



THE SILVER CENTER NEWS

UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

NEVER FORGET



Marsha Petrillo - Director

Omer Boucher - Transportation

Gail Boutiette - Outreach Coordinator

Lynne McPherson - Head Chef

Donna Oncay - Admin Assistant

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

"All you need in life is ignorance and confidence, and then success is sure" - Mark Twain

We would like to officially introduce and welcome Omer Boucher as our new van driver! He has replaced Peter Waeger who recently retired. Omer is very familiar with everyone here at the Center since he started driving the medical van in October 2010! Good Luck Omer.

Construction 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.**



On my 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.

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

We also continue to need, in kind, donations of **paper towels, napkins, 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 FB page or by googling Uxbridge Senior Center, or even in person by dropping by.

Notice Board

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

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

WALMART SHOPPING

Walmart shopping will be on the 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.

We are still looking for volunteers to assist on these shopping trips. Contact the senior center if you are interested in volunteering! Your help will be greatly appreciated!

- 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.



Food Pantry Needs

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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.

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!



The Senior Center will be closed on the following days in observance of Labor Day Weekend. Friday September 2, and Monday, September 5

- **A clear conscience is usually the sign of a bad memory.**
- **I used to be in a band, we were called 'lost dog'. You probably saw our posters.**
- **Do you know why you never see elephants hiding in trees? Because they're very good at it!**

LUNCH & LEARN with POLICE CHIEF LOURIE

Friday, **September 9** 11:30 am - 12:30 PM. Police Chief Jeff Lourie will hold his monthly Community Policing Bureau Presentation. Please join guest speaker will be Elizabeth Haddad representing the Office of Worcester County District Attorney Joseph D. Early, Jr. Elizabeth will be speaking about scams and frauds. 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.

GROUP GRIEF COUNSELING – Monday, **September 12**, 2016 and Monday, September 26, 2016 – 4:00 pm – 5:00 pm at the Uxbridge Senior Center. Georgette Ducey, Hospice Care Consultant from Compassus will be present with Rev. Frank McKenzie 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.

Massachusetts Senior Medicare Patrol (SMP)

Tuesday, **September 20** - 1:00 – 3:00 pm. You are invited to attend the 2nd Senior Medicare Patrol Meeting (SMP). Lucilia Prates will present overview, vision & highlights of last May's meeting. SMP Program is in partnership with The Uxbridge Council on Aging and this meeting is open to the public. We strongly encourage Medicare beneficiaries, family members and caregivers to attend. Come 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.



ASK THE NURSE

– Tuesday, **September 27**, 2016 – 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 going forward. Please join us for this important free monthly clinic offered by the Salmon VNA.



Monday, **September 26** 11:30 – 12:30 – Join us for Steve Damon's "Name That Tune – Disney" game! Steve provides cryptic (yet appropriate) clues and tunes. You provide the titles and we provide all the fun! This is one of many events that have been sponsored by the Uxbridge Cultural Council – Thank you!



DID YOU KNOW ...

- In Utah, it is against the law to fish from the back of a horse?
- If you put a can of Diet Coke in water, it floats. Regular Coca-Cola sinks?
- Also, according to Utah law (where I live) a husband is responsible for any criminal act that his wife commits while in his presence?
- Apparently, if you eat a Polar Bear's liver, you will die of a vitamin A overdose?
- The number one tire manufacturer in the world? LEGO?
- If you combine all the ants in the world, they'll weigh about the same as if you combine all the people?
- The flamingo can only eat when its head is upside down?
- There are 18.6 million vacant homes in America. There are 3.1 million homeless people?
- Humans have had dogs as companions and workers for more than 14,000 years?
- The air quality of Mumbai is so bad, it's equivalent to smoking 2½ packs of cigarettes a day?

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.

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.**

VETERAN'S SERVICE'S OFFICE is now located at The Uxbridge Town Hall. Carl J. Bradshaw, District Director can be reached at 508-278-8600 ext. 2017 and Ann-Marie Cleary, Assistant Director can be reached at 508-278-8600 ext. 2037. Office hours are posted on the door.

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

Numbers below represent people served in

JULY 2016



Telephone Calls	1,236
Meals Served	437
Daily Visitors	542
Medical Runs (Round Trips)	77
Computer Classes	0
Hannaford Shopping (Round Trips)	24
SMOC Fuel Assistance	0
Walmart Shopping (Round Trips)	12
Lunch Pick Up	168



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



Tuesday, **September 13** – Lake Winnepesaukee Cruise w/ Buffet on boat. There will be a stop in Wolfeboro included! - \$72

Friday, **September 30** – Day trip to Vermont for foliage viewing w/ lunch - \$85
We do still have a few spots open for this trip!

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

Sunday, **November 6 – Tuesday, November 8** - Villa Roma, all-inclusive – \$369 **Spots still available for this trip!**

Saturday – **Monday December 10, 11, & 12**, – NYC at Christmas with 9/11 Museum - \$339 There are lots of opening for this trip! Sign up now before they fill up!

Thursday, **March 16, 2017** – “Lion King” at PPAC (Providence Performing Arts Center) Lunch at Uno’s. - \$99

Tickets for the Lion King on Thursday, **March 16, 2017** are going quickly, so be sure to get yours before they are all gone! 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. The Sunshine club will be taking a trip to NYC for 3 days at Christmas from **Dec.**

10th-12th for \$339 including 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. There is also still room on the overnight trip from

November 6-8th to the Villa Roma at the Catskills of NY. All trips originate from the Westborough Senior Center and 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.

Flyers are available on the Douglas Senior Center Website – 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 has information on the Niagara Falls trip and the NYC trip w/flyers, videos, insurance info and more.

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.

NEWS FROM SHINE FOR SEPTEMBER 2016

Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2017 including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

Do Not Wait Until It's Too Late!



Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, 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 as soon as possible. You can now visit us on the Internet at www.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.

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.**

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. HAMBURGER W/ROLL POTATO SALAD GARDEN SALAD WATERMELON	2. SENIOR CENTER CLOSED NO LUNCH SERVED 
5. SENIOR CENTER CLOSED NO LUNCH SERVED 	6. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING	7. CHICKEN POT PIE MIXED VEGETABLES FRESH FRUIT	8. BEEF STEW GARDEN SALAD SUGAR FREE PUDDING	9. BAKED FISH JASMINE RICE GREEN BEANS SUGAR FREE ICE CREAM
12. THREE CHEESE VEGETABLE PASTA TOSS GARDEN SALAD ITALIAN BREAD PEACHES AND CREAM	13. SHEPHERDS PIE MIXED VEGETABLES PEACH CAKE	14. CHICKEN MARSALA MASHED POTATOES GREEN BEANS SUGAR FREE JELLO	15. SWEDISH MEATBALLS EGG NOODLES PEAS AND CARROTS SUGAR FREE PUDDING	16. BAKED FISH ROASTED POTATOES BROCCOLI SUGAR FREE PIE
19. STUFFED SHELLS SPINACH ITALIAN BREAD SUGAR FREE PUDDING	20. MEATLOAF W/GRAVY MASHED POTATOES BROCCOLI FRESH FRUIT	21. APPLE STUFFED CHICKEN JASMINE RICE GREEN BEANS APPLE CAKE	22. SALISBURY STEAK MASHED POTATOES ITALIAN MIXED VEGETABLE BROWNIES AND ICE CREAM	23. BAKED FISH ROASTED SWEET POTATO MIXED VEGETABLE ANGEL FOOD CAKE W/BERRIES
26. VEGETABLE SOUP GRILLED CHEESE GARDEN SALAD FRESH FRUIT	27. MEXICAN BEEF AND RICE CASSEROLE MIXED VEGETABLE SUGAR FREE ICE CREAM	28. ROASTED CHICKEN MASHED POTATOES BUTTERNUT SQUASH BLUEBERRY CAKE	29. HOT DOGS W/ROLL BAKED BEANS COLESLAW SUGAR FREE JELLO	30. BAKED FISH RICE PILAF GREEN BEANS 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.