

The Senior Edition

December 2016
Volume 16 Issue 12



The EyeMobile Comes This Month!

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.

December 10th (Saturday) 9-12pm Lions Club Vision & Hearing Screening:

The Lions mobile vehicle will be in the parking lot of the Shrewsbury Senior Center. Hearing and Vision screenings, blood pressure and blood glucose testing (4 hour fast required). Please call to sign up by calling 508 841-8640 or in person at the Senior Center. This holiday season, give yourself the best gift around...health! This is also a perfect time to tour the Senior Center if you aren't available during the weekday. Or come by and buy a patio brick for the patio repair project...it makes a wonderful gift!



Community Highlight: Annual Shrewsbury Caroling on the Common: Dec. 23rd, Fri. 7pm

Come join in this wonderful town-wide tradition! Song sheets, hot chocolate and a fun night full of song and camaraderie. Worcester Brass Consortium for music! Bring a flashlight and consider bringing a donation of toothbrushes, toothpaste, shampoo, hair conditioner or deodorant for families in Shrewsbury served at the St. Anne's Food Pantry. For further information: 508 842-8805 or e-mail kaypreynolds@gmail.com

December At A Glance: Monthly Screenings, Movie, Smoothie, Chair Massage and Book Chat

12/2 Senator Moore Holiday Dinner

12/10 Lions Club Vision & Hearing Mobile

12/15 Red Cross Blood Drive

**Legislative Office Hours:
12/15 Representative Hannah Kane
12/19 Senator Michael Moore**

12/19 Holiday Carol Sing-A-Long

**12/20 Friends Holiday Gathering
With Guitarist Neil Cronin**

12/22 Senior Center Holiday Meal

AND MORE!

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

Are you a "Snow Bird"? Please let us know if you need us to suspend your Newsletter mailing while you are away this winter. Thank you!

ADDRESS LABEL HERE

RETURN SERVICE REQUESTED

NON-PROFIT ORG.
U S POSTAGE
PAID
WORCESTER MA
01613
PERMIT NO. 1102

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, Shashi Menon and Susan Shaw.

COA Director: Sharon M. Yager
Transportation Coordinator: Cynthia M. Willis
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

Newsletter Committee

Chairman: Ken Bodle

Billing Agent: George Lavoie:

Advertising: Miranda Watson

Editor: Terry Gale

Assistant Editor: Jackie Field

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: jfield@shrewsburyma.gov. Decisions for publication are

IMPORTANT!
Deadline for the
January 2017
Newsletter
is December 13, 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.

Help on Newsletter Mailing Day!: Free Coffee, Donuts and Muffins to help us stick the mailing labels on The Senior Edition Newsletter. Mailing date for the **January, 2017 Issue is FRIDAY, December 30th at 8:30am.** Join us for a fun two hours!



Fri., Dec 2nd, 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.



Dec. 2nd, Fri., Noontime. Holiday Turkey Dinner sponsored by Senator Michael Moore. Advance signup is required. Call the Senior Center to reserve your spot for holiday cheer!

Mon., Dec 5th & Dec 19th, 12-3pm Chair Massage: Loosen up and enjoy a relaxing chair massage with Massage Therapist Kathie! Two dates this month, because Kathie's got your back during this stressful holiday season! Rates: \$1/minute. 5, 10, 15 minute massages. Call to sign up.



Tues., Dec 6th, 9-12pm 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.

Dec 8th, Thurs., 12-1pm Lunch & Learn with Dr. C: Advanced Healthcare Planning to have Healthcare Your Way: Guest Speaker— Carol Recchion, MDiv. Carol has worked in medical organizations for over 27 years and has given other talks in this series. Participants will learn:

- Why planning is important for everyone
- The best ways to ensure your healthcare wishes
- Using questions/resources to maintain control
- What questions to ask as an informed consumer
- Additional resources (Medicare/Veterans benefits)

Bring your lunch or buy one here at the café for \$2.50/donation.; call 2 days ahead to reserve your lunch.

Dec. 9th, Fri; Lunch and Movie at 11:30am. Eddie the Eagle stars Taron Egerton and Hugh Jackman in this high-flying, feel good story inspired by true events. Eddie "The Eagle" Edwards, an unlikely but courageous British ski-jumper who never stopped believing in himself; even as an entire nation counts him out. With the help of a rebellious and charismatic coach (Jackman), the lovable underdog wins the hearts of fans around the world at the 1988 Calgary Winter Olympics. Movies have limited seating. Please sign up! Reserve lunch for 11am for \$2.50. The movie starts promptly at 11:30. 1 hr. 45 min. movie. Thank you to **Shrewsbury Nursing and Rehab** for generously being this month's sponsor!



December Free Health Screenings:*Please call to sign up***12/13 (Tues) 10am Neuropathy Workshop:**

Dr. Brian Maher from Shrewsbury Chiropractic will discuss sciatica and neuropathy concerns and options that may help with these conditions.

12/13 (Tues) 1-2pm: Hearing Screening: Peter Lee, Hearing Specialist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at 11am-1pm: Blood Pressure Screenings, flu shots, weight checks and more...with Dr. Clermont and nurse Lydia. No sign up necessary.

Dec 12th, 2:30pm: UK by Rail/Southern Charm Talk: A video presentation hosted by the Bucket List Travelers will feature two exciting 2017 trips! More info on page 10!

Dec 13th, Thurs; 1-3:30pm Exploring Photography: Bring your digital camera and (optional) tripod and join this group of amateur photographers to try new ideas!

Dec 15th, Thurs; 10-11am Legislative Office Hours with Rep. Hannah Kane. No appointments necessary and meetings occur on a first come first serve basis. If you signed up for Rep Kane's luncheon, we'll see you then!



Dec. 15th, Thurs., 2-7pm Blood Drive at the Senior Center. Donors will receive a complimentary Wachusett Mountain lift ticket, a free Bruins t-shirt and a coupon for a free appetizer or dessert at Chili's. Please donate and help us reach our goal. 1-800-RED-CROSS (733-2767)

Dec. 16th, Fri; 10-11am Ageless Grace® Learn 21 exercise tools that are designed to be done in a chair. Exercises focus on joint mobility, spinal flexibility, brain coordination etc. Meets 3rd Fri. monthly. Sign up at the desk!

Dec. 19th, Mon; 10-11am Senator Michael Moore will be at the Senior Center to meet constituents on a first come first serve basis.

Dec. 19th, Mon; 2:30-3:30pm Holiday Carol Sing-A-Long Want to get in the holiday spirit? Come in for an hour of old fashioned holiday classic sing-a-longs for the season. Sponsored by the Chapel on the Hill.

Dec. 20th, Tues, 1pm: Friends Monthly Program: Join us! See page 5 for details!

Dec. 22nd, Thurs., Holiday Meal. Chicken with Sage Stuffing, Sour Cream Chive Potatoes, Peas & Carrots and Carrot Cake (reg.) or Plain Cake (diet). Please sign up in the dining room 2 days in advance. A Donation of \$2.50 is appreciated.

Dec. 29th, Thur., 2pm Book Chat: For this month's discussion, please read *Year of Wonders* by Geraldine Brooks. Copies are available at the NEW Shrewsbury Public Library's Circulation desk. 

Men's Club Meeting Speakers

Every Thursday from 9-11am

Dec 1st Mr. Robert F. DeCoteau, Life along the Ganges River

Dec 8th Ms. Patricia Bigelow, Co-owner of Bigelow Nurseries—their 100th Anniversary.

Dec 15th Mr. Robert W. MacAllister, Investment Expenses Analysis

Dec 22nd No Meeting—Club Luncheon offsite

Dec 29th Mr. Jim McGovern, U.S. Rep.

Holiday Toy Drive Through Dec.

22nd, Thurs. Please donate a new non-violent toy for needy children in our community served by Shrewsbury Youth & Family Services and the Worcester Cnty Dept. of Children & Families. Sports balls & gift cards are especially needed for teens, as well as toys for infants. Thank you ! For info., please call LouAnn Geer at [508 414-9177](tel:5084149177). 

Are you a Veteran? Do you know someone who could benefit from Veteran's Services?

Veterans' Services: If you are a veteran, or the spouse/widow of a veteran, you may want to look into what benefits may be available from either the Commonwealth of Massachusetts (Mass General Laws, Chapter 115) or the Federal Veteran's Administration (VA). Programs are in place that can help with housing costs, medical bills, health care, pensions, disability compensation, and burial expenses. If you would like to find out what may be available in your particular case, contact Veteran's Service Officer Mike Perna at 508 841 8386 or district Director Adam Costello—774-551-5782, or stop by our office in the Senior Center on Thursdays from 8:00 AM to 4:00 PM.

CARES Column

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

How much do you know about those charities that you donate in good faith? Is your trust warranted? I would like to believe so. Watchdog groups such as Charity Watch (773 529-2300); charitywatch.org) attempt to provide "independent, assertive" reviews and ratings of entities most likely to make appeals for donations. During the holiday season, we are more likely than other times to give generously to various causes; we are even more likely to be inundated with requests from solicitors both legitimate and fraudulent. You may believe that most dollar value of your well-intentioned gifts will go to providing beneficial services, you can't know for sure unless you look deeper.

On its website, charitywatch.org. features an article (9-20-16) exposing two "newer" charities: Help The Vets (HTV) and Breast Cancer Outreach Foundation (BCOF). Founded in the last 3 years, these charities share the same address, phone number and 7 board members; of which 4 (including the chairman) are from the same family. Charity Watch's most disturbing discovery was only 6% of money donated to Help The Vets went to providing actual services. Also, Breast Cancer Outreach Foundation's disclosures were "insufficient", but its fundraising activity was extraordinarily high. For both, the majority of donations was used to pay for profit professional fundraisers. To confuse (and possibly deceive) potential donors, Help The Vets also markets itself as American Disabled Veteran Foundations, Military Families of American, Veterans Emergency Blood Bank, and Vets Fighting Breast Cancer. Breast Cancer Outreach Foundation also goes by the names American Breast Cancer Fund and United Breast Cancer Fund. (scam agents often use this ploy of altering the names of well-known legitimate charities to trick potential donors). At charitywatch.org (for computer users) or through subscribing by calling the phone number listed above, you can read articles, get tips and review the "top Rated Charities List".

There are other resources to help you determine if your charitable intentions are likely to be fulfilled. Better Business Bureau's Wise Giving Alliance (give.org 703 276-0100) and Charity Navigator (charitynavigator.org 201 818-1288) are also independent reviewers. Consider local charities that you learn about through volunteering; this gift of your time is invaluable!

Happy Holidays!

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

Volunteer Opportunities

Stacey Lavelly

Volunteer Coordinator

508-841-8758

December Volunteer Opportunities

Can you believe the holidays are already here? What better gift to others than giving some time to the Shrewsbury community! Please call me to set up time to discuss volunteering. I am available Mondays, Tuesdays and Thursdays; 9am-3pm.

New Instructors needed at the Senior Center

Please let me know if you are interested in leading a class/group at the Shrewsbury Senior Center. We are always looking for new offerings. If you have a hobby, passion or experience you would like to share, please get in touch with me.

Meals On Wheels Drivers

We still need a few good drivers and fill-ins 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 starting at 9:15am and out by noon..



Office Fill-ins

We are seeking reliable fill-in receptionists for vacations and sick days with the possibility of permanent positions in the near future. Computer experience is NOT necessary! Answer phones, assist guests and other office duties. Dependability and a positive attitude are essential!

Fill-in Senior Greeters at Shrewsbury High School

Looking for senior greeters for the 2016-2017 school year. These positions require people comfortable with high visibility & good communication skills. You will have vacations, holidays, snow days & summers off!

Outside Opportunities:

Horizons for Homeless Children: Legos, playdough, coloring! Like playing with kids? Volunteers are needed to play with homeless children in local Worcester shelters. There are trainings held monthly. Call 508-755-2615 or www.horizonschildren.org for more information. Or visit the Senior Center to view their flier.

If you would like to help kids via **Toys For Tots**, see information on page 3!

Please call or email me @ volunteerjobs@gmail.com if you are interested in any of these opportunities. New opportunities come in all the time. If you do not see an interest, call me and we can discuss other options!

Words From The Friends

The Holiday season is in full swing and we look forward to time with family and friends. Please **join us on Tuesday, December 20th at 1 pm to share the joy of friendship, fine entertainment and delicious refreshments.** You are invited to a Holiday Celebration. Guitarist Neil Cronin will entertain with a program of songs of the season for you to enjoy listening to and/or to sing along. Bring a friend, or come and make a new friend, and enjoy an afternoon of holiday cheer and wonderful music. There is no charge for the event and everyone is welcome, you do not need to be a senior to attend!

The Friends of the Shrewsbury Senior Center is a 501c3 non-profit corporation whose sole purpose is to raise funds to support the Senior Center and the senior citizens of Shrewsbury. It is a separate organization from the Council on Aging. With the work of the Friends, we have provided furniture in the building. This newsletter is mailed to every household where a senior resides, and we have also provided for the purchase of non-budgeted items.

Please consider becoming an active member of the Friends. We currently have openings for a secretary, an assistant treasurer and a few positions on our board of directors. We invite you to attend one of our board meetings; we meet on the first Tuesday of each month at 9:30am in the Senior Center Conference Room.

***Know a potential
Sponsor?
Contact the Senior
Center
508-841-8640!***



**Wishing you a Happy and Healthy
Holiday Season!**

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!

SPONSORS

Mailing of the Senior Edition depends in part on advertisers, businesses, clubs and individuals. There is space available for additional ads. For information or to place an ad, call the Senior Center at 508 841-8640 and speak to Miranda, our advertising manager.

Sponsors are also needed for monthly movies, talks and more. Call to learn more or to recommend a sponsor!

Attention Non-Shrewsbury Residents!

Mailing outside of Shrewsbury affects our Bulk mailing rate. If you want to receive this newsletter and you don't live in town, the cost of mailing of the Senior Edition newsletter is now \$10 per year to help defray these costs. Please send your request and payment to: Shrewsbury Senior Center, 98 Maple Avenue. Shrewsbury MA 01545 or drop it off on your next visit to the center. Thank You!

December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-11:30 Roger's Coffee Shop 11:00-1:00 SSC Club (Bingo) 11:30 Whist 1:00-2:00 Senior Challenge 1:00-2:30 Current Events	8:00-9:00 Tai Chai 9:00 Walking Club 9:00-12 Piano Lessons 9:15 Zumba Gold 9:00-11:30 Roger's Coffee Shop 9:00-11:30 Independent Artists 10:20 Belly Dancing 12:00-1:30 Art is 4 every1 12:00-4:00 Duplicate Bridge 2:00 Men's Billiards	8:30-9:15 Tai Chai 9:00 -11:30 Rogers Coffee shop 9:30-10:30 Complete Workout** 10:00-12:30 Scrabble 11:00 Yoga 11:00-1:00 BP/Weight Scr. 12:30 Bridge 1:00-2:00 Mindfulness Meditation 1:00-2:00 Pilates 1:00-3:30 Whist	9:00-11:30 Roger's Coffee Shop 9:00-11 Friends Men Club (12/22 no meeting) 10:00 Ageless Grace 10:30-11:30 & 12:00-1:00 Open/Mic 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards	9:00-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 10:00-11:00 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

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

<p>5 12:00-3:00 Chair Massage</p> <p>Hot Dog on Bun Pasta Salad Fresh Fruit</p>	<p>6 Van Trip: WalMart 9:00-12:00 Legal Clinic 9:30 Friends of the Shrewsbury Senior Center, Inc. Board Meeting</p> <p>Salmon Boat w/ Dill Sauce Spinach Chocolate Mousse</p>	<p>7 8:00 Mens Friends Club Foxwoods Trip</p> <p>Chicken Primavera w/ Penne Pasta Peas & Pearl Onions Pineapple</p>	<p>8 12:00-1:00 Lunch & Learn with Dr. C. Guest Speaker "Advanced Healthcare Planning"</p> <p>Stuffed Pepper Casserole Mixed Vegetables Brownie</p>	<p>9 11:30 Lunch & Movie <i>Eddie the Eagle</i></p> <p>Lasagna Broccoli Baked Pear Crisp</p>
<p>2 10:00-11:00 Brain Gym Smoothie Workshop</p> <p>12:00 Senator Michael Moore <u>Turkey Dinner</u></p> <p>(No meal at Village Café)</p>	<p>1</p> <p>The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757. All reservations must be made by noon (2) business days in advance. Meal donation of \$2.50 would be appreciated. For a full menu please see the Senior Center kitchen or front desk.</p> <p>PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up.</p>			

<p>12 2:30 Bucket List Travelers</p> <p>Roast pork w/ Gravy Country Blend Vegetables Cookies</p>	<p>13 10:00-11:00 Neuropathy Workshop 1:00-2:00 Hearing Screening 1:00 Exploring Photography</p> <p>Shepherd's Pie Peas or carrots Peaches</p>	<p>14 9:30 COA Board Meeting <i>(note new time!)</i></p> <p>Bacon Omelet Green Beans & Tomato Fresh Fruit</p>	<p>15 10:00-11:00 Representative Kane Office Hours 11:45 <u>Holiday Luncheon</u> sponsored by Rep. Hannah Kane 2:00-7:00 Blood Drive</p>	<p>16 10:00 Ageless Grace®</p> <p>Potato Crunch Fish Peas & Mushrooms Mandarin Oranges</p>
<p>19 10:00-11:00 Michael Moore Office Hours 12:00-3:00 Chair Massage</p> <p>2:30-3:30 Holiday Carol Sing-A-Long</p> <p>Chicken Mornay Roman Blend</p>	<p>20 Van Trip: Solomon Pond 1:00 Friends Holiday Gathering with guitarist Neil Cronin</p> <p>Meatloaf & Gravy Jardiniere Vegetables Strawberries w/ Whipped</p>	<p>21</p> <p>Turkey a La King Brussel Sprouts Yogurt</p>	<p>22 Friends Men Club—No regular meeting</p> <p><u>HOLIDAY MEAL</u> Chicken w/ Sage Stuffing Peas & Carrots Carrot Cake</p>	<p>23</p> <p><i>In observance up the upcoming holiday weekend, all services and programs will end at NOON, including Transportation</i></p> <p>Macaroni & Cheese Green Beans</p>
<p>26</p> <p><u>Holiday Observance</u> Municipal Offices Closed</p> <p><u>No Meals on Wheels</u></p>	<p>27</p> <p>Cracker Crumb Fish Honey Glazed Carrots Fresh Fruit</p>	<p>28 11:00-1:00 Flu Shots</p> <p>Swedish Meatballs Scandinavian Vegetables Mandarin Oranges</p>	<p>29 2:00-3:00 Book Chat Discussion: <i>Years of Wonder</i></p> <p>Pork Rib-i-que w/ Sandwich Roll Corn Niblets Birthday Cake</p>	<p>30 8:30 Newsletter Mailing</p> <p>Beef & Bean Chili Cornbread Broccoli</p>

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



"Senior Exercise"

I cannot let 2016 go by without a plug for the value of exercise for seniors. I am especially addressing the **men** out there who are religiously avoiding the opportunities to join the many/varied exercise classes offered at our Senior Center!

A sedentary lifestyle is one of the top risk factors for complications of arteriosclerosis. Yes, you've reached 70, 75 even 80 years of age because of "good genes", previous activity and medication. However, it is not too late to add more quality years to what you already have.

Exercise has many benefits and I encourage you to look at the individuals who practice a regular routine and compare them to yourself—for both the quantity and quality of life.

All programs encourage you to "talk to your doctor" before starting. Unfortunately, not all healthcare professionals are savvy at matching your level of fitness/physical condition to an appropriate program. If your medical condition requires a specialist (lungs, heart, joints...); you need their opinion about how much, how often, what type to do and not to do. Timing of a treating medication around the exercise schedule is key.

There are three types of exercise to consider; *stretching* (tai chi, yoga, pilates), *aerobic* (walking, bicycling, dancing, rowing, swimming) and *strengthening* (weights, resistance bands).

To achieve maximal benefits, you need to work up to sessions of 20-30 minutes, 3-4 times per week. Any amount of exercise is beneficial.

Every session should include a warm-up, a conditioning phase and a cool-down phase. The warm up includes stretching and range of motion at a lower intensity and should include central (neck/back) and peripheral (arms/legs) areas. This is the time to focus on breathing. Calories are burned during the conditioning phase which is limited by your heart rate and shortness of breath. Cooling down does not mean total rest; simply taper the intensity of the exercise until heart rate is baseline.

Warm-up is 5+/- minutes, conditioning 20 minutes and cool down 5 minutes. Do not eat for 90 minutes prior to exercise and drink water. Wear comfortable clothes. Choose different programs for variety. In a group you are in competition with yourself! Set goals and a schedule and get an exercise "buddy". Avoid buying expensive equipment unless to be used regularly. Above all?

Have fun!

Dr. Harvey Clermont is a retired surgeon and longtime volunteer at the Shrewsbury Senior Center. He currently serves as Friends of the Shrewsbury Senior Center, Inc. Vice President

News from SHINE

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

**The Medicare Open Enrollment ends on
December 7th**

**Don't Wait Until It's Too Late!
Make a SHINE Appointment Soon!**

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



Assistance is available from the SHINE program. Call the Senior Center and ask for a SHINE appointment with a trained volunteer counselor. Free, confidential counseling on all aspects of health insurance is available to anyone on Medicare. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program sponsors 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 that can assist you with your health insurance needs. See page 2 for station and times.

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 the cable TV program Medicare and More.



**Outreach Coordinator
Walter Rice, LCSW,
Set up an appointment
at 508-841-8647**

Fuel Assistance News: Do you qualify this year? Income limits are \$34,001 for a single person household, \$44,463 for two. If you qualify for Fuel Assistance, you may also qualify for their Weatherization Program. Brochures are available.

Cold Weather is Here! If there is a weather emergency and you loose power, will you need help? Please call to be put on our annual Winter Emergency Call list. You will ONLY be contacted in the event of an extended power outage. Better safe than sorry!

Do you have a Health Care Proxy? Packets are now available explaining things you should know about this simple, legal document you can do yourself. The packet includes the one page form. Call or stop by to get your copy!

Short Term 1-1 Emotional Support: Overwhelmed, stressed or sad? You're not alone! 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 "un-stuck"!

Small Home Repair Program (SHRP): PLEASE be safe and don't try to take on difficult tasks yourself, no matter how small! Keep this helpful program in mind for all small repairs you may need help with. Light bulbs need changing? Unsafe steps, stairs, railings? 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!

REIKI: Many people find the light, hands-on practice of Reiki helps them in many ways. **Walter 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 or to learn more.

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 questions or would like to learn more about this growing group, call Walter.

"S'Well" Checks for Solo Seniors!

The Senior Center is piloting a program to provide **daily wellness checks for solo seniors**, who, though they may have many friends, neighbors and family members they are in touch with through out the week, don't have a DAILY connection with a consistent person. Contact could be whatever is easiest for the participant...text, e-mail, phone call. If you would be interested in participating in such a program if/when it becomes available, please get in touch with the Senior Center to fill out a form and be notified you when we have such a program. If your life is both enriched (but complicated by) caring for one or more pets, please indicate that on the sign-up form as well. We may be able to arrange daycare, overnight boarding or a foster home for your pets for short periods; extending from hours to days; or if you are having a procedure or experiencing a short illness.

A limited number of **Shrewsbury's solo seniors are needed as volunteers** to help us determine how these activities best serve the participants. Volunteers in the pilot should expect to serve as the designated daily check-in point on a rotating basis. This will require faithfully monitoring email and phone messages on the days when they are the check-in point.

We encourage all seniors who could benefit, to contact the Senior Center for a form. The number of responses will help us to design a daily "S'Well"ness-Check for them (and their pets)!

Brown Bag Medicine—Starting January, 2017:

A new associate working on their Masters in Public Health will be helping Dr. Clermont with this new program. Questions on your medications? Do you have old prescription/non prescription medication laying around or have some you no longer take? Bring them in to have your medication reviewed with you or to get rid of unwanted medicines. **Every Wednesday 11-1pm at the Senior Center Starting January 4th!**

The Rainbow Lunch Club has expanded to the Rainbow Supper Club!



The Worcester LGBT Elder Network (WLEN) and Elder Services of Worcester are proud to announce the launch of the Rainbow Supper Club. The meals will be held on **December 6th(dinner) and 14th (lunch)** at the Unitarian Universalist Church, 90 Holden St, Worcester. To learn more about the Lunch or the Supper Club or to make 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.eswa.org/lgbt.

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

Bucket List Travelers (formerly Seniors On The Go): Contact, Dave Stevens at davemts@charter.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 **December 12th at 2:30 PM** at the Senior Center to provide a video program with details about two additional adventures in 2017 – **“UK by Rail”** (September, 2017) and **“Southern Charm”** (October, 2017). Attendance Prize drawing. Please RSVP to Dave Stevens for the December 12th presentation. 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. Pick-ups for all events are in Shrewsbury where your car can be left in the parking lot.

Anyone with Gift Certificates from Seniors on the Go: please mail them to Dave Stevens, 401 Cross St; Boylston, Ma. 01505 to receive a refund for the face amount of the Certificate. Seniors on the Go no longer offer day trips to utilize the certificates.

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: 508-835-4312 or e-mail: glady2@verizon.net. Flyers at Senior Center.

Dec 11 (Sun) Stocking Stuffer Tour & Bright Nights Christmas Lights(well into our second bus) \$99
2017 Trips:

Mar 17 (Fri) Mystery Tour to a New England city & 2 attractions & lunch	\$89
April 8 (Sat) Broadway Show “ONCE” , Palace Theater with lunch, Waterbury, CT	\$139
April 23 (Sun) Daffodils at Blithewold Mansion , Bristol, CT an tour of Linden Place	\$99
May 13 (Sat) Albany, N.Y. Tulip Festival Buffet lunch at The Evans Brewing Co.	\$99
May 20-May 24 5 days at Williamsburg, Virginia	TBA
June 17 (Sat) Tall Ships Parade of Sail , ships with their sails up & Sail Boston Festival-waitlist	\$199
July 15 (sat) Provincetown by fast ferry from Plymouth with dinner on return	\$115
Aug. 5th (sat) Isle of Shoals (New Hampshire) Cruise	\$109

We are exploring a trip to **Iceland** in 2017! Call if you would be interested!

Do not hesitate to get on the waiting list. Many times a trip will come available because of life changes

Bob Zinkus 2016 Trips: 508-757-1210 or zworcester@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. Contact Bob to join his mailing list for 2017 trips.

Foxwoods Casino: Dec 1st Receive \$10 slot play, plus buffet voucher. \$25

Christmas Show: Dec. 10th. Reagle players Christmas Show in Waltham. With luncheon at the Chateau Restaurant \$121

New Year’s at Noon: Dec. 31st Cruise Boston Harbor on the Odyssey. Great luncheon with a Champagne Toast! \$91

Foxwoods Casino, Wed., Dec 7th, 8:00am with the **Men’s Friends Club.** Depart at the Shrewsbury Senior Center. Sign ups are through Joe Montecalvo (508 234-5162) or the Senior Center. \$22 /person, includes a \$10 food coupon & \$10 Keno tickets. Payment is needed at sign up. **NO** refunds. Parking spaces are limited so please car pool.



Community events

The **Outpatient Center of Whittier Rehabilitation Hospital** invites you to attend a free lunch and a community education program: **“Watch your step: Fall Prevention Tips” - Dec. 1st, Noon.**
RSVP to Joanne at 508 871-2134

Master Singers of Worcester presents a **Holiday Concert** at the First Congregational Church of Shrewsbury presented by “Arts on the Green”. **Dec. 17th, 4pm.** **Advance tickets:** \$20/adult, \$15/senior, **At the Door:** \$25/adult, \$20/senior, \$10/children 16 and under.

CMRPHA Wkly Influenza Clinics, Now-Feb. 28th, Tues., 3-4p. **City of Worcester**, 25 Meade St, 2nd flr (nursing office) Worcester Ma. For children regardless of ins. and uninsured adults only.



Shrewsbury Senior Men's Club

Thursdays, 9-10:30am

Join us for coffee, a donut
and an interesting program

***This Space is
for Your Favorite
Business or
Organization!
Contact the Senior
Center:
508-841-8640***

Working
Hard for
Seniors In
Massachusetts



Congressman Jim McGovern

12 East Worcester St. Suite 1
Worcester, MA 01604
(508)-831-7356

www.nationalglassco.com



*Pandiani Family
Since 1921*

National Glass Works, Inc.
Worcester • Westborough
508-753-7209

Shrewsbury Rotary Club



"Service Above Self"



Shrewsbury
Nursing and Rehabilitation Center

Offering short term rehab, long
term care and memory care.
www.shrewsburnursing.com
508-887-1857

Last But Not Least: Odds and Ends:

We have an **Organ**...call if you'd like to play!
There are hundreds of **Videos**—come sign out a few!
Like **Puzzles**? We've got lots! Keep your mind agile!
Avid reader? Take a book, trade a book, we've got **Books!**

Higher Education Opportunities for Seniors:

Did you know that if you are 60 or older, you are eligible
to take classes at state colleges and universities for
FREE? Register now for new classes beginning in
January!

Some information:

Senior Citizens Guide
for College in Massachusetts Overall:
www.aseniorcitizenguideforcollege.com

Worcester State University:
www.worcesteredu/default.aspx 508 929-8000
Quinsigamond Community College:
http://www.qcc.edu 508 853-2300

**WISE (Worcester Institute for Senior Education)
Spring 2017 Course Catalog:** Although these classes
are not free, they are affordable and there is wonderful
variety and great offerings of courses at Assumption
College's WISE Program. Call 508-767-7513, visit
www.assumption.edu/wise or view the Senior Center's
Reference Copy.

Yard Waste Pick-up Program LEAVES, GRASS & SMALL BUNDLED BRANCHES: LAST CALL!

Will be picked up at the curb on your
regular rubbish collection day during the
following weeks in the Fall of 2016:

Pick up Ending December 2

Yard waste must be in the 30 gallon paper
lawn & leaf bags and lined up at the curb
by 7:00 A.M. Brush will be picked up if it is
no larger than three inches in diameter, cut
into four foot lengths and securely tied into
bundles. Please do not set out sooner than
your collection day.

Publications Available At The Senior Center:

**Winter/Spring 2017 Guide to Senior Living
and Care:** These 36 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.

**2016 Guides and Directories Available:
Private Home Care Services in Central and
Western MA:** This 29 page reference booklet is
available at the Senior Center.

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.

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

**We will publicize when 2017 editions
arrive!**



CENTRAL
ONE FEDERAL CREDIT UNION
714 Main Street P.O. Box 280
Shrewsbury, MA 01545-0280

Please call to learn more about our wide range of Financial services for seniors! **508-842-7400.**



SHREWSBURY
FEDERAL CREDIT UNION
508-845-6755 SHREWSBURYCU.COM

Britton Funeral Homes, Inc
Britton Funeral Home

648 Main St. Shrewsbury
508-845-6226

Britton Wallace
Funeral Home
91 Central St. Auburn

508-832-4420



THE SUMMER HOUSE

HEALD & CHIAMPA
Funeral Directors

Honoring • Remembering • Celebrating

5 Church Road • On the Common • Shrewsbury, MA 01545

Phone: 508.842.3700 • Fax: 508.842.3800

A Life Celebration Home
www.healdchiampa.com

Mercadante
Funeral Home & Chapel

-----Est. 1961-----

*Committed to Caring
for over 50 years*

370 Plantation St. Worcester
508-754-0486
or **800-854-0486**

★ ★ ★ ★
SENATOR
MOORE



Stop by or call!

DISTRICT OFFICE
SHREWSBURY TOWERS
36 N. Quinsigamond Ave.
Tel. (508) 757-0323 x13

www.SenatorMikeMoore.com

STATE REPRESENTATIVE
HANNAH KANE



(617) 722-2430

EMAIL: HANNAH.KANE@MAHOUSE.GOV
WEBSITE: WWW.REPHANNAHKANE.COM

Victor R. Quaranta
American Legion Post
397

Do You Have An Old Flag?



*The Post will
ceremoniously and
properly dispose of
your
American Flag*

Drop Off Box At Senior Center



Bringing LIFE to those we care
OASIS
AT DODGE PARK
RESERVATIONS BEING ACCEPTED! - OPENING SPRING 2016

**A Revolutionary Alzheimer's and
Dementia Residential Care Facility
for the Elderly in Central Massachusetts**



SELCO
TELEPHONE
Local, hassle-free & no long-term contracts
\$39.95/mo. PLUS TAXES AND FEES
508-841-8500

Polito
DEVELOPMENT

Commercial Industrial
Residential Real Estate

587C Hartford Turnpike
Shrewsbury MA 01545

508-842-5300

RANDS
AUTOMOTIVE

All Makes and Models
Brakes/exhaust/tune-ups
Wheel Alignment
Towing and Road Service,
Inspections

185 Memorial Dr., Shrewsbury

508-845-9850

RICHARD'S CAR WASH

309 BOSTON TURNPIKE
508-755-0131
NEW TYPHOON! OPEN 24 HOURS
SELF AUTOMATED TOUCH
FREE CAR WASH
ALL CLOTH TUNNEL WASH
COIN OPERATED VACUUMS — 2 BAY
WASHERS
Tuesday: Senior Citizens: \$1 off!

TURNPIKE AUTO BODY

307 BOSTON TURNPIKE
508-755-3015
UNIBODY REPAIR SPECIALIST
FEATURING: LASER BEAM TECHNOLOGY