

MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS VOLUME 1, NO. 12, DECEMBER 2014

Holiday Party

Join us for our annual Holiday Luncheon on Thursday, December 11th! Meal will be catered by Kennedy's and pianist Jeffrey Moore will be entertaining. We'll even have some carols for all to join in. We hope to see you there! Look inside for more details!

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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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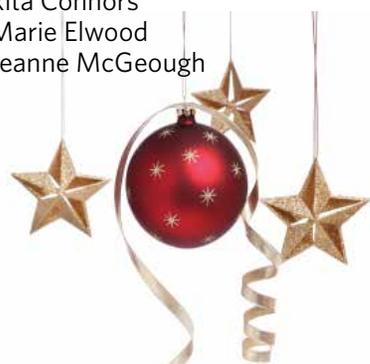
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December

12th
5pm-9pm

13th
10am-9pm

14th
10am-5pm

Santa's Workshop ★ Candy Land ★ 125+ Decorated Artificial Christmas Trees & Wreaths
Miniature Victorian Village and Train Display ★ Visit with Santa Claus ★ Dickens Village
North Pole Playland ★ Gingerbread Village ★ Shop for Christmas with 50+ Crafters

Produced by: **Marlborough Historical Society**
Benefiting Historical Programs & Activities in the MetroWest Area
visit www.metrowestfot.org or www.historicmarlborough.org



Holiday Happenings around the center

A warm Ho-Ho-Ho to our newest staff member, Linda Goodwin, who comes to us from down east at City Hall! For those of you that have not already met Linda, let me share with you some things about her. She has been employed by the City for the past 25 years and has spent most of that time in the Health Department. She has two sons age 33 and 30, the youngest of whom will be getting married in March. Linda describes herself as a private person who enjoys reading and going to Foxwoods (who can relate to liking Foxwoods), reading (including the Irish horoscope, shhh ...) and spending time with her dog. She likes cooking with her crockpot so if you have a great recipe please send it her way. I'm excited to have her as part of our team and once you get to know her so will you!

Before we get into all the fun upcoming programs this month I would like to thank the Lion's Club for their tremendous effort in providing a nice Italian dinner for over 200 seniors. It was a full house with overflowing plates of spaghetti and meatballs with an array of wonderful sides and desserts. It is nice to have them back as a partner at the COA.

Speaking of partners, I would like to congratulate the Friends of the Marlborough Seniors for their beautiful and tasty craft fair. I would like to thank all the volunteers who spent hours preparing the many, delicious baked goods (maybe too good since all my "fun money" was spent on them...but it's for a wonderful cause!).

Special thanks is also owed to the Jewett Family for helping coordinate this cheerful event with a delicious lunch menu we all look forward to. As I waddled from the lunch area I couldn't help but stop at the jewelry table and purchase some wonderful pieces so nicely displayed ... (I love those prices Lydia!). Again thank you to our Friends Board for this fundraising event that benefits all our seniors.

So don't forget about the Holiday Party on Dec. 11th, Animal Adventure: Going Exotic and Wild Show for you and the grandkids, Boston Nutcracker Trip, Book Club, Wrights Farm and La Salette Shrine Lights trip. Keep reading to learn about far more activities and events to do inside your Seniors on the Go ...

Jennifer

MONDAY'S BLUE PLATE SPECIALS all lunches are at 12:30

December 1: From Marlborough House of Pizza: Mixed Calzone Buffet, Salad, Beverage and Dessert - Cost: \$6.00

December 8: Let's go to IHOP (Northborough) \$7.00

December 15: From Buffet Way: Beef Stir-fry, salad, rolls, dessert and beverage- Cost \$6.00

December 22: From Boston Market: Rotisserie Chicken, Mashed Potatoes and Gravy, Green Beans, Corn Bread, Salad, beverage and dessert - Cost \$6.00

December 29: From Checkerboards: Ziti and Meatballs, Salad, Rolls and Butter, beverage and dessert -Cost: \$6.00

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.



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OUTREACH DEPARTMENT NEWS

Ana Cristina Oliveira

FUEL ASSISTANCE PROGRAM 2015

Are you in need of help with your fuel bills this heating season? SMOG Fuel Assistance Program may be able to help. The following information is required when applying for fuel assistance:

1. Current 30 day income documentation from application date, including copies of all fixed income checks, such as Social Security, SSI and veterans benefits; pensions, 1099s forms, pay stubs, interest/dividend income. For self-employment: current complete federal tax returns form 1040 & Schedule C. For rental income: current complete tax form 1040 & Schedule E.
2. Names and Social Security numbers of all household members.
3. Addresses verification: photo ID for head of household, driver's license, bills, etc.
4. Copies of heating and electrical bills.
5. Regular or subsidized leases, mortgage documentation and real state tax bill.
6. Any person ages 18 or over must be income documented.

Eligibility is based on total gross household income and number of people in the house. Check income guidelines below and see if you are eligible or know someone, who may be eligible. Please call our office for information on how to apply.

Income Guidelines FY 2015

Family size	Gross Income
1	\$32,618
2	\$42,654
3	\$52,691
4	\$62,727
5	\$72,763



WITH MEDICARE PLANS, DOES IT MATTER WHICH PHARMACY YOU USE?

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered.

In 2015, 80% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you will save money! Many plans have changed their preferred pharmacies for next year. You should check that the pharmacy you currently use is still a preferred pharmacy. Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. This can be a cheaper and easier way to fill your prescriptions.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!
IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT! CALL 1-800-MEDICARE NOW!

VIVA MELHOR

REUNIÕES MENSAIS DO GRUPO

VIVA MELHOR!

Gostariamos de comunicar a todos os participantes que nossas reuniões vão acontecer em todas as primeiras terças feiras de cada mês, as 11 AM, a partir de dezembro. Contamos com a participação de todos pois, sempre temos novidades, além de assuntos do interesse de todos para serem discutidos. Então, até lá! Qualquer dúvida ligue para Ana Cristina Oliveira ou LuckySoares-508-485-6492x14

CONFRATERNIZAÇÃO DE NATAL O GRUPO MULTICULTURAL VIVA MELHOR

prazerosamente convida a todos os participantes, juntamente aos seus familiares, para um encontro (jantar) de confraternização de Natal a ser realizado no dia 19 de dezembro as 6pm do corrente ano nas dependências do Senior Center de Marlboro. A presença de todos será indispensável para abrilhantar o nosso encontro que, com certeza será com muita diversão e alegria. Mais do que desejar, vamos fazer deste o nosso melhor encontro de - CONFRATERNIZACAO DE NATAL -

MENSAGEM DE NATAL E ANO NOVO

Um momento doce e cheio de significado para as nossas vidas. É tempo de repensar valores, de ponderar sobre a vida e tudo que a cerca. É momento de deixar nascer essa criança pura, inocente e cheia de esperança que mora dentro de nossos corações. É sempre tempo de contemplar aquele menino pobre, que nasceu numa manjedoura, para nos fazer entender que o ser humano vale por aquilo que é e faz, e nunca por aquilo que possui.

Noite cristã, onde a alegria invade nossos corações trazendo a paz e a harmonia. O Natal é um dia festivo e espero que o seu olhar possa estar voltado para uma festa maior, a festa do nascimento de Cristo dentro de seu coração. Que neste Natal você e sua família sintam mais forte ainda o significado da palavra amor, que traga raios de luz que iluminem o seu caminho e transformem o seu coração a cada dia, fazendo que você viva sempre com muita felicidade.

Também é tempo de refazer planos, reconsiderar os equívocos e retomar o caminho para uma vida cada vez mais feliz. Teremos outras 365 novas oportunidades de dizer à vida, que de fato queremos ser plenamente felizes. Que queremos viver cada dia, cada hora e cada minuto em sua plenitude, como se fosse o último. Que queremos renovação e buscaremos os grandes milagres da vida a cada instante.

Todo Ano Novo é hora de renascer, de florescer, de viver de novo. Aproveite este ano que está chegando para realizar todos os seus sonhos!
 Feliz Natal e um próspero Ano Novo!



SALON SERVICES ARE COMING TO THE SENIOR CENTER.

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. Until the new center opens Karen will be available to make house calls on Tuesdays. Prices for women and men's haircuts is \$15.00, shampoo & conditioner is \$6.00, shampoo & set with conditioner is \$18 and haircut & blow dry with shampoo and conditioner is \$28. Other services are available, call the Senior Center for pricing and scheduling **508-485-6492**.

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:



December 3rd:
Annie: Special Anniversary Edition
- 1982, PG, 127 min.
- 3.5 stars
- Family Comedies
- Albert Finney,
Carol Burnett,
Ann Reinking,

Tim Curry, Bernadette Peters



December 10th:
Still Mine
- 2013, PG-13,
103 min.
- 4.0 stars
- Drama
- James Cromwell,
Geneviève Bujold



December 17th:
Christmas Miracle
- 2012, NR, 92 min.
- 3.25 stars
- Family Drama
- Allison Hossack,
Aaron Pearl

December 24th: NO MOVIE - CLOSING EARLY FOR CHRISTMAS
December 31st: NO MOVIE - CLOSING EARLY FOR CHRISTMAS

DENTAL SERVICES COMING TO THE SENIOR CENTER!

Donna Paschalides and Ryana Dutra certified public health dental hygienists, will help provide solutions to your dental needs and act as an advocate for you. Services that we can provide for you: Dental Cleanings, Fluoride Varnishes, Denture Maintenance and Oral Cancer Screenings. We hope you find this service helpful and convenient. We know you will like Donna and Ryana as they are personable, knowledgeable and excited to serve you. Call the Senior Center for more information on date and appointment times - **508-485-4815**.

BOOK CLUB

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

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

Join Sheila Brecken and others who enjoy reading and discussing a good book. This month's book for December 16th is *An Invisible Thread* by Laura Schoff, Alex Tresniowski. If you want to get ahead on your reading, the book for: January 20th is *Beach House Memories*, by Mary Alice Monroe
February 17th is *The Last Days of Dogtown: A Novel*, by Anita Diamant

GROUP PIANO LESSONS WITH DENNIS DEYO

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

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

COMPUTER CLUB

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.

YOGA CLASSES AT MARLBORO SENIOR CENTER

CLASSES:

Gentle Chair Yoga:
Tuesdays 10:00 - 10:45 AM
Strengthening Chair Yoga:
Fridays 9:00 - 10:00 AM
Gentle Hatha Yoga:
Tuesdays 9:00 - 9:45 AM

Give yourself the "GIFT" of a YOGA class...Stretch, Breathe and Release tension during this busy month:

DECEMBER THEMES

December 2 & 5 - Flexibility & Stretching
December 9 & 12 - Mindfulness and Breath Awareness
December 16 & 19 - Self -Care and Stress Reduction
December 23 - Gentle Slow Flow-Balance
December 26 - Senior Center Closed
December 30 - Centering Yoga - re-group and re-center

MANICURES, PEDICURES AND REFLEXOLOGY

Sessions with Veronica Thompson from Great Kneads
When: Second 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**.

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.



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

Question: How soon should I get my flu vaccine?



Answer: The vaccine takes up to 2 weeks to provide protection, so most recommend anytime from September to October is optimal to protect you for the whole season. Influenza ("flu") is a contagious disease that spreads around the U.S. every winter, usually between October and May. Flu is caused by the influenza virus and can be spread by coughing, sneezing and close contact.



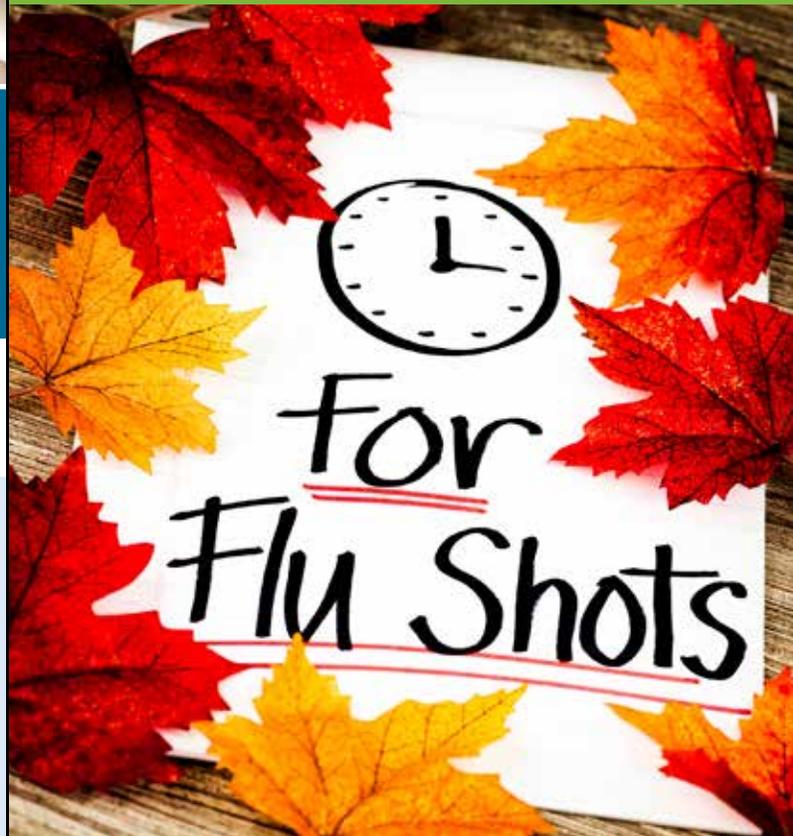
Anyone can get flu, but the risk of getting flu is highest among children. Symptoms come on suddenly and may last several days. They can include:

- Fever/chills • Sore throat • Muscle aches
- Fatigue • Cough • Headache • Runny or stuffy nose

Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions such as heart, lung or kidney disease, or a weakened immune system. Flu vaccine is especially important for these people and anyone in close contact with them. Flu can also lead to pneumonia and make existing medical conditions worse. It can cause diarrhea and seizures in children. Each year thousands of people in the U.S. die from flu, and many more are hospitalized.

Flu vaccine is the best protection we have from flu and its complications. It also helps prevent spreading flu from person to person.

Have a question for the pharmacist?
Email questions to: pharmacist@bouvierpharmacy.com



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HOLIDAY PARTY

When: Thursday, December 11th

Time: 12:30 PM

Where: Senior Center

COST: \$10 for Friends members / \$12 for non-members

Join us for our annual Holiday Luncheon. Meal will be catered by Kennedy's and will include meal choice of London Broil or Chicken Supreme, mashed potatoes, mixed vegetables, salad, rolls & butter and ice cream sundaes for desert. Pianist Jeffery Moore will be entertaining and we'll even have some carols for all to join in. We hope to see you there! Please sign up at the Senior Center early to reserve your seat. **508-485-6492.**

CALLING ALL GRANDPARENTS, GRANDKIDS AND SENIORS! ARE YOU READY FOR ANOTHER ANIMAL ADVENTURE?

When: Tuesday, December 30th

Time: 1:30 PM

Where: Senior Center

Experience exotic animals and reptiles from around the world in this interactive show! Animal Adventures Family Zoo and Science Center will be at the Senior Center with some of their exotic wild animal friends for you to see, learn about and maybe even touch! Show will include 10 to 12 different animals. Sign up at the Senior Center and spend some time with the WILD!!!! **508-485-6492.**

UTILITY PRESENTATION

Come shine some light on the upcoming increases to your utility bill and changes in buying electricity AND get your questions answered!

When: Friday, December 12th

Time: 2:00 PM

Where: Senior Center

If you are concerned about your utility bill and those utility solicitors coming to your door or calling encouraging you to switch power companies-this presentation is for you! We are glad to have the President of Colonial Power, Brian Murphy coming to our center to discuss what to expect regarding the increase your upcoming utility bills, what dictates the real reason our utility cost increase/decrease, what you should know about those who are knocking on your door encouraging you to switch power companies and will take questions. Brian will also talk about a budget plan that may be new to some of you, as it was to me when I learned about this program. You don't want to miss this presentation please RSVP at the center or call **508-485-6492**, because we will be having light refreshments.

BOWLING TRIP!

When: Tuesday, December 16th

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.

FESTIVAL OF TREES NEEDS OUR HELP....

When: Wednesday, December 11th

Time: 1:00 PM

We are looking for six volunteers to join Lisa Martino to help create her beautiful themed Christmas trees for our senior center



Once again the Marlborough Historical Society has asked our center to help decorate Christmas trees for their annual Festival of Trees. We are looking for six volunteers who could help decorate and come up with a theme. Please RSVP for this fun and worthwhile event. **508-485-6492.**

COME SPEND THE AFTERNOON WITH JOHN BARRYMORE!

When: Tuesday, December 9th

Time: 2:00 PM

Where: Senior Center

Join us as Richard Clark portrays John Barrymore. Enjoy the life and times of the "bad boy" actor of the early 20th century, John Barrymore. Have a rollicking good time as he takes us down memory lane to the era of the roaring 20's & 30's. Join an audience at a rehearsal of his greatest performance -Shakespeare's "Richard III." His trusty prompter tries to keep him on the straight-and-narrow & pick up the pieces as he stumbles through this boozy undertaking. This is a charming concoction of comedy and pathos as Barrymore struts what's left of his "stuff." Family history, theatre lore, the rigors of marriage and Hollywood are mixed in a portrait of a great artist who has lost his way. Light refreshments provided.

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THE MARLBOROUGH ROTARY CLUB AND GIRL SCOUTS ARE ONCE AGAIN HOSTING A FREE HOLIDAY MEAL FOR SENIORS OF MARLBOROUGH.

When: Wednesday, December 3rd

Time: 5:30 PM

Where: Marlborough Senior Center

This dinner will fill up quickly so check your calendar and be sure to RSVP to the Senior Center. The menu will include fruit cup, turkey, corn, mashed potatoes, cranberry sauce, dressing, gravy, salad, rolls and your choice of apple or pecan pie. **508-485-6492.**

EAT HEALTHY

Sponsored by the Reservoir Center for Health and Rehabilitation

When: Tuesday, December 9

Time: 1:00 PM

Where: Senior Center

Cost: \$3 for lunch

Don't miss the first of a four month series of Eat Healthy. For the next four months we will hold a health program that will look at how we can best take care of our health thanks to our partnership with The Reservoir Center in Marlborough.

This month features: Congestive Heart Failure

Don't be like Elizabeth Taylor! Elizabeth Taylor passed away March 23, 2011 from Congestive heart failure. Let's talk together to understand how to prevent the disease process and how to prevent hospitalization or re-hospitalization from CHF. Come enjoy some corn chowder and antipasta salad, dessert and beverage with us on Tuesday, December 9th at 1:00. Lunch is \$3 or you may just come for the lecture. Don't forget to RSVP! **508-485-6492.**



CHRISTOPHER HEIGHTS LUNCHEON AND TOUR

When: Tuesday, December 16th • Time: 12:30 PM • Where: Christopher Heights campus at 99 Pleasant Street in Marlborough

Christopher Heights of Marlborough, an assisted living community located at the site of the old Frye Boot Factory, would like to cordially invite the members of the Marlborough Senior Center to attend a private luncheon and tour to be held on the Christopher Heights campus at 99 Pleasant Street in Marlborough on Tuesday, December 16. Guests will enjoy a hot lunch with dessert, entertainment, a guided tour of the facilities, and a special gift to take home. If you are interested in attending this special event for Marlborough seniors, please RSVP to the Senior Center by Thursday, December 11th. Let us know if you need transportation, **508-485-6492.**

**A special note from the Director: This is the first of several opportunities you will have to learn more about the different senior housing communities in Marlborough and the surrounding area. We hope this will open some new doors for those of you who are looking at downsizing and/or a new place to live and that may offer many services that could enhance your quality of life now or in the future. If there is a senior housing community you would like us to reach out to that we perhaps did not think about, please let me know.



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Call for a tour - 508-281-8001

**PODIATRIST**

Appointments with

Dr. Cormier

Where: Senior Center

**When: Tuesday,
December 30th**

**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: December 13th

Do you need some minor repairs to your home or some extra helping hands around your home or apartment? "Second Saturday" is a resource (originating out of Grace Baptist Church in Hudson) that is available in our community to low-income seniors. This outreach program assists in moving or setting up new households, yard work, light repairs and housekeeping. Our volunteers can also assist in transitioning from a home or apartment to an assisted living facility or nursing home. Also, if you have donations of furniture, small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship.

Requests must be received by **Thursday, December 4th 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. **We have a special call for Lift Chairs. If you have one to donate for someone in need please give Barbara McGuire a call.**

**TO ALL OUR KNITTERS
AND CROCHETERS**

We are continuing our project for lap robes and chem hats for the Cancer Patients at Marlboro Hospital. A very big thank you to whoever brought the wonderful lap robes to the Center, all eight of them. You are wonderful, so much appreciated by all. If you have any hats or lap robes, you can drop them off at the Senior Center and we will take care of them for you. Once again, thank you and we hope you all have a wonderful holiday season!

The Knit Crochet Group

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. 11** 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: Wednesday, December 17th

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**.

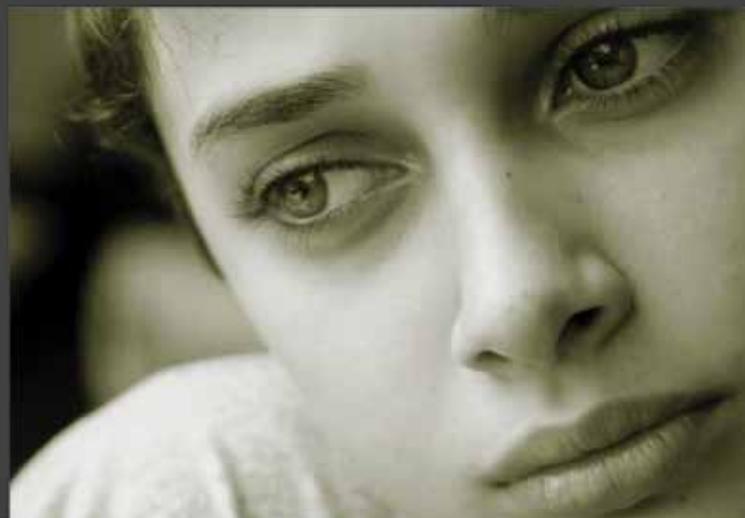
December is

Seasonal Affective Disorder Awareness Month**Does colder weather get you down?**

For many people, the shorter days and long, dark nights of fall and winter can lead to a mild or severe depression known as seasonal depression, or seasonal affective disorder (SAD).

If you notice symptoms like weight gain, daytime sleepiness, increased irritability and anxiety, and social withdrawal in yourself or a loved one, it may be time to seek treatment for SAD.

Information taken from:
www.everydayhealth.com/depression/seasonal-affective-disorder-awareness.aspx



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 **508-485-6492** for menu selections. \$2.00 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 PROGRAM MEETING

When: December 9

Time: 9:00 AM

Where: the Coffee Loft

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 released questions.

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, December 29th,
Do not have 2015 dates yet.**

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

**WANT TO REACH MARLBOROUGH READERS 60+?
GET ON THE *PATH* TO NEW CUSTOMERS!**

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Marlborough Seniors
on the go!**



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www.seniorcentercommunications.com

**Tom Keller - Regional Director
508-361-7000**

tom@seniorcentercommunications.com

SENIOR TRANSPORTATION PROGRAM NEWS

To participate in our transportation program active adults over 60 must complete a registration application. To receive a registration application you may **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.

We have information available at the senior center that explains all of the transportation options for seniors living in the Marlborough community. Please remember this transportation program works on a first come first served basis. **Donation Policy: 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!**

DECEMBER / EARLY JANUARY 2015

9:30 AM - 12:30 PM

Monday	December 1	WAL-MART (Hudson)
Monday	December 8	Sudbury Farms (Sudbury)
Monday	December 15	Christmas Tree Shop
Monday	December 22	Solomon Pond Mall (Marlborough)
Monday	December 29	WAL-MART (Hudson)
Tuesday	December 2	Market Basket & BJs (Hudson)
Tuesday	December 9	Savers (Marlborough)
Tuesday	December 16	Price Chopper
Tuesday	December 23	Hannaford's (Marlborough)
Tuesday	December 30	Market Basket & BJ's (Hudson)
Friday	December 19	Olive Garden
Monday	January 5	Sudbury Farms
Tuesday	January 6	Savers

Sudoku

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

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

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DIFFICULTY: ★★★★★

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

Answer to Previous Sudoku



CROSSWORD PUZZLE

- ACROSS**
- 1 Cistern
 - 4 Jap. palanquin
 - 8 Bind
 - 12 Unclose
 - 13 Title of Athena
 - 14 Poetic foot
 - 15 Beak
 - 16 Friends (Scot.)
 - 17 Grape syrup
 - 18 Pac. island
 - 20 Land west of Nod
 - 22 Prod
 - 25 Last of the Mohicans
 - 28 Sage
 - 31 Rubbish: Brit.
 - 33 Wood sorrel
 - 34 Revolutions per minute (abbr.)
 - 35 Small flock
 - 36 Luzon people
 - 37 Father of Jehoshaphat
 - 38 Pointed arch
 - 39 And other: abbr. (2 words) (Lat.)
 - 40 Caribbean volcano
 - 42 Cuff
 - 44 New sugarcane shoot
 - 46 Female vampire
 - 50 Pub fare
 - 52 End
 - 55 Aid to Dependent Children (abbr.)
 - 56 Victim of Cain
 - 57 Frog genus
 - 58 Council for Econ. Advisors (abbr.)
 - 59 Indicating, in a way (suf.)
 - 60 Greenland town
 - 61 Possessed
- DOWN**
- 1 Birthplace of Beethoven
 - 2 Samoan port
 - 3 Phil. island
 - 4 Barking deer

ANSWER TO PREVIOUS PUZZLE

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

- 5 Caliph
- 6 Win
- 7 US dam
- 8 Extend
- 9 Mack
- 10 Ambassador (abbr.)
- 11 Public Broadcasting
- Service (abbr.)
- 19 Wish undone
- 21 Fr. artist
- 23 Alcoholic drink
- 24 Roof edge
- 26 Things done
- 27 Hall (Ger.)
- 28 Swathe
- 29 dixit
- 30 Grig (2 words)
- 32 Grope
- 35 Cavity (suf.)
- 39 Environmental Protection Agency (abbr.)
- 41 Ahead
- 43 Muslim deity
- 45 Monster
- 47 Speed-of-sound number
- 48 Fancy
- 49 Academy (abbr.)
- 50 Sheep's cry
- 51 Abate
- 53 Grain
- 54 Sayings (suf.)

1	2	3		4	5	6	7		8	9	10	11
12				13						14		
15				16						17		
18			19			20	21					
			22		23	24		25			26	27
28	29	30			31		32			33		
34				35						36		
37					38					39		
40				41			42		43			
			44			45		46		47	48	49
50	51					52	53	54			55	
56						57				58		
59						60				61		

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A12

Friends of the Marlborough Senior Center

Hello Everyone,

Hope you all had a nice Thanksgiving! The Board of Friends of The Marlborough Seniors will be holding its **annual meeting on Thursday, January 8th at 3:00 PM at the Senior Center**. Elections for the Board will be held at the annual meeting. If the Senior Center is closed due to inclement weather, the date will be Thursday, January 15th at 3:00 PM. If you are considering seeking to be a member of the Board for the 2015 - 2017 term, please submit a letter of interest, including your qualifications to Tammy Pozerycki, 195 Reservoir Street, Marlborough, MA 01752. Once received, you will be contacted by a member of the nomination committee.

Thank you to all who attended the October Boot Scootin' BBQ; and to those who helped to make this a fun and successful fundraising event. Thank you to **Lydia Whitcomb**, Board Member and Chairperson of this event; **Joan Cameron**, Co-Chairperson; the planning committee: **Debbie Beausoleil**, Board Member; **Florence Mennorino**; **Barbara McGuire**, Treasurer; **Ann Tunnera**; and **Joe Tunnera**.

A special thank you to our Boot Scootin' BBQ sponsors:

- MAJOR EVENT SPONSOR.....Collins Funeral Home
- DJ Sponsor..... Slattery Funeral Home
- Line Dance Sponsor.... Fallon Health
- Major Gift Sponsor..... Holiday Inn



Thank you to the many local businesses and friends who contributed fabulous raffle prizes, time, services, and support for this event. We truly appreciate it.

A special thank you to Judy Jewett for facilitating and executing a wonderful craft fair in November. We truly appreciate your efforts.

Hope you all have a wonderful Holiday season!

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



The "Friends" of the Marlborough Seniors would like to thank the following individuals and recognize generous donations made toward the New Senior Center Building Fund.

Maureen Cappadona

Betty Gilson

Larry & Carol Vifquain

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: _____

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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 12/31/14.

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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

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SORENTOS
ITALIAN GOURMET

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

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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 12/31/14.

Domino's

FREE PIZZA

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

Pick-up Only

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

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 12/31/14.

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 12/31/14.

Don't just take our word for it...

"It was the best decision I have ever made... My experience at the Reservoir has been positive from day one"

-J. DiTommaso

Dear Friends,

When I finally left the hospital I knew I wanted to go to the Reservoir for P. T. It was the best decision I have ever made.

When I arrived here three weeks ago I was in terrible pain and could hardly move. Now with the wonderful therapy I am going home tomorrow without pain and I can get around pretty well with more therapy at home.

My experience at the Reservoir has been positive from day one. Kathy Babcock & her staff, Jim the chef, cooked delicious meals and always accommodated you, should you want something other than what was on the menu. Social Services was a great help to me and my husband in explaining what we needed to know.

Where do I begin to tell you about the nursing. The staff was fantastic when I was in pain they were there! When I needed comforting they were there! As I leave I feel a great comradery with these wonderful people.

*Thank you,
J. DiTommaso*



- Passport Rehabilitation Program
- Heart Failure Program
- Long-Term Skilled Nursing Care
- Palliative Care & Hospice Services Coordination
- Alzheimer's/Dementia Care
- Respite Care Program

Stop by and see us today for a personal tour and learn more about how our programs and services can benefit you or a loved one. Also, visit us on-line for more testimonials on the care we provide, see pictures of our center and a virtual tour.

Cold Weather Pet Safety

You're probably already aware of the risks posed by warm weather and leaving pets in hot cars, but did you know that cold weather also poses serious threats to your pets' health?

Here are some tips to keep your pets safe during cold weather:

Winter wellness: Has your pet had his/her preventive care exam (wellness exam) yet? Cold weather may worsen some medical conditions such as arthritis. Your pet should be examined by a veterinarian at least once a year, and it's as good a time as any to get him/her checked out to make sure (s)he is ready and as healthy as possible for cold weather.

Know the limits: Just like people, pets' cold tolerance can vary from pet to pet based on their coat, body fat stores, activity level, and health. Be aware of your pet's tolerance for cold weather, and adjust accordingly. You will probably need to shorten your dog's walks in very cold weather to protect you both from weather-associated health risks. Arthritic and elderly pets may have more difficulty walking on snow and ice and may be more prone to slipping and falling. Long-haired or thick-coated dogs tend to be more cold-tolerant, but are still at risk in cold weather. Short-haired pets feel the cold faster because they have less protection, and short-legged pets may become cold faster because their bellies and bodies are more likely to come into contact with snow-covered ground. Pets with diabetes, heart disease, kidney disease,



or hormonal imbalances (such as Cushing's disease) may have a harder time regulating their body temperature, and may be more susceptible to problems from temperature extremes. The same goes for very young and very old pets. If you need help determining your pet's temperature limits, consult your veterinarian.

Article by American Veterinarian Medicine Foundation, 2014

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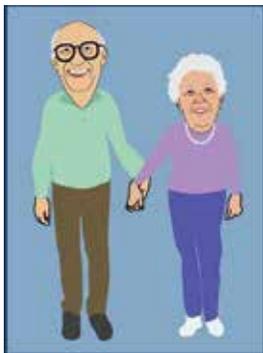
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 Saturday 8:00 am - 2:00 pm

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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.

SOME SERIOUS HOLIDAY CONVERSATIONS

There is no time of year my clients, Frank and Mary, enjoy more than the holidays. That is when their son Peter, the lawyer, drives up from

New York with his family, and their son Paul, the techie, flies in from San Diego with his. Their daughter, Mary Jr., who lives a few towns over, acts as the hostess. The definition of success is whether everyone is full.

Because the holidays are such a great time for families to get together, it is also a good time to talk to your kids about your contingency plans if something goes wrong over the next year. After all, while there are some great things about being retired, there is nothing so great about being old. Among other things, the older we get, the greater the chances are of having a medical emergency, a serious fall, a minor heart problem, or a surprise trip to the hospital. Who makes the medical decisions when those emergencies arise? You do, of course, as long as you are competent. Otherwise, unless you have executed a Health Care Proxy

in advance, no one, not even your spouse, can make those decisions for you. A judge will need to name a guardian to make them, after hearings, legal fees, and wasted time.

Whom should you name in your Health Care Proxy to make these decisions? Most people assume their spouse would be best, but as you both get older, do you really want to put that kind of pressure on your spouse in an emergency? The best person to make these decisions may be one of your children. Frank and Mary may decide that Mary Jr., because she lives nearby, would be in the best position to handle this. But how will Mary act under pressure? Suppose Frank and Mary have decided that they do not want invasive measures like CPR and intubation if they have a heart attack. By law, the person named in the Health Care Proxy can overrule these decisions. Also by law, only one person at a time can be named as your health care agent, so you cannot name all of your children to act together.

Chances are, the best people to name in your Health Care Proxy, and the most important people to tell about how you want to be treated in a medical emergency, will be sitting around the table with you this holiday season. Talk to them about it, maybe not at dinner, but later, when the grandchildren are not around.

One final note. Every time you execute a new Health Care Proxy, you invalidate all previous ones. So make sure your doctor has a copy of the most recent Health Care Proxy on file. If you go to the hospital, do not sign a new one. Instead, have your doctor send the hospital a copy of the one you have already executed.

Article Provided By

MIRICK O'CONNELL
ATTORNEYS AT LAW

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"Put on your coat or you'll catch pneumonia!" Pneumonia and How To Treat It?

Have you ever spoken those exact words? This light hearted adage is not true and actually a little humorous. Coming down with pneumonia is not funny at all.

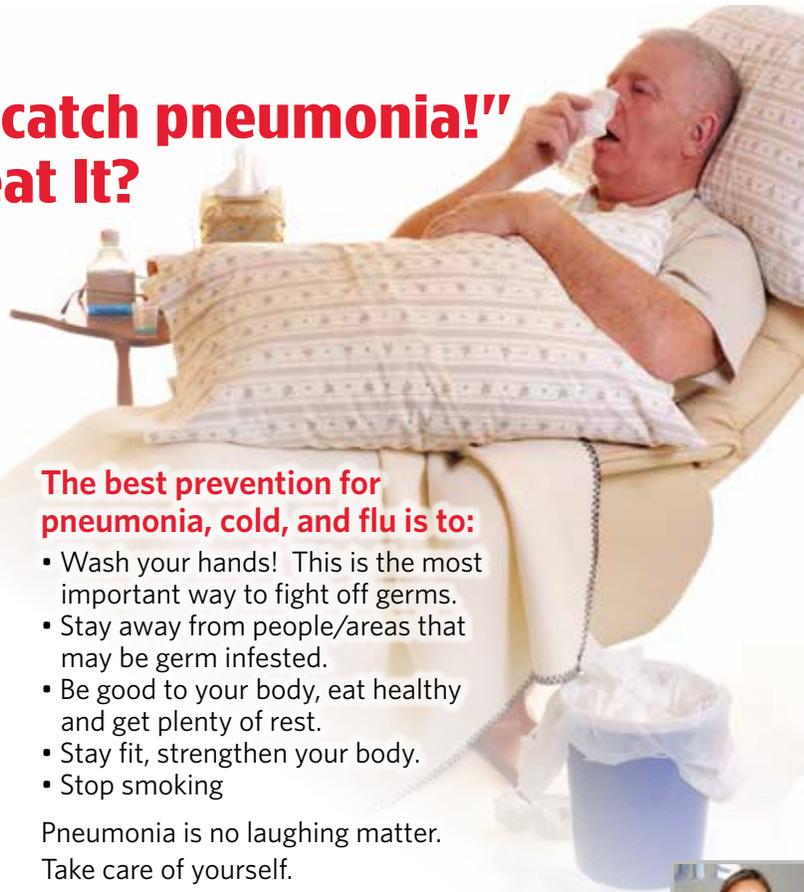
Pneumonia is an infection of one or both of the lungs. Generally you are able to clear the debris that inevitably flows into your lungs daily. When you catch a cold and develop congestion, it is more difficult to clear the debris. This allows bacteria a chance to multiply in the hospitable environment of the warm, nutritious air sacs in the lungs.

Pneumonia symptoms can vary based on the type and severity. Common symptoms are a cough (dry or productive), fever, chills, muscle aches, and exhaustion. At times, those who have or recently had the flu may be more susceptible to pneumonia. The elderly, people with compromised respiratory systems, and small children are most at risk for pneumonia.

If you have had a prolonged chest cold with worsening, it is a good idea to be evaluated. The doctor will assess your vital signs, listen to your lungs, and possibly order a chest x-ray and do blood work.

Pneumonia treatments can include:

- Drinking plenty of fluids
- Rest
- Fever control
- Possibly inhalers
- Antibiotics if the infection is bacterial



The best prevention for pneumonia, cold, and flu is to:

- Wash your hands! This is the most important way to fight off germs.
- Stay away from people/areas that may be germ infested.
- Be good to your body, eat healthy and get plenty of rest.
- Stay fit, strengthen your body.
- Stop smoking

Pneumonia is no laughing matter.

Take care of yourself.

Here's to a healthy and happy holiday season.

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



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508.658.0764
DoctorsExpressMarlborough.com

CONFIDENCE STARTS WITH

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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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A 40% savings! (Only good for first visit.
Must be 65 and older, Have no dental insurance,
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Eric G. Piascik, DMD
Family & Cosmetic Dentistry
46 Hosmer Street
Marlborough, MA 01752
508-485-2960

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



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

**THE HOLIDAYS: DEALING WITH LOSS
AND CREATING NEW TRADITIONS**

Growing up, I lived within four blocks of friends and family. Coming from a large Jewish family, the Jewish holidays were a time to come together and celebrate our culture and traditions. Relatives would always come to my house for Chanukah. Gifts for the children were lined up in perfect order in front of the fireplace. Traditionally, the eight nights of Chanukah meant eight small gifts.

We would form a straight line as my grandfather gave each grandchild pennies representing his age. The smell of latkes (potato pancakes) frying in oil and brisket cooking in the oven made our mouths water. Prayers were said as the candles were lit on the menorah. After supper we would spin the dreidel (top) and earn more pennies when the dreidel landed on the hebrew letter gimmel.

Those big family gatherings have all disappeared along with aunts and uncles who have passed on, and cousins who are scattered or have not been heard of in years. My 91 year old mother resides in a nursing home; my 99 year old aunt rarely leaves her home. Memories of that long ago time make the holidays especially difficult.

I have slowly come to realize that as memories of the past fade, it is in my power to create new memories. On Yom Kippur, the holiest day of the year, my friend Amy and I join together with our families, attending synagogue, sharing a meal, and creating new traditions. Chanukah this year will include my daughter, son-in-law, and granddaughters who will learn the customs and traditions, and receive much anticipated gifts.

It is within everyone's power to create new traditions. Invite your neighbors and friends who are also alone for a holiday gathering. Help others by delivering food to those in need. Start now by making this holiday season one to remember.

TRIPS

NEW YEAR'S EVE DAY TRIP

When: Wednesday, December 31st

Time: TBA

Sheraton 4 Points - Norwood MA

Cost: \$84.95

Enjoy New Year's Eve Day with versatile performer Stephen McNulty and dance to the Ray Cavicchio Orchestra with vocalist Sharon Zee.

Dinner choice is Prime Rib or Baked Scrod, plus Salad, Vegetable, Potato, Dessert, Coffee & Tea. Sign up for this special event at the Senior Center.



WRIGHT'S CHICKEN FARM & LA SALETTE LIGHTS

Thursday, December 4th

Leave Senior Center at 10:00 AM, Return at 7:00 PM

Cost: \$59

Depart this morning on your luxury CD/DVD/WiFi Silver Fox Coach. Join your friends on a delightful holiday tour combining full course luncheon at Wright's Chicken Farm Restaurant and the magnificent Christmas Lights display at LaSalette Shrine. You will arrive at Wrights Chicken Farm where a full course luncheon is included featuring their all you can eat Chicken, Pasta, Salad, Dessert, Beverage and Rolls. From there, a real spectacle awaits you at LaSalette Shrine, where New England's largest and most colorful Christmas light display is held. You'll arrive here at 4:00 where Father Pat conducts his daily Christmas Choral Concert. At 5:00 PM, over 400,000 lights will be on display for your enjoyment and delight. You'll return home at 7:00 PM with enlivened holiday spirits after visiting beautiful LaSalette Shrine. Sign up for this holiday event at the Senior Center.



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This program is supported in part by grants from the Hudson Cultural Council and the Marlborough Cultural Council, local agencies which are supported by the Massachusetts Cultural Council, a state agency.

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one ticket to the 2014

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when purchased at the door. Please present this coupon on December 14 to redeem your discount.



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Winter Driving & Survival Tips

Tips from the Minnesota Department of Public Safety

Take these special driving precautions during the winter months.

- * Make sure your car is ready for the season & keep your gas tank at least half full to avoid gas line freeze.
 - * Avoid traveling in severe weather & tell someone where you are going.
- * Stock your car with a scraper, brush, shovel, jumper cables, tow chain & a bag of sand or cat litter for tire traction. Keep an emergency survival kit in the car.
- * Brush all snow off your car including headlights & tail lights so that other motorists can see you.
 - * Adjust your speed to road conditions & increase following distance.
- * If you find yourself stranded, stay calm & stay put. Run your engine for heat about once an hour. Make sure your exhaust pipe is clear to prevent carbon monoxide from getting into the car. Leave one window slightly open. Tie a piece of brightly colored cloth to your antenna to alert others.
- * Consider taking a cell phone with you for use during emergencies. Be sure the batteries are fully charged & consider bringing a spare battery.

LESS STRESS, MORE JOY FOR THE HOLIDAYS



You may be looking forward to the coming weeks as a fun time to reconnect with friends and family. But, you may also be dreading how hectic and stressful your life usually becomes.

Here are a few tips to reduce the stress and maximize the joy this coming holiday season:

BE REALISTIC! Don't pile on the pressure by trying to make everything perfect—or expect that family problems will be put on hold. Focus on one or two traditions that are special to you and set your limits.

DON'T OVERSPEND. Match your gift giving with your budget. Don't buy gifts that you'll still be paying for next year. Consider giving something that is personal and meaningful, like a handmade craft or even making a long-distance call.

KNOW YOUR LIMITS. Assign others some tasks from your to-do lists. Learn to say “no” when you're too busy or simply don't wish to participate.

TAKE CARE OF YOURSELF. Get enough sleep, exercise, limit caffeine and alcohol, and eat healthy. It's easy to overeat or turn to “comfort” foods when you're stressed, which often make you feel worse physically and emotionally.

GET SUPPORT. The holiday season can trigger sadness over a broken relationship, loved ones who are gone or far away, or traditions that have changed. If you're feeling blue, reach out to those around you. Talk to your doctor about counseling or medication.

STAY CALM AND HAVE FUN. Make quiet time to listen to music, take a walk or just meditate. Do things you consider fun. Stay in the moment, and feel the joy!



HEALTHY GIFT IDEAS

Instead of spending money on items that gather dust in the closet, why not surprise someone with a healthy gift for the coming holidays or family birthdays? Here are a few ideas:

- Surprise someone with a membership to the YMCA/ YWCA or a health club, cover the cost of a dance or aerobics class, or perhaps buy a home exercise DVD. Pedometers are small and often inexpensive. Keep your family and friends moving through the coming months!
- Is there someone you know with diabetes, or who is on a new weight management program? Gift certificates for healthy cooking classes, cookbooks or magazine subscriptions may be just what they're looking for.
- Does someone you love have high blood pressure or heart disease? What about a gift basket filled with soothing items, like CDs, soaps, candles or even a spa gift card?

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
10:00 Beg. Aerobics 10:00 Group Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:50 Wayside Water Aerobics 9:00 Floor Yoga 10:00 Chair Yoga 9:00 ESL 11:00 Citizenship Class 1:00 Scrabble	9:00 Rotary and Girl Scout Holiday Dinner 9:00 30/30 Exercise 10:30 Bingo 11:00 Multicultural Computer Club 12:30 Bingo 1:00 Movie time	WRIGHTS CHICKEN FARM & LA SALETTE LIGHTS TRIP 8:50 Wayside Water Aerobics 9:00 ESL 9:00 - 11:00 Wellness Clinic 10:00 Zumba 11:00 English Conversational Circle/lunch/special program 11:00 Cardio & Weights	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club Big Cookie Day! Sponsored by Christopher Heights Assisted Living
8	9	10	11	12
10:00 Beg. Aerobics 10:00 Group Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:45 COA Board Meeting Walker Bldg 1st flr 8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:15 Pilates 12:30 Lecture: Congestive Heart Failure 1:00 Scrabble 1:00 Eat Healthy Seminar 2:00 Clarence Darrow Show	Reflexology/Manicures/Pedicures Appts 9:00 Friendly Visitors Mtg./Coffee Loft 9:00 30/30 Exercise 10:30 Bingo 11:00 Multicultural Computer Club 12:30 Bingo 1:00 Movie time	8:50 Wayside Water Aerobics 9:00 ESL 9:00 - 11:00 Wellness Clinic 10:00 Zumba 11:00 English Conversational Circle/lunch/special program 12:30 Holiday Party 4:15 Friends Board Mtg	8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 2:00 Colonial Power - Discuss Utilit Rates and More
15	16	17	18	19
10:00 Beg. Aerobics 10:00 Group Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:00 Bowling 11:15 Pilates 12:30 Christopher Heights Luncheon 1:00 Scrabble 1:00 Book Club	Reflexology/Manicures/Pedicures by Appt only 9:00 Friendly Visitor Mtg - Coffee Loft 9:00 30/30 Exercise 10:00 Multicultural Computer Club 10:30 Bingo 12:30 Bingo 1:00 Movie Time	8:50 Wayside Water Aerobics 9:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 English Conversational Circle/lunch/special program 11:00 Cardio & Weights 11:30 Boston Nutcracker Trip	8:30 Cribbage 9:00-1:30 Dental Clinic 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club
22	23	24	25	26
10:00 Beg. Aerobics 10:00 Group Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:15 Pilates 1:00 Scrabble	9:00 30/30 Exercise 10:30 Bingo 11:00 Latino Comp. Club 12:30 Bingo CHRISTMAS EVE CLOSED	CHRISTMAS CLOSED	CLOSED
29	30	31	<div style="text-align: center;">  <p>222A EAST MAIN STREET MARLBOROUGH, MA 01752 508-485-5191</p> <p>20% OFF EVERY TUESDAY FOR SENIORS (55 & OVER)</p> <p>PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</p> <p>WWW.SAVERS.COM</p> </div>	
10:00 Beg. Aerobics 10:00 Group Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:15 Pilates 1:00 Scrabble 1:30-3:30 Podiatrist 2:00 Animal Adventures: Going Exotic and Wild Show	NEW YEAR'S EVE DAY TRIP TIME TBA 9:00 30/30 Exercise 10:00 Multicultural Computer Club 10:30 Bingo Closing at 12:30 for New Year's		

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