

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

December 2009

62 Providence Road • Mendon, MA 01756 • Hours: 8:30 A.M.-3:30 P.M. Monday-Friday • (508) 478-6175 • coa@mendonma.net

Dear Friends and Neighbors,

How fortunate am I to work along side you in a community with such a generous spirit. The Spirit of Mendon, as many know, is like no other. I cannot say thank you enough to our benefactors, including those of you who answer the call every day to volunteer at the Senior Center's regular activities or special events, those individuals and groups who generously sponsor programs for all to enjoy including the Friends of Mendon Elders, the Lions Club, and the Mendon Police Association, those who faithfully support the food pantry including individuals, the Scouts, local school groups and churches including St. Michael's, and most recently those private citizens who so generously answered the call to provide turkey dinners for others in need. Within two days Mendon Serve received over fifty responses ~ enough to help local families during all the holidays!

To all of you I say~ you have given so much more than you can ever imagine, especially joy. How humbled are we who serve in the trenches to experience the appreciation of not only those in need, but also of those who are fortunate to find companionship and enjoyment at the Senior Center due to your generosity ~ how blessed we all feel. The Spirit of Mendon is, in deed, alive and well; and contagious, prompting those who can to give back when they are able to. What a wonderful chain reaction. Thank you. I wish you and your families peace and joy this holiday season.

Most Sincerely,
Amy Wilson Kent

Tree Trimming & Carols & Cookie Swap

'Tis the Season to Deck the Halls! You are hereby invited you to help prepare for the upcoming Holidays by joining us Thursday, Dec.3rd at 1:00pm, following lunch, to trim the tree with the Mendon Minstrels, our own choral group. that has been practicing diligently for your listening pleasure. Also, if you feel so inclined we encourage you to bring some homemade cookies to swap or share. Please note~ cookies are welcome, but not necessary. Please let us know if you plan to join us for lunch before hand. Van transportation is available.

Keep Warm/Keep Safe 2009-2010

Deputy Fire Chief Mark Poirier of the Mendon Fire Department will be on hand on Tuesday, December 8th at 11am to share fire safety tips with us at the Mendon Senior Center. Please remember, smoke and carbon monoxide alarms save lives, so make sure yours are working properly! Change the batteries twice a year and make sure there are working smoke alarms on every level of your home including one outside the bedrooms. Also, please use your home heating system and space heating appliances wisely and responsibly. Please call 508-478-6175 or stop by the center to register for this program. Tuesday lunch follows. For further information on home heating safety go to:

www.mass.gov/keepwarmkeepsafe



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Council on Aging

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In Sympathy

The Mendon Council on Aging and The Friends of Mendon Elders Extend their heartfelt sympathy to the family and friends of Mendon's oldest resident: Evelyn Bethel, 102

Month-At-A-Glance

December 2009

Tuesday/Thursday
Tri-Valley Lunches 12:00
Transportation Available

Wednesday, Dec 2
SERVE Orders Due

Thursday, Dec 3 1:00
Tree Trimming & Carols

Friday, Dec 4 11:30-12:30
VNA Blood Pressure Clinic

Tuesday, Dec 8 11:00
Fire Prevention

Wednesday, Dec 9 9:00
COA Meeting

Wednesday, Dec 9 12:00
COA Holiday Luncheon

Monday, Dec 14 11:00
Friends Meeting & Yankee Swap

Tuesday, Dec 15 11:00
Fox Tours ~ Travel Offerings

Wednesday, Dec 16 9:30
Salem Cross Day Trip

Thursday, Dec 17 9-11
SHINE Counseling

Saturday, Dec 19 9-12
SERVE Pick-up

Tuesday, Dec 22 11:00
Mendon Minstrels Chorus

Thursday, Dec 24 noon
Center Closing for Friday
Christmas Holiday

Thursday, Dec 31 1:00
New Year's Eve Celebration
Live Music for all Occasions
(no Tri-Valley Luncheon)

Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 10px; width: 80%; margin: auto;"> <p style="text-align: center; font-size: 1.2em; margin: 0;">DECEMBER 2009</p> </div>	9 Stretch & Flexibility 9:30 Scrabble 12 Lunch Club 1 Wii Bowling 3 Computer	8:30 Dine-Out BVT 9 Yoga <i>*SERVE Orders Due*</i> <i>(SERVE pick-up 12/19)</i>	9 Cribbage/Stretch&Flex 10:30 SHINE Coverage 12 Lunch Club 1 Tree Trimming/Minstrels 5:45 Yoga/7 Pitch	11:30-12:30 VNA Blood Pressure Clinic 1 Bingo Cash Prizes
9 Cribbage/Bridge 9 Walking Group 9-11 Whole Foods 1 Chorus	9 Stretch&Flexibility 9 Scrabble 11 Fire Prevention 12 Lunch Club 1 Wii Bowling/3 Computer	9 Yoga 9 COA Meeting 12 COA Holiday Luncheon	9 Cribbage/9 Stretch&Flex 10:30 SHINE Coverage 12 Lunch Club 1 Wii Bowling 5:45 Yoga/7 Pitch	1 Bingo Cash Prizes
9 Cribbage/9 Bridge 9 Walking Group 9-11 Whole Foods 9-11 Manicures 11 Friends Mtg./1 Chorus	9 Stretch&Flex/Scrabble 11 Travel Options 12 Lunch Club 1 Wii Bowling 3 Computer	9 Yoga 9:30 Salem Cross Senior Day trip	9 Cribbage/Stretch&Flex 9-11 SHINE 12 Lunch Club 1 Wii Bowling 5:45 Yoga/7 Pitch	1 Bingo Cash Prizes
9 Cribbage 9 Bridge 9 Walking Group 9-11 Whole Foods 1 Chorus	9 Stretch & Flexibility 9:30 Scrabble 11 Mendon Minstrels 12 Lunch Club 1 Wii Bowling	9 Yoga	9 Cribbage 9 Stretch & Flexibility 12:00 Center Closes No Tri-Valley Lunch	Merry Christmas Senior Center Closed
9 Cribbage/Bridge 9 Walking Group 9-11 Whole Foods 9-11 Manicures 1 Chorus	9 Stretch & Flexibility 9:30 Scrabble 12 Lunch Club 1 Wii Bowling	9 Yoga 11:15 Diner Tour Central Diner, Millbury, MA	9 Cribbage 9 Stretch & Flexibility No Tri-Valley Lunch 1 New Year's Party Center Closes at 3:30pm	

COA Holiday Luncheon ~

Dec. 9th

The Mendon Council on Aging invites you to a roast beef luncheon graciously sponsored by Dick & Betty Ferrucci on Wednesday, December 9th at 1200noon. Please stop by the center to register. Space is limited.

Veteran's Services

Mr. Robin Fletcher, Mendon's Veteran Agent, is available to discuss benefits and corresponding eligibility requirements with Mendon Veterans of all ages and their family members. Please call the Mendon Senior Center at 508/478-6175 to schedule an appointment.

T'ai Chi ~

Register now for a new T'ai Chi session in January 2010 taught by instructor Faith Kennedy at the Mendon Senior Center on Wednesday mornings at 10:30am following Yoga. The cost is thirty dollars for an eight-week session. Please call to the Mendon Senior Center at 508-478-6175 to register.

Blood Pressure Clinic

The VNA and Hospice of Greater Milford, in cooperation with the Mendon Board of Health, will once again be sponsoring a Vital Signs Blood Pressure Clinic on Friday, December 4th from 11:30am to 12:30pm. Please call or stop by the center to register. Drop ins are also welcome.


Yoga ~New Evening Session Starting Soon!

On-going classes taught by Faith Kennedy of Harmony Wellness Center of Uxbridge are held at the Mendon Senior Center Wednesday mornings at 9am and Thursday evenings at 5:45pm. The cost for an eight-week session is \$30.00. Call for availability, as space is limited.

Travel Options ~

Bill Fox from Fox Tours will be on hand on Tuesday, December 15th at 11am to share travel ideas with those interested. If you'd like to hear about the many options and give feedback to the Senior Center Travel Committee please feel free to attend.

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Friends of Mendon Elders: Yankee Swap

On behalf of the Friends of Mendon Elders I would like to wish everyone a happy, healthy Holiday Season. And thank you for your support of *The Friends'* efforts during the past year. You have helped to make a difference—whether you donated baked goods or books, worked behind the scenes or volunteered at one of our fundraisers, or you supported *The Friends* with your membership dues or participation—*Thank you!* Just a reminder, The Friends of Mendon Elders is a non-profit group that supports the Senior Center programs and facility. And we encourage your membership, suggestions and participation as THIS IS YOUR SENIOR CENTER. We would also like to remind you that you are all invited to attend our monthly meeting on Monday, December 14th at 11:00am. After our brief meeting we will have refreshments and a Yankee Swap. For those who wish to participate, please bring a wrapped gift under \$5.00.

In partnership with you,
Marie Lapointe
President

Day Trip ~ Salem Cross Inn Wednesday, December 16th

To ensure an enjoyable trip here are a few reminders: File of Life emergency information cards are required to be carried by all travelers and are available from the Mendon Senior Center prior to the trip and Motor Coaches depart from the Mendon Senior Center at 9:30am on 12/16 and will be returning by approximately 7:30pm.

If you have any further questions or concerns, please contact the Senior Center at 508/478-6175.

New Years Eve Celebration!

Help ring in the New Year with your friends and neighbors on Thursday, December 31st at 1:00 at the Mendon Senior Center for a celebration featuring

the musical merriment of John Guido with "Music for all Occasions." Sign-up at the center to bring your favorite appetizers and/or desserts, we'll supply the bubbly (non-alcoholic) and noise makers! Volunteers are needed to help coordinate this event. Please call 508-478-6175 if you can help. Thank you! *Please note there will be no Tri-Valley lunch beforehand.*

Troops Need Knitters

The Mendon Senior Center is hoping to attract a few knitters to help with a worthwhile program. Today U.S. troops stationed in Iraq, Afghanistan, Kosovo, and South Korea, as well as many part of the United States are exposed to winds and bitter cold during the winter months. One way to increase the comfort level of our troops is to provide knitted helmet liners (wool caps), or "wooly pulleys" to them. If you'd like to find out more about this effort, please join Senior Center volunteer and fellow knitter Kristy Morrill on Friday, December 4th at 10:00am and to review instructions and patterns. Yarn will be provided. Please notify the center if you plan to attend. Thank you!

H1N1 Update (Swine Flu)

As you may be aware the production of the vaccine against the new H1N1 flu virus is taking longer than expected AND non-senior target populations will be vaccinated first, including pregnant women and infants age 6 months to young adults age 24; followed by individuals age 25-64 with medical conditions that put them at higher risk for influenza-related complications. Our senior population is asked to be patient as *current studies indicate the risk for infection among persons over 65 years of age is less than the risk for persons in younger age groups.* And while this may be the case, please take precautions to prevent the spread of illness:

- Wash hands often with soap and warm water
- Cover coughs or sneezes
- Please stay home when you are sick

Go to www.mass.gov and locate FLU FACTS for more information and to hear a public service announcement from the Massachusetts Commissioner of Public Health, John Auerbach addressing the vaccine issue.

Dine-out for Breakfast

Wednesday, Dec 2nd 8:30am

This month meet your friends and neighbors at the Three Seasons at Blackstone Valley Tech. for breakfast. The cost is \$6.00 per person including tip. Please reserve by 11/30 and be sure to include your phone number.

December Menu Tri Valley Lunch Club

Meals Served 12:00 noon

Tuesdays & Thursdays

Cost: \$2.00 Donation per meal

Tuesday, December 1
Beef Stew

Thursday, December 3
Shepherd's Pie

Tuesday, December 8
Chicken Pie w/ Brussels Sprouts

Thursday, December 10
Roast Turkey/Gravy

Tuesday, December 15
Beef Ziti Bake

Thursday, December 17
Baked Ham/Raisin Sauce

Tuesday, December 22
Meatballs with Onion Gravy

No Meal December 24

Tuesday, December 29
Vegetable Soup
Chicken Fricassee

Menus are subject to change.
Reservations must be made 48
hours in advance




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NEWS FROM SHINE
Need Help Understanding
2010 Medicare Plans?

We are in the middle of the Medicare **Annual Open Enrollment period**, which lasts until **December 31**. During this time, all Medicare beneficiaries can change their Medicare health coverage as well as their Medicare Prescription Drug Plans (Part D Plans).

Some Medicare Advantage plans will no longer be offered in 2010. If you are in one of these plans, you must **choose a new plan**. In most cases if you do nothing, in January you will be put back in Original Medicare with **no drug coverage**. If you have any questions on your Medicare Advantage Plan feel free to contact us and we will assist you with selecting another plan.

If you have a Medicare Stand Alone Drug Plan, you need to check that your drugs will continue to be covered by your drug plan and how much they will cost you (your co-payments) in 2010. Most plans have increased monthly premiums, but a number of plans have **significantly increased co-payments** also. If you would like to compare Drug plan or look for a cheaper plan that covers your drugs. You can contact Medicare at 1-800-633-4227. You can also contact MassMedLine at 1-866-633-1617 these folks will input your medications into the system to help determine the best plan for you.

Although you have until December 31 to make changes, we **recommend making**

any changes as early as possible, so you will have paperwork from your new plan showing you are covered on January 1, 2010.

The good news is that **help is available**. Call the Mendon Senior Center at 508-478-6175 for a convenient SHINE appointment with counselors Robin Fletcher and/or Judy & Lee Katz.

Fuel Assistance

The SMOC Fuel Assistance program is underway and can help low-income households defray the cost of their winter heating bills for the current heating season between November 1, 2009 and April 30, 2009. The Mendon Council on Aging has begun processing applications for Mendon residents of all ages under the administration of SMOC (South Middlesex Opportunity Council).

If your gross household income falls within the limits shown in the following chart you may qualify for fuel assistance and discounts on electric and telephone bills. Please note these amounts include your monthly Medicare deduction (if applicable). Call the Senior Center at 508/478-6175 to request an instruction checklist or for income guidelines for larger households. Also, anyone who is eligible for fuel assistance is eligible to use the Mendon Food Pantry located at the center. The Pantry is open the first Monday of the month from 9am-12noon. Call for more information.

Family Size	Maximum Income
1	\$29,126
2	\$38,087
3	\$47,049
4	\$56,011

Mendon Council on Aging
Mission Statement

The mission of the Mendon Council on Aging is to evaluate the needs of Mendon's senior community and respond to those needs by developing, promoting and encouraging new and existing programs and services that allow for enrichment, independence, quality of life and the fostering of aging with grace and dignity.

Senior Center Inclement
Weather Policy

It is the policy of the COA to cancel all center programs and transportation when the Mendon school system closes due to inclement weather, particularly during the winter.

The center will remain open for information and referrals unless the Town Hall closes. Please listen to Milford radio station WMRC following a significant snow fall for school cancellations.

If you have a doctor's appointment, hairdresser or shopping appointment on a day when the schools are closed, we apologize for the inconvenience but feel that if it is risky for school buses to be on the road, then it is risky for the COA van to be on the road as well.

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 Staci Shuber & Carol Kotros

Van Drivers
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Council on Aging meetings are held the second Wednesday of every month at 9:00 A.M. in the Senior Center. All Mendon residents are welcome to attend this meeting.

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