	Hannaford's (Marlborough)

Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

Answer to August 2014 Sudoku

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



CROSSWORD PUZZLE

- ACROSS**
- 1 Arabic letter
 - 4 Fr. priest
 - 8 Barge
 - 12 Kimono sash
 - 13 Mayan year
 - 14 Sayings (suf.)
 - 15 E. Indian timber tree
 - 16 Calm
 - 18 Lop
 - 20 Fr. artist
 - 21 Month abbr.
 - 23 Musical instrument (string)
 - 27 Bonga (2 words)
 - 32 Counsel
 - 33 River (Sp.)
 - 34 Of vision
 - 36 Sheep disease
 - 37 Fraction of a rupee
 - 39 Kind of gypsum
 - 41 Small anvil
 - 43 Licensed practical nurse (abbr.)
 - 44 Book of the Apocrypha
 - 48 Growl
 - 51 Pierides (2 words)
 - 55 Amazon tributary
 - 56 Polish border river
 - 57 Melville's captain
 - 58 Cut edge of coin
 - 59 Jewish title of honor
 - 60 Similar
 - 61 Girl Scouts of America (abbr.)
- DOWN**
- 1 Tufted plant
 - 2 Dayak people
 - 3 Stele
 - 4 Asian gazelle
 - 5 Judges' bench
 - 6 Pressure (pref.)
 - 7 Ivory (Lat.)

ANSWER TO PREVIOUS PUZZLE

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

- 8 Sieve
- 9 Rom. first day of the month
- 10 Unity
- 11 Gob
- 17 Pro
- 19 River into the North Sea
- 22 Palestine
- Liberation Organ. (abbr.)
- 24 Basic
- 25 Revise
- 26 Give up
- 27 Unruly child
- 28 One (Ger.)
- 29 Nat'l Park Service (abbr.)
- 30 Shoshonean
- 31 Sesame
- 35 Celsius (abbr.)
- 38 To the rear
- 40 Negative population growth (abbr.)
- 42 Stowe character
- 45 Golden wine
- 46 Yahi tribe survivor
- 47 Tree
- 49 Galatea's beloved
- 50 Indian music
- 51 Mine roof support
- 52 Mountain on Crete
- 53 Modernist
- 54 Compass direction

1	2	3		4	5	6	7		8	9	10	11				
12				13					14							
15				16				17								
18				19												
				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		
59											60				61	

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A9

Friends of the Marlborough Senior Center

Hello Everyone,

Please join us for our **Boot Scootin' BBQ** on Saturday, October 18th at 5:30pm at the Masonic Hall. Tickets are on sale now for \$18.00 each at the Senior Center office. Tickets are limited, so please hurry! Please attend and support the Friends of Marlborough Seniors. Proceeds from this event will help us to support the needs of our new Senior Center. Your attendance is appreciated.

The Boot Scootin' BBQ will include an incredible buffet, DJ, line dancing instruction, raffles, and more. This is expected to be a very fun event to be shared with friends and family. On behalf of the Board of Friends of The Marlborough Seniors, we look forward to seeing you there.

Also, please do stop by the Senior Center to take a look at our Giving Tree and the options of support and dedication.

Thank you.

Enjoy the rest of your summer.

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, September 8th, 2014,
October 6th and November, 10th**

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

**THE WESTENDER**  
Your Upscale Sportsbar & Grille

**\$5 OFF**  
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493 Boston Post Road West  
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**TERMS & CONDITIONS**  
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**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  
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**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 9/30/14.

**SORENTOS**  
ITALIAN GOURMET

**\$5 OFF**  
any purchase of \$20 or more

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

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**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

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**Welly's Restaurant**

**\$5 OFF**  
any purchase of \$20 or more

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

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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.

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- Deep Cleaning-Scaling & Root Planning
- Patient Education

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Must be 65 and older, Have no dental insurance,  
and must bring coupon with you)

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**508-485-2960**

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



## WHAT'S THE BEST TOOTHPASTE?



The most common question in my office is what toothpaste should I be using? Every time I walk down the toothpaste aisle, there is always a new whitening or fresher breath toothpaste on the market. Last year, over 60 plus new toothpastes hit the toothpaste aisle! Before purchasing a toothpaste brand, the first question you want to ask yourself is, "What are the problem areas in your mouth you want to target?" A few examples are tartar control, sensitivity, or whitening. Your dentist or hygienist usually points out your problem area or areas at your cleaning appointment. Or, if you have questions or concerns, your semi-annual appointment is also the best time to ask and discuss any issues that a specific toothpaste may help be part of the solution. So let's get started and narrow the field to find the best toothpaste for you!

The very first thing you always want to look for is the ADA seal on the toothpaste box. The ADA seal shows the toothpaste product has been tested, its claims are legitimate, and the ingredients are effective. When it comes to flavor, like mint or cinnamon, or when choosing to go with a paste or gel, these options are a personal preference that have nothing to do with the effectiveness of the toothpaste. Some common ingredients in many brands of toothpaste are abrasive agents, flavoring, humectants for moisture retention, thickeners, and detergents. The most important ingredient when choosing a toothpaste though is...did you guess right? Fluoride! Fluoride is a natural occurring mineral that makes your tooth enamel stronger and reverses acid damage at the earlier stages by re-mineralizing areas that are starting to decay.

Once your toothpaste selection has been narrowed down to those with fluoride, select toothpaste based on your dentist or hygienist recommendations to improve your over-all oral hygiene. Discussing the pro's and con's of various brands with your dentist or hygienist can help determine the specific toothpaste that is right for you! For example, a person prone to tartar build-up should select tartar control toothpaste. The build-up of tartar on teeth and under gums eventually can lead to gum disease. Colgate Total is a tartar control toothpaste which contains Triclosan, which is an antibiotic that kills some bacteria that causes gum disease.

A person with sensitivity to hot and/or cold temperatures would want to choose toothpaste for sensitive teeth such as Sensodyne. Most sensitivity toothpastes contain potassium nitrate or strontium chloride; both active ingredients to help sensitivity. Sensodyne contains potassium nitrate. It is important to remember when using toothpaste for sensitivity, it can take up to 4 weeks for the toothpaste to offer relief, so be patient.

There are many toothpastes that are marketed for whitening your teeth. Whitening toothpastes contain abrasive particles that help to remove stains and polish your teeth. An issue with whitening toothpastes can be they can damage tooth enamel. However, some studies say that whitening toothpastes are no harder nor abrasive on enamel than other toothpastes. Most toothpastes have some form of abrasives in them so technically all toothpastes qualify as teeth whitening toothpaste. It is important to note that a person with gum recession or wears dentures, I do not recommend using whitening toothpaste because of the high risk to cause abrasion on the exposed root surface which is much softer than enamel. Denture wearers should use products specific to cleaning dentures. Cleaning products, like Fixodent, are usually effective in cleaning your dentures. Toothpastes are too abrasive and can actually aide in bacteria build-up on the denture.

If you are committed to an all-natural lifestyle, there are toothpastes out there such as Tom's of Maine that are all natural, herbal toothpastes which are ADA approved to be effective as other toothpastes. If your dentist is finding cavities each visit or you have acid-reflux problems, your dentist may recommend a prescription toothpaste such as Colgate Prevident, which contains 5 times more fluoride than over-the-counter toothpastes.

Just remember, there is no best toothpaste. Most people think toothpaste is the key to better oral hygiene, but rather it's your technique of brushing. It is using a soft or extra soft toothbrush and how you brush your teeth that make the difference. Toothpaste for the most part comes down to what works for you and what you like. Always discuss your brushing practices with your dentist or hygienist honestly. It is not to judge, but to ensure you are doing your best to protect your teeth and your smile!

*Eric G. Piascik, DMD*

## PETS IN VEHICLES

Every year, hundreds of pets die from heat exhaustion because they are left in parked vehicles. We've heard the excuses: "Oh, it will just be a few minutes while I go into the store," or "But I cracked the windows..." These excuses don't amount to much if your pet becomes seriously ill or dies from being left in a vehicle.



The temperature inside your vehicle can rise almost 20° F in just 10 minutes. In 20 minutes, it can rise almost 30° F...and the longer you wait, the higher it goes. At 60 minutes, the temperature in your vehicle can be more than 40 degrees higher than the outside temperature. Even on a 70-degree day, that's 110 degrees inside your vehicle!

Your vehicle can quickly reach a temperature that puts your pet at risk of serious illness and even death, even on a day that doesn't seem hot to you. And cracking the windows makes no difference.

Want numbers? An independent study showed that the interior temperature of vehicles parked in outside temperatures ranging from 72 to 96° F rose steadily as time increased.

Estimated Vehicle Interior Air Temperature v. Elapsed Time

| Elapsed time | Outside Air Temperature (F) |     |     |     |     |     |
|--------------|-----------------------------|-----|-----|-----|-----|-----|
|              | 70                          | 75  | 80  | 85  | 90  | 95  |
| 0 minutes    | 70                          | 75  | 80  | 85  | 90  | 95  |
| 10 minutes   | 89                          | 94  | 99  | 104 | 109 | 114 |
| 20 minutes   | 99                          | 104 | 109 | 114 | 119 | 124 |
| 30 minutes   | 104                         | 109 | 114 | 119 | 124 | 129 |
| 40 minutes   | 108                         | 113 | 118 | 123 | 128 | 133 |
| 50 minutes   | 111                         | 116 | 121 | 126 | 131 | 136 |
| 60 minutes   | 113                         | 118 | 123 | 128 | 133 | 138 |
| > 1 hour     | 115                         | 120 | 125 | 130 | 135 | 140 |

Courtesy Jan Null, CCM; Department of Geosciences, San Francisco State University

This study also found that cracking the windows had very little effect on the temperature rise inside the vehicle. This is definitely a situation where "love 'em and leave 'em" is a good thing. Please leave your pets at home at home when you can... they'll be safe and happily waiting for you to come home.

Special Thanks to Jan Null, CCM; Department of Geosciences, San Francisco State University

Article Provided by:



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www.marlboroanimalhospital.com

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 Tuesday - Thursday 7:30 am – 7:30 pm  
 Saturday 8:00 am – 2:00 pm

**QUANDO A GENTE LÊ O QUE OS NUTRICIONISTAS FALAM SOBRE ESTES SUCOS DE FRUTAS VERMELHAS, IMEDIATAMENTE DÁ VONTADE DE TOMAR UM COPO, PORQUE SÃO ALIMENTOS QUE, ALÉM DE SABOROSOS, SÓ FAZEM BEM À SAÚDE. TOMÁ-LOS, SEGUNDO A NUTRICIONISTA ISABEL JEREISSATI, CITADA NESTE ARTIGO DE O GLOBO, AJUDA NO EQUILÍBRIO DA PRESSÃO ARTERIAL, NA BELEZA DA PELE, CABELOS E UNHAS, NO CONTROLE DA GLICOSE E DO COLESTEROL NO SANGUE, NA PREVENÇÃO DE CÂNCER E ATÉ NA SAÚDE DOS RINS E DO APARELHO REPRODUTOR.**

A cartela de cores dos sucos funcionais está crescendo. Depois da febre do suco verde (poucas mulheres não devem ter ouvido falar nele nos últimos tempos e colocado algumas folhas de couve no liquidificador), agora os sucos vermelhos são a onda da vez.

Feitos com framboesa, goji berry, mirtilo, melancia, morango, essas bebidas também carregam poderes quase mágicos, segundo nutricionistas.

- As frutas vermelhas, apresentam antocianinas (que conferem sua coloração vermelho-arroxeadada) e flavonóides, um poderoso antioxidante. Consumir sucos com elas significa ingerir um alimento medicinal rico em substâncias altamente antioxidantes que combatem os radicais livres principais causadores do envelhecimento precoce de células - explica a nutricionista Isabel Jereissati. - Eles também têm efeitos na pressão arterial, na beleza da pele, cabelos e unhas, no controle da glicose e do colesterol no sangue, na prevenção de câncer e até na saúde dos rins e do aparelho reprodutor.

De acordo com o nutricionista Fábio Bicalho os responsáveis por toda essa "mágica" são as altas concentrações de nutrientes importantes como manganês, zinco, ferro, vitaminas complexo B, vitamina A, vitamina C - esse pool de nutrientes acelera o metabolismo e ajuda no controle de peso. Mas ele dá a dica: evite coar o líquido e beba sempre fresco.

- As cascas de suas frutas são fontes de fibras e evitam picos de glicose no sangue. Outra medida importante é beber logo após a sua preparação para que todos os nutrientes sejam aproveitados.

Confira algumas receitas dos nutricionistas Isabel Jereissati e Fábio Bicalho.

**Suco de mirtilo, banana e goji berry, por Isabel Jereissati**

**Ingredientes:** 50g de mirtilo congelado | ½ banana madura | 200ml de água de coco | 1 colher de sopa de goji berry. **Preparo:** Colocar a goji de molho na água da noite para o dia. Bater no liquidificador a água de molho com a goji, o mirtilo e a banana. Beber em seguida.

**Suco de goji berry, morango e salsão, por Fábio Bicalho**

**Ingredientes:** 1 colher (de sobremesa) de goji berry em bagas | 4 morangos orgânicos | 1 folha pequena de salsão | 1 colher (de sobremesa) rasa de gengibre

**Preparo:** Bata todos os ingredientes com água de coco ou água mineral no liquidificador e adoce com agave ou mascavo.

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| Cisco Brewers       | 12-pack.....\$13.99 <sup>+dnp</sup>      |
| Brooklyn            | 12-pack.....\$12.99 <sup>+dnp</sup>      |
| Budlight Mix A Rita | 18-pack Cans.....\$14.99 <sup>+dnp</sup> |

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|                                           |                       |
|-------------------------------------------|-----------------------|
| Barefoot                                  | 1.5 Liters.....\$8.99 |
| Cielo (Pinot Grigio)                      | 1.5 Liters.....\$9.99 |
| Beringer California Collection            | 1.5 Liters.....\$8.99 |
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| Kistler (Chardonnay) 750 ML 2012          | .....\$49.99          |
| Stays Leap (Artemis Cabernet)             | .....\$39.99          |
| Caymus Conundrum 750 ML                   | .....\$19.99          |
| Lacrema Sonoma (Chardonnay) 750 ML        | .....\$14.99          |

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|                          |                         |
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| Amsterdam Vodka, Gin     | 1.75 Liters.....\$17.99 |
| Patron Silver Tequila    | 750 ML.....\$41.99      |
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**September 6 - 14, 2014 (9 Days - 12 Meals)**

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**Dec. 29, 2014 - Jan. 2, 2015**

**(5 Days - 6 Meals)**

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**Double \$2099\* • Book by June 29, 2014**

**& save \$100 per person!** Look for more information in the Senior Center Lobby

## 2014 SUMMER TRIPS

**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!



.....

**IT WILL SOON BE TIME AGAIN FOR THE... TURKEY TRAIN!**

**Thursday, October 9th**

**Cost: \$82.95**

**Join us as we travel to central New Hampshire and Lake Winnepesaukee** on

board our deluxe motor

coach for a day of fun and the wonderful sights of Fall Foliage.

Enjoy what millions of travelers come to New Hampshire for each year, the changing of the season and the magnificent fall foliage that can only be seen in New Hampshire. On our way North we will make a **Mystery Stop** that is sure to **"sweeten your day."** We then arrive in Meredith, NH on the shores of Lake Winnepesaukee for the Turkey Train.



ALL ABOARD the dining car to enjoy our **Turkey luncheon provided by Hart's Turkey Farm.** Our meal includes Roast Turkey, whipped potatoes, butternut squash, beverage, and a delicious sundae to top it all off.

Take in the foliage as the train rides along the shores of the Lake and through wooded areas to take in the fall foliage. We will depart after our train ride with great memories of day out! Call **508-485-6492** to reserve a seat.

.....

**BEST OF TIMES AND THE MARLBOROUGH SENIOR CENTER PRESENT:**

**JOEY VINCENT - COMEDY SINGER**



**Thursday, October 23rd • Cost \$79 • Lantana's Function Facility - Randolph, MA**

No matter what your taste in entertainment, the Joey Vincent show has something for everyone. Joey Vincent has been entertaining audiences throughout the United States and Canada for over 30 years. A fast-paced blend of musical impressions, stand-up comedy, singing, dancing and trumpet virtuosity, this unique show is one you shouldn't miss! From James Brown to the Jersey Boys, Stevie Wonder to Willie Nelson, Louie Prima to Luciano Pavarotti, Joey Vincent gives you an exciting, funny and CLEAN show that's sure to please. **Meal: Minestrone Soup, Roast Turkey Dinner with all the fixings (Gravy, Cranberry Sauce, Potato, Stuffing, Vegetable), Dessert, Coffee/Tea**

**THE MARLBORO DAY TRIPPERS  
ARE GOING TO THE NEWPORT  
PLAYHOUSE ON SUNDAY,  
SEPTEMBER 14TH**

Come join your fellow travelers for an exciting day of fun and laughter. After arriving we will enjoy a buffet lunch featuring many choices of food. After lunch we will proceed to the theater where we will see a comedy full of fun and laughs **"Murder at the Howard Johnsons"** After the play we return to the dining room for cabaret.

The cost of this trip is **\$75.00 per person** Payment is due by Sept 6th and cancellation date is no later than Sept. 3rd. There will be no refunds after the cancellation date.

Make checks payable to Robert Hall and mail to Paulina Lynch at 69 Tremont St., Marlborough, MA 01752. For more information call Paulina at 508-485-3741 or Robert at 508-481-6630.

Marlboro Day Trippers or Robert Hall (Trip Coordinator) are not responsible or liable for injury, loss, damage, delay, cancellation or expense from weather or other causes.

| MONDAY                                                                                                                                                                                                               | TUESDAY                                                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                                                                                                                              | FRIDAY                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <b>1</b>                                                                                                                                                                                                             | <b>2</b>                                                                                                                                                                                                                                                                           | <b>3</b>                                                                                                                                                                                 | <b>4</b>                                                                                                                                                                                                                                                                                                              | <b>5</b>                                                                                                                 |
| <b>CLOSED FOR LABOR DAY</b>                                                                                                                                                                                          | 9:00 ESL<br>9:00 Floor Yoga<br>10:00 Chair Yoga<br>10:30 Wayside Water Aerobics<br>11:15 Pilates<br><b>1:00 Podiatrist</b><br><b>2:00 Gary Hylander - Part I</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><b>9:00 - 3:30 Reflexology, Mani, Pedi</b><br>10:15 Bingo<br>12:00 -2:30 Bingo<br>1:00 Movie Time                                  | 9:00 ESL<br>9:00-11:00 Wellness Clinic<br>10:00 Zumba<br><b>10:30 Wayside Water Aerobics</b><br><b>11:00 English Conversational Circle/lunch/special program</b><br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br>2:00 Investment Seminar<br><b>2:30 NEW "Line Dancing"</b>                                    | 8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br>BIG COOKIE DAY!<br>Sponsored by Christopher Heights Assisted Living |
| <b>8</b>                                                                                                                                                                                                             | <b>9</b>                                                                                                                                                                                                                                                                           | <b>10</b>                                                                                                                                                                                | <b>11</b>                                                                                                                                                                                                                                                                                                             | <b>12</b>                                                                                                                |
| <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 Lunch<br>1:30 Hand Waxing<br>1:30 Water Color                                    | <b>VOTING DAY!</b><br><b>8:45 COA Board Meeting Walker Bldg, 1st flr</b><br>9:00 ESL<br>9:00 <b>NO</b> Floor Yoga<br><b>9:40 Wayside Water Aerobics</b><br>10:00 <b>NO</b> Chair Yoga<br>11:15 <b>NO</b> Pilates<br><b>3:30 Digital Photography</b><br>6:30 Zumba                  | <b>9:00 Friendly Visitor Mtg at Coffee Loft</b><br>9:00 30/30 Exercise<br>10:00 Multicultural Computer Club<br>10:15 Bingo<br>12:00 -2:30 Bingo<br>1:00 Movie Time                       | 9:00 ESL<br>9:00-11:00 Wellness Clinic<br><b>9:40 Wayside Water Aerobics</b><br>10:00 Zumba<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><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>1:00 Computer Club                                                  |
| <b>15</b>                                                                                                                                                                                                            | <b>16</b>                                                                                                                                                                                                                                                                          | <b>17</b>                                                                                                                                                                                | <b>18</b>                                                                                                                                                                                                                                                                                                             | <b>19</b>                                                                                                                |
| <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 Lunch<br><b>1:30 Honky Tonk Man</b><br>1:30 Hand Waxing<br>1:30 Water Color      | 9:00 ESL<br>9:00 Floor Yoga<br><b>9:40 Wayside Water Aerobics</b><br>10:00 Chair Yoga<br>11:15 Pilates<br><b>1:00 Legal Clinic</b><br><b>1:00 Book Club</b><br><b>5:30 What you should know about Medicare Open Enrollment</b><br>6:30 Zumba                                       | <b>8:30 Walking Wonders</b><br>9:00 30/30 Exercise<br>10:15 Bingo<br>12:00 -2:30 Bingo<br>1:00 Movie Time<br><b>2:30 Garden Club Craft Time</b>                                          | 9:00 ESL<br>9:00-11:00 Wellness Clinic<br><b>9:40 Wayside Water Aerobics</b><br>10:00 Zumba<br><b>11:00 English Conversational Circle/lunch/special program</b><br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br><b>1:30 Legal Advice with Arthur Bergeron</b><br><b>2:30 NEW "Line Dancing"</b><br>6:30 Zumba | <b>8:30 Scallop Festival</b><br>8:30 Cribbage<br>9:00 Chair Yoga<br>10:15 Tai-Chi<br>1:00 Computer Club                  |
| <b>22</b>                                                                                                                                                                                                            | <b>23</b>                                                                                                                                                                                                                                                                          | <b>24</b>                                                                                                                                                                                | <b>25</b>                                                                                                                                                                                                                                                                                                             | <b>26</b>                                                                                                                |
| <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 Lunch<br><b>1:15 Senior Whole Health</b><br>1:30 Hand Waxing<br>1:30 Water Color | <b>8:00 Men's Group</b><br>9:00 ESL<br>9:00 Floor Yoga<br><b>9:40 Wayside Water Aerobics</b><br>10:00 Chair Yoga<br><b>10:00 Museum of Fine Art Trip</b><br><b>11:00 Bowling</b><br>11:15 Pilates<br><b>2:00 Tenant's 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>10:00 Multicultural Computer Club<br>10:15 Bingo<br>12:00 -2:30 Bingo<br>1:00 Movie Time                                           | 9:00 ESL<br>9:00-11:00 Wellness Clinic<br><b>9:40 Wayside Water Aerobics</b><br>10:00 Zumba<br><b>11:00 English Conversational Circle/lunch/special program</b><br>11:00 Cardio & Weights<br>11:00 Latino Comp. Club<br>2:00 Investment Seminar<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>1:00 Computer Club<br><b>2:00 Gary Hylander - Party II</b>          |
| <b>29</b>                                                                                                                                                                                                            | <b>30</b>                                                                                                                                                                                                                                                                          |                 |                                                                                                                                                                                                                                                                                                                       |                                                                                                                          |
| <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 at <b>Chez Siam</b><br>1:30 Hand Waxing<br>1:30 Water Color                      | 9:00 ESL<br>9:00 Floor Yoga<br><b>9:40 Wayside Water Aerobics</b><br>10:00 Chair Yoga<br>11:15 Pilates<br><b>2:00 Silent Movie &amp; Piano Man</b><br>6:30 Zumba                                                                                                                   | <b>20% OFF EVERY TUESDAY FOR SENIORS (55 &amp; OVER)</b><br><b>PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</b><br>222A EAST MAIN STREET • MARLBOROUGH, MA 01752 • 508-485-5191 |                                                                                                                                                                                                                                                                                                                       |                                                                                                                          |

## LESSON LEARNED THE HARD WAY

By Charles Fraser

(Member of Marlborough Senior Center)

I'm writing this column to confess that due to my own inattention (laziness), I've been paying too much money to one of my electricity providers. Yes, "providers", plural, thanks to a Massachusetts Legislature Bill passed several years ago. It created a competitive method of pricing electricity to Mass. customers. In theory it is good but requires attention and work by the customer to achieve the full benefit of the Bill. My inattention has cost me quite a bit of money. The basic plan was widely advertised when introduced and I accepted a competitive price contract. Then I "fell asleep", didn't pay attention to the details (the small print). I hope this column will help wake up other sleepers.

I've been aware my electricity bill from National Grid has been creeping up but lazily chalked it up to inflation until my recent bill informed me that my electricity supplier company, Dominion, was being changed to a company called NRG Residential Solutions. That woke me up because I hadn't authorized that change. I called a National Grid Customer Service Agent, a very nice well informed lady, and spent more than a half hour becoming educated. She confirmed that NRG had notified them of the change. I later found out it was legal because Dominion was going out of the electricity supplier business and that by their mutual agreement, gave my name to NRG.

Then things got interesting. I mentioned that Dominion was charging me over 12 cents for a kilowatt hour, the standard unit electricity usage. The nice lady said something like "Oh My" and informed me National Grid's "standard offer" was currently a little over 8 cents a kilowatt hour. I did the math later and found I had paid Dominion an extra \$17 more in my recent monthly bill than if I were paying National Grid its "standard offer" rate! I'm embarrassed to think how many months that had been going on.

She gave me some more useful information and I received some more from NRG when I was negotiating for a new contract. (National Grid is considered a carrier and does not offer a contract. Their "standard offer" rate is variable and can change any time....think energy shortage.) Here are some other bits of information I picked up that may be useful to you if you pay an electricity bill. Remember this is all verbal information, subject to error on my part.

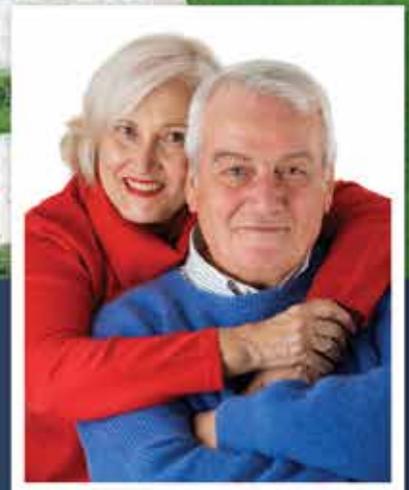
- The many electricity supplier companies can offer a 5 or 6 month contract.
- If you accept the contract and then break it before it ends, you must pay a penalty for every month left on the contract. NRG tells me it is 10 dollars they charge for each remaining month.
- Here is what I consider a "dirty little secret". At the end of the contract the company is not obligated to tell you the contract is ending. They can quietly move your name from their Contract List to their No-Contract List and change your rate to anything they can legally get away with. I'm sure it will be a slow increase and I think that is what happened to me. So it is up to you to initiate a new contract with your current supplier, a new supplier or change to your carrier company's (in my case, National Grid) "standard offer". Nobody is going to do it for you.
- I have not found a list of contract rates offered by the numerous electricity company suppliers. It may not exist because of rapidly changing costs. I was told that I would have to call each individual supplier to get a quote. (This where the work for you comes in the equation.)

When I find out the finish date of my new contract, it will become a big action item on my kitchen calendar. I hope the above information will have some value for you. Writing it has helped me get rid of that big angry chip on my shoulder.

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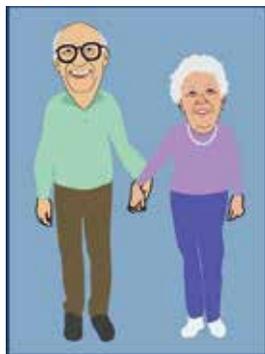
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## ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron



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

### WHY FRANK AND MARY ARE WALKING "THE WALK"

Do you know someone who has Alzheimer's disease? Do they need help? Did someone close to you, a family member or friend, suffer from the dementia caused

by Alzheimer's before they died? Do you worry that you or someone you love may have it or that you may get it in the future? Supporting the Alzheimer's Association can make a difference in the fight to find a cure.

The Alzheimer's Association has four basic missions.

(1) It helps people who have Alzheimer's disease right now. (2) It maintains a 24/7 Helpline: 1.800.272.3900. The line is staffed by people at the national and state level who can answer your questions, help guide you through that emergency in the middle of the night, refer you to local professionals who can screen for a diagnosis, and point you to local support groups to help you and those you love through those difficult times. (3) The Alzheimer's Association also provides advocacy at the state level, to improve nursing home care, provide training for hospital employees who deal with Alzheimer's patients, and make state programs more accessible to people with Alzheimer's.

Finally, and probably most important for us and our children, (4) the Alzheimer's Association is a leading funder of research into what causes Alzheimer's, how it can be detected before the telltale dementia symptoms occur, and how the progress of the dementia can be slowed or stopped. This crucial work will take many years and millions of dollars in research. Only a sustained national effort can make it happen. The Alzheimer's Association is the driving force behind that national effort.

If you have been to one of my elder law seminars, then you know my friends "Frank and Mary," the fictional couple I use to illustrate the challenges that all elders face. This year, Mirick O'Connell is again sponsoring Team Frank and Mary at the annual Alzheimer's Association's Walk to End Alzheimer's in Worcester on Sunday, September 28th at Quinsigamond Community College. Please join us and take a short walk to show your support for the Alzheimer's Association. The Walk route is relatively flat and no more than 3 miles.

For more information on our team, visit Frank and Mary's walk page at <http://tinyurl.com/l8l98k5>. For more about the Walk, contact: Walk to End Alzheimer's MA/NH | 508-799-2386 | [alzwalkMANH@alz.org](mailto:alzwalkMANH@alz.org). To learn more about the Alzheimer's Association and all they do, check out their website at <http://www.alz.org/manh/>.



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Watch our elder law  
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"ElderLawFrankAndMary"



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# SEEK HEALTHY AGING IN SEPTEMBER

September is *Healthy Aging month*<sup>®\*</sup>—a month dedicated to promoting health physically, mentally, socially and financially. This month is all about taking the time to appreciate the positive aspects of growing older.

## A FEW “SECRETS” TO HEALTHY AGING

- **Get your health screenings**—this could mean for women over 40 getting a mammogram, or for men over 50 getting a prostate exam. These screenings can catch potential health risks early on.
- **Eat healthy**—pay attention to the good nutrition advice from your doctor and health care experts. Focus on eating fruits, vegetables and whole grains.
- **Get moving**—choose an exercise routine that suits your style, whether it’s walking, dance classes or yoga. There is a fitness routine for everyone. Try a few!
- **Be social**—meet up with friends and join a volunteer group.
- **Keep to a plan**—create and maintain goals for your finances, which can help keep your stress levels down.
- **Rest**—sleep is very important to your health, both physically and mentally.
- **Try something new**—by traveling to a new place, taking a class, exploring a new hobby or leisure activity.
- **Focus on happiness**—Depression is nothing to be ashamed of and can be treated. Discuss your symptoms with your doctor. A positive outlook promotes healthy aging.



## START WITH SEPTEMBER

Use this month as a transition period to improve your overall health. Write down how you’d like to improve your health and wellness—and start taking “baby steps” toward your goals. It’s never too late to get started on a plan and a lifestyle that makes you feel your best!

\* *This is an annual health observance created by Healthy Aging<sup>®</sup> Magazine.*

## SEPTEMBER 23 IS FALL PREVENTION AWARENESS DAY

As the first day of the fall season, this day was chosen to promote awareness and prevention of falls! One third of people over the age of 65 fall each year—but in many cases these falls could have been avoided.

### Ways to help prevent a fall:

1. Take an exercise class that works on strength and balance (such as yoga or tai chi).
2. Review your medications with your doctor or pharmacist—some side effects such as dizziness and low blood pressure can increase your risk of falling.
3. Get your eyes and ears checked every year for vision and balance problems.
4. Hazard-proof your home—clear pathways, secure rugs, increase lighting, etc.
5. Get your family involved in maintaining a fall-proof environment. Falling is not just a senior issue!

To learn more, visit [fallonhealth.org](http://fallonhealth.org) and under “Helpful Tools” (along bottom) click on Healthwise<sup>®</sup> Knowledgebase, then search “fall prevention.”

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).

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Learn more about your options at [www.bluecrossma.com/medicare](http://www.bluecrossma.com/medicare)  
or call **1-800-678-2265** (TTY: **1-800-522-1254**).



MASSACHUSETTS

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