



Council  
on  
Aging  
Services for Seniors  
Uxbridge, MA

# The Silver Center News

Uxbridge Council on Aging Newsletter  
www.uxbridge-ma.gov/coa  
JUNE 2014

**Uxbridge Senior Center**  
**Location: 36 South Main St.**  
**Hours of Operation: Mon - Fri 8:00 AM - 4:00 PM**  
**Phone: (508) 278- 8622**

Marsha Petrillo - Director  
Donna Oncay - Administrative Assistant  
Lynne McPherson - Chef  
Peter Waeger - Van Driver

## WishList

foam coffee cups  
napkins  
paper towels

**NEW** **THE UXBRIDGE SENIOR CENTER WISH LIST** continues everlastingly but by the gracious members of this community we are managing with donations of goods and money. Donating money to the Senior Center is a great source of instant gratification. It should make you feel good and we hope it does.

*...the moral test of a society is how that society treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; those who are in the shadows of life; the sick, the needy and the handicapped\*\*.* How does Uxbridge score?

The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM- 4 PM

\*\* So many people have taken credit for this expression I decided to leave the acknowledgement blank. Some people credit John Paul II, some Gandhi, and some Hubert Humphrev of all people.

### DID YOU KNOW THAT WE TAKE SENIORS ON SHOPPING TRIPS TO HANNAFORD'S AND WAL-MART?

Every Tuesday morning starting at 8:30 AM, pick-up begins for the weekly trip to Hannaford's. You can also go to Walmart on the 2<sup>nd</sup>



and 3<sup>rd</sup> Thursdays of the month. Pick-up for Walmart begins at 12:30 PM. Please call the Senior Center at 508-278-8622 to sign up for these trips.

**THE UXBRIDGE ELDERLY CONNECTION** raises funds to help support many of the activities and the purchase of much of the equipment that is not covered by our budget – thank-you.

### BREAKFAST STRONG Tri-Valley Nutrition Education Program

- On Tuesday, June 24 at Lou Pilczak Rd. LDN will discuss research on dietary patterns that effect the survival of older adults. She will speak from 11:30 AM to 12:30 PM. There will be easy recipes, food samples, and prizes!

**LUNCH AND LEARN ON THE FIRST FRIDAY OF EVERY MONTH WITH POLICE CHIEF LOURIE** - Join us on Friday, **June 6**, for our monthly Lunch and Learn with Police Chief Lourie and his series of safety tips for Seniors. Call early and reserve your spot for lunch.

**Visit the very insightful Uxbridge Council on Aging Website at**

<http://www.uxbridge-ma.gov/coa>

**COFFEE (n.) THE PERSON UPON WHOM ONE COUGHS.**

**THE BEST WAY TO REMEMBER YOUR WIFE'S BIRTHDAY IS TO FORGET IT ONCE.**

**EVERYONE HAS A PHOTOGRAPHIC MEMORY. SOME JUST DON'T HAVE ANY FILM.**

Please call the Senior Center at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments.

Van transportation begins at 10:30 am each day. Please check with the Senior Center, Uxbridge Cable Station or the Council on Aging website for the Lunch Menu.

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# Uxbridge Council on Aging Newsletter

**MAY WAS OLDER AMERICANS MONTH** - but we think every month should be older Americans month. This year's theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible. Unintentional injuries to the older adult population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. We encourage you to learn about ways to avoid unhealthy outcomes. Some preventative measures include: talking to your health care provider, managing medications, preventing falls, preventing fires and burns, and driving wisely. Live a longer healthier life by taking control of your safety.

**NEW**

## FATHER'S DAY LUNCHEON AND CELEBRATION

JOIN US ON MONDAY JUNE 16, 2014 AT 11:30 AM FOR OUR FATHER'S DAY CELEBRATION. PLEASE CALL EARLY TO RESERVE YOUR LUNCHEON, SPACE IS LIMITED.

## IF YOU OR SOMEONE YOU KNOW NEEDS MEDICAL EQUIPMENT

PLEASE CALL THE SENIOR CENTER AT 508-278-8622 .

WE WANT TO THANK EVERYONE FOR DONATING THEIR GENTLY USED MEDICAL EQUIPMENT TO OUR SENIOR CENTER. WE HAVE A FAMILY WITH A HOSPITAL BED AND A COMMODORE TO DONATE TO SOMEONE IN NEED.

DO YOU OR SOMEONE YOU KNOW HAVE A PORTABLE WHEELCHAIR RAMP THAT YOU WOULD LIKE TO DONATE TO A SENIOR WHO SUDDENLY HAS AN EVENT THAT REQUIRES REHAB AND FINDS THAT THEY ARE UNABLE TO GET IN AND OUT OF THEIR HOME WITHOUT THE RISK OF FALLING. PLEASE CALL US AT 508-278-8622.

**THANK YOU!** – We all want to thank David Greenberg of Road Side Flowers in Uxbridge for his very generous donation of over 60 bouquets of flowers for our mothers at our Mother's Day Luncheon. We appreciate your thoughtfulness. We would also like to thank the Sutton Serenaders for entertaining at our Mother's Day Luncheon. Everyone enjoyed the day!

### What are the warning signs of a Pending stroke?

- Numbness or weakness of the face, often refer to as face droop.
- Numbness in your arms, or legs, especially if it affects one side of the body.
- Confusion, trouble speaking or slurred speech.
- Dizziness
- Loss of balance or coordination
- Sudden trouble seeing in one or both eyes.
- Sudden severe headache with no known cause.

**See a Doctor immediately.**

## ANNUAL GOLF TOURNAMENT

The Uxbridge Elderly Connection will host their 9<sup>th</sup> Annual Golf Tournament on **Saturday, June 7** at the Crystal Lake Golf Club. This is the main fundraiser for the Senior Center.



Besides golf there will be a buffet dinner, raffle baskets, prizes, team prizes and individual prizes. Full sponsorship is \$700, individual is \$130, team of 4 is \$520 and Tee sponsor is \$100.

Contact Pete Petrillo at 508-278-5106, Peter Di-Battista at 508-243-5666 and Russ Rosborough at 508-278-6672 for more information.

**NEW**

**NEWS FROM SHINE** – If you need help on any aspect of your health insurance, SHINE offers free counseling at your local Senior Center. Call the Senior Center at 508-278-8622 and make an appointment. You can reach a SHINE volunteer by phone at 1-800-234-4636.

## ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER

The numbers below represent the people served in  
March and April 2014

|                      |       |
|----------------------|-------|
| Telephone Calls      | 2,705 |
| Meals Served         | 1,042 |
| Daily Visitors       | 1,294 |
| Computer Classes     | 24    |
| Medical Runs         | 259   |
| Hannaford's Shopping | 51    |
| Walk-In Assists      | 8     |
| SMOC Fuel Assistance | 2     |
| Tax Appointments     | 72    |
| Walmart Shopping     | 50    |
| Lunch Pick Up        | 342   |

UXBRIDGE SENIOR CENTER  
 Lunch Menu  
 36 South Main Street, Uxbridge, MA 01569  
 (508) 278-8622

**JUNE 2014**

Marsha Petrillo - Director  
 Lynne McPherson – Chef  
 Pete Waeger – Van Driver  
 Donna Oncay – Transportation Coordinator



| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| 2. STUFFED SHELLS<br>SPINACH<br>ITALIAN BREAD<br>SUGAR FREE PUDDING                 | 3. MEATLOAF W/GRAVY<br>MASHED POTATOES<br>BROCCOLI<br>FRESH FRUIT           | 4. PESTO CHICKEN<br>FLORENTINE W/PENNE<br>GARDEN SALAD<br>PEACH COBBLER                    | 5. STUFFED CABBAGE<br>JASMINE RICE<br>STEAMED CARROTS<br>SUGAR FREE JELLO | 6. BAKED FISH<br>ROASTED POTATOES<br>MIXED VEGETABLE<br>CAKE   |
| 9. VEGETABLE QUICHE<br>GARDEN SALAD<br>WHOLE WHEAT ROLLS<br>FRESH FRUIT             | 10. HAM CASSEROLE<br>ROASTED POTATOES<br>PEAS AND CARROTS<br>APPLE CAKE     | 11. ROASTED CHICKEN<br>MASHED POTATOES<br>BUTTERNUT SQUASH<br>STUFFING<br>SUGAR FREE JELLO | 12. BEEF AND CORNBREAD<br>PIE<br>GARDEN SALAD<br>FRESH FRUIT              | 13. BAKED FISH<br>BAKED SWEET POTATO<br>BROCCOLI<br>PIE  |
| 16.<br><b>FATHER'S DAY LUNCHEON<br/>SPONSORED BY THE<br/>UXBRIDGE SENIOR CENTER</b> | 17. SHEPHERDS PIE<br>PEAS AND CARROTS<br>SUGAR FREE ICE CREAM               | 18. CHICKEN PICCATA<br>WILD GRAIN RICE<br>GREEN BEANS<br>SUGAR FREE PUDDING                | 19. POT ROAST<br>POTATOES<br>CARROTS<br>BLUEBERRY CAKE                    | 20. BAKED FISH<br>RICE PILAF<br>MIXED VEGETABLES<br>SUGAR FREE ICE CREAM   |
| 23. TOMATO SOUP<br>GRILLED CHEESE SANDWICH<br>GARDEN SALAD<br>PEACHES AND CREAM     | 24. SALISBURY STEAK<br>MASHED POTATOES<br>GREEN BEANS<br>SUGAR FREE PUDDING | 25. ROASTED CHICKEN<br>RICE PILAF<br>BROCCOLI<br>SUGAR FREE PIE                            | 26. HOT DOG W/ROLL<br>BAKED BEANS<br>COLESLAW<br>SUGAR FREE JELLO         | 27. <b>*BIRTHDAY LUNCHEON</b><br>BAKED FISH<br>MASHED POTATOES<br>CAULIFLOWER<br>BIRTHDAY CAKE                       |
| 30. SPRING VEGETABLE<br>ALFREDO W/PENNE<br>GARDEN SALAD<br>ICE CREAM SANDWICHES     |   |  |   | <b>* ALL MEALS ARE SERVED<br/>WITH MILK, COFFEE OR TEA</b><br><br><b>**MENU SUBJECT TO<br/>CHANGE WITHOUT NOTICE</b> |

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 -\$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.

*Donate Life*