

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

November 2009

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

Two Old Friends ~ Nov. 6th

The Taft Public Library is sponsoring a return visit of the musical duo *Two Old Friends* at the Mendon Senior Center on Friday, November 6 at 7p.m. This free program will feature Mac McHale and Emery Hutchins and is open to the public. Affectionately known as Mac and Hutch, these two performers have joined forces to sing and play songs from Ireland, the mountains and the sea, as well as some very old-time traditional country music. Their captivating performance, not to be missed, features such diverse instruments as the banjo, guitar, mandolin, concertina, bodran, and the octavice mandolin. Refreshments will be served. Please stop by or call the Senior Center to reserve your space.

Veterans' Appreciation Dinner

Mendon Veterans of all ages and branches of the service are cordially invited to attend a dinner in their honor on Tuesday, November 10th at 6pm at the Mendon Senior Center, hosted by the *Mendon Council on Aging* and its volunteers and sponsored by the *Mendon Police Association and the Friends of Mendon Elders*. Entertainment will once again be provided by the Nimpuc High School Chorus led by Marsha Ledoux. *To reserve your place, please contact the Senior Center by Nov. 3rd. Transportation is available.* We apologize; due to space constraints this event is for Veterans only (no spouses, friends or children). And if you have not already done so, please consider dropping off a photo of yourself in uniform in advance for our photo display. Please put your name on the back of all photos. All photos will be returned.

Scouts Food Drive ~ Nov. 14th

The Scouts of Mendon will once again be conducting their annual food drive to help replenish the shelves of the Mendon Food Pantry. Please consider supporting this effort by donating items in the bag provided such as creamy peanut butter, cereals, canned pasta including ravioli, pasta and/or sauce, dinner starter kits such as taco kits, white tuna, crackers and snack items, and juice and coffee. We are also grateful for non-food items which cannot be purchased with food stamps such as paper goods, toiletries including bath soap, toothpaste and tooth brushes, antibacterial soaps and hand sanitizers, and household cleaners as well as laundry detergent and dryer sheets. Note – we are pretty well stocked with canned vegetables at this time.

Mendon Serve

The Mendon Serve food co-op program is now up and running! Mendon Serve, a local chapter (#2695) of Serve New England, is a volunteer-based organization that rewards people of all ages for their volunteer service. In return for volunteering at least two hours a month (at your local school, religious organization, or senior center to name but a few), members can take part in a discount food co-operative program. Monthly order forms are available at the Mendon Senior Center or on line at www.mendonserve.org

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Month-At-A-Glance

November 2009

Tuesdays/Thursdays
Lunch 12:00 noon
Transportation Available

Tuesday, Nov 3 10:30am
Coping With Loss

Tuesday, Nov 3 1pm
Wii Bowling Begins

Wednesday, Nov 4 9am
COA Meeting

Wednesday, Nov 4
Serve Orders Due

Friday, Nov 6 7:00pm
Two Old Friends

Monday, Nov 9 11:00am
Friends Meeting

Tuesday, Nov 10 12:00
Violinist Sherry Gaskill

Tuesday, Nov 10 6pm
Veteran's Dinner

Wednesday, Nov 11
Veteran's Day
Senior Center Closed

Thursday, Nov 12 10:30am
Fallon Senior Plan

Saturday, Nov 14
Scouts Food Drive

Tuesday, Nov 17 11:00am
SHINE: Medicare 101

Tuesday, Nov 17 5-7pm
Caregiver Program

Wednesday, Nov 18 11:30am
Dine-Out ~ Hopkinton Sr. Ctr.

Wednesday, Nov 16 1:00
Legal Clinic

Thursday, Nov 19 9-11am
SHINE Insurance Counseling

Thursday, Nov 19 12:00noon
Piano by Earl

Tuesday, Nov 24 1:00pm
Under the Petticoats

Wednesday, Nov 25 noon
Center Closing for Th/Fr
Thanksgiving Holiday




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"Mendon Senior Sentinel"
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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 the following Mendon residents:
Emma Barrows
Richard Childs
Viola York

Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Cribbage/ Bridge 2 9 Walking Group 9-11 Whole Foods 9-11 Manicures 1 Chorus	9 Stretch & Flexibility 3 9:30 Scrabble 10:30 Coping With Loss 12 Lunch Club 1 Wii Bowling/3 Computer	9 COA Meeting 4 9 Yoga 11:15 Don's Diner * SERVE Orders Due* (pick-up 11/21)	9 Cribbage/Stretch&Flex 5 10:30 Digital Photography 12 Lunch Club 1 Wii Bowling 5:45 Yoga/7 Pitch	6 1 Bingo Cash Prizes 7pm Two Old Friends
9 Cribbage/Bridge 9 9 Walking Group 9-11 Whole Foods 11 Friends Meeting 1 Chorus	9 Stretch&Flex/Scrabble 10 12 Lunch Club/Violinist 1 Wii Bowling 6pm Veterans Dinner	11 Veteran's Day Senior Center Closed	9 Cribbage/Stretch&Flex 12 10:30 Fallon Sr Plan 10:30 Digital Photography 12 Lunch Club 1 Wii Bowling 5:45 Yoga/7 Pitch	13 1 Bingo Cash Prizes
9 Cribbage/9 Bridge 16 9 Walking Group 9-11 Whole Foods 9-11 Manicures 1 Chorus	9 Stretch&Flex/Scrabble 17 11:00 Medicare 101 12 Lunch Club 1 Wii Bowling 5pm Caregivers Support	9 Yoga 18 9-11 Podiatry Clinic 11:30 Dine Out ~ Hopkinton Sr Ctr 1 Legal Clinic	9 Cribbage/Stretch&Flex 19 9-11 SHINE 12 Lunch Club/Pianist 1 Wii Bowling 5:45 Yoga/7 Pitch	20 1 Bingo Cash Prizes
9 Cribbage 23 9 Bridge 9 Walking Group 9-11 Whole Foods 1 Chorus	9 Stretch & Flexibility 24 9:30 Scrabble 12 Lunch Club 1 Under the Petticoats	9 Yoga 25 11:15 Diner Tour ~ Nap's Diner, Webster Center Closes at Noon	26 Happy Thanksgiving Senior Center Closed	27 Senior Center Closed
9 Cribbage/Bridge 30 9 Walking Group 9-11 Whole Foods 9-11 Manicures 1 Chorus				NOVEMBER 2009

Mendon Serve

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SERVE orders are due Wednesday, November 4 with a corresponding SERVE Food Pick-up on Saturday, November 21st from 9 am to noon at the Senior Center. December orders are due Wednesday, Dec. 2 with Food Pick-up on Saturday, December 19th from 9 a.m. to noon.

Diabetes Fair

Milford Regional Medical Center is sponsoring a "Fair to Remember" on Tuesday, Nov 10 from 1 to 4p.m. at the Hopedale Community House, 43 Hope Street in Hopedale. This "hands-on" diabetes fair features brief interactive presentations, free raffle prizes and giveaways as well as the

latest diabetes products on display. Get ideas for taking a more active role in your own blood sugar control. If you or someone you know has diabetes, a visit to the fair may be just what you need to get going. Milford Regional's diabetes nurses and dietitians will be available for questions. Get tips, topics and tastes! Get educated! It could change your life. Registration is not necessary for this free, walk-in program. For more information, go to milfordregional.org or call 508-422-2396.

Podiatry Clinic

Doctor Cooper of Southboro Medical Group will be at the center to attend to your podiatry needs on Wednesday, Nov. 18 from 9-11a.m. The fee for this service is \$30.00

made payable to Dr. Cooper. House calls are also available for an additional fee. Please call the Senior Center to register.


FREE Monthly Legal Clinic

Call for a brief appointment to have your legal questions addressed by attorney Paula Nedder of Heaney & Small of Milford, LLP on Wednesday, Nov. 18th from 1-3pm.

Computer Tutor

Mr. Robin Fletcher is available by appointment at the Mendon Senior Center to help you with your specialized computer needs. Please call the center for an appointment.

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Thank You Friends!

The Friends of Mendon Elders officers would like to express their gratitude to everyone who helped make this year's Octoberfest such a success including our dedicated Friends volunteers and bakers, individual donors who contributed items, local non-profit groups which donated raffle baskets, the youth from Nipmuc Friends of Seniors and the Blackstone Valley Tech Leos and last but not least YOU our patrons! Special thanks to Bark Ark of Mendon for their generous raffle contribution. Congratulations to all the winners! By supporting the Friends of Mendon Elders you are helping to enhance the programs of the Mendon Senior Center for all of Mendon's seniors. Thank you!

Marie Lapointe, President
Tom Irons, Vice President
Sue Carlson, Secretary
Martha Gebelein, Treasurer

Salem Cross Day Trip ~ December 16

Payments are due for this popular day trip. The cost per person is \$59.00 made payable to the Friends of Mendon Elders by Nov. 9th. As with our prior trips this roster filled up in record time-one week! We currently have a waiting list and are considering adding a second motor coach. We need another twenty individuals in order to do so, but could accommodate more. This trip features a delicious full course luncheon at the Salem Cross Inn and in addition, there will be stops at the Oakwood Farm Christmas Barn and Yankee Candle in Deerfield followed by a viewing of the Bright Nights elaborate light display of Springfield. File of Life forms are required for this day trip and can be picked up at the Senior Center. Please stop by the center or call 508-478-6175 to inquire about availability.

Diner Tour ~ Now on Wednesdays!

Nov. 4 – Don's Diner, Plainville
25 – Nap's Diner, Webster
Dec. 2 – Patriot's Diner, Woonsocket
No sign-up required. Meet at the Senior Center at 11:15AM

Dine-Out Group

Wednesday, November 18th – Hopkinton Senior Center, 28 Mayhew Street (just off Main Street), Hopkinton 11:30-1PM. Meal choices include Baked Ham entree, a hearty Soup and Sandwich, or generous Salad Plate each for only \$4.00. Plan to stop by the Friends of Seniors popular Thrift Store afterwards for browsing and some great deals!
Please stop by the Mendon Senior Center to sign-up.

Exercise Update:

*Walking Group ~ Our committed Monday walking group has added Wednesday as a second day and meets both days at 9am at the center and heads out from there to a variety of locations.

*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 ~New Session Starting! 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 is beginning on Wednesday, Nov. 4 at a cost of \$30.00 per session. Call for availability, as space is limited.

*T'ai Chi ~ Look for a new session in the New Year to be held on Wednesday mornings following Yoga. Call to express your interest.

Wii Bowling Returns

Join us on Tuesdays and Thursdays at 1:00pm for fun and games when Wii (pronounced Wee) returns. No experience is necessary for this free co-ed activity.

Under the Petticoats

Have you ever wondered about the day-to-day lives of our Colonial ancestors? Were the good old days really that good? Join us for a pre-Thanksgiving journey back in time on Tuesday, Nov. 24 at 1pm. This entertaining and educational free program from Sneak Peek Productions, sponsored with a grant from Wal-mart, is sure to produce a belly laugh or two. Invite your friends and consider joining us for a turkey lunch at noon, prior to the program. Stop by or call the center to make reservations for one or both. Space is limited.

November Menu Tri Valley Lunch Club

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

Tuesday, November 3
Chicken Mornay

Thursday, November 5
Chicken Pie

Tuesday, November 10
Stuffed Cabbage

Thursday, November 12
Scallops Newburg

Tuesday, November 17
Cr. Mushroom Soup
Meatball Burgundy

Thursday, November 19
American Chop Suey

Tuesday, November 24
Roast Turkey

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



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Fallon Senior Plan

On Thursday, November 12th at 10:30am a Fallon Representative will be on hand to discuss the Fallon Medicare Advantage Plan benefits and answer your questions. Please stop by or call the center to register for this program.

MEDICARE 101 for 2010

SHINE Counselors Judy & Lee Katz will be offering an informative presentation on Tuesday, November 17th at 11a.m. at the Mendon Senior Center regarding Medicare benefits for seniors of all ages, as well as up-to-date information regarding the many changes due for 2010 to Medicare Advantage Plans (formerly HMOs) and Medicare D (prescription coverage).

Note: Each year your Medicare Advantage Plan and Medicare Prescription Drug Plan are required to send you a notice informing you about any changes to Your Health Plan or Drug Plan. These letters are very IMPORTANT. YOU WILL NEED TO SAVE THEM. IF YOU FAIL TO UNDERSTAND OR DISREGARD THEM YOU MAY FIND YOURSELF WITHOUT A HEALTH PLAN OR PRESCRIPTION COVERAGE ON JANUARY 1, 2010.

Judy and Lee will also be available along with new SHINE counselor Robin Fletcher for their regular office hours November 19th from 9-11am for individual appointments.

Please call or stop by the Senior Center at 508/478-6175 to register for either program.

SHINE (Serving the Health Information Needs of Elders), is coordinated by the Massachusetts Executive office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.

Veterans' News: Did You know???

Assistance Is Available...

Veterans, their Widows or Widowers may be entitled to reimbursement of medical expenses and may also be entitled to financial assistance depending upon monthly income and assets. These entitlements to benefits are based on your or your spouse's military service. Stop by the Mendon Senior Center to pick up the financial guidelines or call to make a confidential appointment with Mr. Robin Fletcher, Mendon Veteran's Agent at 508-478-6175.

Announcement from Applebees to Veterans everywhere:

In recognition of your service to our country, all veterans and active duty military personnel are invited to eat free at Applebees Neighborhood Grill & Bar Restaurants this Veterans Day, Wednesday, Nov. 11, 2009.

Applebees launched a pilot program last year on Veterans Day offering free entrees to military service personnel and veterans. Because the response was so overwhelmingly positive, Applebees is extending the invitation throughout the country this year. All U.S. veterans and active duty military with proof of current or former military service are eligible. Proof of service includes: U.S. Uniform Services Identification Card, U.S. Uniform Services Retired Identification Card, Current Leave and Earnings Statement, Veterans Organization Card, photograph in uniform or wearing uniform. For additional details, visit: www.applebees.com/vetsday

Evening Caregiver Support Program ~

Plan to join us on Tuesday November 17th from 5-7pm at the Mendon Senior Center when Beacon Hospice Inc. will present "There is a Bridge" a documentary produced by Memory Bridge revealing the largely unrecognized capacity of people with Alzheimer's and related dementia's to maintain meaningful relationships. This program is open to the public. Caregivers of all ages are encouraged to attend especially with the holidays just ahead. This groundbreaking documentary will change the way you imagine Alzheimer's disease—and quite possibly how you see yourself! Please call the Mendon Senior Center at 508/478-6175 for more information and to register.

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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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