



# The Silver Center News

UXBRIDGE COUNCIL ON AGING NEWSLETTER

[www.uxbridge-ma.gov/coa](http://www.uxbridge-ma.gov/coa)

May 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  
Peter Waeger - Transportation

**Senior Center Support.** We welcome the support of anyone in a position to give and make a significant difference in the lives of our elders through supporting the important work of the Uxbridge Senior Center. If you or someone you know benefits from the programs and information provided by the Senior Center please consider giving a donation so we can continue with our programs. Any amount is greatly appreciated. Feel free to contact us at 508-278-8622 or visit us on our web page at [Uxbridge-ma.gov/coa](http://Uxbridge-ma.gov/coa) or like us on our Facebook page by googling Uxbridge Senior Center. One can also 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. Thank you!

**Shopping Trips- SCHEDULE CHANGE** *This item in our newsletter is repeated this month because it's important!*

**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.

**Computer Classes** - taught by Nipmuc High School students will continue throughout the school year. You need not come to every class. The classes are free and based on individual needs. Call the Senior Center to register. You can get help with your I Phone, iPad, tablet, Nook or other electronic devices.

**LUNCH AND LEARN WITH POLICE CHIEF LOURIE**  
Join us on Friday, **May 1** for our monthly Lunch and Learn with Police Chief Lourie and a guest speaker.

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

**Notice:** Local Access TV Stations in Uxbridge have recently changed. The new channels are 191, 192, & 193

- 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](http://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.

## Wish List

- 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 and tea bags. We will also accept monetary donations to our lunch program or to the Elderly Connection. 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.

## CLOSED FOR MEMORIAL DAY

The Senior Center will be closed on the following days Friday, **May 22** and Monday, **May 25** in observance of Memorial Day. No lunch will be served.

**CLOSED**

**Do You Remember?** When I was a kid this thing hit the market. Mom got one & it was the greatest thing since sliced bread .. but not for us kids. It became known as a "child cheater" because when mom made a cake, this thing was so efficient at getting all batter out of the bowl there wasn't any left for us.



## May Newsletter

### 10<sup>th</sup> Annual Elderly Connection Golf Tournament! Save the Date!

The 10<sup>th</sup> Annual Golf Tournament will take place on Saturday, **June 13, 2015** at the *Crystal Lake Golf Course* in Rhode Island. Make plans to join us for this Special Event. Fee for one person is \$130, for a foursome \$520 and for buffet, only \$30. This Elderly Connection fund raiser helps the Senior Center by providing funds for special programs and other needs not covered by the budget. Part of the funds raised this year will go toward building a patio behind the Senior Center. Call Peter DiBattista at 508-243-5666 or Pete Petrillo at 508-278-5106 for more information and to sign up.



**Shine's Medicare and more** – The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE'S MEDICARE AND MORE and is being aired on our local cable channels 191, 192, 194. 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 have any insurance questions please call the Senior Center (508) 278-8622



### The Uxbridge Senior Center in Conjunction with the Sunshine Club Will Be Offering the following Trips:

**May 11-15** – 5 day Ocean City, MD and Atlantic City, NJ. For non-gamblers also, \$539.

**May 31-June 6** – 7-day Ohio Amish – Includes “Booth Brothers” dinner show and dinner in an Amish home, \$795.

**June 19** –Newport Flower Show, lunch at the Pier, \$68.

**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.

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

**NAVICARE®** Jessica Recore, NaviCare Account Executive will be here on Tuesday, **May 12** from 11:30 AM to 12:30 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 Mass Health.

Jessica will be here on the 2<sup>nd</sup> Tuesday of every month for your convenience.

**LUNCH AND LEARN “LIVING WELL WITH HEARING LOSS”** –On Friday, May 8, 2015 from 11:30 to 12:30, graduate student clinicians Suzanne Meyer, Joanna Fudyka and Danielle Sanko from Worcester State University Speech-Language-Hearing Center will present an interactive and informative talk about living with hearing loss. They will discuss factors that contribute to hearing loss, effects on quality of life, strategies to enhance communication, hearing aids and hearing assistive technology. Register early for lunch, space is limited.



**ASK THE NURSE** - Ann Labonte from Salmon Health will be available on the 3<sup>rd</sup> Tuesday of each month to do the blood pressure clinic. A new feature starting in April will be 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 Tuesday, **May 19** from 11:30-12:30.

**MOTHER'S DAY CELEBRATION** – On Monday **May 11** we will honor all of our mother's with a celebration luncheon. Call early to reserve your meal – 508-278-8622.

*Mothers*

*hold their child's hand for a moment and their heart for a*

*Lifetime*



## May Newsletter

### **BENEFITS CHECK UP TRAINING FOR PROFESSIONALS**

- On Tuesday, **May 19** at 2:30 PM, Mary Kay Brown from the *Massachusetts Council on Aging* will be here to discuss the benefits screening tool. This Internet based tool identifies up to 200 state and federal financial benefit assistance programs for older adults living in Massachusetts. This training is for those who meet with low and middle income older adults to assess their need for assistance and potential eligibility for public and private benefits assistance programs. This includes Senior Center staff, housing and food pantry staff, church outreach workers, veteran's officers and other social service workers.

### **UPCOMING EVENT**

#### **TAKING CARE 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 will be presented on Thursday **June 18** from 6-9 PM. Please call the Senior Center for further information at 508-278-862.



### **NATIONAL VOLUNTEER WEEK 2015**

Excerpts from the President's Proclamation - As a nation, our greatest resource is our people. During *National Volunteer Week*, we recognize those who embrace a life of active, energetic and engaged citizenship, and we affirm our belief that all people have something to contribute to the American story. Here at the Senior Center we treasure our volunteers. They have an extraordinary impact on the lives of our seniors. Volunteers, often with few resources and little recognition, make enormous sacrifices to lift up the people around them as well as those they may never meet. There are many opportunities to volunteer at the Senior Center. Call us at 508-278-8622.



*With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation's wounds; to care for him who shall have borne the battle, and for his widow, and his orphan... march 4, 1865 - A. Lincoln*

### **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. Daytime running lights are not sufficient under the law. A violation may cause a surcharge on your auto insurance.

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

The numbers below represent people served in

**March 2015**

<b>Telephone Calls</b>	<b>1,485</b>
<b>Meals Served</b>	<b>530</b>
<b>Daily Visitors</b>	<b>728</b>
<b>Medical Runs (Round Trips)</b>	<b>149</b>
<b>Hannaford Shopping (Round Trips)</b>	<b>30</b>
<b>Director Outreach</b>	<b>413</b>
<b>SMOC Fuel Assistance</b>	<b>3</b>
<b>Walmart Shopping (Round Trips)</b>	<b>12</b>
<b>Lunch Pick Up</b>	<b>143</b>
<b>Computer Classes</b>	<b>0</b>
<b>Tax Appointments</b>	<b>68</b>
<b>Other van runs for appointments</b>	<b>14</b>

# UXBRIDGE COUNCIL ON AGING

May Newsletter

Older Americans are a vital part of our society. The theme this year is "Get into the Act". 2015 is the 50<sup>th</sup> Anniversary



of the *Older Americans Act* which provides a

nationwide aging service network and funding that helps older adults live with dignity in the communities of their choice as long as possible. These services include congregate meals, caregiver support, community based assistance, preventive health services and much more. The Uxbridge Senior Center provides an opportunity for older adults to access the home and community-based services they need to live independently in their communities. Please call the Senior Center for more information, 508-278-8622.

**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, Dr. Carl Schultz. Dr. Schultz comes to us with impressive credentials. He 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.

## **THANK YOU TO THE WONDERFUL PEOPLE WHO HELP OUR SENIORS –**

We want to thank Tony Giunta, Manager of Hanaford's for donating flowers and gift cards for our Easter raffle.

Thank you also to Stephanie Davis's 2<sup>nd</sup> grade class and Holly Earl for teaching a class on caring. The class made Easter cards for our seniors at the Senior Center. Also a big thank you to David Greenberg for donating so many beautiful flowers for the Seniors.

*Thank you!*



If you have a smart phone, scan the QR code to the right to go to the Uxbridge Senior Center and Council on Aging web page.



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

MAY 2015

Marsha Petrillo - Director  
 Lynne McPherson – Chef de Cuisine  
 Pete Waeger – Transportation  
 Donna Oncay – Administrative Asst.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>* ALL MEALS ARE SERVED WITH MILK, COFFEE OR TEA</b></p> <p><b>**MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p>				1. BAKED FISH MASHED POTATOES ITALIAN STYLE VEGETABLES CAKE
4. TUNA CASSEROLE PEAS AND CARRROTS WHOLE WHEAT ROLLS PEACHES AND CREAM	5. HAM CASSEROLE GREEN BEANS BROWNIES AND ICE CREAM	6. TUSCAN CHICKEN JASMINE RICE ITALIAN STYLE VEGETABLE SUGAR FREE PUDDING	7. BEEF STEW BUTTERMILK BISQUITS GARDEN SALAD SUGAR FREE JELLO	8. BAKED FISH SWEET POTATOES GREEN BEANS SUGAR FREE PIE
11. MOTHER'S DAY LUNCHEON 	12. MEATLOAF W/GRAVY MASHED POTATOES MIXED VEGETABLES BLUEBERRY CAKE	13. CHICKEN POMODORO PENNE PASTA GARDEN SALAD SUGAR FREE PUDDING	14. STUFFED CABBAGE JASMINE RICE CARROTS ANGEL FOOD CAKE W/BERRIES	15. BAKED FISH RICE PILAF MIXED VEGETABLE SUGAR FREE ICE CREAM
18. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING	19. MEATBALLS W/MARINARA AND PENNE GARDEN SALAD ITALIAN BREAD FRESH FRUIT	20. ROASTED CHICKEN MASHED POTATOES GREEN BEANS SUGAR FREE JELLO	21. HAMBURGER W/ROLL POTATO SALAD COLESLAW ICE CREAM SUNDAES	22. MEMORIAL DAY CLOSED NO LUNCH SERVED 
25. MEMORIAL DAY CLOSED NO LUNCH SERVED 	26. SHEPHERDS PIE MIXED VEGETABLES APPLE CAKE	27. CHICKEN PICCATA MASHED POTATOES BROCCOLI SUGAR FREE PUDDING	28. HOT DOGS W/ROLLS BAKED BEANS COLESLAW SUGAR FREE JELLO	29. BAKED FISH WILD GRAIN RICE GREEN BEANS 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.