



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

# THE SILVER CENTER NEWS

## UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

[facebook.com/UxbridgeMASeniorCenter](https://facebook.com/UxbridgeMASeniorCenter)  
[uxbridge-ma.gov/coa](http://uxbridge-ma.gov/coa)



April Fool



Easter Bunny

Marsha Petrillo - Director  
 Donna Oncay - Admin Assistant  
 Lynne McPherson - Head Chef  
 Gail Boutiette - Outreach Coordinator

At my age "Getting lucky" means walking into a room and remembering what I came in there for. ♦



### Preventing Medicare Fraud

Uxbridge Police Chief Lourie – Friday, April 1, 11:30 am – 12:30 PM. Police Chief Jeff Lourie will hold his monthly Community Policing Bureau

Presentation. **Kelsey Crawley** from Massachusetts Senior Medicare Patrol will be his guest speaker. The Mass SMP Program is a statewide partnership between community based organizations and mainstream agencies. Their objective is to reach and educate all Medicare and Medicaid beneficiaries, family members, and caregivers on the importance of becoming engaged healthcare consumers to prevent healthcare errors, fraud and abuse. Seating is limited so please be sure to call ahead to reserve your seat for this lunch. This will also be filmed by Uxbridge Community Television and will be aired on local cable access. We are thankful to be working closely with the Uxbridge Police Department and to have Uxbridge Community Television film these events. ♦



### Shopping Trips

– 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 – 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month - Pick up begins at 12:30pm. Please sign up in advance for Walmart shopping by calling us at 508-278-8622 to reserve your seat on the van. ♦



Hi, I'm Gail Boutiette. As the Outreach Coordinator at The Uxbridge Senior Center, I have the privilege of meeting and helping our beloved seniors. It is my pleasure to

provide outreach to them in the form of home visits, nursing home visits, cards and telephone reassurance. I provide assistance in many areas, including but not limited to: filling out applications for support programs such as SNAP benefits, senior housing, and various Tri-Valley services. I also compile and assist in editing the content of our monthly newsletters, daily updates on our social media, and assisting in the planning of events. I also work closely with the Director of the senior center on many important matters. Please feel free to contact me directly with all of your questions and suggestions. I am looking forward to hearing from you! ♦

### The Massachusetts Family Caregiver Support Program

offers caregivers assistance and support to ease the strain and reduce the challenges of care giving. Caring for a loved one can often be difficult and frustrating. We recognize the potential emotional, physical and financial strain of care giving, as well as its pleasures. This site was designed to help you care for your loved one and yourself. For more info on this subject go to the link below for an info-plentiful website on care giving & care giving support. More on Elder Care to follow. ♦

<http://www.mass.gov/elders/caregiver-support/>



**The senior center will be closed on Monday, April 18, in observance of Patriot's Day. No lunch will be served. ♦**



- 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 for medical appointments. Van transportation begins at 10:30 AM each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook (<https://www.facebook.com/UxbridgeMASeniorCenter>), or the Council on Aging website for the Lunch Menu. [www.uxbridge-ma.gov/coa](http://www.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.

## Health VNA Ask The Nurse

Tuesday, April 19, Salmon Health VNA will be available for the blood pressure clinic. If you have any questions about new symptoms you may have, questions about new medications, or any other health problem, they will be able to help you with them. The Salmon Health nurse will be here on Tuesday, April 19, from 11:30 - 12:30 and every third Tuesday going forward. Please join us for this important free monthly clinic offered by the Salmon VNA. ♦



LIFE IS A SONG; SING ALONG, CREATE A NEW TUNE OR GET OUT OF THE THE PLAY - GILLIANA DE ANGELIS.

SHINE Video is shown on local cable access channel 191 every month. Serving the Health Insurance Needs of Everyone.

**Thank you!** Thank you to all who have participated in the Hannaford Helps Reusable Bag Program in the month of March! If you go shopping and use the bags that you have already purchased, they will scan them and a donation of .25 cents each will be made toward the senior center! This will continue on after the month of April. The funds will go towards our daily meal program, which is run by donations. We have made \$209 at this point! We are very grateful to have Hannaford's help! ♦



**Computer Tutor for Seniors** COMPUTER CLASSES – Computer classes will be every Monday at the Senior Center from 3:00 – 4:00 PM. You can call ahead to sign up 508-278-8622 or just stop in. Everyone is welcome! Thank you to Nip-muc student **Steven Wickstrom** for teaching our classes this year! He can teach you on your tablet, phone, nooks, iPads, Kindles, etc. Bring in your device and learn! We are wireless at the Senior so please feel free to come take advantage of this service. ♦

**VOLUNTEER APPRECIATION WEEK** is April 10<sup>th</sup> – 16<sup>th</sup>. We do appreciate all of our volunteers here at the senior center for all that you do for us. Thank you!

Again, we wish to thank all of the 7<sup>th</sup> and 8<sup>th</sup> grade students from Our Lady of the Valley Regional School for continuing to volunteer at the Senior Center on Fridays for lunch! Your help is very much appreciated and your company is enjoyed by all! Thank you! ♦

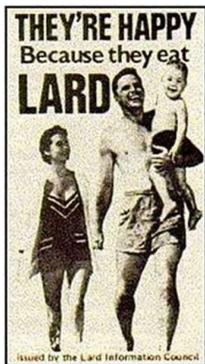


**Spaghetti Dinner** A Spaghetti Luncheon Sponsored by The Police Department along with the Uxbridge House of Pizza, and Tony Giunta, Store Mgr of Hannaford's will hold a free spaghetti lunch with sundaes for Seniors on Tuesday, April 5, – 11:30 am – 12:30 PM.

"Musical Games" with Steve Damon – Monday, April 11. – 11:30 am – 12:30 PM. Everyone will get to sing, move, and enjoy music! Be sure to call ahead to reserve your seat for this fun lunch! Thank you to the Uxbridge Cultural Council for sponsoring this special event. ♦

**NAVICARE** - Nelly Colon is the new Account Executive. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth. Nelly Colon can be reached at 508-847-8511 and she is also bi-lingual ☑ ♦

**Blackstone Valley Music Voice Students** - Friday, April 22 – 11:30 am – 12:30 PM – We will have **Shanna Keegan** and her voice students from Blackstone Valley Music performing for us! Be sure to sign up early to reserve your seat for this musical lunch. Unfortunately, seating is limited. ♦



It's HEALTHY. When compared with olive oil, lard is a close second in the monounsaturated fat department. Olive oil has about 77% mono-unsaturated fat, with lard at 48% monounsaturated fat. Butter ranks third with 30% monounsaturated fat and coconut oil is last at 6%. ♦



**IN CALIFORNIA, THEY DON'T THROW THEIR GARBAGE AWAY – THEY TURN IT INTO TV SHOWS – WOODY ALLEN.**

**START EVERY DAY OFF WITH A SMILE AND GET IT OVER WITH.**  
– W. C. FIELDS

<http://www.weedemandreap.com/top-reasons-eating-lard/>



We welcome and appreciate the support of anyone in a position to give. Your donations make a significant difference in the lives of our elders and help support our daily lunch program.

All monetary gifts can be made out to the Town of Uxbridge with Senior center in the memo section of your check. Gift cards for Hannaford, Walmart and CVS also make nice gifts for senior citizens in need.

We also continue to need in kind donations of **thank you & get well cards, dish soap, dishwasher soap, and plastic 8 oz cups.** One can donate directly to the center at 36 S. Main Street or on-line via the town's web page. Every donation helps and comes enormously 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 FB page\*\* or by googling Uxbridge Senior Center, or even dropping by. ♦

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

\*\*[facebook.com/UxbridgeMASeniorCenter](https://facebook.com/UxbridgeMASeniorCenter)

**HAPPINESS IS HAVING A LARGE, LOVING, CARING, CLOSE-KNIT FAMILY IN ANOTHER CITY – GEORGE BURNS**

**VOLUNTEER APPRECIATION SUPPER**

The appreciation supper will be held at the Senior Center on Thursday, April 14 @ 5 PM All volunteers are welcome and are encouraged to join us. Please RSVP @ (508) 278-8622

The SMP\* Medicare Beneficiary Council Meeting will be held on MAY 20. We know it's early to be announcing the event but we want to get the word out so we will have a good turnout. Mark your calendar.

\* Senior Medicare Patrol



**DR. MICHAEL BIANCAMANO** – The foot doctor will be at the Senior Center Monday morning, **April 25,** 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. ♦

*Thank you!* to the **Marshall Morris Trio** for your music entertainment at our St. Patrick's Day Celebration! Also thank you to **Mikaela Shanley & Megan Pantos** for your Irish Step Dancing! ♦

**Bereavement Counseling** is available at the Senior Center by appointment only. Call (508 278-8622 to make one. ♦



Facebook



Web Page

After reading the the sentence you are now aware that the the human brain often does not inform you that the the word 'the' has been repeated twice every time.

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

Numbers below represent people served in

**FEBRUARY 2016**



Telephone Calls	1,285
Meals Served	454
Daily Visitors	725
Medical Runs (Round Trips)	96
Computer Classes	15
Hannaford Shopping (Round Trips)	24
Director Outreach	439
SMOC Fuel Assistance	3
Walmart Shopping (Round Trips)	10
Lunch Pick Up	162
Tax Appointments	40

**The Senior Center drivers are not Emergency Responders and therefore are limited in what they can do.**

**TRANSPORTATION TO MEDICAL APPOINTMENTS**

**T**he Uxbridge Senior Center provides free transportation (donations are appreciated and accepted) to and from medical appointments to the following towns: Worcester, Milford, Mendon, Franklin, Webster, Douglas, Millbury, Auburn, Shrewsbury and Providence VA. If you have a doctor's appointment anywhere in Worcester County, and your doctor's office is located in a town that is not listed above, we will try our best to get you there depending on the distance and our schedule.

Please note: We take people to their medical appointment only when we schedule their medical ride. Drivers cannot take you shopping or to the bank or any other place after your doctor's visit because we have committed our vehicle to other people on the same day and we have a very tight schedule each day. Ride arrangements can only be made through the Senior Center office during business hours, 8 AM to 4 PM. Our Transportation Coordinator is in the office from 8 AM until noon. Donna Oncay is our Transportation Coordinator and she can be reached at 508-278-8622 M-F from 8 AM to 12:00 noon (Fridays she leaves an hour earlier at 11:00 AM)

If school is canceled or delayed, we do not provide any medical rides. This is for the safety of our seniors. Many times when the weather is inclement it is slippery and our clients have not had time to shovel their walkways or plow their driveways. We recommend that you reschedule your appointments when bad weather is predicted. Please understand, it is the patient's responsibility to cancel appointments and reschedule them. If you don't know when the best time to reschedule your next appoint is, we encourage you to call the transportation coordinator. She will help you.

Please do not call our drivers at home to arrange or cancel your appointments. This is done through the medical transportation coordinator only. She is the only person who can make up the driver's schedules. Doctor's appointments should be scheduled between

the hours of 9 AM and 3 PM. Drivers start at 8 AM and must be back at the Senior Center by our closing time which is 4 PM.

Medical Rides should be scheduled as soon as you make an appointment with your doctor. It is first come, first served. You may have to reschedule with the doctor if we are already booked up on a particular day. Same day or next day appointments typically are very hard to fill and cannot be scheduled. It is never too early to call ahead to schedule your ride. We book rides months in advance so don't hesitate to call early.

If you need help getting into the doctor's office, please have a family member, friend, or caregivers accompany you to your appointment. Our drivers cannot always help you get into the office due to parking problems. If you are having trouble getting in and out of your house independently and require a wheelchair or a walker, and if you can't get down your steps independently, please be aware that our drivers cannot help you. It puts our driver's at risk if you ask them to help you and you have a fall or are otherwise injured. If you require any assistance you must have a caregiver or family member accompany you to and from your medical appointment and to insure safety in and out of your home.

If you have a physical emergency, you need to call 911 for an ambulance. Remember, our drivers are not EMT's and cannot take you to the ER under any circumstances.

It is our pleasure to serve the Seniors of Uxbridge. Our drivers are friendly, courteous, compassionate and very responsible individuals. They are paid an hourly rate from a formula grant from the State and can accept donations on behalf of the Senior Center only. They cannot accept tips. We look forward to helping you. Please call if you have questions or concerns about our transportation services. ♦

Donna Oncay  
Transportation Coordinator  
508-278-8622

**NEWS FROM SHINE APRIL 2016**

**ARE YOU TURNING 65 WITH A HEALTH CONNECTOR PLAN**

People with Health Connector coverage nearing Medicare eligibility face many obligations – to enroll in Medicare in a timely way, to notify their Connector plan about their Medicare eligibility, and to cancel their Connector plan. Despite these responsibilities, people with Connector plans receive **no notice about their Medicare eligibility** unless they are auto-enrolled in Medicare because they receive Social Security cash benefits. **In addition, Connector enrollees receive no notification that their access to premium tax credits automatically terminates when they become Medicare eligible.**

These notification gaps put people in the Health Connector who are nearing Medicare eligibility at serious risk. Honest enrollment mistakes can lead to lifetime premium penalties, gaps in coverage, disruptions in access to needed care, **tax penalties and recovery, by the IRS resulting from the loss of premium tax credits** and delayed Medicare enrollment. To avoid these consequences, it is imperative that Health Connector members who are eligible for Medicare enroll in Medicare in a timely manner, notify their Connector plan about their Medicare eligibility, and cancel their Connector plan. **As always feel free to contact your local SHINE Regional Office at 1-800-243-4636 #3 if you have any questions. ♦**

**“SHINE’S MEDICARE AND MORE” PROGRAM**

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE’s MEDICARE AND MORE”, we hope your local cable channel will pick it up. 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 call and ask about it. ♦

**CENTRAL MASS SHINE WEBSITE**

The Central Mass Region has recently launched its website. You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with you insurance needs. ♦

**Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at [shinema.org](http://shinema.org) ♦**



Get your facts first, then you can distort them as you please - *Mark Twain*

Television has proved that people will look at anything rather than each other. – *Ann Landers*

If it weren’t for the last minute, nothing would get done .  
– *George Bernard Shaw*

The only time my education was interrupted was when I was in school - *George Bernard Shaw .*

When a thing is funny, search it carefully for a hidden truth - *George Bernard Shaw*

Never interrupt your enemy when he is making a mistake  
- *Napoleon Bonaparte*

**THE BEST WAY TO FIND YOURSELF  
IS TO LOSE YOURSELF  
IN THE SERVICE OF OTHERS.  
GANDHI**



## THE UXBRIDGE SENIOR CENTER IN CONJUNCTION WITH THE SUNSHINE CLUB WILL BE OFFERING THE FOLLOWING BUS TRIPS FOR 2016:



Sunday, **May 1 – Friday, May 6, 2016** – 6 DAYS, Outer Banks, NC - \$645

Friday, **May 13, 2016** – Loretta Laroche at Stoneham Theatre - \$95

Monday, **June 6, 2016** - Gloucester Lobster Bake Cruise - \$76

Thursday, **July 14, 2016** - My Fair Lady at Interlakes Theatre/Meredith, NH - \$79

Monday, **August 15, 2016** - Casco Bay Cruise, Portland, ME - Bailey's Island - \$92

Tuesday, **September 13, 2016** – Lake Winnepesaukee Cruise w/Bufferet on boat - \$72

Monday, **October 3 – October 12, 2016** - 10 Days – Scotland – Please Call Pam at 508-476-4474 for information.

Monday, **October 10 – Friday, October 14, 2016** - Niagara Falls – 5 days/8 meals - \$489

Sunday, **November 6 – Tuesday, November 8, 2016** - Villa Roma, all-inclusive – \$369

Monday – **Wednesday November 28 – 30, 2016** - White Mountain Hotel, North Conway - \$439

Wednesday, **December 7, 2016** - Newport Playhouse "Nana's Naughty Knickers" - \$75

Saturday – **Monday December 10, 11, & 12, 2016** – NYC at Christmas with 9/11 Museum - \$339

**DO YOU LIKE TO LAUGH? IF SO, JOIN US FOR THE LORETTA LAROCHE TRIP ON MAY 13TH. YOU'LL BE GLAD YOU DID! NICE MOTHER'S DAY TREAT TO YOURSELF AND/OR YOUR MOTHER!**

**IF YOU REALLY WANT TO EXPERIENCE AND EARLY SPRING, THE OUTER BANKS TRIP FROM MAY 1ST – 6TH IS WHAT YOU NEED! WE'RE GOING TO BE AT THE BEACH AND HAVE A NICE EARLY SPRING/SUMMER! LOTS OF SIDE TRIPS AND 8 MEALS ARE INCLUDED FOR \$645.00**

**CALL SUE AT 508-476-5820 FOR MORE INFORMATION ON ANY OF THESE TRIPS. REMEMBER THE NEW PARKING SPOT IS THE WHITINSVILLE WALMART. ♦**

## Veteran Services Office

is now located at The Uxbridge Town Hall. Carl J. Bradshaw, District Director can be reached at 508-278-8600 ext. 2017 and AnnMarie Cleary, Assistant Director can be reached at 508-278-8600 ext. 2037. Office hours are posted on the door. ♦

# 2016 UXBRIDGE COUNCIL ON AGING April Newsletter Rev. F

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MEALS ARE SERVED WITH MILK OR WATER MENU IS SUBJECT TO CHANGE WITHOUT NOTICE				1. BAKED FISH JASMINE RICE BROCCOLI SUGAR FREE PIE
4. GARDEN VEGETABLE ALFREDO W/PENNE GARDEN SALAD FRESH FRUIT	5. SPAGHETTI LUNCHEON SPONSORED BY THE UXBRIDGE POLICE DEPARTMENT	6. CHICKEN ALA KING EGG NOODLES BROCCOLI MIX APPLE CAKE	7. SALISBURY STEAK MASHED POTATOES GREEN BEANS SUGAR FREE JELLO	8. BAKED FISH ROASTED POTATOES MIXED VEGETABLES SUGAR FREE ICE CREAM
11. TUNA CASSEROLE PEAS AND CARROTS SUGAR FREE PUDDING	12. MEATLOAF W/GRAVY MASHED POTATOES MIXED VEGETABLES BLUEBERRY CAKE	13. CHICKEN CORDON BLEU JASMINE RICE GREEN BEANS SUGAR FREE JELLO	14. SHEPHERDS' PIE MIXED VEGETABLE FRESH FRUIT	15. BAKED FISH RICE PILAF GREEN BEANS ANGEL FOOD CAKE W/FRUIT
18. PATRIOTS' DAY CLOSED NO LUNCH SERVED 	19. VEGTABLE QUICHE GARDEN SALAD PEACHES AND CREAM	20. CHICKEN MARSALA MASHED POTATOES GREEN BEANS SUGAR FREE PUDDING	21. STUFFED CABBAGE JASMINE RICE STEAMED CARROTS SUGAR FREE ICE CREAM	22. BAKED FISH ROASTED SWEET POTATO MIXED VEGETABLE CAKE
25. THREE CHEESE VEGETABLE PASTA TOSS GARDEN SALAD ITALIAN BREAD SUGAR FREE PUDDING	26. BEEF STROGANOFF EGG NOODLES BROCCOLI SUGAR FREE JELLO	27. ROASTED CHICKEN MASHED POTATOES GREEN BEANS PEACH CAKE	28. HOT DOGS W/ROLL BAKED BEANS COLESLAW FRESH FRUIT	29. BAKED FISH BAKED POTATO ITALIAN MIX 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.