



THE SILVER CENTER NEWS

UXBRIDGE COUNCIL ON AGING NEWSLETTER

www.uxbridge-ma.gov/coa

July 2015

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



Marsha Petrillo - Director
Donna Oncay - Admin Assistant
Lynne McPherson - Chef de Cuisine
Gail Boutiette - Outreach Coordinator
Peter Waeger - Transportation



One Flag, one land, one heart, one hand. Happy Independence Day!

The holiday isn't the Fourth of July, it's Independence Day!

SHOPPING TRIPS - NOTE: SCHEDULE CHANGE

Grocery shopping every Tuesday- Pick up begins at **1:00 PM**. We have changed the time to make it easier to get people to lunch and give everyone time to get their shopping done.



Walmart shopping - 2nd and 4th Thursdays of the month - Pick up begins at **12:30 PM**. Please sign up in advance for Walmart shopping by calling us at (508) 278-8622 to reserve your seat on the van.

COMPUTER CLASSES - Computer classes will resume in October. Many thanks to the Nipmuc students for teaching our classes again this year! We wish you the best this summer and look forward to seeing you again in the fall.



FOURTH OF JULY CELEBRATION - On **Wednesday July 1** we will celebrate Independence Day with a special musical luncheon. Bill and Paul will be back to entertain us. Call early to reserve your meal - 508-278-8622.

NOTE: WE WILL BE CLOSED ON THURSDAY, JULY 2 AND FRIDAY, JULY 3 IN OBSERVANCE OF THE FOURTH OF JULY. NO LUNCH WILL BE SERVED.

Wish List

- Napkins
- Dish washing soap
- Dessert sized plates & bowls
- Tea bags

Thank you all for your thoughtfulness and generosity! We continue to need donations of dish washing soap, dessert size plates, and bowls. We will also accept monetary donations to our lunch program or general donations to the Elderly Connection. The Uxbridge Elderly Connection is the 501c3 non-profit group for the Senior Center. The Elderly Connection raises funds to help support many of the daily activities offered at the Senior Center. They also fund and purchase much of the office equipment that is not covered by our regular expense budget.

SENIOR CENTER SUPPORT

S We welcome the support of anyone in a position to give. Any amount is greatly appreciated. One can donate directly, online via the town's web page, or by mail. The Uxbridge Senior Center is located at 36 South Main St, Uxbridge, MA, 01569. Please make checks payable to The Town of Uxbridge. web page or by mail. The Uxbridge Senior Center is located at 36 South Main St, Uxbridge, MA, 01569. Your monetary donations make a significant difference in the lives of our elders! If you or

Thank you!

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and 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. (uxbridge-ma.gov/coa)
- 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.

July Newsletter

SENIOR CENTER SUPPORT

Continued from previous page
 someone you know benefits from the programs and/or information provided by the Senior Center, please let us know and help us spread the word about our many services so we can grow our services. Feel free to contact us at 508-278-8622 or visit us on our web page at Uxbridge-ma.gov/coa or 'like' us on our Facebook page by googling Uxbridge Senior Center.

DR. MICHAEL BIANCAMANO -

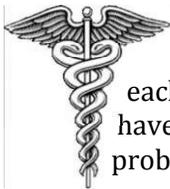
The doctor will be at the Senior Center Monday morning, **July 13**. There are 3 time slots available. Appointments are set up on a first come, first served basis and run rather quickly. Please call 508-278-8622 to schedule an appointment. Please let us know if you require transportation to the podiatry clinic.

THE UXBRIDGE SENIOR CENTER IN CONJUNCTION WITH THE SUNSHINE CLUB WILL BE OFFERING THE FOLLOWING TRIPS:

- **August 1** - Tanglewood rehearsal and lunch - \$83
- **Sept. 17-19** - 3 days with 5 Gold Coast Mansions -The Great Gatsby Gold Coast Tour, Long Island, NY, \$445.
- **October 12-15** -4 days - Lake George and Lake Placid, \$489.
- **November 16-19** - Lancaster Amish Christmas Show Tour, 4 days, \$489.
- **December 12** - IT'S CHRISTMAS TIME, Reagle Players Christmas Show. \$89 includes lunch at the Chateau.



All trips are open to anyone who wants to have a good time! They leave from the Job Lot parking lot in Whitinsville an also from the Westboro Senior Center. For more information, call Sue at 508-372-9266.



ASK THE NURSE

- Ann Labonte from Salmon Health will be available on the 3rd Tuesday of each month to do the blood pressure clinic. A new feature to our monthly clinic is: *Ask the Nurse*. If you have any questions about new symptoms you may have, questions about medications, or any other health problem, she will be able to help you with them. She will be here on **Thursday, July 16** from 11:30-12:30.

NAVICARE - Jessica Recore, NaviCare Account Executive will be here on **Tuesday, July 14** from 11:30 AM to 12:30 PM to answer any questions you have about NaviCare. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth. Jessica will be here on the 2nd Tuesday of every month for your convenience to discuss the components of Navicare's comprehensive health care plans

LUNCH AND LEARN WITH POLICE CHIEF LOURIE -

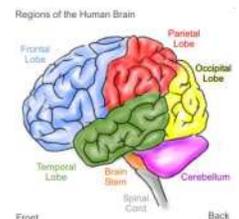


Join us on Friday, **July 10**, for our monthly Lunch and Learn with Police Chief Lourie. Officer Kevin MacDonald will discuss Senior safety.

Call early and reserve your spot for lunch. We are very thankful to be working so closely with our Police Department!

LUNCH AND LEARN - THE AMAZING BRAIN - OFFERED BY:

SALMON VNA - FRIDAY, July 17, from 11:30 to 12:30, Julie Gonzalez, RN BSN from the Salmon VNA will be with us for a very important talk about the importance of good brain health. Julie will offer information about our "Amazing Brain" and discuss the relationship of speech and our brain. PLEASE join us for this great talk. Call to reserve your lunch! We look forward to meeting you!



"SHINE'S MEDICARE AND MORE" - The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE'S MEDICARE AND MORE, on your local cable channel. This program is designed to educate and update Medicare beneficiaries and their families on Medicare and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them a call and ask about it.

July Newsletter



..was a great success thanks to the hard work of the members of the Elderly Connection. We want to thank all the golfers and all the people and businesses who donated money to support the Senior Center. We are so fortunate to have so many people in the community supporting our Center and our elderly citizens!

A Soldier Died Alone

- Kathy J Parenteau

Amidst the desert sands dawns just begun,
 battle rages on, bombing veils the rising sun.
 A boy not yet a man holds a picture to his heart,
 of loved ones not forgotten though oceans keep them apart.
 Called to serve his country, land of freedom home of brave,
 risking his existence for the lives that he may save.
 Concealing his dismay he holds his head up high,
 his arms embrace a trusted friend watching him slowly die.
 A boy he is no more, on that day there stood a man,
 his heart filled with rage, his mind fights to understand.
 Raised to be a man of God, taught thou shalt not kill,
 now placed upon the battlefield where there tis his only will.
 Resting beneath the sunset, wounded he dreams of home,
 lying on the desert's floor a soldier died alone.

BEREAVEMENT COUNSELING

Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our bereavement counselor who is available for people of all ages by appointment. All sessions are free, private and confidential. Call the Senior Center at 508-278-8622 to make an appointment

UNDERSTANDING YOUR MEDICAL PROBLEMS



Are you confused when you visit the doctor or pharmacist? There are some things that you can do to make it easier to understand. One way to help is to take a family member or friend with you, two heads are better than one when listening to instructions. Ask questions and ask for more information if you don't understand and have

someone write down any instructions for taking medications or therapy. Use the computer to learn more about your medical condition and medications.

If people don't want to come out to the ball park, nobody's going to stop them. - Yogi Berra

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

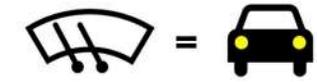
The numbers below represent people served in

May 2015

Telephone Calls	1,276
Meals Served	513
Daily Visitors	681
Medical Runs (Round Trips)	1310
Hannaford Shopping (Round Trips)	28
Director Outreach	401
SMOC Fuel Assistance	3
Walmart Shopping (Round Trips)	28
Lunch Pick Up	150
Other van runs for appointments	11



NEW MASSACHUSETTS MOTOR VEHICLE LIGHT LAW



A new law took effect on April 7, 2015 requiring the use of headlights and taillights on motor vehicles during inclement weather and when windshield wipers are in use. The law is intended to increase safety and visibility on the roadway. The law requires that front and rear lights be activated in all of the following conditions: when windshield wipers are on, when low light or weather conditions prevent other vehicles or persons from being seen at 500 feet, and from ½ hour after sunset to ½ hour before sunrise. Day-time running lights are not sufficient under the law. A violation may cause a surcharge on your auto insurance.

TAKING CONTROL OF YOUR FUTURE: A LEGAL CHECKUP



We are very excited to invite you to participate in the Massachusetts Bar Association's 2015 Elder Law Education Program presented with the cooperation of the Massachusetts Chapter of the National Academy of Elder Law Attorneys. The program, A LEGAL CHECK-UP-PLANNING TO LIVE WELL AND PROTECT ASSETS, will be presented by Attorney Timothy Borchers on Thursday, **June 18, 2015** at 7 pm. Topics to be covered are: Competency and incapacity, Long term care insurance, Long term care, Reverse Mortgages and Special consideration for dependent adult children. Please call the Senior Center for further information at 508-

A cucumber should be well-dressed with pepper and vinegar, and then thrown out. – *Samuel Johnson*

DID YOU KNOW ?

1. ... the average person falls asleep in 7 minutes
2. ... rabbits like licorice
3. ... a lobsters blood is colorless but when exposed to oxygen it turns blue
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5. ... armadillos have 4 babies at a time and are all the same sex
6. ...birds need gravity to swallow
7. the longest recorded flight of a chicken was 13 seconds
8. the most commonly used letter in the alphabet is E

I do not take a single newspaper, nor read one a month, and I feel myself infinitely the happier for it.

- *Thomas Jefferson*

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

The numbers below represent people served in
April 2015

Telephone Calls	1,150
Meals Served	530
Daily Visitors	780
Medical Runs (Round Trips)	130
Hannaford Shopping (Round Trips)	24
Director Outreach	394
SMOC Fuel Assistance	0
Walmart Shopping (Round Trips)	24
Lunch Pick Up	152
Computer Classes	0
Tax Appointments	68
Other van runs for appointments	12

UXBRIDGE SENIOR CENTER

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

JULY 2015

Marsha Petrillo - Director
Lynne McPherson - Chef
Pete Waeger - Van Driver
Donna Oncay - Transportation Coordinator
Gail Boutiette - Outreach 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> <p>6. TUNA CASSEROLE PEAS WHOLE WHEAT ROLL PEACHES AND CREAM</p> <p>13. STUFFED SHELLS SPINACH ITALIAN BREAD SUGAR FREE PUDDING</p> <p>20. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING</p> <p>27. TOMATO SOUP GRILLED CHEESE SANDWICH GARDEN SALAD FRESH FRUIT</p>	<p>7. BEEF STROGANOFF EGG NOODLES MIXED VEGETABLE SUGAR FREE PUDDING</p> <p>14. SWEDISH MEATBALLS EGG NOODLES BROCCOLI PEACH CAKE</p> <p>21. MEATLOAF W/GRavy MASHED POTATOES BROCCOLI SUGAR FREE JELLO</p> <p>28. SHEPHERDS PIE MIXED VEGETABLE SUGAR FREE PUDDING</p>	<p>1. 4TH OF JULY CELEBRATION </p> <p>8. CHICKEN CACCIATORE PENNE PASTA GARDEN SALAD SUGAR FREE JELLO</p> <p>15. CHICKEN POT PIE YELLOW RICE GREEN BEANS FRESH FRUIT</p> <p>22. GRILLED CHICKEN W/PINEAPPLE SALSA JASMINE RICE FRESH FRUIT</p> <p>29. ROAST CHICKEN MASHED POTATOES BUTTERNUT SQUASH SUGAR FREE JELLO</p>	<p>2. 4TH OF JULY CLOSED NO LUNCH SERVED </p> <p>9. SALISBURY STEAK MASHED POTATOES BROCCOLI SUGAR FREE ICE CREAM</p> <p>16. ITALIAN SAUSAGE PENNE W/MARINARA GARDEN SALAD ITALIAN BREAD SUGAR FREE JELLO</p> <p>23. BEEF AND CORNBREAD PIE GARDEN SALAD STRAWBERRIES AND CREAM</p> <p>30. HOT DOGS W/ROLL BAKED BEANS COLESLAW WATERMELON</p>	<p>3. 4TH OF JULY CLOSED NO LUNCH SERVED </p> <p>10. BAKED FISH SWEET POTATOES GREEN BEANS SUGAR FREE PIE</p> <p>17. BAKED FISH RICE PILAF MIXED VEGETABLE SUGAR FREE ICE CREAM</p> <p>24. BAKED FISH WILD GRAIN RICE GREEN BEANS ICE CREAM SANDWICHES</p> <p>31. BAKED FISH MASHED POTATOES MIXED VEGETABLE BIRTHDAY CAKE</p>

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.