

The Senior Edition

August 2016 Volume 16 Issue 8



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

Summer Time Safety:

As a seasoned New Englander, you are probably well aware of staying healthy in the heat...stay hydrated, wear sun screen and use bug spray. Unfortunately, as we age, dehydration can occur more quickly, especially if you are on particular medications or have certain health conditions.

Ways To Ensure A Fun Summer: (see pgs 2, 3)

- Cool off with some ice cream! **Senator Moore's Annual Ice Cream Social** is this month!
- Attend the **Hydration Talk** at the Senior Center. Sponsored by Elderwood Home Care, you'll learn about why hydration is essential for healthy aging and warning signs of dehydration, alternative ways to hydrate and choosing drinks wisely.
- Attend the **Monthly Smoothie** for a refreshing,, heart healthy Summer Treat!
- Escape the heat and watch our free **monthly movie**
- Pick up **free booklets** on Mosquito and Tick safety from the MA Dept of Public Health

Call to sign up for events...there is plenty more to do at the Senior Center and the Community in this issue! Have a healthy month!

Community Highlights This Month:

Sheriff's Annual Senior Picnic, 11am-3pm:

Saturday, August 20th: SAC Park, 348 Lake St

The Sheriff's Annual Senior Picnic has become the biggest senior picnic event throughout the region and is sponsored by the Worcester County Reserve Deputy Sheriff's Association including donations by many local businesses. In addition to a traditional BBQ menu, the Sheriff's Picnic will include a fun afternoon of complimentary bingo games, raffle prizes and music entertainment. For more information contact the Worcester County Reserve Deputy Sheriff's Association at 508-796-2638 or visit www.worcestercountysheriff.com.

Shrewsbury's Farmer's Market:

Every Wed, 2-6:30pm, Ski Ward Area, 1000 Main St

Get fresh and local fruits, veggies, micro and Asian produce, herbs, eggs, flowers, honey, syrup, cheese and meats. Home made pickles, sauces, cookies, fudge, artisan breads, jams, jellies and wine. Hand crafted soap and skincare. Held rain or shine! Visit www.shrewsburyfarmersmarket.com for more! Flyers also available at the Senior Center. Sponsored by State Representative Hannah Cane, Wheelabrator Shrewsbury, SELCO, Chief Joseph Tarkanian and Greendale Physical Therapy.



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Friends of the Shrewsbury Senior Center, Inc.
98 Maple Avenue, Shrewsbury, MA 01545
508-841-8640



COA/Senior Center Staff and Volunteers

COA Board Members

COA Chairperson: Louise Russell, **Vice Chairperson:** Charles Fenno, **Secretary:** Zoya Mehta. Norma Giumentaro and Susan Shaw.

COA Director: Sharon M. Yager
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Van Drivers: Pat Babin, Bob Dumas, Don Fleury, Bob Horne, Philip Koziara, Donna Messier, Tim Shaw, Russell Vickstrom

Outreach Coordinator: Walter P. Rice, LCSW
Volunteer Coordinator: Stacey Lavelly
Office Support Coordinators: Donna Messier and Miranda Watson

SHINE Volunteer: Mahesh Reshamwala
CARES Coordinator: Dave Grillo

Village Café: Manager: Beth Murray, 508-841-8757

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Billing Agent: George Lavoie:

Advertising: (vacant)
Editor: Terry Gale

Members: Bob Durbano, Norma Giumentaro, Chuck Kilgore. Fran Rimkus, Maynard Rinker, Don Rondeau & David Stirk

Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please email: tgale@shrewsburyma.gov. Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

IMPORTANT!
Deadline for the
September
Newsletter
is August 9, 2016



Senior Television Shows, SPAC-TV 28

Senior Center Events (1 hour) Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm.

Seniors on the Move (30 mins) Tues. at 2:00pm, Wed. 10:00am and Fri. 11:30am, Host : Karen McKenzie.

SHINE "Medicare and More" TV) with Ed Roth at Milford TV (30 mins) Fridays at 11:30am, Saturdays at 11:30, Mondays at 4pm.

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

Tues., Aug 2nd: Legal Clinic: Meet with an elder law attorney one on one for a half hour to review your legal questions/issues. Advance signup is required, call the Senior Center to register. Next date will be Sep 15th.



Thurs., Aug 4th, 12:30pm: Senator Michael Moore will again be hosting his Annual Ice Cream Social. Come to the Shrewsbury Senior Center to celebrate summer and beat the heat with this fun and tasty gathering! Please sign up at the front desk and let us know if you have any dietary restrictions.

Fri., Aug 5th, 10-11am: Brain Gym Smoothie: Heart Healthy Smoothies and Brain Gym. New Smoothie each month. Please call 508-841-8640 or stop by the front desk to register.



Mon., Aug 8th, 10:00-11, Senator Moore Office hours: Senator Michael Moore or a representative from his office, will hold office hours at the Senior Center to meet with constituents on a first come, first serve basis. No appointment necessary.

August Free Health Events:
Please call to sign up

8/9 (Tues) 10am Neuropathy Workshop: Dr. Brian Maher from Shrewsbury Chiropractic will discuss sciatica and neuropathy concerns and options that may help with these conditions.

8/9 (Tues) 1-2:00pm: Hearing Screening: Peter Lee, Hearing Specialist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings, weight checks and more with Dr. Clermont and nurse Lydia.



Thurs., Aug 11th, 11:30am: Lunch and Learn with Dr. C and Guests: This monthly talk will feature Dr. Clermont and/or guests who will discuss timely health topics to help give you the information you need to be a savvy health consumer. Bring your own lunch or buy lunch at the Village Café for the suggested donation of \$2.50. Today's lunch will be Pork Rib-i-Que. (If you want lunch from the Café, kindly call 508-841-8757 to make your reservation by Aug. 9th) The talk will follow at noon. This month's talk features Carol Recchion from Brookhaven Hospice on the topic of "Medicare's Best Kept Secret". Did you know hospice is a Medicare Part A benefit? That there are different types of hospice: private, for-profit, etc? Don't wait until a loved one is in crisis and learn the difference the hard way. Learn about this benefit you and your loved ones are entitled to and what the options are so you can make educated decisions if they are needed! Please call to reserve your seat for the talk so there will be enough hand outs, folders will also be provided for attendees.

Fri., Aug 12th, 11:30am, Movie "Hail, Caesar!" and Lunch: 4-time Oscar Cohen Brothers (Fargo, No Country For Old Men) write and direct this comedy set in the early 1950's: Hollywood's Golden Age. Although the story is fictional, it follows real-life "Fixer" Eddie Mannix (Josh Brolin) who is busy at work trying to solve all the problems of the actors and filmmakers at Capitol Pictures. His latest assignments: disgruntled director (Ralph Finnes), beautiful, pregnant synchronized swimmer (Scarlett Johansen) and handsome dancer (Channing Tatum). As if all this wasn't enough, Mannix faces his biggest challenge when lead star Baird Whitlock (George Clooney) gets kidnapped by Communists while in costume for the sword-and-sandals epic "Hail, Caesar!" If the studio doesn't pay \$100,000, it's the end of the line for the movie star. PG-13, 1hr, 4min. Movies have limited seating. Please sign up! Reserve lunch for 11am at the Village Café for donation of \$2.50. Movie will start promptly at 11:30.



Movie Buffs: Did You Catch This?

Submitted by Charles Fournier

In March, the Senior Center showed the fantasy film "The Age Of Adaline", starring Blake Lively and Harrison Ford. One of the clues to Adaline's not aging was scar. As it happens, a comparison can be made between this film and a TV representation some 55 years ago! This would be a Rod Serling *Twilight Zone* production title "Long Live Walter Jameson", first shown on March 18, 1960. This half hour story starred Kevin McCarthy (one of his previous films being *Invasion of the Body Snatchers*, he also did a cameo in the 1978 remake.) It was not a scar for Walter which gave away his secret. It was instead a mole on his face and a recognized ring on the finger in a fictionalized Mathew Brady photograph of the 1860s) which the writer, Charles Beaumont, used for clues.

One might wonder if The Age of Adaline was at all guided by the *Twilight Zone*, it being produced so many years earlier? Some fun trivia to ponder!

Mon., Aug 15th, 9am Power of Hydration Talk: "Fluid for Thought". Learn the importance of hydration as you age and try fresh lemon, cucumber and mint water. See more on front page. Call to sign up!



Mon., Aug 15th, 12-3pm Chair Massage: Tense, achy muscles? Loosen up and come enjoy a relaxing chair massage with Massage Therapist Kathie! Rates are \$1 per minute. 5, 10 or 15 minute massages are available. Call to sign up!

Thurs., Aug 18th, 2-8pm: Blood Drive 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.



Fri., Aug 19th, 10-11AM Ageless Grace®

Join us for a new exercise program – Ageless Grace®! In the class you will learn the 21 Simple Tools that nearly anyone can do which assist in lifelong comfort and ease as they are designed to be done in a chair. These movement sequences focus on the healthy longevity of the body, mind, emotions and spirit. Each tool focuses on a different anti-aging technique (i.e. joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic simulation, balance, confidence and playfulness). The tools promote the 3 R's – Respond, Recover and React! This class will meet on the 3rd Friday of every month at the senior center. Please sign up at the desk or call 508-841-8640.



Thurs., Aug 25th, 2pm Book Chat: For this month's Discussion please read *Ragtime* by E.L.Doctorow. Copies are available at the Shrewsbury Public Library's Circulation desk by July 28th.

Tues., Aug 30th, 10-11am Legislative Office Hours with Representative Hannah Kane at the Senior Center. No appointment necessary. Your state rep is here for you and whatever concerns you might have!

Senior Men's Club is Looking for YOU! The Senior Men's Club meets every Thursday from 9:30 to 10:30am. Gentlemen: are you a retired senior looking for an opportunity to meet and interact with other guys? Would you like to fill a hole in your weekly routine? Come in and experience a meeting of the Shrewsbury Senior Men's Club. The group gathers at the Senior Center to enjoy coffee, donuts, and good conversation with others. Joe Montecalvo, long-term president, introduces the week's speaker. Following a short talk or video presentation, the floor is open for questions. Speakers and programs this past year have covered a large number of topics, from antique cars, the State Police Museum, the old trolley system, Dr. Harvey Clermont, Worcester District Attorney Joseph Early, Worcester County Sheriff Lew Evangelitis and many more! The club has also offered some outings for members and their spouses.

For the first time since its inception 20 years ago, members voted to meet throughout this summer. Cost to join the Senior Men's Club is a one-time \$5. There is a weekly \$2 charge for the coffee and donuts. Approximately 45-60 of the 120 members attend on any given week. Why not give us a try? Introduce yourself to one of the guys who will welcome you!

Submitted by Men's Club member Preston Shaw

CARES Column

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

Movies surpass being mere entertainment when they also explain subject matter really well. I believe "The Big Short" provides a solid education on the financial crisis of 2007-2008. Based on a book written by investigative journalist Michael Lewis, this film demystified for me how this "crash" that derailed the retirement plans of so many current and future retirees came to be. It also provides ample warning that many of the nefarious practices that led to this crash are now as strong as ever. "The Big Short" is available for home viewing. Also, for those who wish to learn more, Michael Lewis has written often and well on the workings of Wall Street.

"The Big Short" may lead one to decide that the only place to invest is in so-called "safe investments" such as savings or money market accounts or even CDs (Certificates of Deposit). Determining one's spending into the future and how to allocate one's assets to insure a smooth road ahead is challenging for most retirees. Without taking at least some market risk by investing in stock-based or bond-based securities, one's available financial resources could be depleted by rising prices and unexpected expenses (health-related, home repair, etc.). But such investing also involves risks that, if actualized, could be devastating. And then there are "new and improved" financial products that come along that attempt to allay the customer's fears about an existing product by making it even "better." For example, certain insurance companies now offer "accident forgiveness"; get into an accident and your rates won't increase. However, in their ads, they don't tell you that this wonderful benefit comes at a cost: higher premiums. Similarly, the new "bump-up" CD allows owners to lift their rate one or more times during its term if the bank's rates go higher, according to the article "Beware 'Bump Up' CD Come-Ons" (pg.18) in *Kiplinger's Personal Finance* magazine (August 2016). "You won't see rates increase far enough, fast enough to come out ahead with bump-up CDs that mature in less than two years" according to this article. As always, it is imperative that any buyer/investor understand the details beyond the enticing sales pitch.

For guidance on finding a financial adviser, read "When It's Time to Call In a Pro" in the *Kiplinger's* magazine cited above.

Always talk to trusted family members or friends before making financial decisions you are unsure about!



Help on Newsletter Mailing Day!

Free Coffee, Donuts and Muffins when you help us stick the mailing labels on The Senior Edition Newsletter. Mailing date for the **September Issue is FRIDAY, August 26th at 8:30am.** Come join in a fun two hours.

Volunteer Opportunities

**By Stacey Lavelly
Volunteer Coordinator
508-841-8758**

August Volunteer Opportunities

Summer may be here, but there are still things to do and volunteers that are needed. This may be the perfect time to get out and about in the community.

Receptionists : Are you an outgoing person, with positive attitude, a dependable, flexible schedule who enjoys lots of variety? Reception might be a good fit for you! We are looking for permanent and fill-in receptionists at our front desk. The shifts are either 8am-12pm or 12pm-4:30pm. Duties include answering phones, helping people who come to the reception desk and other office duties. Computer experience is not necessary.

Senior Greeters 2016- 2017 School Year: Student return to school the end of this month and the Shrewsbury High School Greeter program is in need of dependable, flexible greeters for the 2016-17 school year. No computer experience is necessary but a friendly demeanor is!

Meals On Wheels Drivers: We are seeking a few drivers to deliver meals to homebound seniors. If you have one morning a week we would love to hear from you! Shifts are available Monday through Friday. Start at 9:15am and be done by noon. Gas stipend available.



New Classes at Senior Center: Please let me know if you are interested in leading a class or group at the Shrewsbury Senior Center. We are always looking for new offerings so if you have a hobby, passion or experience you would like to share with others, please get in touch with me. I am here Mondays, Tuesdays and Thursdays from 9-3pm so please call for an interview, I'd love to hear from you!

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.

Lost and Found:

Are you missing a sweater? Jacket? Hat? Keys? Your item may be at the Senior Center! There are many items that have been left behind so far this year, including half a dozen key rings, including car keys! Clothing is hung in the coat room. Keys and smaller items are in the COA office. Please come get your items! Any clothing not claimed will be donated to a local charity around mid-September.

Words From The Friends

With "baby boomers" now reaching 60 and 70 years old, the senior population is growing by leaps and bounds. With that population increase comes a need for additional services and activities to meet the diverse needs of the senior population. It takes money to meet those needs. Town, state and federal budgets are limited in what the government can provide. That is where the "Friends" group steps in.

The purpose of the Friends is to assist the Shrewsbury Council on Aging by providing funds for programs and social services that benefit Shrewsbury seniors and to purchase non-budgeted items for the Senior Center. Funds are raised through membership dues, fund-raising events, grants and donations (gifts).

In order to meet these growing needs, the "Friends" must step up their fund raising efforts. For that reason we are reaching out to people who have an interest in the well-being of the senior community to take an active part in our organization. You need not be a "senior" to become involved.

We are forming a committee of 10-12 people who will spear-head our fund-raising efforts. Meeting once or twice a month, the group will brain-storm ideas for fund-raisers and share the work to make each planned event a success. Our first flea market proved that a small group of people with a specific focus can achieve fund-raising success.

We are seeking a recording secretary for our board as well as reaching out to people who are interested in serving on our newly expanded Board of Directors. If interested, please call Susan Shaw at 508-523-4336 or email her at susangshaw0@gmail.com

Coming in September: Our annual basket raffle.

You are invited to renew your membership in the Friends or to join as a new member. Membership is open to adults of all ages.

Please use the form on this page. Membership renewals are payable between July 1 and October 31. New members may join at any time throughout the membership year.

We will be collecting dues at our September and October monthly programs or you may mail your dues as indicated on the form or take it to the Senior Center.

Membership year is July 1, 2016 - June 30, 2017.

Please check off box or boxes that applies!
Enclosed are:
() \$10.00 Individual Membership
() \$20.00 Couples Membership
() \$_____ Additional Donation

Name-----
Address-----
City, Zip-----
Phone#-(-----)-----
Email Address -----

Make Checks payable to:
FSSC, Inc.
98 Maple Avenue, Shrewsbury, MA 01545
Thank You for your continued support!

Sponsorship Opportunities: The Friends Inc., are seeking individuals and others to sponsor various events at the Senior Center. In addition to Newsletter sponsors, we need **Activity, Talk and Monthly Movie Sponsors!** Cost to sponsor a movie is \$80, which covers the DVD purchase and refreshments. Sponsorship will be recognized unless otherwise requested. This will assure continuation of a social and entertaining Friday afternoon once a month. Call the Senior Center with questions or to schedule your sponsorship. Remember, you are welcome to **borrow the free DVD movies** from the large collection at the Senior Center at any time!

August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 11-1:00 SSC Club (Bingo) 11:30 Whist 1:00 - 2:00 Senior Challenge 2:00 - 3:30 Current Event **Parks and Recreation Activities	8:00 - 9:00 Tai Chai Begin (Sept) 9:00 - Walking Club 9:00 - Bocce (outside court) 9-12 Piano Lessons (Sept) 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 9-11:30 Independent Artists 10:20 Belly Dancing 12-1:30 Art is 4 every1 12- 4:00 Duplicate Bridge 1:45-3:15 AIEI Art class w/ Elaine 2:00 Men's Billiards	8:30 - 9:15 Tai Chai (Sept) 9:00 -11:30 Roger's Coffee Shop 9:30 -10:30 Complete Workout** 10:00 -12:00 Scrabble Group 11:00 Yoga (Peer Led) 12:00 - 1:00 BP/Weight Scr. 12:30 Bridge 1:00 - 2:00 Mindfulness Meditation 1:00 - 2:00 Pilates 1:00 -3:30 Whist	9:00 - Bocce (outside court) 9:00 -11:30 Roger's Coffee Shop 9:00 -11:00 Friends Men Club 10:30 -11:30 & 12:00 -1:00 Open/Mic 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 10 :00 Men's Support Group 12:30 -1:30 Senior Challenge (Fitness) 1:00 -3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00 - 3:00 Exercise for Seniors
1	2	3	4	5
Chicken Mornay Couscous, Cookie	9:00 Legal Clinic Pot Roast Stew Potatoes, Rice Pudding	Mac and Cheese Green Beans, Fresh Fruit	Meatloaf and Gravy Garlic Mashed Potatoes Tropical Fruit	10:00 Smoothie workshop  Chicken a La King
8	9	10	11	12
Senator Moore Office Hours Roast Turkey with Gravy Mashed Sweet Potatoes Mixed Fruit	Van Trip: Walmart 10:00 Neuropathy workshop 1:00 Hearing Screening Buttermilk Chicken Red Bliss Potatoes Fresh Fruit	8:00 - Trip to Foxwoods 10:00 COA Board Meeting Beef and Bean Chili Brown Rice, Streusel Cake	12:30pm Ice Cream Social  12:00 "Lunch and Learn" w/ Dr. C and Guest: "Medicare's Best Kept Secret" Pork Rib-i-Que Hot Potato Salad Strawberries/ Whipped	11:30 Movie & Lunch No Senior Challenge Cracker Crumb Fish Tuscany Vegetables, Apple Crisp

<p>15</p> <p>9:00 Hydration Talk “Fluid For Thought”</p> <p>12:00 - 3:00 Chair Massage</p> <p>Swedish Meatballs Vegetables, Tapioca</p>	<p>16</p> <p>Beef with Peppers/Onions Cole Slaw, Watermelon</p>	<p>17</p> <p>Garlic Herbed Chicken Mashed Potatoes, Yogurt</p>	<p>18</p> <p>2-8:00 Red Cross Blood Drive</p> <p>Beef and Broccoli Rice, Pineapple</p>	<p>19</p> <p>10:00 Ageless Grace®</p> <p>Bacon Cheese Omelet Potatoes, Orange</p>
<p>22</p> <p>Beef Burgandy Brown Rice, Fresh Fruit</p>	<p>23</p> <p>Van Trip: White City Plaza</p> <p>Chicken with Asparagus Corn, Mandarin Oranges</p>	<p>24</p> <p>Hot Dog, Baked Beans Melon</p>	<p>25</p> <p>2-3:00 Book Chat</p> <p>American Chop Suey Broccoli and Red Peppers</p>	<p>26</p> <p>8:30 Newsletter Mailing</p> <p>Wild Alaskan Salmon with Dill, Couscous, Chocolate Mousse</p>
<p>29</p> <p>Lemon Thyme Chicken Sour Cream and Chive Potato, Peaches</p>	<p>30</p> <p>10am Representative Hannah Kane Office Hours</p> <p>Beef with Jardiniere Sauce Honey Glazed Carrots, Cookie</p>	<p>31</p> <p>Herb Roasted Pork Potatoes Au Gratin, Brownie</p>	<p>The Village Café serves lunch each day at 11:30am. The entrée, side and dessert is listed each day. Menu items subject to change. All meals come with an additional side, bread/butter and milk. To reserve your meal, please call the Café at (508) 841-8757 by noon (2) business days in advance. Suggested donation is \$2.50. For a full menu please see the Senior Center kitchen or front desk. . 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 screenings, clinics, and events.</p>	

**THE DOCTOR IS IN:
with Dr. Harvey Clermont, "Dr. C"**



Time to think Flu Shots! It wasn't that long ago when seniors could come to the Senior Center for their flu vaccine from the Shrewsbury Department of Health. For several reasons, this practice was discontinued as vaccines have become available through most pharmacies. With a generous offer by Walgreens, registered pharmacists are offering the 2016-2017 quadrivalent flu vaccine to Shrewsbury Seniors. This preparation contains 2 influenza A and 2 influenza B strains, the same as those contained in the vaccine last year in the Southern Hemisphere. Last year the vaccine proved to be 63% effective in producing antibodies to counter-act the flu virus infection. Remember, influenza is particularly severe for older adults, with this age group experiencing a high rate of flu-related hospitalizations and doctor visits. There should be no shortage or delays in production of the vaccine this year. As far as the nasal vaccine option, the CDC recently recommended that the flu-mist nasal flu vaccine not be used this season because of a reported measured effectiveness of only 3%. This announcement was strange for several reasons...the results were known for 3 years---why wait to announce? Despite the findings, pediatric flu deaths are significantly diminishing with the nasal option...another medical "mystery".

Walgreens will be offering a free **Flu Vaccine Clinic** at the Shrewsbury Senior Center on **September 8th from 9am to 12pm**, the day of the Primary election. Have a productive day! Join your friends, get your immunization, vote (right down the hall if you are in precinct 6!) and stay for lunch! Save the date and contact the Senior Center at 508-841-8640 to sign up. Can't make it? Walgreen's is also offering the free flu vaccine at the Saint Anne's Free Walk-In Medical Clinic on August 30th from 6-8pm.

Don't miss the next "Lunch and Learn" Lecture series (see page 2) or the Lion's Club Vision Mobile (see "Save The Date" on page 11) coming in Sept!

Dr. Harvey Clermont is a longtime volunteer at the Shrewsbury Senior Center and Friends of the Shrewsbury Senior Center, Inc. Vice President

**Would You Like To Participate
In The Research Of Aging?**

The Lifespan Laboratory at Worcester State University, directed by Dr. Nicole Rosa is currently looking for seniors between the ages of 60-90 to volunteer as research participants for various psychological studies. You must have at least a 10th grade education and be fluent in English to participate. Studies take 1-2 hours to complete and participants will receive an Amazon Gift Card valued between \$10-\$25. To learn more, flyers are available at the Senior Center. You can also contact Dr. Rosa at 508-929-8761 or nrosa@worchester.edu.

News from SHINE

(Serving Health Information Needs of Everyone!)
Ed Roth, Regional SHINE Coordinator

MASSACHUSETTS VETERANS ENTITLED TO REIMBURSEMENT FOR MEDICAL EXPENSES

Chapter 115 of the Massachusetts General Laws entitles Massachusetts Veterans and their spouses to reimbursement of their medical expenses if they meet certain income and resources guidelines. If you are a veteran, widow or widower of a veteran with an income of \$1,980 or less a month and cash assets of less than \$5,000, or if you are a married veteran or married to a veteran, and your combined income is less than \$2,670 per month and combined cash assets are less than \$9,800, then you may be eligible for these benefits. This program is an entitlement in recognition of your service and not charity. You may be reimbursed for your Medicare Premium and all your other health insurance expenses. If you meet these guidelines, contact Shrewsbury's Veteran's Service Officer at 508-841-8386 and tell them you would like to submit a Chapter 115 application for benefits. If you have any questions regarding these benefits call our Regional Office at 508-422-9931.

Turning 65?: Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for Social Security benefits. Also, coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector subsidy when you turn 65. If you have any questions you should contact your SHINE regional office at 1-800-243-4636 Option #3.

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. Soon we will be adding a monthly "Check your Mailbox" section to our site that will update you on mailings you can expect from Medicare, MassHealth and other insurance providers. We also have a link to our very informative cable TV program Medicare and More.

"SHINE'S MEDICARE AND MORE" PROGRAM: The Central MA SHINE Program is now sponsoring a monthly Cable TV program called SHINE'S MEDICARE AND MORE". This program is designed to educate and update MEDICARE beneficiaries and their families, on MEDICARE and other programs and benefits that can assist you with your health insurance coverage.

Trained SHINE counselors can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the senior center and ask for a SHINE appointment. Or call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Leave your name and number so a volunteer will call you back. You can now visit us on the internet at www.shinema.org.

Wellness Offerings at the Senior Center with Walter Rice - 508-841-8641

**Outreach Coordinator
Walter Rice, LCSW,**

Set up an appointment at 508-841-8647

Fuel Assistance Re-certifications: It may be August, but if you have received Fuel Assistance in the past, you should be getting your re-certification paperwork in the mail. Unlike like new applications, which will start in October or November, you can fill these out and submit them yourself. However, if you need assistance, or even would like to come in to do all the photocopying that is often required, the Senior Center is here to help.

Short Term 1-1 Emotional Support: Are you caring for a sick spouse or friend? Are you helping an adult child or helping to care for grandchildren? If you are a caregiver in any form, stress can be overwhelming! Walter can meet with you at the Senior Center or at your home for your convenience to listen non-judgmentally and possibly provide new options and choices to help you to address your issue(s) to get you "unstuck"!

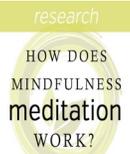
Small Home Repair Program (SHRP): If you need help with screens, air conditioners or fans, let the SHRP help you! PLEASE don't try to take on difficult tasks yourself, no matter how small! Keep this helpful program in mind for all other small repairs that can be done. Do you need light bulbs changed, unsafe steps, stairs, railings repaired or other things, such as installing grab bars or other assistance adaptations? Being safe in your home is important. Call and explore the options that are available.

All information shared in Outreach is Confidential! If you have a friend or love one in need, please let Outreach...Reach Out!

Fellowship Table: Aug 21st, 10am at Dean Park: Mount Olivet is once again hosting its Fellowship Table. **'The Fellowship Table'** is a community pot-luck brunch and worship service hosted by Mount Olivet Lutheran Church. The brunch is being held at Dean Park's North Pavilion in Shrewsbury at 10am on Sunday, August 21st, weather permitting. **All are welcome!** Brunch will be provided by members of the church, and there is no charge. Won't you join us in the park for food and fellowship? For more information contact Holly Pavlak at Mount Olivet: 508-842-2731, or email: hjpavlak@aol.com.

Mindfulness Meditation

Classes: Classes are on Wednesdays from 1:00pm to 2:00pm. The focus of this FREE group class is to help reduce stress & anxiety that may be happening in your life. If you have concerns or questions about this group, feel free to call Walter.



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Reiki I 

REIKI: Many people find the light, hands-on practice of Reiki helps them in many ways. **Water Rice is a Reiki Master** and can provide this gentle healing technique. Call him if you would like to make an appointment for a FREE half hour session.

Men's Support Group : Every Friday 10-11am, This is **Confidential** group with the purpose to provide support regarding issues related to: Death of Spouse, Grief, Sadness, Loss, Loneliness, Marital Separation, and Divorce. Facilitator is Walter Rice, Outreach Coordinator. Please contact him for more information.

The Rainbow Lunch Club

With so much media focus lately on LGBTIQA (Lesbian, Gay, Bisexual, Transgender, Intersex, Questioning and Allies) individuals, it may appear that there is only support and acceptance for the younger generation of this community. Nothing could be further from the truth! The Rainbow Lunch Club, sponsored by WLEN (Worcester LGBT Elder Network) offers LGBTIQA seniors a safe place to socialize, make friends and enjoy educational programs with their peers on the 2nd and 4th Wednesday of each month. The club meets at the Unitarian Universalist Church, 90 Holden St, Worcester. This month's gatherings will be on **August 10th and 24th**. For reservations: contact WLEN the week before at 508-756-1545, ext 404, or e-mail wlen@eswa.org. Brochures are also available at the Senior Center or by mail, or learn more on the website: www.meetup.com/Rainbow-Lunch-Club.



For more detailed information you can find brochures at the Senior Center in the Travel Stand

BucketList Travelers (formerly Seniors On The Go): Contact, Dave Stevens at davemts@chcharter.net, 508-869-6830 or visit website: www.bltofma.com.

Bucket List Travelers and a representative from Collette Travel will hold an Informational Presentation on **September 19th at 2:30 PM** at the Senior Center to provide a video program with details about two new adventures in 2017 – “Spotlight Tour of San Antonio, TX” and “Alaska Discovery – Land & Cruise”. There is no obligation to register for these trips, simply come to learn the details and how you can save money when you book early. There will be an Attendance Prize drawing. Please RSVP to Dave Stevens at 508-869-6830.

Pick-ups for all events are in Shrewsbury.

August 18, 2016 “Priscilla Queen of the Desert” at the Ogunquit Playhouse, Ogunquit, ME Luncheon at Jonathan’s Restaurant. **\$115.00:**Transportation, Luncheon, Show, and all gratuities.

August 26 – 29, 2016 – Montreal and Quebec City. 4 Days – 3 Nights 3 Dinners, 1 Breakfast. Price of \$879.00 p/p Dbl, \$1,149.00 Single includes Motorcoach transportation, Lodging & meals. Trip cancellation insurance available. A valid Passport is required for this trip.

The Happy Travelers: Bus trips for the over 50 traveler. Driver gratuity & cancellation waiver fee included in all of our day trips. Call Gladys Merrow at 508-835-4312 or e-mail: glady2@verizon.net.

Oct 1 (Sat): Friesians of Majesty and lunch, Vermont: \$99.00.

Oct 15: (Sat) :Edith Wharton & Norman Rockwell with lunch: \$109.00

Nov 05: (Sat): Cranberries, Chocolates, Lunch & Wine: \$92.00

Dec 11 (Sun): Stocking Stuffer Tour & Bright Nights Christmas Lights (4 seats left!) \$99.00

Bob Zinkus 2016 Trips: 508-757-1210 or zworchester@verizon.net, Checks to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604. All trips leave from Our Lady of Loreto Church, 33 Massasoit Road, Worcester.

August 11 - Foxwoods Casino: Depart 8AM, Leave Casino 4PM. Receive \$10 slot play, buffet voucher and entry into slot tournament: \$25

August 16 - Aqua Turf Club, Plantsville, CT - "Tribute to the Grand Ole Opry" - songs that were sung by Kenny Rogers, Glen Campbell, Patsy Cline and more. Family style luncheon: \$81

August 21 - Mohegan Casino - Depart 10AM, leave Casino 6PM. Buffet voucher, \$10 Spin On The Wheel:\$25

September 20 - New Hampshire Turkey Train - Afternoon ride along the Lake - luncheon on the train provided by Hart's Turkey Farm Restaurant. Local sightseeing after the train ride: \$81

September 28 - 30 - Niagara Falls & Erie Canal Spectacular - Two nights at the Country Inn & Suites in Niagara Falls. Tour Niagara with a native Canadian guide. Two dinners and two breakfasts included with one dinner atop the Skylon Revolving Restaurant. Enjoy a narrated cruise on the Erie Canal in Lockport, New York. Valid passport or passport card required for entry into Canada: \$389 pp (dbl)

Trip to Foxwoods Casino, Wed, August 10th, 8:00am 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.



Friends of the Worcester Senior Center: Contact Shirley White: 508-792-2948:

Foliage Tours:

Oct 5: (Wed) Vermont Country Store, Castle Hill Resort for lunch, glassblowers, pottery: \$88

Oct 11: (Tues) Quabbin Reservoir guided tour, Salem Cross for lunch, orchard and farmstand: \$65

Casinos:

Sep 9, Oct 7, Oct 25, Foxwoods, 8:30-5pm, \$20 each. Sep 19 (Mon) Mohegan Sun 8:30-5pm: \$20

Local Music News:

9-5: The Musical: Southgate at Shrewsbury:

Performed by the Regatta Players. Music and lyrics by Dolly Parton, based on the 20th Century Fox Picture. \$15 Adults, \$12 for Students/Seniors. For more info: call 508-925-0583 or visit www.regattaplayers.com. Showdates: Fri/Sat 8/5, 8/6 and 8/12, 8/13: 8pm. Sun: 8/7, 8/14: 2pm. Generously sponsored by the Massachusetts Cultural Arts Council.

Play Harmonica? The Northboro Senior Center Harmonica Club needs you! Call: 508-393-5035

Tues, Aug 16th, 6:30-9pm: Master Singers:

"Open Sing" at First Congregational Church: Calling all choral singers! Join the Master Singers of Worcester for one evening to rehearse and sing Johannes Brahms' A German Requiem (in English)! The public is welcome to hear the performance. Admission is only \$10. Visit www.mswma.org or call 508-842-1349 for more.

Play The Organ? Call the Senior Center to learn about organ availability to play!



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Publications Available At The Senior Center:

WISE Fall 2016 Course Catalog: Another great offering of courses at Assumption College's Worcester Institute for Senior Education. Courses start 9/6. Call 508-767-7513 or visit www.assumption.edu/wise or view the Senior Center's Reference Copy.

2016 Guide to Private Home Care Services in Central and Western MA:

This 29 page reference booklet is available at the Senior Center.

2016 MA Home Health Resource Directory: This 306 page informative reference guide is available at the Senior Center. There are four tabs: Information, City, Agencies and Allied/Individuals.

2016 Assisted Living Resource Guide: This 280 page reference guide is available at the Senior Center.

Summer/Fall 2016 Guide to Senior Living and Care:

These 34 page booklets are made by New LifeStyles: the Source for Senior Living. There are plenty available at the Senior Center. Come pick one up or call to have them mailed.

"Save the Date"

TAI Chai : Returns on Sept. 20th. for Beginner class, and Sept. 21st for Advanced class.

Flu Shots: September 8th: See page 8 for more information under Dr. Clermont's "Doctor Is In" Column.

AARP Driving Course: September 15th: 12:30-3:30pm. Call to learn more and start signing up!

Catch the Spirit! Spirit of Shrewsbury: September 24th & 25th.

Along with some surprises, look for great additions to one of the most celebrated festivals in New England!
Partial list of events: 5K Road Race, Kids Fun Run/Walk, Craft Fair, Kids Got Talent, Town Expo, Parade, Shrewsbury Historical Society Tour, Cruzzin' Dreams Car Shows, Lake Quinsigamond Wooden Boat Show, Boat Parade & Festival, The Paw Spa Pet Festival, Pancake Breakfast & Fishing Derby, Haunted House, Bingo, Classical Music Concert, as well as the ongoing Dancing/Musical Fountains at Dean Park and the Scarecrows on the Common. Please check our website for more information! www.spiritofshrewsbury.org

Spirit Of Shrewsbury At the Senior Center:

The Lion's Club will bring their Vision-Hearing mobile to the Center on Saturday, September 24th. This specialized van is equipped to do audiometric (hearing) testing and vision testing. Specialists will be available to discuss the findings. This is all free and confidential. Sign up is required – call the Senior Center at 508-841-8640 or in person at the Center.

Sunday, September 25th: Over 90 Tea: Will be open to all...come celebrate with your community! Refreshments and entertainment with recognition for those over 90. Flyers at Senior Center.



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