

MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS | VOLUME 1, NO. 6, JUNE, 2014

Celebrate Summer with Music

June 17th at the Senior Center

Come be entertained with
songs related to summer,
as well as Father's Day
and Flag Day.

Special Thanks to our Proud Premier Sponsors

MARLBORO
Animal
HOSPITAL

Eric G. Piascik, DMD
Family & Cosmetic Dentistry

Making a Difference... One Patient at a Time



Maurice Watson
Falmouth, MA

CHALLENGE

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

SOLUTION

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

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

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

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

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

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

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

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



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

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

**MARLBOROUGH COUNCIL
ON AGING & SENIOR CENTER**

250 Main Street
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Hours are Monday - Friday 8:00 am - 4:00 pm

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Contents June 2014

4	A Note from the Director	14	Local Restaurants
5	Outreach Dept. News	15	Dentist on Duty
6	For Your Information	16	Health Plan
7	Elder Law	17	Calendar
8	Special Events	18	Trips
10	News You Can Use	19	Ask a Pharmacist
11	Reaching Out	20	Center Candids
12	Transportation & Brain Games	22	Pet Corner
13	Donations & Friends	23	Viva Melhor

Luau Party



THANK YOU MAYOR VIGEANT FOR THE MEMORABLE 38TH SENIOR OF THE YEAR DINNER

The 38th Mayor's Senior of the Year dinner was a very celebrated occasion with 300 participants anxiously waiting for the announcement of who was the senior of the Year. This event was held at the Marlborough High School. The food was deliciously prepared by Roland Van Kleer, Food Director for MHS and we all enjoyed the lovely voices of the MHS A Cappella Choir under the direction of Shannon Phipers, Choral Director. The night began with our infamous Master of Ceremonies, Jim Confrey, COA Chairman, and a wonderful benediction by Deacon Peltak. The evening climaxed as Mayor Vigeant announced **Lydia Whitcomb and Rita Connors as the Seniors of the Year** both very deserving of such an honorable award. Also, our very important sponsors of this special evening were St. Patrick's Manor and Carmel Terrace as the Event's Gold Sponsor. Our Silver sponsors included: Beaumont Rehabilitation and Skilled Nursing Centers, Christopher Heights, Friends of the Marlborough Seniors, The Rowe Boats, Universal Windows and Doors and our Bronze sponsors included Avidia Bank, Home Instead, Short Funeral Home and Slattery Funeral Home. Lastly, our in-kind sponsors provided this event with various support and they included Fitzgerald and Collins Funeral Home, WMCT Cable and Mark Gibbs, Director of the City of Marlborough's IT department.

This event would have not been as beautiful and the room transformed without the decorations provided by Patrick and Bobbie McAvoy and Anne Marie Kelley of Amazing Balloons of Framingham and our most helpful volunteers: the Council on Aging Board, Debbie Beausoleil, Peggy Cahill, John Ghiloni, Dottie Hodgson, Sheila Brecken, Leslie Biggar, Marie Elwood, Richard

Collins, Dick Mahoney, Janice McCracken, Barbara McGuire, Zoila Mercado, Jan Pulsifer, Tom Riley and Michelle Vasquez, intern. With the careful attention to setting up the banquet with our senior volunteers, we were most fortunate to have our City Councilors help serve and break-down this event including: Councilors Patricia Pope, Mark Oram, Kathleen Robey, Robert Page, Matt Elder, John Irish and Donald Landers. Other important elected officials who helped serve that evening included Senator James B. Eldridge and Representative Danielle Gregoire.

What a nice night it was to see so many friends celebrating this year's awardees and being together.

In closing, I would like to congratulate the Friends of Marlborough Seniors for a wonderful time at the Pasta Dinner. The food prepared by the entire Jewett family was enjoyed by everyone and what a tremendous effort they shared with our senior community, thank you. As always the volunteers and the Friends Board worked seamlessly together to again make an attractive Italian room and ensure everyone had a nice time.

Jennifer



Lydia Whitcomb, Jennifer Claro, Director of the COA & Senior Center & Rita Connors



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- SALMON VNA & Hospice

OUTREACH DEPARTMENT NEWS**Ana Cristina Oliveira****ICE CREAM SOCIAL SPONSORED BY UNITED HEALTHCARE**

Join us for an Ice Cream Social and a brief presentation about the Senior Care Options by United Healthcare on June 3rd at 1:00 pm at the senior center.

Senior Care Options offers more benefits and coverage than MassHealth Standard and Original Medicare. With United Healthcare Senior Care Options (HMO SNP), you'll have the benefits and support you need to help you stay independent. And there are no copays or coinsurance for drugs or other covered services. Please reserve your seat.

FESTA JUNINA (JUNE FESTIVAL)

The Latino group "VIVA MELHOR" will be organizing their Second Festa Junina (June Party) at the Marlborough Senior center on Saturday June 21st from 6:00 – 9:00 pm.

Brazilians adore having a reason to gather with family and friends and enjoy a good time. The June Festival is a great excuse to get together with family and friends for a party. Festa Junina originated in Europe from the celebration of Saint John (São João) Day on June 24th. This celebration was brought to Brazil from the Portuguese settlers during the colonization period. When this tradition started in Brazil it was called "Joanina" taken from the name "João" John. Later it changed to Junina because it's celebrated in the month of June. Today it can be called Festa Junina or São João. June Festival parties are happy events with specific music, dancing, games, colorful decorations and a lot of different types of food. Colorful flag banners are hung and bright colored tablecloths. The June Festivals also feature a traditional type of country music called forró which is characterized by the accordion, percussion and a metal triangle. The costumes people wear to these parties symbolize the peasant or hillbilly "caipira" look. This represents the typical clothing worn by the inhabitants in rural Brazil or Portugal. Little girls and women generally wear bright colors and peasant type gathered skirts. Red checkered clothing is also very popular along with bandanas. Straw hats are sold everywhere and worn during this celebration. It is common for girls to wear their hair in ponytails or braids.

\$5.00 entrance tickets will be available at the Senior Center and food tickets will be sold at the event

Food for sale will be traditional Brazilian food, including:

- Corn on the cob
- Canjiquinha (Prime rib with hominy (soup))
- Broa (Yellow bread made from maize, wheat flour and eggs)
- Vaca Atolada (Yucca beef soup)
- Caldo fe frango (Yucca chicken soup)
- Pé-de-Moloque (a Brazilian peanut sweet, sort a mix between fudge and brittle)
- Canjicão (Semi-sweet dish made with milk and hominy, peanuts & condensed milk)
- Popcorn/ Cotton Candy and more...

MEDICARE AND MENTAL HEALTH BENEFITS

Starting in January 2014, Original Medicare increased its payment for most outpatient mental health services to the same level as other Medicare Part B services, 80 percent of the Medicare approved amount. You or your supplemental insurance must pay the remaining 20 percent coinsurance. Medicare Advantage plans have to cover the same services as Original Medicare. However, your plan will likely require you to see an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your co-payments. Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services as usual.

You can get mental health services in an outpatient hospital program, a doctor's or therapist's office or a clinic. Medicare will help pay for outpatient mental health services you receive from general practitioners, nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers, or clinical nurse specialists, as long as they are Medicare providers. Psychiatrists are more likely than any other type of provider to not accept Medicare.

Medicare covers yearly screenings to detect depression. Medicare prescription drug plans (Part D) must cover almost all antidepressant, antipsychotic, and anticonvulsant prescription drugs used to treat mental health conditions. Remember: You should ask any provider if they take Medicare before you begin receiving services!

For assistance with understanding and accessing your Medicare benefits, you can call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer counselor will call you back, as soon as possible.



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To all our Knitters and Crocheters, **THANK YOU** again for making the Chemo Hats, they have been very well received and we will continue with this project. We greatly appreciate all your talent and the patients do too! LAP ROBES are also appreciated if you would like to make them. As a reminder, if anyone is interested in helping out, there will be patterns at the Senior Center just ask at the front desk. Hats may also be dropped off at the center Monday through Fridays 8:00 am - 4:00 pm.

Finally, we also have gratefully appreciated your yarn donations. Thank you again,

~ The Knit Crochet Group

GROUP PIANO LESSONS WITH DENNIS DEYO

When: Mondays

Time: 9:00 am

Where: Senior Center Multipurpose Room

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

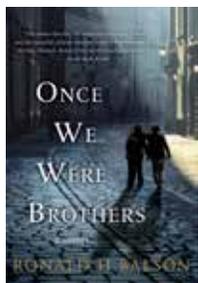
BOOK CLUB

Day: Every 3rd Tuesday of the month
Time: 1:00 pm

Where: Marlborough Senior Center

Join Sheila Brecken and others who enjoy reading and discussing a good book.

This month's book for June 17th is *Once We Were Brothers*, by Ronald H. Balson. If you want to get ahead on



your reading, the book for:

- July 15th is *My Life On A Plate*, by India Knight
- August 19th is *The Light Between Oceans*, By M.L. Stedman

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

BOWLING TRIP!

Date: Tuesday, June 17th

Where: Sawyer's 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.

YOGA CLASSES AT MARLBORO SENIOR CENTER

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

CLASSES:

Gentle Chair Yoga: Tuesdays 10-10:45 am

Strengthening Chair Yoga: Fridays 9-10 am

Gentle Hatha Yoga: Tuesdays 9-9:45 am

JUNE CLASS THEMES

Come and join us. It's time to BLOOM IN JUNE!

June 3 & 6 - Posture & Flexibility

June 10 & 13 - Strength & Confidence

June 17 & 20 - Focus & Concentration

June 24 & 27 - Energize & Empower

PITCH

Day: Fridays

Time: 1:30 pm

Where: Senior Center

Come for a great game and great time to socialize. We hope to see you there!

CRAFTS WITH LISA AND PAM

Date: Friday, June 27th

Time: 1:00 - 3:00 pm

Join Marlborough Senior Center's own Dynamic Duo: Lisa and Pam For a fun craft making session. For reservations call **508-485-6492**.

COMPUTER CLUB

Day: Every Friday

Time: 1:00 pm

Where: Marlborough Senior Center

All welcome!

NEXT STEPS, THE COA'S CABLE SHOW

A new schedule for the 2014 season launched in January so play times have changed.

Comcast Channel 8, Verizon Channel 34

Sundays @ 5 pm

Mondays @ 10 am & 4:30 pm

Tuesdays @ 3:30 pm

Wednesdays @ 7 pm & 10 pm

Thursdays @ 3:30 pm & 7:30 pm

Fridays @ 10 am

MOVIE TIME

Leader: Peg Bouvier

Day: Wednesdays

Time: 1:00 pm

Where: Senior Center

Popcorn & refreshments are served and you don't have to stand in line! Where else can you find a good movie and be served those favorite movie snacks? This month's movie selections include the following:



June 4th:

In the Good Old Summertime

- 1949, NR, 102 min.
- 4.0 stars
- Classic Musicals
- Judy Garland, Van Johnson



June 11th:

Promised Land

- 2012, R, 106 min.
- 3.5 stars
- Political Dramas
- Matt Damon, Frances McDormand



June 18th: Last Vegas

- 2013, PG-13, 105 min.
- 4 stars
- Comedy
- Robert De Niro, Morgan Freeman, Michael Douglas, Kevin Kline, Mary Steenburgen



June 25th:

Saving Mr. Banks

- 2013, PG-13, 125 min.
- 4.5 stars
- Biography, Drama
- Tom Hanks, Emma Thompson, Colin Farrell

ELDER LAW WITH FRANK AND MARYby *Arthur P. Bergeron*

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

TEAM FRANK AND MARY "WALK TO END ALZHEIMER'S"



Can you believe it's almost summer? Before you kick back, I'd like to tell you about an important date in September. On Sunday, September 28, 2014, the Alzheimer's Association is holding its annual Worcester Walk to support its efforts to help people who suffer from Alzheimer's, to remember those who have died from it, and to keep future generations from getting it. Mirick O'Connell is sponsoring an Alzheimer's Community Champion team (<http://tinyurl.com/18198k5>). I will be walking along with "Frank and Mary," and would love you to join us!

As many of you know, Frank and Mary are the fictional couple I use in my examples to illustrate how elders can plan ahead to face life's many perils. Probably nothing clouds the future of most seniors with whom I speak more than the fear of getting Alzheimer's. According to national surveys, the fear of Alzheimer's is as great as the fear of cancer among seniors. People dread the prospect of slow mental deterioration and loss of control of their lives. They also dread the prospect of becoming impoverished as they pay for the home care or institutional care they might need.

Most of my clients come to me to create estate plans to lessen the crippling financial consequences of Alzheimer's. What they are really hoping for is that Alzheimer's will pass them by. Hoping is not a plan. Helping the Alzheimer's Association is. I recently attended the Association's annual event at which researchers talked about the advances in the fight against Alzheimer's disease, how it can often be detected in people years before any dementia symptoms

start, and that early detection, along with the research being done, can slow down the progress of the disease even to the point where the dementia symptoms never appear.

The Alzheimer's Association needs funds to help future generations, avoid this terrible disease. Please consider joining our team on **Sunday, September 28, 2014**. For more information about the Walk, visit the Alzheimer's Association website at www.alz.org and click on Walk to End Alzheimer's.



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

Arthur P. Bergeron
508.929.1652
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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JOIN US FOR A CELEBRATION OF SUMMER WITH SINGER, GUITARIST, MARTI SAWYER

When: Tuesday, June 17
Time: 1:00 pm

Where: Senior Center Room

Cost: \$2.00, includes light refreshment

Singer, guitarist Marti Sawyer will be here to entertain us with songs related to summer, as well as Father's Day and Flag Day. So come along as we celebrate summer in song. Please call **508-485-6492** to reserve your seat.

IT'S IN THE LITTLE THINGS, GAYLE SUZANNE

(CPC, ELI-MP, Certified Professional Coach, speaker, workshop leader & author)

When: Tuesday, June 24th

Time: 1:30 pm

Where: Marlborough Senior Center

Cost: \$3, includes ice cream social

Are health issues – yours or a loved one's gotten a hold of your heart and weighing you down? Has a long hard winter gotten you depressed? Do you have a voice deep down inside saying that you are not good enough? Do you believe a happy life is meant for others but not for you? Are you ready to shift energy and improve your life? Obstacles can bring us down but after we dust off and pick ourselves up, those obstacles can be valuable lessons in disguise. Gayle Suzanne will share ideas and lessons that have had the most transforming impact on her life and are from her book *It's In The Little Things*. Gayle Suzanne, CPC, ELI-MP, is Certified Professional Coach, speaker, workshop leader and author. Call **508-485-6492** to reserve your seat.

MEN'S GROUP - STEP BACK IN HISTORY ON A UNIQUE BUS TOUR OF LEXINGTON & CONCORD ALONG BATTLE ROAD

When: Friday, June 27th

Time: 9:45 am leave Senior Center

COST: \$15 (Covers transportation and guided tour only)

Ride Battle Road in Lexington and Concord and visit day one of the American Revolution with guide, Arthur Conrad, a member of the Ancient and Honorable Artillery Company. This tour has minimal walking and you may stay on the bus at all times if desired. After the bus tour enjoy lunch at Waxy O'Connors Irish Pub in Lexington (on you). To be part of this fun day, please reserve your seat on the bus, & maybe one for a gentleman friend, by calling **508-485-6492**.

LEGAL ADVICE WITH ARTHUR BERGERON

When: Tuesday, June 10th

Time: 1:30 - 3:30 pm

Where: Marlborough Senior Center

The Marlborough COA is pleased to have Attorney Arthur Bergeron meet with seniors individually to discuss the legal questions and issues that are concerning you. Each appointment is 15 minutes. If you would like one of these sought after time slots please call the Senior Center at **508-485-6492**. We recommend you call early as they are sure to fill up fast!

JEFFREY MOORE PRESENTS THE MUSIC OF RODGERS & HAMMERSTEIN

When: Thursday, June 26

Time: 1:00 pm

Where: Senior Center Room

Cost: \$2.00

Rodgers and Hammerstein created a string of popular Broadway musicals in the 1940s and 1950s during what is considered the golden age of Broadway. With Rodgers composing the music and Hammerstein adding the lyrics, five of their shows were outstanding successes including, *Oklahoma!*, *Carousel*, *South Pacific*, *The King and I*, and *The Sound of Music*. In all, among the many accolades that their shows (and their film versions) garnered were thirty-four Tony Awards, fifteen Academy Awards, the Pulitzer Prize, and two Grammys. Please call **508-485-6492** to reserve a seat at this enjoyable afternoon event.

COMPUTER TABLET SEMINAR

When: Friday, June 13

Time: 2:00 PM

Where: Senior Center Computer Room

Cost: Free event, snacks afterwards

Come join Marlborough's IT DIRECTOR, Mark Gibbs for an interactive learning workshop on our CENTER's NEW tablets. We are EXCITED to have these new tablets that participants of our center will be able to use while at the center or check-out and use at home. If you wish to check-one out to take home you **must** attend this learning workshop. We would like to thank the CUMMINGS Foundation for these five new tablets. This is just on many gifts our centers will experience with their grant award of \$100,000.00. All of the grant funds are earmarked for specific things many to benefit our new senior center. Please RSVP to **508-485-6492** and bring your own tablet if you wish.

KIMBALL FARM, LANCASTER: YEAH, LET'S GO...AGAIN!

When: Friday, June 20th

Time: Leaving the Senior Center at 11:00, Transportation will be provided.
COST: \$12: Transportation to Kimball Farm and a complimentary ice cream

Let's go back and enjoy a scrumptious lunch at the Outdoor Grill and Seafood Shack. Enjoy a mouth-watering fresh fish platter, fried scallops, hamburger, corn on the cob, but save room for dessert! Lunch is on you and we will treat you to an ice cream. Go to: www.kimballfarm.com for menu viewing. To get on the fun bus to Kimball Farm and enjoy a complimentary ice cream please RSVP to the Senior Center at **508-485-6492**.

GENTLEMAN AND LADIES: BACK BY POPULAR DEMAND BASEBALL HISTORIAN HERB CREHAN AND HIS FOUR WEEK CLASS ON BOSTON BASEBALL HISTORY (1871-2013)

When: Last two classes are Thursdays: June 12 and June 19th

Time: 2:00 pm

Where: The Senior Center, 250 Main Street, Marlborough

This course tells the story of professional baseball in Boston from the first game of the Boston Red Stockings, who were the predecessors of the Boston Braves, through the Boston Red Sox of today. Our discussions will center on the players who played in Boston and the significance of baseball on the culture of Boston and New England.

Two Sessions left:

III: 1946 - the mid 1970's - included the return of Red Sox and Braves players from service in World War II, and the first Red Sox World Series appearance since 1918, the 1948 season, the Braves move to Milwaukee, Ted Williams, the foundation of the Red Sox Nation, and the 1975 World Series.

IV: 1980's - 2013 - Included the heartbreak of Game Six of the 1986 World Series, the successes of icons Jim Rice, Wade Boggs, and Roger Clemens, highlight of the 2004, 2007 and 2013 World Champion Boston Red Sox and our predictions for the next Red Sox World Championship.

Call to reserve seat 508-485-6492

Even if you missed the first 2 seminars feel free to come and reminisce, learn and have some fun!



IT'S THAT TIME OF YEAR AGAIN TO THANK ALL WHO HELPED WITH THE PASTA DINNER...

I would first like to thank everyone who came to enjoy the Pasta Dinner and support the Senior Center. I would like to thank my family who has worked so hard each year on this wonderful fundraising event. My husband Charlie and son Erik who love to cook and work so well together, my grandkids Charlie and Marissa, who have been volunteering for as long as they could walk, my daughter Jodi and her husband Jim who helped clean up the hall. I wish to thank all of the fabulous companies that donated gift cards to buy the food

and other items (BJs, Christmas Tree Shops, Roche Brothers, Stop and Shop, and Walmart), and the Olive Garden for the tasty bread sticks. Thank you as well to Tammy, Angela, Barbara, Debbie, Joe, Peggy, and to Sheila and Tom for the bottle of wine for the raffle, and everyone else who helped in so many ways to make this the best pasta dinner event ever. We made a total of \$593.00 on the pasta dinner. I have also made a total of \$442.54 selling chocolates with a small cost of \$77.54 for supplies leaving a total profit of \$305.00. This gives us a total of \$898.00 profit made on the two fundraiser events. This money will be given to the Friends of the Marlborough Seniors.

Thank you to all, Judy Jewett



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

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



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

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

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

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

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

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

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

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

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

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

Article provided by Home Helpers

(203) 558-7065 | www.homehelpers.cc/watertown58454





PODIATRIST APPOINTMENTS WITH DR. CORMIER

Where: Senior Center

Day: Tuesday, June 17th

Time: 1:30 - 4:00 pm

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

WELLNESS CLINIC

Day: Thursdays

Time: 9:00 - 11:00 am

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

FRIENDLY VISITOR PROGRAM

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



PARAFFIN WAX HAND TREATMENTS

Day: Mondays

Time: 1:30 - 2:30 pm

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

MEDICAL EQUIPMENT LOAN PROGRAMS

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

LOW VISION GATHERING

When: Wednesday, June 18th

Where: St. Matthias Church, 409 Hemenway Street

Time: 10:00 am - 12:00 pm

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

HOME DELIVERED MEALS - MEALS ON WHEELS

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

GREETING CARDS

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

FISH VOLUNTEER PROGRAM

The FISH Marlborough program is a volunteer service that provides rides to medical appointments for seniors when friends and family are not available. FISH covers the following communities: Villages at Crane Meadows, Marlborough Villages East, those over 65 that reside at Academy Knoll Apartments, Christopher Heights Assisted Living, Marlborough Public Housing, members over 65 of "the Friends of the Marlborough Seniors" and Veterans referred by the Veterans Agent and residents of Marlborough Hills Healthcare Center. To schedule a ride call **508-485-6492 ext. 11** one week in advance and leave your name, phone number and the date of the appointment and you will be contacted.

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**.

FISH VOLUNTEER DRIVING SERVICE

FISH Marlborough is a volunteer service that provides no cost rides to medical appointments for seniors when friends or family cannot. More volunteer drivers are always needed! If you can spare several hours every few weeks, you can be a FISH driver. You select the rides that fit your schedule and there is no obligation to accept rides. For more information call the phone number below and leave a message. FISH covers the following communities: Those over 65 that are "Friends of Marlborough Seniors" or are residents at Marlborough Public Housing, Christopher Heights, Academy Knolls, Marlborough Hills Healthcare, Villages at Crane Meadows, Marlborough Villages East or are veterans referred by the Veterans Agent. To schedule a ride call **508-485-6492 ext. 11** one week in advance and leave your name, phone number and date/time of the appointment and you will be contacted.



SECOND SATURDAY

Date: Saturday, June 14th

Do you need some minor repairs to your home or some extra helping hands around your home or apartment?

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

Requests must be received by **Friday, June 6, 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 in a few days.

NEWS FROM SUSAN MAKI, SOCIAL SERVICES COORDINATOR

FULL HOUSE: A HOARDER'S JOURNEY

Most of us have a lot of stuff and some of us hang on to things that others put on the curb or leave at the dump. Our closets are full, flat surfaces are a magnet for all kinds of items, and there are stacks of newspapers and magazines in every corner. It is a struggle for us to find things amid the chaos in our homes.

Lorraine Gilmore has the disorder known as compulsive hoarding and will be sharing her journey to downsize on **June 4th at The Marlborough Senior Center at 5:30 pm.** Join us for her presentation and a light supper. Please call the Marlborough Senior Center at **508-485-6492** if you are interested in attending this presentation.

TOWER HILL BOTANIC GARDEN

Tower Hill Botanic Garden officially opened in 1986. Tower Hill is the first and only comprehensive botanic garden in New England. Tower Hill Botanic Garden is a year-round display of the finest plants for cultivation in central Massachusetts. Carefully planned gardens and trails enhance the natural features of this beautiful 132 acre property. Two

conservatories - the Orangerie and the Limonaia, display non-hardy plants in winter, and blooming flowers in every season. The gift shop includes gardening tools, books, clothing, jewelry, and many unique gift items.

The Marlborough Senior Center is planning a trip to Tower Hill on **Wednesday, June 18th. The bus will be leaving at 10:30, and the cost of the trip is \$15.** Lunch may be purchased in the Twigs Café. You also have the option of bringing your lunch and eating inside at the Orangerie or Limonaia, or outdoors overlooking the beautiful gardens. Please call the Senior Center at **508-485-6492** if you are interested in this trip.

THE WALKING WONDERS

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

FRIENDLY VISITOR VOLUNTEERS

Our Friendly Visitor meeting for May is Wednesday, June 11th at the Coffee Loft, 406 Lincoln St. at 9:00 am.

MONDAY'S BLUE PLATE SPECIALS

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

June 2: From Boston Market: Rotisserie Chicken, Mashed Potatoes and Gravy, Steamed Mixed Vegetables, corn bread, Mediterranean Salad and Dessert - Cost \$6

June 9: From Superior Pie: Pizza (assortment), Salad and Dessert. Cost \$6

June 16: Super Buffet Marlborough An all-you-can-eat Chinese food restaurant. We will meet at the restaurant (771 Boston Post Rd E) - so be sure to let us know if you need a ride when you sign up. Cost \$8

June 23: From Sully's First Edition Pub: Chicken Parmesan, Pasta, Salad, Rolls & Butter and Dessert. Cost \$6

June 30: Lunch with Lisa: Ham, beans, salad, rolls, butter & dessert. Cost \$5



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Limited time offer. Call **508-485-8633** for details.

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- If Check Engine Light Is On, Scan Computer for Trouble Codes
- Evaluate Drive Belts, Under Hood Fluid Levels & Conditions
- Evaluate Filters & Windshield Wipers
- Record Inspection Sticker Due Date
- Evaluate Exterior Lighting
- Advise on Preventative Maintenance Schedules
- Document, Estimate, Prioritize & Consult On Findings

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SENIOR TRANSPORTATION PROGRAM NEWS

To participate in our transportation program active adults over 60 must complete a registration application. To receive a registration application you may call **508-485-6492 and ask for ext. 33** which is the Transportation line for the senior center's new pilot program. Also, we have a booklet that explains all transportation options for seniors living in the Marlborough community which is available at your senior center. Please remember this transportation program is based on first come first served **and you must register at least 3 days ahead of your trip. Cost per each way is \$1 which you may put in payment box on the bus.**

JUNE, 2014

10:05 am - 1:50 pm

Monday	June 2	Wal-Mart
Monday	June 9	Solomon Pond Mall
Monday	June 16	Christmas Tree Shop
Monday	June 23	Ocean State Job Lot
Monday	June 30	Wal-Mart
Tuesday	June 3	Market Basket & BJs
Tuesday	June 10	Hannaford's Marlborough
Tuesday	June 17	Wegman's
Tuesday	June 24	Davidian Brothers Farm
Friday	June 27	JP's

Sudoku

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

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

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DIFFICULTY: ★★☆☆

Answer to May 2014 Sudoku

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

GAME ANSWERS FOR THIS ISSUE WILL BE PUBLISHED IN NEXT MONTHS ISSUE.

CROSSWORD PUZZLE

ACROSS

- 1 Reimbursed
- 5 Free
- 8 US dam
- 12 Project
- 13 Guido's note (2 words)
- 14 Outer portion of Earth
- 15 Sleep (pref.)
- 16 Albania (abbr.)
- 17 Design
- 18 Arabian domain
- 20 Shore
- 21 Tumor (suf.)
- 22 Three (pref.)
- 23 Irish foot soldier
- 26 Block
- 27 Celsius (abbr.)
- 30 Shoe size
- 31 Fr. meat dish
- 33 Have (Scot.)
- 34 Plus
- 35 Indo-Chin. people
- 36 Voltaire play
- 38 Computer chip
- 39 Ounces (abbr.)
- 40 Wampum
- 43 Due
- 47 Gamin
- 48 Article (Fr.)
- 49 White-fleeced
- 50 Eg. skink
- 51 Mother of Hezekia
- 52 N. Caucasian language
- 53 Freedman in Kentish law
- 54 Low (Fr.)
- 55 Bare

DOWN

- 1 Long
- 2 "Cantique de Noel" composer
- 3 Yesterday (Ital.)
- 4 Silk substitute
- 5 "Giant" ranch
- 6 He (Lat.)
- 7 Flounder
- 8 Willow
- 9 Love of Radames

ANSWER TO PREVIOUS PUZZLE

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

- 10 This one (Lat.)
- 11 King of Israel
- 19 Amer. Sign Language (abbr.)
- 20 Swim (2 words)
- 22 Hat
- 23 "The Jungle Book" python
- 24 Belonging to (suf.)
- 25 Energy unit
- 26 Palestine Liberation Organ. (abbr.)
- 27 Greek letter
- 28 Fruiting spike
- 29 Civil War commander
- 32 Air-to-air missile (abbr.)
- 37 Wild ginger
- 38 Polishing material
- 39 Watering hole
- 40 Hall (Ger.)
- 41 Mother of Brunhilde
- 42 Walk through
- 43 Para-aminobenzoic acid
- 44 Foreshadow
- 45 Hole
- 46 Noun-forming (suf.)
- 48 Science class

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		

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A6

Friends of the Marlborough Senior Center

Hello Everyone,

Finally, Spring has arrived. I hope that everyone starts to get out and enjoy it. First, we want to thank the Jewett Family - Charlie, Judy, Erik, Charlie and Marissa for doing such a phenomenal job on our Pasta Dinner! The Friends appreciate it very much. The food was great, Tony Funches created a fun time with his entertainment, and everyone seemed to have a really nice time.

We are also working hard on future fundraising efforts for the Friends. Please save the date for our "Boot Scootin' BBQ" being held on Saturday night, October 18th at the Masonic Hall. We are holding monthly fundraising event planning meetings and if you are interested in helping with our efforts, please let me know and I'll let you know the day and time of our next meeting. Also, if you are interested in attending our Board meeting, please note that we are meeting the second Thursday of each month at 4:15 pm at the Senior Center. Please contact me with any questions at **508-335-1968** or email **tammy@pleasantriesads.com**.

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.

In honor/memory of

Doris Girouard:

*Rita Connors, Margaret Mary O'Mara
Bill & Beverly Hutch*

**James W. Connors, James A Durand
and Speed Clemmert**

Rita Connors

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, June 9, 2014,
July 14th and August 11th**

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

Living Memorial

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

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

Send acknowledgment to: Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

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

FRIENDS OF THE MARLBOROUGH SENIORS MEMBERSHIP INFORMATION

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

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

"Friends of the Marlborough Seniors"

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

I would like to give:

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

PLEASE PRINT

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: _____

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

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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 6/30/14.

Welly's Restaurant

\$5 OFF

any purchase of \$20 or more

508-281-2091
www.wellysrestaurant.com
153 Main Street
Marlborough, MA 01752

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THE WESTENDER
Your Upscale SportsBar & Grille

\$5 OFF

any purchase of \$20 or more

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

TERMS & CONDITIONS
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Quiznos
MMMMM... TOASTY™

\$3 OFF

any purchase of \$15 or more

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

TERMS & CONDITIONS
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Auntie Anne's

FREE PRETZEL

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

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

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 6/30/14.

SORENTOS
ITALIAN GOURMET

\$5 OFF

any purchase of \$20 or more

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

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 6/30/14.

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 6/30/14.

Regina Pizzeria
BOSTON'S BRICKOVEN PIZZA

FREE PIZZA

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

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

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 6/30/14.

CONFIDENCE STARTS WITH

a Happy & Healthy Smile



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

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

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508-485-2960

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



GETTING OLDER DOESN'T MEAN GETTING DENTURES

There is a common misconception in our society that as we age, we will eventually loose our teeth and wear dentures or partial dentures. This is false. I have many patients well into there 80's



and even into their 90's that have all 32 teeth. When I was first out of dental school, I had a patient who was 101 with only THREE missing teeth! I also had several patients under the age of 20 whom I delivered full upper dentures as well as partials.

There is a common myth that it is less expensive and better to remove teeth in our mature years of life than spending money to fix them. However, if you know somebody that wears dentures, they rather have their own teeth to eat an apple or corn on the cob, right? It is very important for mature patients to have a dentist that takes their time and makes an effort to educate them on how important it is to retain teeth in later years. However, retaining teeth can cost money. Sometimes it may seem less expensive to extract a tooth versus paying for simple or complicated oral procedures. Or it may seem easier to extract a problematic tooth versus fixing it. However, saving the tooth may be a better option and is often something to discuss with your dentist.

It is never too late to change your oral hygiene habits. Even though sometimes as we get older it can be hard to make permanent behavior changes, the benefits can be much more rewarding. The changes are not so much the oral hygiene habits, but the chemistry involved in those habits. For example, a simple change of toothpaste can most times greatly reduce the number or severity of cavities. Your dentist can also prescribe a toothpaste with higher amounts of fluoride or you can use a mouth rinse with higher amounts of fluoride. There are also special floss holders to make flossing easier, if you find it difficult to floss your teeth.

Furthermore, two of the most important changes can be your diet and going to see your dentist every six months. The patients I have whom are 70 or greater and have no missing teeth never miss their six month appointment. At each appointment, they are educated and alerted of suspicious areas. Keeping your dental appointments keeps more money in your pocket because small issues can be identified and taken care of right away before it potentially becomes an expensive problem. It is well-known that as we get older, our metabolism slows down. I am not saying stay away from chocolate, because we only live once! However, instead of having the whole box of chocolate, just eat a piece or two.

As we head into 2015, people are living longer than ever before. They are living longer because they are eating better and properly with their own teeth. Their self-esteem is high because they are able to enjoy those delicious meals without worrying if their denture is going to fall out or food is going to get caught underneath their dentures. Your teeth will last as long as you take care of them and visit your dentist regularly. Remember, it is never too late improving your oral hygiene!

Eric G. Piascik, DMD

MEN: IT'S TIME TO PAY ATTENTION TO YOUR HEALTH

JUNE IS MEN'S HEALTH MONTH, WHICH ALSO INCLUDES MEN'S HEALTH WEEK

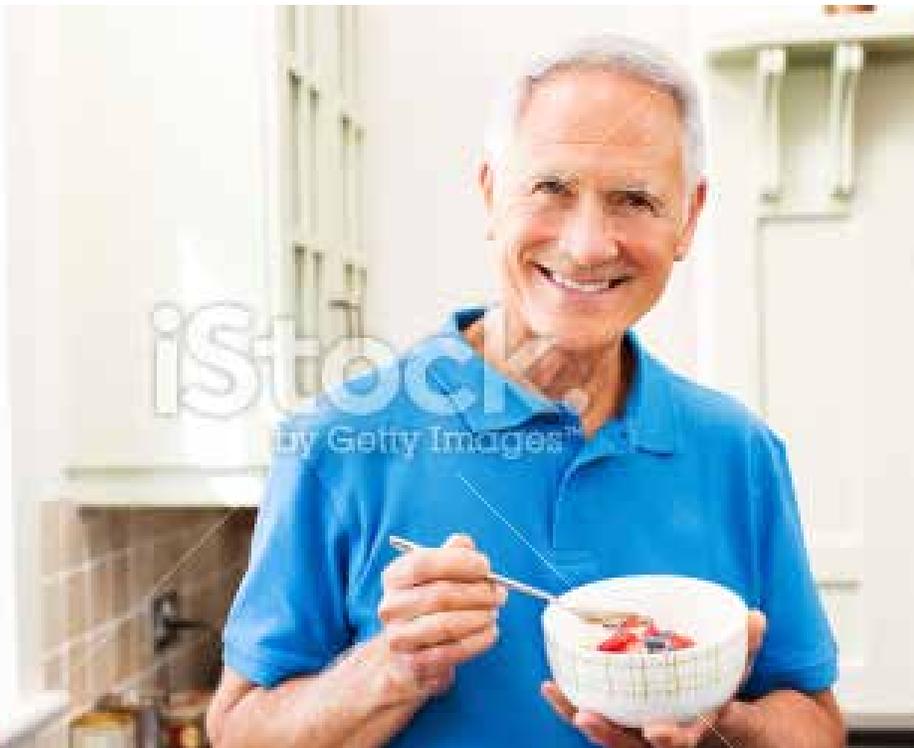
— celebrated each year as the week leading up to and including Father's Day (this year, it's June 9-15). It's a time dedicated to heightening the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Despite much progress, there are still sobering statistics about men's health, including having a shorter life span than women. According to the Agency for Healthcare Research and Quality (AHRQ), compared to women men are:

- 24% less likely to have visited a doctor within the past year and are 22% more likely to have neglected their cholesterol tests.
- 28% more likely to be hospitalized for congestive heart failure, 32% more likely to be hospitalized for long-term complications of diabetes and 24% more likely to be hospitalized for preventable pneumonia.

The AHRQ's message to men is: "The single most important way you can take care of yourself and those you love is to actively take part in your health care. Educate yourself on health care and participate in decisions with your doctor."

Older men should ask their doctor about health screenings for abdominal aortic aneurysm, colorectal cancer, diabetes, blood pressure, cholesterol, bone health and body mass index.



WARNING SIGNS FOR TESTOSTERONE REPLACEMENT THERAPY

A common concern among men is erectile dysfunction. As of 2011, American men were spending an estimated \$1.6 billion annually on prescription testosterone supplements.

However, there is growing evidence that men should be cautious about pursuing testosterone replacement therapy (TRT). Recent studies are suggesting that the hormone therapy, which comes in several forms—a gel, patch, injection or tablet—may increase the risk of heart attack and stroke.

Researchers are beginning to look at the long-term risks of treatment. Studies reported at the end of 2013 and early in 2014 have added to the mounting evidence that there may be a significant cardiovascular risk with the therapy, not only among older men, but also for younger men with a history of heart disease. More extensive clinical trials and studies are needed to reach a definite conclusion.

The Food and Drug Administration (FDA) announced in January that it was reviewing the safety of these drugs in response to the latest studies. FDA labeling on the drugs indicates they are only to be used for men who have abnormally low testosterone caused by a medical condition.

In light of the newest information, men are being urged to talk to their doctor about the pros and cons of therapy, insist on careful monitoring through lab tests, and pay attention to potential side effects.

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
2 8:30 Walking Wonders 9:00 Grp Piano class 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:00 Wayside Water Aerobics 1:30 Hand Waxing 1:30 Water Color	3 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:15 Pilates 1:00 United Health care Ice cream Social 6:30 Zumba	4 8:30 Walking Wonders 9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie time 1:00 Wayside Water Aerobics 5:30 Hoarding Seminar	5 9:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Latino Comp. Club 1:00 My Life, My Health 6:30 Zumba	6 8:30 Cribbage 9:00 - 3:30 Mani/pedi & reflexology appts 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:30 PITCH BIG COOKIE DAY! Sponsored by Christopher Heights Assisted Living
9 8:30 Walking Wonders 9:00 Grp Piano class 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:00 Wayside Water Aerobics 1:30 Hand Waxing 1:30 Water Color	10 8:45 COA Board Meeting - Walker Bldg, 1st flr 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Multicultural picnic @ Hopkinton State Park 11:15 Pilates 1:30 - 3:30 Arthur Bergeron Individual Sessions 6:30 Zumba	11 8:30 Walking Wonders 9:00 Friendly Visitor Mtg - Coffee Loft 9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie time 1:00 Wayside Water Aerobics	12 Temptations Trip 9:00 ESL 9:00 - 11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Latino Comp. Club 2:00 Baseball History Class 4:15 Friends Board Mtg 6:30 Zumba	13 8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1:00 Computer Club 1:30 PITCH 2:00 Computer Tablet Seminar
16 8:30 Walking Wonders 9:00 Grp Piano class 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate 1:00 Wayside Water Aerobics 1:30 Hand Waxing 1:30 Water Color	17 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Bowling 11:15 Pilates 1:00 Welcome Summer Concert -Marti Sawyer 1:00 Book Club 1:30 - 4:00 Podiatrist 6:30 Zumba	18 8:30 Walking Wonders 9:00 30/30 Exercise 10:15 Bingo 10:30 Tower Hill Trip 12:30 Bingo 1:00 Movie Time 1:00 Wayside Water Aerobics	19 9:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Latino Comp. Club 2:00 Baseball History Class 6:30 Zumba	20 8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 11:00 KIMBALL'S for Lunch 1:30 PITCH
23 8:30 Walking Wonders 9:00 Grp Piano class 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate 1:00 Wayside Water Aerobics 1:30 Hand Waxing 1:30 Water Color	24 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:15 Pilates 1:00 It's the Little Things 2:00 Tenant Meeting 6:30 Zumba	25 8:30 Walking Wonders 9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie Time 1:00 Wayside Water Aerobics	26 Lady Bee River Cruise 9:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Latino Comp. Club 1:00 Jeffery Moore: Roger's & Hammerstein 6:30 Zumba	27 8:30 Cribbage 9:00 Chair Yoga 9:45 Men's Group - Battle Road Trip 10:15 Tai-Chi 1:00 Craft Time 1:30 PITCH
30 8:30 Walking Wonders 9:00 Grp Piano class 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate 1:00 Wayside Water Aerobics 1:30 Hand Waxing 1:30 Water Color	REMEMBER TO SAVE THE DATE SATURDAY, JUNE 21st for "VIVA MELHOR's" Second Festa Junina 6:00 pm - 9:00 pm At the Senior Center			

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



**TRAINS OF THE
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**September 6 - 14,
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Highlights: Denver, Rocky Mountain National Park, Georgetown Loop Railroad, Grand Junction, Colorado National Monument, Durango & Silverton Railroad, Durango, Mesa Verde National Park, Royal Gorge Railroad, Colorado, Springs, Pike's Peak, Cog Railway, Garden of the Gods.
Double \$2729

CALIFORNIA NEW YEAR'S GETAWAY

Dec. 29, 2014 - Jan. 2, 2015

(5 Days - 6 Meals)

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

Double \$2099*

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

*Look for more information in the
Senior Center Lobby*

TRIPS FOR THE FIRST HALF OF 2014

THE TEMPTATIONS

When: Thursday, June 12th

Where: Venus De Milo

Meal Choice: Chicken Parmesan or Baked Haddock, Minestrone Soup, Vegetables, Breads, Desserts, Coffee/Tea

Cost: \$79/pp includes Luncheon, show and transportation.

Known for their choreography, distinct harmonies, and flashy wardrobe this is a group that has been influential to the R&B and soul music. 'My Girl, Just My Imagination' are just a few of their award winning hits.

LADY BEA RIVER CRUISE

When: Thursday, June 26th

Where: South Hadley MA and then down the Connecticut River

Meal: Deerfield Inn's Champney Restaurant: Chicken Pot Pie, Turkey Breast with Cranberry chutney, OR New England Haddock w/ Butter Crumb Topping and Lemon Butter Sauce, Freshly Baked Rolls, Sweet Butter, Mixed Greens with Seasonal Vegetables, Dessert, Coffee and Tea.

Cost: \$108/pp includes transportation and lunch

Begin your journey to So Hadley, MA to board the LADY BEA for a 90 minute cruise of the scenic Northern Connecticut River. Enjoy a mimosa and mini quiche on board. Lunch follows at Deerfield Inn Champney Restaurant. After lunch stop at the Kringle Candle and Christmas Barn for shopping.

**THE MARLBORO DAY TRIPPERS TRAVEL GROUP ARE GOING TO
THE CLAMBAKE RESTAURANT IN SCARBOROUGH MAINE**

When: Sunday, June 22, 2014

After boarding our coach we will proceed to our destination for our annual seafood lunch. MENU: Boiled Lobster, Haddock, Chicken, also includes Steamers, Salad, Rolls, Ice Tea, Hot Tea, Coffee & Dessert.

After lunch you may go next door to the gift shop and then it is off to visit Lenny the Chocolate Moose and his fabulous candy and ice cream at Len Libby's. Weather permitting we will take a ride to Kennebunkport for a brief shopping stop. If you are interested in joining us on this festive outing please call **Pauline Lynch @ 508-485-3741** or **Robert Hall @ 508-481-6630** for more information.

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Answer:

Like any medication, you should always be aware of what you are taking and what is in it. There are many over-the-counter (OTC) combination medicines that contain the same active ingredient. If you take several medicines that happen to contain the same active ingredient (for example, a pain reliever along with a cough-cold-fever medicine), you might be taking two times the normal dose of a particular drug and not know it. Be sure to read the label and avoid taking multiple medicines that contain the same active ingredient. If you have questions, talk with your pharmacist.



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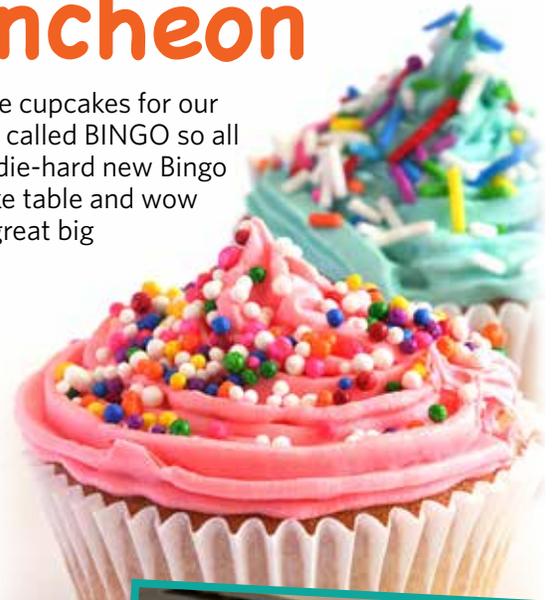
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Grandparents-kids luncheon

Special thanks to Rose Cosman who so graciously volunteered to make homemade cupcakes for our cupcake decorating that over 100 children and grandparents inhaled. **Peggy Cahill** called BINGO so all could easily play, enjoy and win a prize. We all agreed we are going to have some die-hard new Bingo players in about 55 years. **Lisa Martino** did a fabulous job coordinating the cupcake table and wow some impressive iced and candied cupcakes, we saw and shortly disappeared. A great big thank you to my favorite co-workers **Ana Cristina, Susan and Tina**.



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750 ML.....\$12.99

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1.5 Liters.....\$8.99

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Grand Marnier
750 ML.....\$28.99

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750 ML.....\$16.99

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750 ML.....\$21.99

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1.75 Liters.....\$21.99

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1.75 Liters.....\$19.99

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1.75 Liters.....\$29.99

New Amsterdam Gin
1.75 Liters

\$17⁹⁹

Barefoot Cellars
1.5 liters

\$8⁹⁹

Shock Top
12-pack bottles

\$10⁹⁹*

* Plus deposit

Dining Out with Fido

The weather is finally turning nice and you can't wait to start your outdoor activities with Fido. You go for walks together. You hang out together. You enjoy the park together. You love doing things with your dog.

But when you want something to eat or drink, it's either a drive-through or home.

OR IS IT?

Communities are starting to respond to the needs of pet owners and are adjusting health codes to allow restaurants, coffee shops, and bars to cater to their dog-owning clientele. Typically that means a place will have an outdoor patio with access to the street.

An online search at www.BringFido.com reveals that many places now allow a leashed canine on an outdoor patio. Always call ahead to make sure your buddy is welcome.

CHECK OUT SOME OF OUR FAVORITE LOCAL FINDS:

Trombetta's Farm/Creamery and Devo's Dogs • 655 Farm Road, Marlboro: The Creamery serves delicious homemade ice cream and Devo's Dogs is a hot dog truck that has a large selection of tasty items. While on the patio area you are surrounded by beautiful flowers as it is also a garden center.

Kimball Farm • 400 Littleton Road, Westford They serve homemade ice cream and have patio/tent seating for the Westford Grill and Seafood. They allow well behaved, leashed dogs and their responsible and respectful owners on their property.

Slater's Restaurant of Bolton • 356 Main Street, Bolton Slater's is a family restaurant located on Route 117 in Bolton. They serve american cuisines, including their signature apple wood smoked barbecue, soups, specialty sandwiches, and lots more. Well-behaved, leashed dogs are allowed at the outdoor seats.

J's at Nashoba Valley Winery • 100 Wattaquaddock Hill Road, Bolton. Well behaved pets are allowed on the outside patio. Fresh New England Food is served and reservations are required or picnic lunches can be reserved online in advance, Wednesday - Sunday only.

To keep everyone happy on your canine outing:

- Be sure your dog is healthy, licensed, and vaccinated.
- Be aware that intact dogs, dogs in heat, and certain breeds may be prohibited.
- Make sure your dog is well-trained and comfortable in a crowded situation.
- Be prepared to clean up after your dog.
- Don't let your dog bother other guests.
- If it's hot and humid, let your dog stay home in air-conditioned comfort.
- Call to learn the business' current rules and offerings before you stop in.
- Be aware that you are liable for any damage or injury inflicted by your dog.



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SEGUNDA "FESTA JUNINA" DO GRUPO "VIVA MELHOR"

No Sabado dia 21 de Junho de 6:00 pm - 9:00 pm o group VIVA MELHOR do Marlborough Senior Center estará organizando a segunda FESTA JUNINA para a comunidade de Marlborough. Não percam a oportunidade de divertir e também de dar um suporte ao Marlborough senior center que é um órgão da prefeitura que oferece diversas atividades físicas e educativas para pessoas da terceira idade.

A entrada será \$5.00 por pessoa, crianças abaixo de 10 anos não pagam.

Favor adquirir seu ingresso antecipado no Marlborough senior center localizado na 250 Main Street. Marlboro. **508-485-6492.**

ORIGEM DA FESTA JUNINA

Existem duas explicações para o termo festa junina. A primeira explica que surgiu em função das festividades ocorrem durante o mês de junho. Outra versão diz que está festa tem origem em países católicos da Europa e, portanto, seriam em homenagem a São João. No princípio, a festa era chamada de Joanina.

De acordo com historiadores, esta festividade foi trazida para o Brasil pelos portugueses, ainda durante o período colonial (época em que o Brasil foi colonizado e governado por Portugal).

Nesta época, havia uma grande influência de elementos culturais portugueses, chineses, espanhóis e franceses. Da França veio a dança marcada, característica típica das danças nobres e que, no Brasil, influenciou muito as típicas quadrilhas. Já a tradição de soltar fogos de artifício veio da China, região de onde teria surgido a manipulação da pólvora para a fabricação de fogos. Da península Ibérica teria vindo a dança de fitas, muito comum em Portugal e na Espanha.

Todos estes elementos culturais foram, com o passar do tempo, misturando-se aos aspectos culturais dos brasileiros (indígenas, afro-brasileiros e imigrantes europeus) nas diversas regiões do país, tomando características particulares em cada uma delas.

BENEFICIOS DEL GOBIERNO PARA PERSONAS CON DISCAPACIDADES

Las discapacidades afectan las actividades diarias de una de cada cinco personas en Estados Unidos, según informan los Centros para el Control y la Prevención de Enfermedades (CDC, por su sigla en inglés). Algunas discapacidades son congénitas o de nacimiento mientras que otras surgen a causa de lesiones, enfermedades o por envejecimiento.

A pesar de las limitaciones que presentan estas condiciones, existen programas del Gobierno que brindan ayuda a las personas con discapacidades.

Beneficios del Seguro Social

La Administración del Seguro Social ofrece dos programas para ayudar a personas que tienen alguna discapacidad que pudiera prolongarse por más de un año. Estos programas son:

- Seguro Social por discapacidad. Este beneficio se determina según la edad de la persona, ganancias en su trabajo más reciente y años de trabajo antes de tener la discapacidad. Obtenga información más detallada sobre este seguro por discapacidad.
- Seguridad de Ingreso Suplementario. Este programa otorga pagos mensuales a niños y adultos mayores de 65 años de bajos ingresos con ceguera o una discapacidad. Conozca más sobre el programa de Seguridad de Ingreso Suplementario.

Para solicitar los beneficios de cualquiera de estos programas comuníquese con las oficinas del Seguro Social al 1-800-772-1213 (presione 7 para español) o al 1-800-325-0778 (servicio TTY para personas con dificultades auditivas).



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