

# MARLBOROUGH SENIORS *on the go!*

SUPPORTED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS VOLUME 2, NO. 1, JANUARY 2015

## *Happy New Year!*



OUR NEW MARLBOROUGH SENIOR CENTER WILL OPEN IN FEBRUARY.

*Please watch for the opening date to be announced soon!*

Special Thanks to our Proud Premier Sponsors



# Making a Difference... One Patient at a Time



**Maurice Watson**  
Falmouth, MA

## CHALLENGE

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

## SOLUTION

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

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

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

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

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

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

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

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



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

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

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### A MOST APPRECIATIVE THANK YOU TO THE LION'S CLUB FOR BRINGING BACK THEIR ANNUAL SPAGHETTI DINNER.

With the incredible membership of the Lion's Club under the leadership of Mark Gibbs we would like to say how much over 160 seniors enjoyed their Saturday evening with one another, the volunteers of the Lions' Club and the scrumptious Italian food that was overseen by Marlene King, Bob Page and over 15 Lion's Members.

Also, we are appreciative of the Marlborough Cultural Council for awarding a grant for the musical entertainer, Tommy Rull. Thank you Marlborough Lion's for sponsoring this memorable event.



The time has come for our new center to open and I cannot imagine how great it will be to have such a beautiful center for our active adult community. We will be afforded many nice features which will include: a spacious lobby with very high ceilings adorned with sunshine shining through-out, large dining room equipped with modern and easy to use audiovisual equipment and ample space to seat over 250 plus for a meal, attractive new dining room furniture, open concept library with a fireplace, attractive furniture and a reading device that will assist those in reading with low vision. If you like exercising (which I know many of our participants do) we will have a fitness room, and access to two exercise spaces for smaller and larger classes. I know our knit and crochet and water color artist will enjoy the craft room with large windows and furnishings, and our computer club will enjoy a computer room finally. I can't forget our commercial kitchen, ample storage, great work space and centrally located bathrooms that are attractive (one equipped with a shower), confidential social service and Wellness area and administrative space that will encourage productivity and be appreciated by our **AWESOME** volunteers. There is so much I have not touched on, such as the Billiard room, ping-pong tables, outdoor space, second floor, elevator, and generator and how could I forget, central air and heat. Your staff is excited for these great

improvements, only to enhance the services and programs our active adults need and deserve. A big thanks to the **Mayor Vigeant and the City Council** for keeping this project on the forefront and of course **John Ghiloni** who supervised and scratched his head through this tremendous project on top of his duties as our Public Facilities and Public Works Commissioner. Lastly, I would like to thank our COA Chairman, Jim Confrey for his unwavering leadership through the new senior center project. If you have any questions about our new center please let me know. Please keep your eyes open for the grand opening announcement we are excitedly planning now.

Fondly, *Jennifer*

#### **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.

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

**January 5th: From: The Prospector (Bobby Kays)** Beef Tips and rice, salad, beverage and dessert - Cost: \$6.00

**January 12th: From Kennedy's Pub:** Your choice of corn or clam chowder and all will enjoy a cape cod salad, beverage and dessert: Cost \$7.00 for clam chowder and \$5.00 for Corn Chowder

**January 26th: From Assabet Culinary Program:** Breaded chicken with lemon sauce, glazed carrots and new potatoes, salad, rolls and butter, beverage and dessert-Cost: \$6.00

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



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#### CONTINUUM OF CARE

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

## OUTREACH DEPARTMENT NEWS

Ana Cristina Oliveira

### FUEL ASSISTANCE PROGRAM 2015

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

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

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

#### Income Guidelines FY 2015

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



### CAN I STILL CHANGE MY MEDICARE PLAN?

The 2014 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans.

#### For those with a Medicare Advantage Plan:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

#### For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:

You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. 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.

**NEW CLASS OFFERING:** Rosangela Natalino- Registered Yoga teacher we will be offering a **Meditation in Movement** class starting Wednesday January 7 at 4:00 PM. The classes will consist of 60 minutes of Yoga, meditation, movements, music and dance. Yoga and meditation are excellent to improve flexibility, mobility, balance and also helps maintain the body, alert mind, and preventing problems relating to stress.



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## **SALON SERVICES ARE COMING TO THE SENIOR CENTER.**

We are happy to introduce Karen Navedo who will be providing salon services at the Senior Center. Karen has her own facility in Marlborough at the Marie Esther house and has also worked in Auburn at The Life Care of Auburn for four years and at Notre Dame Long term for going on seven years. She is very passionate about her work and her clients and we are happy to have her. Until the new center opens Karen will be available to make house calls on Tuesdays. Prices for women and men's haircuts 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 for pricing and scheduling **508-485-6492**.

## **MOVIE TIME**

**We will not have Movie Time in January but they will resume in February.**

## **DENTAL SERVICES AVAILABLE AT THE SENIOR CENTER**

**Date: January 16**

**Time: 9:00 AM - 2:00 PM**

Donna Paschalides, a certified public health dental hygienist, 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 as she is personable, knowledgeable and excited to serve you. Call the Senior Center for more information on date and appointment times - **508-485-4815**.

## **BOOK CLUB**

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

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

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

## **GROUP PIANO LESSONS WITH DENNIS DEYO**

**When: Mondays**

**Time: 10:00 AM**

**Where: Senior Center Multipurpose Room**

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



## **COMPUTER CLUB**

**When: Fridays**

**Time: 1:00 - 3:00 PM**

**Where: At the Senior Center**

Everyone is welcome. Bring your laptop or tablet or use one we have at the center. Bring your questions or something you've learned and share.

## **YOGA CLASSES AT MARLBORO SENIOR CENTER**

**Gentle Chair Yoga:**

**Tuesdays 10:00 - 10:45 AM**

**Strengthening Chair Yoga:**

**Fridays 9:00 - 10:00 AM**

**Gentle Hatha Yoga:**

**Tuesdays 9:00 - 9:45 AM**

**January 2015- New Year-New You!!**

**January 6th & 9th - YOGA**

101 Back to Basics (Breathing/Centering, Alignment/Posture)

**January 13th-16th - YOGA** to balance Mind/Body (improve focus, concentration & balance)

**January 20th-23rd - YOGA** to manage moods

**January 27th-30th - Energy/Core Yoga** (increase internal fire/energy)



## **MANICURES, PEDICURES AND REFLEXOLOGY**

**Sessions with Veronica Thompson from Great Kneads**

**When: Second Wednesday of every month**

**Time: 9:00 AM - 3:30 PM**

**Where: Senior Center**

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

## **TAI-CHI FOR HEALTH AND BETTER AGING**

**When: Fridays**

**Time: 10:15 AM**

**Where: Senior Center**

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

## **BOWLING TRIP!**

**When: Tuesday, January 13th**

**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.



## ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

**The flu virus is back in town. To prevent a return visit to your home, take our true-or-false flu quiz. Let's see if you're smarter than that annoying flu bug:**



### True or False?

**1. The flu vaccine can give you the flu.**

False, so false. The viruses in the flu-shot formula are either killed or totally inactivated; in the nasal spray vaccine, they're wimpier than a wet noodle. Neither form can infect you.

**2. The flu vaccine protects you against only one strain.**

False. There are loads of different flu viruses, and each year, flu experts develop a combo vaccine against the projected top three strains for the next flu season. So the 2010 - 2011 vaccine protects against the three main strains around now - yes, one of them is H1N1, which could make a repeat appearance.

**3. Flu shots may lower your chances of having a heart attack.**

True. If you're over 40, a study published this fall underlines what you may have heard us say a while ago: The flu shot can lower your risk of a heart attack by 19 percent. Your odds are even better if you get it by mid-November.

**4. Pregnant moms should not get the flu vaccine; it endangers the fetus.**

False. The reverse is true. A new study confirms that newborns whose moms were smart enough to get immunized are less likely to get the flu in their first six months, when they're most vulnerable to life-threatening cases of flu.

**5. Healthy kids do not need a flu shot.**

False. Vaccinating healthy kids is one of the best ways to protect them and everyone around them, emphasizes a new Canadian study. Kids have higher concentrations of the flu virus and carry it longer, making them more infectious.

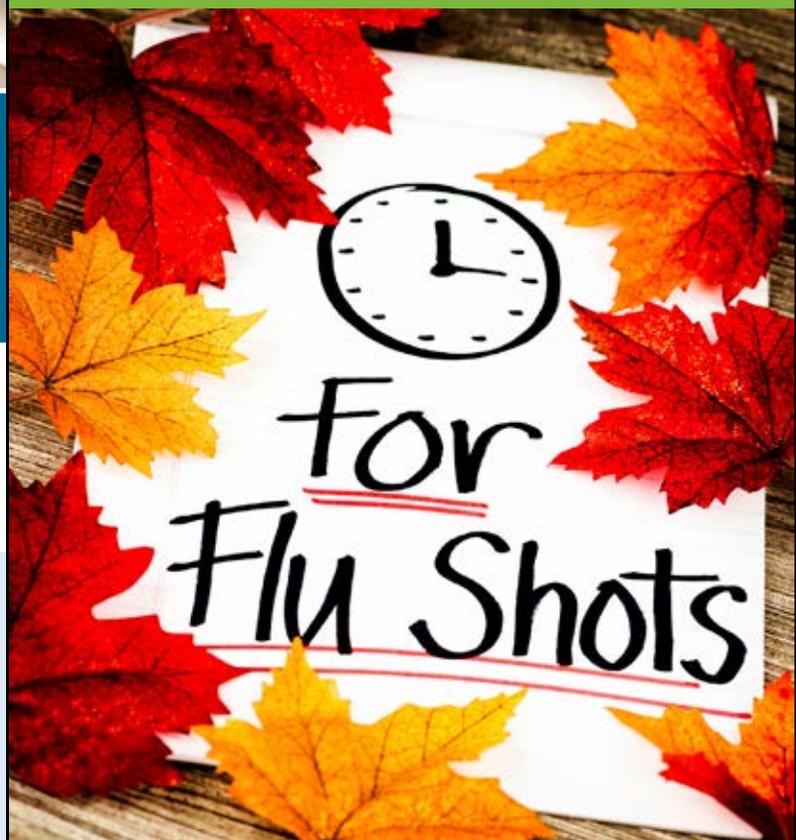
**6. You must get a flu shot before December.**

False. The sooner the better, but it's effective any time. While flu season peaks in February, it can strike as late as May.

**7. I'm an idiot if my family and I don't get a flu shot this year.**

True. Unless you have an egg allergy, a history of severe reaction or are ill with a high fever, the worst side effect is a sore arm.

*\*Copied from "The You Docs", Athens Banner Herald. 11/16/10*



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## LUNCH CELEBRATION FOR OUR SPRING BIRTHDAYS

(April, May and June)

When: Tuesday, January 20th

Time: 12:45 PM

Where: Linguine's

COST: Spring birthdays pay \$5.00 and all others \$10.00

Come and find out who are spring birthdays members are at our center.

**Menu:** Choose either Chicken Parmigiana w/ziti or Eggplant Lasagna includes garden salad, delicious warm bread, birthday cake and tea. Tip included in cost and transportation provided if needed, please specify.

## EAT HEALTHY - DON'T BE LIKE ELIZABETH TAYLOR!

Sponsored by the Reservoir Center for Health and Rehabilitation

Seminar: Congestive Heart Failure with Mary Anne Blackburn, BSN, RN, CRRN

When: Tuesday, January 13th

Time: 12:45 PM

Where: Senior Center

Elizabeth Taylor passed away on March 23, 2011 from Congestive Heart Failure. Come join Tuesday, January 13th and let's talk together on how to prevent the disease process and hospitalization and re-hospitalization from Congestive Heart Failure. Come enjoy some chicken and sausage gumbo and pasta salad, dessert and a beverage with us on Tuesday. Please RSVP.

\*Lunch is \$3 and/or if you would like to just come hear the presentation there is no cost just let us know you are coming. This is the first of a four month series of Eat Health. This program will look at various aspects of our personal health and provide an opportunity for professionals from our community to speak on topics concerning one's wellness.



## FEATURING: NEW HORIZONS

When: Sunday, January 18th

Time: 3:00 PM

Come join us at New Horizons and warm yourself by the fire as you enjoy some delicious and warm treats. This month in our series of visiting and learning about local senior living communities we will be hosted by a second housing gem in Marlborough. Don't assume -come learn and hear for yourself about this multifaceted housing option. Please RSVP to the senior center.

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

## VNA Care Network presents.... FEWER FALLS, SAFER SENIORS PROGRAM

includes talks, screenings & more

When: February 10

Time: 1:00 PM

Where: Marlborough COA 250 Main St

Appointments: Needed for screenings.

Call Marlborough COA, 508-485-6492

RAFFLE: You will be entered into a raffle for an American Express gift card & other prizes if you attend all sessions.

### PROGRAM SCHEDULE:

- Falls & Your Risks Talk: Feb 10th 1:00 - 2:00 PM
- Exercise: Feb 17th 1:00 - 2:00 PM. Wear slacks & comfortable shoes
- Osteoporosis Screening: Feb 24th 1:00 - 3:00 PM. Appt. necessary
- Balance Screenings: March 3rd 1:00 - 3:00 PM. Appt. necessary
- Medication Review: March 10th 1:00 - 3:00 PM. Appt. necessary
- Orthostatic BP Screening: March 17th 1:00 - 3:00 PM. Appt. necessary
- Making Fall Prevention Work for You! March 24th 1:00 - 2:00 PM.

Call Jennifer Claro, Marlborough COA at 508-485-6492 or Maureen Sendrowski, RN, MPH, VNA Care Network at 1-888-663-3688, ext 5603.

## DASOLA WITH A FINGER TO THE WIND

When: Friday, January 30th

Time: 2:00 PM

Where: Senior Center

Please RSVP-508-485-6492

Laura Bellusci is a talented writer and lively speaker who has created engaging recollections in word and picture of her travels to Italy "DA SOLA" (Alone). Come join us for this entertaining program of a single woman's journey in Italy alone in her older adult years- Promises to make you laugh.

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**NEW Service offered to help YOU!  
COMPUTER HELP: BOB'S COMING  
TO THE SENIOR CENTER**

Come meet Bob in Computer Club on Friday, January 9th from 1-3 PM. He will be able to help anyone with computer technology, software programs such as email, SKYPE, create a folder and How to use HELP, or repairs and any other questions you may have about your computer. Bob has recently retired as a computer technician from the City of Marlborough's IT Dept. and the Public Schools. For an appt. call or email Bob and he will schedule to meet with you on individually during increments in 20 minute appointments. Contact information: **508-485-6484** or **Bobsal@gmail.com**

**ROCKIN, SWEET VALENTINE  
LUNCHEON WITH THE  
FLASHBACK BAND**

**When: Friday, February 13  
Time: 12:45 PM**

**Where: Marlborough Senior Center  
Cost: Friend Members: 10:00 and  
Non-Friend Members-\$12.00**

Come bring whoever makes you happy and lets enjoy a really good time together. Watch out for cupid who will be roaming the room to shoot off some arrows of hearts. Our menu will be provided by Tasty Home Cookin and will include: Your choice of either: Skinless Breast Marsala or Stuffed Shrimp(4) with green peas and onion and garlic mashed potatoes, garden salad, bread and a "special" Valentine dessert.

**MEN'S GROUP**

We will be visiting the WWII Museum in Natick on Wednesday, January 14th. The museum uniquely shows the human story interwoven with the military and political events through all the artifacts that made up life, from every day, to the momentous decisions during the war. After the museum we will have lunch at Five Guys Burger and Fries

We will be leaving the Marlborough Senior Center at 9:15 and don't forget to **RSVP to 508-485-6492**. Cost-\$10.00 and this includes transportation, entry to museum and lunch.

**DAVID S. POLANSKY - A MUSIC  
PROGRAM THAT IS TERRIFIC**

**When: Friday, January 16th  
Time: 1:30 PM**

**Where: Senior Center**

A career Musician that was recently commissioned by the Norman Rockwell Museum to develop "Music Through The Decades", a fun-filled hour in which the audience learns how the last hundred-plus years of American Popular Song Book. Using Keyboard, trumpet and vocals David brings alive the music of George M. Cohan, Irving Berlin, Fats Waller, George Gershwin, Hoagy Carmichael and more. David has performed with Phyllis Diller, Ray Bolger, The Platters and Coasters. Come join us for an entertaining afternoon.

**SAFETY AND FIRE PREVENTION  
WITH OUR VERY OWN FIRE  
DEPARTMENT**

**When: Thursday, January 22nd  
Time: 2:00 PM**

**Where: Senior Center**

Fun prizes will be won to help you stay safe so listen up and get your door prize ticket as you come into this hot, sizzling seminar. Don't worry we will have some cool refreshments to keep you from getting over-heated with all the good and helpful information. **RSVP to 508-485-6492**.



Some multicultural and inter-generational fun at the Senior Center.



A competitive game of scrabble ... Ladies I heard Ron Bellin was the big winner!



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### **PODIATRIST**

**Appointments with**

**Dr. Cormier**

**Where: Senior Center**

**When: Tuesday,**

**February 10th**

**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: January 10th**

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

**Requests must be received by Thursday, January 1st 2014.** Call Barbara McGuire—**508-624-9365**: leave your name, phone number, address, and details of the work you are requesting. You will receive a call back!

### **TO ALL OUR KNITTERS AND CROCHETERS**

We are continuing our project for Lap robes & Chem hats for the Cancer Patients at Marlboro Hospital, A Very Big Thank you to whoever brought the Wonderful Lap Robes to the Center, all eight of them. You are wonderful, so much appreciated by me & the patients. If you have any hats or lap robes, you can drop them off at the Senior Center & we will take care of them for you. Once again, thank you & hope you all have some Great Holidays.

*The Knit Crochet Group*

### **FISH VOLUNTEER DRIVING SERVICE**

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

### **LOW VISION GATHERING**

**When: Wednesday, January 21st**

**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** for menu selections. \$2.00 donation is requested.

### **GREETING CARDS**

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

### **LIFELINE**

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

### **MEDICAL EQUIPMENT LOAN PROGRAMS**

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

### **FRIENDLY VISITOR PROGRAM MEETING**

**When: Wednesday, January 21**

**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.

### MY RESOLUTIONS AND YOURS

As I write this, it is still December. When you read it, it will already be January.

December is a time for reflection; January is a time for new resolutions. Let me tell you my resolutions and suggest some for you. I try hard in this column, in my blog posts, and in the seminars and cable interviews I do here in (Marlborough or Northborough) to provide you and other seniors with a sense of the laws, government programs, and the people who uniquely affect your lives.

This year, I will introduce you to persons and programs you should know about as you face decisions regarding your future, where to live, how to make your home safe, where to look if you need help for yourself or someone you love, and other points of interest. This will include geriatric care managers, home care providers, home health agencies (you probably think of them as the VNA), geriatricians, psychiatrists, home safety specialists, reverse mortgage providers, long term care insurance providers, assisted living managers, social and medical daycare providers, and more. I resolve to introduce you to these people who provide care and programs right here in (Marlborough or Northborough). I hope your resolution will be to meet these people and learn about what they have to offer. This will help you to decide for yourself whom to call when the time comes that you need their services.

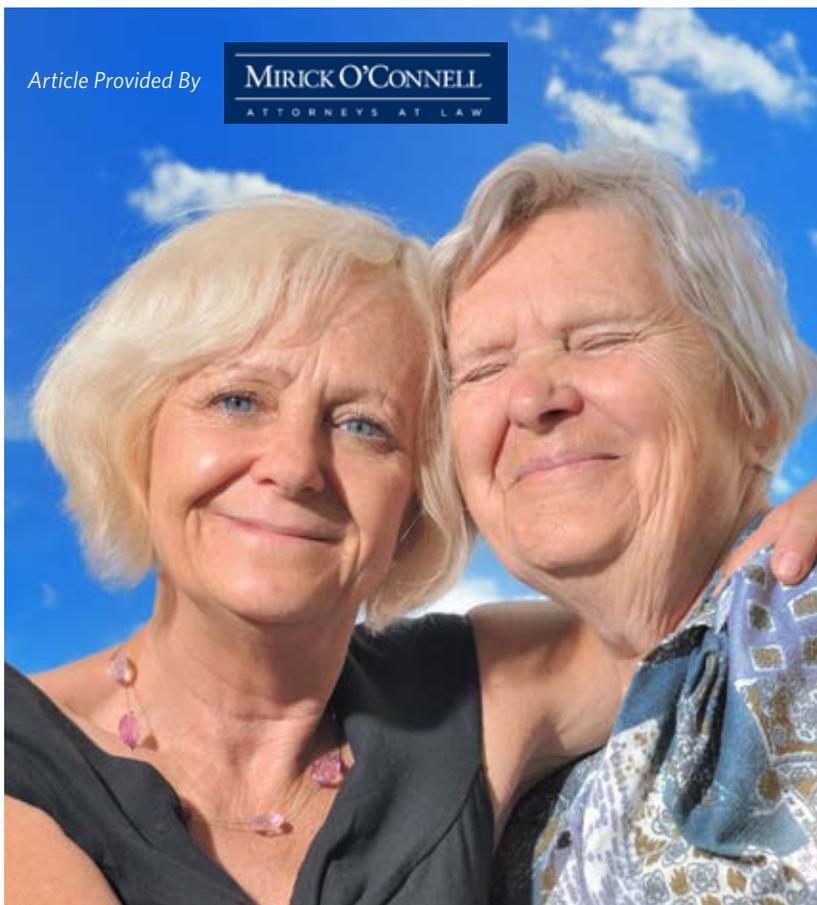
In addition, this year I want to introduce you to some programs that are not here yet but could be, especially programs designed to make (Marlborough or Northborough) a safer and more welcoming place for those suffering from Alzheimer's and other diseases that cause dementia. There are some great programs already developed in other states, and in other communities in Massachusetts, to increase public awareness and educate people about how to help those with dementia stay in the community and maintain their sense of personal pride and self-worth. My resolution is to introduce you to these programs. I hope yours will be to investigate these programs to see what would work here and then start the arduous but rewarding process of joining with your family, friends, and neighbors to build a community where people with Alzheimer's can live their lives and face their illness knowing that they are safe, respected, and loved.

As usual, you will be able to see all my seminars and interviews on my YouTube channel, [www.youtube.com/elderlawfrankandmary](http://www.youtube.com/elderlawfrankandmary), or by reading my posts in the Mirick O'Connell Trusts and Estates blog at <http://mirickoconnelltrustsandestateslawblog.wordpress.com>. If you have any suggestions for providers I should interview or make part of my presentations, please email me at [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com) or call my direct line at **508-860-1470**.

*All the best to you and your family for a very Happy New Year.*

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](mailto:abergeron@mirickoconnell.com)



Watch our elder law  
legal clinics on YouTube:  
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[www.mirickoconnell.com](http://www.mirickoconnell.com)

**SENIOR TRANSPORTATION PROGRAM NEWS**

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

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!**

**JANUARY/ EARLY FEBRUARY 2015**

9:30 AM - 12:30 PM

|         |             |                           |
|---------|-------------|---------------------------|
| Monday  | January 5   | Solomon Pond Mall         |
| Monday  | January 12  | Sudbury Farms             |
| Monday  | January 26  | Christmas Tree Shop       |
| Tuesday | January 6   | Price Chopper             |
| Tuesday | January 13  | Savers                    |
| Tuesday | January 20  | Market Basket & BJ's      |
| Tuesday | January 27  | Hannaford's (Marlborough) |
| Friday  | January 30  | The Epicurean Room        |
| Monday  | February 9  | Sudbury Farms             |
| Tuesday | February 3  | Price Chopper             |
| Tuesday | February 10 | Savers                    |

**Sudoku**

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

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

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DIFFICULTY: ★☆☆☆☆

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

Answer to Previous Sudoku



**CROSSWORD PUZZLE**

ACROSS

- 1 Son of Abijah
- 4 Portion
- 8 Female
- 12 Own (Scot.)
- 13 Hindu stringed instrument
- 14 Toward shelter
- 15 Sheep disease
- 16 Sprit (2 words)
- 18 Camelot lady
- 20 Varnish ingredient
- 21 Straw braid
- 25 Confusion
- 29 Occasional
- 32 Counsel
- 33 Rocket fuel
- 34 Friend of Pythias
- 36 Turk. title
- 37 Galatea's beloved
- 39 Redo
- 41 Pleasant-smelling bean
- 43 Tooth pulp
- 44 Mountain on

Crete

- 46 Spoken
- 49 Aura
- 55 Tumor (suf.)
- 56 Lank
- 57 Very (Ger.)
- 58 Pronoun contraction
- 59 Consecrated
- 60 Door part
- 61 Indo-Chin. people

DOWN

- 1 Rhine tributary
- 2 Condition (suf.)
- 3 Serum
- 4 Television channel
- 5 Objective
- 6 Genetic letters
- 7 Lofty
- 8 Chilean volcano
- 9 Peak
- 10 Body of water
- 11 Serum (pref.)

ANSWER TO PREVIOUS PUZZLE

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

- 17 Science class
- 19 Daughters of the American Revolution (abbr.)
- 22 Son of Zilpah
- 23 "Cantique de Noel" composer
- 24 Marsh
- 26 Castor (2 words)
- 27 Restive
- 28 Shak. king
- 29 Lath
- 30 Little: music
- 31 Industrial fuel
- 35 Grandfather of Saul

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 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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A13

# Friends of the Marlborough Senior Center

On Behalf of the Board of Friends of The Marlborough Seniors, I would like to give a warm thank you to Angela Fitz Daniel, Vice President, Debbie Beausoleil, Board Member, and Joe Tunnera, Board Member. These individuals have contributed their own time, tireless efforts, and incredible support to the Friends' Board; however, for various personal reasons, have decided to not continue on the Board. The Friends were very fortunate to have Angela, Joe, and Debbie as they all utilized their strengths, talents, and commitment to the Board. Thank you very much and you will be missed. I too, have decided to not continue to serve on the Board, due to professional and personal commitments. It has been my great pleasure to serve as President and support The Friends in the best way I could. I do believe that over the last 2 years, our Board has worked very hard to accomplish our goals. I welcome the newly elected Board and wish them the COA Board and the COA Staff much success with our new senior center. Myself, along with Angela, Joe, and Debbie will continue to offer support to The Friends. This is an exciting time and we look forward to relocating to our new location.



As a reminder, The Board of Friends of The Marlborough Seniors will be holding the election for new members of the Board at the annual meeting on **Thursday, January 8th at 3:00 PM at the Senior Center**. Please note: *If the Senior Center is closed due to inclement weather, the meeting will be held on Thursday, January 15th at 3:00pm.* Please make every effort to attend and vote. The nomination committee is finalizing the election ballot. **Please note a correction:** Anyone who has submitted a letter of interest to serve on the Board will only be contacted if you've been selected by the nominating committee to be placed on the ballot. Any Friends' member, may be nominated and added to the ballot from the floor at the annual meeting prior to the election.

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

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

*In Memory of  
Roy Gilson from his  
wife Betty Gilson.*

## Living Memorial

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

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

**Send acknowledgment to:** Name: \_\_\_\_\_

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

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

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

## FRIENDS OF THE MARLBOROUGH SENIORS MEMBERSHIP INFORMATION

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2014. Please fill out this form and mail it to:  
**Friends of Marlborough Seniors P.O. Box 358, Marlborough, MA 01752**

### "Friends of the Marlborough Seniors"

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

### I would like to give:

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

PLEASE PRINT

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

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

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

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

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



**THE WESTENDER**  
Your Upscale SportsBar & Grille

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

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

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 1/31/15.



**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 1/31/15.



**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 1/31/15.



**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 1/31/15.



**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 1/31/15.



**Welly's  
Restaurant**

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

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

**TERMS & CONDITIONS**  
Not valid with any other offer, discount or purchase of gift cards or alcohol. Tax and gratuity not included. One offer valid per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 1/31/15.

Na quarta-feira dia 7 de janeiro as 4pm, daremos início a aula de **Meditação em Movimentos** com a instrutora de yoga Rosângela Natalino no senior Center. Yoga e meditação são excelentes ferramentas para melhorar a flexibilidade, aumentar a mobilidade, manter a mente e o corpo saudáveis, e reduzir muitos dos problemas relacionados aos stress.

### FELIZ ANO NOVO

De repente num momento fugaz,  
os fogos de artifício anunciam  
que o ano novo está presente  
e o ano velho ficou para trás.

De repente, num instante fugaz,  
as taças se cruzam  
e o champagne borbulhante anuncia que o ano velho se foi e o ano novo chegou.

De repente, os olhos se cruzam,  
as mãos se entrelaçam  
e os seres humanos,  
num abraço caloroso,  
num só pensamento,  
exprimem um só desejo  
e uma só aspiração:  
PAZ e AMOR.

De repente, não importa a nação;  
não importa a língua,  
não importa a cor,  
não importa a origem,  
porque sendo humanos e descendentes de um só Pai,  
lembramo-nos apenas de um só verbo: AMOR.

De repente, sem mágoa, sem rancor, sem ódio,  
cantamos uma só canção,  
um só hino:  
o da LIBERDADE.

De repente, esquecemos e lembramos do futuro venturoso,  
e de como é bom VIVER. FELIZ ANO NOVO.

*Ana Cristina Oliveira*

### JUDY JEWETT EXPRESSES GREAT THANKS...

I would like to thank all the volunteers who so generously gave of their time to help raise \$1616.00 from our Annual Craft Fair. These funds will go to help furnish our new senior center we are all looking forward to moving to soon. I also would like to thank **Ann and Joe Tunnera and Sheila and Tom** who helped with the set-up to ensure all our vendors had adequate space as well as the lunch deli, jewelry table and wonderful bake sale. Also, thank you to the ladies who ran the raffle table.

I would like to also thank all the girls from the **Knit and Crochet Group** who ran the bake sale and baked some delicious cakes, pies, cookie, fudge for all to buy and did people buy. Nice job ladies. For many after they looked enjoyed the wonderful crafts and purchased their baked goods you could not help but follow your nose to the lunch area only to find our very good cooks **Charlie and Erik Jewett** and boy was their meatball sandwich and chicken soup just perfect on a cold day. Once one collected their belongings after lunch it was off to the jewelry table where you found the best jewelry sellers in Marlborough and they included **Lydia Whitcomb, Ann Tunnera and Susan Maki**. As one can see it was a nice day and I want to close by thanking all who contributed to the success of this fundraiser and I appreciate my friend Sheila and Tom Brecken who are always there for me.

Thank you all see you next year  
in our NEW senior Center,

*Judy Jewett*



### FOXWOODS FUN!

\$23.00 includes trip, bonus package, consisting of \$10.00 buffet and \$10.00 coupon. Pick up and bus departure is at 7:30 AM in front of the Senior Center and we return at approximately 4:45 PM. **Do not have 2015 dates yet.**

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

### TRIPS



### FEBRUARY TRIP: NEWPORT PLAYHOUSE SPECTACULAR FEATURING: LIE, CHEAT, GENUFLECT

When: Wednesday, February 25th

Cost: \$85

This play tells the story of a very rich uncle who leaves his considerable estate to his niece, who is a nun, and who he has never seen. Two nephews believe that this is a travesty. When the uncle suddenly dies, one of his nephews shows up, dressed up as a nun, to claim the estate. Then the fun begins!

#### Outstanding Lunch, Fabulous show and Great Cabaret

Special Note: We will be sharing this trip with Sudbury Council on Aging and possibly Hudson so please sign up early due to limited seating and be assured this trip will be a go.

**DAY AND OVERNIGHT TRIPS** are being planned for 2015 with the help of some of our center participants.. Please look for our 2015 trip schedule in the lobby around mid-January. Thank you and we are excited about presenting these new day and overnight ventures with you.

# Better Yourself-Better Your Pet

Ringing in the New Year traditionally comes with New Year resolutions. People think of ways to better their lives, their relationships, their health, and try to commit some time to focus on these resolutions. This year, put a little twist in your resolutions and apply them to your pet as well.

Organizing and tidying up the house is a popular resolution. Don't forget to look into your pet's toy box while you are at it. Discard any old toys that may be dirty or broken and replace them with fresh, new, appropriate toys for your pet. Start the year off right in a playful, safe manner.

Is financial piece of mind one of your New Year resolutions? While you figure out ways to brush up on your fiscal responsibilities, don't forget your pet. Research pet insurance opportunities or set some money aside as a rainy day fund for your pet. Be a responsible pet owner and be prepared to support your pet.

Many people commit to take time out of their busy lives to help others in need. Volunteering is a lofty, caring resolution whose payback is worth more than money. If one of your resolutions is to offer your precious time through volunteering, consider volunteering at your local shelter or better yet, offer to foster a pet while they are in search of a new home.

**Start the New Year off right. Better yourself, better 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!**

CONFIDENCE STARTS WITH

## a Happy & Healthy Smile



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

### NEW PATIENTS WELCOME!

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

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## NEWS FROM SUSAN MAKI, SOCIAL SERVICES COORDINATOR

### WORCESTER ART MUSEUM TRIP

The Worcester Art Museum is world-renowned for its 35,000 piece collection with masterpieces that span the globe. The works, which include paintings, sculpture, decorative arts, photography, prints and drawings, span 5,000 years of art and culture. View paintings by Cassatt, Gauguin, Goya, Monet, Sargent and Whistler, admire floor mosaics from the ancient city of Antioch, see cutting-edge contemporary art, and discover the museum's many other treasures.

American paintings are one of the greatest strengths of the Worcester Art Museum, although for a number of years many of these treasures- including works by Winslow Homer, Thomas Eakins, and Norman Rockwell have been in storage. A condensed installation of nearly 50 paintings, dating from the Civil War to the start of World War II, has opened on the museum's 4th floor.

The exhibit **Knights!** consists of one of the most significant collections of arms and armor outside of Europe. This exhibit opened only three months after the closing of Worcester's Higgins Armory Museum. **Knights!** encourages visitors to appreciate armor for its aesthetic and social purposes, as much as its martial one. The pieces included in **Knights!** are largely from Medieval and Renaissance Europe, with additional cultures and periods represented as well.



Those who sign up for the trip to the Worcester Art Museum are free to view the collection at their leisure, or rent a self-guided audio tour. **The Museum Café** serves lunch between the hours of 11:30-2. You do have the option of bringing your own lunch and eating in the lobby.

The trip to the Worcester Art Museum will take place on Wednesday, January 28th. The bus will be leaving the Marlborough Senior Center at 11:00. The cost of the trip is \$30.00 which includes the bus ride and admission to the museum. Please join us for this interesting and informative event.



COA and Friends of Marlboro Seniors board members attending Baypath Elder Services Annual meeting. Also Board Members watching fellow board member Leslie Biggar receive Baypath Annual Recognition Award for outstanding Marlborough volunteer. Pictured: Leslie Biggar, Rita Connors, Jim Confrey, Marie Elwood, Barbara McGuire and Brenda Costa.



# Preventing Injuries in Winter

## 1. DRESS FOR WINTER WARMTH

Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. This will prevent frostbite or hypothermia.

## 2. WATCH YOUR STEP!

It's easy to slip and fall on ice or snowy surfaces. Make sure to wear shoes with good traction and non-skid soles, and try to stay inside until the roads are clear. Replace a worn cane tip for safety. Also, take off shoes as soon as you return indoors as wet soles can lead to slippery conditions inside.

## 3. CHECK IN WITH FAMILY OR FRIENDS

Check in with family, friends and neighbors. Even a short, daily phone call can make a big difference.

## 4. WINTER DRIVING

Driving during the winter can be hazardous for anyone. Get your car winterized. Have the garage check the oil, tires, battery, wipers and antifreeze levels. Make sure you have a blanket and flashlight in the car and double check your roadside assistance membership.

## 5. POWER OUTAGES

Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stock up on warm blankets. If the power goes out, wear several layers of clothing, including a hat. Move around to raise your body temperature.

## 6. CARBON MONOXIDE POISONING

Using a fireplace or gas heaters can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector.



## 7. SHOVELING SNOW

When it's cold, your heart works extra hard to keep you warm. Working hard, such as shoveling snow, puts strain on your heart. Check with your doctor to make sure you are healthy enough to shovel or contract a neighbor or hire a plow to do your shoveling.



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

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| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
|  <p><b>Good deeds. Great deals.</b></p> <p><b>20% OFF EVERY TUESDAY FOR SENIORS (55 &amp; OVER)</b></p> <p><b>PLUS/ DONATE TODAY TO BENEFIT THE EPILEPSY FOUNDATION</b></p> <p><b>WWW.SAVERS.COM</b></p> | <p><b>222A EAST MAIN STREET MARLBOROUGH, MA 01752 508-485-5191</b></p>  | <p><i>Please remember no water color painting class until the first Monday in February.</i></p>  | <p><b>CLOSED</b></p> <p><b>New Years Day</b></p>   | <p><b>CLOSED</b></p>   |
| <p>5</p> <p>10:00 Beg. Aerobics<br/>10:00 Group piano<br/>11:00 Knit/Crochet<br/>11:00 Zumba<br/>12:30 Blue Plate Lunch<br/>1:30 Hand Waxing<br/>1:45 Duplicate Bridge</p>   | <p>6</p> <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/>11:00 Citizenship Class<br/>11:15 Pilates<br/>1:00 Scrabble</p>   | <p>7</p> <p>9:00 30/30 Exercise<br/>10:15 Bingo<br/>12:30 Bingo<br/><b>4:00 NEW Zumba/ Yoga class</b></p>  | <p>8</p> <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/>11:00 English Conversational Circle/lunch/special program<br/>11:00 Cardio and Weights</p> <p><b>3:00 Friends ANNUAL MTG. and 15th alternate date</b></p>  | <p>9</p> <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/>1:00 Computer Club and come meet Bob for computer questions</p> <hr/> <p><b>Sat 10</b><br/><b>Second Saturday</b><br/>For an appt. call Barbara at 508-624-9365</p>  |
| <p>12</p> <p>7:30 Foxwood Trip<br/>10:00 Beg. Aerobics<br/>10:00 Group Piano<br/>11:00 Knit/Crochet<br/>11:00 Zumba<br/>12:30 Blue Plate Lunch<br/>1:30 Hand Waxing<br/>1:45 Duplicate Bridge</p>  | <p>13</p> <p><b>8:30 COA Board Meeting-Walker Bldg.-1st Floor RM. 117</b><br/>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/>11:00 Bowling<br/>11:00 Citizenship Class<br/>11:15 Pilates<br/><b>12:45 Congestive Heart lunch and lecture</b><br/>1:00 Scrabble</p> | <p>14</p> <p><b>9:00-2:00 Reflexology/ Manicures, etc. by appt. only</b><br/><b>9:00 Friendly Visitor Mtg - Coffee Loft</b><br/>9:00 30/30 Exercise<br/>9:15 Men's Group<br/>10:00 Multicultural Computer Club<br/>10:15 Bingo<br/>12:30 Bingo<br/><b>4:00 NEW Zumba/ Yoga class</b></p> | <p>15</p> <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/>11:00 English Conversational Circle/lunch/special program<br/>11:00 Cardio &amp; Weights</p> <p><b>3:00 Inclement weather back up date for Friends Annual Mtg.</b></p> <p><b>4:15 Friends Board Mtg</b></p> | <p>16</p> <p>8:30 Cribbage<br/><b>9:00-2:00 Dental Clinic</b><br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/>1:00 Computer Club<br/><b>1:30 Norman Rockwell Museum tribute of "Music through the years"</b></p> <hr/> <p><b>Sun 18</b><br/><b>3:00 2nd in Housing Option Series:</b><br/>Featuring New Horizons and partake in some winter treats around the fire</p> |
| <p><b>CLOSED</b></p> <p><b>Martin Luther King Birthday</b></p>   | <p>20</p> <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/>11:00 Citizenship Class<br/>11:15 Pilates<br/><b>12:45 Birthday luncheon for all to enjoy</b><br/>1:00 Scrabble<br/>1:00 Book Club</p>   | <p>21</p> <p><b>9:00 Friendly Visitor Mtg. at Coffee Loft</b><br/>9:00 30/30 Exercise<br/>10:00 Low Vision at St. Matthias Church<br/>10:15 Bingo<br/>12:30 Bingo<br/><b>4:00 NEW Zumba/ Yoga class</b></p>  | <p>22</p> <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/>11:00 English Conversational Circle/lunch/special program<br/>11:00 Cardio &amp; Weights<br/><b>2:00 Safety and fire prevention with Marlboro Fire dept.</b></p>  | <p>23</p> <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai-Chi<br/>1:00 Computer Club</p>  |
| <p>26</p> <p>10:00 Beg. Aerobics<br/>10:00 Group Piano<br/>11:00 Knit/Crochet<br/>11:00 Zumba<br/>12:30 Blue Plate<br/>1:30 Hand Waxing<br/>1:30 Water Color<br/>1:45 Duplicate Bridge</p>   | <p>27</p> <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00 Floor Yoga<br/>10:00 Chair Yoga<br/>11:00 Citizenship Class<br/>11:15 Pilates<br/>1:00 Scrabble<br/><b>2:00 Tenants Mtg.</b></p>   | <p>28</p> <p>9:00 30/30 Exercise<br/>10:00 Multicultural Computer Club<br/>10:15 Bingo<br/><b>11:00 Worcester Art Museum trip</b><br/>12:30 Bingo<br/><b>4:00 NEW Zumba/ Yoga Class</b></p>  | <p>29</p> <p>8:50 Wayside Water Aerobics<br/>9:00 ESL<br/>9:00-11:00 Wellness Clinic<br/>10:00 Zumba<br/>11:00 English Conversational Circle/lunch/special program<br/>11:00 Cardio &amp; Weights</p>  | <p>30</p> <p>8:30 Cribbage<br/>9:00 Chair Yoga<br/>10:15 Tai Chi<br/>1:00 Computer Club<br/><b>2:00 DaSola-With a finger to the wind presentation w/ Laura Bellusci entertaining</b></p>   |

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