

MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS VOLUME 2, NO. 6, JUNE 2015

HEALTHY EATING SEMINAR USING FRUITS AND VEGGIES!

Want to eat healthier?

Learn about the benefits of fruits and vegetables, and enjoyable ways to add them to your diet at our June 24th seminar. Pg 8.



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Insect Bites, more important **LYME DISEASE,** how to spot and how to prevent

Now that Spring is here and folks are outdoors more often, it is important to protect from insect bites and ticks. Before gardening, camping, hiking and just being outdoors, make prevention a priority and part of your Spring plans.



Lyme Disease is greatest among those living in or visiting New England and the mid-Atlantic states. Fortunately, there are steps you and your family can take to prevent tick bites and reduce your risk of tickborne disease.

Know where to expect ticks.

Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through vegetation such as leaf litter or shrubs. To avoid ticks, walk in the center of trails and avoid tall vegetation. Wear long pants and long sleeves when you are in an area that is suspect.

Use a repellent with DEET (on skin or clothing) or permethrin (on clothing and gear).

Repellents containing 20% or more DEET (N, N-diethyl-m-toluamide) can be applied to the skin, and they can protect up to several hours. Always follow product instructions!

Check yourself, others and pets for ticks.

If you find a tick, remove it with tweezers as soon as possible. Ticks cannot be crushed so dispose of them by flushing or burning it.

Keep an eye out for symptoms!

If you see a round bullseye shape on your skin with a lighter center, have it checked by a doctor. An unexplained fever or rash can also signs of a tickborne disease. See your healthcare provider should these symptoms arise.

Taking these precautions can ensure enjoyment of the great outdoors without the side affects!



Article Written By: Wingate At Sudbury

MARLBOROUGH COUNCIL ON AGING & SENIOR CENTER

40 New Street
Marlborough, MA 01752
Telephone: **508-485-6492**
Fax: 508-460-3726
www.marlborough-ma.gov
Hours are Monday -
Friday 8:00 AM - 4:00 PM

COUNCIL ON AGING BOARD OF DIRECTORS

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Lisa Martino, *Program Coordinator*
Lucky Becker, *Multicultural Assistant*
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Marlene King and Linda Maher
Movies - Peg Bouvier
Computer Lab - Bob Cook and
Richard Mahoney
Book Club - Sheila Brecken
Knit and Crochet - Judy Jewett and
Sheila Brecken
Low Vision - Bob Marcotte
Water Aerobics - Jeanne McGeough
Duplicate Bridge - Jay Levine, N. Nath

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Peg Bouvier, Brenda Diaz, James Hickey,
Gretta Holland and Lydia Whitcomb

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We had the Brownies from Troop 75459 with us to work on their annual service project which was to make a wall hanging for the Senior Center. The wall hanging is proudly displayed behind the receptionist desk and we would like to thank Jenn Bastien and Suzanne Ott, Troop Leaders, Sheila Brecken, and Marilyn Gullotti who helped coordinate this project. They all did a great job... Thank You to everybody that made this happen!



Noa-lee Bastien, Violet Ren, Adia Bergstrom, Angelika Amelida, Isabella Amelida, Alexis Ott, Madison Rumsey, Arianna Estabrooks, Brooke Ryan, & Katherine Cronin.

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We now have a Facebook page for the Friends of Marlborough Seniors. We will be using our Facebook page to keep our friends updated on news, events, and programs offered at the Senior Center. Please like us on Facebook by following this link:

www.facebook.com/friendsofmarlboroughseniors.

Later this month, we will be hosting a computer class for seniors who are interested in social media. We will start with a lesson on how to use Facebook. Facebook is a great way to keep in touch with friends, children, and grandchildren. Our class will focus on how to set up a Facebook Page, navigating Facebook to find your friends and family, posting, and internet safety. Please watch the bulletin board at the entrance of the Senior Center for the date and time for this class.

The new Board has been busy in the first quarter of 2015, working on fine tuning our core mission and setting priorities for the coming year. We are planning our fundraising activities for 2015, and will be "hosting" an event tentatively scheduled for mid-September. There is much to do in a relatively short period of time.

We need volunteers in order to be successful. We are grateful for the efforts of the volunteers who have helped us get organized. If you are interested in helping with the planning for this event, please contact any of the Board members for more information.

Our fundraising activities for this year will be geared toward expanding what we can offer to the seniors in Marlborough. Our focus will be on outreach, transportation, and securing funding to supplement programs and services that are beneficial to our Seniors, that would otherwise be out of reach for them financially. We are also committed to making sure that our donors know what their support provides. Future newsletters will contain a summary of what we have been able to provide to our seniors thanks to the generosity of our donors.

The prior generosity of our many donors has allowed the Friends to provide equipment and amenities at the new Senior Center, to subsidize social events, and to help absorb the cost of the monthly newsletter mailing to over 2,300 older adult households. We hope to do more so we can help provide a true home away from home and camaraderie for those who have contributed so much to our community.

There is more good news to come. Please visit our Facebook page for more information, and be sure to watch the bulletin boards.

Sincerely, *Sean Fay, President*
Friends Of The Marlboro Seniors



SPRING BREAKFAST WAS A HUGE SUCCESS!

Thank you to all of the staff and volunteers who worked so hard to make this event possible and also to Assabet Valley staff and students who always do a fabulous job! A special thank you to all of our wonderful sponsors; without you this day would not have been possible.

- Friends of the Marlborough Seniors
- Reservoir
- Marlboro Hills
- Fitzgerald & Collins Funeral Home

INCLEMENT WEATHER GUIDELINES

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



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- Alzheimer's care
- Social events and recreation



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- SALMON VNA & Hospice

STAYING HEALTHY WITH MEDICARE

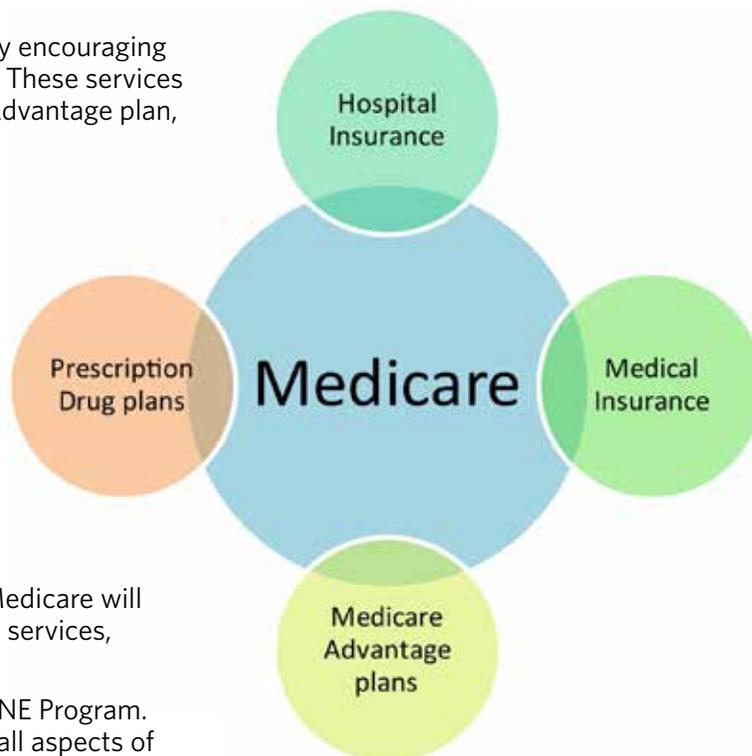
An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



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SALON HAIR SERVICES OFFERED ON 2ND AND 4TH TUESDAYS

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

MANICURES, PEDICURES AND REFLEXOLOGY

Sessions with Veronica Thompson from Great Kneads

When: Second Wednesday of each month

Time: 9:00 AM - 3:30 PM

Where: Senior Center

Veronica Thompson is a state licensed Manicurist, certified Master Reflexologist and certified Advanced Nail Technician. She will provide manicures, pedicures and reflexology services. Reflexology is the application of pressure to areas on the feet, hands and ears. Reflexology is generally relaxing and may be an effective way to alleviate stress. All costs are paid directly to Veronica at the time of appointment. These appointments have been going fast so call early to reserve a spot at **978-407-7658.**

TAI-CHI FOR HEALTH AND BETTER AGING

When: Fridays

Time: 10:15 AM

Where: Senior Center

Tai Chi involves slow, gentle moves that can be done while seated or standing, deep breathing and stretching while moving in a sequential "dance." Tai Chi is appropriate for 99% of people seeking a joint-safe program and has been proven to reduce pain and stiffness and improve mobility, breathing and relaxation. No pre-registration needed. A \$3 donation per class is requested.

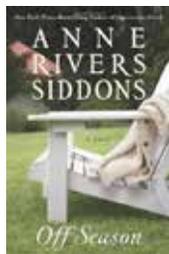
COMPUTER CLUB AND TUTORING WITH BOB

When: Fridays

Time: 1:00 - 3:00 PM

Where: At the Senior Center

Bring your laptop or tablet or use one we have at the center. Tutoring is available. Computer **Club will hold its final class June 12th and resume again on September 11th.** Bob Cook will be available by phone to help anybody in need, and the computers are always available. Contact Bob at Bobsal@gmail.com or **508-485-6484.**



BOOK CLUB

When: Tuesday, June 16th

Time: 1:00 PM, at the Marlborough Senior Center

All are welcome to join this fun book lovers

group. For more information call: **508-485-5580.**

Join Sheila Brecken and others who enjoy reading and discussing a good book. This month's book for June 16th is *Off Season* by Anne Rivers Siddons. If you want to get ahead on your reading, the book for July 21st is *Invisible Bridge*, by Julie Orringer.

BOWLING TRIP!

When: Tuesday, June 9th

Where: Sawyers' in Northborough

Time: 11:00 AM

Sponsored by:

Fitzgerald & Collins Funeral Home

Teams will be organized once we get a final count of who has time to "spare" to have another great time together for only \$3.00. After 2 strings of bowling, we will meet at Mama's Pizzeria next door to the bowling alley for pizza and a beverage. Spaces fill up early, so please drop by or call the Senior Center at **508-485-6492** to sign up.

NEW MULTICULTURAL FITNESS CLASS

Instructed by volunteer Rafael Victorello, this fitness class will incorporate movements from gymnastics and dance. Participants will follow the exercises which will be synchronized to music. It is an activity that can be practiced both by those who are already familiar with physical exercises and by those just starting, since it is possible to adjust the intensity of the movements.

GROUP PIANO LESSONS WITH DENNIS DEYO

When: Mondays

Time: 10:00 AM

Where: Senior Center Multipurpose Room

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

GIFT SHOP

We are busy as bees getting our new gift shop ready for its upcoming Grand Opening and are in need of an old bureau and a cheval mirror. We are also still taking donations. A special thanks to Marilyn Gulloti, who has put so much time, effort, and heart into this project.



MOVIE TIME

Join Peg Bouvier for movie time!

Day: Wednesdays at 1:00 PM

at the Senior Center

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



June 3rd:

A Chorus Line
- 1985, Musical
- 1 hour 58 min



June 10th:

The Book Thief
- 2013, Drama
- 2 hours 18 min



June 17th:

The Hundred Foot Journey
- 2014, Comedy/Drama
- 2 hours 38 min



June 24th:

The Great Gatsby
- 2013, Drama
- 2 hour 38 min



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

AGE-RELATED VISION PROBLEMS



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

— Source: Mayo Clinic



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

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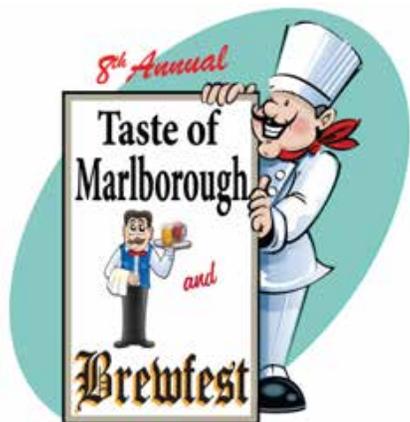
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TASTE / BREWFEST OF MARLBOROUGH

When: Monday, June 15th
Time 5:30 - 9 PM

www.marlbortastebrewfest.com

Stroll around the downtown sampling food from 25-30 eating establishments. With a special ticket you can sample over 150 kinds of craft brews from 50+ Craft Breweries in 4 different tents. You may enjoy entertainment from 10 +/- Entertainment Areas! Senior pre-event sales will start on or about May 28th. Tickets may be purchased at the Senior Center and at St. Mary's Credit Union branches, Avidia Bank and Marlborough Savings Bank branches and some restaurants involved with the Taste. Ticket prices for the Taste are \$20 in advance and \$25 at the event. For the Taste and Brewfest, \$35 in advance and \$40 at the event. This is a rain or shine event with everything occurring inside buildings and tents.

WELCOME THE NORTHBORO SENIOR CENTER HARMONICA CLUB!

They will be here **THURSDAY, JUNE 4TH** at 11:00 AM to perform for us!

Join us for some light refreshments and a fun time! Please call **508-485-6492** or sign up at the reception desk. There will be information available for anybody interested in joining the club and/or starting one up here in Marlboro.



HEALTHY EATING SEMINAR USING FRUITS AND VEGGIES!

When: Wednesday, June 24th

Time: 3:00 PM

Host: Lynn Faust

Want to eat healthier? Learn about the benefits of fruits and vegetables, and enjoyable ways to add them to your diet. This one hour seminar, presented by Marlborough CDC, will kick start new fruit and vegetable habits. Please call **508-485-6492** or sign up at the reception desk.

COME GET CRAFTY!

When: Thursday, June 11th

Where: Craft room at the Senior Center

Time: 1:00 PM

Join Barbara Clark as she instructs us on making "tissue flowers" So beautiful and very creative, the best part is they don't need watering! Please sign up at the reception desk.

LUNCH AND LEARN WITH THE PHARMACIST'S OF HANNAFORD

When: Tuesday, June 9th

Where: Multi-Purpose Room at the Senior Center

Time: 12:00 PM

Have questions about your medications that your average chain pharmacist is too busy to answer? The pharmacy staff from Hannaford Pharmacy will be educating patients on prescription medications! Like pharmacies from an earlier time, the Marlborough Hannaford team is passionate about healthcare and helping their community. Give the pharmacists the opportunity to talk with you about unique programs that can offer discounted medications and access to an on-site dietician. Topics will include common medical conditions such as diabetes, hypertension, and high cholesterol, but any other questions are welcome. The pharmacy staff would be happy for you to join them to discuss your questions! Please call **508-485-6492** or sign up at the reception desk.

LUNCH & DIABETES EDUCATION HOSTED BY CENTURY HOMECARE

When: Thursday, June 25th

Time: 12:00 PM

Join us for this informative program here at the Senior Center Call **508-485-6492** or sign up at the reception desk

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ON-GOING YOGA CLASSES:

Yoga has been found to have many health benefits: Yoga strengthens bones and muscles, improving posture, and balance. Yoga reduces high blood pressure and lowering stress, improves memory and brain functioning, and overall physical and emotional well-being.

Leave your troubles at the door, and treat yourself and your body to the gentle stretching and strengthening, breathing, and movement that will keep your mind and body working at it's best.

There are different classes to choose from: Find the one that's best for you... try one or more... ALL yoga classes offer mindful movements coordinated to your breath. We begin with a breathing and centering and end with a relaxation to allow the body to absorb all the benefits of our moving, stretching and releasing. You will leave class with an overall feeling of well-being and calm relaxation...ready to move into the rest of your day with increased energy and focus.

Gentle Chair Yoga: Tuesdays 10 - 10:45 AM

Gentle seated stretching, and breathing/centering along with basic yoga poses adapted for the chair. Some standing to increase strength and balance.

Strengthening Chair Yoga: Fridays 9 - 10 AM

Classic Yoga poses and postures both seated and standing to increase strength and flexibility, improving overall well-being. First half seated stretching and warm-ups, second half standing and balancing poses along with a modified sun salutation using the chair for support.

Gentle Hatha Yoga: Tuesdays 9 - 9:45 AM

Easy and basic yoga poses and postures that include lying on back, belly, seated (on floor) and standing/balancing.

THE GARDEN CLUB IS COMING!

When:
Wednesday,
June 17th
Time: 2:30 PM



Join Barbara Cook from the Marlborough Garden Club as she helps us create a masterpiece! The theme for this month's project is "garden dishes" Please call **508-485-6492** or sign up at the reception desk.

MENS GROUP BREAKFAST

When: Thursday, June 11th
Time: 9:00 AM
Cost: \$5

Call **508-485-6492** or sign up at the reception desk.

DENTAL SERVICES ARE HERE AT THE SENIOR CENTER!

Donna Paschalides, certified public health dental hygienists, will help provide solutions to your dental needs and act as an advocate for you. Services that we can provide for you: Dental Cleanings, Fluoride Varnishes, Denture Maintenance and Oral Cancer Screenings. We hope you find this service helpful and convenient. We know you will like Donna and Ryana as they are personable, knowledgeable and excited to serve you. Call the Senior Center at **508-485-6492** to schedule your appointment.

PITCH IS HERE!

We meet every Thursday at 1:00 PM.
Come down and join in the fun!



GROUP PERSONAL TRAINING

Certified Personal Trainer, Sharon McDevitt, will be offering group personal training beginning in June. The cost of this 1-hour training session is \$60. Groups can consist of 2, 3 or 4 people thus making this an affordable option for those who find it difficult to work out on their own or are uncomfortable in a fitness class setting. (i.e., 2 people, \$30/person, 4 people, \$15/person.)

Each session will consist of strength/resistance training which will target large muscle groups of the upper and lower body. Included also in the session will be core strengthening (abs and lower back) and work to increase balance and flexibility.

If you are interested in this program, please contact either Lisa or Linda at the front desk. Leave your name and those who will be included in your group and contact info (either phone # or email address). I will be in touch with you to set aside a day and time.





PODIATRIST

Appointments with

Dr. Cormier

Where: Senior Center

When: Tuesday,

July 14th

Time: 1:30 - 3:30 PM

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

SECOND SATURDAY

Date: June 13th

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

Requests must be received by

Thursday, June 4th, 2015. Call Barbara

McGuire—**508-624-9365**: leave your name, phone number, address, and details of the work you are requesting. You will receive a call back!

KNIT AND CROCHET

When: Mondays

Time: 11:00 AM

Where: Craft Room

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

The crochet class will be collecting hats, scarves, mittens, lap robes and such for the veterans. Please drop-off at the Senior Center in care of Judy Jewett.

FISH VOLUNTEER DRIVING SERVICE

FISH Marlborough is a volunteer service that provides no cost rides to medical appointments for seniors when friends or family cannot. If you can spare several hours every few weeks, you can be a FISH driver. You select the rides that fit your schedule and there is no obligation to accept rides. For more information call the phone number below and leave a message. FISH covers the following communities: Those over 65 that are "Friends of Marlborough Seniors" or are residents at Marlborough Public Housing, Christopher Heights, Academy Knolls, Marlborough Hills Healthcare, Villages at Crane Meadows, Marlborough Villages East or are veterans referred by the Veterans Agent. To schedule a ride call **508-485-6492 ext. 32199** one week in advance and leave your name, phone number and date/time of the appointment and you will be contacted.

LOW VISION GATHERING

When: Thursday, June 18th

Where: at the Senior Center

Time: 10:00 AM - 12:00 PM

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

NEXT STEPS, THE COA'S CABLE SHOW - SEE IT ON COMCAST CHANNEL 8 AND VERIZON CHANNEL 34

Sundays @ 5:00 PM

Mondays @ 10:00 AM & 4:30 PM

Tuesdays @ 3:30 PM

Wednesdays @ 7:00 PM & 10:00 PM

Thursdays @ 3:30 PM & 7:30 PM

Fridays @ 10:00 AM

PARAFFIN WAX HAND TREATMENTS

Day: Mondays

Time: 1:30 - 2:30 PM

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

HOME DELIVERED MEALS - MEALS ON WHEELS

Bay Path Elder Services Meals on Wheels program offers the option of a hot midday meal delivered to your door along with a hello. Contact BayPath Elder Nutrition at **508-573-7200** for menu selections. \$3.00 donation is requested.

GREETING CARDS

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

LIFELINE

The LifeLine Medical Alert service has provided senior patients with quick access to help at the push of a button in the event of an emergency. If you are interested in LifeLine please call **1-800-521-5539**.

MEDICAL EQUIPMENT LOAN PROGRAMS

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

WELLNESS CLINIC

Day: Every Thursday

Time: 9:00 - 11:00 AM

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

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

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.

PICKING A HOME CARE AGENCY

I know it is hard to believe, but the home care industry is almost completely unregulated. There is no state or federal certification required. So if you want to make sure the agency you are considering, the one whose employees will be in your home, is trustworthy, there is no government "seal of approval" for you to rely on. That's the bad news.

The good news is that there are lots of home care agencies nearby, so if you or your spouse or loved one needs help, whether you need a little help to get groceries and clean the house or a lot of help to care for someone with dementia or major physical problems, there are lots of options to choose from. However, you will need to shop around and ask around. Each agency has its own unique background, caregiver training requirements, and management approach.

A certified home health agency provides health care in your home with a physician's order. This care can be paid for by Medicare/Mass Health (Medicaid) and other insurance. Such services may include skilled nursing; physical, occupational and/or speech therapy; wound care, medication management; to name a few.

A private home care agency provides "non-medical" services and support with activities of daily living (ADLs) such as dressing, bathing, and meal preparation. Families can also hire independent providers to come into the home to assist them. This person then becomes your employee. As the employer, you will be responsible for security checks, the caregiver's taxes and potential worker's compensation.

I have interviewed representatives of home care agencies on my cable show, *Bergeron Briefs*, in three different communities over the past month. If you want to get a sense of these home care providers, you can watch the interviews on my YouTube channel, Elder Law with Frank and Mary, www.YouTube.com/user/ElderLawFrankAndMary. For more information on home care agencies in your area, contact BayPath Elder Services (508-573-7200) located in Marlborough, who contracts with many of the home care providers throughout the Metro West communities. Visit BayPath's caregiver website at www.caregivingmetrowest.com, for contact information on many of these home care agencies.

If you have any questions regarding this topic or any other elder law matter, you can contact me by phone, **508-860-1470** or email me at abergeon@mirickoconnell.com. Finally, you can find more commentary about elder matters, on our blog at <http://mirickoconnelltrustsandestateslawblog.wordpress.com/>.



Article Provided By



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To learn how Mirick O'Connell's
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LOOK FOR BROCHURE INCLUDING ALL TRIP OPTIONS AND INFORMATION

JUNE

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

AUGUST

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



SEPTEMBER

- **DUCK TOUR**
(quack quack)
Wednesday, September 9th, 2015
Join us for an afternoon in the City! We will stop at both the Boston Common and Quincy Market before boarding the "DUCK" and touring the city by land and sea! Don't miss this fun time! \$74 pp.

SEPTEMBER CONTINUED...

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

OCTOBER

- **CONNECTICUT OKTOBERFEST**
Thursday, October 15th
A true German lunch at East Side Restaurant. You will enjoy their commissioned mural adorning the dining room as well as the brilliant jewel like colors and vivid details. After lunch hop on the Essex Steam Engine and enjoy a narrated tour along the Connecticut River Landing. Board the Becky Thatcher and see Gillette's Castle and Goodseed Opera House before returning, by train to Essex. \$112 Tours of Distinction

NOVEMBER

- **"SISTER ACT" THE MUSICAL, AND FULL COURSE LUNCHEON AT THE DANVERSPORT YACHT CLUB.**
Wednesday, November 4th, 2015
Depart the Senior Center and head to the Yacht Club for a delicious lunch with your choice of baked chicken or baked scrod. Then travel to the North Shore Music Theatre for one of Broadway's classic musicals. \$113 Fox Tours.

DECEMBER

- **BOSTON POPS HOLIDAY CONCERT... DATE TO BE ANNOUNCED SOON!**
- **NEW YEAR'S EVE DAY TRIP**
December 31st
Ring in the New Year with us!! We will travel to the Sheraton 4 Points Hotel in Norwood, Ma to enjoy a fabulous luncheon and an afternoon of music and dancing! Party favors and champagne toast included! \$92

FOXWOODS FUN!

\$25.00 includes tip, bonus package Consisting of \$10.00 food for buffet and \$10.00 in free slot play (*subject to change.*) Bus departs Marlboro Senior Center at 7:30 AM, and returns approximately 4:45 PM. Please pay in advance. Checks are due 1 week prior to Foxwoods trip.

Upcoming Dates:

June 8th, July 15th, August 10th

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

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Tom Keller - Regional Director
508-361-7000

tom@seniorcentercommunications.com



~ Tricia Blare ~ Helen Gagliandi ~ Betty Yablonicky in memory of Mr. Anton Yablonicky ~
~ Michael Hill in honor of Monique Blais Hill ~ Ann and Rocco Addeo in memory of Marie Winske ~

Living Memorial

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

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

Send acknowledgment to: Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____

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

FRIENDS OF THE MARLBOROUGH SENIORS MEMBERSHIP INFORMATION

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2015. Please fill out this form and mail it to:

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

"Friends of the Marlborough Seniors"

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

I would like to give:

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

PLEASE PRINT

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: _____



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Human Food

Good human food treats for your pet.

It's hard to resist when you see those adorable eyes looking at you silently asking you for a taste. A balanced prescribed diet is best for your pet but occasionally it's OK to feed your pet a treat of human food as long as it's safe. In small doses, the following human foods are generally safe to give as a treat for your pet:

Dogs:

Peanut Butter - a great source of protein, choose raw, unsalted peanut butter

Baby Carrots - low in calories, high in fiber, carrots gives your dog a nice crunch and provides Vitamin A.

Green Beans - these are filling and low in calories. Choose unsalted green beans.

Salmon - Omega 3 fatty acids help your dog's coat to be shiny and also help immune systems.

Eggs - a healthy snack scrambled adding riboflavin to your dog's diet.

Oatmeal - a hearty cooked snack provides fiber and is an alternative for dogs that cannot have wheat.

Cooked Chicken - add some cooked chicken to your dog food for a boost of protein.

Apple Slices - A great source of fiber along with vitamin A and C. Take out seeds and core the apple first.

Cats:

Canned fish - in small doses and not often is a nice treat for your kitty.

Steamed Broccoli - a great source of protein in small bites.

Eggs - scrambled or hard boiled can be a great source of protein.

Lean Deli Meats - your cat will love turkey and chicken with no preservatives.

Banana's - frozen or fresh, banana's in small portions are a special treat

The key to feeding your pet human food is that it should be a treat and given in small portions. Next time they look at you with those pleading eyes, remember that giving them a treat is OK, and just make sure it's safe.

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HOURS:

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

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

Saturday 8:00 am - 2:00 pm



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

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

JUNE AND EARLY JULY, 2015

9:30 AM - 12:30 PM

Monday	June 1	Solomon Pond Mall
Monday	June 8	Wal-Mart
Monday	June 15	Christmas Tree Shop
Monday	June 22	JP's
Monday	June 29	Wal-Mart
Tuesday	June 2	Price Chopper
Tuesday	June 9	Savers
Tuesday	June 16	Market Basket & BJ's
Tuesday	June 23	Wal-Mart
Tuesday	June 30	Sudbury Farms
Monday	July 6	Solomon Pond Mall
Monday	July 13	Wal-Mart
Tuesday	July 7	Price Chopper
Tuesday	July 14	Savers

Sudoku

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

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

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DIFFICULTY: ★★☆☆

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

Answer to Previous Sudoku



CROSSWORD PUZZLE

ACROSS

- 1 Cheer
- 4 Send
- 8 First Chin. dynasty
- 12 Or best offer (abbr.)
- 13 Revelry cry
- 14 Italic (abbr.)
- 15 Indo-Chin. language
- 16 Equal Employment Opportunity Commission (abbr.)
- 17 Malay canoe
- 18 Golden oriole
- 20 Polynesian cloth
- 22 Physician (pref.)
- 25 River through Orleans
- 28 Hindu sacred writings
- 31 Indigo dye
- 33 Harden
- 34 Here (Fr.)
- 35 Silly
- 36 Alas
- 37 Exclamations of delight
- 38 Hodgepodge
- 39 Pronoun contraction
- 40 Buddhist monk in nirvana
- 42 Gr. wine container
- 44 Son of Ruth
- 46 Scot. island
- 50 Blue Nile source lake
- 52 Down with (Fr., 2 words)
- 55 Edible root
- 56 Political union
- 57 Levy
- 58 Exclamations of delight
- 59 Medical fluids
- 60 River into the North Sea
- 61 Goddess (Lat.)

ANSWER TO PREVIOUS PUZZLE

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

DOWN

- 1 Frolic
- 2 Hillside shelter
- 3 Time period
- 4 Eng. dramatist
- 5 Greeting
- 6 River rapids
- 7 Cult
- 8 Horse (pref.)
- 9 Neat
- 10 Honey-eater bird
- 11 According to (2 words)
- 19 Tumor (suf.)
- 21 Unite
- 23 Irish assembly
- 24 Indian (Sp.)
- 26 Spin
- 27 Jewish month
- 28 Musical instrument (string)
- 29 Lover of Narcissus
- 30 Shame
- 32 Pagan god
- 35 Dispelled
- 39 Noun-forming (suf.)
- 41 Manila hemp
- 43 Not in style
- 45 Carplike fish
- 47 Way
- 48 Pain
- 49 Nat'l Aeronautics and Space Admin. (abbr.)
- 50 Tablespoon (abbr.)
- 51 Malt liquor
- 53 Ten decibels
- 54 Asbestos

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

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A18

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



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Auntie Anne's

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508-303-6100
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Domino's

FREE PIZZA

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Pick-up Only

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

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Welly's Restaurant

\$5 OFF
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508-281-2091
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NEWS FROM SUSAN MAKI, SOCIAL SERVICES COORDINATOR

2015 VOLUNTEER RECOGNITION

The 2015 Volunteer Recognition took place on Friday, May 1st at Assabet's Epicurean Room. Eighty volunteers attended this annual event. Lunch consisted of pan seared chicken with lemon sauce or baked scrod. Volunteers received a gift of a memo pad that proclaimed "Volunteers A Work of Heart".



Volunteer Coordinator Susan Maki acknowledged volunteers in various categories including Fish drivers, Senior Mobile Market volunteers, Friendly Visitors, and Volunteer Receptionists. Mayor Vigeant read a proclamation announcing Cy Cygan as the Volunteer of the Year.

FRIENDLY VISITOR VOLUNTEERS MEETING

When: Wednesday, June 10th

Time: 9:00 AM

Where: the Senior Center

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



CY CYGAN- 2015 VOLUNTEER OF THE YEAR

Cy has a background in engineering and technical support. He worked for Digital for 27 years. He is currently working part-time at Home Depot, and as a transportation assistant for GMPI seven hours a week.

Cy has volunteered at the Marlborough Senior Center since 2011. He volunteers with the FISH program, driving elders to doctor's appointments. Cy is also a Senior Mobile Market volunteer, delivering food from the food pantry to elders who are unable to access food. He has also been trained as a driver for the new eight passenger handicapped accessible bus we expect to receive this summer. Cy is instrumental in photographing a chronological record of the new Senior Center from the early stages of the building process to its completion.

In addition to Cy's involvement with the Marlborough Senior Center, Cy also volunteers at 240 Main St, where he resides. He maintains a photograph board at 240, and takes residents of the building grocery shopping. Cy is an elected Board member of the Marlborough Tenant Association. Cy and his wife Cathy will also be maintaining the flower bed in the courtyard of 240 Main St.

Cy, along with his wife Cathy, have been volunteering for 30 years with "Why Me" an organization that supports children with cancer as well as helps with functions, parties, and raises funds for Sherry's house in Worcester.

Cy has been an amateur photographer since 1963, and enjoys archiving and restoring photos. In addition to his many other interests, he is also interested in science and rocketry. Cy is always willing to lend a helping hand. He epitomizes a selfless quality that is the essence of what volunteering is all about.

MONDAY'S BLUE PLATE SPECIALS



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

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

June 1st: Monday Madness at the Bolton Street Tavern

Cheeseburger or hamburger and fries, beverage and dessert included. \$6.00. Join us at the tavern for lunch, conversation, and a beautiful view of Lake Williams!

June 8th: Kentucky Fried Chicken at the Senior Center... Finger lickin' good!

The famous Original recipe chicken, mashed potato with gravy, cole slaw, and biscuit. Beverage and dessert included. \$6.00

June 15th: The Plum Tomato

Homemade chicken parm, ziti with fresh marinara sauce, and garden salad. Beverage and dessert included. \$6.00

June 22nd: Pizza Party and Ice Cream Social at the Senior Center

A variety of pizza will be served as well as a garden salad and beverages... then, the best part, ice cream with all the fixins'!! \$6.00

June 29th: Checkerboards

Marinated steak tips over white rice, garden salad, beverage and dessert included. \$6.00

ANTIBIOTICS: THE GOOD, THE BAD AND OVERUSE



Antibiotics are a critical tool in treating bacterial infections. Antibiotics can help limit the spread of disease and decrease the length of illness. Imagine where this world would be without antibiotics. Historically, the discovery of antibiotics spearheaded a rapid increase in our quality of life and life expectancy.

There is a danger with antibiotics; however, antibiotic-resistant bacteria.

Antibiotic-resistant bacteria have developed due to the widespread use of antibiotics. Weak bacteria are killed by the antibiotics but the stronger ones' that survive, live on to multiply and over time only the strong bacteria live on their host. Generally humans host weak bacteria ("normal flora") all over their skin and gastrointestinal tract. This is normal and protects from aggressive bacteria. When these weak bacteria are replaced by aggressive bacteria, infections can develop that are drug resistant.

There are ways to limit the growth of antibiotic-resistant bacteria. Only taking antibiotics for bacterial infections and completing a course of antibiotics once they are started are the two most effective ways to prevent the unnecessary growth of drug resistant bacteria. (Occasionally there are appropriate reasons to stop the course of an antibiotic if directed by a doctor).

The common cold, the flu, most sore throats, and most illnesses involving coughs are viruses which are not killed by bacteria. These illnesses can only be killed by the body's own immune system. Occasionally the viral illnesses can become prolonged and complicated which can lead to secondary bacterial infections. These secondary infections (like pneumonia or an ear infection) may need antibiotics.

When you seek medical treatment, share all of your symptoms. Be open-minded to treatments that may not require an antibiotic. Work in conjunction with your doctor to come up with a treatment plan that is best for you and will safely provide you relief of your symptoms.

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



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a Week
M-F: 8-8
S-S: 8-5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:00 30/30 Exercise 10:00 Group Piano 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:00 Blue Plate Lunch ROAD TRIP TO THE BOLTON STREET TAVERN 12:30 Duplicate Bridge 1:30 Hand Waxing 1:30 Watercolor	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Gentle Hatha Yoga 10:00 Gentle Chair Yoga 11:15 Pilates 1:00 Scrabble 2:00 Ping Pong	9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie time 4:00 Yoga	8:50 Wayside Water Aerobics 10:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 11:00 Harmonica Club Demo 1:00 Pitch	8:30 Cribbage 9:00 Strengthening Chair Yoga 10:15 Tai-Chi 1:00 Computer Club and tutoring 4:00 Fitness Training Big Cookie Day Sponsored by: Christopher Heights Assisted Living
8	9	10	11	12
9:00 30/30 Exercise 10:00 Group Piano 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:00 Blue Plate Lunch 12:30 Duplicate Bridge 1:30 Hand Waxing 1:30 Watercolor	8:30 COA Board Meeting, Walker Bldg.-1st floor 8:50 Wayside Water Aerobics 9:00 ESL 9:00 Hairdresser by Apt. 9:00 Gentle Hatha Yoga 10:00 Gentle Chair Yoga 11:00 BOWLING 11:15 Pilates 12:00-2:00 Hannaford Pharmacy Lunch and Learn 1:00 Scrabble 3:30 Friends Board Meeting	Reflexology/Manicures/Pedicures by Appt only 9:00 Friendly Visitor Mtg.- Senior Center 9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie Time 4:00 Yoga	8:50 Wayside Water Aerobics 9:00 Mens Breakfast 10:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 Cardio & Weights 1:00 Coffee Filter Flower Seminar 1:00 Pitch	8:30 Cribbage 9:00 Strengthening Chair Yoga 10:15 Tai-Chi 1:00 Computer Club and tutoring 10:00-12:00 Arthur Bergeron individual sessions 4:00 Fitness Training
15	16	17	18	19
9:00 30/30 Exercise 10:00 Group Piano 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:00 Blue Plate Lunch 12:30 Duplicate Bridge 1:30 Hand Waxing 1:30 Watercolor	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Gentle Hatha Yoga 10:00 Gentle Chair Yoga 11:15 Pilates 12:00 Latino Congregate Luncheon hosted by Baypath Elder Services 1:00 Scrabble 1:00 Book Club 2:00 Ping Pong	9:00 30/30 Exercise 10:15 Bingo 11:00 Pickity Place Trip 12:30 Bingo 1:00 Movie Time 2:30 Garden Club 4:00 Yoga	8:50 Wayside Water Aerobics 10:00 ESL 9-11:00 Wellness Clinic 10:00 Zumba 10:00-12:00 Low Vision 11:00 Cardio & Weights 1:00 Pitch	8:30 Cribbage 9:00 Strengthening Chair Yoga 9:00-1:00 Dental Clinic 10:15 Tai-Chi 1:00 Computer Club and tutoring 4:00 Fitness Training
22	23	24	25	26
9:00 30/30 Exercise 10:00 Group Piano 10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:00 Blue Plate Lunch 12:30 Duplicate Bridge 1:30 Hand Waxing 1:30 Watercolor	8:50 Wayside Water Aerobics 9:00 ESL 9:00 Hairdresser by Apt. 9:00 Gentle Hatha Floor Yoga 10:00 Gentle Chair Yoga 11:15 Pilates 1:00 Scrabble	9:00 30/30 Exercise 10:15 Bingo 12:30 Bingo 1:00 Movie Time 3:00 Fruit & Veggie Seminar 4:00 Yoga	8:50 Wayside Water Aerobics 10:00 ESL 9-11:00 Wellness clinic 10:00 Zumba 11:00 Cardio & Weights 12:00 Lunch & Diabetes Education 1:00 Pitch	8:30 Cribbage 9:00 Strengthening Chair Yoga 10:15 Tai-Chi 1:00 Computer Club and tutoring 4:00 Fitness Training
29	30	<div style="text-align: left;">  <p>20% OFF EVERY TUESDAY FOR SENIORS (55 & OVER)</p> <p>PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</p> </div> <div style="text-align: right;">  <p>222A EAST MAIN STREET MARLBOROUGH, MA 01752</p> <p>508-485-5191</p> <p>WWW.SAVERS.COM</p> </div>		

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