



THE SILVER CENTER NEWS

UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

facebook.com/UxbridgeMASeniorCenter
uxbridge-ma.gov/coa



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

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

My Mother

Her hair is turning gray
Her steps are not so spry,
I can't believe she's growing old
But yet as the years go by,
I realize how much she's worth
There's no one dearer on this earth.

Her understanding is so dear
Her heart so warm and true,
So many worries yet she smiles
I know she'll see them through,
Oh, the older I grow the more I see
How much my mother means to me.

Summer, 1945

By *Lu Rondeau-Kozut*

Submitted by Gail Boutiette
Uxbridge Outreach Coordinator



Mother's Day Celebration

Monday, May 9 – 11:30 AM – 12:30 PM. Please join us for this special lunch and we are happy to announce that Maya Levine will be singing! Maya is the daughter of Vikki Levine from Comfort Zone Home Care. Please be sure to call ahead to reserve your spot for this luncheon. ♦



LUNCH AND LEARN WITH POLICE CHIEF LOURIE

Friday, May 6 - 11:30 am – 12:30 PM.

Police Chief Jeff Lourie will hold his monthly Community Policing Bureau Presentation. This month's guest speaker will be Michele Ellicks, Community Outreach for MA Registry of Motor Vehicles. She will talk about the "RMV's Driving Decision Program" – advice for caregivers and professionals who deal with unsafe drivers. We invite caregivers to attend this important presentation. Seating is limited so please be sure to call ahead to reserve your spot for this lunch. Uxbridge Community Television will film and it 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. ♦

Massachusetts Senior Medicare Patrol

Friday, May 20 – 1:00 PM – 3:00 PM – The (SMP) Program in partnership with The Uxbridge Council on Aging invites you to it's first Medicare Beneficiary Council Meeting at the senior center. This meeting is open to the public and we strongly encourage Medicare beneficiaries, family members and caregivers to attend. Come and share your concerns, ask questions and gain a better understanding of how to protect, detect and report healthcare errors, fraud and abuse which cost American taxpayers billions of dollars annually.. ♦

Three seniors are out for a stroll.
one of them remarks, "It's windy."
Another replies, "No way. It's Thursday."
The last one says, "Me too. Let's have a soda."

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs. **We also have a link to our very informative cable TV program Medicare and More.** ♦

- 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
- 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.

Salmon Health VNA

ASK THE NURSE – Tuesday, May 17 – 11:30 am – 12:30 pm. 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. *Starting in June 2016, Salmon Health nurse, **Janet Iocabelli** will be at the senior center every fourth Tuesday going forward. * Please join us for this important free monthly clinic offered by the Salmon VNA. ♦



SENIOR CENTER WISH LIST



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, paper towels, 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 or like us on our Facebook page or by googling Uxbridge Senior Center, or even dropping by. Addresses for the web page and the Facebook page can be seen on page 1. ♦

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 Nipmuc 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. ♦



Shopping Trips

Hannaford 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.. ♦

“Name That Tune – Americana” – Monday, May 23, 2016 – 11:30 am – 12:30 pm – Steve Damon will be joining us again and will have music and a “Name That Tune” game! Come join us for some patriotic fun! Thank you to the Uxbridge Cultural Council for sponsoring this special event.. ♦



The senior center will be closed on Friday, May 27th and Monday, May 30, 2016 in observance of Memorial Day. No lunches will be served. ♦

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.

Why do people point to their wrist when asking for the time?

On top of spaghetti all covered with cheese.
I lost my poor meatball when somebody sneezed.

It rolled off the table, it rolled on the floor,
And then my poor meatball rolled out of the door.

It rolled in the garden and under a bush,
And then my poor meatball was nothing but mush.

The mush was as tasty as tasty could be,
And early next summer it grew to a tree.

The tree was all covered with beautiful moss.
It grew great big meatballs and tomato sauce.

So if you eat spaghetti all covered with cheese,
Hold on to your meatball and don't ever sneeze.

To the tune of On Top Of Old Smokey

Thank you! to all who have participated in the **Hannaford Helps - Reusable Bag Program** in the month of March! We are happy to announce that a total of 82 bags were sold and \$82.00 will go towards our daily meal program, which is run by donations. Remember, 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! ♦

Seventh and Eight graders ROCK!

We continue to enjoy the company and help from the 7th and 8th grade students from Our Lady of the Valley Regional School. They have been coming in on Fridays to help serve lunch! ♦

“C’mon Ma you have got to try it” I pleaded to my elderly Mother. I don’t know how my Mother lasted this long without ever using the internet, but enough was enough! I thought.

“Ok” she said reluctantly settling down by the computer and slowly putting on her reading glasses “what do I do now?”

“Now I’m going to open the home page of google”, I explained. “OK here it is! Now type in ANY question you want into the bar over here and you will find an answer to your question.” I confidently assured her.

My Mother looked at me warily, thought for a second, and slowly began to type,
How is Gertrude doing this morning?

We wish to thank the Uxbridge Police Department

Thank you! again for their 1st Annual free spaghetti

Lunch that was held on April 5, 2016. Also thank you to Adrian from Uxbridge House of Pizza for his help & delicious meatballs and Tony Guinta from Hannaford’s for the ice cream sundaes! ♦



- *A woman entered her kitchen and found her boyfriend waving a fly swatter.*
- *"What in heaven's name are you up to?" she asked.*
- *"Killing flies," he said.*
- *"Oh. Get any?"*
- *"Yep, two males, three females," he answered.*
- *"Oh come on! How do you tell them apart?"*
- *"Two were on a beer can, three were on the phone."*

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

Numbers below represent people served in

MARCH 2016



Telephone Calls	1,273
Meals Served	558
Daily Visitors	749
Medical Runs (Round Trips)	112
Computer Classes	15
Hannaford Shopping (Round Trips)	30
SMOC Fuel Assistance	3
Walmart Shopping (Round Trips)	3
Lunch Pick Up	162
Tax Appointments	44

Got a Mind? Use It or Lose It... or Share It At New Uxbridge Senior Academy

Learning something new every day or being lifelong learners may sound like educational clichés but, nevertheless, they are important ideas as people age. The Uxbridge Senior Academy is coming to the Uxbridge Senior Center with the plan to offer mini-courses in a variety of subjects and skills which might pique the interest of seniors and bring them together to learn and share ideas with their contemporaries. It is pretty much widely accepted that it is important to learn new skills and to keep the brain stimulated to ward off some of the cognitive loss and ability that comes with aging. Plus, there is the social and fun aspect of learning and discussing things together.

The Uxbridge Senior Academy's classes will meet at the Uxbridge Senior Center at 36 S. Main Street in the early evening at a time to be determined by the instructor and participants or, perhaps, during the day for a course such as photography better suited to the afternoon. Sessions will be one to two hours and will be supported by donations from participants and by grants and donations from other sources. The instructors are volunteers with experience and/or expertise in the field or subject area. A course plan will be available once interest in topics proposed is shown. In many cases, the course will be led by a facilitator rather than a teacher. Those interested in offering a mini-course are encouraged to contact Catherine Thornton at catherinethornton941@gmail.com or 508-278-4517 or the Uxbridge Senior Center (508-278-8622) to obtain a form to indicate contact information. The same applies to anyone interested in joining a class. Special needs have not really been considered, yet. Potential participants would have to let the Uxbridge Senior Academy organizers know what they might be in order to address them.

The course possibilities are English as a Second Language (ESL), Golden Age of Radio, Film Study, Poetry Reading and Writing, Book Chat, Photography, In Depth Look at WWII, Impact of Drug Addiction in our World, Computer Literacy, Impact of Social Media, Caring for Aging Family Members. Duration of the class and number of meetings would vary. Suggestions are sought which reflect senior interests. USA will try to incorporate and offer them. This is not an adult education program associated with the local school district. It is an effort to bring local seniors together to share in the joy of learning, discovering new ideas and engaging in discussion.

USA is in the planning stage so its organizers are reaching out to the community for support and participation. The Senior Center provides a wide range of services to the elderly of Uxbridge who need assistance, but it is so much more. "Younger" seniors, as well as those more advanced in years, can find a connection and fellowship there. Ms. Marsha Petrillo, Council on Aging Director, is on board encouraging the Uxbridge Senior Academy founding; as is Jack Daley, local author, and Bob Mickle, award winning photographer, who have signed on to offer mini-courses. ♦

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. ♦

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



11th Annual Golf Tournament

Saturday, June 11 at Crystal Lake Golf Course. The Uxbridge Elderly Connection Inc., in conjunction with the Uxbridge Senior Center will host it's 11th Annual ELDERLY CONNECTION Golf Tournament 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 \$30.00. This Elderly Connection fundraiser helps the Senior Center by providing funds for special programs and other needs not covered by the budget. Also, if you are a local business owner you can support us with a tee sign bearing your company's name for a \$100 donation to the Uxbridge Elderly Connection Inc. Or, for all you golfers out there please consider playing in this fun and worthy event! Call Pete at 508-326-4328 to learn more! ♦

NEWS FROM SHINE MAY 2016

NEED HELP with the Cost of your Prescription Medications?? Prescription Advantage Can Help!!

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 \$59,400 for a single person or \$80,100 for a married couple.
- OR
- Under 65 years and disabled, with an annual income at or less than \$22,335 for a single person or \$30,118 for a married couple.

You may also join if you are 65 years or older and **not eligible for Medicare**. **There is no income limit.**

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,640 for a single person and \$48,060 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**. You may also apply online by going to www.prescriptionadvantagemma.org.

Trained SHINE (Serving Health Information Needs for 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 a SHINE voice mail, leave your name and number. A volunteer will call you back.

You can also visit us on the internet at www.shinema.org. ♦

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



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

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

Thursday, July 28, 2016 - My Fair Lady at Interlakes Theatre/Meredith, NH - \$74

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

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

Friday, September 30, 2016 – Day trip to Vermont for foliage viewing w/lunch - \$85

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

There are still a few seats left for the Loretta Laroche trip in Stoneham on May 13th w/lunch at Polcari's. Come and enjoy a fun day out with lots of laughs! A new trip has been added on September 30th – A day trip to VT for foliage viewing w/lunch for \$85! The "My Fair Lady" trip has been changed to July 28th by the theatre and the price is now \$74. Come and enjoy summer theatre in Meredith, NH!

Call Sue at 508-476-5820 for more information on any of these trips. Remember the new parking spot is the Whitinsville Walmart.

That's all Folks!

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
2. STUFFED SHELLS SPINACH ITALIAN BREAD PEACHES AND CREAM	3. SHEPHERDS PIE BROCCOLI SUGAR FREE JELLO	4. CHICKEN PICCATA MASHED POTATOES GREEN BEANS BLUEBERRY CAKE	5. BEEF AND CORNBREAD PIE GARDEN SALAD SUGAR FREE PUDDING	6. BAKED FISH RICE PILAF MIXED VEGETABLE SUGAR FREE PIE
9.  MOTHER'S DAY CELEBRATION	10. BEEF AND MUSHROOM LASAGNA GARDEN SALAD ITALIAN BREAD APPLE CAKE	11. CHICKEN POT PIE MIXED VEGETABLE SUGAR FREE PUDDING	12. POT ROAST MASHED POTATOES CARROTS SUGAR FREE JELLO	13. BAKED FISH ROASTED POTATOES GREEN BEANS SUGAR FREE ICE CREAM
16. CREAMY PENNE FLORENTINE GARDEN SALAD SUGAR FREE PUDDING	17. MEATLOAF W/GRAVY MASHED POTATOES MIXED VEGETABLES SUGAR FREE ICE CREAM	18. TUSCAN CHICKEN JASMINE RICE GREEN BEANS SUGAR FREE JELLO	19. AMERICAN CHOP SUEY GARDEN SALAD ITALIAN BREAD PEACH CAKE	20. BAKED FISH WILD GRAIN RICE ITALIAN MIX VEGETABLE BIRTHDAY CAKE
23. BAKED MACARONI AND CHEESE STEAMED CARROTS FRESH FRUIT	24. SPAGHETTI W/BOLOGNESE SAUCE GARDEN SALAD ITALIAN BREAD ICE CREAM SANDWICHES	25. ROASTED CHICKEN MASHED POTATOES BUTTERNUT SQUASH SUGAR FREE ICE CREAM	26. HAMBURGER W/ROLL BAKED BEANS POTATO SALAD BIRTHDAY CAKE	27. CLOSED FOR MEMORIAL DAY NO LUNCH SERVED
30. CLOSED FOR MEMORIAL DAY NO LUNCH SERVED 	31. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING			ALL MEALS ARE SERVED WITH MILK OR WATER MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

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.