



Uxbridge Council on Aging

Uxbridge Senior Center

Semper Ad Meliora

The Silver Center News

& Lunch Menu

November 2015

The mission of the **UXBRIDGE SENIOR CENTER** and the **COA BOARD** is to link needs with services and to promote wellness programs that educate and empower elders to maintain their quality of life. An additional mission is to raise community consciousness concerning the many services, programs, and activities offered at the Senior Center. - *Marsha Petrillo, Director*



*Because you're
worth it !*



UXBRIDGE SENIOR CENTER

NOVEMBER 2015 NEWSLETTER AND MEAL MENU

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Be The One Others are Thankful For





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

THE SILVER CENTER NEWS

semper ad meliora

UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

uxbridge-ma.gov/coa

November



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

The whole problem with the world is that fools and fanatics are always so certain of themselves, and wiser people so full of doubts. - Bertrand Russell (1872-1970)



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 from Hannaford, Walmart and CVS also make nice holiday gifts for senior citizens in need.

We also continue to need in kind donations of napkins, plastic 8 oz cups, and decaf coffee. One can donate directly to the Center at 36 South Main Street or on line via the town's web page. Every donation helps and comes enormously appreciated!" ♦

How many words can you make with the letters in:

Uxbridge Seniors

I assure you, there are hundreds.

Senior Stumper #1

What day is commonly referred to as "the day when music died" ? Answers on page: 8

Exciting news! The Uxbridge Elderly Connection, Inc. (UEC) has been selected to be a part of the "Hannaford Helps" Reusable Bag Program featuring the new bright blue Bag!



This program is designed to create revenue streams for non-profits like UEC. We are so honored! Please help support our mission to serve seniors by buying this beautiful blue reusable bag during October 15, 2015 - December 31, 2015. The new "Hannaford Helps" Reusable Bag with the bright blue design is only \$2.25 and for every bag purchased \$1.00 is donated to The Uxbridge Elderly Connection, Inc. This is a great opportunity for you to support our mission and do your part for the planet - all in one purchase!



Don't forget to pick up the "Hannaford Helps" Blue Reusable Bag during your next trip to the grocery store at the 158 N. Main Street, Uxbridge, MA 01569. Hannaford, the Uxbridge Elderly Connection, Inc. will benefit from 10/15 through 12/31!

For more information about this exciting new program please visit: www.hannaford.bags4mycause.com ♦

Thank you for your continued support!

I'M NOT ARGUING! I'M SIMPLY EXPLAINING WHY I'M RIGHT.

- 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, 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 9 AM - 4 PM.

I have always found that most Seniors are good cooks. Do you have a recipe you'd share with others? Give us a copy and we'll put it in the newsletter.



BRAISED BALSAMIC CHICKEN

(<http://allrecipes.com/recipe/8665/braised-balsamic-chicken/>)

WHAT YOU'LL NEED

- 6 skinless, boneless chicken breast halves
- 1 teaspoon garlic salt
- ground black pepper to taste
- 2 tablespoons olive oil
- 1 onion, thinly sliced
- 1 (14.5 ounce) can diced tomatoes
- 1/2 cup balsamic vinegar
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- 1/2 teaspoon dried thyme

WHAT YOU'LL NEED TO DO:

1. Season both sides of chicken breasts with garlic salt and pepper.
2. Heat olive oil in a skillet over medium heat; cook seasoned chicken breasts until chicken is browned, 3 to 4 minutes per side. Add onion; cook and stir until onion is browned, 3 to 4 minutes.
3. Pour diced tomatoes and balsamic vinegar over chicken; season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Tip: Aluminum foil can be used to keep moist, cook it evenly, and make clean-up easier. ♦

Catch that Ball



How can you throw a ball as hard as you can and have it come back to you even if it doesn't bounce off anything?

There is nothing attached to it, and no one catches or throws it back to you. ♦

Answer: Throw it straight up in the air.

Barrel Quiz

What can you put in a barrel to make it lighter? ♦

Answer: A hole.



Kids arguing:

"I hate you! I won't play with you again!"

So they played apart.

After a few minutes, they played again and shared toys.

WHY?

Because for kids,
happiness is more important than *pride*.

Senior Stumper #2

This "man in black" was a troubled but devout Christian who declared himself as "the biggest sinner of them all". Much of his music was centered around themes of sorrow and moral tribulation, establishing him as the "philosopher-prince of American country music." Who was he? Answer on Page 8 ♦

Senior Stumper #3

Coca-Cola used to be the most popular brand name in the world. What brand overtook it in the mid-nineties as the most widely recognized? Answer on Page 8 ♦

MASSACHUSETTS EMERGENCY MANAGEMENT AGENCY

@ 400 Worcester Road Framingham, MA 01702-5399

Tel: 508-820-2000 Fax: 508-820-2030

Website: www.mass.gov/mema

The Massachusetts Emergency Management Agency encourages families to 'MAKE A PLAN' as part of Massachusetts Emergency Preparedness Month.

Go to www.uxbridge-ma.gov/coa and click on "Seniors! Make A Plan" for details ♦

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 - 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. ♦



**FREE
COMPUTER
classes**
Registration Required

will be every Monday at the Senior Center

from 3:00 – 4:00 PM starting Oct 26. You can call ahead to sign up 508-278-8622. Many thanks to the Nipmuc students for teaching our classes again this year! They can teach you on your tablet, phone, nooks iPads etc. Bring in your device and learn! We are wireless at the Senior so please feel free to come take advantage of this service. ♦

**The Doctor called Mrs. Cohen saying, "Mrs. Cohen, your check came back."
Mrs. Cohen answered, "So did my arthritis "**



AARP will be starting tax preparation in February. Be sure to register early! We will not have dates/times available until the end of January, so please wait until then to call.

Thank you! These time slots are filled up quickly. ♦

TUFTS Health Plan Medicare Preferred

Thursday, November 5, 2015

1:00 p.m. - Kristen Cooney, Field Sales Rep. from Tufts Medicare Preferred will be her to roll out the new plan and go over Medicare changes for 2016. It is very important to understand the insurance changes. This is open for the first 50 people as seating is limited. Call ahead to sign up and bring all your questions. ♦



Kerry Soltys of Fallon Community Health will be at the Senior Center on Wed. November 18 @ 2 PM to talk about the new Plans and New

Rates for 2016. ♦

Ask the Nurse- Salmon Health VNA 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 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, November 17, 2015 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. ♦

Senior Stumper #4

What is the largest freshwater lake in the whole world? ♦

Answer on Page 8

Wiki-Thanks



Thanksgiving was first celebrated on the same date by all states in 1863 by a presidential proclamation of Abraham Lincoln. Influenced by the campaigning of author Sarah Josepha Hale, who wrote letters to politicians for around 40 years trying to make it an official holiday, Lincoln proclaimed the date to be the final Thursday in November in an attempt to foster a sense of American unity between the Northern and Southern states.

Because of the ongoing Civil War and the Confederate States of America's refusal to recognize Lincoln's authority, a nationwide Thanksgiving date was not realized until Reconstruction was completed in the 1870s.

On December 26, 1941, President Franklin D. Roosevelt signed a joint resolution of Congress changing the national Thanksgiving Day from the last Thursday in November to the fourth Thursday.



Two years earlier, Roosevelt had used a presidential proclamation to try to achieve this change, reasoning that earlier celebration of the holiday would give the country an economic boost. ♦



LUNCH AND LEARN WITH POLICE CHIEF LOURIE – Friday, November 6, 2015
11:30 am – 12:30 pm. Program on Technology for Caregivers. Debbie Dowd-

Foley, Caregiver Specialist from Elder Services of Worcester Area, Inc. will join Chief Lourie. Her presentation will be about technology, social media and apps for caregivers of elders. Be sure to call ahead 48 hours to reserve your spot for this lunch. We are grateful to be working so closely with our Police Department. ♦

Answer to question from the October newsletter



When the tantalizing Madge (Bette Davis) toys with Marvin's testosterone in The Cabin in the Cotton (1932) there is a delicious mismatch between correlation and causation captured

when Madge claims "I'd love to kiss you, but I just washed my hair..." ♦

"Help Me" Thanksgiving Day Prayer

O God, when I have food,
Help me to remember the hungry;
When I have work,
Help me to remember the jobless;
When I have a home,
Help me remember those who have no home at all;
When I am without pain'
Help me to remember those who suffer,
And remembering,
Help me to destroy my complacency;
Bestir my compassion,
and be concerned enough to help;
By word and deed,
Those who cry out for what we take for granted.

..Amen.



In honor of American Veteran's Day, the Senior Center will be closed on **Nov 11**. No lunch will be served. May God bless everyone of them. ♦

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

The numbers below represent people served in

September 2015

Telephone Calls	1,187
Meals Served	481
Daily Visitors	618
Medical Runs (Round Trips)	146
Hannaford Shopping (Round Trips)	30
Director Outreach	497
SMOC Fuel Assistance	10
Walmart Shopping (Round Trips)	31
Lunch Pick Up	168
Other van runs for appointments	15

UXBRIDGE SENIORS
APPRECIATE IT



Happy Thanksgiving

Thursday, November 19 – 11:30 am – 12:30 PM – Please come join us for this special luncheon. Be sure to call ahead 48 hours to reserve your spot. 508-278-8622. ♦

Thanksgiving
Celebration



Home delivered thanksgiving meals

– for Seniors in conjunction with People First Food Pantry of Uxbridge, Monday, November 23 from 6 – 7 PM. If you know of any seniors that are shut-in or in need of a hot Thanksgiving meal, please call by Monday, November 16 for delivery on November 23. 508-278-8622. ♦

Dr. Michael Biancamano The foot doctor will be at the Senior Center Monday morning, November 30. 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. All spots are full, so you may be put on a cancellation list. ♦



We have a beautiful quilt donated by Madonna Terlizzi, Blackstone Valley Needle Arts Studio, that will be raffled off on First Night. Tickets are \$1.00 a piece or 6 for \$5.00 and will be available through the Uxbridge Elderly Connection at the Senior Center. If anyone is willing to donate a “Theme” basket for first night, please feel free to drop them off at the Senior Center. ♦

The senior center will be closed on the following days for thanksgiving, Wednesday, November 25, Thursday, November 26 and Friday, November 27. No lunches will be served. ♦



Navicare - Nelly Colon is the new Account Executive. She has replaced Jessica Recore. 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. ♦

*Remember, honest criticism is hard to take, particularly from a relative, a friend, an acquaintance, or a stranger.**



The Sunshine Club

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

Make plans to join the Sunshine Club for the trip to Lancaster on Nov. 16-19. We will be going to the Sight and Sound Christmas Show (Miracle of Christmas) -- we have 4th row seating!! There will also be an evening at the Dutch Apple dinner theatre with "A Christmas Story." The other dinners will be at Shady Maple and Hershey Farms. We will have a stop in Hershey on the way home and a visit to the National Christmas Center which is a trip down "memory lane" with all kinds of Christmas things from years past. We will be staying at the Heritage Hotel which will have all (Continued on pg. 11) ♦

* by Franklin P. Jones



Answers to the November Senior Stumpers

#1 Feb 3rd 1959 - a small plane crash near Clear Lake, Iowa killed three American rock and roll pioneers: Buddy Holly, Ritchie Valens, and J. P. "The Big Bopper" Richardson (as well as the pilot Roger Peterson) ♦

#2 The man known as the "man in black" was Johnny Cash. **Did you know:** Although arrested on seven separate instances, Cash never served a prison sentence, each stay lasting only a single night. In 1965, Cash was suspected by authorities to be smuggling heroin but was found with only prescription drugs - 688 capsules of Dexedrine and 475 tablets of Equanil. Because they were prescription and not illegal narcotics, Cash only received a suspended sentence. ♦

#3 The fast-food chain McDonalds is now more widely recognized than even Coca-Cola. ♦

#4 Lake Superior in the United States is larger than any other freshwater lake. ♦

#5 All of them have at least 28—but February is the only one with only 28 days, or 29 on a Leap year. ♦



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. ♦

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. ♦

Laughter

is the
BEST
medicine.

An angry wife was complaining about her husband spending all his free time in a bar, so one night he took her along with him. "What'll you have?" he asked.

"Oh, I don't know. The same as you I suppose," she replied.

So, the husband ordered a couple of Jack Daniel's and threw his down in one shot. His wife watched him, then took a sip from her glass and immediately spat it out.

"Yuck, that's TERRIBLE!" she spluttered. "I don't know how you can drink this stuff!"

"Well, there you go," cried the husband. "And you think I'm out enjoying myself every night!" ♦



What do cannibals eat for dessert?
Chocolate covered aunts.

What is a monkey's favorite cookie?
Chocolate chimp!

What do you call a lamb covered in chocolate?
A Candy Baa.

What do you call people who like to drink hot chocolate all year long?
Cocoa-Nuts. ♦

A man goes to a psychiatrist. The doctor says, "You're crazy" The man says, "I want a second opinion " "Okay, you're ugly too "

SENIOR CENTER SPECIAL EVENTS

Nov-5	Tufts Health Plan	What's new in Tufts Healthcare Medicare Preferred Plan. Hear about what's new for 2016
Nov 6	Lunch and Learn	Lunch with Chief Lourie
Nov 7	Sunshine Club	Trip to Manchester, NH, <i>[The Addams Family]</i>
Nov 9	Seniors for Seniors	This is a program recently developed by the Senior Dental Assisting students at BVT to provide an informational presentation on dental related topics to senior citizens.
Nov 11	Veterans Day	CLOSED, NO MEALS SERVED
Nov 16 - 19	Sunshine Club, Lancaster	Bus Trip
Nov-17	Ask the Nurse	Salmon Health VNA will be available.
Nov-18	Fallon Senior Plan	New Fallon Community Health Plan for 2016
Nov 19	Thanksgiving Celebration	Special Luncheon
Nov 20	Anti-Clutter Program	Rita Sullivan, Worcester Area Volunteers Presenting
Nov 23	Thanksgiving Home Delivered Meals for Seniors	Help the COA/Food Pantry to identify Seniors for shut ins by Nov 16 and on the 23 rd , help deliver hot meals
Nov 25	Thanksgiving	CLOSED, NO MEALS SERVED
Nov 26	Thanksgiving	
Nov 27	Thanksgiving	
Nov 30	Dr. BianCamano	Podiatrist
Dec-1	Sunshine Club	Newport Playhouse Trip <i>[Getting Sarah Married]</i>

Medicare Open Enrollment is NOW!

You need to check your plan!

Here is Beth's story.

Beth was in Okeydokey Drug plan in 2015 and decided to see the SHINE counselor in her town to compare Okeydokey to other plans for 2016. She was surprised to find that two of her medications won't be covered on her drug plan next year and it would cost her \$550 a month to pay for them!

The SHINE counselor helped her find a new plan -- and she saved over \$6000! Success!

To find a SHINE counselor, go to your Council on Aging or call 1-800-243-4636.

You can also look on the Plan Finder yourself at www.medicare.gov or call Medicare 24/7 at 1-800-633-4227.

Senior Stumper #5 How many months have 28 days?
Answer on Page 8



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

NOVEMBER 2015

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. BROCCOLI MACARONI AND CHEESE GARDEN SALAD WHOLE WHEAT ROLL SUGAR FREE PUDDING	3. BEEF POT PIE BROCCOLI CARROT CAKE	4. CHICKEN MARSALA MASHED POTATOES MIXED VEGETABLE SUGAR FREE JELLO	5. SALISBURY STEAK EGG NOODLES STEAMED CARROTS FRESH FRUIT	6. BAKED FISH SWEET POTATOES GREEN BEANS ANGEL FOOD CAKE W/STRAWBERRIES
9. VEGETABLE QUICHE GARDEN SALAD FRESH FRUIT	10. MEATLOAF W/ GRAVY MASHED POTATOES GREEN BEANS BLUEBERRY CAKE	11. VETERANS DAY CLOSED NO LUNCH SERVED	12. MEATBALLS W/MARINARA AND PENNE GARDEN SALAD SUGAR FREE JELLO	13. BAKED FISH ROASTED POTATOES MIXED VEGETABLE SUGAR FREE ICE CREAM
16. TUNA CASSEROLE PEAS AND CARROTS SUGAR FREE PUDDING	17. BEEF AND CORNBREAD PIE GARDEN SALAD APPLE CAKE	18. TUSCAN CHICKEN JASMINE RICE GREEN BEANS FRESH FRUIT	19. THANKSGIVING CELEBRATION 	20. BAKED FISH RICE PILAF MIXED VEGETABLE BIRTHDAY CAKE
23. STUFFED SHELLS SPINACH ITALIAN BREAD PEACHES AND CREAM	24. SHEPHERDS PIE MIXED VEGETABLE WHOLE WHEAT ROLL SUGAR FREE PUDDING	25. CLOSED FOR THANKSGIVING NO LUNCH SERVED	26. CLOSED FOR THANKSGIVING NO LUNCH SERVED	27. CLOSED FOR THANKSGIVING NO LUNCH SERVED
30. THREE CHEESE VEGETABLE PASTA TOSS GARDEN SALAD ITALIAN BREAD BROWNIE AND ICE CREAM				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.



“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. www.shinema.org

SHINE is pleased to announce their partnership with Tri-River Family Health Center to provide the Uxbridge area with a State Certified Shine Counselor who has office hours at Tri-River Family Health Center. If you have any questions about Medicare benefits or related insurance questions in the Uxbridge area, please make an appointment with a Certified SHINE counselor. Call for an appointment at 1-800-243-4636 option 3 or 508-422-9931.

It’s that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: It is important to review, understand and save this information!

During Medicare Open Enrollment, from **October 15 to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call your local senior center now! Fallon will be at the Senior Center on Wednesday, November 18 to answer any questions you may have. ♦



Veteran Services Office is now located at The Uxbridge Town Hall. The office is located on the first floor as you walk into the town hall and is in the former office of the accounting department. 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.

Sunshine Club (Continued from page 7)

updated rooms. They have a wonderful buffet breakfast with all kinds of homemade items including a carved fresh fruit bar, a yogurt bar, homemade raisin bread "to die for!" and of course eggs and meat! \$489. for 4 days.

Still looking for a few more people to join us on the trip to Manchester, NH to the "Addams Family" musical on Sat, Nov. 7. \$82 for the show, a buffet lunch at the Puritan Back Room (one of the best restaurants in Manchester), bus and all gratuities. It's supposed to be great fun!! A nice way to spend a November Saturday!

The Newport Playhouse trip on Dec. I has a different play scheduled. It now will be "Getting Sarah Married." There's always a lot of laughs at the Newport Playhouse! \$74. for buffet dinner, play and the infamous Christmas cabaret after the play. ♦



Uxbridge is a Heart Safe Community

HEARTSafe Communities is a program designed to promote survival from sudden out-of-hospital cardiac arrest. It is a general concept focused upon strengthening the “chain of survival” as described by the American Heart Association; it recognizes and stimulates efforts by individual communities to improve their system for preventing sudden cardiac arrest (SCA) from becoming irreversible death. The first HEARTSafe program began in Massachusetts in 2002. ♦

