



Council
on
Aging
Services for Seniors
Uxbridge, MA

The Silver Center News

Uxbridge Council on Aging Newsletter
www.uxbridge-ma.gov/coa **MAY 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

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

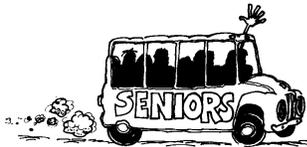
DID YOU KNOW THAT WE TAKE SENIORS ON SHOPPING TRIPS TO HANNAFORD'S AND WAL-MART?

Every Tuesday morning starting at 8:30 AM pick-up begins for the weekly trip to Hannaford's.

You can go to Walmart on the 2nd and

4th 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.



UXBRIDGE FIRST HOLIDAY NIGHT PANCAKE BREAKFAST



The First Night Committee will host a Pancake Breakfast on Sunday, May 18, 2014 from 7:30-11:30 AM at the Uxbridge Senior Center. Police Chief Lourie and Fire Chief Kessler will serve. Fee is \$6.00 at the door. The Uxbridge Elderly Connection will sponsor several drawings including a lottery ticket basket, a money tree, and a 50/50.

COMPUTER CLASSES

Free classes on computers, iPhones, iPads, tablets, Kindles and Nooks, etc are meeting every Thursday from 3:00 to 4:00 PM They are taught by students from Nipmuc High School. Please call the Senior center at 508-278-8622 to register.

LUNCH AND LEARN ON THE FIRST FRIDAY OF EVERY MONTH WITH POLICE CHIEF LOURIE - Join us on Friday, **May 2, 2014** 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 fulfilling Uxbridge Council on Aging Website at

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

I want to die peacefully in my sleep, like my grandfather.. Not screaming and yelling like the passengers in his car.

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.

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

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BREAKFAST STRONG - TRI VALLEY NUTRITION EDUCATION PROGRAM - On Tuesday, **June 24, 2014** 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!

MOTHERS DAY LUNCHEON AND CELEBRATION

Join us on Tuesday, **May 13, 2014** at 11:30 AM for our Mother's Day Celebration featuring the **Sutton Serenaders**. Please call early to reserve your lunch, space is limited.

ANNUAL GOLF TOURNAMENT



The Uxbridge Elderly Connection will host their 9th Annual Golf Tournament on **Saturday, June 7, 2014** 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.



MEMORIAL DAY - THE SENIOR CENTER WILL BE CLOSED AND NO LUNCH WILL BE SERVED ON MONDAY, MAY 26, 2014.

A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station..

Never, under any circumstances, take a sleeping pill and a laxative on the same night

IF YOU OR SOMEONE YOU KNOW NEEDS MEDICAL EQUIPMENT

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



We want to take the time to thank everyone for donating their gently used medical equipment to our senior center. We pass along this equipment to others in need. This is a nice way to help others when they need it most and pay tribute to your departed loved one.

We have a few packages of adult diapers, bed rails, seat cushions, a bed wedge, potty chairs, walkers, canes, crutches, raised toilet seat, and an inflatable waffle mattress. Also available are 2 portable wheelchair ramps donated by the family of Jeannine Corbett.

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

The numbers below represent the townspeople served from July 1, 2013 to February 28, 2014

Telephone Calls	5,706
Meals Served	3,667
Daily Visitors	4,520
Computer Classes	51
Medical Runs	923
Hannaford's Shopping	161
Walk-In Assists	121
SMOC Fuel Assistance	74
Tax Appointments	102
Walmart Shopping	88
Lunch Pick Ups	1,453
Van Runs - Take people to appointments	47

The purpose of life is not to be happy - but to *matter*, to be productive, to be useful, to have it make some difference that you have lived at all. ~Leo Rosten



New England

"Independence"... [is] middle-class blasphemy. We are all dependent on one another, every soul of us on earth.
~G.B. Shaw, *Pygmalion*, 1912

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AGING WITH DIGNITY- STARTING THE CONVERSATION

Join us for a Lunch and Learn Presentation on Thursday, **May 21, 2014**, from 11:30 AM to 12:30 PM, by the Salmon VNA and Hospice of Greater Milford. Too many people are dying in a way that they wouldn't choose and their loved ones are left feeling bereaved, guilty and uncertain. We can change that culture by encouraging seniors to talk now and as often as necessary so that their wishes are known when the time comes.

Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend."

NEWS FROM SHINE – MAY 2014

Need help with prescription drug costs? Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

- 65 years or older with an annual income at or less than \$58,350 for a single person or \$78,650 for a married couple
- OR
- under 65 years and disabled, with an annual income at or less than \$21,940 for a single person or \$29,572 for a married couple.

If you are 65 years or older and **not eligible for Medicare**, you can also join and there is **no income limit**.

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,010 for a single person and \$47,190 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

If you need help on any aspect of your health insurance, SHINE offers free counseling at your local Senior Center or Council on Aging. Call your Senior Center or COA and ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636) If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible. SHINE (Serving the Health Information of Everyone) 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.

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

MAY 2014

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* ALL MEALS ARE SERVED WITH MILK, COFFEE OR TEA</p> <p>**MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>			1. BEEF STROGANOFF EGG NOODLES GREEN BEANS SUGAR FREE JELLO	2. BAKED FISH ROASTED POTATOES MIXED VEGETABLE CAKE
5. VEGETABLE SOUP GRILLED CHEESE GARDEN SALAD PEACHES AND CREAM	6. MEATLOAF W/GRAVY MASHED POTATOES CARROTS ANGEL FOOD GARDEN W/FRUIT	7. ROASTED CHICKEN RICE PILAF GREEN BEANS SUGAR FREE JELLO	8. AMERICAN CHOP SUEY GARDEN SALAD WHOLE WHEAT ROLL SUGAR FREE PUDDING	9. BAKED FISH BAKED SWEET POTATO BROCCOLI PIE
12. BAKED MACARONI AND CHEESE CARROTS WHOLE WHEAT ROLL SUGAR FREE PUDDING	<p style="text-align: center;">MOTHER'S DAY LUNCHEON SPONSORED BY THE UXBRIDGE SENIOR CENTER</p>	14. CHICKEN MARSALA MASHED POTATOES BROCCOLI FRESH FRUIT	15. HOT DOGS W/ROLL BAKED BEANS COLESLAW SUGAR FREE JELLO	16. BAKED FISH RICE PILAF MIXED VEGETABLES CAKE
19. LASAGNA GARDEN SALAD ITALIAN BREAD FRESH FRUIT	20. SHEPHERDS PIE GREEN BEANS WHOLE WHEAT ROLL SUGAR FREE PUDDING	21. CHICKEN ROMANO W/PENNE AND MARINARA GARDEN SALAD PEACH CAKE	22. HAMBURGER W/ROLL POTATO SALAD COLESLAW SUGAR FREE JELLO	23. BAKED FISH MASHED POTATOES MIXED VEGETABLE SUGAR FREE ICE CREAM
26. <p style="text-align: center;">CLOSED FOR MEMORIAL DAY</p>	27. VEGETABLE QUICHE GARDEN SALAD WHOLE WHEAT ROLL FRESH FRUIT	28. ROASTED CHICKEN MASHED POTATOES BUTTERNUT SQUASH APPLE CAKE	29. BEEF POT PIE GARDEN SALAD WHOLE WHEAT ROLL BROWNIE W/ICE CREAM	30. *BIRTHDAY LUNCHEON BAKED FISH WILD GRAIN RICE CAULIFLOWER BIRTHDAY CAKE

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.