

# The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

January 2010

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

## Scenes from Kenya

On January 12th travel to Kenya, East Africa with Mendon resident and Senior Center volunteer Ray Simmons without leaving the comfort of your armchair. We will offer two viewings; one at 11:00am and one at 12:45pm when Ray will share with us a brief DVD and dialogue describing scenes he captured while in Kenya with the Peace Corps. In Swahili, Kenya's native tongue, the motto is "Harambee" or "Let us all pull together." Come together with us to experience this moving travel-log. Please sign up at the Senior Center and feel free to join us for lunch.

## 'Golden Cane' Award

With the loss of the original Boston Post Cane sometime over the years, the Friends of Mendon Elders, in an effort to keep the tradition alive, created a replica of sorts to be bestowed upon Mendon's Eldest resident. Together the Friends of Mendon Elders and the Mendon Council on Aging wish to congratulate long time Mendon resident Mrs. Jeannette Shaheen for accepting this honor. Born in Central Falls, RI, Mrs. Shaheen, 99, moved to Mendon with her family in the 1960's- nearly half a century ago from Pawtucket. Those close to her fondly remark about her caring nature. She has always thought of others as is demonstrated by her actions. She knit hats year round for children in need for twenty years until arthritis prevented her from doing so. And she has been long remembered as a gracious hostess, 'adopting others' who were alone especially around the holidays. Her family is very proud, knowing that this honor is being bestowed on a very special person. *Congratulations, Jeannette!*

## Shaws Community Rewards

Thank you for helping to support the Mendon Food Pantry when you shop at Shaws on Tuesday, Wednesday or Thursday. It's easy to do when you use your Rewards card. If you are not yet registered, you can join today on-line:

- Go to <http://www.albertsons.com/cp/shaws/>
- Click on Shoppers login or register with your Rewards Card first.
- Enter your Shaw's Rewards number and your telephone number for verification.
- Click on Log-in and you will be asked the name of the organization you are supporting.
- Please enter **Friends of Mendon Elders – Food Pantry**. Enter ID# **49001019340**.

Also, if you need assistance registering, please call the Senior Center. One of our computer volunteers would be happy to help.

## Month-At-A-Glance

### January 2010

- Tuesday/Thursday  
Tri-Valley Lunches 12:00  
Transportation Available
- Wednesday, January 6  
SERVE Orders Due
- Monday, January 11 11:00  
Friends Meeting
- Tuesday, January 12  
Two viewings 11 & 12:45  
Scenes from Kenya
- Tuesday, January 12 3:00  
Intermediate Computer  
Classes Begin
- Wednesday, January 13 9:00  
COA Meeting
- Monday, January 18  
Martin Luther King Jr. Day  
Senior Center Closed
- Wednesday, January 20 9-11  
Podiatry Clinic
- Wednesday, January 20 10:15  
T'ai Chi Demo
- Thursday, January 21 9-11  
SHINE Counseling
- Saturday, January 23 10:00  
SERVE Pick-up
- Wednesday, January 27 10:15  
T'ai Chi Winter Session Begins
- Wednesday, January 27 11:30  
Dine-Out Group  
Jade Garden, Upton
- Thursday, January 28 1:00  
Crime & Punishment



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Mendon

**Council on Aging**

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# Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <b>JANUARY 2010</b> </div>				 <b>1</b> Senior Center Closed
9 Cribbage 9 Bridge 9 Walking Group 9-11 Whole Foods 1 Chorus <b>4</b>	9 Stretch & Flexibility 9:30 Scrabble 12 Lunch Club 1 Wii Bowling <b>5</b>	9 Yoga 11:15 Diner Tour <b>*SERVE Orders Due*</b> (SERVE pick-up 1/23 @ 10am) <b>6</b>	9 Cribbage 9 Stretch & Flexibility 12 Lunch Club 1 Wii Bowling 5:45 Yoga/7 Pitch <b>7</b>	<b>8</b> 1 Bingo Cash Prizes
9 Cribbage/Bridge 9 Walking Group 9-11 Whole Foods 9-11 Manicures 11 Friends Mtg/1 Chorus <b>11</b>	9 Stretch&Flexibility 9:30 Scrabble 11&12:45 <b>Scenes from Kenya</b> 12 Lunch Club 1 Wii Bowling/3 Computer <b>12</b>	9 Yoga <b>9 COA Meeting</b> <b>13</b>	9 Cribbage 9 Stretch & Flexibility 12 Lunch Club 1 Wii Bowling 5:45 Yoga/7 Pitch <b>14</b>	<b>15</b> 1 Bingo Cash Prizes
 <b>18</b> <b>Martin Luther King Jr. Day</b> Senior Center Closed	9 Stretch & Flexibility 9:30 Scrabble 12 Lunch Club 1 Wii Bowling 3 Computer Class <b>19</b>	9 Yoga 9-11 <b>Podiatry Clinic</b> 10:15 <b>T'ai Chi Demo</b> 11:15 Diner Tour <b>20</b>	9 Cribbage/Stretch&Flex <b>9-11 SHINE Counseling</b> 12 Lunch Club 1 Wii Bowling 5:45 Yoga/7 Pitch <b>21</b>	<b>22</b> 1 Bingo Cash Prizes
9 Cribbage/Bridge 9 Walking Group 9-11 Whole Foods 9-11 Manicures 1 Chorus <b>25</b>	9 Stretch & Flexibility 9:30 Scrabble 12 Lunch Club 1 Wii Bowling 3 Computer Class <b>26</b>	9 Yoga 10:15 T'ai Chi begins 11:30 <b>Dine-out ~ Jade Garden, Upton</b> <b>27</b>	9 Cribbage 9 Stretch & Flexibility 12 Lunch Club 1 <b>Crime &amp; Punishment</b> 5:45 Yoga/7 Pitch <b>28</b>	<b>29</b> 1 Bingo Cash Prizes

## Podiatry Clinic

Dr. Clayton Cooper of Southboro Medical group will be on hand on Wednesday, January 20th from 9-11am at the Mendon Senior Center to assist with your podiatry needs. The fee for this service is thirty dollars, payable to Dr. Cooper. House calls are also available. Call the center at 508-478-6175 to make an appointment.

## Transportation Services


Even in the winter months there is no excuse to stay home while Bob Gebelein and the Mendon Senior Center van are at your service. If you've met Bob you will know he is accommodating and dependable. The Senior Center van is available free of charge to Mendon residents age 60 and over

or any Mendon resident who is disabled, for rides for medical or personal appointments, grocery shopping on Wednesdays or transportation to and from activities at the Senior Center Monday thru Thursday each week. Please note this service is for individuals who have no other means of transportation and medical appointments take priority. Please call the Center 24-48 hours in advance to schedule a ride. Medical appointments outside of a twenty-five mile radius, including Worcester and Boston, are coordinated by this office through the Blackstone Valley Transportation Consortium and need to be scheduled with greater advance notice. Thank you.

## Computer Instruction

It's never too late to brush up on your skills. And you have choices. The Nipmuc Friends of Seniors youth volunteers will be returning to offer *Intermediate Computer Instruction* on Tuesdays beginning January 12th from 3-4:00pm. This free ten week course will build upon prior computer knowledge and will focus more in depth on familiar topics including Microsoft Word, Excel, email and internet use as well as some trendy subjects such as I-tunes. Please register at the Mendon Senior Center. Space is limited. And if you need one on one instruction for a special project, please call the center to make an appointment with a knowledgeable Senior Center Volunteer such as Computer Tutor Robin Fletcher.

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## Volunteers Opportunities

The Mendon Senior Center has become a very busy place. With limited staff we need to rely upon volunteers from the community to assist with a myriad of activities. If you have an hour or two to spare each month or perhaps a morning or afternoon each week and *would like to help make a difference*, stop by the center to pick up a volunteer application. There are many volunteer positions for you to consider which can be tailored to fit your schedule and areas of interest. Training will be provided. Current opportunities include Library Assistants, Computer Tutors and/or Greeters to assist guests with MySeniorCenter, Volunteers to assist with phone calls, and Volunteers to help post events on our exterior sign etc. Also, you may have an area of expertise or a talent you'd like to share. Let us know. We are currently looking for individuals with HR backgrounds to help prepare mature workers to reenter the work force in a pilot program called 'Wisdom Works'. If interested please contact Senior Center Director Amy Wilson Kent at 508-478-6175.

## Crime & Punishment

Join us on Thursday, January 28th at 1:00pm for a history lesson like no other when Patricia Perry, owner of Sneak Peek Products, returns to the Mendon Senior Center for an encore performance. We will take a look at bizarre laws, punishments for law-breakers and the tools used to carry out these punishments during Colonial Times. As you may surmise Colonial Americans did not have cable TV, Wii bowling or shopping malls. So what did they do for sport and entertainment? Well, they spied on their neighbors, of course, and turned them into the authorities for the most trivial and unusual of "crimes". Please stop by the center or call to reserve a space and consider joining us for lunch before hand. This program is made possible by a grant from Wal-mart.

## Good for You in 2010!

### Fitness Programs~Something for Everyone!

**Swimming & Water Aerobics** are offered at the Milford High School pool located at 31 West Fountain Street, Milford. Lap Swim is available on Saturdays from 1-2pm and Lap/Open Swim is available on Sundays from 1-3pm as well as various weeknights. The cost is \$3.00 for non-residents. Co-ed Water Aerobics is offered Monday and Wednesday evenings from 6:15-7:15pm for a cost of \$5.00 per class. A new session is just beginning in the New Year. No long-term commitments or contracts are required. Just show up and you can pay at the door. For more information go to [www.milford.ma.us/mcs](http://www.milford.ma.us/mcs) or call the Milford Community Use office at 508-478-1119. Feel free to stop by the Mendon Senior Center for a Pool Schedule.

### T'ai Chi Demonstration & Winter Session~

Yes, you can ... Increase flexibility. Improve balance. Reduce stress. Strengthen overall. And feel great! Come see how at a free T'ai Chi demonstration at the Mendon Senior Center offered by certified instructor Faith Kennedy of Harmony Wellness Center in Uxbridge on Wednesday, January 20th at 10:15am. An eight-week Winter Session, open to non-residents also, will begin the following week on Wednesday, January 27th also at 10:15am for a cost of thirty dollars payable to the instructor. Reminder ~ always check with your physician before beginning any new exercise routine. Please call the Mendon Senior Center at 508-478-6175 or stop by the to register.

**Walking Group** ~ Our committed co-ed walking group meets Mondays & Wednesdays at 9am at the center and heads out from there to a variety of locations including indoor locations if the weather is inclement.

**Stretch & Flexibility** ~ join us on Tuesdays and Thursdays at 9am for a free invigorating, yet gentle workout taught by volunteer instructors Martha Gebelein, Mary Ann

Murphy and Joan McMullen. If you're looking to start a new routine, look no further. Simply drop in!

**Yoga** ~On-going classes taught by Faith Kennedy of Harmony Wellness Center of Uxbridge are held Wednesday mornings at 9am and Thursday evenings at 5:45pm at the Mendon Senior Center. A new eight-week session, good for all levels, is slated to begin on Wednesdays in January at a cost of \$30.00 per session. Call for availability, as space is limited.

**Wii Bowling** ~ offers free fun and fitness and is held on Tuesday and Thursday afternoons at 1:00pm following lunch. I can attest, this co-ed activity creates as much excitement as a winning New England team. Perhaps you'd like to see what the commotion is all about and give it a try. Feel free to just drop in. No registration necessary.

## January Menu Tri Valley Lunch Club

Meals Served 12:00 noon  
Tuesdays & Thursdays  
Cost: \$2.00 Donation per meal

Tuesday, January 5  
Sweet & Sour Pork

Thursday, January 7  
Meatloaf & Gravy

Tuesday, January 12  
Soup & Ham Salad

Thursday, January 14  
Soup & Seafood Salad

Tuesday, January 19  
Roast Turkey & Potatoes

Thursday, January 21  
Fish Victor

Tuesday, January 26  
Beef Ziti Bake

Thursday, January 28  
Omelet & Cheese Sauce

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



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## Coming Soon...

### Square Dancing ~ Monday Eves!

#### All Ages Welcome...

Couples and individuals are wanted for the "ultimate game of Simon Says!" beginning Monday, February 1st from 6:30-8:00pm. Experienced square dancing instructor and caller Lori Morin from RI will lead the dance. Sign on as a couple or toss your hat in the ring and we'll do our best to help you find a partner to dosado with. Stop by the Mendon Senior Center or call 508/478-6175 to register. The cost is \$5.00 per person per evening. A minimum of sixteen participants is needed and all ages are welcome. No experience necessary. *Soft-soled shoes required.*

## Patrick-Murray Administration

### Launches New RMV Reminder Services

*Secure Electronic Notification Program Builds on Transportation Reform*

**(Boston, MA)**-As part of Governor Deval Patrick's reform plan to make transportation agencies more accountable to commuters, the Registry of Motor Vehicles is reinstating courtesy notices for driver's licenses and MA ID renewals that were discontinued last December. The RMV partnered with a private Massachusetts electronic messaging firm to develop a secure notification service at no cost to the taxpayer that will alert customers a month before their license expires

by email, phone or text message.

Registrar Rachel Kaprielian said customers will have an opportunity to join the new service through [www.mass.gov/rmv](http://www.mass.gov/rmv) and choose what method they want to be notified with. The RMV Reminder Service, which will be powered by Sendza, Inc, will be free of charge to customers and the Commonwealth because the notifications will be sponsored by Massachusetts businesses.

"We saved nearly \$800,000 a year by eliminating paper courtesy mailings to our customers," said Registrar kaprielian. "But we found a way to restore this customer convenience at no cost to taxpayers. Neither Sendza nor its sponsors will have access to any private driver information that could be used in a marketing list.

In order to be eligible for notification, a customer must sign up for the service at least 45 days prior to the expiration of their driver's license or MA ID. They will receive an electronic message by the method of their choosing at least 30 days before the expiration date and which will inform the customer whether they can renew their license or MA ID online or must visit a branch. Customers will also be notified if their license is in non-renewal status because of an outstanding parking ticket or excise bill and must be cleared before they can renew. The notification service includes a strict policy to protect the information and data customers provide to the RMV.

## SHINE JANUARY 2010

### You Can Still Change Your Medicare Plans!

**Between January 1 and March 31, you can make one change in your Medicare health plan.** If you have Original Medicare, you can join a Medicare Advantage Plan (such as a Medicare HMO, Medicare PPO, or Medicare PFFS) or switch between Medicare Advantage Plans. If you are in a Medicare Advantage Plan, you can return to Original Medicare.

**You cannot add or drop prescription drug coverage during this period.**

After March 31, most of you will not be able to make any changes until the next Medicare Open Enrollment Period (November 15 - December 31, 2010), effective January 2011. However, if you have a special situation, like you first become eligible for Medicare, or you lose your current health insurance, then you do not have to wait.

**If you are a member of Prescription Advantage, you have one extra chance to change your Medicare prescription drug plan at any time during the year.**

Prescription Advantage, the state pharmaceutical assistance program, will continue to help with the costs of Part D plans, but there are changes for 2010. You should already have received letters from Prescription Advantage about these changes.

For assistance, call 508-478-6175.

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Members: Jim Negri, Earl Pearlman and Ann Vandersluis

### Volunteer Food Pantry Coordinators:

Staci Shuber & Carol Kotros

### Van Drivers

Robert Gebelein, Howard Phipps

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.

## MENDON COUNCIL ON AGING

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