

The Senior Edition

January 2017
Volume 17 Issue 1



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.

Happy 2017 from the COA Director:

It's hard to believe another year is behind us. When I've done this letter in the past, I've tried to write something a little personal to share. When I was hired as your director in 1995, my husband and I had only been married a few years my son Liam was 18 months old. We now have grandchildren that are older than that and Liam just received his Bachelor's degree last month! It's cliché to wonder where the time has gone, but when a new year begins, it's hard not to ask!

I'd like to thank all the COA staff, Board and volunteers for another wonderful year. Thanks also to the Town Manager, Selectmen, Finance Committee, our fellow town departments, Representative Hannah Kane, Senator Mike Moore, Congressman Jim McGovern and the Executive Office of Elder Affairs for all you do throughout the year.

We also wouldn't be where we are without the support of our Friends group, our amazing donors, advertisers and sponsors, other local agencies, organizations and aging networks. Together, it all makes Shrewsbury a special town to "age in place" in!

Whether you have been along for the journey, are new to town or will be becoming a senior in 2017 (Happy Birthday to all those turning 60 this year!), may we have a happy and healthy year ahead!

 Sharon M. Yager

January At A Glance:

Monthly Screenings, Movie, Smoothie, Chair Massage and Book Chat

Lunch and Learn: Falls and Dementia with Dr. Clermont

**Legislative Office Hours:
Representative Hannah Kane
Senator Michael Moore**

New SHINE Medicare information

Snow Closure Guidelines and other Winter Announcements

**Coming in February:
Country Western Dance Lessons
Glucose Screening
Tai Chi resumes
AND MORE!**

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

Are you a "Snow Bird"? Please let us know if you need us to suspend your Newsletter mailing if you will be away this winter for a month or more. Thank you and enjoy your time in the sun!

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



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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 email: jfield@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
February 2017
Newsletter
is January 10, 2017

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 **February, 2017 Issue is FRIDAY, January 27th at 8:30am.** Join us for a fun two hours!

**Seasonal Announcements:**

Shrewsbury Parks & Recreation has various winter 2017 programs starting in Jan. You can call 508-841-8503 or see the programs on line at shrewsburyma.gov/parkrec. Registration is open and classes fill fast! Classes have a fee. A sampling: Zumba, Beginner & Intermediate Yoga, Yoga for strength and more. Adult programs are held at the Senior Center or the various schools. If you are working, there are plenty of evening programs to choose from also!

Are you eligible for a Fitness Reimbursement from your Insurance Company? If so, the Senior Center can help! Some insurances offer up to \$150 reimbursement for seniors who attend a gym or formal exercises programs, including those at Senior Centers! If you need a form completed for a program you take at the Senior Center, let the front desk know and they will assist you.

It's Snowing! Is the Senior Center Open? If the Shrewsbury Schools are cancelled, Senior Center activities, transportation and Meals on Wheels will also be cancelled. If there is a delay, instructors/group leaders notify participants if the activity/class is cancelled. Meals and rides may be delayed or altered that day. If you are unsure, just call the COA office. The COA department remains open 8am-4:30pm during inclement weather unless a state of emergency is declared.



Don't Like To Drive In the Winter? Call to learn about the COA Van. Whether it's to go grocery shopping, to a medical appointment in Worcester or even in town, don't worry about black ice, clearing off your car, snow drifts and pot holes! The vans are an extension of public transportation and whether or not you drive or have a car matters for service.

NEW! Starting Jan. 4th and every Wednesday: Brown Bag Medicine— 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 11am-1pm.

Jan. 4th, Wed., 9:30-10:30am: The Complete Workout Join this 8 week class for both men and women with Karen McKenzie, Senior Fitness Specialist and host of Cable TV's "Seniors on the Move". You'll be improving strength, flexibility and endurance. Exercise mind and body with the latest in aging research, falls prevention and nutritional information. Cost: \$25. Call Parks/Recreation to sign up or go on line. See top of column for more great Parks programs! See calendar for all fitness and exercise classes!

January Free Health Screenings:*Please call to sign up***Jan. 9th, Tues; 10am Neuropathy Workshop:**

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

Jan. 9th, Tues; 1:00-2:00pm: Hearing

Screening: Peter Lee, Hearing Specialist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at 11:00-1:00pm: Blood Pressure Screenings, flu shots, weight checks and Brown Bag Medicine with Dr. Clermont and nurse Lydia. No sign up necessary.

Jan. 6th, Fri; 10:00-11:00am: 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.

**Jan. 12th, Thurs., 12:00-1:00pm: Lunch & Learn with Dr. C - Falls & Dementia (Part 1).**

Due to cognitive decline and impaired intellectual functioning and decision making capabilities, it becomes increasingly important to keep you and your loved one as safe as possible from falls. Sign up for this informative 2 part series!

**Jan. 13th, Fri. Lunch & Movie at 11:30pm:**

"The Second Best Marigold Hotel", rated PG. The sequel to the popular 2012 film picks up where the last left off...the hotel is filled with its long-term residents, so co-managers Muriel Donnelly (Maggie Smith) and Sonny Kapoor (Dev Patel) have a dream of expansion, and they've found just the place: The Second Best Exotic Marigold Hotel! Judi Dench, Bill Nighy, Richard Gere and more join in this all-star cast. 122 minutes. Be sure to sign up and join the fun!

Jan. 17th: Tues. Friends' Program: Trivia

Music Event: You think you know the television shows that you loved and watched faithfully. Can you name those shows by listening to their theme songs? You'll have an opportunity to test your knowledge of your favorite TV shows when the Premier Swing Band presents Trivia Music Event and challenges your music skills. Come and enjoy a fun afternoon naming the TV show, remembering who were the main characters, knowing what town the show was in and many more trivia facts to bring back the old days! Refreshments will be served. Thanks to the Shrewsbury Cultural Arts Council for partial funding of this event!

Jan. 17th: Tues. Exploring Photography: Bring your digital camera and join this group of amateur enthusiastic photographers and learn new skills!

Jan 19th, Thurs. Blood Drive: 2-7pm: Call 1-800-RED CROSS (733-2767) to donate/learn more.

Jan. 20th, Fri; 10:00-11:00am: 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 reception desk!

Legislative Dates:

Jan. 20th, Fri; 12:30-1:30pm: Legislative Office Hours with Rep. Hannah Kane. No appointments necessary and meetings occur on a first come first serve basis!

Jan. 23rd, Mon; 10-11am: Senator Michael Moore will be at the Senior Center to meet constituents on a first come first serve basis.

Jan. 26th, Thurs; 2:00-3:00pm: Book Chat

For this month's discussion, please read *Orphan Train* by Christina Baker Kline. Copies are available at the New Shrewsbury Public Library's circulation desk. February's book is *Wolf Winter* by Cecilia Ekback.

Jan. 30th, Mon., 9:00-12:00pm: Legal Clinic

Meet with an elder law attorney one on one for a half hour to review your legal questions/issues. Advance sign up is required, call the Senior Center to register.

Jan. 30th, Mon., Noon-3:00pm: Chair

Massage: Loosen up and enjoy a relaxing chair massage with Massage Therapist Kathie! Rates: \$1/minute. 5, 10, and 15 minute massages. Call to sign up.

**Men's Club Meeting Speakers, Thurs. 9-11am:**

Jan. 5th Mr. David Rodriguez,
Manager of Hooters Restaurant

Jan. 12th Lawrence L. Bull
Pres. Worcester Minerals Club

Jan. 19th Ms. Jennifer LaCroix
Exec. Director-Shrewsbury Crossings

Jan. 26th Dr. Harvey G. Clermont
Health Issues

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

If you are a veteran, or the spouse/widow of a veteran, you may be eligible for benefits 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. 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

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

At a recent meeting I attended at the Shrewsbury Senior Center, I was enlightened by the observations of the other attendees: Sharon Yager, Walter Rice, Mary Parenteau from Adult Protective Services, and a very informed and concerned senior who was the inspiration for the meeting; who will remain nameless since I didn't ask her permission to use her name for this column. We discussed that some very high achieving community members have been the victims of scams. Because of pride and embarrassment, seniors often isolate themselves when they realize they have become victims, so much so that they do not seek help that could mitigate the damage. For me, the most gut wrenching observation was that those who are or who feel lonely are easy targets from crooks. Virtually all adults get fraudulent phone calls and mail, and computer users regularly get fake emails that can be treacherous. So pretty much everyone is targeted. However, the lonely often misread the apparent kindness and caring of the unscrupulous stranger as a genuine response to their void. Since scam artists have a tendency to prey on people's emotions, the lonely are amongst the ripest of targets.

My contribution to this meeting was to say that if this column was reduced to one sentence, I would say, "talk to someone you trust before making any financial decision; especially if you have been solicited to provide money and/or information to an unfamiliar source that you had no prior intentions of contacting willingly." Whether you are lonely or not, if your pride or if embarrassment won't allow you to tell someone close to you about a difficult situation you find yourself in, I encourage you to contact someone such as myself, Sharon, Walter, Mary Parenteau, or any other service provider. We are not familiar enough that you need to worry about what we might think. In fact, we are not judgmental; we do what we do because we merely wish to help. We really understand how difficult it can be for you to tell family members or friends about a troubling decision. We are aware of resources beyond ourselves. We are your advocates. It is your choice whether or not you tell those in your life that might be affected by your actions. But please.....

DON'T SUFFER IN SILENCE.

Volunteer Opportunities

Stacey Lavelly

Volunteer Coordinator

508-841-8758

January Volunteer Opportunities

Start 2017 off right by helping in the community! We have some new opportunities that we know will warm you heart in the cold months ahead.

Meals on Wheels Drivers: With drivers away for the winter and illnesses, we are desperate for a few drivers to deliver meals to homebound seniors this winter season and beyond. If you have one morning a week, we need you! Shifts are available Monday through Friday. Start at 9am and be done by noon. Stipend available.



Newsletter Committee Volunteers: On page 2, we invite all who want to join us to put labels on the Newsletter. We need some additional help:

Mailing Day: Strong folks are needed to help the mailing crew haul the mail sacks to the post office. Must help load/unloading a truck and go to the post office distribution center for the bulk mailing. All told, it is only 60-90 minutes each month and you'll get a great work out!

Proofreading: Do you have an eye for detail? Are you a grammar whiz? One or two additional volunteers are needed to help with newsletter proofreading, usually the 3rd Wed of the month at 1pm.

TV Show Volunteer: We need dependable volunteers who know or are willing to learn how to operate a video camera and film events at the senior center. Experience is helpful but the group is willing to train those interested in this position. This is a unique opportunity so call soon to secure your spot on this dynamic team.

Fill-in Front Desk Receptionists: Outgoing person, with a flexible schedule, who enjoys lots of variety? The front desk might be for you! Shifts are either 8am-noon or noon-4pm. Duties include answering phones, helping people who come to the reception desk and other office duties.

Instrument Instructors: We are seeking people interested in teaching seniors how to play instruments (guitar, accordion etc.) in a small group setting. Day(s) can be flexible.

Fill-in Senior Greeters at Shrewsbury High School: Must be comfortable with high visibility and have good communication skills. All vacations, holidays, snow days and summers off!

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

Many of us are making resolutions for 2017 this month and good intentions usually last a couple of weeks. Then we go back to doing (or not doing) the things we've done before in the same way we've always done them. Why not make this year different and look to the programs and activities available at the Senior Center to help you stick with your resolutions?

Here are a few suggestions:

- ➔ Join an exercise group. The programs are geared to most levels of fitness and to ability.
- ➔ Exercise your brain! Attend the current events discussion, the book group, the writers group, start painting, or join photography. In these programs you can share ideas or learn new things. Learn to paint. Attend the monthly Friends programs.
- ➔ Get involved. Be a volunteer. Become active with the Friends. Share your time, talents and ideas with the Senior Center Staff, COA Board members or the Friends Board.

Most of the activities are free, some ask for a small donation and there are a few with modest participation fees. Everyone is welcome to join in the activities and they are wonderful places to make new friends.

Do you enjoy being a hostess/host? The Friends invite you to help set up and serve the beautiful dessert buffet that's offered at the monthly programs. See one of the Board members at our January program to volunteer. (Many of the goodies are provided by people attending the program. (The food is always delicious and there are many choices.)

We are in the early planning stages for our Flea Market and Craft Fair which will be held in May again this year. If you would like to help with the planning, contact Susan Shaw at 508 842-3370 Or leave a message at the Senior Center Reception Window.

A HAPPY NEW YEAR TO ALL !!!

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

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!

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

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Thank You for your continued support!

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!

January, 2017

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	(NO Tai Chai in January) 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	(NO Tai Chai in January) 9:00 -11:30 Rogers Coffee shop 9:30-10:30 Complete Workout** (Jan 4th start) 10:00-12:30 Scrabble 11:00 Yoga 11:00-1:00 Dr. Clermont BP/Weight Ck/Brown Bag 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 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				
2 <u>New Years Day</u> <u>Celebrated</u> Municipal Offices <u>Closed</u> No Meals Served	3 9:30 Friends of the Shrewsbury Senior Ctr Board Meeting Roast Turkey Tuscan Vegetables Yogurt	4 8:00 Mens Friends Foxwoods Trip 9:30-10:30 Complete Workout** begins 11am-1pm Brown Bag Med begins Garlic Herbed Chicken Winter Mix Vegetables Mixed Fruit	5 Pork W/ Brown Gravy Brussel Sprouts Mandarin Oranges	 6 10:00-11:00 Brain Gym Smoothie Workshop Catch of the Day Green Beans Fresh Fruit
9 Beef Burgundy Mixed Vegetables Cookie	10 Van Trip: Walmart 10:00-11:00 Neuropathy Workshop 1:00-2:00 Hearing Screening Hot Dog on Bun Pasta Salad Mixed Fruit	11 9:30 COA Board Mfg American Chop Suey Broccoli Peach Crisp	12 12:00-1:00 Lunch & Learn with Dr. C: "Falls and Dementia" Chicken w/Asparagus Corn Fresh Fruit	13 11:30 Lunch & Movie "2nd Best Marigold Hotel" Wild Alaskan Salmon w/ Dill California Vegetables Chocolate Pudding

<p>16</p> <p><u>Martin Luther King Day Observance</u></p> <p>Municipal Offices <u>Closed</u></p>	<p>17</p> <p>1:00 Exploring Photography</p> <p>1:00 Friends Program: Trivia Music</p>	<p>18</p> <p>9:30 COA Board Meeting</p>	<p>19</p> <p>2-7pm Blood Drive</p>	<p>20</p> <p>10:00 Ageless Grace® 12:30-1:30 Rep. Hannah Kane</p>
<p>23</p> <p>10:00-11:00 Senator Michael Moore</p>	<p>24</p> <p>Van Trip: Westmeadow Mall</p>	<p>25</p>	<p>26</p> <p>2:00-3:00 Book Chat Discussion: <i>Orphan Train</i></p>	<p>27</p> <p>8:30 Newsletter mailing</p>
<p>30</p> <p>9:00-12:00 Legal Clinic</p> <p>12-3pm: Chair Massage</p>	<p>31</p>	<p>Meatloaf & Gravy Chuckwagon Corn Gingerbread</p>	<p>Greek Chicken Spinach Birthday Cake</p>	<p>Turkey Pot Pie Country Blend Vegetables Peaches</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>Beef Stew Corn Niblets Pineapple</p>	<p>Vegetable Cheese Bake Roman Vegetables Strawberries</p>			

**THE DOCTOR IS IN:
with Dr. Harvey Clermont, "Dr. C"
Dementia 101**



What would you think if headlines read "5.3 Million affected and half million a year die from *this*?" Alzheimer's is the 5th leading cause of death in seniors and the 6th leading cause of death in general, and two-thirds are women. Despite research, we still do not know the cause of Alzheimer's, nor do we have a successful treatment. It accounts for 50-60% of all dementia cases. Good news? Recent analysis suggests that the incidence is beginning to fall.

Here are the basics:

-Dementia is defined as impaired intellectual functioning interfering with activities of daily living. Intellect is the facility of reasoning and understanding. Components are memory, learning and decision making (judgement). Language is a part of the learning.

-One of the first signs of early dementia is a short-term memory problem. When is this a "problem"? We all forget things. When do we "cross-the-line" to dementia? You've heard the term "senile", implying a mental deterioration in "old" age. Researchers studying dementia speak of a "cognitive decline" as early evidence of "crossing-the-line". Cognition is the process of acquiring knowledge and understanding through the senses (visual, hearing and feeling), experience and thought.

-A mini-mental exam was developed to attempt to quantify this cognitive process. Using a scale of 0-30, they defined stages of dementia from 0-6. Stage 1 (score 25-29) was "very mild impairment", Stage 3 (score 16-20) was "moderate impairment". Stage 5 (score 6-10) was "severe impairment". A mini cognition exam where you are asked to remember 3 items and to draw the face of a clock, checks short term memory and attention, judgement and hand-eye coordination. The very mild stage shows only clinical forgetfulness. The moderate stage shows short-term memory loss, has difficulty "finding words", has trouble with mental math, becomes more socially withdrawn and may have some urinary incontinence. The severe stage clinically may become confused, wanders, cannot remember names and may need assistance in daily tasks. Sadly, some dementias may be progressive despite treatment. In the later stages, death may follow in 6-12 months. Bronchial pneumonia is the most common cause, with urinary sepsis second. These are due to impaired motor function causing the individual to be bed/chair bound. Incontinence is common. There is a loss of communication in words, difficulty swallowing or eating resulting in muscle wasting. There is a special scale for pain assessment in the advanced stage as well.

That's the bad news. See this month's talk on page 3 to learn more about how dementia and falls are connected and the good news: prevention/treatment!

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**



Can I still change my Medicare Plan?

The Medicare Open Enrollment ended on Dec. 7th, but people may still be allowed to change.

For 2017, the Tufts Medicare Preferred Plan and BC/BS HMO plans have been designated as 5 star Plans by Medicare; as a reward for the excellence of their plans. This means that Medicare Beneficiaries may enroll in or change to one of the Tufts Medicare Preferred Plans or a BC/BS HMO plan at any time between Dec. 8, 2016 and Nov. 20, 2017. This is a great opportunity if you missed the Open Enrollment deadline!

For those with a Medicare Advantage Plan:

Between Jan. 1st and Feb. 14th, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription drug plan. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

This is an opportunity to continue coverage with your current provider if you failed to make changes during the Open Enrollment Period.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

If you want to take advantage of any of these opportunities, call the SHINE Regional Office and a volunteer can talk you through the process and any consequences of changing.

Trained SHINE volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. **Call you Senior Center and ask for a SHINE appointment. You can also call 1 800 243-4636 then press or say 3.** Once you get the SHINE answering machine, please leave your name & number. A volunteer will call back.

The Central MASS SHINE Program sponsors a monthly Cable TV program called "SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them a call and ask about it.

You can visit us at www.shinema.org for useful information and applications for various programs.



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

Do You Have a Loved One Who Abuses Alcohol or Drugs? Whether it's a spouse, adult child, grandchild or a friend, you can feel helpless when you see someone abusing a substance. Addiction does not just affect young people and can happen at any time in life. In fact, seniors who are lonely, depressed or and/or are in physical pain are particularly at risk of developing an addiction. **What can you do**, when someone close to you drinks too much? You might be surprised what you can learn in an **Al-Anon Meeting**. For meeting info: 1-888-425-2666 or al-anon.org. Strength and hope for friends and families of problem drinkers. Walter can help with this and other resources if you have a loved one who is a substance abuser. If you are the one with the substance abuse problem, you are not alone! Help is available to you!

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.

Winter 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! Helpful Home Heating Booklets are available at the Senior Center!

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!

Tax Options: Walter can assist in explaining what options may be open to you to lower your property tax. If interested in the **2017 Tax Work Off Program**, in which you work for a town department in exchange for a deduction in your taxes, please call the Senior Center so an information packet can be mailed to you as soon as this year's program is finalized.

"S'Well" Checks for Solo Seniors!

The Senior Center continues piloting a program to provide **daily wellness checks for solo seniors**, who, though they may have many friends, neighbors and family members, don't have a DAILY connection with a consistent person. Contact will 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 see the Senior Center to fill out a form. 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.

We encourage seniors who could benefit, to contact the Senior Center for a form.

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. Meditation can also help with depression and the "winter blues", which can be very common this time of year. If you have questions or would like to learn more about this growing group, call Walter.

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 **January 3rd(dinner) and Jan. 11th & 25th (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. Please RSVP. 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 are planning special adventures in 2017 – **“UK by Rail”** (September, 2017) and **“Southern Charm”** (October, 2017). **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 Mellow: 508-835-4312 or e-mail: glady2@verizon.net. Flyers at Senior Center.

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	\$879.00 PP double
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: Isle of Shoals (New Hampshire) Cruise	\$109
Nov/Dec 2 days in New York City- Botanical Gardens, Radio City Christmas show & more	TBA

Also, 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 2017 Trips: No trips planned for January and February 2017. Contact Bob to join his mailing list for 2017 trips. Call 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.

Foxwoods Casino, Wed., Jan. 4th, 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 Slots voucher. Payment is needed at sign up. **NO** refunds. Parking spaces are limited so please car pool.



Community Events/News:

O Christmas Tree, O Christmas Tree, Not Sure How To Dispose of Thee?: A single (real, not fake) tree can be put at the curb on your regular collection day through January 27, 2017. You are not required to attach a Pay As You Throw (PAYT) bag or sticker to the tree. The Board of Selectmen has taken this action as a small token of appreciation for the excellent efforts of all residents who made the 2016 PAYT program such a success! Flyers available at the Senior Center and on the town’s webpage.

Special Olympics Polar Plunge for 2017 various dates and places. Take the Plunge into icy cold waters or just donate to help provide nearly 12,000 athletes an opportunity to participate in sports training and competition programs that help them live longer, happier, healthier lives. Each plunger will commit to raise at least \$100 to support special Olympics athletes throughout the state. Every dollar that is raised directly supports year-round sports training and competition. Check out their web site: specialolympicsma.org or contact Stephanie Esposito @: 508 485-0986 x256.

Mass. Audubon Society presentations: **Morning Birds**, Jan. 6th, 7:30-9am or **The Nature of Cape Cod in Winter**, Jan. 11th, 7-8:30pm, both at Broad Meadow Brook Wildlife Sanctuary, Worcester. **Sea Turtle Rescue Documentary debut**, Jan. 14th, Sat; Wellfleet Bay Wildlife Sanctuary or **Super Bowl of Birding XIV** Jan. 28th, Sat; Joppa Flats Education Center. Call Mass. Audubon Society @ 781 259-9500 or check the website: massaudubon.org. to register and for other offerings.

CMRPHA Weekly Influenza Clinics, Now through Feb. 28th, Tues., 3-4pm. City of Worcester, 25 Meade St, 2nd floor (nursing office) Worcester Ma. For uninsured adults and children (regardless of insurance) only.



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Coming Events

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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!

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

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

Worcester Institute for Senior Education (WISE) at Assumption College: The Spring 2017 course catalog is available for reference copy at the Senior Center. New member orientation starts on Jan. 24th with sessions starting on Feb 1st. You can register on line or by mail with the proper form found in the catalog. Early registration is recommended as courses fill up fast! A sampling of the diverse classes: American Indians: Contribution & Diversity, Jerome Kern & the American Musical, William Wordsworth, Tower Hill: A Walking Tour, Notorious Criminals Throughout the World. For more information, call 508-767-7513 or visit their website at: www.assumption.edu/wise!

February 15th, Wed. 2:30-3:30pm Country/Western Dance Classes

Learn the waltz, Cha-cha, and the El Paso. A new dance will be presented weekly for an 8 wk session. Be a couple or come alone. All dances are suitable for individuals to learn. Learn a fun way of getting exercise, flexibility and coordination. Smooth sole shoes are recommended. Sign up at the Senior Center!

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!



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