

MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS VOLUME 1, NO. 10, OCTOBER, 2014

SPOOKTACULAR HALLOWEEN PARTY!

Friday, October 31st

Sponsored by the Reservoir Center for Health and Rehabilitation and Friends of the Marlborough Seniors. Witches Feast catered by Kennedy's and Entertainment will be FLASHBACK BAND and more! *(See inside for details)*

Special Thanks to our Proud Premier Sponsors



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
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

COUNCIL ON AGING STAFF

Jennifer C. Claro, *Executive Director*
Ana Cristina Oliveira, *Outreach Coordinator*
Susan Maki, *Social Service Coordinator*
Tina Nolin, *Administrative Assistant*
Lisa Martino, *Bay Path Meals Site Manager*

COUNCIL ON AGING BOARD OF DIRECTORS

Jim Confrey, *Chairperson*
Sheila Brecken, *Vice Chairperson*
Brenda Costa, *Secretary*
Leslie Biggar
Richard D. Collins
Rita Connors
Marie Elwood
Jeanne McGeough

FISH VOLUNTEER TRANSPORTATION PROGRAM DIRECTORS

Larry Vifquain
Gary Adkins
Jim Mosso
Janne Sefter

FRIENDS OF MARLBOROUGH SENIORS - OFFICERS

Tammy Pozerycki, *President*
Angela FitzDaniel, *Vice President*
Barbara McGuire, *Treasurer*
Melissa Esteves, *Clerk*

BOARD MEMBERS

Debbie Beausoleil
Peg Bouvier
Sarah Condon
Gretta Holland
James Hickey
Joe Tunnera
Lydia Whitcomb

VOLUNTEER TEAM LEADERS

Peg Cahill, *Ginger Cutting & Cynthia Mitchell, Bingo*
Peg Bouvier, *Friends Membership & Movies*
Dick Mahoney, *Computer Lab*
Sheila Brecken, *Book Club, Knit & Crochet*
Judy Jewett, *Knit & Crochet*
Bob Marcotte, *Low Vision*
Jeanne McGeough, *Water Aerobics & Transportation Coordinator*

Contents October 2014

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



Fun at the Sock Hop!



Save the Date!

ELEVENTH ANNUAL HOLIDAY CRAFT FAIR

The Friends of the Marlborough Seniors

When: Saturday, November 8th

Time: 9:00 AM - 3:00 PM

Where: Marlborough Senior Center, 250 Main Street, Marlborough, MA

This festive event is open to the public and will feature holiday gift selections of beautiful handmade crafts and delicious homemade baked goods! Bakers are needed to bake cookies, cakes, brownies, cupcakes and more. We ask that donors wrap and identify their baked goods which must be clearly marked if they contain peanut butter or nuts of any kind. Goodies may be dropped off at the Senior Center on Friday, November 7th in the evening from 4:00 - 7:00 PM, & Saturday morning after 8:00 AM. Any questions please contact Craft Fair Coordinator Judy Jewett **(508-485-0785)**.

DON'T MISS A GREAT EVENT TO SUPPORT OUR LOCAL COMMUNITY CUPBOARD AND UNITED WAY OF TRI-COUNTY... COME TO THE TOTALLY 80'S COSTUME BASH!

When: Friday, October 24th

Time: 8:00 PM - Midnight

Where: At the Verve Crowne Plaza in Natick, MA

So pull out your leg warmers and your Members Only jackets or come as your favorite 80's celebrity or character. There will be food, cash bar, contests and prizes, music and lots of fun! All proceeds to benefit the food pantries of the United Way: including Marlborough, Framingham and Clinton. Tickets are \$40 each or 2 for \$75 and can be found online (www.uwotc.org/totally80s) or by calling **888-811-3291**.

BLACKBOARDCONNECT A GREAT WAY TO GET INFORMATION REGARDING THE CENTER AND CITY OF MARLBOROUGH

Recently, I sat down with our IT Director, Mark Gibbs, and had the opportunity to send a mass calling regarding some upcoming programs such as the Flu Clinic, Billiards League and the Boot Scootin' BBQ. After recording the message via telephone, I then sent it over telephone, email and text to all individuals that like to communicate through these methods. Blackboardconnect is such a helpful communication tool that our center has available to use to communicate important information to each of you. I would like to encourage you to come to a special program with our IT Director to learn more about this program. Mark and our staff will also be available to assist those who would like to sign up for this helpful communication outlet that you have access to at your fingertips.

One other nice feature about this communication program is that each individual can sign up to five people to receive this information. For those who may have children out-of state it is a great way for them to stay connected with the happenings that are occurring around you if you are unable to communicate with them about power outage, etc. So, please mark your calendar for Thursday, October 16th at 1:30. Come enjoy some warm bread pudding while learning about this very beneficial program that is offered to you through the City of Marlborough.

Also, if you have not already, be sure to sign up for the Halloween party that is being sponsored with The Reservoir Center for Health and Rehabilitation and our Friend of the Marlborough Seniors. Kennedy's will be catering a delicious lunch; there will be great musical entertainment and hopefully a spooky visit from the students at Immaculate Conception. I would like to thank Marie Elwood, Marianne Dicampo and Peggy Cahill for helping make our Halloween Party a spooktacular event!

Jennifer

TO ALL OUR KNITTERS AND CROCHETERS



A note from the Knit, Crochet group, the **Cambridge Multi-Service Center for the Homeless** can use any of the following items: scarfs, mittens and fingerless gloves. We already have plenty of hats to send them. For more information, including drop off, please contact Judy Jewett at **508-485-0785**. All help is appreciated. *Thanks Again, The Knit Crochet Group*

MONDAY'S BLUE PLATE SPECIALS

October 6: From Family House of Pizza: Pizza, Salad, beverage and dessert - Cost: \$6.00

October 13: Closed for the Columbus Day Holiday

October 20: Going to Joy Asia for the lunch buffet or you may order off the lunch menu (\$6.00 per person).

This event will be at the restaurant: 735 Boston Post Rd E, Marlborough, MA. If you need a ride let us know when you sign up. - \$6.00

October 27: From Assabet: Baked scrod, Glazed Carrots, Rice Pilaf, Rolls and Butter, Salad, beverage and dessert \$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.



WHITNEY WORDPLAY!

What is the true meaning of the word below?
See answer at bottom.

Persimmon a. An edible fruit that resembles a large tomato
b. A type of spice made from bark
c. A wooden structure



WHITNEY PLACE
ASSISTED LIVING RESIDENCES



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 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

DON'T WAIT UNTIL IT'S TOO LATE!

Medicare's Open Enrollment Period is
October 15 - December 7

Medicare plans change every year! This is the time to decide on your coverage for 2015. SHINE Can Help! SHINE counselors provide free Medicare counseling. Call your senior center for a SHINE appointment now! Or For assistance from a Medicare customer service representative, 24 hours/day, 7 days/week, call 1-800-MEDICARE.

For SHINE related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.

TRIPS

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

Thursday, October 9th

Cost: \$82.95

Join us as we travel to central New Hampshire and Lake Winnepesaukee on board our deluxe motor coach for a day of fun and the wonderful sights of Fall Foliage. Enjoy what millions of travelers come to New Hampshire for each year, the changing of the season and the magnificent fall foliage that can only be seen in New Hampshire. On our way North we will make a **Mystery Stop** that is sure to **"sweeten your day."** We then arrive in Meredith, NH on the shores of Lake Winnepesaukee for the Turkey Train.

ALL ABOARD the dining car to enjoy our **Turkey luncheon provided by Hart's Turkey Farm.** Our meal includes Roast Turkey, whipped potatoes, butternut squash, beverage, and a delicious sundae to top it all off. Take in the foliage as the train rides along the shores of the Lake and through wooded areas to take in the fall foliage. We will depart after our train ride with great memories of day out! Call **508-485-6492** to reserve a seat.

BEST OF TIMES AND THE MARLBOROUGH SENIOR CENTER PRESENT: JOEY VINCENT - COMEDY SINGER

Wednesday, October 22nd • Cost \$79 • Lantana's Function Facility - Randolph, MA

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

COLLETTE VACATIONS & THE MARLBOROUGH COA PRESENT

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



DENTAL SERVICES COMING TO THE SENIOR CENTER!

When: Friday, October 17th
Time: Call for appointment

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 at 508-485-6492.**

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, a state licensed Manicurist, certified Master Reflexologist and certified Advanced Nail Technician, will be at the Senior Center every first Wednesday of each month to provide manicures, pedicures and reflexology services. For more information on the services Veronica offers and the costs pick up a flier at the Senior Center All costs are paid directly to Veronica at the time of appointment. These appointments have been going fast so call early to reserve a spot at **978-407-7658**.

GROUP PIANO LESSONS WITH DENNIS DEYO

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

BOOK CLUB

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

All are welcome to join, for more information call: **508-485-5580**.

Join Sheila Brecken and others who enjoy reading and discussing a good book. This month's book for October 21st is *Orange is the new Black*, by Piper Kerman. If you want to get ahead on your reading, the book for November 18th is *Island Practice* by Pam Belluck.

BOWLING TRIP!

When: Tuesday, October 21st
Where: Sawyers' in Northborough
Time: 11:00 AM
Sponsored by: Fitzgerald & Collins Funeral Home

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

COMPUTER CLUB

Every Friday at 1:00 to 3:00 PM
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

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

Gentle Hatha Yoga

Tuesdays 9:00 - 9:45 AM

Gentle Chair Yoga

Tuesdays 10:00 - 10:45 AM

Strengthening Chair Yoga

Fridays 9:00 - 10:00 AM

October Class Themes

Fall into the beautiful, vibrant colors of autumn with our Fall Focus on Health, Strength, and Wellbeing

October 6-10: Muscle and Joint Strength

October 13-14: Immune Strength

October 20-24: Emotional mood and Balance

October 27-31: Skeletal Strength

TAI-CHI FOR HEALTH AND BETTER AGING

Tai Chi is a joint safety activity that can help you take control of your physical, emotional and mental health and improve your life. Tai Chi involves slow, gentle moves that can be done while seated or standing, deep breathing and stretching while moving in a sequential "dance." Tai Chi is appropriate for 99% of people

seeking a joint-safe program and has been proven to reduce pain and stiffness and improve mobility, breathing and relaxation. These are all important to anyone who suffers from arthritis or any other joint disease. Tai Chi may also improve memory, concentration, coordination, muscle strength, stamina and depression. Tai Chi may help reduce stress and increase circulation and heart and lung function. No pre-registration needed. A \$3 donation per class is requested.

MOVIE TIME

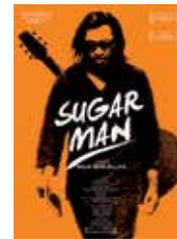
Day: Wednesdays at 1:00 PM
at the Senior Center

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



October 1st:

Mary Poppins
 - 1964, G, 139 min.
 - 4.0 stars
 - Classic Musicals
 - Julie Andrews,
 Dick Van Dyke



October 8th:

Searching for Sugar Man
 - 2012, PG-13, 86 min.
 - 4.2 stars
 - Biographical Documentaries
 - Sixto Rodrigues,
 Steve Segerman



October 15th: Red 2

- 2013, PG-13, 116 min.
 - 4.0 stars
 - Action Comedy
 - Bruce Willis, John Malkovich &
 all-star cast



October 22nd: Diana

- 2013, PG-13, 113 min.
 - 3.25 stars
 - Biographies,
 Romantic Dramas
 - Naomi Watts,
 Naveen Andrews



October 29th:

Dallas Buyers Club
 - 2013, R, 117 min.
 - 4.75 stars
 - Drama
 - Matthew McConaughey,
 Jared Leto,
 Jennifer Garner



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.



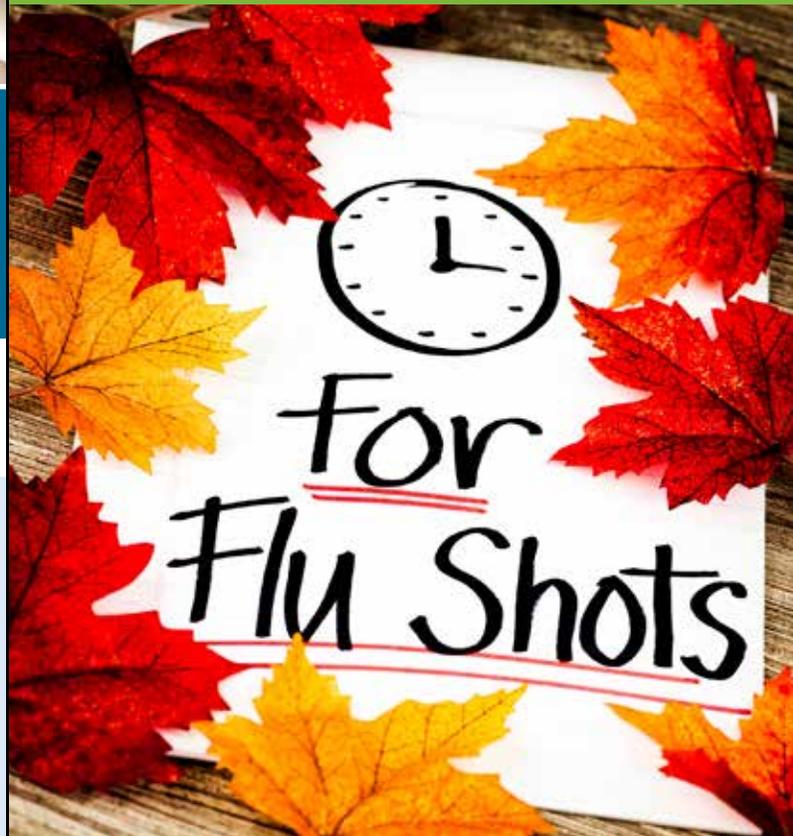
Anyone can get flu, but the risk of getting flu is highest among children. Symptoms come on suddenly and may last several days. They can include:

- 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



**WALK IN
TODAY TO
GET YOUR FLU
VACCINE!**

515 Lincoln Street, Marlborough, MA

Fax: 508-485-8777

Call 508-485-0432

www.bouvierpharmacy.com

*4 Generations of our Family
Caring for Yours...*

IT'S THAT TIME AGAIN... FOR THE ANNUAL SPOOKTACULAR HALLOWEEN PARTY!

Sponsored by: The Reservoir Center for Health and Rehabilitation, the Friends of Marlborough Seniors and your COA Board

When: Friday, October 31st

Time: 12:45 PM

Where: Senior Center

Cost: \$10 for Friends and \$12 for non-friend members

Costumes encouraged or beware

Witches Feast, catered by Kennedy's, will be: Meal Choice: Baked Haddock or Chicken Cordon Bleu with Supreme Sauce, Mashed Potatoes, Fall Squash, Salad, Rolls and Butter, Chocolate Éclair and Cannoli. Spooktacular Entertainment will also be provided. Be sure to sign up early as space is limited!

GET IN THE SWING!!

When: Tuesday, October 28th

Time: 1:00 PM

Where: Senior Center

Music lovers will enjoy a lecture by retired music educator and award winning Choral Director Richard Travers. This lecture will look at the significant composers and performers of the heyday of Jazz - the Swing Era, where Jazz exploded upon the popular music scene. Goodman, Ellington, Basie, Miller are just a few of the Big Bands we will discuss, as well as the singers and dance styles that swept the nation. Come get away and here some

music, recall some memories and learn some history. Please sign up at the Senior Center so that we know you are coming and we can have seats available.

MEN'S GROUP EVENT: NEW ENGLAND AIR MUSEUM

WINDSOR LOCKS, CT

When: Wednesday, Oct. 15th

Time: Leave Senior Center at 9:00 AM

Cost: \$25 includes transportation, admission to museum & guided tour and lunch

Travel through the history of aviation. You will have a guided tour of the museum and see more than 80 aircraft from all periods of history, including a beautifully restored B-29 Superfortress. See helicopters, amphibians, modern jets and trophy-winning racers. Take a close look at some of the airplanes that so proudly served the World War II, such as the P-47 Thunderbolt, the Corsair and the Hellcat. Learn the stories of the men and women, who built, flew and made history with these famous machines. Please sign up at the Senior Center for this wonderful trip.

COME JOIN US FOR A GAME OR TWO OF SCRABBLE

When: Every Tuesday

Time: 1:00 PM

Where: Senior Center

If you're interested in playing please sign up or call the Senior Center 508-485-6492 so we can be sure to have enough boards and seats for all.

HAVE YOU HEARD? HEARING LOSS AFFECTS OVER 38 MILLION AMERICANS, YET ONLY 12% ADDRESS THEIR HEARING NEED. FIND OUT WHY, ON OCTOBER 27

When: Monday, October 27th

Time: 1:15 PM

Where: Senior Center

Join local audiologist, Dr. Leslie Soiles, who will discuss the impact of hearing loss. She will simplify the confusing information about hearing loss and the available solutions as well as answer your questions following lunch. Dr. Soiles has served patients in the greater Worcester area for over 25 years and is herself as hearing impaired professional. Her unique insights are trusted by local physicians and patients alike. We hope you will join us!

Please sign up at the Senior Center so we will have enough space for everyone and consider coming for the Monday Blue Plate Special right before this talk (lunch information is on page 4)

WELCOME BACK.... IT'S TIME FOR CRAFTS WITH LISA AND PAM

When: Friday, October 24th

Time: 1:00 PM

Where: Senior Center

Marlborough Senior Center's very own crafting Dynamic Duo is back from a well deserved summer hiatus with new ideas and more fun! Be sure to sign up so that we have enough supplies, seats and yummys available.

The Area's Newest Name in Nursing & Rehabilitation

Featuring

The Passport Short-Term Rehabilitation Program

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


The Reservoir
 Center for Health & Rehabilitation

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

www.ReservoirCenterRehab.com

ATTENTION ALL**BRIDGE PLAYERS:**

Duplicate Bridge is starting at the Marlborough Senior Center

When: Mondays, Starting October 6th

Time: 1:45 - 4:45 PM

Where: Senior Center, 250 main St in Marlborough

If you are interested in playing please contact Jay Levine at **508-481-8353** so that we have boards and space for all. Refreshments will be provided.

*** In a few of months, Duplicate Bridge will be held at the new senior center at 12:30 - 3:30 PM. ***

CURRENT FALLON HEALTH CARE MEMBERS COME LEARN WHAT IS CHANGING IN 2015

When: Monday, October 6th

Time: 2:00 PM

Where: Senior Center

This is an excellent opportunity for current Fallon members to educate themselves on how their plan is changing if at all for 2015. Fallon and the Senior Center are offering this meeting before open enrollment starts in order that members can have their information and not need to worry about open enrollment if they do not wish to make changes.

If you are a member of Fallon, please join us for this important meeting, by signing up or calling **1-800-325-5669** so that we can be sure to set up enough chairs and items for everyone.

FOOD AS MEDICINE

When: Thursday, October 23rd

Time: 1:00 PM

Where: Senior Center

Come learn how to manage chronic illness through healthy eating and the effects that diet can have on how we feel. Please sign up at the Senior Center for this helpful and informative seminar.

PROTECT YOURSELF FROM MEDICARE FRAUD

When: Tuesday, October 14th

Time: 1:30 PM

Where: Senior Center

Healthcare errors cost consumers and Medicare billions of dollars annually! This workshop, conducted by a representative of the Massachusetts Senior Medical Patrol Program will provide you with the tools you need to become better educated and engaged health care consumer. Please join us for this very important seminar. RSVP to the Senior Center.

LOW VISION GATHERING

When: Wednesday, October 15

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**.

TUFTS HEALTH CARE PREFERRED SEMINAR FOR TUFTS MEMBERS

When: Tuesday, October 7th

Time: 2:00 PM

Where: Senior Center

Tufts Health Plan Medicare Preferred will offer an education meeting for its current members to update them on their plan, followed by an open Q&A so you can address questions/concerns you personally have. Please RSVP at the Senior Center so that we know you are coming.

BLUE CROSS BLUE SHIELD MEMBERS HEALTH PLAN OPTIONS SEMINAR FOR 2015

When: Thursday, October 30th

Time: 2:00 PM

Where: Senior Center

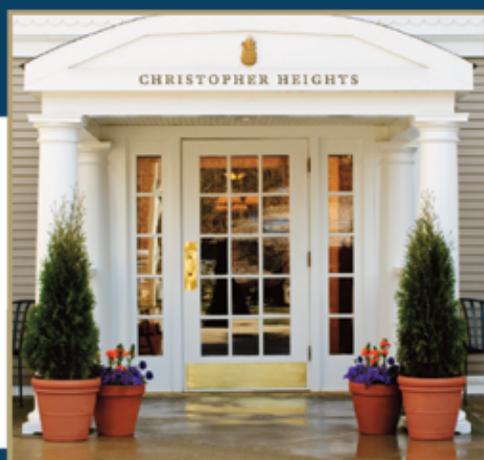
A Blue Cross and Blue Shield of Massachusetts representative will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. The presentation will help attendees understand the weights and balances between Medigap and Medicare Advantage plans. Members of (non group) Medex, Blue MedicareRx, Medicare HMO Blue, Medicare PPO Blue will also have the opportunity to ask questions regarding any 2015 changes. All are welcome regardless of your insurance coverage.

Please RSVP at the Senior Center **(508-485-6492)** so that we know you are coming.



CHRISTOPHER HEIGHTS of Marlborough

AN ASSISTED LIVING COMMUNITY



Our doors are always open!

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

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

No Hidden Fees - The Christopher Heights Difference!

99 Pleasant Street, Marlborough, MA 01752

Call for a tour - 508.281.8001

**PODIATRIST**

Appointments with
Dr. Cormier

Where: Senior Center

When: Tuesday, October 7

Time: 1:30 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: October 11

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, October 2nd 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.

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.

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

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**.

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.

FRIENDLY VISITOR PROGRAM

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

PARAFFIN WAX HAND TREATMENTS

Day: Mondays

Time: 1:30 - 2:30 PM

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

MEDICAL EQUIPMENT LOAN PROGRAMS

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

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.



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

CHILD OF A HOARDER - "FROM THE INSIDE OUT"

Barbara Allen will be doing a presentation on Wednesday, October 22nd at 5:00 entitled "From the Inside Out". Barbara focuses on the perspective of children of hoarders and the challenges they face while growing up with a hoarder, as well as the challenges they face when they have left the home to start (non-hoarding) lives of their own.

Barbara will also discuss some points about hoarding that don't necessarily conflict with the research of experts on the topic, but explore theories/views that seem to have not been considered.

Barbara has also written a book entitled "Nice Children Stolen From Car." Copies of the book will be available for purchase. Please sign up at the Senior Center if you would like to attend this interesting and informative event.

VOLUNTEERS NEEDED FOR HOARDING HELP

Did you know that hoarding ("persistent difficulty discarding or parting with possessions because of a perceived need to save them") is now classified as a mental illness that is present in up to 5% of the US population? ClearPath, Marlborough/Hudson's Hoarding Task Force is an all-volunteer effort.

We are training coaches to help those who are willing to work on their hoarding behaviors. Coaches go into pre-screened homes for an hour or so a month on a Saturday morning to encourage and support participants to sort and discard/recycle their possessions. If you are interested in learning more about this work, join us at a Second Saturday. We meet briefly at 9:00 for training prior to dispersing and we finish up with a debriefing session at 11:30. We meet at Grace Baptist Church, 353 River Road, Hudson. You can don yellow t-shirts that are available in the lobby.

A monthly commitment is not necessary; join us when you can! For more information, e-mail ClearPathMA@gmail.com

PEER SUPPORT GROUP

A Peer Support Group for individuals who have issues with hoarding will begin in October. E-mail ClearPathMa@gmail.com or call the Marlborough Senior Center at **508-485-6492** for information on the date and location.

LIBRARY

If you have books to donate to the library please drop them off with the receptionist at the receptionist's desk. Do not drop them off at the library. The books need to be in good condition.

FRIENDLY VISITOR VOLUNTEERS MEETING

Our next Friendly Visitor meeting is Wednesday, October 8th at the Coffee Loft, 406 Lincoln St. at 9:00 AM.



*Marlborough
Hills* Healthcare
Center

- Short-term Rehabilitation
- Complex Medical Care
- Long-term Care
- Alzheimer's Care

*A Proven Leader in
Rehabilitative and
Skilled Nursing Care*



121 Northboro Road East, Marlborough, MA • Tel: (508) 485-4040
www.marlboroughhills.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 be in no means inform or influence this delivery service. Enjoy your ride!**

OCTOBER 2014 - THREE BUSINESS DAYS' NOTICE REQUIRED

10:05 AM - 1:50 PM		
Monday	October 6	WAL-MART (Hudson)
Monday	October 13	Ocean State Job Lot (Westborough)
Monday	October 20	Sudbury Farms (Sudbury)
Monday	October 27	Solomon Pond Mall (Marlborough)
Tuesday	October 7	Hannaford's (Marlborough)
Tuesday	October 14	Market Basket & BJs
Tuesday	October 21	Savers (Marlborough-Snr discount day)
Tuesday	October 28	Price Chopper (Marlborough)
Friday	October 25	Epicurian Room
Monday	November 3	WAL-MART
Tuesday	November 4	Market Basket & BJs

Sudoku

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

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

©2014 Satori Publishing

DIFFICULTY: ★★☆☆

Answer to September 2014 Sudoku

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



CROSSWORD PUZZLE

- ACROSS**
- 1 Bath (Fr.)
 - 5 Explode
 - 8 Of the kind of (suf.)
 - 12 She (Fr.)
 - 13 Jap. apricot
 - 14 Para-aminobenzoic acid
 - 15 Differ
 - 17 Arabian chieftain
 - 18 Greek letter
 - 19 Tree
 - 21 Asbestos (abbr.)
 - 22 Burmese knife
 - 23 Incessantly
 - 25 lt. marble
 - 29 Tilled land
 - 32 Common man
 - 33 Siesta
 - 35 Adjective-forming (suf.)
 - 36 Agave fiber
 - 38 Daw
 - 40 Soft mineral
 - 42 Guido's note (2 words)
- DOWN**
- 1 "Venerable" monk
 - 2 Settled
 - 3 "Casablanca" characters
 - 4 Nat'l Endowment for the Arts (abbr.)
 - 5 Steal
 - 6 Buddhist sacred mountain

- words)**
- 43 Noun-forming (suf.)
 - 45 Yarn
 - 47 Hawaiian frigate bird
 - 50 House (Sp.)
 - 52 Ern (2 words)
 - 54 Monad
 - 55 Feline
 - 56 South African
 - 57 Senior (Fr.)
 - 58 Donkey (Fr.)
 - 59 Salver

ANSWER TO PREVIOUS PUZZLE

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

- 7 Pique
- 8 Amazon tributary
- 9 N.A. tree
- 10 Wading bird
- 11 Carbon (pref.)
- 16 Objective
- 20 Stowe character
- 22 Old Sp. gold coin
- 24 Heath evergreen
- 25 Consumer price index (abbr.)
- 26 They (Fr.)
- 27 Peccadillo (2 words)
- 28 Horse
- 30 Arabic letter
- 31 Cheer
- 34 Bishop
- 37 Sprite
- 39 Away from the wind
- 41 Slayer of Caesar
- 43 Ecuador (abbr.)
- 44 Hindu queen
- 46 Hit on the head
- 47 Frankenstein's assistant
- 48 Olive genus
- 49 Eagle's nest
- 51 Daughter of Zeus
- 53 Amer. Ballet Theatre (abbr.)

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		

©2014 Satori Publishing

A10

Friends of the Marlborough Senior Center

Hello Everyone,

Please join us for our **Boot Scootin' BBQ** on **Saturday, October 18th at 5:30pm at the Masonic Hall.**

Tickets are on sale now for \$18.00 each at the Senior Center office. Tickets are limited, so please hurry!

Please attend and support the Friends of Marlborough Seniors. Proceeds from this event will help us to support the needs of our new Senior Center. Your attendance is appreciated. **The Boot Scootin' BBQ will include an incredible buffet, DJ, line dancing instruction, raffles, and more.** This is expected to be a very fun event to be shared with friends and family. On behalf of the Board of Friends of The Marlborough Seniors, we look forward to seeing you there.



The Friends of the Marlborough Seniors will once again be holding the annual **Craft Fair on Saturday, November 8th, 2014 from 9:00am to 3:00pm at the Senior Center.** Attendance is free and lunch will be for sale in the craft room. There will be a raffle and bake sale. If space allows and you are interested in being a vendor, please contact Judy Jewett at **508-485-0785.** Hope to see you there!

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

FOXWOODS FUN!

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

Upcoming Dates:

Monday, October 6th, November, 10th and December 6th.

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

Boot Scootin' BBQ

Living Memorial

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

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

Send acknowledgment to: Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

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

## FRIENDS OF THE MARLBOROUGH SENIORS MEMBERSHIP INFORMATION

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

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

### "Friends of the Marlborough Seniors"

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

### I would like to give:

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

PLEASE PRINT

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

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

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

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

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



**THE WESTENDER**  
Your Upscale Sportsbar & Grille

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

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

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 10/31/14.

**Marlboro House of Pizza**  
Est. 1964

**FREE PIZZA**

Buy any large pizza at the regular price & get a small cheese pizza FREE.  
For Pick-Up Only.

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

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 10/31/14.



**Auntie Anne's**

**FREE PRETZEL**

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

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

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 10/31/14.



**SORRENTO'S**  
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 10/31/14.



**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 10/31/14.



**Welly's Restaurant**

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

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

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 10/31/14.

CONFIDENCE STARTS WITH

## *a Happy & Healthy Smile*



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

### NEW PATIENTS WELCOME!

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

### SPECIALIZES IN:

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

## Marlborough Seniors New Patient Special!

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

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

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

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

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



## WHAT IS TRICLOSAN?

I believe in getting all the facts before making a decision or judgment. This month's article is to help you get the facts. Recently in the news, there have been reports about Colgate Toothpaste and how it can potentially harm humans. This is due to its active ingredient, triclosan. Potentially does not mean yes, it does not mean no, and it doesn't mean going into your medicine cabinet and throwing out your toothpaste or telling friends not to purchase it. You need to educate yourself on the content before you make a decision. Triclosan is in your soap, make-up and many other everyday things you use. So let's learn about what Triclosan is before a decision is made.

According to Wikipedia, Triclosan is "an antibacterial and antifungal agent found in consumer products, including soaps, detergents, toys, and surgical cleaning treatments." The low concentrations of Triclosan found in commercial products target bacteria and prevent them from making fatty acids, which are important for building cell membranes also known as "the wall," "the fence," or "the barrier" that protects the bacterial cell. On the bacterial cell membrane, triclosan binds to the ENR enzyme which starts the process of preventing the bacteria cell from making fatty acids. Human cells are not affected because we do not have this ENR enzyme.

There have been many studies, for example, showing antibacterial soaps with triclosan or toothpastes with triclosan being more effective than plain soaps or toothpastes without triclosan. However, there are many studies, including the FDA studies, showing these antibacterial soaps with triclosan showing no additional benefits compared to plain soap and water. The safety of triclosan in toothpaste is still under review by the FDA. FDA states there is no evidence of extra benefits to health of toothpaste with triclosan beyond its anti-gingivitis properties. FDA is not saying it dangerous but suggests you think twice before purchasing a triclosan-containing product. FDA has been promising to review triclosan since the 1970's, so what's taking so long? No idea.

It has been found that Triclosan can decrease T4, a thyroid hormone, leading to learning disabilities, infertility, and/or behavioral changes. One study showed that triclosan, in very low doses, can increase breast cancer tumors by acting as an estrogen mimic. However, many of these studies are in animals such as mice, bullfrogs, tadpoles, rats. Sometimes fluid/blood, which has been removed from humans prior to the start of the study, is used. Something like this is very important to understand when doing your own research. Just because it can be harmful to rats doesn't mean it can be harmful to humans. If you remove blood from an adult human and perform a controlled experiment, only to find out a certain chemical being tested is causing something bad within the blood, doesn't mean it is bad for an adult human to take. The study where triclosan in low doses can increase breast cancer tumors was performed on mice.

It can be frustrating because there are many different studies out there on triclosan, but no clear answers. Some people do not want to take the risk of waiting to find out if triclosan is harmful to humans. For example, Minnesota became the first state to prohibit the usage of triclosan, which doesn't take effect until 2017. However, FDA-approved products like Colgate Total are outside the scope of the ban. In conclusion, you need to do your own research before making a comment or judgment on a product. It is important to get all the facts because the benefits may be or may not be worth the risks. That's for you to decide. I wonder if Minnesota will now ban the sale of cigarettes because of studies showing the correlation between cigarette smoking and lung cancer? Just something to think about. Google side effects of different toothpastes, you would be very surprised what you find out.

*Eric G. Piascik, DMD*

## THE DOS & DON'TS OF FEEDING YOUR ANIMAL TABLE SCRAPS

The wrong table scraps, especially when given too often, can result in digestive upsets, obesity and sometimes even life-threatening reactions. However, carefully selected human foods may actually benefit dogs and cats because they add extra nutrients and variety to the diet.

You should be feeding your companion a natural premium food, so look on table scraps as treats rather than a substitute for a balanced diet. The basic rule of thumb is that if your table scraps are too unhealthy for you and your family to eat, they belong in the compost or garbage bin - not in your animal's bowl.

Good judgment can make the difference between a healthy treat and an emergency trip to the vet's office. Before you let your cat or dog sample table scraps keep reading.

### HEALTHY CHOICES

**Turkey and chicken** - Cooked chicken and turkey are excellent treats for pets, but watch out for bones, salt, and seasoning made with onions.

**Lean red meat** - Lean beef and mutton are chock full of highly absorbant nutrients.

**Eggs** - Free-range eggs are loaded with vitamins, minerals and healthy fats.

**Sweet potatoes** - A great source of beta carotene, which dogs convert into a non-toxic form of vitamin A.

**Carrots** - Another great source of beta carotene, carrots have a satisfying texture that cats and dogs both enjoy.

**Green vegetables** - Broccoli, green beans, turnip greens, etc. are excellent sources of fiber, vitamins and minerals — but shy away from anything that has been heavily seasoned or covered with rich sauce.

**Fish** - Fresh and frozen cooked fish can provide a dog or cat with lean protein and highly absorbable vitamins and omega-3 oils.

**Apples** - Animals, especially dogs, can benefit from fresh apples as an occasional treat. Avoid giving cooked apples that have been heavily sweetened.

**Unsweetened yogurt** - Yogurt contains "friendly" bacteria that facilitate digestion and enhance the immune system.

### AVOID COMPLETELY

**Tea and coffee** - Cats and dogs are very sensitive to caffeine. Many have died after eating coffee grounds and tea bags.

**Grapes and raisins** - Contain potent kidney toxins for dogs. While a dog may not show obvious symptoms of poisoning immediately after eating them, a single serving of these sweet fruits can cause long term damage.

**Salty foods** - Hotdogs, tinned soups, deli

meats, etc., contain far too much sodium for a cat or dog's body to process. They can cause electrolyte imbalance, kidney disease, tremors, seizures, vomiting and even death.

**Alcohol** - Cats and dogs are highly susceptible to alcohol's toxic effects. Wine, beer and mixed drinks can cause vomiting, lethargy, diarrhea and even liver failure.

**Sweet desserts** - Cats and dogs are poorly equipped to handle sugary foods, and are uniquely prone to developing diabetes.

**Onions** - This common veggie, often used in turkey stuffing, can destroy a dog's red blood cells. This can lead to anemia, breathing problems, muscle weakness and death.

**Chocolate** - This treat contains caffeine and theobromine, both of which can over-stimulate a dog's central nervous system and cause life-threatening problems.

**Spoiled or moldy food** - Spoiled leftovers can contain toxic fungal compounds and infectious bacteria.

**Cooked bones** - Avoid all cooked bones, poultry or otherwise. They easily splinter and snap and may cause serious internal problems if swallowed.

**Gravy and sauces** - Most are too rich for a dog or cat and may contain fat, seasonings, sugar and/or cream that can upset your companion's digestion.

*By: Juniper Russo Tarascio  
Animal Wellness Magazine Vol. 11 Issue 5*

MARLBORO  
**Animal  
HOSPITAL**

IN THE HOSPITAL  
OR IN YOUR HOME

Providing Quality Veterinary Care Since 1964

Preventative Medicine Laser Therapy Digital X-ray House Calls

Non-Anesthetic Dental Pharmacy Surgery Nutrition Counseling

441 Lakeside Ave., Marlboro, MA 01752

Phone: 508-485-1664

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

**HOURS:**

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

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

Saturday 8:00 am - 2:00 pm



Full  
Service  
House Calls

HOUSE CALL FEE  
WAIVED FOR SENIORS!

## 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.

### HELPING OUR RESIDENTS STAY HOME

I have a wonderful client who just wants to live out her life in her home here in Marlborough. She is in her eighties, so that seems like a

reasonable goal. She never made a lot of money, but she paid off her mortgage decades ago. Now she gets by on about \$2,000 a month from Social Security and a small pension. Her biggest bill, though, after food and medicine, is her real estate tax bill. She doesn't have a big or modern house, but it's in Marlborough, it's well-maintained, and it's worth about \$250,000, so her annual tax bill is about \$3,500. Does this situation sound familiar?

There is a special state statute designed to help my client and people like her called M.G.L. c.59 §5, ¶141(A). The statute allows every taxpayer aged 65 or over who has owned the house for over 5 years to enter into an agreement with the local assessors to have some or all (the taxpayer picks) of the taxes deferred until the taxpayer either sells the house or

dies. The taxes are not waived; interest accrues on the unpaid taxes at 8% per year; and the total taxes and interest owed cannot add up to more than 50% of the value of the property, so the city or town involved eventually gets all its tax money plus interest. The law gives people like my client the ability to live out their lives without having to decide between paying for food or medicine and paying the taxes on the home that they have lived in for, in many cases, decades.

There's a catch, though. Unless the city or town in question has raised the limit, the income of the taxpayer cannot exceed \$20,000 per year. My client makes \$24,000, so she's out, at least for now, because Marlborough has never agreed to raise that limit.

I think it should. The state law allows Marlborough to raise the annual income limit for eligible taxpayers to about \$30,000. That increase, which would have an insignificant short-term effect on the City's financial situation, could help those people, like my client, who have lived here and paid taxes all their lives, and who simply want to live in their home until they die. These people are not looking for a handout, just a way to use their home equity to stay in their home. I think we owe them that.



# MIRICK O'CONNELL

ATTORNEYS AT LAW

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

Arthur P. Bergeron  
508.860.1470  
abergeron@mirickoconnell.com



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



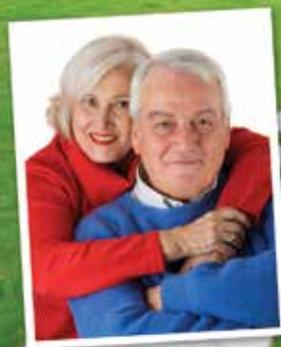
Follow our Blog: "Getting All Your 'Docs' in a Row"

Excellence in our work.  
Excellence in client service.  
Excellence in value.

800.922.8337  
www.mirickoconnell.com

## Want to reach Marlborough Readers 60+?

### ADVERTISE TODAY!



### GET ON THE PATH TO NEW CUSTOMERS!



www.seniorcentercommunications.com

Tom Keller - Regional Director  
508-361-7000

tom@seniorcentercommunications.com

Senior Center Communications, LLC  
Connecting Seniors with Consumer Brands through Senior Targeted Communications

# FALL BACK TO SLEEP



An autumn ritual, on November 2 we'll turn the clocks back one hour for daylight savings time. It's easier to "fall back" than "spring forward," but the one hour we gain can still be a disruptive shift in our sleep patterns.

Now's a good time to evaluate your sleep habits as you approach the shorter, gray days that weigh on energy and mood. Are you sleeping as much or as well as you should?

Start now to practice daytime habits that promote a good night's sleep:

- **Stay active.** Being physically and mentally active often go hand-in-hand with better sleep. (But try not to exercise too close to bedtime. Give your body time to relax and cool down.)

- **Lighten up.** Natural light helps to reset your biological clock and is a natural mood enhancer. Spend time outdoors, or open the shades and drapes to brighten your rooms indoors.

- **Nap wisely.** Avoid taking long naps, especially late in the day. Take a short, energizing walk instead.

Making small changes in habits can produce big sleep results. For example, each evening, jot down your to-do list for the next day to clear your mind. Keep your bedroom quiet, dark and cool. Stay away from caffeine, alcohol and large meals a few hours before bedtime. Develop relaxing bedtime rituals, like taking a bath, playing music or reading. *Pleasant dreams!*

## IS IT MORE SERIOUS?

Sleep is important for your physical and emotional health. Everyone has a "bad night" once in a while. Dogs barking, the wind howling or overeating may make it difficult to sleep. But it's not normal at any age to be "counting sheep" and waking up tired every day.

### Many factors can affect how well you sleep. Consider the possibilities:

- Many primary sleep disorders can disrupt sleep. For example, there's **sleep apnea**—breathing stops repeatedly for at least 10 seconds; **restless leg syndrome**—an intense feeling of discomfort or twitching deep inside the legs; or **long-term insomnia**—difficulty getting to sleep (taking more than 45 minutes) and waking up often and being unable to fall back to sleep.
- So can a variety of medical conditions, such as cardiovascular, gastrointestinal or pulmonary diseases. Also, pain from any source can make you restless.
- Some medications (for example, antidepressants, decongestants, antihypertensives) have stimulating effects that cause sleep problems.

Discuss with your doctor any of these possibilities and other concerns you may have about troubled sleep.



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

| MONDAY                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                                           | FRIDAY                                                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>savers</b><br/>Good deeds. Great deals.<br/>WWW.SAVERS.COM</p> <p><b>20% OFF EVERY TUESDAY FOR SENIORS (55 &amp; OVER)</b></p> <p><b>PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</b></p>                                 | <p>222A EAST MAIN STREET<br/>MARLBOROUGH, MA 01752<br/>508-485-5191</p>                                                                                                                                   | <p>9:00 30/30 Exercise<br/>10:15 Bingo<br/>12:30 Bingo<br/>1:00 Movie Time</p>                                                                                                                                               | <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/><b>11:00 English Conversational Circle/lunch/special program</b><br/>11:00 Cardio &amp; Weights<br/><b>1:00 Huntington Theater Trip</b><br/>6:30 Zumba</p>                          | <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/>1:00 Computer Club</p> <p><b>BIG COOKIE DAY!</b><br/>Sponsored by Christopher Heights Assisted Living</p>                              |
| <p>9:00 Group Piano Lessons<br/>10:00 Beg. Aerobics<br/>11:00 Knit/Crochet<br/>11:00 Zumba<br/>12:30 Blue Plate Lunch<br/>1:30 Hand Waxing<br/>1:30 Water Color<br/>1:45 Duplicate Bridge<br/><b>2:00 Fallon Health Care Members</b></p> | <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/><b>11:00 Citizenship Class</b><br/>11:15 Pilates<br/>1:00 Scrabble<br/>1:30 - 4:00 Podiatrist<br/><b>2:00 Tufts Health Care Preferred Member Seminar</b><br/>6:30 Zumba</p>                       | <p><b>Reflexology/Manicures/Pedicures by Appt only</b><br/><b>9:00 Friendly Visitor Mtg - Coffee Loft</b><br/>9:00 30/30 Exercise<br/>10:15 Bingo<br/><b>11:00 Latino Comp. Club</b><br/>12:30 Bingo<br/>1:00 Movie time</p> | <p><b>TURKEY TRAIN TRIP</b><br/>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 - 11:00 Wellness Clinic<br/>10:00 Zumba<br/><b>11:00 English Conversational Circle/lunch/special program</b><br/>11:00 Cardio &amp; Weights<br/><b>4:15 Friends Board Mtg</b><br/>6:30 Zumba</p> | <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/>1:00 Computer Club</p>                                                                                                                 |
| <p><b>CLOSED FOR COLUMBUS DAY</b></p>                                                                                                                                                                                                    | <p><b>8:45 COA Board Meeting Walker Bldg, 1st flr</b><br/>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/><b>11:00 Citizenship Class</b><br/>11:15 Pilates<br/>1:00 Scrabble<br/><b>1:30 Protect Yourself From Medicare Fraud</b><br/>6:30 Zumba</p> | <p>9:00 30/30 Exercise<br/>10:00 Multicultural Computer Club<br/>10:15 Bingo<br/>12:30 Bingo<br/>1:00 Movie Time</p>                                                                                                         | <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/><b>11:00 English Conversational Circle/lunch/special program</b><br/>11:00 Cardio &amp; Weights<br/><b>1:30 Blackboard Connect Mtg</b><br/>6:30 Zumba</p>                           | <p>8:30 Cribbage<br/><b>9:00 - 3:00 Dental Clinic</b><br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/>1:00 Computer Club<br/><b>2:00 Gary Hylander - Presidential Elections 60's Style Part III</b></p> |
| <p>9:00 Group Piano Lessons<br/>10:00 Beg. Aerobics<br/>11:00 Knit/Crochet<br/>11:00 Zumba<br/>12:30 Blue Plate<br/>1:30 Hand Waxing<br/>1:30 Water Color<br/>1:45 Duplicate Bridge</p>                                                  | <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/><b>11:00 Citizenship Class</b><br/><b>11:00 Bowling</b><br/>11:15 Pilates<br/>1:00 Scrabble<br/><b>1:00 Book Club</b><br/>6:30 Zumba</p>                                                          | <p>9:00 30/30 Exercise<br/>10:15 Bingo<br/><b>11:00 Latino Comp. Club</b><br/>12:30 Bingo<br/>1:00 Movie Time<br/><b>5:00 Child of a Hoarder Presentation</b></p>                                                            | <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/><b>11:00 English Conversational Circle/lunch/special program</b><br/>11:00 Cardio &amp; Weights<br/><b>1:00 Food as Medicine</b><br/>6:30 Zumba</p>                                 | <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/>1:00 Computer Club<br/><b>1:00 Craft Time</b></p>                                                                                      |
| <p>9:00 Group Piano Lessons<br/>10:00 Beg. Aerobics<br/>11:00 Knit/Crochet<br/>11:00 Zumba<br/>12:30 Blue Plate<br/><b>1:15 Hearing Loss Seminar</b><br/>1:30 Hand Waxing<br/>1:30 Water Color<br/>1:45 Duplicate Bridge</p>             | <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/><b>11:00 Citizenship Class</b><br/>11:15 Pilates<br/><b>1:00 Get in the Swing (Music) Lecture</b><br/>1:00 Scrabble<br/><b>2:00 Tenant's Meeting</b><br/>6:30 Zumba</p>                           | <p>9:00 30/30 Exercise<br/>10:00 Multicultural Computer Club<br/>10:15 Bingo<br/>12:30 Bingo<br/>1:00 Movie Time</p>                                                                                                         | <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/><b>11:00 English Conversational Circle/lunch/special program</b><br/>11:00 Cardio &amp; Weights<br/><b>2:00 BCBS Members Seminar</b><br/>6:30 Zumba</p>                             | <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/><b>12:45 Halloween Party Spooktacular</b><br/>1:00 Computer Club</p>                                                                   |

**18**  
Boot  
Scootin' BBQ  
Sat., Oct. 18  
5:30 PM at the  
Masonic Hall / tickets \$18

# MARLBOROUGH SENIORS *on the go!*

Marlborough Senior Center  
250 Main Street  
Marlborough, MA 01752  
508-485-6492

## It's not too late to get Medicare supplement coverage you can depend on.

Choose a Medicare supplement and preventive dental plan  
with the reliability of Blue Cross.

Enroll in a **Medex Medicare supplement plan** from Blue Cross Blue Shield of Massachusetts and get the out-of-pocket savings you want with the quality and dependability you need. After all, we've been serving Massachusetts residents since 1966. Add our affordable Dental Blue™ 65 Preventive plan, and you'll be covered from head to toe by Blue Cross – at a price that fits your budget.

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



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association. ®, SM Registered Marks and Service Marks of the Blue Cross and Blue Shield Association. SM Service Marks are the property of their respective owners. © 2012 Blue Cross and Blue Shield of Massachusetts, Inc.