

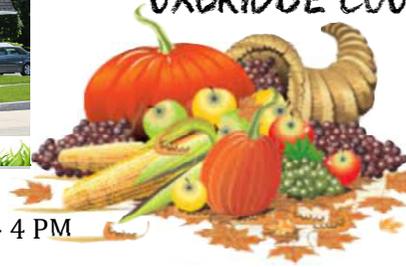


Location: 36 South Main St.  
 Hours of Operation: M - F 8 AM - 4 PM  
 Phone: (508) 278- 8622

# THE SILVER CENTER NEWS

UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU



Marsha Petrillo - Director  
 Omer Boucher - Transportation  
 Gail Boutiette - Outreach Coord.  
 Lynne McPherson - Head Chef  
 Donna Oncay - Admin Assistant



## VETERANS DAY

**N**ever in the history of the world has any soldier sacrificed more for the freedom and liberty of total strangers than the American soldier.



**C**onstruction of the new fire department is well underway. The parking lot across the street, the old Post Office building, is no longer available. We have a limited number of parking spots available at the center. During special events, we encourage those who can to carpool or take the van. There is additional parking behind Coves, the Library and Savers Bank. **If you have any questions about parking please call us.**



**M**arsha Petrillo, Director of the Uxbridge COA says: *Feel free to contact the Senior Center @ 508-278-8622 or visit us on our web page or Like us on our Facebook page or by googling "Uxbridge Senior Center", or better yet drop by at 36 South Main Street.*

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

## Turkey of the Month



**I**n N. Korea, Kim Jong-Un has banned sarcasm. In August of 2016, officials repeatedly warned all citizens that they are strictly forbidden from making sarcastic comments about the country's leadership, and that 'hostile actions' would be taken to correct such behavior and in the meantime, beatings will continue until morale improves. God Bless America!

**IF APRIL SHOWERS BRING MAY FLOWERS, WHAT DO MAY FLOWERS BRING?**

*Answer... Pilgrims*

May the road rise up to meet you.  
 May the wind be always at your back.  
 May the sun shine warm upon your face;  
 the rains fall soft upon your fields and until we meet again,  
 may God hold you in the palm of His hand.

**NOTICE:** The Senior Center drivers are not Emergency Responders and therefore are legally limited in what they're permitted to do. Please don't ask them to do something they're not trained, authorized, or certified to do.

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 A.M. 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 Newsletter & 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 P.M.



**NEW TIME FOR SHOPPING TRIPS –**

Grocery shopping every Tuesday.  
New Pick up begins at \*\*\*8:30 AM.  
Please make note of this time change so you will be sure to be ready.

\*\*\* Walmart shopping will be on the 2nd and 3rd 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. Please note the change for November only \*\*\* Walmart shopping on the 2nd and 3rd Thursday of November Only! Sign up in advance for Walmart shopping by calling us at (508) 278-8622 to reserve your seat on the van.



**A LOT OF PEOPLE ARE AFRAID OF HEIGHTS. NOT ME, I'M AFRAID OF WIDTHS. - Steven Wright**

**I , not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.**

**- Graccho Marx**

**Reminder....** If you have purchased the Hannaford Helps Reusable Bags, they will scan them as you check out and a donation of .25 cents will be made towards the senior center's daily meal program. Thank you for your participation!

**Autumn**

There's something in the autumn air  
And no other season can compare,  
And oh how jealous the rainbow must be  
When it sees autumn's colors upon each tree.

The forest smells of cedars and pines  
Through the branches the cool wind whines,  
The October sky is as blue as can be  
A glimpse of heaven God gives us to see.

For God was the artist, His hand held the paints  
Its glory was designed by His angels and saints,  
The world's in its prime, beauty at its best  
Autumn is here! Let the summer rest.

Written by Lu Rondeau-Kogut  
Tenth Grade, 1946

**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.

**LUNCH & LEARN with POLICE CHIEF LOURIE**

**F**riday, November 4, - 11:30 am – 12:30 PM. Police Chief Jeff Lourie will hold his monthly Community Policing Bureau Presentation. Jason Johnston, Tri-Valley Inc., will be guest speaker. Jason will be discussing One Care and SCO's (Senior Care Options). Please be sure to call ahead to reserve your seat for this lunch & learn as seating is limited. Uxbridge Community Television will film this event 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.

**MY THEORY OF EVOLUTION IS THAT DARWIN WAS ADOPTED.**

**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.**

**CURIOSITY KILLED CAT, BUT FOR A WHILE I WAS A SUSPECT.**

Standing calmly at the crossroads. no desire to run  
There's no hurry any more when all is said and done



### A Poem

A poem is such a lovely thing  
 With word and verse to rhyme,  
 And with every passing day  
 Whenever I have the time,  
 I take a book of poetry  
 And read it through and through  
 It tells of many tales, many false and true.  
 I love the thoughts it gives to me,  
 Thoughts of lands far and near  
 I dream that I live there always  
 Having fun and good cheer.  
 Many a new face I've met along the road  
 Many a song I've sung,  
 Sleeping out under a million stars  
 Whistling when a new day is begun.  
 I've traveled through the East and West  
 But no matter how far I roam,  
 I always seem to find myself  
 Sitting by the fire at home.

Written by Lu-Rondeau Kogut  
 Ninth Grade, 1945

### WISH LIST

Cash donations are always appreciated if you can afford to give.

We also continue to need in kind donations of Clorox wipes, both Regular & Decaf coffee, Napkins, Paper Towels and 8 oz plastic and foam 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! Thank you as well to all who have already donated !

*I CHILD PROOFED MY HOUSE BUT THE KIDS STILL GET IN.*



Tuesday, November 22, – 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. Salmon Health nurse, Janet Iocabelli will be at the senior center every fourth Tuesday. Please join us for this important free monthly clinic offered by the Salmon VNA.

*I have no special talents. I am only passionately curious. – Albert Einstein*



The Uxbridge Senior Center will be closed on the following days in observance of Thanksgiving. Wednesday, Thursday and

Friday; November 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup>. No Lunch and no transportation. We all wish you a Happy Thanksgiving!

### 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.

*So it is true. when all is said and done. grief is the price we pay for love.*

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

Numbers below represent people served in

**SEPTEMBER 2016**



Telephone Calls	1,225
Meals Served	471
Daily Visitors	608
Medical Runs (Round Trips)	79
Hannaford Shopping (Round Trips)	23
Walmart Shopping (Round Trips)	15
Lunch Pick Up	181
SMOC Fuel Assistance	10

*Facilius est vitae risus*

## Notice Board

 Friday, **November 4**— SMP Invites you to its 3rd Medicare Beneficiary Council Meeting from 1:00 – 3:00 PM at the senior center. Guest speaker will be Susan Salisbury, Tri Valley Inc., Community Services & Information Program Director. Susan will provide an overview of the many quality services and resources offered Tri-Valley Inc. Please call us at 508-278-8622 to register for this meeting. Remember, YOU can help us to raise awareness about health care fraud and abuse. Help us spread the good word! Our motto: “Each One Reach One!” Bring a friend! The Medicare Beneficiary Council meeting is open to the public and we strongly encourage Medicare beneficiaries, family members and caregivers to attend.

 Monday, **November 7**, 2016 – 11:30 – 12:30 PM. David Reilly RPh **Pharmacy Manager of Market 32** will present this lunch and learn. Market 32 Pharmacy has several programs available. They offer a Diabetes Advantage Program which offers certain diabetic meds and supplies for free as well as their Rx Advantage Programs, which is a promotional list of low cost medications where patients can purchase 100 tablets for \$9.99. David will also speak about vaccine use and indication based on age and history. He will be joined by a Massachusetts College of Pharmacy Student, MCPHS. Please call ahead to reserve your seat for this lunch.

 Tuesday, **November 8**, Election Day!

 Wednesday, **November 9** 11:30 – 12:30 PM. Brenda Fitzgerald, Director **Uxbridge Orthopedic & Sports Therapy** will join us. Cheryl Betterton, PT will present; Frozen Shoulder “Oh My Aching Shoulder”. Have you ever had shoulder pain and it hurt so much you cannot even get dressed without pain? Come learn about what physical therapy can do to help you de-thaw your frozen shoulder.

 The Senior Center will be closed on Friday, **November 11**, in observance of Veterans Day. There will be no transportation and no lunch will be served. Thank you to all those who have served and continue to serve our Country.

 **GROUP GRIEF COUNSELING** – Monday, **November 14**, 2016 and Monday, **November 28**, 2016 – 4:00 PM – 5:00 PM at the Uxbridge Senior Center. Georgette Ducey, Hospice Care Consultant from Compassus will be present with Michelle Heron-Maciell, Executive Director Nurse, for group grief counseling. If you are experiencing any type of loss, we encourage you to attend. There are many losses in life: separation, divorce, unemployment, health-related losses, foreclosures and relocations. Please feel free to join these free sessions.

 Friday, **November 18** 1:00 – 3:00 PM - Karrie Soltys, Sales Executive II **Medicare Sales for FallonHealth** will be here to roll out the New 2017 Senior Plans and Senior Care Options. If you have any questions, please feel free to join us!

 Monday, **November 21** 6 – 7:00 PM. - **Home Delivered Thanksgiving Meals** for Seniors in conjunction with People First Food Pantry of Uxbridge. If you know of any seniors that are shut-in or in need of a hot Thanksgiving meal, please call 508-278-8622 by Monday, November 14th for delivery on November 21st

 **Thanksgiving Celebration** – Tuesday, **November 22**, 11:30 – 12:30 PM. Join our Annual Thanksgiving Celebration and we will have UHS students of Kathleen Penza singing for us! Be sure to call ahead to reserve your lunch as seating is limited.

**COUNT YOUR BLESSINGS.**  
NAME THEM ONE BY ONE.  
COUNT YOUR  
**MANY BLESSINGS**  
SEE WHAT GOD HAS DONE.



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



Sunday, **November 6** – Tuesday, **November 8** Villa Roma, all-inclusive – \$369  
Think of going on a cruise ship on land and you will get the idea of what this trip is about. I'll kinds of activities all day long! Excellent food and three meals a day! Spots still available for this trip!

Monday, **November 28** – Wednesday, **November 30**,– White Mountain Hotel, North Conway - \$439 – There are still seats available for this trip!

Wednesday, **December 7** – Newport Playhouse “Nana’s Naughty Knickers” - \$75 – This trip is full

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

**Here's a rundown of what's coming up so far for 2017:**

**March 16, 2017 -Lion King –sorry, full (waiting list) -- leaves from both Westboro (9:15) and Whitinsville 10:00 --\$99.**

**March 30, 2017 - Newport Playhouse – “The Foursome” -- \$76.**

**April 1-9, 2017 -- Branson – full (waiting list) -- both Westboro and Whitinsville -- \$759.**

**April 27 - May 1, 2017 -- Virginia; International Tattoo and oceanfront Virginia Beach -- leaves from Whitinsville only --\$799.**

**May 17 – 20, 2017 -- 1000 Islands w/tulip fest -- leaves from Westborough only -- \$769.**

**June 5, 2017 -- day trip to Gloucester lobster bake and cruise -- both Westboro and Whitinsville -- \$76.**

**June 25 and 26, 2017 -- Hudson River/West Point – from Whitinsville only ---\$319.**

**August 21- 24, 2017 -- St. Andrews By-the-Sea and Campobello Island; staying at the Algonquin Hotel and Resort -- leaves from Westborough only --\$819.**

**September 24-26, 2017 -- Lake Placid &Adirondacks - from Whitinsville only -\$479.**

**Oct. 11, 2017 -- day trip to the TURKEY TRAIN -- both Westboro and Whitinsville \$72.**

**Nov. 30 - Dec. 1, 2017 -- Saratoga Victorian Christmas -- from Whitinsville only -\$319.**

**Dec. 8-9, 2017 -- Christmas in Vermont -- leaves from Westborough only --\$299.**

*New York City is an especially fun place at Christmas Time. The huge tree in Rockefeller Center will be lit, there will be skating on the rink, the stores are all decked out, and the hustle and bustle makes you get into the spirit of the season. It includes 2 nights' hotel, 2 breakfasts, 2 dinners, sightseeing with a local guide for 2 days, and entrance to the 9/11 Museum. A local guide will take you all around the city visiting places like Central Park, Times Square, Wall Street, and of course Rockefeller Center. All trips originate from the Whitinsville WalMart. Everyone is welcome to join the group on any of these trips. Call Sue L'Heureux at 508-476-5820 for more information on any of these trips.*

144 SE Main Street, Douglas, MA 01516 [suesbustours@hotmail.com](mailto:suesbustours@hotmail.com)

*The Diamond Tours Website: [www.grouptrips.com/sunshineclub](http://www.grouptrips.com/sunshineclub) has information on the Niagara Falls trip and the NYC trip w/flyers, videos, insurance info and more.*

## NEWS FROM SHINE NOVEMBER 2016

The Medicare Open Enrollment begins on October 15<sup>th</sup> and ends on December 7<sup>th</sup>  
**Don't Wait Until It's Too Late!**

### **Make a SHINE Appointment Soon!**

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan, It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings. REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

### **Medicare Update Meetings**

We have scheduled 25 Medicare Update Meetings in the Central Massachusetts area. Check with your local Senior Center to find a meeting near your home. Or check our website [www.shinema.org](http://www.shinema.org) for a list of our local meetings.

#### 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 your 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. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at [shinema.org](http://shinema.org)

#### 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.



- I don't mean to brag but I finished my 14 day diet in 3 hours and 12 minutes.
- Next time I need a damn fool, I'll go myself.

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1. SHEPHERDS PIE MIXED VEGETABLES SUGAR FREE PUDDING	2. TUSCAN CHICKEN JASMINE RICE ZUCCHINI FRESH FRUIT	3. AMERICAN CHOP SUEY GARDEN SALAD ITALIAM BREAD SUGAR FREE JELLO	4. BAKED FISH RICE PILAF GREEN BEANS SUGAR FREE ICE CREAM
7. TOMATO SOUP GRILLED CHEESE GARDEN SALAD PEACHES AND CREAM	8. SALISBURY STEAK MASHED POTATOES GREEN BEANS APPLE CAKE	9. CREAMY CHICKEN VEGETABLE SOUP ASSORTED SANDWICHES GARDEN SALAD ICE CREAM SANDWICHES	10. POT ROAST MASHED POTATOES CARROTS SUGAR FREE PUDDING	11. CLOSED FOR VETERANS DAY 
14. VEGETABLE QUICHE GARDEN SALAD FRESH FRUIT	15. MEXICAN BEEF AND RICE CASSEROLE GARDEN SALAD APPLE CRISP	16. CHICKEN PICCATA MASHED POTATOES BROCCOLI SUGAR FREE PUDDING	17. HOT DOG W/ROLL BAKED BEANS COLESLAW PEACH CAKE	18. BAKED FISH ROASTED SWEET POTATO MIXED VEGETABLE ANGEL FOOD CAKE W/BERRIES
21. STUFFED SHELLS SPINACH ITALIAN DRESSING SUGAR FREE PUDDING	22. THANKSGIVING CELEBRATION 	23. CLOSED FOR THANKSGIVING 	24. CLOSED FOR THANKSGIVING 	25. CLOSED FOR THANKSGIVING 
28. TUNA CASSEROLE PEAS AND CARROTS SUGAR FREE ICE CREAM	29. MEATLOAF W/GRAVY MASHED POTATOES GREEN BEANS SUGAR FREE JELLO	30. TURKEY A LA KING EGG NOODLES MIXED VEGETABLES APPLE CAKE		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.