

MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS VOLUME 2, NO. 5, MAY 2015

*“The world’s favorite season is the spring.
All things seem possible in May”*

- Edwin Way Teale

The Butterfly Place

Come escape into the tranquility of an indoor garden filled with hundreds of freely flying butterflies from all over the world at *The Butterfly Place* with lunch catered by the Olive Garden. More info on page 8.

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MANAGING Spring Allergies & Asthma

The weather is warmer, the sun is shining and the first thing on the list is to whip open those windows and get to spring cleaning. WAIT! If you are an allergy sufferer and even moreso, an asthmatic, this



season can be one of irritation and discomfort. Allergies and asthma are not the same thing. An allergy is noted as a damaging immune response by the body to a substance such as pollen or fur. Asthma is defined as a chronic inflammatory disease of the airway. Not all people who suffer from allergies have asthma and not all people who have asthma have allergies. However, for those who have both, an allergy can trigger an asthma attack.

Therefore, it is imperative that you work with your doctor to understand your allergies and know exactly what triggers them. Once that is determined, a plan can be put in place to avoid or address your approach to those allergens. If you are both, an allergy sufferer and asthmatic, again, working closely with your doctor to understand allergies and asthma treatments is critical to properly treat yourself during this time of year whereby allergens are high. Knowledge is power. Arm yourself with information from your doctor, putting a plan together on what to do should you suffer from allergies or worse yet an asthma attack. Knowing when to go outside, what the allergy levels are for the day and taking simple precautions such as keeping windows closed, wearing a mask while gardening, will help you enjoy the long awaited spring season.

Article Written By: Wingate At Sudbury

WINGATE AT SUDBURY IS NOW OFFERING

Please join this new program as we discuss, learn and support each other in the area of pulmonary disease. This group is open to anyone, with COPD, CHF, heart failure, is on oxygen, bipap, inhalers recurring pneumonia and their care givers. We will offer educational topics, new devices, and supports. **At the Wingate At Sudbury location only!**



MARLBOROUGH COUNCIL ON AGING & SENIOR CENTER

40 New 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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JOB AVAILABLE- COA TRANSPORTATION PROGRAM-DRIVER - STIPEND POSITION \$5000 A YEAR

We are looking for a steady and older adult friendly driver for our new van arriving this summer. This is a 15 hour week commitment and the person selected will receive a \$5000 stipend over a twelve month period. To qualify for this position you must complete a day and a half of training from MassDOT Drivers Certification Program. If you are interested in this driver position please drop off your resume to Jennifer Claro at the Senior Center, complete CORI application and complete Driver's Training Program. Come enjoy helping our Senior Center friends come to the center, go grocery shopping and attend a doctor's appointments.

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Open House - Great Success...

NEW SERVICE - HAIR SALON SERVICES STARTING WITH SPECIAL MAY DISCOUNTS... 1/2 OFF ON WASH AND STYLE!

Come meet **Karen Navedo**, who we are glad to have at our center providing her professional services. Karen currently is the hair stylist at the Mary Esther Center, Notre Dame and the Life care center in Auburn. Come in and give Karen a try at a new you! For other services offered please see Hairdresser Request Form found in the lobby. Speaking of new services I want to thank the volunteers, **Friend of the Marlborough Seniors and COA Board** and our staff members **Ana Cristina Oliveira, Susan Maki, Linda Goodwin and Lisa Martino** for an amazing open house. What a great effort made by all and how about the many floral arrangements donated by the **Colonial Garden Club of Marlborough...** so unique and simply pretty, thank you garden club members and **MaryLou Vanzini** for your coordinating efforts.

Also, making our open house so memorable was the fantastic fruit trays and carvings donated by **Ednalava's Fruit Decorating...** absolutely amazing! As hundreds enjoyed the fruit displays, we must thank **Christopher Heights** for donating all the homemade pastries and muffins, fresh fruit and punch... what a wonderful gesture! And, what about the quiche and the Brazilian h'ordorves that we all enjoyed at mid-day, a special thanks to **Assabet Valley Technical High School Hospitality Program** that donated the quiche; and to our **Multicultural Outreach participants**, that gave the wonderful variety of favorable foods for this memorable open house! There were many partners that made this day a one to remember including our **police detail officers** who assisted in directing traffic, once again thank you.

TRANSPORTATION CHANGES

Please note the MWRTA we will not be able to process any more applications for **new riders** as of March 27, 2015 until further notice. This will mean that the COA Transportation Program **will not be** able to provide transportation to medical appointments outside of Marlborough. We hope to remedy this problem in the near future. However, if you are in a hardship situation regarding accessing transportation for a medical appointment, please call Ana Cristina, Outreach Coordinator at **508-485-6492, ext. 32109**. We will continue to keep you abreast of any changes in our transportation program.

Sincerely, *Jennifer Claro*



THE BILLIARDS ROOM IS OPEN!

How nice it has been to look over and see so many people enjoying the great space!!

- An 8-ball senior league will be starting up in the fall...stay tuned for details!!
- Stop by to shoot a round with a friend or practice "clearing the table" on your own!

PING - PONG OPENING DAY

When: Tuesday, May 19th

Time: 2:00 PM

Come down and brush up on your game so you can take a "swing" at the up-coming tournament! The tables will be available every other Tuesday from 2-4 PM. Dates for June are the 2nd, 16th, and the 30th.

Hope to see you there!



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- WHITNEY PLACE Assisted Living Residences
- BEAUMONT Skilled Nursing and Rehabilitation
- SALMON VNA & Hospice



NEED HELP WITH PRESCRIPTION DRUG COSTS? PRESCRIPTION ADVANTAGE MAY BE YOUR ANSWER!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on income only and there is no asset limit!

Who can join?

If you are a Massachusetts resident, eligible for Medicare, and are:

- 65 years or older with an annual income at or less than \$58,850 for a single person or \$79,650 for a married couple

OR

- Under 65 years and disabled, with an annual income at or less than \$22,128 for a single person or \$29,948 for a married couple.

You may also join... if you are 65 years or older and not eligible for Medicare. There is no income limit.

There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$35,310 for a single person and \$47,790 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. You may also apply on line by going to www.prescriptionadvantagemass.org.

For further assistance with any Medicare issue, contact the SHINE Program. 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. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

A PRÁTICA DE EXERCÍCIOS É VITAL PARA A QUALIDADE DO SONO.

Acordar pela manhã com a sensação de que não descansou, sentir os músculos necessitarem estiramento, corpo cansado, a restrição do sono em razão dos compromissos, o excesso de responsabilidades no trabalho, escola ou faculdade, família, o uso de medicamentos, as preocupações e ansiedade acabam por influenciar nas noites de sono. Tudo isso ocasiona problemas com as atividades que exigem concentração e repouso, problemas de memória, aumento do nervosismo e irritabilidade, mudanças nas funções do organismo, tensão e estresse.

A falta de exercícios, também denominada sedentarismo, aumenta em função das facilidades produzidas para o bem estar humano. As pessoas, até mesmo para comprar o pão matinal, costumam tirar seus carros da garagem para ir a padaria. A falta de tempo é o principal motivo para a não prática de exercícios, assim como o cansaço depois de um dia de trabalho.

Acontece que a atividade física é importante e traz muitos benefícios para a saúde. Libera hormônios que são benéficos contra depressão, aumentam em 37% ou mais o período de sono das pessoas com insônia crônica, emagrece e proporciona uma sensação de prazer em razão das substâncias liberadas em nosso organismo.

A prática de exercícios deve ser moderada, mas constante, para que não sejam desgastados os músculos e articulações e para que o sono não seja superficial em virtude do excesso de adrenalina liberada. Por isso, a atividade física não é recomendada próxima ao horário de dormir.

Quem pratica atividade física, dorme mais rápido, consegue relaxar e descansar, tem um sono mais profundo, menos fragmentado e de qualidade, se sente disposto, se concentra com maior facilidade possuindo melhor rendimento, emagrece e obtém melhora na qualidade do sono e, conseqüentemente, na qualidade de vida.

CAFÉ DA TARDE PARA AS MÃES

O grupo Multicultural **"VIVA MELHOR"** não poderia deixar de comemorar uma data tão importante para todos nós "O Dia das Mães.

Para isso convidamos as mães do nosso grupo latino para um Tea Party a ser oferecido na quinta-feira dia 7 de Maio, de 3 às 5 da tarde, no novo Senior Center (40 New Street) contamos c/a participação de vocês (Mães) para abrilhantar e alegrar nosso encontro.

Feliz Dias das Mães!!!!



INCLEMENT WEATHER GUIDELINES: Please remember **when schools are closed the senior center is closed** and this means there will be no transportation provided through the Senior Center and all services and programs administered at the senior center will not be available. Your COA Staff will report to work based on their best ability to ensure their safety. If you have an emergency need please feel free to call your center at **508-485-6492** for help.

SALON HAIR SERVICES OFFERED ON 2ND AND 4TH TUESDAYS

We are happy to introduce Karen Navedo who will be providing salon services at the Senior Center. Karen has her own facility in Marlborough at the Marie Esther house and has also worked in Auburn at The Life Care of Auburn for four years and at Notre Dame Long term for going on seven years. She is very passionate about her work and her clients and we are happy to have her. Karen will be available to make house calls on Tuesdays. Prices for women and men's haircuts are \$15.00, shampoo & conditioner is \$6.00, shampoo & set with conditioner is \$18 and haircut & blow dry with shampoo and conditioner is \$28. **1/2 off second Tuesday set & style.** Other services are available, call the Senior Center for an appointment at **774-289-9532**.

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 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. 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 **978-407-7658**.

COMPUTER CLUB AND TUTORING WITH BOB

When: Fridays
Time: 1:00 - 3:00 PM
Where: At the Senior Center

Everyone is welcome. Bring your laptop or tablet or use one we have at the center. Bring your questions or something you've learned and share.

Tutoring is available during computer club. Come ask those questions that you have been putting off. Give Bob, a volunteer and retired IT Tech, a call and he will set up a special appointment time just for you. Contact Bob at BobSal@gmail.com or **508-485-6484**.



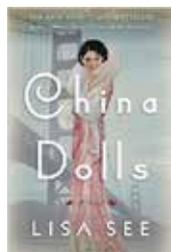
TAI-CHI FOR HEALTH AND BETTER AGING

When: Fridays
Time: 10:15 AM
Where: Senior Center

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. No pre-registration needed. A \$3 donation per class is requested.

BOOK CLUB

When: Tuesday, May 19th
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 May 19th is **China Dolls** by Lisa See. If you want to get ahead on your reading, the book for June 16th is **Off Season**, by Anne Rivers Siddons.

BOWLING TRIP!

When: Tuesday, May 12th
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.

GROUP PIANO LESSONS WITH DENNIS DEYO

When: Mondays
Time: 10:00 AM
Where: Senior Center Multipurpose Room

Dennis teaches group lessons at several locations in the area and he also teaches private piano lessons in his home studio and in private homes with a Spring Recital in June. Piano Books are \$22, and each class is \$3 payable at class time.



YOGA CLASSES AT MARLBORO SENIOR CENTER

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

MAY THEMES

Welcome the Marvelous Month of May...with these magnificent yoga classes and themes

May 5 & 8 - May Day Yoga
May 12 & 15 - Sunshine Yoga
May 19 & 22 - Gratitude Yoga
May 26 & 29 - Memorial Day Yoga

MOVIE TIME

Join Peg Bouvier for movie time!
Day: Wednesdays at 1:00 PM
at the Senior Center

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



May 6th:
On the Town
 - 1949, Musical
 - 1 hour 38 min
 - Comedy/Musical



May 13th:
The Theory of Everything
 - 2014, Drama
 - 2 hours 3 min



May 20th:
The Grand Budapest Hotel
 - 2014, Adventure
 - 1 hour 40 min



May 27th:
And so it Goes
 - 2014, Drama
 - 1 hour 34 min



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

AGE-RELATED VISION PROBLEMS



As you age, so do your eyes. You might find that you have difficulty reading small print or that you need brighter lighting at your desk. In addition, eye diseases that could lead to more-serious vision problems become more common with age. Consider cataracts. A cataract is a clouding of the normally clear lens of the eye. Most cataracts develop slowly and don't disturb eyesight early on. At first, stronger lighting and eyeglasses can help you deal with cataracts. Eventually cataracts can interfere with your vision. Left untreated, cataracts can lead to blindness. However, even with advanced cataracts, vision can usually be restored with surgery. Be sure to have regular checkups with your ophthalmologist so that any developing vision problems can be caught early.

— Source: Mayo Clinic



Have a question for the pharmacist?
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CRAFT CLASS**When: Friday, May 29th****Time: 1:00 PM**

We will be making Patriotic door hangings this month. Come on down to the center and join in the fun! Please call **508-485-6492** or sign up at the reception desk.

HEARING HEALTH CLINIC**Wednesday, May 13th****In the wellness room****11:00 AM - 1:00 PM****Have you Heard?**

It is recommended that everyone have a baseline hearing evaluation at the age of 55, as part of one's overall Wellness plan, to find out: How's Your Hearing? The Marlboro community is invited to call in and schedule a 10-minute hearing screening, free of charge, on Wednesday, May 13 between the hours of 11am and 1pm in the new Senior Center. **508-485-6492**.

Kristin Kemos, from the practice of Dr. Leslie Soiles, and New England Hearing Instruments, will meet with individuals in the Wellness office to screen for hearing loss and to discuss your hearing concerns.

New England Hearing Instruments partners with over 70 local primary care physicians to provide hearing healthcare in their Shrewsbury location off Route 20/Main Street. 24 Julio Drive, Suite 1 **508-845-5500**. Call for your appointment today!

ARTHUR BERGERON**LEGAL CLINIC****When: Tuesday, May 12th****Time: 1:00 - 2:00 PM****Elder Law 102: Knowing About and Qualifying for Government Benefits**

Whether you are at home, want to move to assisted living, or are in a nursing home, there are government programs that can help you afford to be there. In this seminar I'll be talking about MassHealth, the VA Aid & Attendance benefit, and state and local benefits programs that can help you afford the living arrangement of your choice. Please call **508-485-6492** or sign up at the reception desk.

MENS GROUP**GATHER YOUR FRIENDS THURSDAY, MAY 21ST We will be visiting The Collings Foundation in Stow, Ma**

The Collings Foundation has some of the most important pre-war American classic cars and historically significant racecars in the world!! It is quite a place... you will not want to miss this trip!

For more information and a detailed list of the extensive collection, visit them at www.collingsfoundation.org

We will depart the Senior Center by bus at 9:00 AM. After your tour a boxed lunch will be provided for you to enjoy there on the premises. When signing up, please specify your sandwich option: Roast beef, turkey breast, or ham. Cost of trip is \$25.00. Please call **508-485-6492** or sign up at the reception desk.

COMPUTER HELP WITH BOB

Come meet Bob in Computer Club on Friday's in April from 1-3 PM. He will be able to help anyone with computer technology, software programs such as email, SKYPE, create a folder and How to use HELP, or repairs and any other questions you may have about your computer. Bob has recently retired as a computer technician from the City of Marlborough's IT Dept. and the Public Schools. For an appt. call or email Bob and he will schedule to meet with you on individually during increments in 20 minute appointments. Contact information: **508-485-6484** or Bobsal@gmail.com

**When: Tuesday, May 26th**

Come escape into the tranquility of an indoor garden filled with hundreds of freely flying butterflies from all over the world! We will enjoy a delicious lunch of soup and salad complete with bread sticks and iced tea here at the center catered by the Olive Garden. Hope you can join us for what promises to be a lovely afternoon! LUNCH IS SERVED AT 12:00 PM AND THE BUS WILL PICK US UP AT 12:45 PM. COST OF TRIP IS \$25.00. Please call **508-485-6492** or sign up at reception desk.

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DON'T FALL INTO SPRING

With the arrival of spring comes the urge to throw open the windows and bring in that fresh spring air. It is a time of renewal, rebirth and Spring Cleaning! As you open your home up to spring, it is also a great time to assess your home for fall hazards. Preventing a fall is better than healing from one. Below is an initial list of some of the things to look at as you Spring Clean!

- 1. Remove and/or Secure rugs:** Many falls can be prevented with the removal of scatter rugs and the securing of larger rugs to the floor with tacks, non-skid pads or double-sided tape.
- 2. Clear the path:** At all times, make sure you can see where your feet are stepping. As you walk from room to room, check that there is a path that is clear of all furniture, clutter, and other trip hazards such as electric/phone cords, pet toys, books, papers, and the like. This also applies to your outside front and back walkways, patios and driveways. Check for frost heaves outside that may have cracked the concrete, asphalt or bricks making a trip-able edge.
- 3. Put non-slip strips on floors and steps:** The addition of non-slip strips on floors, stair edges and/or a rubber mat on the floor of your bathtub or shower will help give your feet some friction, especially in wet areas. You can buy these items at a home center or hardware store. Use only non-skid wax on waxed floors.
- 4. Grab Bars:** Have grab bars professionally installed in your bathroom. The tub/shower and at the toilet are the most common areas. Grab bars are now made in various finishes to look pleasing and can work as a towel bar, toilet paper holder, handheld shower slide bar, soap dish and many other fixtures within the bathroom.
- 5. Lighting:** Lighting is important for reading, tasks, walking and at night. Make sure you have adequate lighting in each room, at entrances, and on outdoor walkways. Use light bulbs that have the highest wattage recommended for the fixture. Have a light near your bed that is within easy reach, as well as a flashlight should you lose power during the night. If you have a staircase check to see that there is a working switch at the bottom and top and that the entire staircase is lit when on. Nightlights that light your path to and within the bathroom are important to help you navigate in the dark.
- 6. Hallways and stairs:** Have handrails installed at the correct height on both sides of stairs and/or hallways. This way if you must carry something while walking down the hall or up/down the stairs, you can hold the item in one hand and use the handrail with the other. If needed chair lifts can be installed to help you up/down.
- 7. Kitchen, Work and Living areas:** It is helpful to arrange items that are most frequently used within easy reach avoiding as much as possible the use of a step stool. If you must reach an item that is difficult, use a sturdy step stool that is tall enough to bring you close to your item, to avoid reaching.

As we sweep away this winter and start spring cleaning, use this list and start to take the opportunity to check your home for fall hazards. It is better to enjoy the coming of spring from your house than through a hospital window while recovering from a preventable fall.

*Carol Marie DeRienzo, RN, The Nurse Carpenter
Friends of Marlboro Seniors Board (officers-clerk)*

HAPPY HOUR AT THE SENIOR CENTER!!!

When: Thursday, May 28th

Time: 2:00 - 4:00 PM

WHAT A GREAT WAY TO KICK OFF SUMMER!

Steve Rudolph and his partner will play both, the keyboard and guitar while they serenade us with some great music for the afternoon! Hors d'oeuvres and beverages will be served. Please call **508-485-6492** or sign up at reception desk.

DID YOU OR YOUR SPOUSE SERVE OUR COUNTRY??

When: Tuesday, May 19th

Time: 2:00 PM

Learn how to receive up to 80 hours per month of free personal care from the VA! Vikki Levine from Comfort Zone home care will be here to give us some great information and to answer any questions. Light refreshments and a fun game of "scratch ticket trivia." Please call **508-485-6492** or sign up at the reception desk.

PANTRY STAPLES - THE HEALTH BENEFITS AND CULINARY USES OF STAR NUTRITION INGREDIENTS

When: Friday, May 22nd

Time: 11:00 AM

Everyone has an opinion about what to feed your body. You need to be only the slightest bit interested in food shopping to see the mind-boggling selections in your supermarket of ingredients that can answer the big food-health equation for you. Please call **508-485-6492** or sign up at the reception desk.

Some of the healthiest, tastiest ingredients are easy to use in new recipes and can also be less expensive than you think. PLEASE JOIN BARBARA GOLD, RD, CPC, BayPath's NUTRITIONIST TO HEAR ABOUT PANTRY STAPLES. You will learn about what to have on hand and how to create good, healthy food with star ingredients

DENTAL SERVICES ARE HERE AT THE SENIOR CENTER

When: May 15th

Donna Paschalides 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 at **508-485-6492** to schedule your appointment.





PODIATRIST

Appointments with

Dr. Cormier

Where: Senior Center

When: Tuesday,

June 2nd

Time: Appointments start at 1:30 PM and go until 3:30 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**.

SECOND SATURDAY

Date: May 9th

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 in good condition, or clothing, we will gladly accept and recycle these items to those experiencing hardship.

Requests must be received by

Thursday, April 30th, 2015. 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!

KNIT AND CROCHET

When: Mondays

Time: 11:00 AM

Where: Craft Room

Please come join the Knit and Crochet group ALL ARE WELCOME. This group does various outreach projects using their craftsmanship and big hearts as well as some may just wish to bring their own work and enjoy the company.

A special Thank You to all the wonderful ladies who helped out by making lap robes and knit hats for the cancer patients at Marlborough Hospital. Your efforts have been much appreciated! We will start this program up again in the fall.

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. 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. 32199** one week in advance and leave your name, phone number and date/time of the appointment and you will be contacted.

LOW VISION GATHERING

When: Thursday, May 21st

Where: at the Senior Center

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**.

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

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.

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 **508-573-7200** for menu selections. \$3.00 donation is requested.

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.

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**.

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.

FRIENDLY VISITOR VOLUNTEERS MEETING

When: Wednesday, May 6th

Time: 9:00 AM

Where: the Senior Center

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**.

WELLNESS CLINIC

Day: Every Thursday

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.

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.

ONE MORE REASON TO AVOID PROBATE

As many of you know, every year I present seminars at senior centers, libraries and other venues in a number of communities to keep people informed about elder law issues, things that keep my fictional elder clients, Frank and Mary, up at night worrying. This spring, like most years, I started with Elder Law 101, going over the basic legal issues that all seniors need to think about. Among those issues is whether it is worth structuring the ownership of your assets so that, when you die, your survivors can avoid the time and expense of the probate process.

Contrary to popular belief, you do not avoid probate by simply having a will. In fact, the opposite is true. Probate is the process that proves your will is valid.

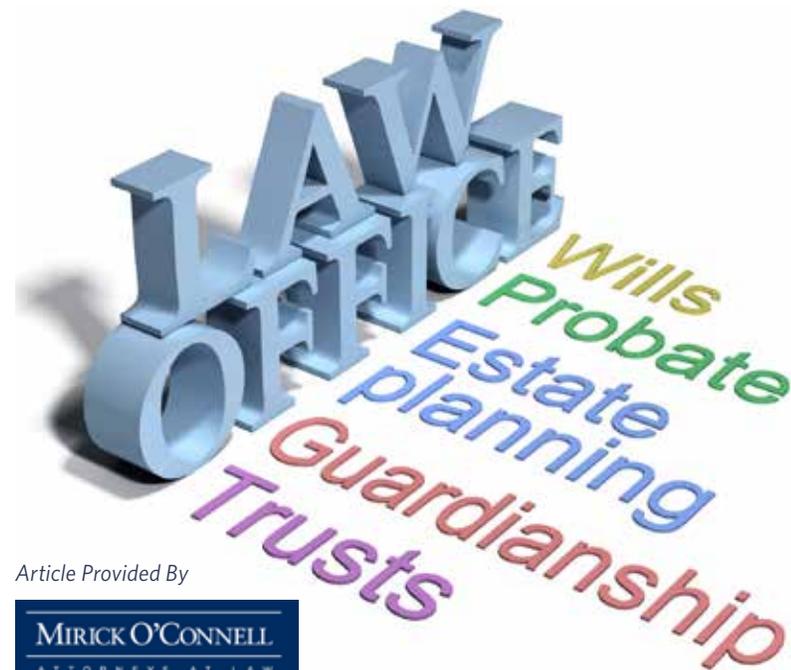
One point of the probate process is to determine who gets the assets that you own in your sole name when you die. If you have a will, you get to specify who gets what. If you have no will, then Massachusetts law has basically written a will for you and specifies how your assets will be divided.

In either case, though, any assets subject to the probate process are also subject to the claims of your creditors, who will get paid whatever they are owed before your family, friends, charities, or anyone else you have named in your will gets anything. If you are debt-free, this may not matter to you. However, if you are a senior and receiving MassHealth, then MassHealth will have a claim against your estate for an amount equal to all benefits provided to you during your lifetime.

If you want to stay at home even if you get frail, then you may want to qualify for the Frail Elder Waiver (FEW), a program through which MassHealth will pay for the home care workers necessary to keep you home. The cost of those workers, though, will turn into a claim against your estate. Also, if you go into a nursing home and you qualify for MassHealth, the amount Massachusetts pays on your behalf will be a claim against your probate estate.

You can avoid these claims by not owning any assets in your sole name when you die so that your estate has nothing to probate. You may structure your assets through the use of joint tenancy and life estates, among other planning tools. However, to do so, you need to act well before you need to qualify for MassHealth as there is a so-called look back period of five years. So, if you are worried about these things, you should act now. Keep in mind that planning to avoid probate in conjunction with planning to protect your assets is very complicated. Please seek legal advice before making any changes.

If you were unable to attend my seminar, Elder Law 101, you may watch it on my YouTube channel, www.YouTube.com/user/ElderLawFrankAndMary. If you have any questions regarding this topic or any other elder law matter, you can contact me by phone, 508-860-1470 or email me at abergeron@mirickoconnell.com. Finally, you can find more commentary about elder matters, on our blog at <http://mirickoconnelltrustsandestateslawblog.wordpress.com>.



Article Provided By

MIRICK O'CONNELL
ATTORNEYS AT LAW

MIRICK O'CONNELL

ATTORNEYS AT LAW

**To learn how Mirick O'Connell's
Estate Planning
Elder Law Attorneys
can assist you and your loved ones, contact**

Arthur P. Bergeron
508.860.1470
abergeron@mirickoconnell.com





**Watch our elder law
legal clinics on YouTube:
"ElderLawFrankAndMary"**



**Follow our Blog:
"Getting All Your 'Docs'
in a Row"**

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Excellence in client service.
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LOOK FOR BROCHURE INCLUDING ALL TRIP OPTIONS AND INFORMATION

MAY

- **Lantana's, Randolph, "Late Night Catechism"** uproariously funny play that takes the audience back to their youth, "A Howling Comedy" -*Catholic Standard and Times* - Gloriously Funny! -*Chicago Reader*
- Includes lunch and bus
- May 19th
- \$89, Best of Times

JUNE

- **A day at Pickity Place with Susan Maki**
Wednesday, June 17th, 2015
Cost of trip is \$45 and includes transportation and 5 course gourmet herbal luncheon. Please call **508-485-6492** or sign up at the reception desk.

JULY

- **Martha's Vineyard**
Tuesday, July 14th, 2015
Depart at 7:00AM as we travel to Falmouth to board the Island Queen ferry on arrival, a native guide will provide an onboard bus tour across the Island. From Oak Bluffs to Edgartown where you will find a nice lunch spot and then you can enjoy some shopping and sightseeing on your own before you will meet up with everyone for an enjoyable and complimentary dinner at the Old Country Buffet before heading home for 7:00 PM. \$84, Fox Tours.



AUGUST

- **The Statue of Liberty, Ellis Island and The 9/11 Memorial**, (Friends of our seniors are welcome to join the trip)
- Saturday, August 15, 2015
- Luxury WiFi Motor coach
- \$92, Fox Tours

- All About Quebec

- September 20-23**
- 4 Days and 3 Nights
- **Day 1:** The Palace Royal Hotel spend three evenings at this four star hotel near St. John Gate to the historic walled city-Dinner included in this night.
- **Day 2:** Exploring the Walled City with local guides and enjoy a nice dinner after visiting such places as Boardwalk of Dufferin Terrace by the Chateau Frontenac, Place Royal where Samuel Champlain first settled, Provincial Parliament and the ornate Quebec Basilica and complimentary dinner at the Palace Royal Hotel.
- **Day 3:** Exploring the Beupre Coast-sightseeing continues at St. Anne de Beupre, outdoor bread ovens,, Montmorency Falls and the Isle of Orleans-Dinner included at Café' de Paris tonight.
- **Day 4:** Duty Free Shopping and Bonjour et adieu Quebec-
- Approx \$679 pp Date TBD

WE ARE EXCITED TO ANNOUNCE TWO NEW TRIPS FOR OUR 2015 AGENDA!

SEPTEMBER

- **DUCK TOUR**
(quack quack)
Wednesday,
September 9th, 2015



Join us for an afternoon in the City! We will stop at both the Boston Common and Quincy Market before boarding the "DUCK" and touring the city by land and sea! Don't miss this fun time! \$74.00 pp.

NOVEMBER

- **LUNCH AND A SHOW**
Wednesday, November 4th, 2015
After a delicious luncheon at the **DAVERSPORT YACHT CLUB** we will head to the **NORTH SHORE MUSICAL THEATRE** for the acclaimed musical **SISTER ACT**. Please stop by the Senior Center or call Lisa Martino for additional information. \$113.00 pp.

FOXWOODS FUN!

\$25.00 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: May 4

Please call Ellen Dew at: **508-481-7868** for your reservation and more information. Also enjoy some BINGO on the bus!

GET ON THE *PATH* TO NEW CUSTOMERS!

ADVERTISE IN
Marlborough Seniors
on the go!



Senior Center Communications, LLC

Connecting Seniors with Consumer Brands through Senior Center Communications

www.seniorcentercommunications.com

Tom Keller - Regional Director
508-361-7000

tom@seniorcentercommunications.com



Stella Mockus: In memory of my brother-in-law John Mockus.
Richard & Valerie Galvin and Helen Wasiuk: in memory of John Mockus

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 2015. 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: _____

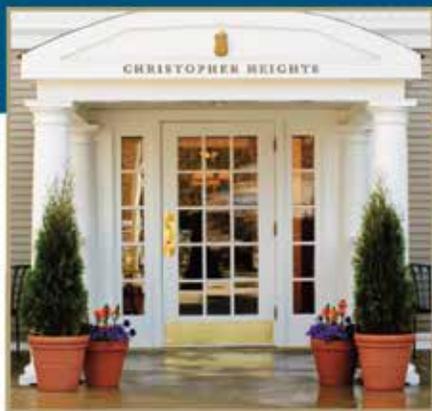
Street Address: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: _____



CHRISTOPHER HEIGHTS™ of Marlborough AN ASSISTED LIVING COMMUNITY



Visit our website at www.christopherheights.com and take a virtual tour of our neighborhood.

- Financial options to help you
- 1.5 hours of daily assistance with personal care needs
- Medication reminders
- Safety checks
- 3 chef prepared meals daily
- Laundry & housekeeping
- A full social calendar

No Hidden Fees - The Christopher Heights Difference!

99 Pleasant Street, Marlborough, MA 01752

Our doors are always open!

Call for a tour - 508-281-8001

~ Spring Safety Tips for your Pet ~

Its time to get out and take in the nice weather! Pets experience cabin fever too! Its time to get them out and moving and taking in all that Spring has to offer. Here are a few Spring Safety tips to keep in mind as the weather progressively gets nicer:

1) Put Away Cleaning Supplies - pets are curious and want to know what's in those cans and bottles. Put cleaning supplies out of reach of your pet as many of these supplies are dangerous. If the bottle does not say "pet friendly", it's not. Consider purchasing pet friendly cleaning products.

2) Flea and Tick Treatments - start these treatments if you have not continued through the winter months. Starting early increases the pets chances for protection.

3) Pet Tagging - make sure your pet has a collar with tags. Now that they are outside, they may wander. Tags are the best way to make sure they come back.

4) Screens Tight and Shut - test your screens. No one wants their pet to trust a screen only to find out it led them to fall out a window.

5) Keep Pets Away from Plants - some pets like to munch on a plant or two as they sprout from the ground. Break out your plant guide to better understand what is toxic to your pet and watch for signs of discomfort. See a veterinarian immediately if your pet ate a plant and then shows signs of being sick.

6) Stick to the Frisbee - allowing your pet to chew on sticks can cause choking or severe injuries. Try to interest your pet in a Frisbee or safe, appropriate sized chew toy.

Like humans, pets are happy the nice weather is here. Using these safety tips as a guide will ensure a safe and active time for you and your pet.



MARLBORO
Animal
HOSPITAL

**IN THE HOSPITAL
OR IN YOUR HOME**

Providing Quality Veterinary Care Since 1964

Preventative Medicine **Laser Therapy** **Digital X-ray** **House Calls**

Non-Anesthetic Dental **Pharmacy** **Surgery** **Nutrition Counseling**

441 Lakeside Ave., Marlboro, MA 01752

Phone: **508-485-1664**

www.homepethealth.com

HOURS:

Monday & Friday 7:30 am - 4:00 pm

Tuesday - Thursday 7:30 am - 7:30 pm

Saturday 8:00 am - 2:00 pm



Full
Service
House Calls

**HOUSE CALL FEE
WAIVED FOR SENIORS!**

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 **pick one up at the Senior Center or call 508-485-6492 and ask for ext. 33** which is the Transportation line for the senior center's transportation program.

Also, we have a booklet available at your senior center that explains all transportation options for seniors living in the Marlborough community. Please remember this transportation program is based on a first come first served basis. **This service is provided in part by a grant through Bay Path Elder Services, Executive Office of Elder Affairs using Title III Older American Act Funding. Due to federal funding being used for this service, we are providing a "voluntary donation opportunity" to continue and further enhance this transportation program. Your participation in this voluntary donation will by no means inform or influence this delivery service. Enjoy your ride!**

MAY AND EARLY JUNE, 2015		
9:30 AM - 12:30 PM		
Monday	May 4	Solomon Pond Mall
Monday	May 11	Wal-Mart
Monday	May 18	Harry's restaurant - Westboro
Monday	May 25	No trip - Memorial Day
Tuesday	May 5	Price Chopper
Tuesday	May 12	Hannaford's
Tuesday	May 19	Market Basket & BJ's
Tuesday	May 26	Wal-Mart
Monday	June 1	Solomon Pond Mall
Tuesday	June 8	Wal-Mart
Monday	June 2	Price Chopper
Tuesday	June 3	Hannaford's

Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

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

Answer to Previous Sudoku



CROSSWORD PUZZLE

- ACROSS**
- 1 Vehicle compartment
 - 4 Bad (pref.)
 - 8 Legal weight of a rupee
 - 12 Certified Public Accountant (abbr.)
 - 13 Chin. dynasty
 - 14 Olive genus
 - 15 Mulberry of India
 - 16 Hing
 - 18 Jutelander
 - 20 Mother of Pollux
 - 21 Dadaist
 - 23 Carriage
 - 25 Syphilis
 - 26 Oaf
 - 27 Palestine Liberation Organ. (abbr.)
 - 30 Lady's title
 - 31 Civet
 - 32 Limb
 - 33 Adjective-forming (suf.)
- DOWN**
- 1 Circuit Court of Appeals (abbr.)
 - 2 Amazon tributary
 - 3 Alopecia
 - 4 Sing

ANSWER TO PREVIOUS PUZZLE

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

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			

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A17

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

THE WESTENDER
Your Upscale Sportsbar & Grill

\$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 5/31/15.

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 5/31/15.

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 5/31/15.

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 5/31/15.

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 5/31/15.

Welly's Restaurant

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

508-281-2091
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 5/31/15.

NEWS FROM SUSAN MAKI, SOCIAL SERVICES COORDINATOR

PICKITY PLACE

The Marlborough Senior Center will be going on our second annual trip to Pickity Place in Mason, N.H. on Wednesday, June 17th. Pickity Place is a 200 year old cottage which includes lush herb and perennial gardens. The Garden Shop and Greenhouse sell hundreds of herbs, perennials, heaths and heathers. The Gift and Herb Shop has thousands of unique items including New Hampshire made, unusual gifts, and, of course, herbs.



In the bookstore and "Red Riding Hood Museum", you will learn about how the 1786 cottage was used for the illustration of the childhood classic "Little Red Riding Hood." Book lovers will find a wide selection covering such topics as medicinal and magic herbs, wreath making, flower drying, gardening, and cooking.

Pickity Place includes a 5 course gourmet herbal luncheon made from the freshest ingredients and accented with herbs and edible flowers grown and harvested from their culinary gardens. For June, the main entrée is a choice of chicken saltimbocca with homemade basil mozzarella, or wilted greens and wild mushrooms over creamy polenta.

The cost of the trip is \$45.00 which includes transportation and the 5 course gourmet luncheon. Stop by the Senior Center if you are interested in participating in this unique experience. The trip is limited to 12 participants, so remember to stop in and sign-up early in order to reserve a seat.

PLEASE NOTE: THIS TRIP REQUIRES A LOT OF WALKING ON UN-PAVED PATHWAYS...PLAN ACCORDINGLY! THE BUS WILL PICK US UP HERE AT THE CENTER AT 11:00 A.M. LUNCH IS SERVED AT 12:45

LIBRARY - The Marlborough Public Library has generously contributed large print books, audio tapes, and DVD's to our beautiful new library. Every few months they will bring new material for everyone to enjoy. There is a bin located in the library for returns. We are no longer able to accept books, DVD's, or puzzles. Thank you for all of your past contributions.

HEARTHSTONE ALZHEIMER SEMINAR AND TRAINING

Friday, May 15th 9:00 AM - 1:30 PM
LUNCH WILL BE PROVIDED

Please join us for an informative training session featuring Hearthstone Alzheimer Care's award winning I'm Still Here™ approach. Backed by over twenty years of research and field-tested extensively, this approach is taught and utilized in state-of-the-art memory care programs throughout the US and internationally.

The I'm Still Here™ philosophy provides a proven method for increasing quality of life while reducing the behaviors that caregivers often find challenging. In this four hour innovative training session, caregivers will learn how to use Hearthstone's time-tested methods to create strategies for successfully caring for and engaging their loved one at home.

Participants in this training session will learn about:

- Reducing repetitive question asking
- Reducing resistance to bathing
- Dining out with your loved one
- Successful communication techniques
- Making your home "dementia friendly"
- Activities you can do with your loved one
- Keeping relationships with family members and friends
- Creating memory cues that can help maintain independence

Please call **508-485-6492** or sign up at reception desk.

MONDAY'S BLUE PLATE SPECIALS

All lunches are at 12:00 PM **Please note the new Time**

Sign up at the Senior Center Office by Friday-noon prior to Monday's lunch. 508-485-6492. Unless otherwise noted, meals will be served at the Senior Center. VEGETARIAN OPTION AVAILABLE UPON REQUEST

May 4th: The Plum Tomato

TPT HOUSE SALAD- Signature salad mix with dried, sweet cranberries, green apple, toasted almonds and may tag blue cheese served with raspberry vinaigrette dressing. Homemade macaroni and cheese with rolls and butter. Jell-o parfait for dessert, beverage included. \$6.00

May 11th: Boston Market

Roast turkey, mashed potatoes with gravy, steamed vegetables, and their famous corn bread. Beverage and dessert included. \$6.00

May 18th: Marlboro House of Pizza

Ziti with chicken and broccoli in a garlic sauce, garden salad, rolls and butter. Beverage and dessert included. \$6.00



KNOW YOUR ALLERGY TRIGGERS

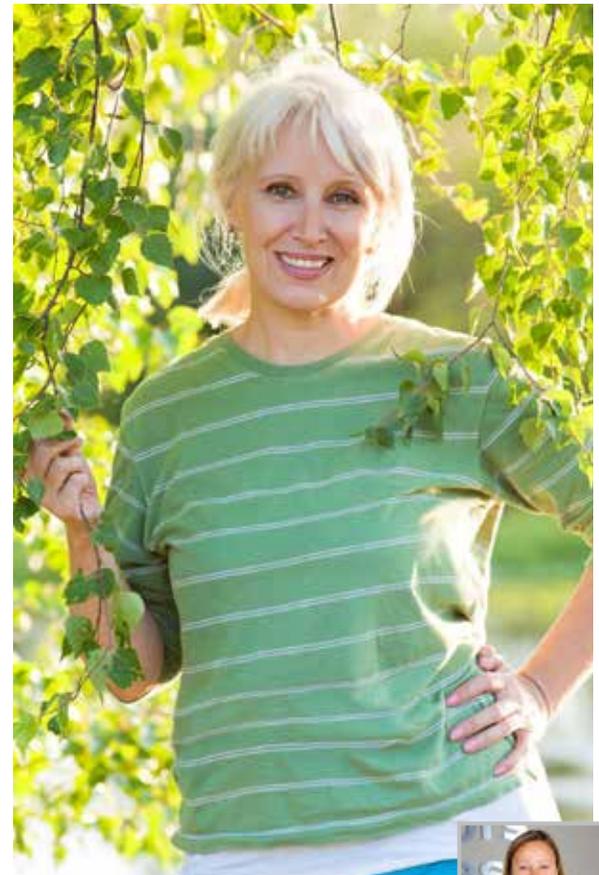
Spring has sprung. Flowers are blooming, grass is getting greener, temperatures are warming. This is the time that people migrate out of their homes and get outside.

After all, you have been patient through those cold winter months. For those with spring allergies, this time of warmth and color can also be the time of dreaded itchy, watery eyes, irritated noses and sheer discomfort. There are steps you can take to address spring allergies and what triggers them.

First off, know your triggers. Focus on when and what makes YOU react. Pollen, mold, dust mites and grasses are all common triggers. Educating yourself and taking the time to better understand what triggers your reactions is going to help you understand what you need to do to either avoid them or limit your interaction with these triggers.

If pollen is your trigger, keep your windows closed both in your home and in your car. Look at the local pollen report which is on the news or download local app to your phone. There is a wealth of information on what the day will bring. Become aware of the pollen levels and make choices based on that. If it's a high pollen day, stay inside or limit your outside activity. There are also peak pollen times throughout the day. Get outside later in the afternoon, to avoid peak pollen. Do not go out on a high pollen, windy day. Pollen can be transported for miles via the wind. It is not necessarily from the tree in your backyard.

There are many over the counter relief options that can address allergy symptoms. Of course, seek out medical attention or speak with your doctor if your allergy symptoms have worsened or you are having difficulty breathing. Educating yourself on your allergy triggers is key to an enjoyable, comfortable spring season.



Article Provided by Dr. Roxanne Latimer,
Medical Director and Lead Physician
Doctors Express Marlborough and Natick

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<p>4</p> <p>10:00 Group Piano 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:00 Blue Plate Lunch 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge</p>	<p>5</p> <p>8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 BOWLING 11:15 Pilates 1:00 Scrabble</p>	<p>6</p> <p>9:00 Reflexology/ Manicures/Pedicures by Appt only 9:00 Friendly Visitor Mtg - New Senior Center 9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie Time</p>	<p>7</p> <p>8:50 Wayside Water Aerobics 10:00 ESL 9-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 3-5 Viva Melhor Tea Party</p>	<p>8</p> <p>8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club and tutoring</p> <p>Second Saturday May 9th</p>
<p>11</p> <p>10:00 Group Piano 10:00 Beg. Aerobics 11:00 Bowling 11:00 Knit/crochet 11:00 Zumba 12:00 Blue Plate 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge</p>	<p>12</p> <p>Hair Dresser by appointment only 8:30 COA Board Meeting, Walker Bldg - 1st Floor 8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:15 Pilates 1:00 Scrabble 1:00 Book Club 1-2:00 Arthur Bergeron Legal Clinic</p>	<p>13</p> <p>9:00 30/30 Exercise 10:15 Bingo 11-1:00 Hearing Health clinic 12:30 Bingo 1:00 Movie Time 3:30 Friends Board Mtg</p>	<p>14</p> <p>8:50 Wayside Water Aerobics 10:00 ESL 9-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights</p>	<p>15</p> <p>8:30 Cribbage 9:00 Chair Yoga 9-1:00 Dental Clinic 10:15 Tai-Chi 1:00 Computer Club and tutoring 9:00-1:30 Hearthstone informative seminar on Alzheimer's Disease</p>
<p>18</p> <p>10:00 Group Piano 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:00 Blue Plate 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge</p>	<p>19</p> <p>8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:15 Pilates 1:00 Scrabble 1:00 Book Club 2:00 Vikki Levine Seminar for Veterans 2:00 PING-PONG OPENING DAY!!! COME ON DOWN AND TAKE A "SWING" AT IT!</p>	<p>20</p> <p>9:00 30/30 Exercise 10:15 Bingo 1:00 Movie Time</p>	<p>21</p> <p>8:50 Wayside Water Aerobics 10:00 ESL 10-12:00 Low Vision 9-11:00 Wellness clinic 10:00 Zumba 9:00 MENS GROUP TRIP TO COLLINGS FOUNDATION WESTFORD, MA</p>	<p>22</p> <p>8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 11:00 PANTRY STAPLES With Barbara Gold, nutritionist from BayPath</p>
<p>25</p> <p>MEMORIAL DAY SENIOR CENTER CLOSED</p>	<p>26</p> <p>Hair Dresser by appointment only 8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:15 Pilates 1:00 Scrabble 12:00 TRIP TO THE BUTTERFLY PLACE, WESTFORD, MA</p>	<p>27</p> <p>9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie time</p>	<p>28</p> <p>8:50 Wayside Water Aerobics 9-11:00 Wellness Clinic 9:00 Cardio & Weights 10:00 Zumba 10:00 ESL 2:00 HAPPY HOUR AND MUSIC PROGRAM</p>	<p>29</p> <p>8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1-3:00 Computer Club 1:00 Craft Class</p>

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