

The Senior Edition

April 2014 Volume 14 Issue 4



The Town of Shrewsbury's Council on Aging mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

Letter from the Director:

Lots of great things to be excited about this month!

First of all, it is finally spring! The column to the right highlights two events planned in town this month that should help you with your "Spring Cleaning"!

We also have "Tax Day" this month...you'll see a reminder on page 8 about the AARP Tax Program, which will end another successful year this month. (Thanks to the Library for sponsoring the extra pages in this month's issue!)

I think everyone has heard the glib saying of the two things we can be certain of in life...perhaps a third should be inflation? Our **Newsletter** is no exception...you've probably seen about the Post Office increases...this recent increase includes our Newsletter mailing as well. Our printer, Alphagraphics, who has generously taken a loss on our publication for the last few years, had to increase our printing costs for 2014. We are so reliant on our advertisers to make the Newsletter successful, we'd hope to avoid passing these increases along to them. For all of those who already donate regularly to the Newsletter, THANK YOU! If you have not, or have been meaning to, the **Friends** have made it easy! A special jar is now located at the front desk at the Senior Center...anything put in it will be earmarked to help with these additional costs. **Even \$1 will go a long way!**

Have a happy and healthy month!

Sharon Yager

Community Events Perfect For "Spring Cleaning"!

ELECTRONICS & CLOTHING RECYCLE DAY

THE SHERWOOD & OAK MIDDLE SCHOOLS PTO

April 5, 2014, 9am to Noon

45 Oak Street, Oak Middle School Parking Lot

Most items are only \$5, regardless of size! TVs are \$15! Clothing includes stuffed animals, shoes, purses and other textiles!

Fliers available at the Senior Center or by going to the following website: http://www.shrewsbury-ma.gov/egov/docs/1394632936_195159.pdf

PRESCRIPTION TAKE BACK DAY

April 26, 2014, 10am to 2pm

At the Senior Center

Have old, expired prescriptions, over the counter drugs or vitamins you don't know how to discard? Bring them to the Senior Center, where the Health Dept will make sure they are disposed off properly! Fliers/posters available at the Senior Center!



Friends of the Shrewsbury Senior Center, Inc.

98 Maple Avenue, Shrewsbury, MA 01545
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Volunteer Coordinator: Stacey Lavelly

Office Support Coordinators: Donna Messier, Miranda Watson

SHINE: Call the Senior Center for assistance

CARES Coordinator: Dave Grillo

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Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please do so by email: coavolun@shrewsburyma.gov. (Please note new e-mail address!) Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

Senior Television Shows, SPAC-TV 28

Don't know what to watch on TV? Why not check out a local program made by Shrewsbury seniors.

Senior Center Events (1 hour): Tues at 3:30 and 11:00pm, Saturdays at 3:00pm. Featuring the Friends of Shrewsbury, with the Trinity Big Band.

Seniors on the Move: (1/2 hour) Tues. at 2:00pm and Wed. 10am and Fri. 1:pm. Also, 1 hour program on Tues. 7am. Host : Karen McKenzie

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsbury-ma.gov.



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Outreach News: Fuel Assistance

By Outreach Coordinator Walter Rice, LCSW

Call 508-841-8647 for any assistance you may need.

Your contact with me is confidential.

Stress Management Program: We all feel stress and at times it can become overwhelming. You are invited to this group to address and talk about what causes stress in your life. It can be loneliness, boredom, depression, anger, apathy, feelings of guilt and shame, worries about money, death, illness, fear, etc. We gather to listen and provide support with no judgments. You will learn new ways to increase your coping skills and gain support from others. The benefit from attending is stress reduction, trust and inner peace.

Spring Is Finally Here!

Fuel Assistance (SMOC): Although the heating season is finally coming to a close, heating bills may have piled up. Applications are still open for Fuel Assistance. Please note that new applications CANNOT be mailed. They can only be done in person with a person who has attended training. If you have received Fuel Assistance in the past, you should have received your re-application packet in the mail. If you did not, or if you need help filling it out, Walter can help. Remember that circumstances change so that even if you did not qualify in the past, you may now. It will not hurt to inquire. Also remember that the application process takes several weeks. PLEASE DO NOT wait until you have a heating crisis to see if you qualify for help.

Outreach Program Reminders:**Emergency List: Always Important!**

Our Emergency List of residents who want a well-being check in the event of severe weather or an unforeseen emergency, especially for anyone on oxygen or other life-sustaining equipment. Call to be added to the list.

TRIAD: Worried about what would happen to your pet if you needed to call 911? Please be assured the TRIAD has successfully addressed this need many times and the Animal Control Officer will make sure your animal(s) are properly cared for until your crisis is resolved. The TRIAD encourages you to contact Walter if you would like the officer to meet your pet(s) and learn about their needs for your peace of mind.

Small Home Repair Program (SHRP): This winter has certainly taken a toll on some people's steps and stairs, making them unsafe. Keep this helpful program in mind for these and other small repairs that can be done to keep you safely in your home. Contact Walter to explore the options that are available.

*The Outreach Program can provide emotional support and referrals to various services. You are NOT alone in dealing with whatever problem you may be facing.
Do not be afraid to ask for help!*

April, Free Health Screenings:

Please call to sign up!

4/8 10am: Chiropractic: Shrewsbury Chiropractic will screen you to show how chiropractic care may improve your quality of life.

4/8 1pm: Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings

New Class – Basic Drawing Step by Step,

Wednesday April 2, 10am: Have you ever been frustrated when you try to draw? Find out why and the steps to discovering the hidden artist within you. Class will meet every Wednesday from 10-11:30am. Please sign up at the front desk or call 508-841-8640.

Fri., April 11th Movie and Lunch 11:30am

With Spring coming soon we can look forward to watching the hills come alive in the musical, "The Sound of Music" one of the most beloved musicals of all times, performed live in a joyous event your whole family can enjoy again. Grammy Award winner Carrie Underwood stars in the iconic role of Maria, a vivacious young governess who falls in love with straitlaced Captain Von Trapp (Stephen Moyer) and his seven children and soon leads them all to embrace the joy of music and sing along and you will too. Filmed and broadcast live from New York City (2hr and 12mins.) Sponsored by a generous anonymous donor. Call the Senior Center to reserve your seat and enjoy complimentary refreshments. Consider having lunch at the Village Café for \$2.50. *Reminder! We have over 100 movies available for sign-out. Please see the list at the front desk.*

Tues., April 15th, 1:00pm, Friends of the Shrewsbury Senior Center Inc. Program:

You are invited to a birthday party! We're celebrating everyone's birthday regardless of when it is. To help us celebrate, Brian's Sounds of Steel will bring the experience of the Caribbean to you with lively steel drum music. And of course there will be ice cream and cake. So bring a friend, or come and make a new friend, and enjoy a wonderful fun-filled afternoon. **It's back!** The ever popular May Madness calendar fund raiser sponsored by The Friends of the Shrewsbury Senior Center, Inc., is being held again this spring. The calendars are on sale now and may be purchased at the front desk of the Senior Center. The price of the calendars remains at \$5.00.

A SPECIAL THANKS! Thanks to everyone who brought jewelry for our sale, because of your generosity the sale was very successful. Our inventory is low so we are asking for donated jewelry for our next sale. Thank you from the Friends of the Senior Center.

April 22, 2014 – 8AM, Earth Day Bird Walk

with Mike Bellows: In celebration of Earth Day, please join Mike Bellows for our annual Bird Walk. Mike is an avid bird watcher who will guide you on an informative and invigorating walk outdoors to see the many species of birds that make Shrewsbury their home. This year we will be exploring the parks around Shrewsbury. Please be sure to wear comfortable shoes, clothing and outerwear. Bring field glasses if you have them. Call the Senior Center to register.

Thurs., Apr. 22, Legal Clinic, 9am-12pm:

This month's volunteer elder law attorney is Richard Barry. Slots fill quickly. Advance sign-up required, call the Senior Center to register.

Thurs., Apr. 24th, Blood Drive, 2-8pm:

One pint of blood can help to save up to three lives! Every two seconds someone needs a blood transfusion. Adults of any age can donate! Call the Red Cross at 1-800-GIVE-LIFE.

Thurs., April 24th, 2:00 pm, Book Chat:

For this month's discussion please read the book Shanghai Sisters by Lisa See. Copies are available at the Shrewsbury Public Library's Circulation Desk.

***New Workshop* Smoothies for Health –**

Fri., Apr. 25th 11am - 12pm: This yummy workshop is based on the principles of Brain Gym which uses various movements to stimulate the central nervous system, improve coordination and organize the nervous and muscular systems to prepare for exercise and gross motor activities as well as stimulate cardio vascular function, cognition and reduce the risk of falls. One of the smoothies we will be making is the "Circulation Smoothie" which will get your blood pumping as it is chockfull of ingredients with antioxidants that boost blood flow and can help to keep your arteries clear. Please call 508-841-8640 or stop by the front desk to register. Presented by St. Francis Rehab & Nursing Center.

***New Classes starting in April***

Healing Meditation: Come experience the power of meditation using the chakras/Angels and receive healing. Bring balance into your mind, body and heart. Feel relaxed, peaceful and rejuvenated. Let the pains and stress of day to day living disappear. Connect with yourself at a deeper level. Love and help yourself feel better. Call the Senior Center if interested. Start day and time will be available soon!

CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)
By Dave Grillo, CARES Coordinator

Caller ID is a great tool. With Caller ID, an actual phone number, a series of numbers, or words such as a person's name or anonymous identifiers such as "Private Name" or "Unavailable, Unknown Number" appear on the screen of one's telephone when it is ringing. (You may have to ask for this service and pay extra for it if it is not included when you sign up with a provider.) I believe it is worth having. It allows me to confidently ignore calls when I don't recognize the name or number on my screen or when a message has been left by someone I don't care to talk with. Since the **Do Not Call** registry has been ineffective, Caller ID could be considered a better line of defense against unwanted calls.

I usually ignore calls when I don't recognize the number, but I guess I was looking for a fight in late February when my phone rang with the following information on my Caller ID: Roseau DM, 767-275-9061. I answered, and "Julie" offered to repair my Microsoft computer's problems. She assured me that she was calling from New York, and she was calling "every" person in the United States with the same offer. All I had to do was get on my computer and allow her to have access to it to diagnose and fix my particular problems. I realized that a classic scam was in the works; if I had given access to my computer, my system and my personal information would most likely have been compromised. How did she know I have a Microsoft program? Even so, how did she know I had any problems? Was she really going to call "every" person in the United States? And how could she be calling from New York when my Caller ID said she was really calling from Roseau, the capital of the island of Dominica in the Caribbean? I suppose it was my endless questions and cynicism that caused "Julie" to hang up. This type of call represents what we as consumers must be constantly watchful for because our phones and our computers are inundated with credible-sounding offers from crooks. Caller ID is a means to screen out the bad guys. I wonder what "Julie's" real name is?

Caller ID, however, is not always accurate. Hackers have found a way to present the phone numbers of legitimate law enforcement agencies on Caller ID. These fake cops then threaten the person who answers with incarceration unless the potential victim buys a prepaid card and transfers the money on it to the caller to pay for a nonexistent violation. It is virtually impossible to track these thieves and recover money sent to them. Please proceed cautiously when solicited!

Volunteer Corner with Volunteer Coordinator Stacey Lavelly 508-841-8758

Council On Aging Volunteer Opportunities April 2014

Spring is finally here and what better way to celebrate the season than by getting out of the house and involved in a new volunteer opportunity! **Please note we desperately need people for the Newsletter Team as soon as possible!**



Newsletter Team: - We are in dire need of people to join our Team to assist in the process of getting our monthly newsletter out to seniors in Shrewsbury. No experience is necessary, just a positive attitude and the ability to work well with others. Our current coordinator is still onboard and will train the Team to takeover. This Team is involved in the process of getting the newsletters prepared and ready to go to the post office. We also need volunteers to bring the newsletters to the sorting facility here in Shrewsbury to be mailed after the labeling is done.



Meals On Wheels - Volunteer Drivers : We are in need of substitute drivers to deliver meals to homebound seniors. If you have a flexible schedule and can donate one morning Monday through Friday I would love to hear from you.

Fill-in Receptionists : We are in need of fill-in receptionists at the front desk of the Shrewsbury Senior Center. Duties include answering phones, helping people who come to the reception desk and other office duties. No computer experience is necessary but a positive attitude and dependability are!!



Please call or email me at volunteerjobs@gmail.com if you are interested in any of these opportunities. New volunteer opportunities come in all the time so if you do not see something you are interested in here, call me and we can discuss other options.

www.mauricedepalo.com

Working Hard for Seniors In Massachusetts

TRAVEL

Seniors On The Go: For more info, please contact Dave Stevens at 508-869-6830. You may also go on-line at: www.boylstonseniorsonthego.com.

Wednesday, April 23, "My Husband's Wild Desires (Almost Drove Me Mad!)" at the Newport Playhouse. Price \$78.00 p/p includes transportation, show, cabaret after the show and gratuities.

May 6 - 8th, (3 days/2nights) Penn Dutch Country with new hit show at Sight & Sound Theater "Moses". Itinerary includes a stop at Sands Casino, Bethlehem, PA. \$389 p/p includes Transportation, Lodging, 2 Breakfasts, 2 Dinners, Tickets to the Theater and all admissions.

June 26th, "Billy Elliot" at the Ogunquit Playhouse with lunch at Jonathan's Restaurant. Features Elton John's spectacular score and inspirational story. \$110.00 p/p includes transportation, show, luncheon and a stop at When Pigs Fly Bakery.

Sep. 19th - 21, - Redsox vs Baltimore Orioles including Tour of Camden Yards, The U.S. Naval Academy, Annapolis and Wine Tasting Tour. 3 days, 2 nights. Price \$445.00 pp. Pick-up for all events in Shrewsbury & Boylston.

The Happy Travelers: Bus trips for the over 50 traveler. Pick up brochures at the West Boylston or Shrewsbury Senior Centers. Call Gladys Mellow at (508) 835-4312 if you have any questions or want to reserve a seat. Driver gratuity & cancellation waiver fee included in all of our day trips.

May 31st, Culinary Institute & guided tour of F.D.R.'s home @ \$110.00 /pp.

June 21st, Cape Cod Canal Cruise, Sandwich Glass Museum, Lunch at the Daniel Webster Inn @ \$83.00/pp.

July 20th, Maine Lobster bake at the Bull & Claw, Wells & Ogunquit @ \$77.00/pp

Over night trips:

Apr. 3-6th, 4 day Washington DC, guided tour, Embassy Suites @ \$499.99 pp double, \$609.00 single

June 24-July 1st, American Cowboy Country, Wyoming & South Dakota for pricing see brochure.

Aug. 23-30th, Mackinac Island, Dearborn, Frankenmuth, for pricing see brochure.

Bob Zinkus 2014 Trips: April 25th - 27th - Red Sox at Toronto - See the Sox play the Blue Jays at the Rogers Center. Two nights at the Ramada Inn in Niagara Falls, Canada. Includes two breakfasts. \$325pp. Call 508-757-1210 or zworchester@verizon.net.

Friends of Shrewsbury Senior Center, Inc.

The September 2013-September 2014 membership year has begun. Now is the time to re-new your present membership or join for the first time. Please note that dues has increased to \$10. The Friends would like to thank the people that send in donations for the newsletter. It is greatly appreciated.

Please check off one/both!

Enclosed are:

\$ 10 My 2013-2014 Dues

\$ _____ My contribution for *The Senior Edition* newsletter.

Name-----

Address-----

City, Zip-----

Make Checks payable to:

FSSC, Inc.

98 Maple Avenue, Shrewsbury, MA 01545

Membership cards are kept in a file box at the front desk. If you have not received your membership card please go to the front desk and ask for it. Thank you for being a member of the Friends.

Trip to Foxwoods Casino, April 9th, 8am

Foxwoods Casino with the Men's Friends Club. Depart at Shrewsbury Senior Center. Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. **Parking spaces at the Senior Center are limited so please car pool.**

**Free Coffee, Donuts and**

Muffins when you help us stick the mailing labels on *The Senior Edition Newsletter*. The monthly mailing date is the LAST FRIDAY of each and every month at 8:30am. Come join in a fun two hours!

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April 4th-12th “Wait Until Dark”: Come see this suspenseful play performed right in Shrewsbury at the Flanagan Theater at Southgate! Tickets are \$13 and \$11, for the 7:30pm shows on 4/4, 4/5, 4/11 and 4/12. \$10 for the April 6th 3pm Matinee! Call 508-842-0867 for more info!

April 4th 12:00 pm, Shrewsbury Woman’s Club: Matt Beaton, State Representative, is the featured speaker. Members and their guests are welcome. Remember to bring non-perishable food items for St. Anne’s Food Pantry. Meeting Location: First Congregational Church, Parish Hall, on Church Rd. Take note of new meeting start time: 12:00 p.m., program starts at 1:00 p.m.

Wednesday, April 23rd, 7:00pm: Shrewsbury Historical Society presents “The Lost Village of Prattville” Held at 1830 Brick Schoolhouse on the Town Common (Church Road). The speaker is Erik Larson. Free and open to the public. Refreshments served. Questions? Call Erik at 1-774-230-5826.

April 24-26 at 8pm, and April 27th at 2pm: Shakespeare’s “Twelfth Night”: The Visual and Performing Arts Department at Worcester State University presents: at the Worcester Fuller Theater. We welcome you to come see Shakespeare in action. With the cross-dressing, love triangles, and hasty marriages, you could call Shakespeare’s island of Illyria a 19th century Las Vegas, but that wouldn’t be fair to Illyria. In **Twelfth Night**, love and comedy are the vines that weave through shipwrecks, foiled villains, and mistaken identities, what happens in Illyria, stays in Illyria. This production of Shakespeare’s romantic comedy is set in the early nineteenth century, a time of sumptuous fashion and vibrant romance. It’s the perfect backdrop for WSU’s cast of talented young actors to explore this comical and magical love story. Please call or email us to reserve single or group tickets. We’re happy to make accommodations for those with differing abilities. We can easily sit 26 wheelchairs and have 34 seats that are accessible without stairs. To reserve tickets, contact the Visual and Performing Arts box office at 508-929-8843 or at VPABoxOffice@worchester.edu. Tickets are \$10 for senior citizens or \$7 with a WOO card. Group rates also apply. We hope to see you there.

Shrewsbury Friends Men’s Club:

Open to all men who live or worked in Shrewsbury! Come join us at the Senior Center where you’ll enjoy an interesting speaker, good friends and refreshments! Speakers for the month of **April** will be:

4/3 - Marten Bitar of Hannoush Jewelers, will speak on the topic of gold.

4/10, Joe Sawyer, Superintendent Shrewsbury Public Schools, will talk about the need for Proposal 2 1/2 Override.

4/17, Bob Decoteau will speak of his role as Fenway Park Representative.

4/24 Tim Lacroix, Active US Army will speak of his service in Iraq & Afghanistan. Come join us for conversation and learn something interesting! Hope to see you there.

Save the Date! Shrewsbury Public Schools

Visual Art Festival: Will be held at the Shrewsbury Senior Center on Sat., **May 3rd** from 10am -2:00pm. Students K-8 grade will display their beautiful art creations. We hope to see you there.

Pickleball at the Shrewsbury Health & Racquet Club (SHARC)

A Combination Of Tennis and Ping Pong played on a Tennis Court and it is easy to learn, fun to play! No membership or paddles required. Monday, Wednesday, Friday 12pm - 3pm (drop in for a 1/2 hr or all 3 hrs.) Cost: \$5 Per Day / Free To SHARC Members. Come Try It Out! Shrewsbury Health and Racquet Club – SHARC, 3 Tennis Drive Shrewsbury, MA 01545, Phone 508-845-1000 or darliney@shrewsburyclub.com

Wednesday, April 23rd, 12:30 p.m. Free

Senior Movie Day: Calliope Productions, Boylston Heald & Chiampa Funeral Directors, Shrewsbury Credit Union, Shrewsbury Crossings and A.J. Tomaiolo’s Restaurant invite you and your friends to Calliope Productions Theater, 150 Main St., Boylston to watch 'The Apartment', a 1960’s comedy hit starring Jack Lemmon and Shirley MacLaine. Admission and refreshments are FREE. Raffle prize and 'goodie bags' to be given away. Seating is limited so be sure to call and reserve a seat. Call Jim at Heald & Chiampa Funeral Home at 508-842-3700 (Monday-Friday between 8:30 am & 4:30 pm.)

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Support Group Meetings Available

April 1st: Bereavement Support Group, Notre Dame Hospice. Du Lac Assisted Living, 555 Plantation St., Worcester. 3-4:30pm (508-852-5505)

-Dementia and Alzheimer Program for spouses of individuals with memory impairments, Dodge Park, 110 Randolph Rd, Worcester, 6-8 pm (508-853-8180)

April 8th:

-Dementia and Alzheimer Program for children of parents with memory impairments, Dodge Park, 110 Randolph Rd, Worcester, (508-853-8180) 6-8 pm.

-Support Group for Grandparents Raising Grandchildren, 6-8pm YWCA, 1 Salem Sq., Worcester, (508-756-1545) Free childcare is provided.

April 9th: Central Massachusetts LBD Caregivers Support Group, Southgate at Shrewsbury, 30 Julio Drive, Shrewsbury, MA 6:30- 8 pm. (508-735-2059)

April 10th & 24th:

-Family/Care-partner Alzheimer's Support Group, Whitney Place, Westborough, Second and Forth Thursdays, 2:00 - 4:00pm & 7-8:30pm , 508-836-4354 extension: 3543

April 10th:

-Worcester Prostate Cancer Support Group, UMass Med School, 55 Lake Ave North, Ambulatory Care Center, Worcester, MA 6:00-7:30 pm. (508-835-3390)

-Caregivers Support Group, Saint Francis Adult Day Health, Worcester, MA 7-8:30 pm. (508-752-2546)

-Low Vision Support Group, Northborough Senior Center, Northborough, MA 1-3 pm. (508-393-5035)

-Worcester Prostate Cancer Support Group, UMass Med School, 55 Lake Ave North, Ambulatory Care Center, Worcester, MA 6:00-7:30 pm. (508-835-3390)

-Mended Hearts Cardiac Support, St. Vincent Hospital, Worcester, 6:00-7:30pm (978-897-7141)

-Alzheimer's Carepartners or Early Stage Alzheimer's Patients, Whitney Place, Westborough, MA 10:30 am-12:00 pm. (508-836-4354).

April 14th:

-Look Good/Feel Better Cancer Group, St. Vincent Hospital at Worcester Medical Center, 123 Summer St., Worcester, 10am-12pm, (508-865-9832)

-Bereavement Group, Northborough Senior Center. Contact Carol Recchion, (508-754-0052) 10-11:30 am

April 17th:

-Better Breathers Support Group, Whittier Rehabilitation, Westborough, MA 2:00pm.(508-871-2134)

-Alzheimer's and Memory Loss Support Group 1:30-3 pm. Beaumont Rehabilitation and Skilled Nursing Center, 85 Beaumont Dr., Northbridge. (508-234-6481)

April 18th:

Low Vision Support Group, Worcester Senior Center, Worcester, MA 10 am-12 pm (508-854-1734)

News from SHINE April 2014

Ed Roth, Regional SHINE Coordinator

Hospital Observation Stays and Original Medicare

Hospitals are increasingly admitting patients under observation status. Patients under "observation" are considered outpatients even though they may stay in a hospital bed for many days. For those with Original Medicare, outpatient stays at a hospital could result in increased costs. For instance, Medicare requires a three-day inpatient stay at a hospital before it will pay for any stay in a skilled nursing facility and time spent under "observation" in a hospital will not count toward that three-day minimum.

In addition, a Medicare Supplement (Medigap) **will not** cover any of the costs of the skilled nursing care if Medicare has not paid first. So patients with Original Medicare who have been under observation status, whether they have a Medigap or not, must decide whether to pay out-of-pocket for the medically necessary rehab/skilled nursing care, or cut care short and return home, because they are unable to cover the costs.

Medicare Advantage plans **will** cover costs of skilled nursing facility care, if it is medically necessary, because they do not have a three-day minimum in a hospital stay requirement. However, in a Medicare Advantage plan, skilled nursing facility services are subject to co-payments, which can be substantial.

Currently, there are bills filed in both houses of Congress (the Improving Access to Medicare Coverage Act of 2013) requiring that time spent in "observation" be counted towards meeting the three-day prior inpatient stay that is necessary to qualify for Medicare coverage in a skilled nursing facility. All members of the Massachusetts delegation support this pending legislation.

If you need help on any aspect of your health insurance, SHINE offers free counseling at the Senior Center. Call and ask for a SHINE appointment. You can also reach a SHINE volunteer at 1-800-AGE-INFO (1-800-243-4636). If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible.. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.



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Mondays

11am

Join Us!

Citizen's Club

April 1st-27th “Daffodil Days”: Looking for a fun day trip? The Blithewold Mansion, Gardens and Arboretum invites you to come enjoy a day in Bristol, Rhode Island in Narragansett Bay. The Daffodil Days are a great time to enjoy the beautiful grounds! Visit their website at www.blithewold.org or call 401-253-2707.

News From The River’s Edge in Hudson:

April 11th, 12th and 13th “Our Town”: This Pulitzer Prize winning play featuring the River’s Edge Players at the Hudson Town Hall at 7:30pm on 4/11 and 4/12, with at 2pm matinee on 4/13. Tickets for seniors are \$14. To purchase tickets, call 978-562-1646 or visit their website at www.upwitharts.org. The program is supported in part by grants from the Hudson and Marlboro Cultural Arts Councils, local agencies supported by the Massachusetts Cultural Council, a state agency.

April 16th “The Sun Will Come Out”: Songs From Children’s Musicals You Never Got To Be In...be a part of the best local talent at “Broadway Open Mic Night”! 3rd Wednesday of the month, 7:30-10pm. Full service dining...have a great meal and enjoy some fantastic local talent! Singers need to provide their own sheet music for pianist. 2 song maximum per singer, \$5 performance fee. Harvest Café, 40 Washington Street, Hudson. Call the River’s Edge Arts Alliance at 978-562-1646 or check out www.upwitharts.org.

Spring Program Catalog Available for MA Audubon of Central and Western MA: Programs through May are listed! The 36 page catalog offers a map, complete listing of programs for all ages, trips, tours, directions, registration forms and more. Stop by the Senior Center to get a copy, or contact the Mass Audubon Society at 1-800-AUDUBON (800-283-8266) or visit www.massaudubon.org.



The Worcester Senior Center Invites you to Participate in the Osteoporosis Prevention Exercise & Nutrition Program: Register Now for Classes Starting April 8th. Tuesday 1:00 -3:00pm and Friday 12:00noon - 1:00pm. A certified exercise trainer will teach specific weight bearing exercise and a registered Nutritionist will guide and educate you in proper diet and supplements. A second 12 week session will be held July-Sept. Tuesday Please call 508-799-8062 for information and registration.

Tuesday, April 15th, 1pm Understanding Your Health Care and Five Tips For Preventing Senior Crimes: Sponsored by the Senior Focus and the Worcester County Sheriff’s Office, this FREE Seminar will take place at the Upton Senior Center. Call 508-529-4558 to reserve your seat! Topics to be covered include:
-Does the Affordable Care Act (“Obamacare”) really affect you?
-Will seniors have higher taxes, less choices and fewer doctors?
-Will you have the physician of your choice or one that your plan chooses for you?
-What will the long term effects of the Affordable Care Act be?

The Five Tips For Preventing Senior Crimes is an innovative program in which you’ll learn tips on crimes against seniors from an unlikely source...inmates from the Worcester County House of Correction! They have created a Power Point presentation so you can learn from those who have committed crimes how to protect yourself, your home and your identity!

AARP Taxes Reminder: Filing assistance continues through April 10th. Call to be put on the waiting list. The AARP volunteers meet with taxpayers by appointment only at the Shrewsbury Senior Center. Be sure to arrive 15 minutes early with photo ID for the person(s) filing. It is mandatory to bring **Social Security Documentation for each person on the tax return (Social Security Card, or SSA-1099.)** Please call 508-841-8640 to schedule your appointment. The Shrewsbury Senior Center is a proud host of the AARP TAX-AIDE program as a service to seniors in the area!

2014 Massachusetts Home Health Resource

Directory Now Available: The Senior Center recently received the latest copy of this helpful resource. Provided by the Home Care Alliance of Massachusetts, this directory provides a list of Home Care Providers with a town-by-town cross reference. The 306 page book contains loads of great information for anyone looking into home care services. Visit the Senior Center to view the reference copy, or visit their website at www.thinkhomecare.org. The Home Care Alliance can be reached by calling 617-482-8830 or 800-332-3500.

Medicare Advocacy Project (MAP): Have you heard of this great resource? It provides advice and free legal representation for Massachusetts Medicare Beneficiaries. MAP is served throughout Worcester County through Community Legal Aid. The Worcester Office can be reached at 508-752-5918 or 855-252-5342. Although low income residents are given priority, there is no financial guideline for anyone over 60. Typical issues addressed include:

- Denied government benefits such as SSI or Social Security
- Benefits have been or will be reduced or terminated
- Housing or eviction issue
- Utilities have or will be shut off
- Issues with MassHealth, Medicare or access to health care
- Concerns with a nursing home or other facility
- Guardianship placement against ones will
- Victim of abuse or exploitation of any type

Keep in mind our Outreach Coordinator can often be a great first step in getting help for many of these problems (see page 2), but MAP is another excellent resource. Don't hesitate to reach out if you or someone you know needs help with a legal issue such as one listed above!

Important Reminder:

Re-imbusement Notice: Some Health Insurance Companies offer a re-imbusement of **up to \$150.00** per year for participants of Fitness and Exercise Classes. Make sure to sign in when you are attending classes in order to get your receipts from the Senior Center. So please check with your insurance company to be sure you are eligible for the re-imbusement. If you need receipts they will be available at the end of each year in December



SAVE THE DATE!

Elder Care 2014:

Safe Today, Healthy Tomorrow

Tuesday, May 6, 2014: 10am-5pm

The Manor, 42 West Boylston St, West Boylston, MA

●60 Exhibiting Organizations

●Giveaways and Raffles ●Refreshments

Informative Seminars:

10:30-11am: Arthritis: It's All In The Joints

11:30am-12pm: Boost Your Heart Health:

1-1:30pm: Understanding Your Health Care

2-2:30pm Strategies for Self Care

Entertainment:

10:45am Silver Sneakers Fitness

12pm: Ballroom Dancing

1pm: Bay Stompers

2:30pm: Raffle Announcements: Must be present to win!

Health Screenings Include:

Vision

Blood Pressure

DermaView Facial Analysis

Medication Review

Sponsors Include: Elder Services of Worcester Area, Inc, Central MA Agency on Aging, Fallon Community Health Plan, Vitality Magazine, Reliant Medical Group, UMASS Memorial and more.

For More Information, call 508-588-7700 or visit

www.AHRevents.com

Flyers available at the Senior Center!

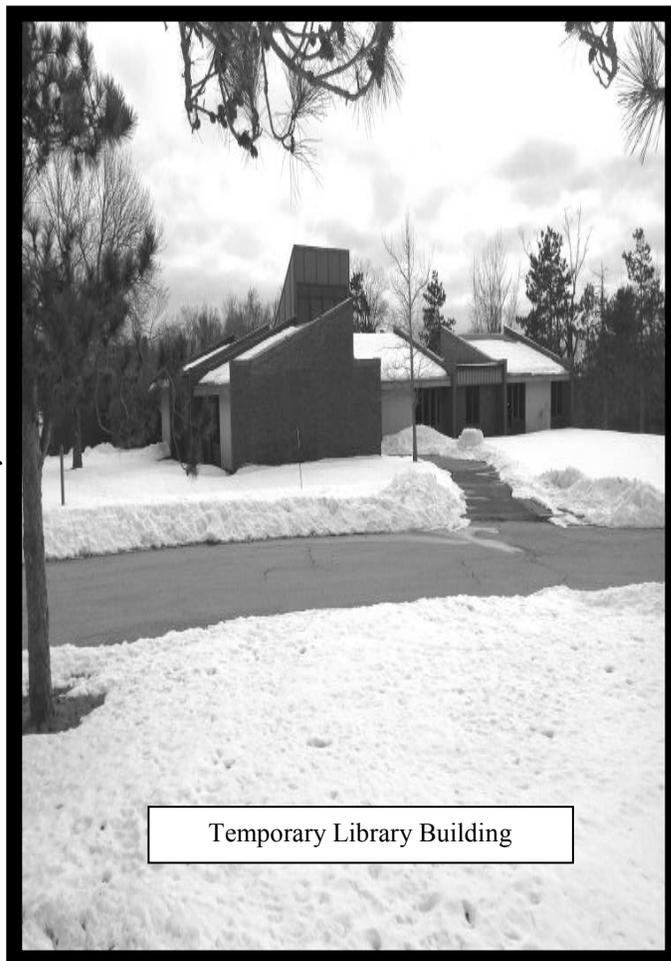
SHREWSBURY PUBLIC LIBRARY UPDATE

What do you do with more than 130,000 books when you are planning for construction?

The answer is--you move them very carefully and with lots of help!

To make way for the library's renovation and expansion project, which begins this fall, services and collections will be moved to a temporary location. The building that will serve as our temporary library for almost two years is located at 214 Lake Street in Shrewsbury, behind the Glavin Regional Center. This 10,000 square foot building, owned by the state of Massachusetts, once held an early intervention preschool.

The temporary library will provide adequate space for approximately half of our collection, ample parking and full handicap accessibility. There will be room for public computers, a children's play and computer area and some study tables and chairs for students. Free Wi-Fi will be available as well. The site has easy access off Route 9, with a traffic light at the intersection of Lake Street and Route 9.



Temporary Library Building

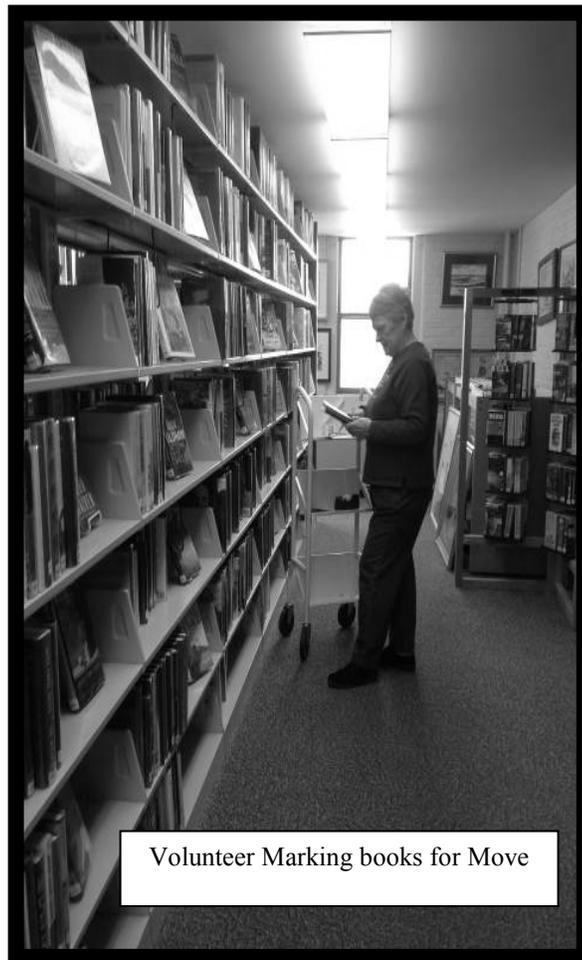
While we are quite excited about having such a suitable location, we are feeling a bit daunted by the work it will take to get to that temporary site. We must move thousands of books, as well as office furniture, computers, children's education toys, equipment and all sorts of things that make a library run. To complicate things a bit more, we must divide up the collections. While much of the collection will be moved to the temporary library, a large portion will be placed in storage.

There's something for everyone at YOUR Library!

Call the Library to learn more: 508-842-0081.

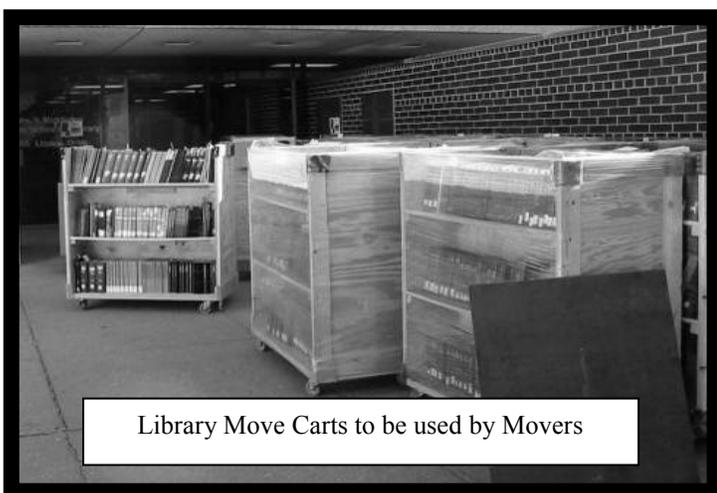
Library volunteers are currently marking the library's entire 130,000+ items to indicate which items will go to storage and which will be placed on shelves at the temporary site.

About two months ago, library staff began running reports on our collections, providing lists sorted by publication date and/or number of times items had been borrowed by users. We then printed lists of items which will be moved to the temporary library. Scores of volunteers have already descended on the book stacks with these lists, marking items which will be moved. As of this writing, they have scrutinized close to 30,000 adult non-fiction books; individually marking each book to be moved. The team has already started on the adult fiction books. The many volunteers will eventually go through and mark all of the library collections. We are so grateful for the hundreds of hours of work they have already completed. It's an amazing volunteer effort!



Volunteer Marking books for Move

Next, professional library movers will come and pack the books in "move carts", which will be transported over to Lake Street and re-shelved. We expect to move in mid-August. During the move, we will be closed for a brief period, but will make every effort to make that as short as possible. We plan to open a "call center" during the closed time to offer phone assistance to library patrons



Library Move Carts to be used by Movers

We will be sharing more information in the coming days, and will make sure all patrons know how to access services at other libraries while we are closed. We look forward to opening our doors at 214 Lake Street later this year, thus beginning a new adventure for our community library!

Ellen Dolan

Library Director



On-Going Activities

April 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 9-30 Piece Makers 11-1:00 SSC Club (Bingo) 11:30 Whist 12:00 Mahjong 1:45 - 3:45 Seniors in Session (Current Event Group)	8:00 Beginners Tai Chi 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 10-12:00 Independent Artists 10:20 Belly Dancing 12-1:30 Painting with Elaine 1:45-3:15 Art is 4 Every1 12:30-4:00 Duplicate Bridge 2:00 Men's Billiards	8:30 Advanced Tai Chi 9-11:30 Roger's Coffee Shop 9:30-10:30 Fitness & Nutrition 11:00 Yoga 12:00-1:00 BP/ Weight Screening 12:30 Beginners Bridge 1:00-2:00 Pilates 1:00-3:30 Whist 2:30 Country/Western Dance	9-11:30 Roger's Coffee Shop 9:00 Friends Men's Club 9:30 Scrapbooking Group 11:30 Open Mic Jam 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards	9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 12:00 Mahjong 1:00 Stress Management 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors

***Parks and Recreation Activity** Participants must register at the Parks Dept. 508-841-8503

PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up for all screenings, clinics, and	1	2	3	4
7	Meatloaf & Gravy Van Trip: Walmart 10:00 Spinal Screening 1:00 Hearing Screening Spaghetti & Meatballs	10:00 Basic Drawing Cracker Crusted Fish 8:00 Trip to Foxwoods BBQ Pork	Pot Roast Stew Buttermilk Chicken Baked Ham	Eggplant Parmesan 11:30 Movie and Lunch Ginger Glazed Wild Salmon
14	Pork Dijon  Due 1:00 Friends Inc. Meeting Beef & Broccoli	10:00 Fabric Painting 10:00 COA Board Meeting Garlic Herbed Chicken	Baked Ham Chicken w/ Asparagus	Lemon Pepper Fish 11:00 Smoothie for Health 8:30 Newsletter Mailing Beef Stroganoff
21	 Patriot's Day All Municipal Offices are Closed	American Chop Suey Sweetish Meatballs	Chicken w/ Asparagus Swedish Meatballs	Beef Stroganoff Swedish Meatballs
28	Chicken Sausage Jambalaya	Beef Patty with Jardinière Sauce	Beef Stroganoff	Beef Stroganoff
The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at 508-841-8757. Reservations must be made by noon, (2) business days in advance. Meal menu may change without notice. NOTICE: Meal cost has increased to \$2.50.				