

MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS VOLUME 2, NO. 4, APRIL 2015

April is in bloom
here at the **NEW Senior Center!**

CELEBRATING OUR WONDERFUL VOLUNTEERS

Special fun and surprises through-out the month celebrating our volunteers.

ALSO, MARK YOUR CALENDER FOR THE 39TH SENIOR OF THE YEAR DINNER!

Hosted by Mayor Arthur Vigeant on **Wednesday, May 6th at the MHS Cafeteria at 5:30 PM.**
More information inside!

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The "Not-So" SUPER BUG

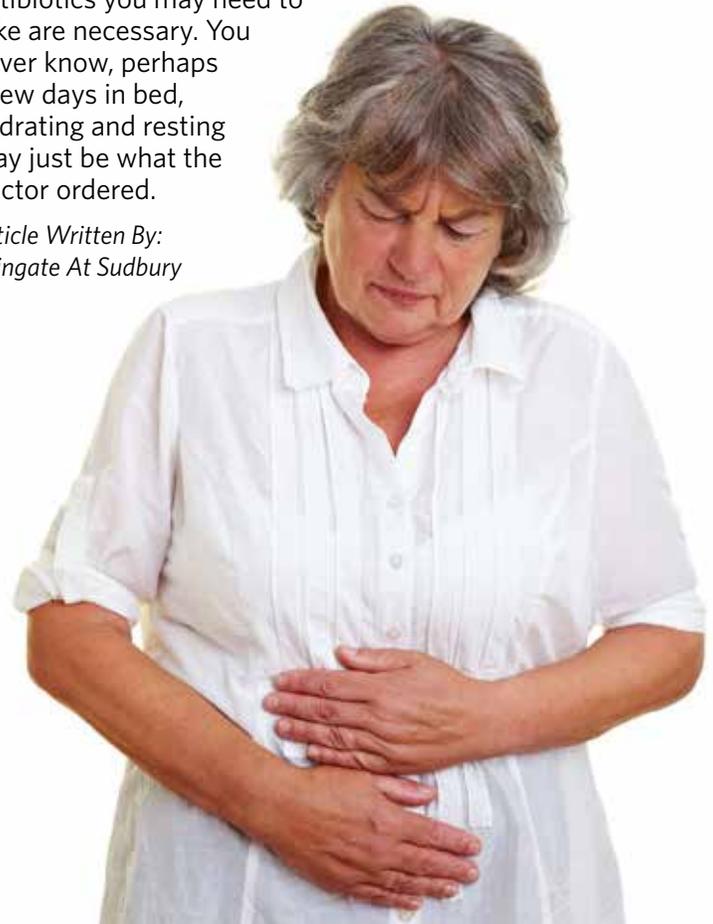
It's all over the news, in the paper and on the internet. This current strain of the Super Bug is an infection many Americans are struggling with all over the country. This "not-so" super bug could be coming to a town near you. Be knowledgeable and prepared.

The term super bug basically means germs that are very difficult to treat. Super bugs have been around a long time however, this one, the C-Diff super bug, appears to be wreaking havoc. The C-diff super bug attacks the colon and brings with it onsets of severe diarrhea, colitis symptoms, elevated white blood cell counts and inflammation. People with compromised immune systems are at an increased level of susceptibility.

The CDC attributes many of these cases with those who have taken unnecessary antibiotics, which in turn upsets the normal levels of flora in the body. Taking unnecessary antibiotics allows the body to be out of balance and as such the "good" bacteria that normally fights this super bug is no longer present.

The best plan of attack is what your grandmother told you years ago. Wash your hands with warm, soapy water, OFTEN. If you are in a public place, came home from the dentist, used the escalator, wash your hands. Experts say that nothing beats soap and water, including antibacterial gel. Do not take or ask for unnecessary antibiotics. Be sure with the help of your medical professional that the antibiotics you may need to take are necessary. You never know, perhaps a few days in bed, hydrating and resting may just be what the doctor ordered.

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

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39th Annual Senior of the Year Award

When: Wednesday, May 6th, 2015**Time: 5:30 PM****Where: Marlborough High School****Menu: salad, baked stuffed chicken breast, peas and pearl onions, mashed potatoes, rolls, dessert and beverage cart**

The Honorable Arthur G. Vigeant invites you to come and celebrate the 39th Annual Senior of the Year Dinner. This night will recognize an exemplary Marlborough resident age 85 or older who has greatly contributed to the betterment of our Marlborough community and has been nominated by their peers.

Your servers will be our Marlborough City Councilors and your COA Staff. This night is being sponsored by Mayor Arthur Vigeant just for our seniors over age 60 of Marlborough. Our musical entertainment will be Flashback Please reserve your spot by getting your ticket at the Senior Center.

If your stopping by the Senior Center the 1st week of April be sure to look around for some hidden eggs filled with treasure!



LOOKING FORWARD..

With one month in our new center at Ward Park we have so much to be thankful for and so many new opportunities ahead. We are looking forward to begin our first Marlborough Billiard team to participate in the local circuit of billiards teams for those who are age 55 and over. I want to invite men and women who are interested in participating on our pool team to please see our program coordinator, Lisa Martino so she can let you know of the scheduled practice times starting in May. Right now the pool room is open on a first come first serve basis. Also, we will be scheduling Ping Pong starting in May as well. I hope to brush up on my ping pong with you all. Also, please do not miss the training on our new fitness equipment in our new exercise center provided by the **Cummings Foundation and an anonymous donor.**

Also, we will have computer time if you would like to use the computer rooms on Tuesday and Thursday AM from 9-12. Please sign up for computer time with the receptionist. We hope these new opportunities you will begin enjoying meet your needs. As we continue to enjoy our center please let our staff know if there is something you would like to see in our center whether equipment, programs, services or anything else. We want this to be a place you can enjoy and enrich yourself.

Before, I close with some fun pictures I took I would like to thank our **Public Facilities Department** for being so helpful and supportive during our transition into the new center. I also would like to thank our very dedicated **volunteers** for their help and I can't give enough appreciation to the **staff** I have the opportunity to work with each day. Finally, thank you to Mayor Vigeant and the City Council and our Malborough community for supporting this great new center for a very deserving population.

Jennifer Claro



Marlborough Hills starts COPD support group for our center



Six week workshops on many wellness topics.



Monthly Men's Group planning with Arthur Marson and Jim Comfrey



Good Friends



Valentine Party!



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- THE WILLOWS Retirement Communities
- BEAUMONT Skilled Nursing and Rehabilitation
- WHITNEY PLACE Assisted Living Residences
- SALMON VNA & Hospice

OUTREACH DEPARTMENT NEWS

Ana Cristina Oliveira

DID YOU KNOW...?

In 2013, Medicare paid for health services for approximately 51 million individuals at a cost of about **\$604 billion**. The Centers for Medicare & Medicaid Services (CMS) estimated that improper payments—some of which may be fraudulent—were almost **\$50 billion**.



Fraud, waste, and abuse contribute to the rising cost of health care. **Taxpayer dollars lost to fraud, waste, and abuse affect all of us.**

You can help stop fraud and abuse by reviewing your Medicare statement (Medicare Summary Notice - MSN) or Part D Explanation of Benefits (EOB) to make sure Medicare is not charged for items or services you did not receive. If you have a question or concern regarding a Medicare claim, you should first discuss it directly with your physician, provider, or supplier that provided the service.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements and report fraud and abuse to the proper authorities. You can contact the **Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.**

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.

ARE YOU FACING LONG TERM SERVICES OR SUPPORT?

Come meet Susan Cote Options Counselor for Baypath Elder Services

When: Tuesday, April 7

Time: 10:00 AM

As an options counselor Susan helps individuals over age 60 connect with community resources, programs, and services. This is sure to be an informative presentation! Light refreshments will be served.

ALIMENTAÇÃO EQUILIBRADA E VIDA SAUDÁVEL (PORTUGUESE)

O aumento da expectativa de vida exige que estejamos cada vez mais preparados para viver mais e melhor. E a alimentação tem papel fundamental nesse processo.

Ao longo de toda a vida, o organismo sofre uma série de transformações - desde o nascimento até o processo de envelhecimento. Em cada fase da vida, portanto, alteram-se também as necessidades nutricionais.

Na fase adulta, a alimentação merece atenção redobrada. Além de ser uma das fases mais produtivas da vida, também é o momento em que devemos adotar medidas preventivas para um envelhecer com mais saúde.

À medida que envelhecemos, várias alterações ocorrem, como aumento da massa de gordura e diminuição da massa muscular. Os hábitos alimentares também se modificam. É frequente que haja diminuição da atividade física.

É preciso adaptar a alimentação a cada período da vida, no sentido de garantir a saúde e a qualidade de vida.

E quanto antes adotarmos hábitos saudáveis, melhor. Afinal, alimentação equilibrada na vida adulta é um grande passo para a prevenção de uma série de doenças e complicações que costumam aparecer mais tarde.

Conhecer os principais grupos de nutrientes e a importância de cada um deles é vital. Proteínas, carboidratos, gorduras, vitaminas, sais minerais, fibras e água - todos eles desempenham papel importante na nossa saúde e devem fazer parte das nossas refeições diárias.

O equilíbrio - entre todos os nutrientes - e a diversificação dos alimentos são fundamentais para se ter uma alimentação saudável e equilibrada.

JOIN US FOR AN AFTERNOON WITH DAVIS BATES! THIS IS SURE TO BE A FUN TIME!

When: Thursday, April 30th

Time: 1:30 PM

The Marlborough Council on Aging will celebrate the diverse heritage of the New England Region by presenting a performance by Parents' Choice Award winning storyteller Davis Bates. Entitled **Celebrating New England: Songs and Stories for Everyone**, the program will

involve the audience in a variety of cultural traditions. It will include farming stories and songs from the past and present, sea songs & chanteys, Native American stories, ghost stories and family tales. There will also be plenty of sing-alongs, and even a short lesson in how to play the spoons.

This program is supported in part by a grant from the Marlborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



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

SALON SERVICES OFFERED ON 2ND AND 4TH TUESDAYS

We are happy to introduce Karen Navedo who will be providing salon services at the Senior Center. Karen has her own facility in Marlborough at the Marie Esther house and has also worked in Auburn at The Life Care of Auburn for four years and at Notre Dame Long term for going on seven years. She is very passionate about her work and her clients and we are happy to have her. Karen will be available to make house calls on Tuesdays. Prices for women and men's haircuts are \$15.00, shampoo & conditioner is \$6.00, shampoo & set with conditioner is \$18 and haircut & blow dry with shampoo and conditioner is \$28. Other services are available, call the Senior Center an appointment 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 is a state licensed Manicurist, certified Master Reflexologist and certified Advanced Nail Technician will provide manicures, pedicures and reflexology services. Reflexology is the application of pressure to areas on the feet, hands and ears. Reflexology is generally relaxing and may be an effective way to alleviate stress. All costs are paid directly to Veronica at the time of appointment. These appointments have been going fast so call early to reserve a spot at **978-407-7658**.

COMPUTER CLUB AND TUTORING WITH BOB

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

Everyone is welcome. Bring your laptop or tablet or use one we have at the center. Bring your questions or something you've learned and share. Tutoring is available during computer club. Come ask those questions that you have been putting off. Give Bob, a volunteer and retired IT Tech, a call and he will set up a special appointment time just for you. Contact Bob at Bobsal@gmail.com or **508-485-6484**.



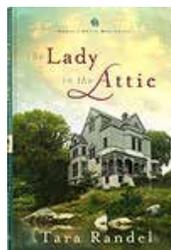
TAI-CHI FOR HEALTH AND BETTER AGING

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

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

BOOK CLUB

When: Tuesday, April 21
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 April 21st is *Lady in the Attic* by Tara Randell. If you want to get ahead on your reading, the book for May 19th is *China Dolls*, by Lisa See.

BOWLING TRIP!

When: Tuesday, April 14th
Where: Sawyers' in Northborough
Time: 11:00 AM
Sponsored by: Fitzgerald & Collins Funeral Home

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

GROUP PIANO LESSONS WITH DENNIS DEYO

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

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

YOGA CLASSES AT MARLBORO SENIOR CENTER

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

APRIL THEMES

The month of April brings us showers, spring cleaning, and Earth day. Let's shake off the winter, and connect to nature with Yoga!
April 7 & 10 - Yoga and Affirmations
April 14 & 17 - Yoga to cleanse and Release (April showers/spring cleaning)
April 21 & 24 - Earth day Yoga - Yoga and Nature - Grounding
April 28 - Earth elements in Yoga (earth, air, water, fire)

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:



April 1st:
Royal Wedding
- 93 minutes, 1951
- Comedy/Musical
- Fred Astaire and Jane Powell

April 8th:
Stone of Destiny
- 96 min, 2008
- Adventure/Comedy



April 15th:
The Fault in our Stars
- 126 minutes
- Drama/Romance

April 22nd:
If I Were You
- 115 minutes
- Comedy/Drama



April 29th:
Winnie Mandela
- 104 minutes, 2011
- Biography/Drama/History



ASK A PHARMACIST

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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



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AHHHHH....."OPENING DAY" A SURE SIGN OF SPRING!

When: Monday, April 13th
Time: 12:30 PM

The Blue Plate Lunch Bunch is hitting the road! Join us at Kennedy's Pub As we celebrate opening day in style with trivia, giveaways and surprises! See the blue plate calendar for menu options. (pg. 17)

BEE BOP HIP HOP DANCE AND MUSIC GROUP

When: Tuesday, April 21st
Time: 11:00 AM

This will be a fun show, bring a friend! Grandparents round up the kids, it's school vacation week! Join us for lunch after the show! Hot dogs with all the fixins' chips and beverages!



Musicdance.edu is a nonprofit organization which provides performing arts opportunities and music education to New England residents.

35TH ANNUAL SENIOR CONFERENCE HOSTED BY STATE

SENATOR JAMIE ELDRIDGE

When: Thursday, April 23rd
Where: Hudson High School
69 Brigham Street, Hudson
Time: 8:30 AM - 2:00 PM

DON'T MISS OUT ON THE FUN!
Workshops, entertainment, exhibits, prizes, and speakers. FREE coffee, donuts & lunch

ARTHUR BERGERON LEGAL CLINIC

When: Tuesday April 14th

Time: 1:00 PM

KEEPING CONTROL AS YOU GET OLDER - THE 2015 SEQUEL

I will review the important documents you need to have in place: Power of Attorney and Health Care Proxy. I will also discuss the importance of wills and trusts and joint ownerships. In addition, we will explore whether or not you should consider purchasing long-term care insurance (while you still can).

FEATURING: ORCHARD HILL SUDBURY ON APRIL 29TH



This month in our series of visiting and learning about local and neighboring over 55+ communities come join us at **ORCHARD HILL SUDBURY'S ASSISTED LIVING COMMUNITY**. This privately owned facility is reminiscent of a New England farm-house mansion and sits on 10 acres of landscaped grounds and an apple orchard. It is a nurturing and comfortable place. Come meet Greta Holland for "TEA."

Assorted tea's, specialty pastry, and fresh fruit will be served before a private tour. Tea is at 9:30 AM tour to follow at 10:15 AM Please note, parking is limited.

JOINT REPLACEMENT PROGRAM

When: Thursday, April 16th

Time: 12:30 PM

Please feel free to bring a bagged lunch, fruit cups and beverages will be available.

Marlborough Hospital presents an educational seminar on keeping your muscles, joints and bones healthy as you age. Tips on exercises to keep your muscles strong, and recommendations for maintaining balance and reducing your risk of falling. Additionally, there will be focus on joint pain-the benefits of total or partial joint replacement surgery and what to expect if you have to have surgery.

MENS GROUP PIZZA AND A MOVIE

When: Thursday,
April 23rd
Time: 12:30 PM



Join us at the New Senior Center as we take advantage of the big screen and have a viewing of **American Sniper**. This critically acclaimed movie is sure to evoke emotion and spark conversation just as it has in theatres across the country for months!

132 minutes action/ biography/ drama Navy SEAL sniper Chris Kyle's pinpoint accuracy saves countless lives on the battlefield and turns him into a legend. Back home to his wife and kids after four tours of duty, however, Chris finds that it is the war he can't leave behind...

Hair salon services will be provided on the second and fourth Tuesday from 9-12. Please make an appointment with the receptionist at the center.

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NEW SENIOR CENTER CELEBRATION BREAKFAST

Wednesday, April 15th at 8:00 AM

At this time the breakfast is full however those that have pre-registered will be receiving their postcard in the mail soon. Please bring your postcard because that is your ticket into this event. Also, please think about carpooling with a friend for this event. Overflow parking will be at Fitzgerald and Collins Funeral Home located at 378 Lincoln Street. We will have a shuttle from 7:30-8:00 AM taking participants to the breakfast from Lincoln Street as well as providing a return trip.

GONE PHISHING

Spring has finally arrived. Say "goodbye" to record-breaking snow totals and ice dams. Now thoughts will turn to warm weather activities like baseball, cookouts and the sport of fishing. While these pursuits are a welcome relief from the dread of winter, there is no relief from the dread of another type of winter, the cold harsh reality of a practice known as 'phishing'. This can send shivers down the spine of the unsuspecting.

What is phishing? Phishing is fraudulently obtaining and using personal identifying information by posing as an authentic and legal corporation. Once personal information is obtained (name, social security number, date of birth), it can be used to open bank accounts, credit cards, mortgages and make other purchases. Phishing can take someone from the warm feeling of financial security to a cold reality of 'buried in debt'.

If you think you're safe because you don't use a computer, think again. Phishing occurs through all types of mediums: phone, fax, mail, person to person, as well as the internet. Don't get lured by phone calls or e-mails from someone posing as an agent from your financial institution, credit card issuer or medical provider.

You will never be asked to provide your personal identifying information because quite simply, they already have it.

Most of us know someone who has received a call from an out-of-state lottery congratulating them on winning a significant amount of money. However, before they can send the money, the agent needs to obtain the winner's social security number and date of birth for tax reasons. This is phishing, please don't take the bait. When this happens, stop and think. Did I enter that lottery? Then ask yourself, is this too good to be true? If you think before you react, you may avoid being the fish on the end of a hook.

If you suspect you've been a victim of phishing, contact your financial institution immediately. Even if you haven't been a victim, talk to your banker about how to protect your personal information. In the end, this will leave you with the warm feeling that you have protected your personal information and left scammers out in the cold.

*David J. Morticelli, Vice President,
friends of Marlborough Seniors
Assistant Vice president, Avidia Bank*

SENIOR CENTER BOUTIQUE

It is with great pleasure that we are able to announce the opening of a boutique at the New Senior Center! We are currently accepting donations of new or gently used items to help fill this space. Jewelry, handbags, scarves, small housewares and giftware are some of the things we are in need of.

Handmade items are also greatly appreciated. Thank you in advance for helping us create a "fabulous space" for people to shop and browse!

Please drop off donations to the office at the Senior Center. Call Lisa Martino with any questions.

FITNESS TRAINING FOR THE NEW EXERCISE ROOM

For All who would like to use the new exercise room you MUST complete an equipment training class which will be held on April 27th at 11:00 AM. Our exercise room will be open from 8:30 AM-1:00 PM Monday - Friday. Please sign up for the training with the volunteer receptionist. Also, we will need all participant of the exercise room to complete a liability waiver you may request from the receptionist desk.

"THE ART OF THE DANCE" WITH THE COCHRAN-WRENN DUO

When: Tuesday, April 7, 2015
Time: 2:00 PM
Bonnie Cochran, flute & Bryan Wrenn, guitar
Presented by: David J. Morticelli, Vice



President, Friends of Marlborough Seniors, Avidia Bank, Chamber Music MetroWest, Marlborough Senior Center and Marlborough Cultural Council

Come for a relaxing afternoon of music, and be transported to another place! Join us for a multimedia presentation of tangos, waltzes, sambas, habaneras and more!

The performance will feature Leisner's Dances in the Madhouse, a collection of engaging and dramatic dance pieces for flute and guitar based on a lithograph of the same name by George Bellows. Also on the program are Piazzolla's L'Histoire du Tango, Ravel's Piece en forme de habanera and more.

This program is supported in part by a grant from the Marlborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



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PODIATRIST

Appointments with

Dr. Cormier

Where: Senior Center

When: Tuesday,

April 28th

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

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

SECOND SATURDAY

Date: April 11th

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

Requests must be received by **Thursday, April 2nd, 2015**. Call Barbara McGuire—**508-624-9365**: leave your name, phone number, address, and details of the work you are requesting. You will receive a call back!

KNIT AND CROCHET

When: Mondays

Time: 11:00 AM

Where: Craft Room

Please come join the Knit and Crochet group ALL ARE WELCOME.

This group does various outreach projects using their craftsmanship and big hearts as well as some may just wish to bring their own work and enjoy the company.



FISH VOLUNTEER DRIVING SERVICE

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

LOW VISION GATHERING

When: Wednesday, April 14th

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**.

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

Sundays @ 5:00 PM

Mondays @ 10:00 AM & 4:30 PM

Tuesdays @ 3:30 PM

Wednesdays @ 7:00 PM & 10:00 PM

Thursdays @ 3:30 PM & 7:30 PM

Fridays @ 10:00 AM

PARAFFIN WAX HAND TREATMENTS

Day: Mondays

Time: 1:30 - 2:30 PM

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

HOME DELIVERED MEALS - MEALS ON WHEELS

Bay Path Elder Services Meals on Wheels program offers the option of a hot midday meal delivered to your door along with a hello. Contact BayPath Elder Nutrition at **508-485-6492 ext. 16** for menu selections. \$2.00 donation is requested.

GREETING CARDS

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

LIFELINE

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

MEDICAL EQUIPMENT LOAN PROGRAMS

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

FRIENDLY VISITOR VOLUNTEERS MEETING

When: Wednesday, April 8th

Time: 9:00 AM

Where: the Coffee Loft

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

WELLNESS CLINIC

Day: Every Thursday

Time: 9:00 - 11:00 AM

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

ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron



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

ANNUITIES AND ELDER LAW

It's tax season, which also tends to be the time when you find yourself thinking about your investments. Does it make sense to leave your money in the bank? Or, are you thinking about diversifying; if so, perhaps you may consider purchasing an annuity? Before purchasing any annuity, however, you need to know whether or not it will reduce your options down the road; specifically, the effect it may have on whether or not you or your spouse will qualify for MassHealth should one of you need nursing home care or care at home.

MassHealth is the only government program that will pay for extended nursing home care. The person who is in the nursing home is only allowed to have \$2,000 or less in countable assets to qualify for MassHealth. The other spouse may have much more substantial assets. Therefore, you may want to have all assets of the spouse in the nursing home transferred to the spouse at home. What would that mean for an annuity that is owned by the spouse in the nursing home? Can the annuity be surrendered so that the proceeds can be transferred to the spouse at home? Is there a surrender penalty? If it turns out that the annuity cannot be surrendered, but simply calls for a stream of income, then the income payments will probably have to be paid to the nursing home.

If your spouse is eligible for nursing home care, but you want him/her to stay at home instead, MassHealth offers the Frail Elder Waiver (FEW) program, which covers some or all home care services. Your spouse can qualify for FEW no matter how much your spouse has in assets, as long as those assets can be transferred to you. There is a catch though: your spouse's income must be less than \$2,199 per month or there will be a very large deductible. If his/her annuity simply generates payments to him/her, those payments will be counted when figuring out his/her income; even if the annuity allows the right to assign these payments to you, MassHealth will prohibit that assignment.

The moral of this story is clear, before purchasing an annuity, be sure you know how it works and what risks are involved. Talk to your accountant, as well as your lawyer.



Article Provided By

MIRICK O'CONNELL
ATTORNEYS AT LAW

MIRICK O'CONNELL

ATTORNEYS AT LAW

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

Arthur P. Bergeron
508.860.1470
abergeron@mirickoconnell.com



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



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

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

800.922.8337
www.mirickoconnell.com

LOOK FOR BROCHURE INCLUDING ALL TRIP OPTIONS AND INFORMATION

APRIL

- Neil Sedeka" show @ Mohegan Sun
- Includes meal casino, \$
- Tuesday, April 21st,
- \$90, Best of Times

MAY

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

JUNE

- A day in Portsmouth, New Hampshire
- Visit Strawberry Bank, enjoy shopping, dining, flower gardens and more!

JULY

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



AUGUST

- The Statue of Liberty, Ellis Island and The 9/11 Memorial, (Friends of our seniors are welcome to join the trip)
- Saturday, August 15, 2015
- Luxury WiFi Motor coach
- \$92, Fox Tours
- All About Quebec
- 4 Days and 3 Nights
- Day 1: The Palace Royal Hotel spend three evenings at this four star hotel near St. John Gate to the historic walled city-Dinner included in this night.
- Day 2: Exploring the Walled City with local guides and enjoy a nice dinner after visiting such places as Boardwalk of Dufferin Terrace by the Chateau Frontenac, Place Royal where Samuel Champlain first settled, Provincial Parliament and the ornate Quebec Basilica and complimentary dinner at the Palace Royal Hotel.
- Day 3: Exploring the Beupre Coast-sightseeing continues at St. Anne de Beupre, outdoor bread ovens,, Montmorency Falls and the Isle of Orleans-Dinner included at Café' de Paris tonight.
- Day 4: Duty Free Shopping and Bonjour et adieu Quebec-
- Approx \$679 pp Date TBD

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

SEPTEMBER

- DUCK TOUR (quack quack).
- 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!!!



NOVEMBER

- LUNCH AND A SHOW
- After a delicious luncheon at the **DAVERSPOrt YACHT CLUB** we will head to the **NORTH SHORE MUSICAL THEATRE** for the acclaimed musical **SISTER ACT**. Please stop by the Senior Center or call Lisa Martino for additional information.

FOXWOODS FUN!

\$25.00 includes trip, bonus package, consisting of \$10.00 buffet and \$10.00 coupon. Pick up and bus departure is at 7:30 AM in front of the Senior Center and we return at approximately 4:45 PM.

Upcoming Dates: April 6, May 4

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

GET ON THE *PATH* TO NEW CUSTOMERS!

ADVERTISE IN
Marlborough Seniors
on the go!



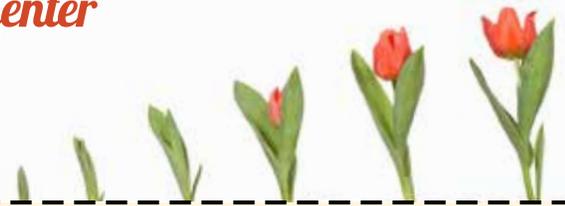
Senior Center Communications, LLC

Connecting Seniors with Consumer Brands through Senior Center Communications

www.seniorcentercommunications.com

Tom Keller - Regional Director
508-361-7000

tom@seniorcentercommunications.com



Richard Aseltine
"In memory of my wife Genevieve - I LOVE YOU"

Living Memorial

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

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

Send acknowledgment to: Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

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

FRIENDS OF THE MARLBOROUGH SENIORS MEMBERSHIP INFORMATION

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

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

"Friends of the Marlborough Seniors"

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

I would like to give:

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

PLEASE PRINT

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: _____



CHRISTOPHER HEIGHTS™ of Marlborough AN ASSISTED LIVING COMMUNITY



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

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

No Hidden Fees - The Christopher Heights Difference!

99 Pleasant Street, Marlborough, MA 01752

Our doors are always open!

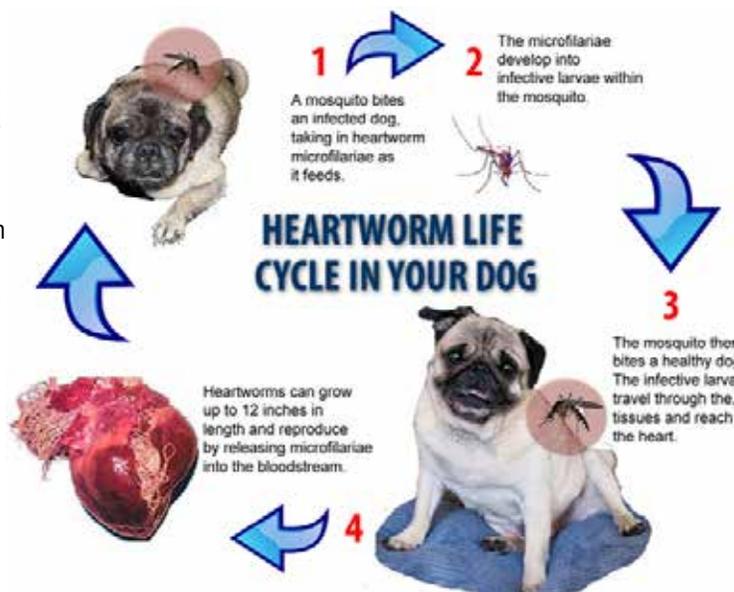
Call for a tour - 508-281-8001

APRIL IS HEARTWORM AND LYME DISEASE AWARENESS MONTH!

Heartworm and Lyme Disease prevention is so important, the American Veterinary Medical board dedicated an entire month for awareness. April is Heartworm and Lyme Disease Awareness month so that everyone can become educated on how to protect your pets from these diseases. And...aren't your pets worth it?

Heartworm is transmitted through a mosquito bite. It usually takes up to six months for the adult worm to form. The adult worm can then live in your pet for up to seven years. The heartworm symptoms can present itself by fatigue, lack of interest in exercise, weight loss and cough. Treatment can be expensive and time consuming. This disease is preventable! Monthly product are available to arm your pet against Heartworm.

Lyme Disease is transmitted by an infected tick. Ticks, are present all year long however, make their presence truly known during Spring, Summer and Fall. These infected ticks have become infected while feasting on dead wildlife. Ticks can then spread the bacteria onto your pet through a tick bite. Again, Lyme Disease can be prevented. By applying a monthly product to the pets skin, by ingesting an oral treatment, or by getting a Lyme Disease vaccine, your pet can be guarded against this disease.



Your pet brings so much joy to the family or household. They deserve the best treatment that you can give. Contact your veterinarian for recommendations on which products to use to protect your pet.

MARLBORO Animal HOSPITAL

IN THE HOSPITAL OR IN YOUR HOME

Providing Quality Veterinary Care Since 1964

- 🐾 Preventative Medicine
- 🐾 Laser Therapy
- 🐾 Digital X-ray
- 🐾 House Calls
- 🐾 Non-Anesthetic Dental
- 🐾 Pharmacy
- 🐾 Surgery
- 🐾 Nutrition Counseling

441 Lakeside Ave., Marlboro, MA 01752
 Phone: **508-485-1664**

www.homepethealth.com

HOURS:
 Monday & Friday 7:30 am - 4:00 pm
 Tuesday - Thursday 7:30 am - 7:30 pm
 Saturday 8:00 am - 2:00 pm



Full Service House Calls

HOUSE CALL FEE WAIVED FOR SENIORS!

SENIOR TRANSPORTATION PROGRAM NEWS

To participate in our transportation program active adults over 60 must complete a registration application. To receive a registration application you may **pick one up at the Senior Center or call 508-485-6492 and ask for ext. 33** which is the Transportation line for the senior center's transportation program.

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

APRIL AND EARLY MAY, 2015

9:30 AM - 12:30 PM

Monday	April 6	Solomon Pond Mall
Monday	April 13	Wal-Mart
Monday	April 20	Sudbury Farms
Monday	April 27	Wal-Mart
Tuesday	April 7	Price Chopper
Tuesday	April 14	Savers (Marlborough)
Tuesday	April 21	Market Basket & BJ's
Tuesday	April ?	Hannaford's (Marlborough)
Monday	May 4	Solomon Pond Mall
Tuesday	May 5	Price Chopper
Monday	May 11	Wal-Mart
Tuesday	May 12	Hannaford's

Sudoku

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

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

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DIFFICULTY: ★★★★★

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

Answer to Previous Sudoku



CROSSWORD PUZZLE

- ACROSS**
- 1 Congress (abbr.)
 - 5 Warp yarn
 - 8 Post
 - 12 Winglike
 - 13 Inlet
 - 14 Icelandic tale
 - 15 Dodecanese island
 - 16 Noun-forming (suf.)
 - 17 Conduct
 - 18 Slow: music
 - 20 Caulk lightly
 - 22 Thing (Lat.)
 - 23 Yangtze tributary
 - 24 Dog
 - 28 Brit. trout
 - 32 Red horse
 - 33 Detective
 - 35 Malt liquor
 - 36 White poplar
 - 39 Yet (2 words)
 - 42 Dadaist
 - 44 Atl. Coast Conference
- DOWN**
- 1 House (Sp.)
 - 2 Foul-smelling
 - 3 Hottentot
 - 4 Fetish
 - 5 It. poet
 - 6 More!
 - 7 Group

ANSWER TO PREVIOUS PUZZLE

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

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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A16

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 4/30/15.



**Marlboro House
of Pizza**
Est. 1964

FREE PIZZA

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

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

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 4/30/15.



Auntie Anne's

FREE PRETZEL

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

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

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 4/30/15.



SORENTOS
ITALIAN GOURMET

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

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

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 4/30/15.



Domino's

FREE PIZZA

Buy any large pizza at the regular price & get a Small Cheese Pizza Free
Pick-up Only

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

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 4/30/15.



**Welly's
Restaurant**

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

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

TERMS & CONDITIONS
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 4/30/15.

NEWS FROM SUSAN MAKI, SOCIAL SERVICES COORDINATOR

2015 NATIONAL VOLUNTEER WEEK

This year National Volunteer week is April 12-18. National Volunteer Week is about inspiring, recognizing, and encouraging people to seek out imaginative ways to engage their communities. It is about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals. National Volunteer Week is about taking action and encouraging individuals and respective communities to be at the center of social change.

“Celebrate Service” the theme for National Volunteer Week, captures the meaning of this signature week; honoring the people who dedicate themselves to taking action and solving problems in their communities.

The Marlborough Senior Center will be celebrating National Volunteer Week by honoring those who give of their time to not only make the Senior Center a better place, but to give back to people in the community as well. Our volunteers include Senior Mobile Market volunteers who deliver food from the food pantry to seniors in the community, FISH volunteers who provide rides for seniors to doctor’s appointments, Friendly Visitors who visit seniors in need of conversation and socialization, Volunteer Receptionist who answers phones and provide program information, Greeters who greet participants and direct them to activities, Program leaders, board members, Bingo helpers, etc.

Stop by the Senior Center during the week of April 12-18 while we honor our volunteers. Please call Susan Maki at **508-485-6492** if you are interested in volunteering.



LIBRARY – The Marlborough Public Library will be providing books for our new Senior Center. We are no longer accepting donations of books, CD’S, DVD’S, or puzzles. Thank you for all of your past donations.

MONDAY’S BLUE PLATE SPECIALS

All lunches are at 12:30 PM

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.

April 6th: Vin Bin

This trip was originally scheduled for February 2nd but got snowed out! If you were signed up back then we still have your information and menu option.

Sandwich choices: GRANDMA’S MEATBALL (homemade meatballs, marinara sauce, provolone, pecorino romano basil on a ciabatta roll) THE SHOEMAKER (house made chicken salad ,pancetta, mayo, red onion, lettuce and tomato on a ciabatta roll) THE FREE BIRD (free range Vt. Turkey breast, spiced cranberries, French brie and green apples on a ciabatta) ANGRY ITALIAN (salami, mortadella, la quercia prosciutto, tomato, hot pepper, mayo and pepperchini on a ciabatta roll) FIREHOUSE SMOKED TURKEY (smoked turkey,sundried tomato spread, mayo, applewood smoked bacon, provolone, lettuce and tomato on a ciabatta roll) ALL SANDWICHES ARE SERVED WITH CHIPS, PICKLES, BEVERAGE, AND DESSERT- Cost \$6.00



April 13th: Kennedy’s Pub “Opening Day” Celebration

Choose from “CAROLYN’S FAVORITE” A fresh oven hot popover topped with slow roasted thinly sliced roast beef served with au jus with horseradish and fries.

OR “KENNEDY’S CATCH” A fresh fillet of fish hand breaded and deep fried on a roll with fries and tarter sauce. HEALTHY OPTION “ GRILLED CHICKEN SALAD “Marinated char-grilled chicken over a mixed green salad slice of cheese bread and choice of dressing. BEVERAGE AND ICE CREAM PUFF FOR DESSERT INCLUDED. Cost \$9.00

April 20th: Patriot’s Day Senior Center is closed

April 27th: Olive Garden

Garden Primavera (roasted zucchini, bell peppers, onions and tomatoes tossed with tri colored vegetable penne in a homemade basil pesto and marinara sauce) and of course, their delicious breadsticks and salad! Beverage and dessert included. \$ 6.00

COMMON COLD SYMPTOMS: WHAT IS NORMAL AND WHAT ISN'T.

Runny nose? Raw throat? Persistent cough? Colds usually begin abruptly with a sore throat followed by these common cold symptoms:

1) Nasal drainage 2) Sneezing 3) Fatigue 4) Cough

Sometimes colds can progress and become more serious infections. Fever is sometimes present with colds but can also be a sign of influenza or secondary infections.

The common cold will typically last for 3-7 days, with the first few days making you contagious and vulnerable. If you are coughing and short of breath, it is important that you contact your medical provider. This could mean you are suffering from something more serious than just a cold, like a pulmonary complication.

Doctors Express Marlborough is an urgent care walk in center that evaluates common cold and bacterial infections. We can be reached, 7 days a week, at 508-658-0764 or visit our location at 42 Boston Post Road West in Marlborough. Stop by anytime - no appointments necessary!

Cough 101: Why Won't It Go Away?

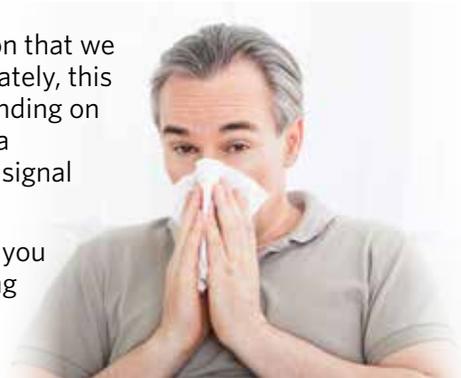
It is that time of the year when everyone we come in contact with is fighting off some form of a cold or flu. For some, simple home remedies can help soothe their discomfort and symptoms will go away within a few days, for others it is not as simple.

Coughing is a reflex action that we cannot control. Unfortunately, this cannot be ignored. Depending on the symptoms, it can be a temporary annoyance or signal something more serious.

If the cough persists and you find the symptoms getting worse rather than better, you should be evaluated by a doctor. Persistent coughs that do not go away can be caused by more than a cold. It could be bronchitis, allergies or pneumonia. But for most people, the nagging cough can stay for three weeks or more even after the symptoms of cold are gone.

Contact Doctors Express Natick today if you have been battling a persistent cough or any other flu-like symptoms for more than a two week period. We are an urgent care walk in clinic that can evaluate colds, coughs and other types of viral infections. We are also available to you 7 days a week!

We are located at 945 Worcester Street in Natick, and require no appointments or referrals! If you would like further information on what we treat, our hours or directions, call us at **508-650-6208**.



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



From broken bones to blisters. We're here for you.

It doesn't matter if you are coming down with the flu or coming in with a broken finger. Our board-certified medical providers treat you quickly as soon as you walk in. That's our promise.

ofc Doctors Express
URGENT CARE

No Appointment Needed
X-Ray & Lab Services
Occupational Medicine

Vaccinations & Physicals
including Immigration
Most Insurance Accepted
including Medicare

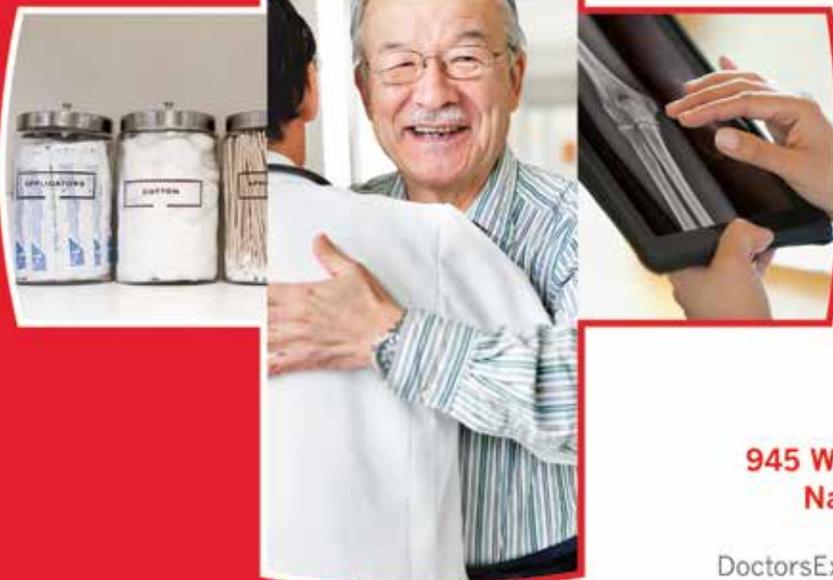


**945 Worcester Street
Natick MA 01760**
508.650.6208
DoctorsExpressNatick.com



**42 Boston Post Rd. West,
Marlborough, MA 01752**
508.658.0764
DoctorsExpressMarlborough.com

Open 7 Days
a Week
M-F: 8-8
S-S: 8-5



savers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>savers Good deeds. Great deals.</p> <p>20% OFF EVERY TUESDAY FOR SENIORS (55 & OVER)</p> <p>PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</p> <p>WWW.SAVERS.COM</p>	<p>222A EAST MAIN STREET MARLBOROUGH, MA 01752 508-485-5191</p>	<p>9:00 30/30 Exercise 9:00 AARP Tax Preparations</p> <p>10:15 Bingo 11:00 Multicultural Computer Club 12:30 Bingo 1:00 Movie Time</p>	<p>8:50 Wayside Water Aerobics 9:00 ESL 9:00-11:00 Wellness Clinic 9:00 Cardio & Weights 10:00 Zumba 11:00 English Conversational Circle/ lunch/special program</p>	<p>8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi</p> <p>GOOD FRIDAY SENIOR CENTER CLOSING AT 12:00 PM Big Cookie Day Sponsored by: Christopher Heights Assisted Living</p>
<p>10:00 Beg. Aerobics 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate Lunch 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge</p>	<p>8:30 COA Board Meeting, Walker Bldg.-1st floor 8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 10:00 PROGRAM WITH SUSAN COTES OPTIONS COUNSELOR for BAYPATH ELDER SERVICES 11:00 Bowling 11:00 Citizenship Class 11:15 Pilates 1:00 Scrabble 2:00 Art of Dance with The Cochran-Wrenn DUO</p>	<p>Reflexology/Manicures/ Pedicures by Appt only 9:00 Friendly Visitor Mtg - Coffee Loft 9:00 30/30 Exercise 9:00 Tax Preparations 10:00 Multicultural Computer Club 10:15 Bingo 12:30 Bingo 1:00 Movie Time</p>	<p>8:50 Wayside Water Aerobics 9:00 ESL 9:00-11:00 Wellness Clinic 10:00 Zumba 11:00 English Conversational Circle Cardio & Weights 1:00 1ST EVER CHECKERS TOURNAMENT</p>	<p>8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1-3:00 Computer Club</p>
<p>10:00 Beg. Aerobics 10:00 Group Piano 11:00 knit/crochet 11:00 Zumba 12:30 Blue Plate "OPENING DAY" CELEBRATION AT KENNEDY'S 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge</p>	<p>8:50 Wayside Water Aerobics Hair Salon Services 9-12 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:00 Bowling Trip 11:15 Pilates 1:00 Arthur Bergeron Clinic 1:00 Scrabble 1:00 Book Club</p>	<p>8:00 New Center Breakfast Celebration - Ticket Required 9:00 30/30 Exercise 10:15 Bingo 11:00 Latino Comp. Club 12:30 Bingo 1:00 Movie Time 2:00-4:00 TUFTS HEALTH PLAN MEDICARE PREFERRED CUSTOMERS MEETING</p>	<p>8:50 Wayside Water Aerobics 9:00 ESL 9-11:00 Wellness Clinic 10:00 Zumba 11:00 English Conversational Circle Cardio & Weights 12:30 Joint Replacement Program 3:30 FRIENDS BOARD MEETING</p>	<p>8:30 Cribbage 9:00 Chair Yoga 9:00-1:30 Dental Clinic 10:15 Tai-Chi 1-3:00 Computer Club</p>
<p>CLOSED Patriot's Day</p>	<p>8:50 Wayside Water Aerobics 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:00 BEE BOP HOP Dance and Music Group 11:15 Pilates 1:00 Scrabble 2:00 Tenant meeting</p>	<p>9:00 30/30 Exercise 9:00 Tax Preparations 10:00 Multicultural Computer Club 10:00 Low Vision - Welcome back 10:15 Bingo 1:00 Movie Time</p>	<p>8:30-2:00 Annual Senior Conference 8:50 Wayside Water Aerobics 9:00 ESL 9-11:00 Wellness clinic 10:00 Zumba 12:30 MENS GROUP PIZZA AND A MOVIE</p>	<p>8:30 Cribbage 9:00 Chair Yoga 10:15 Tai-Chi 1-3:00 Computer Club</p>
<p>10:00 Beg. Aerobics 10:00 Group Piano 11:00 Knit/Crochet 11:00 Zumba 12:30 Blue Plate 1:30 Hand Waxing 1:30 Water Color 1:45 Duplicate Bridge</p>	<p>Podiatrist 8:50 Wayside Water Aerobics Hair Salon Services 9-12 9:00 ESL 9:00 Floor Yoga 10:00 Chair Yoga 11:00 Citizenship Class 11:15 Pilates 1:00 Scrabble</p>	<p>9:00 30/30 Exercise 9:00 AARP Tax Preparations 9:30 ORCHARD HILLS TEA AND TOUR 10:15 Bingo 11:00 Multicultural Computer Club 12:30 Bingo 1:00 Movie Time</p>	<p>8:50 Wayside Water Aerobics 9:00 ESL 9:00-11:00 Wellness Clinic 9:00 Cardio & Weights 10:00 Zumba 11:00 English Conversational Circle/ lunch/special program 1:30 MUSIC PROGRAM WITH DAVIS BATES</p>	

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