

NORTHBOROUGH
SENIOR CENTER

CONNECT · LEARN · ENGAGE

NEWS AND ACTIVITIES | VOLUME 8, NO. 1, JANUARY 2021

NORTHBOROUGH TIMES

HAPPY

New Year

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MISSION STATEMENT

As the hub for all aspects of healthy aging, the mission of the Northborough Council on Aging/Senior Center is to enrich and enhance the lives of older adults in our community.

SENIOR CENTER HOURS:

Monday, Wednesday, Thursday: 8 AM – 4 PM
Tuesday: 8 AM – 7 PM | Friday: 7 AM – 12 PM

119 Bearfoot Road Northborough, MA
(Handicapped Accessible)

Phone/After Hours Answering Machine:
508-393-5035

Fax: 508-393-1503

town.northborough.ma.us

Find us on 

STAFF

Director: Liz Tretiak

Office Assistant: Nancy Dragon

Outreach Coordinator: Jocelyn Ehrhardt

The Bistro@119 Program Coordinators:

Vickie Killeen, Carolyn Harrington

Van Drivers: Dennis Parker, Bob Lang, Keith Cofer, Warren Johnson

SHINE Counselors: Pauline O'Bray, Susan Goellner

COUNCIL ON AGING MEMBERS

Chairperson: Adrienne Cost

Vice Chairperson: Jarl Anderson

Secretary: Linda Cragin

Members: Lee Beavers, Virginia Simms George,

Phylis Muthee, Muriel Swenor

Liaison to Selectmen: Tim Kaelin

Liaison to School Committee: Joan Frank

Bay Path Elder Services Rep: Jarl Anderson

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NORTHBOROUGH
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FOR LINK

THE SENIOR CENTER WILL BE CLOSED

on Friday, January 1st for
the New Year Holiday
and Jan. 18 for Martin
Luther King Jr. Day.

DISCLAIMER: Dear Reader, We plan our programs and prepare our newsletter weeks in advance. This means that our **January** newsletter was sent to print **December 9th**. Given how quickly the COVID 19 pandemic has evolved and impacted day-to-day operations, the content of this newsletter may not reflect our current status at the time you receive it. We therefore recommend that you call us at **508-393-5035** for updates on our programs and other information that may be subject to change

DIRECTOR'S CORNER

Happy New Year to you all! I hope this new year brings us all some respite from the rollercoaster that was 2020. This year we will focus on resiliency and our power to rebuild and be stronger than ever. After the last 10 months, we are ready for some change.

In exciting news, the MetroWest Health Foundation awarded the Senior Center with a grant to combat social isolation in seniors. You will see some new programs this year designed to engage you in new ways through art, movement, and music, all with the goal of stress reduction and social connection. If you do not have access to a tablet to connect to Zoom, please ask us about our technology loan program. Many thanks to the generosity of the MWHF!

- Liz

INCLUSION STATEMENT: The Northborough Senior Center values the diversity of our participants, staff, volunteers, vendors, and community members. Throughout our center, our services, and our programs, we promote and honor diversity, equity, and inclusion, and believe it inspires people to share their unique perspectives and passions with one another. We welcome all people regardless of race, color, socioeconomic status, cultural background, marital status, sexual orientation, gender identity, ability, national origin, and other forms of uniqueness.

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HAPPY NEW YEAR!

2021 is finally here. If you are not a member of the Friends, this is the perfect time to join. The membership is a special donation that supports the Senior Center. If you are already a member - it's that time of year to renew your membership!

FRIENDS of the
NORTHBOROUGH
SENIOR CENTER, INC.

Last month we sent our annual appeal letter to all households in Northborough. We hope that you received it and will consider making a gift to the fund. Sadly, 2020 kept us from holding our biggest fundraiser of the year, the annual Country Store Fair. Now more than ever, your gift to the annual appeal ensures that we can continue to provide the services and activities that are vital to aging well.

Renew your membership or donate to the annual appeal campaign by visiting the Friends website or emailing **Info@friendsofnorthboroughseniors.org** for more information. The Friends wishes you good health and high spirits in 2021!
Sincerely, Kerri Martinek, President

Sincerely, *Kerri Martinek*



Our Mission - The purpose of the Friends is to financially assist the Northborough Council on Aging in providing programs and selective social services to the senior residents of Northborough and providing for the purchase of non-budgeted items for the Senior Center through membership dues, fund-raising events, grants, donations and corporate gifts. www.friendsofnorthboroughseniors.org

You're invited to join the Friends in support of Senior Center activities. Please use the form on this page. All seniors of Northborough and surrounding towns are welcome to take part in Senior Center activities, and all are welcome to visit at any time!



**FRIENDS OF NORTHBOROUGH SENIOR CENTER, INC.
MEMBERSHIP & DONATION FORM**

Today's Date _____ Note: Membership renewal is due annually in January.

Name(s) _____

Address _____

Town, State, Zip _____

Phone _____ Email _____

\$5 Individual \$10 Couple \$10 Non-resident INDIVIDUAL \$20 Non-resident COUPLE

\$25 Family \$100 Life* per person

Optional Donation: \$25 — \$35 — \$50 — \$100 — \$150 — \$250 — Other —

Payable to: Friends of Northborough Senior Center, Inc.
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ONGOING ONLINE OPPORTUNITIES

Zoom Classes and Conference Calls...More ways to Connect! Check out these new ways to stay involved and engaged. A new revised waiver will need to be signed going forward for all exercise class participants. Call the Senior Center for details. See full descriptions throughout the newsletter. Suggested donation for each class is \$3 that can be mailed or dropped off at the senior center monthly.

SUPPORT

Bereavement Support Group / Telephone Conference Call

Thursdays @ 12:45 PM

Low Vision Support / Telephone Conference Call / Thursday/January 14 @ 1:00 PM.

Better Day Caregiver Support / Zoom Call / Mondays @ 5:30 - 6:30 PM

Email Regina for the Zoom invite regina@betterdayprogram.org

Bridges Virtual Caregiver Support Group /

January 13th @ 1:00 PM, held monthly / Call **978-261-3468** for registration

FUN & GAMES

Trivia / Zoom Call / Tuesdays @ 1:00 PM

Memoir Writing / Zoom Call 2nd & 4th Wednesdays / January 13 & 27 @ 1:30 PM

The Dune Shack Art Group / Zoom Call / Thursdays @ 11:00 AM

Pathways Virtual Coffee Hour / Zoom Call / Tuesdays @ 11:00 AM

Photoshop Elements & Elements Premier / Zoom Call / Mon./Weds. @ 1:00 PM

FITNESS

Balls and Bands / Zoom Call / Wednesdays

@ 10:00 AM - 10:45 AM

Mat Yoga with Rebecca / Zoom Call

Wednesdays @ 1:00 PM

Restorative Yoga / Zoom Call / Mondays @ 3:30 PM

Seated Yoga with Rebecca / Zoom Call

Tuesdays @ 1:00 PM

Strength Training with Linda Video

On Demand / Northborough Cable Channel

Strength Training with Sharon / Zoom Call

Fridays @ 9:00 AM

Stretch Break with Sharon / Zoom Call

Fridays @ 10:15 AM

Tai Chi with Helen Morin

Beginner Tai Chi - Mondays @ 10:00 AM

Tai Chi for Arthritis - Tuesdays @ 9:30 AM

Advanced Yang Tai Chi - Tuesdays @ 11:00 AM

Beginner Yang Tai Chi - Fridays @ 10:00 AM

Advanced Yang Tai Chi - Fridays @ 11:30 AM

Traditional Chinese Yang Style Tai Chi

Zoom Call / Wednesdays @ 10:00 - 10:40 AM

Zumba Gold / Zoom Call / Thursdays @ 2:15 PM

INFORMATION & SERVICES

English as a Second Language

Zoom Call / Tuesdays @ 11:30 AM

Legal Clinic / Telephone conference call

Jan. 12 @ 12:00 - 1:00 PM / Atty. Hutchins

BIRTHDAY LUNCH

Birthday lunch coupons are mailed out to Town Residents to be used the day of the birthday lunch at the Bistro@119. If you have a birthday in January, the Friends will treat you to a lunch at the Bistro@119, which includes a sandwich of your choice, and of course, cake and ice cream. Since the Bistro is currently closed, your birthday coupon will be good through 2021! If you do not receive yours in the month of your birthday, please call us and pick up your coupon here.

SENIOR2SENIOR PENPAL PROGRAM

One of our high school volunteers recently contacted us. Megan Harrington misses her weekly involvement at the Senior Center (and we miss her too!). She is proposing a way of connecting during this time of physical distancing. Megan, a high school senior, would like to match other high school seniors with Senior Center members interested in exchanging letters. Megan's idea of old school 'Pen Pal, snail mail' letter writing may be just the antidote for these times. Please contact Jocelyn in Outreach if you would like to be matched with a teen letter writer!

BAYPATH ELDER SERVICES, INC.

BayPath provides an array of services and programs for older adults, caregivers, and persons with disabilities to support their independence and dignity. Some programs have eligibility criteria, such as age, need, income, and/or insurance. To find out more, please visit their website www.baypath.org or call **508-573-7200** and ask for the Information and Referral Department.



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NEW

CREATING YOUR PSYCHOLOGICAL FIRST AID KIT FOR SURVIVING THE CORONAVIRUS

Presenter: Henry Quinlan

Date: January 13th • **Time:** 11:30 AM

In the coming months there will be more stay at home time because of the winter and surging coronavirus. It is more important than ever to be prepared. Psychological first aid is designed to mitigate the effects of stress and anxiety that can be brought on by a lockdown brought on by the coronavirus. It outlines the steps need to cope with the stresses brought on by the coronavirus.

A recent study demonstrates that anxiety rates are three times higher than normal in June of 2020 and depression rates four time higher in the same period. As we head into the winter these rates are sure to increase.

WHO IS ALEXA?

Presentation on Zoom

by Sayva Services

Date: January 19th

Time: 11:00 AM

By now you have surely heard of Alexa, but what is it? Who is it? And how can it help you? Our friends at Sayva Services are here to tell you the basics about Alexa, and all the features that could help you safely age-in-place. Caregivers are also welcome to attend to learn how Alexa can assist in your care-giving duties. SayvaServices LLC is available for tasks that may not be so simple anymore for your senior loved ones. They can provide a responsible and dependable person when seniors need help solving technology questions, home repair management, home inventory needs and gifting. Call the Senior Center to register **508-393-5035**.



Sayva Services

UTILITY COMPANY SCAM ROBO-CALLS

Have you received a phone call from “your utility company” reporting that you overpaid on your last bill and are owed a refund? Don’t celebrate yet, this is a scam, or a predatory marketing scheme. Utility companies don’t usually give cash refunds. Here is what to do if you receive one of these calls, according to MilitaryConsumer.gov:

- Hang up. Don’t press any numbers or respond to any instructions. If you press or respond, you’ll probably wind up getting more unwanted calls like this.
- Never give the caller your Social Security number, account details, or...well, just don’t tell them anything. Scammers can use almost any information you give them to make a buck at your expense.
- Call your utility company, using the number on your bill. Tell them about the call and — if you still wonder— ask if the call was for real.
- If you want to consider using a third-party utility company, check with Massachusetts Department of Public Utilities (617) 305-3500 to understand your rights and how these companies are supposed to work.
- Tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov) if you spot this or any other scams.

**Military Consumer is a joint initiative to empower active duty and retired service members, military families, veterans and civilians in the military community.*

GIVE BACK!

Are you looking for a way to give back to the community and share your unique talents? Do you have an interest or hobby that you could share virtually? There is a good chance that there are many other likeminded people out there looking to connect!

We are seeking volunteers to lead monthly programs on Zoom to bring people together. You don’t need to be a Zoom expert or professional in any area, just bring your interest and enthusiasm to lead a discussion. We will take care of the technical aspect for you.

We welcome all suggestions and the schedule is at your convenience. If you are interested in learning more, please contact Liz Tretiak at ltretiak@town.northborough.ma.us

WATCH US ON LOCAL CABLE:

Watch Frank and Mary in Northborough, a monthly show with co-hosts, Liz Tretiak and Arthur Bergeron, featuring topics of interest to seniors. Tune into your Public Access Channel on Charter 191 or Verizon 31 here is Northborough, or online via the Senior Center’s YouTube channel, found at: <https://www.youtube.com/playlist?list=PLk479TOxptkX3vrlvATkG7BV8odi7E5xg>

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Director: Jeff Koopman | Jeff@haysfuneralhome.com

NEW **"BOOK AND A BITE"**
Call the Senior Center or Library to sign up!

The Northborough Senior Center and Northborough Free Public Library, and Wegmans have created a new collaboration to help senior residents feel less isolated during the on-going pandemic this winter. Starting in December, seniors may request a book (that will come with a special treat from Wegmans) from the library or senior center, and a volunteer from the Library-On-The-Go program will home deliver it to you. We will help you choose a book based on your interests if you don't have a book in mind!



NEW **SAND FOR SENIORS:**
 Sand for Seniors is a program collaboration between the Northborough Senior Center and the Northborough Rotary Club designed to increase safety during the winter.

This program was created for eligible seniors who are physically or financially unable to acquire their own bucket of an ice melt product. This program is available to Northborough residents who meet the following criteria: aged 60 or older; live in own home; unable to physically get ice melt product OR unable to afford ice melt product. If you are interested in the program, please call the Senior Center to confirm your eligibility. If you qualify, you will have a bucket of ice-melt product delivered to your door by a Rotary volunteer for use on your property. For more information or to sign up for the program please call **508-393-5035**.



NEW **ADOBE PHOTOSHOP ELEMENTS & ELEMENTS PREMIER**
(VIRTUAL ZOOM CLASS)

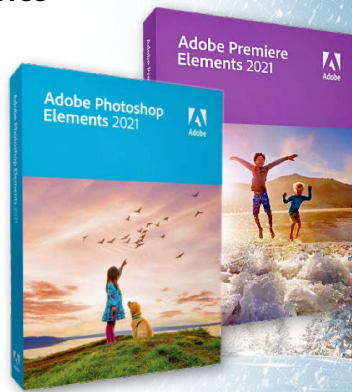
Days: Monday for Elements / Wednesday for Premier
Time: 1:00 PM both days • Cost: Free
Instructor: Mimi Witcher

There will be Lesson Plans and images to do in our virtual class, or you can just come and watch to see what it's all about!

In Elements we will look at color correcting and sharpening images, collaging several images, and restoring old images.

In Premier we will look for quick and easy ways to trim your video, make it look great, turn it into a fun creation, and pull still photos out for printing.

Call the Senior Center if you have questions and I'll call you back!



NORTHBOROUGH COA VAN SERVICE *

Monday
 Appts no sooner than 7:30 AM
 Medical Appts, Work

Mondays (1st)
 Wal-Mart/Target - Afternoon

Monday (2nd)
 Christmas Tree Shop - Afternoon

Monday (3rd)
 Lyman Street Plaza - Afternoon

Monday (4th)
 Solomon Pond Mall - Afternoon
 (If there is a fifth Monday
 Westmeadow Plaza)

Tuesday
 Appts. no sooner than 7:30 AM

Wednesday
 Appts. no sooner than 7:30 AM
 Senior Center, Medical Appts.,
 Work, Grocery Shopping@
 Hannaford in Marlboro Plaza,
 Work Trips, Library

Thursday
 Appts. no sooner than 7:30 AM
 Senior Center, Medical Appts.,
 Work

Friday
 Appts. no sooner than 8:15 AM
 Senior Center, In-town Errands,
 Work, Hairdresser

*** Please call the Senior Center at 508-393-5035 for details.**

In-Town Trips and Out-of-Town Trips provided to Marlboro, Westboro, Shrewsbury, Worcester, Boylston, Northborough, Southborough Monday-Friday as scheduled. Reservations taken up to seven business days in advance. Minimum of 24 hours notice is required for all reservations. **508-752-9283 press 1**. No out-of-town trips unless pre-authorized. Trips to and from the Senior Center are available daily.

AUTOMATIC FARE COLLECTION SYSTEM

Beginning January 1, 2019, WRTA implemented an Automatic Fare Collection System. There will be **no increase** of fares. The current fare collection system will transition from a cash & ticket system to a prepaid automatic system. Please call **508-791-9782** with any questions.

TUESDAY TRIVIA

(VIRTUAL CLASS)

Day: Tuesdays • Time: 1:00 PM • Cost: Free

Looking for a lot of fun while sharpening your mind? We've all heard how important it is to use the mind and continually challenge it. Being involved in leisure activities that help stimulate your brain can help you live a longer and happier life. Studies have shown that time spent stimulating the brain can help prevent dementia and Alzheimer's disease. Why not try Tuesday Trivia? Enjoy sharpening your mind in a non-competitive environment.

PATHWAYS VIRTUAL COFFEE HOUR

(VIRTUAL CLASS)

Tuesdays at 11:00 AM

Grab your favorite mug and pull up a comfy chair for a casual chat!

LGBTQ+ folx and SOFFAs (Significant Others, Family, Friends, and Allies) always welcome!

Please RSVP to Julie at jnowak@baypath.org

ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE

(VIRTUAL CLASS)

Date: Tuesdays • Time: 11:30 AM - 12:30 PM

Cost: FREE but Students purchase textbook

Instructor: Meredith Bohne

This is a free class, but students purchase the textbook. This month, we'll practice grammar, vegetable names, popular foods and names of States. As always, we'll discuss topics requested by the class. Meredith Bohne has been teaching for more than 20 years and welcomes you to this class.

THE DUNE SHACK

Day: Thursdays • Time: 11:00 AM

(VIRTUAL CLASS)

This is a chill, cozy space where you can work on a project in progress, or spark your imagination with a fun weekly art project that you can make with materials you already have at home! LGBTQ+ folx and SOFFA (Significant Others, Family, Friends, and Allies) always welcome! Let your inner child play! Please RSVP to Julie at JNowak@baypath.org

DULL MEN'S CLUB

(Outdoors, Weather Permitting)

Day: Wednesdays

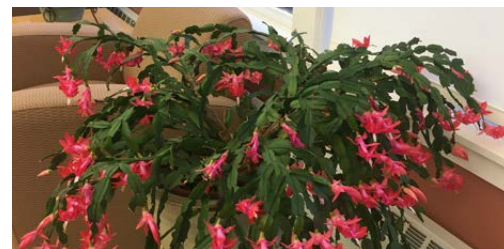
Time: 10:00 - 11:00 AM

Cost: Free • Leader: Bernie Gillon

The Northborough chapter of the Dull Men's Club is looking for a few more dull men who celebrate the ordinary. It is a place where dull men share thoughts and experiences, freeform glitz and glam, free from pressures to be in and trendy. We are free instead to enjoy simple, ordinary things. It is an opportunity to hang-out and to chat about issues of great or little importance. Serious politics or religion are strictly verboten subjects. We are not boring and we are not grumpy. Check out our international Dull Men's Club Website dullmensclub.com and come join us.



WEATHER DOESN'T DETER THE DULL MEN



Thank you for the help, Garden Club!

MEMOIR WRITING GROUP

(VIRTUAL CLASS)

Day: Wednesdays

Time: 1:30 PM • Cost: Free

Participants enjoy writing and sharing their stories from various stages in their lives. Join this fun group as they remember and write about the interesting times of their lives. Some of the members arrive at 12 noon for lunch at the Bistro. New members are welcome.

LEGAL CLINIC

Day: Tuesday • Date: January 12

Time: 12:00 - 1:00 PM

Attorney: Aaron Hutchins

Cost: Free

Phone appointments available

The Legal Clinic will be staffed by Attorney Aaron Hutchins. Call the Senior Center at 508-393-5035 to schedule your free 15 minute appointment to privately discuss any legal issue.

PUZZLE SWAP!

Day: Fridays • Time: 9:00 - 11:00 AM

Tons of options! Let us know what type of puzzles you are looking for and we will put together a bag for you to pick up. Call to get your personalized bag!



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NEW RESOURCE FOR NORTHBOROUGH RESIDENTS OF ALL AGES!

Northborough residents now have access to INTERFACE Referral Service, a new mental health resource. INTERFACE is a program of William James College, designed to increase awareness of mental health issues impacting children, families and adults and to facilitate access to appropriate outpatient services. Resource information and or provider referrals from trained resource and referral counselors can be obtained by calling the Interface Helpline (888-244-6843). The Helpline is available Monday through Friday from 9am to 5pm. The INTERFACE website has additional information and guides to assist with the process of seeking outpatient mental health services.



Events of the past year have given rise to a number of mental health concerns. Access to INTERFACE is timely. The Northborough Special Benevolent Fund Trustees have helped to support and fund this effort championed by your Northborough Youth & Family Services Department.

BEREAVEMENT GROUP (VIRTUAL CLASS)

Day: Thursday • Time: 12:45 - 2:15 PM
Presenter: Rev. Sharron Lamothe • Cost: Free

When we lose a loved one caused by illness, an accidental traumatic event or even natural causes, we can expect that we are going to go through some kind of a grief process. The one whom we have loved so dearly is no longer with us, so we need to mourn that loss if we are ever going to move forward with our lives. Our grief and mourning has no time line or limit. It never moves forward logically or step-by-step, and we may feel its grip over and over again.

Everyone experiences grief when a loss occurs. There is no way around it or over it or under it. We must work through it so healing can take place. This is hard work. A support group is one of the ways to help one move through the grief process.

Faith and Family Hospice of Marlborough, Ma. is offering a bereavement support group at the Northborough Senior Center. Rev. Sharron Lamothe, one of the chaplains with Faith and Family Hospice, will be the facilitator along with assistance from colleagues from Faith and Family.

No matter how dark and frightening the winters of struggle have been after the death of a loved one, we can be assured that spring will always come birthing new life. It is our hope that if you are experiencing the loss of a loved one, you will consider attending the bereavement support group. Then maybe you can begin to feel a sense of peace, solace and healing in such a difficult time in your life.

Rev. Sharron

LOW VISION SUPPORT GROUP (VIRTUAL CLASS)

Day: Thursday
Time: 1:00 PM
Cost: Free
Leader:
Agnes Sagerian



This month participants can join in a telephone conference call instead of meeting at the Senior Center. Please call Agnes Sagerian at **508-393-8353** for the telephone number to call and the code to put in.

VIRTUAL CAREGIVER SUPPORT GROUP

Better Day Adult Social Day Program from Marlborough, MA is hosting a weekly caregiver support group on Zoom. It is held on **Mondays from 5:30 - 6:30 PM**. Interested persons should email Regina Wolf Fritz at regina@betterdayprogram.org for an invitation.

FRIENDLY VOICES

During our outreach telephone calls to the seniors in our community throughout the COVID pandemic, we found that many people that were feeling isolated. A phone call made a world of difference. Many people did not realize how much the senior center offered, even with the building itself being closed. There is a definite need to connect to each other, so we will continue to reach out to seniors who would like to hear a 'friendly voice'. If you would like to be on that list of recipients, please call us! **508-393-5035**

How NOT to wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

OUTREACH NOTES

The frenzy of the holidays are now behind us. It is a good time to give thoughtful attention to Advance Planning. These may be issues that have been on the back burner, that surfaced during zoom chats or recent in-person visits. The breadth of these important life matters is considerable. It includes topics such as estate planning, naming a health care agent or proxy, arranging for a power of attorney and exploring alternatives for help in the home or community housing.

These arrangements are difficult to put into effect during a crisis of our own, much less a worldwide pandemic. All the more reason to consider and explore these matters in advance of an emergency. Given that in home care providers, particularly in areas without public transportation, are often in short supply or that many community housing options have waiting lists, Advance Planning can help to mitigate these and other challenges. Advance planning is an opportunity to exercise choice, provide input and reduce risk.

This area of planning and decision making can feel overwhelming. Resources do exist to help with this process, beginning with the Outreach Department at the Northborough Senior Center. Please contact me for assistance with this and other matters of concern.

Jocelyn Ehrhardt, MSW, Outreach Coordinator

PATHWAYS OF BAYPATH ELDER SERVICES

Did you know-? Our LGBTQ+ Initiative works constantly to increase outreach and connections to LGBTQ+ older adults, people with disabilities, and other isolated individuals... and it's here for YOU, too! Our coordinator Julie is always happy to help find information and support. You are warmly welcome to contact her with questions at jnowak@baypath.org or **508-573-7288** (direct line w/voicemail). Keep up with our Pathways programming by joining our confidential email list and watching posts to our homepage (www.baypath.org) and social media. **PRIDE** never stops and neither will Pathways!



WITH MEDICARE PLANS, DOES IT MATTER WHICH PHARMACY YOU USE? YES, THE PHARMACY YOU USE COULD MAKE A BIG DIFFERENCE IN THE COST OF YOUR DRUGS!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2021, all the 27 Medicare drug plans have preferred pharmacies as do several Medicare Advantage plans. You should check that the pharmacy you currently use is the best one to use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money.

The SHINE Program remains available for remote counseling and assistance. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE phone appointment, call your local Senior Center. For other SHINE related matters call **1-800-243-4636**. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

LIFELINE SUPPORT

Does someone you know need help staying connected? No one should be without voice or broadband service. Help your network stay in contact with emergency services, community resources, and friends and family by passing along information on Lifeline Telephone Assistance. For more information, visit www.lifelinesupport.org, or call Outreach at **508-393-5035**



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STRENGTH TRAINING

(ON CABLE)

Days: Mondays & Wednesdays

Time: 9:00 – 10:00 AM

Instructor: Linda Bonazzoli

Make your workout fun with this active class. You'll begin with a warm-up and ease into strength training with weights. The class incorporates aerobics and stretching as well. Linda has been an instructor at the Senior Center for more than 15 years. This class is adaptable to all capabilities so plan on checking it out soon.

STRENGTH TRAINING WITH SHARON

(VIRTUAL CLASS)

Days: Fridays

Time: 9:00 AM

Suggested Donation: \$3/class

This class will target both upper and lower body muscles for strength and for toning. I will also take you through a series of exercises that will focus on core strength and balance. Abs and lower back will also be targeted. You must be able to get down onto a mat or floor space. All fitness levels are welcome to join. Please let me know before class begins if you have any orthopedic issues which may need to be addressed with modifications.



SEATED CHAIR YOGA

(VIRTUAL CLASS)

Days: Tuesdays

Time: 1:00 PM

Instructor: Rebecca Reber

Suggested Donation: \$3/class

Join us for a seated chair yoga class where we will move with our breath through stretches, bends and twists. Come enjoy the movement and leave feeling relaxed and refreshed!



*Pauline Berkes
(Rebecca's Mom)*

TAI CHI-TRADITIONAL CHINESE YANG STYLE

(VIRTUAL CLASS)

Days: Wednesdays

Time: 10:00 – 10:40 AM

Suggested Donation: \$3/class

Instructor: Yunping Hu

Come and learn Traditional Chinese Yang Style Tai Chi, the most popular and relaxing Tai Chi style. It will be taught by Ms. Yunping Hu, the champion of multiple international Tai Chi competitions held in US and the student of Tai Chi master Sitan Chen. Both beginners and experienced Tai Chi practitioners are welcome.

ZUMBA GOLD

(VIRTUAL CLASS)

Days: Zoom Classes Thursdays

Time: 2:15 PM • Instructor: Mary Abate

Suggested Donation: \$3/class

This easy-to-follow program allows anyone any age or either sex to be able to perform the Zumba Gold dance moves to upbeat and fun music. Join us and let the party begin!

TAI CHI FOR ARTHRITIS

Days: Every Tuesday

Time: 9:30 – 10:30 AM

Suggested Donation: \$3/class

Instructor: Helen Morin

(VIRTUAL CLASS)

Exercise helps arthritis! Studies show that Tai Chi is a great exercise. Join us for this special form of Tai Chi designed specifically for arthritis by Dr. Paul Lam, an arthritis sufferer, who wanted an alternative to medication. We begin with gentle stretching known as Qi Gong, then we learn step by step the Sun Arthritis form. After practicing Tai Chi for 45 minutes we have a guided healing meditation. Then you will be ready for a beautiful day!

TAI CHI/QI GONG/MEDITATION MIND BODY & SPIRIT

(SEVERAL VIRTUAL OPTIONS, SEE PAGE 4 FOR DATES & TIMES)

Suggested Donation: \$3/class

Instructor: Rev. Helen Morin

Join us for a wonderful session of stretching known as Qi Gong, to improve your health increase energy and stimulate blood flow. Then relax into some Ancient Shaolin Temple exercises (all low impact). Then step gently into a progressive step by step learning of a modified Yang T'ai Chi form, from Villari's Self Defense studios. This one hour class will end with a guided healing meditation and you will begin your weekend balanced, focused and aware. Led by Rev Helen J. Morin, a certified teacher of Tai Chi.

STRETCH BREAK

(VIRTUAL CLASS)

Days: Every Friday • Time: 10:15 AM

Suggested Donation: \$3/class

Instructor: Sharon McDevitt

Stretch Break is a 45 minute class that consists of mat-based stretches for the entire body. Class will begin with about 5 minutes. Then, the relaxation begins! The rest of the class will be gentle stretching to bring your body through range of motion exercises which will lengthen your muscles and increase movement within each joint of your body. If you find you sit a lot, have a weak lower back or neck/shoulder soreness, this is the class for you. The goal for you is to have you become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain.

BALLS AND BANDS FITNESS ON ZOOM

(VIRTUAL OPTION)

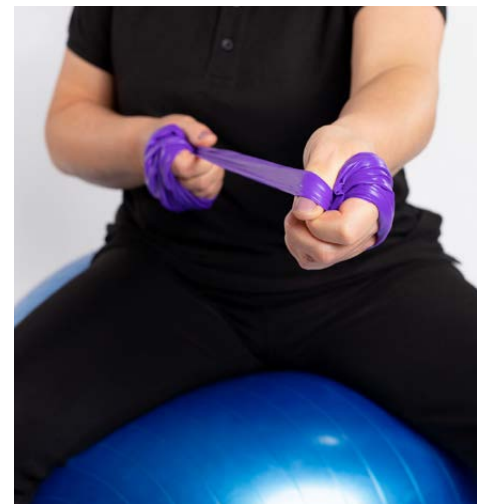
Days: Wednesdays • Time: 10:00 AM

Suggested Donation \$3/class

\$5 to purchase a ball & band

Instructor: Derry Tanner

Come join Derry Tanner, retired nurse and certified personal trainer for a new Balls and Bands exercise class on Zoom beginning Nov. 4th. Balls and Bands is a 45-minute class using body weight movement and exercises with 8" balls and resistance bands to build muscle strength, improve balance and increase flexibility and joint range of motion. Many exercises will be done standing, and you will need a sturdy chair for support. The exercise balls and resistance bands will be provided for pick up at the senior center prior to the first class. WHO SHOULD PARTICIPATE: Independent seniors who are able walk and climb stairs without assistance. HOW TO REGISTER: Call the Senior Center - Space is limited!





RESTORATIVE YOGA

(12 week session) Days: Mondays
Time: 3:30 - 4:00 PM

Begins January 11th • Call 508-393-5035 to register.

This class made possible by the MetroWest Health Foundation.

Join Rebecca Reber for a gentle mat style of yoga that concentrates on mindfulness and breath more than yoga poses. We will use props found around the house to create a comfortable position for each pose and let the body and mind relax. This enables us to move from "fight and flight" mode (which we all are in these days) to our "rest and digest" in the parasympathetic nervous system. There are many benefits from this including better health and sleep. Registration open to Northborough, Hudson, and Marlborough residents.

Review: "Best class ever!!!! I can't believe how relaxing that was. For whatever reason I have been a little stressed this week and the stress disappeared. Loved the sloping pose the most. Can't thank you enough"-Patty

GENTLE MAT YOGA

(VIRTUAL CLASS)

Days: Wenesdays • Time: 1:00 PM

Suggested Donation: \$3/class • Instructor: Rebecca Reber

The benefits of yoga are amazing including greater flexibility, balance, strength along with calming the mind and relaxation. This class begins with a meditation and gentle warm-up to an easy flow of postures in which choices will be given depending on experience level and then ending in a final relaxation or Savasana. Rebecca has been practicing yoga for over 15 years. She received her 200 certification three years ago and teaches at local COA. To find out more about her please visit www.rebeccareberyoga.com




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Winter Driving & Survival Tips

Tips from the Minnesota Department of Public Safety



Take these special driving precautions during the winter months.

- * Make sure your car is ready for the season & keep your gas tank at least half full to avoid gas line freeze.
 - * Avoid traveling in severe weather & tell someone where you are going.
- * Stock your car with a scraper, brush, shovel, jumper cables, tow chain & a bag of sand or cat litter for tire traction. Keep an emergency survival kit in the car.
- * Brush all snow off your car including headlights & tail lights so that other motorists can see you.
 - * Adjust your speed to road conditions & increase following distance.
- * If you find yourself stranded, stay calm & stay put. Run your engine for heat about once an hour. Make sure your exhaust pipe is clear to prevent carbon monoxide from getting into the car. Leave one window slightly open. Tie a piece of brightly colored cloth to your antenna to alert others.
- * Consider taking a cell phone with you for use during emergencies. Be sure the batteries are fully charged & consider bringing a spare battery.



ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron

Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

THE PLANNING YOU NEED TO QUALIFY FOR MASSHEALTH

In previous columns I have explained how, *whether you are single or married*, you can always qualify for MassHealth at the last minute if you need to. Knowing that to be true, do you still need to plan ahead? The answer is yes, however, the planning is different depending on whether you are single or married.

If you're married, while you are both alive, either of you can qualify for MassHealth. However, you should plan ahead if you want to make sure that if one of you dies, your assets will be protected if the survivor needs to qualify. You can do that by:

- Executing a will stating that any assets that would have gone to the survivor will instead be held in trust for the survivor.
- Transferring all assets you want to protect for the survivor into the name of the spouse who is more likely to die first. Even if the assets are transferred to the first spouse to die the day before death, the assets will be protected immediately if the survivor later needs to qualify for MassHealth.

If you're single, the only way you can protect some or all of your assets is by giving them away and waiting five years. Remember that:

- You don't need to give every asset away. Keep whatever amount of assets will keep you from losing sleep at night. The assets you keep will need to be spent down if you later need to qualify for MassHealth. However, the rest will be safe.
- You can transfer assets to an irrevocable trust. But alternatively, you can give assets to your children outright. In either case you have to trust the person, since that person will not be legally obligated to use the assets for your benefit if you need them.
- Remember, the 5-year lookback runs until the day you apply for MassHealth, even if you have been in a nursing home for a few years on private pay. So, if you need nursing home care in the interim, structure things so that your children or Trustee can pay the nursing home until the 5-year period has passed and the remaining assets are safe.

I will be discussing qualifying for MassHealth in more depth during this month's elder law virtual seminar, which can be watched on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary, and your local Northborough Cable station (Charter Channel 191; Verizon Channel 31), along with Frank and Mary's local Northborough Cable TV shows, where my co-host, Liz Tretiak and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at **(508) 860-1470** or abergeron@mirickoconnell.com.

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AGE-RELATED VISION PROBLEMS



As you age, so do your eyes. You might find that you have difficulty reading small print or that you need brighter lighting at your desk. In addition, eye diseases that could lead to more-serious vision problems become more common with age. Consider cataracts. A cataract is a clouding of the normally clear lens of the eye. Most cataracts develop slowly and don't disturb eyesight early on. At first, stronger lighting and eyeglasses can help you deal with cataracts. Eventually cataracts can interfere with your vision. Left untreated, cataracts can lead to blindness. However, even with advanced cataracts, vision can usually be restored with surgery. Be sure to have regular checkups with your ophthalmologist so that any developing vision problems can be caught early.

— Source: Mayo Clinic



Have a question for the pharmacist?
Email questions to: pharmacist@bouvierpharmacy.com

5	4	2	1	9	7	3	6	8
8	7	6	2	3	4	5	1	9
3	1	9	8	5	6	7	4	2
7	2	4	9	6	3	1	8	5
6	5	1	4	2	8	9	3	7
9	3	8	5	7	1	4	2	6
1	6	5	7	4	2	8	9	3
2	8	7	3	1	9	6	5	4
4	9	3	6	8	5	2	7	1

^ Answer to Previous Puzzle



Van Driver Dennis with the newest van in our fleet.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			7		3			
								6
			9		2		1	
					8			
7	1			4				6
8	3				7			9
9		6				8		3
			8	9		2		4
			7			4		

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DIFFICULTY: ★★★★★

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "W" = "A"

"PRWECF WCC URP HWP XGWPD
WDMREXIGF, SAG IZ FBA YWPG GB
GRXG W UWP'X HOWEWHGRE, NIMR
OIU LBYRE." — WSEWOWU CIPHBCP

PREVIOUS SOLUTION: "Learning is like rowing upstream: not to advance is to drop back." — Chinese proverb

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E007

CROSSWORD PUZZLE

ACROSS

- 1 Kind of buoy
- 5 Diagonal
- 9 Lumberman's boot
- 12 Sound
- 13 Catholic book of feasts
- 14 Estuary
- 15 Nipa palm
- 16 Sora (2 words)
- 18 Grain
- 20 New Mexico art colony
- 21 Spume
- 24 Chemical salt
- 27 Abuse
- 31 Queensland hemp plant
- 32 Camel hair cloth
- 33 Parcae
- 35 Shipshaped clock
- 36 Recent (suf.)
- 38 Hair
- 40 Sp. hero (2 words)
- 42 Assam hills
- 43 Camelot lady
- 45 Boys' author
- 49 Depute
- 53 "Last Days of Pompeii" character
- 54 Or best offer (abbr.)
- 55 Adjective-forming (suf.)
- 56 Night (pref.)
- 57 Dance company (abbr.)
- 58 Sesame
- 59 Fencing sword

DOWN

- 1 Fabian Society member
- 2 Route
- 3 Wings
- 4 Meal
- 5 Polish general
- 6 Irish Republican Army (abbr.)
- 7 Mine entrance
- 8 Sea goose
- 9 Primeval
- 10 Demeanor
- 11 Computer assisted design (abbr.)
- 17 Woods (Fr.)
- 19 Sod
- 22 Unwilling to

ANSWER TO PREVIOUS PUZZLE

A	L	B	A	T	A	C	B	A	A	L
R	I	O	T	O	D	A		A	L	T
N	E	A	T	W	E	B	T	A	L	A
A	F	R	E	S	H		E	S	T	E
				N	I	E		R	O	E
S	A	N	D	B	A	R		U	R	A
I	B	O		D	E	A		I	A	N
P	E	M	B	A		E	C	H	E	L
				I	T	H		C	A	M
F	I	N	A	L	E		O	S	I	R
A	B	A	S		C	P	U	L	A	D
B	A	S	E		T	A	N		I	S
E	N	I	D		O	C	T		A	H

- listen
- 23 Silk fabric
- 25 Land west of Nod
- 26 Float
- 27 Nutmeg husk
- 28 Brother of Seth
- 29 Friend of King Arthur
- 30 Web
- 34 Scand. legend
- 37 A (Ger.)
- 39 Net fabric
- 41 Toe
- 44 Carplike fish
- 46 Slimy stuff
- 47 Noun-forming (suf.)
- 48 Plexus
- 49 Dead on arrival (abbr.)
- 50 Move back
- 51 To (Scot.)
- 52 Building wing

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
18				19		20						
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49	50					51	52		53			
54				55					56			
57				58					59			

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A84

IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU



Dear Family, Friends & Clients...

HAPPY HOLIDAYS

from our family to yours!

"Karen was very knowledgeable and professional. She had excellent local contacts when I needed recommendations. Karen was patient and calm when I wasn't so much so. She talked me through computer applications that were new since the last time I sold a house. Karen was very supportive through the whole process of selling my home. I enjoyed working with Karen and recommend her to anyone local who is selling their property."



"I chose Karen to sell my home as she is the queen of Northborough. The house was listed and offer accepted in 2 days. Closing process went smoothly and Karen was able to assist in a pinch with certain matters. Karen is knowledgeable, professional, and is good at what she does."



RESIDENTIAL BROKERAGE

This year 2020 has been a unique one that we will never forget. In light of the ongoing pandemic, I would first like to say that my thoughts are with those affected by the virus and hope that you, your loved ones, and your colleagues are safe. Despite these uncertain times, our industry has seen some extraordinary advantages for both buyers and sellers. We have encountered unprecedented, record low interest rates with high buyer demand, and increasing home values that have benefitted sellers throughout New England. Making clients' health and wellbeing a priority, I have adjusted my practices to enable many customers to still be able to achieve their Real Estate goals.

On a personal level, I have been fortunate to see the birth of my third grandchild. And though I am filled with pride for all my children, I am exceptionally proud that my daughter is a nurse and has worked at the hospital, throughout this pandemic, to help those affected by this health crisis.

Through the years there have been several discussions about the key to success. Though there are many different opinions, I truly believe that the real key to my success is all of you - my clients, friends and family. I want to take this opportunity to express my heartfelt gratitude to each and every one of you. I am deeply touched by the kind words, referrals, and constant support that I have been shown over the years and want you know that I sincerely appreciate everything you have done for me.

As we continue to navigate through these challenging times, I am reminded of how fortunate we are to be part of this strong community that supports each other to accomplish great things. It is the power of this community that will propel us through this to better times.

Warm Regards,

Karen Scopetski

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