



# THE SILVER CENTER NEWS

## UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU



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



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

Always remember, you are Braver than you believe, Stronger than you seem,  
Smarter than you think & twice as Beautiful as you ever Imagined!

### IT'S HALLOWEEN

**HALLOWEEN IS COMING  
THE SPOOKS WILL BE OUT,  
PUMPKINS WILL PEEK IN THE WINDOWS  
TO MAKE THE PEOPLE SHOUT.**

**THE GOBLINS WILL SIT BESIDE YOU  
ALL THE NIGHT THROUGH,  
A GHOST WILL JUMP OUT FROM BEHIND THE WALL  
WITH A LOUD SHOUT BOO!**

**LU RONDEAU-KOGUT  
SEVENTH GRADE, 1944**

**T**he Hannaford's Helps Shopping Bags Program is paying off. Thanks everyone for using them. We've accrued \$213 as of the current date. 



**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 also at Savers Bank. **If you have any questions about parking, please do not hesitate to call the senior center.**

"the moral test of government is how that government treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; those who are in the shadows of life; the sick, the needy and the handicapped."

- Hubert Humphrey

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://www.facebook.com/UxbridgeMASeniorCenter)

**When a soldier came to the clinic where I work for an MRI, he was put into the machine by an attractive, young technician. Sometime later, when the examination [was over, he was helped out of the machine by a far older woman. The soldier remarked, How long was I in there?**

**NOTICE:** The Senior Center drivers are not Emergency Responders and therefore are limited in what they're permitted 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 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. \*\*\*

**W**almart shopping will be on the 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

**GROUP GRIEF COUNSELING** - Monday, **October 3, 2016** and Monday, **October 17, 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-Maciel, 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.

**LUNCH & LEARN WITH COLEEN MASSEY** from MCPHS University Pharmacy Outreach Program. Wednesday, **October 5, 2016** – 11:30 – 12:30 Come listen to A+ information on Medicare Part D and other programs that help with the cost of medication. Individuals from the Pharmacy Outreach Program at MCPHS University will be here to talk about these programs and the importance of looking at the Medicare Part D options during the upcoming annual open enrollment period. Staff and students will also be available after the presentation to talk one-to-one with individuals about their options. Please feel free to bring a list of your current medications and they will go over them with you.

**The Senior Center will be closed on the following days in observance of Columbus Day Weekend. Friday, October 7, 2016 and Monday, October 10, 2016. No transportation and no lunch will be served.**



**Wednesday, October 12, 2016 – 1:00 – 3:00 pm -**

**MASSACHUSETTS** Susan Flanagan of Blue Cross Blue Shield of Massachusetts will be at the Uxbridge Senior Center. Medicare's Annual Election periods runs from Oct 15th through December 7th. This is the time of year that you can review your policies and can make changes for a January 1st effective date. Blue Cross Blue Shield of Massachusetts will be presenting their Medicare Advantage Products-Medicare HMO Blue and Medicare PPO Blue. All are welcome regardless of insurance coverage.

**1<sup>st</sup> ANNUAL HEALTHY HARVEST & SAFETY SYMPOSIUM** – Thursday, **October 13<sup>th</sup>** at the **Shrewsbury Senior Center** – 9:00 am – 2:00 PM Sponsored by the Worcester County Reserve Deputy Sheriff's Association. You are welcome to join this **FREE** educational event for seniors. Including distinguished speakers, senior safety, Bingo, raffles, public safety & wellness tips, community resources & so much more! Complimentary lunch included. Space is limited, if you are interested in attending with us from the Uxbridge Senior Center or if you have any questions, please call 508-278-8622.

**We are all worms, but I do believe I am a glowworm** – *Winston Churchill.*

**LUNCH AND LEARN WITH POLICE CHIEF LOURIE** – Friday, **October 14, 2016** - 11:30 am – 12:30 PM Police Chief Jeff Lourie will hold his monthly Community Policing Bureau Presentation. **Guest speaker to be announced.** 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.

## Notice Board

Start every day off with a smile and get it over with. - *W. C. Fields*

- FALLON HEALTH** Friday, **October 14**, 2016 – 1:00 – 3:00 PM – Karrie Soltys, Sales Executive II Medicare Sales for Fallon Health will be in to talk about Senior Care Options. If you have any questions, please feel free to join us!
- FREE FLU SHOT CLINIC** brought to you by Salmon VNA & Hospice - Monday, **October 17**, 2016 – 1:00 – 2:30 PM at the Uxbridge Senior Center. For all Uxbridge residents 6 months or older, no co pays. Please bring your insurance cards and wear a short-sleeved shirt. These are available on a first come, first served basis.
- TUFTS HEALTH PLAN** Tuesday, **October 18**, 2016 – 1:00 – 3:00 PM - Julia Spencer Santos, SCO Business Development Manager for Tufts Health Plan will be available. Join us to learn about your insurance options and bring your Medicare insurance questions. We invite you all to attend this program.
- SALEM CROSS INN** Wednesday, **October 19**, 2016 – Senior Bus Trip to Salem Cross Inn, West Brookfield, MA. Space is limited on the van, please sign up early to reserve your seat & meal. Price is \$20.00 per person including gratuity. We will also visit the Brookfield Orchards on our way home. No lunch will be served at the Senior Center.
- EARLY VOTING** - Thursday, **October 27**, 2016 – 1:00 – 2:30 pm. The Senior Center and the Town Clerk will offer early voting for the presidential election. If you come for lunch on the van, you will be able to vote after lunch and then go back home on the van. Call the senior center if you have questions or if you need transportation. 508-278-8622.



### ASK A NURSE

Tuesday, **October 25**, 2016 – 11:30 am – 12:30 P.M. 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.

**SHINE LUNCH & LEARN** - Friday, **October 28**, 2016 – 12:15 – 1:00 PM – The SHINE regional office will offer a talk on the new Medicare changes for 2017. Bring your insurance questions and learn about the various Medicare changes so you can make informed insurance decisions for a January 1, 2017 start date. Learn how the various supplemental plans and advantage plans work. Choose the best insurance option for your specific needs. Compare prices and review co-pays and deductibles and understand what plans work within your specific county. Call us at 508-278-8622 to reserve your spot for this informational discussion.

In California, they don't throw their garbage away – they turn it into TV shows - *Woody Allen*

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

Numbers below represent people served in

**AUGUST 2016**



<b>Telephone Calls</b>	<b>1,217</b>
<b>Meals Served</b>	<b>465</b>
<b>Daily Visitors</b>	<b>628</b>
<b>Medical Runs (Round Trips)</b>	<b>94</b>
<b>Hannaford Shopping (Round Trips)</b>	<b>20</b>
<b>Walmart Shopping (Round Trips)</b>	<b>10</b>
<b>Lunch Pick Up</b>	<b>194</b>

**GET DOWN**

*With the Senior Center*

## Notice Board **CONTINUE**

 **DR. MICHAEL BIANCAMANO** – The foot doctor will be at the Senior Center Monday morning, **October 31, 2016**. 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. 

 **BOO**  **HALLOWEEN PARTY** – Monday, **October 31, 2016** – 11:30 – 12:30 pm. Be sure to join us for our Spooktacular Annual Halloween Party! We will have special “Sandwiches” and other Ghoulish treats for all! Costumes are welcome and encouraged. If you do not have one, we will provide you with some fun things to wear! Be sure to call ahead and reserve your spot as seating is limited.

 **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.**

 **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.

 **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.

 **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.



The next time you're in Hannaford's, why not pickup some decaf coffee, napkins, paper towels and/or 8 oz plastic and foam cups, then donate them to the Uxbridge Senior Center. Did you know the Senior Center luncheon program is funded by donations alone. **Donation\$** make a significant difference in the lives of our elders. 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.

# DONATE

**An Organ Donor Saved My Life  
Be a Hero – Be a Donor**



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



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

Sunday, **November 6** – Tuesday, November 8, 2016 - 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!

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

Thursday, **March 30**, 2017 – Newport Playhouse trip. The play is called “The Foursome” – only \$75.

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 at 508-476-5820 for more information on any of these trips.

There will be more information about 2017 trips coming soon.

Flyers are available on the Douglas Senior Center Website – [www.douglasma.org](http://www.douglasma.org) and click on “Boards and committees” at the top of page, then “Council On Aging” and on left sidebar, “Sunshine Club/ Trips” Also 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.

### The Circle of Life

by Gail Boutiette

We all know the circle of life  
When we are born. we are dependent on our parents to care for us  
They help us learn how to feed. bathe and dress ourselves  
They held our hand as we walked with them  
They showed us much love and patience  
As we get older. so do they.



Now they need help with feeding. bathing and dressing  
They are much slower. take extra time to look around  
They may have difficulty walking and other everyday living  
We now hold their arm while we walk with them  
We need to help them live this part of their  
lives with grace. love and patience  
Just as they had helped us when we were young.  
And so. it is the circle of life.

I love you with all my heart Mamma

Written by your daughter. Gail



**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 want to brag, but I do speak pig Latin, I mean, I m not fluent, but I m sure if I ever went there, I could get by.**
- **Next time I send a damn fool, I go myself.**
- **This might be the wine talking, but I really, really, really love wine.**

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
3. CREAMY PENNE FLORENTINE GARDEN SALAD FRESH FRUIT	4. BEEF AND MUSHROOM LASAGNA GARDEN SALAD SUGAR FREE PUDDING	5. CRANBERRY HARVEST CHICKEN JASMINE RICE GREEN BEANS APPLE CAKE	6. STUFFED CABBAGE JASMINE RICE CARROTS SUGAR FREE JELLO	7. CLOSED NO LUNCH SERVED 
10. CLOSED NO LUNCH SERVED 	11. VEGETABLE QUICHE GARDEN SALAD FRESH FRUIT	12. CHICKEN CORDON BLEU MASHED POTATOES CARROTS SUGAR FREE JELLO	13. BEEF STROGANOFF EGG NOODLES GREEN BEANS PEACHES AND CREAM	14. BAKED FISH ROASTED POTATOES BROCCOLI SUGAR FREE PIE
17. THREE CHEESE MANICOTTI GARDEN SALAD ITALIAN BREAD SUGAR FREE ICE CREAM	18. MEATLOAF W/GRAVY MASHED POTATOES GREEN BEANS SUGAR FREE PUDDING	19. BUS TRIP TO SALEM CROSS INN SPACE IS LIMITED ON VAN SIGN UP EARLY NO LUNCH SERVED AT SENIOR CENTER	20. AMERICAN CHOP SUEY GARDEN SALAD ITALIAN DRESSING APPLE CRISP	21. BAKED FISH ROASTED SWEET POTATO MIXED VEGETABLE ANGEL FOOD CAKE W/BERRIES
24. BAKED MACARONI AND CHEESE CARROTS SUGAR FREE PUDDING	25. BEEF AND CORNBREAD PIE GARDEN SALAD BLUEBERRY CAKE	26. ROASTED CHICKEN MASHED POTATOES BUTTERNUT SQUASH SUGAR FREE ICE CREAM	27. HOT DOGS W/ROLL BAKED BEANS COLESLAW SUGAR FREE JELLO	28. BAKED FISH RICE PILAF GREEN BEANS BIRTHDAY CAKE
31. HALLOWEEN PARTY 				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.