

# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 11, NOVEMBER 2020



**THANK YOU  
VETERANS**

## SENIOR CENTER HOURS:

Monday, Wednesday, Thursday: 8 AM – 4 PM

Tuesday: 8am-7pm | Friday: 7 AM – 12 PM

**119 Bearfoot Road Northborough, MA** (Handicapped Accessible)

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

Fax: **508-393-1503** / Web Address: **town.northborough.ma.us**

**TOWN OF NORTHBOROUGH PHONE NUMBERS**  
ONLINE VIEWERS CLICK HERE FOR LINK

## 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.*

## 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

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

**DISCLAIMER: Dear Reader,** We plan our programs and prepare our newsletter weeks in advance. This means that our **November** newsletter was sent to print **October 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

**THE SENIOR CENTER WILL BE CLOSED**  
**on Wednesday, Nov. 11 for Veteran's Day and**  
**Thursday, Nov. 26 & Friday Nov. 27 for Thanksgiving.**

## DIRECTOR'S CORNER

**Hello Everyone,** November and the cooler weather is here, but I am so thankful for the many days of beautiful Fall weather we had to hold our outdoor activities! Meeting you, although at a distance, has been such a joy during this wild time.

I am so pleased to let you all know we have completed our re-branding project and have chosen our first logo and slogan. The project committee and staff here at the SC feel the logo is fresh, dynamic, and conveys the energy that we have here. We can't wait to share it with you... Check your mailbox mid-November!

We would like to thank Anita Hagspiel for her many years of dedicated service as the Friends of the Northborough Senior Center president. Since 2011 she has worked tirelessly to make the senior center the best place it can be for you. Thank you, Anita! And welcome to Kerri Martinek who is coming on board as the new Friends president.

- 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.

## UNPARALLELED COMFORT AND CONVENIENCES

- Warm and gracious setting for seniors needing a little help with daily routines
- Private or shared apartments
- Individual attention from trained PCAs and a skilled recreation team
- Alzheimer's care
- Social events and recreation



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## CONTINUUM OF CARE

- THE WILLOWS Retirement Communities
- BEAUMONT Skilled Nursing and Rehabilitation
- WHITNEY PLACE Assisted Living and Memory Care
- SALMON VNA & Hospice



FRIENDS of the  
NORTHBOROUGH  
SENIOR CENTER, INC.

**ANITA HAGSPIEL RETIRES AS PRESIDENT OF THE FRIENDS BOARD**



**NOVEMBER IS A GOOD MONTH FOR OUR FRIENDS TO BE THANKFUL FOR WHAT WE HAVE...**

- A new dedicated Director and Senior Center employees who are tackling the challenges of the COVID Pandemic with care, expertise and have created new processes
- A Friends' Board Of Directors who are ready to support the centers financial needs
- A Council on Aging who works with the Director and the Friends' Board Of Directors to support all aspects of healthy aging
- A warm & welcoming Senior Center that is here for you always

Welcome Kerri Martinek, the new President of the Friends. Take good care and be safe.

Sincerely, Anita Hagspiel



**THANK YOU ANITA!**

*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.  
119 Bearfoot Road • Northborough, MA 01532



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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 during the pandemic. 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.

**Bereavement Support Group** / Telephone Conference Call  
Thursdays @ 12:45 PM

**Low Vision Support** / Telephone Conference Call  
Thursday/November 12 @ 1:00 PM.

**Tuesday Trivia** / Zoom Call / Tuesdays, 1:00 PM

**Memoir Writing** / Zoom Call  
2nd & 4th Wednesdays / November 11 & 25 @ 1:30 PM

**English as a Second Language** / Zoom Call  
Tuesdays / Starts Oct. 13 at 11:30 AM

**Stretch Break** / Zoom Call / Fridays @ 10:15

**Tai Chi with Helen Morin**  
Beginner Tai Chi - Mondays at 10:00 AM  
Tai Chi for Arthritis - Tuesdays at 9:30 AM  
Advanced Yang Tai Chi - Tuesdays at 11:00 AM  
Beginner Yang Tai Chi - Fridays at 10:00 AM  
Advanced Yang Tai Chi - Fridays at 11:30 AM

**Seated Yoga with Rebecca** / Zoom Call /  
Tuesdays @ 1:00 PM

**Mat Yoga with Rebecca** / Zoom Call /  
Wednesdays @ 1:00 PM

**Traditional Chinese Yang Style Tai Chi** / Zoom Call /  
Wednesdays 10:00 - 10:40 AM

**Balls and Bands** / Zoom Call /  
Wednesdays at 10:00 AM - 10:45 AM

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

**Strength Training Video** / Northborough Town Website  
Link - On Demand

**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 November, 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.

**THE DUNE SHACK**

**When: 11:00 AM on Thursdays, on Zoom**

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

**NEW****ZOOM COFFEE BREAK SOCIAL HOUR**

**Date: November 18 • Time: 9:30 - 10:30 AM**

**Hosted by SC Staff**

**Join us for a casual coffee hour on Zoom!**

**NEW****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!

**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.

# Holiday Fun Facts!

Given the different time zones, Santa has 31 hours to deliver gifts, which means visiting 823 homes per second.

Household waste increases by 25% between Thanksgiving and New Year's Day. In the United States, trash from wrapping paper and shopping bags totals 4 million tons.

The U.S. Postal Service delivers 20 billion cards and packages between Thanksgiving and Christmas Eve.

Despite their bad reputation, poinsettias aren't deadly. Latex in the stems and leaves can be irritating, but not much more, to humans and animals.

**TUESDAY TRIVIA**

*(VIRTUAL AND OUTDOORS - SEE PAGE 4)*

**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**

**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](mailto:jnowak@baypath.org)

**ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE**

*(\*NEW VIRTUAL CLASS - SEE PAGE 4)*

**Date: Tuesdays • Time: 11:30 AM**

**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.



**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](http://dullmensclub.com) and come join us.



**MEMOIR WRITING GROUP**

*(VIRTUAL CLASS - SEE PAGE 4)*

**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, November 10**

**Time: 1:30 - 2:30 PM**

**Attorney: Richard Dustin**

**Cost: Free**

**Phone appointments available**

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

**PUZZLE SWAP!**

**(Weather permitting!)**

Stop by the Senior Center Friday Mornings between 9:00 AM - 11:00 AM to browse and pick new puzzles to borrow."



*MEMORIES Shared LIFE Honored Embraced by COMMUNITY*

**508-393-6591 | [haysfuneralhome.com](http://haysfuneralhome.com) | 56 Main Street, Northborough**

*Director: Jeff Koopman | [Jeff@haysfuneralhome.com](mailto:Jeff@haysfuneralhome.com)*

## USSR - RUSSIA: MYTHS, MYSTERIES AND SPYING

**Date: November 5 • Time: 10:00 AM**

A one-hour presentation based on my 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. The presentation will entertain and educate the audience. Accompanying power-point with 62 panels.

### Presentation features

- The Three Great Mysteries of Russia • The Amber Room • The Czar's Jewels
- The Art taken by Napoleon • Soviet Union in WW2
- Unusual story of Father Walter Cezsak, S. J. who survived 20 years in Soviet prison camp.
- Tour of Soviet Space facilities with Wally Schirra. Discovered long held secret of Soviet Space Agency.
- Memorable comment of Michelle Pfeiffer about making film with Sean Connery in Moscow.
- Summit 1990 President Gorbachev and President G. H. Bush.
- Overthrow of Communism - Dismantling the USSR. Tanks in the streets.
- Spying for the F.B.I. • Publishing first telephone book in USSR since 1934.
- Publishing "Make Way for Ducklings" in Russian in Russia. Installation of statues of "Make Way for Ducklings" in Moscow.
- Capitalism takes hold along with Russian Mafia. Encounters with the Russian Mafia.
- Interview with F.B.I. in 2017 regarding 2016 dinner with Russian Ambassador to UN

**Bio:** Henry M. Quinlan, owner and publisher of Omni Publishing Company, has 40+ years of varied experience in the publishing of books, newsletters, DVDs and CDs and the organizing of seminars.





# hats off

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**508-393-7647**

**ADULTS \$14 • SENIOR MEN\* \$10**  
**SENIOR WOMEN\* \$13** \*age 62 or older

*Northborough Senior Center*  
*creating connections at a distance!*



Aerial Photo Credit: Michael Roman

## 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.

## ALZHEIMER'S DURING THE HOLIDAYS

The holiday season is a difficult time for many people, especially, if you are caring for a loved one with Alzheimer's disease. The usual stressors include, financial hardships, family engagement with challenging dynamics, triggers of significant loss, travel complexities, meeting our family expectations and traditions, etc. These stressors are significantly heightened for your loved one with Alzheimer's.

In order to create moments of pleasure and enjoyment during this stressful time, it is helpful to have some understanding of what your loved one is feeling. You, as the caregiver, are the person who affirms the feelings of safety and security for your loved one with Alzheimer's. Your loved one will be acutely aware of how you are feeling; will absorb those feelings; and, will reflect them outwardly. It's important to allow for lots of time for preparation for any event you are going to. Rushing will cause frustration, anger, and sadness.

Remembering that going outside the comfort of their own home will cause confusion, anxiety, insecurity, and fear. Familiarity and routine are most helpful to your loved one's emotional state. If you are visiting the home of a family or friend who may not be as familiar, prepare to bring a bag of comfort items with you. Those comfort items may be a photo album, music with headphones, stuffed animal, blanket, books, favorite DVD, etc. Your tool box will allow you more opportunity to reassure your loved one in moments of fear. Avoid noisy and overstimulating environments. If your loved one is beginning to display agitation and comfort measures are not working, that is your cue that it is most likely time to go.

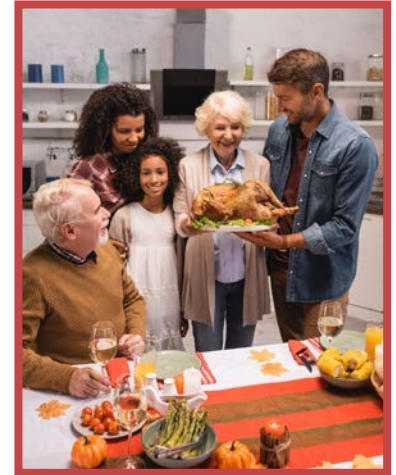
Always include your loved one in conversation by asking failure free questions or using touch to convey they are being included. Provide them with the opportunity to participate in purposeful activity, such as, drying the dishes, clearing the table, decorating the tree, folding napkins, etc. Remember, it doesn't have to be done to your expectations; it doesn't have to be done correctly; it just has to provide them with a feeling of usefulness.

Follow the golden rule... when your loved one asks you if he or she can help you... the answer is always YES. Make something up if you feel you don't need any help. Provide your loved one an opportunity to have positive moments and feelings throughout the day. If you are observing negative expressions of emotions, offer validation, empathy, and then redirection to an opportunity to feel positive. All you can do is your best.

**Take care of yourself and always feel empowered to ask for help.**

**This will provide you with more ability to care for your loved one with Alzheimer's."**

*Tammy Pozerycki, of Alternatives in Alzheimer's Care™*



## WANT TO REACH NORTHBOROUGH READERS 60+?

### 13 Quick Facts on Why Your Business Should Market to Seniors:

- They Control **70%** of all **wealth** in the United States
- They have **2 trillion** in annual income
- They have more **disposable income** than any other age group
- They would be lost without their **computers** and the **internet (84%)**
- They purchase **41%** of all **new cars**
- They **spend 74% more** on vacations than any other age group
- They exercise - **16 million exercise** at least 3 times per week
- They **enjoy gambling** and are willing to travel to do so
- They **spend more** on groceries, health products and leisure
- They buy **51%** of all **over the counter drugs**
- They purchase **74%** of all **prescription drugs**
- They purchase **25%** of all **toys**
- They account for **60%** of all **healthcare spending**

### Call today to Advertise in the:

Northborough Times  
Marlborough Seniors on the go  
Framingham's Callahan Courier  
Worcester's The Senior Scoop  
Wallingford CT's Prime Times



**Senior Center Communications, LLC**  
Connecting Seniors with Consumer Brands through Senior Center Communications

[www.seniorcentercommunications.com](http://www.seniorcentercommunications.com)

Tom Keller - Regional Director

508-361-7000

[tom@seniorcentercommunications.com](mailto:tom@seniorcentercommunications.com)

**OUTREACH NOTES**

This fall Senior Center staff, assisted by a small group of volunteers, will contact older community members. In a similar effort last spring, we learned that people were following recommended protocols and that family, neighbors and community members mobilized to support one another. Several months have passed, the pandemic continues to upend daily life and add to that, winter is approaching. Another check in is warranted. We want also to remind community members that, even though the Senior Center building is largely closed to the public, staff are available to assist with needs that arise.

Senior Center staff and volunteers can help, as needed, with signing residents up for CODE RED the town wide emergency alert system, as well as provide brief resource information over the phone or by mail. Requests for assistance and a more in-depth contact can also be referred to the Outreach Coordinator.

Lastly, we are pleased to be able to offer limited in person appointments, one hour or less, at the Senior Center. In person appointments must be pre-scheduled. We will be able to offer in-person appointments as long as permitted by local guidance regarding Covid-19 trends.

*Jocelyn Ehrhardt, MSW, Outreach Coordinator*

**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.

**AARP TIPS TO AVOID COVID SCAMS**

- Be skeptical of fundraising calls or emails for COVID-19 victims or virus research, especially if they pressure you to act fast and request payment by prepaid debit cards or gift cards.
- Don't click on links or download files from unexpected emails, even if the email address looks like a company or person you recognize.
- Don't share personal information in response to an unsolicited call, text or email.
- Ignore phone calls or emails from strangers urging you to invest in a hot new coronavirus stock.

**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](http://www.baypath.org) or call **508-573-7200** and ask for the Information and Referral Department.

**BEREAVEMENT GROUP (VIRTUAL CLASS - SEE PAGE 4)**

**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 - SEE PAGE 4)**

**Day: Thursday • Date: November 12 • 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.

**NUTRITION AND SLEEP: FASCINATING CONNECTIONS**

**(VIRTUAL PRESENTATION) Presenters: Lisa Farnham &**

**Tricia Silverman, Blue Cross Blue Shield of MA**

**Date: Wednesday,**

**November 18**

**Time: 10:00 - 10:30 AM**

Learn how sleeping well can help to control your weight and revitalize your mind and body. Discover which foods, herbs, teas, and minerals can make you feel sleepier, or interfere with your sleep. Call the senior center for the link to join!





### THE ELDERLY AND DISABLED TAXATION FUND

The Elderly and Disabled Taxation Fund (EDTF) provides real estate property tax assistance to Northborough homeowners in need. This program is funded by voluntary check-off donations on property and excise tax bills – please consider donating on your next tax bill. The Committee includes the Town Treasurer, the Town Assessor and three citizens appointed by the Board of Selectmen. There is one vacancy, please contact Diane Wackell (508-393-5040 or [dwackell@town.northborough.ma.us](mailto:dwackell@town.northborough.ma.us)) to join the Committee.

The EDTF Committee awards assistance on an annual basis. Eligible candidates must be 60 years of age or disabled, with a maximum income of \$29,500 for an individual and \$45,000 for a couple. Award recipients must also be town residents and property owners for eight years; the assessed property value cannot be more than \$461,744 (subject to change). In order to be considered for assistance through the EDTF, homeowners must submit an application, which is available through the Senior Center (508-393-5035 or [jehrdardt@tow.northborough.ma.us](mailto:jehrdardt@tow.northborough.ma.us)) or the Assessor's Office (508-393-5005). Applications accepted until January 31st

### DAYBREAK AT THE NORTHBOROUGH SENIOR CENTER

**A Social Day Program Providing Respite for Caregivers**

**Day: Tuesdays • Time: 11:30 AM – 2:30 PM**

**Pre-registration required**

If you're a care partner of someone with Dementia, Alzheimer's or memory loss, the DayBreak program may be just what you're looking for. Christine D'Angelo is the Facilitator in Northborough and Marlborough. DayBreak has been a very successful program at the Hudson Senior Center. As an outgrowth of our COME 2B Dementia Friendly initiative, we have partnered with the Senior Centers in Hudson and Marlborough to offer DayBreak 3 times per week.

A person with Dementia or a Cognitive Impairment can attend 1 or all 3 days per week. DayBreak provides individuals with a safe and stimulating experience with fun activities and social interaction while providing care partners with much needed time for themselves!

Because grant funding is being used, we are providing you an opportunity to make a voluntary \$15 per day donation toward the cost of this service. Service includes lunch and activities. Donations are put directly into the program allowing for the expansion of services.

Making a voluntary donation in no way influences service delivery. Contact Jocelyn Ehrhardt, Outreach Coordinator at **508-393-5035** for more information. To sign-up, please contact Lisa Gardner at **978-568-9638** or [lbbazarian@gmail.com](mailto:lbbazarian@gmail.com).

*This program has been made possible in part by funding from the MetroWest Health Foundation*



### MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7<sup>TH</sup>

**Don't miss your chance to change plans  
Call SHINE for help over the phone**

It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. For the best comparison, you should have a MyMedicare.gov account. If you don't have one already, you can go to [MyMedicare.gov](http://MyMedicare.gov) to easily create one, or SHINE can help you do it.

Call your Senior Center and ask for a SHINE phone appointment. At the time of your appointment you should have ready your:

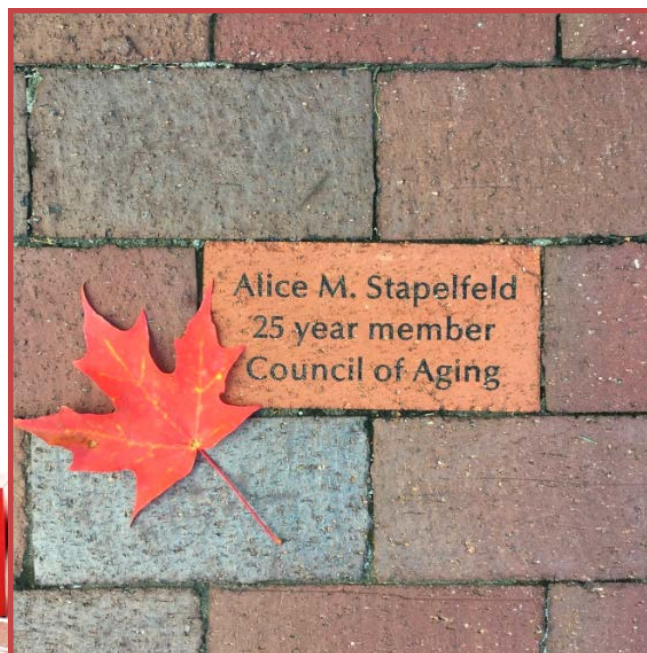
- MyMedicare.gov account Username and Password (if you have an account)
- Medicare card # and other drug/health insurance cards and benefit information
- Prescription drug list (dosage, quantity, frequency)

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-243-4636 then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

### SHINE

**(SERVING HEALTH INSURANCE NEEDS OF EVERYONE)**

Please call the Senior Center at **508-393-5035** for availability of SHINE telephone appointments.



**NEW**

**OUTDOOR YOGA  
OPTIONS AT THE  
SENIOR CENTER**

(Weather permitting!)

- **Mat Yoga with Rebecca:**  
Tuesday 11:30 AM - 12:15 PM
- **Yoga with Nancy:**  
Tuesday 2:00 - 3:00 PM
- **Yoga with Nancy:**  
Thursday 10:00 - 11:00 AM

Pre-registration required as space and class size is very limited. Inclement weather 1 hour before class will cancel class for that date. Call the senior center to register.

**NEW**

**STRENGTH TRAINING  
WITH SHARON**

*(VIRTUAL CLASS-SEE PAGE 4)*

**Dates: Fridays, 8:30 AM,  
Beginning November 6th  
Suggested Donation: \$3**

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.



*Pauline Berkes  
(Rebecca's Mom)*

**SEATED CHAIR  
YOGA**

*(VIRTUAL CLASS -  
SEE PAGE 4)*

**Day: Wednesdays  
Time: 1:30 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!

**SEATED CHAIR YOGA**

**Day: Tuesdays • Time: 6:30 PM**

**Suggested Donation: \$3/class**

**Instructor: Rebecca Reber**

*(NEW VIRTUAL CLASS -  
TUESDAY AT 1:00)*

Rebecca Reber has been practicing yoga for over 15 years. In this class you will stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Rebecca will combine this with inhales and exhales as we work with props to get the most out of every movement. There are some standing exercises using the chair as a prop and for our balance. The hour session will end in a relaxing Savasana. This class is for beginners to more experienced yogis as any type of movement is wonderful. Come and have fun while enjoying the benefits of movement.

**TAI CHI/QI GONG/MEDITATION  
MIND BODY & SPIRIT**

*(VIRTUAL CLASS - SEE PAGE 4)*

**Day: Every Friday • Time: 8:30 - 9:30 AM  
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 - SEE PAGE 4)*

**Day: 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.



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**NEW**

**BALLS AND BANDS  
FITNESS ON ZOOM**  
*VIRTUAL OPTION*

**Dates: 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!

**ZUMBA GOLD**

*(VIRTUAL CLASS - SEE PAGE 4)*  
**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-TRADITIONAL  
CHINESE YANG STYLE**  
*(VIRTUAL CLASS - SEE PAGE 4)*

**Dates: 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.

**YOGA WITH NANCY**

**Day: Every Tuesday • Time: 2:00 PM**  
**Suggested Donation: \$3/class**  
**Instructor: Nancy Cimato**

Nancy Cimato is a seasoned Yoga Instructor who has taught her ever popular Yoga Class at the Senior Center for several years. Get the benefits of gentle exercise that benefits both body and soul. Nancy's classes are open to both the beginner and experienced Yoga student. Her gentle spirit and easy teaching style will make your Tuesday afternoons.

**STRENGTH TRAINING**

*STRENGTH TRAINING VIDEO*  
*(ON DEMAND - SEE PAGE 4)*

**Day: Mondays & Wednesdays**  
**Time: 9:00 - 10:00 AM**  
**Suggested Donation: \$3/class**  
**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.

**TAI CHI FOR ARTHRITIS**

**Day: Every Tuesday**  
**Time: 9:30 - 10:30 AM**  
**Suggested Donation: \$3/class**  
**Instructor: Helen Morin**  
*(VIRTUAL CLASS - SEE PAGE 4)*

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!

**YOGA WITH REBECCA**

*(VIRTUAL CLASS - SEE PAGE 4)*  
**Day: Every Tuesday • 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](http://www.rebeccareberyoga.com)



**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.

**SINGLE? NEED TO QUALIFY FOR MASSHEALTH?**

It is important to know your options when it comes to qualifying for MassHealth should you require home health care or nursing home care. Many seniors who are single often lose sleep worrying about this very issue. Rest assured, whether you are married or single, you can always qualify for MassHealth even if you own your home. MassHealth limits the amount of cash or cash equivalent assets you may have to \$2,000 or less. Below are three ways you can meet that requirement, even at the last minute.

- Spend the money on yourself (no gifts) by fixing up your house, pre-paying your funeral, buying some new clothes, furniture, things for the house, a new car, or maybe just throwing yourself a party.
- Buy an annuity. As long as it calls for equal monthly payments for the rest of your life expectancy, the purchase is legitimate.
- Put the funds into a "d4c pooled trust."

Once you have qualified, the bed rate will decrease from the private pay rate (about \$14,000 per month at many places) to the MassHealth rate (around \$7,000 per month). While MassHealth will have a lien regarding its payments on your behalf after your death, the repayment amount will be vastly smaller than what you would have paid privately.

**PROTECTING ASSETS AHEAD OF TIME**

If you want to protect some or all assets completely from any MassHealth claim, you have to give those assets away five years before you apply. Many seniors keep all their cash but give away a "remainder interest" in their home (the interest that starts after they die) while keeping a "life estate" (control and use of the house while they are alive). If you were planning on giving your house to your child or children anyway, why not give him or her the "remainder interest" now, thus protecting the house from the MassHealth lien after five years?

Or how about the extra money in the bank that is really only there as a "rainy day" fund? Perhaps the best way to "save" for a rainy day is by giving it to someone you trust. If your children were going to get your assets anyway after you die, maybe you should give the money to the one you trust most, either outright or as trustee of an irrevocable trust. Once again, talk to your elder law attorney first, but if you're losing sleep about this, you should at least find out what your options are.

If you have any questions or would like more information; please feel free to contact me at (508) 860-1470 or abergeron@mirickoconnell.com. Visit Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://www.youtube.com/elderlawfrankandmary) and your local cable station during COVID-19, for this virtual seminar, as well as, Frank and Mary's weekly local cable TV shows, where my co-hosts and I address many common issues facing seniors and the resources available during the pandemic.

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## ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

## 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](mailto:pharmacist@bouvierpharmacy.com)

# Sudoku

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

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 |   |   |   |   |   |   |   |   |
|   | 5 | 8 |   |   | 7 |   |   |   |
| 9 |   | 7 |   |   |   |   | 8 | 1 |
| 1 | 4 | 2 |   |   |   |   |   | 8 |
|   |   |   | 5 |   |   |   |   |   |
|   |   |   | 2 | 1 | 4 | 6 |   |   |
|   |   |   |   | 2 | 5 |   |   |   |
| 7 | 9 |   |   |   | 8 | 1 |   | 2 |
|   |   |   |   |   |   | 7 |   |   |

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DIFFICULTY: ★★☆☆☆



Algonquin Regional High School Community Action Program students & their T-Hawk Treats

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

< Answer to Previous Puzzle

# ENIGMA™ CRYPTOGRAM

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

"ZG PI X YUUC KZU FXTTUB QG  
XTHEM; QRB ZG PI X KPIG WXT KZU  
KPCC TUB."

— GTHCPIZ SEUJGEQ

PREVIOUS SOLUTION: "If someone betrays you once, it's his fault. If he betrays you twice, it's your fault." — Romanian proverb

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E005

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  - Individual personal assistance tailored to suit your loved ones needs.
  - A full range of individually tailored recreational events.
  - Full Housekeeping, Laundry and Linen service to maintain a peaceful, uncluttered home.
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# CROSSWORD PUZZLE

## ACROSS

- Et cetera (abbr.)
- P.I. food
- Harp (Ital.)
- Cheer
- Synagogue
- Base
- Jamaican dance music
- 4th incarnation of Vishnu
- Trillion (pref.)
- Money
- Military macaw
- Monsieurs (abbr.)
- Feint (2 words)
- Sesame
- Grain
- Polishing material
- Soft drink
- Pronoun contraction
- Scepter (2 words)
- Coarse cotton
- fabric
- Eur. Economic Community (abbr.)
- Small anvil
- Your (Ger.)
- Veneration
- Federal Aviation Admin. (abbr.)
- Fair
- Employment Practices Act (abbr.)
- Night (pref.)
- Cetacean
- Sound of a horn
- Egypt. cross
- Indian ground salt

## DOWN

- Former
- Subtract
- Nature (abbr.)
- Social Security Number (abbr.)

## ANSWER TO PREVIOUS PUZZLE

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| Y | E | G | G | M | A | M | B | I | O |
| E | C | U | A | I | N | C | A | A | R |
| N | U | M | B | D | I | D | Y | R | A |
|   |   |   | I | N | D |   | C | O | M |
| T | H | E |   | A | L | E |   | R | A |
| R | E | X |   | G | I | L | D | N | E |
| A | R | T |   | A | N | G | E | L | T |
| M | E | E |   | G | A | M | E |   | E |
|   |   |   | N | A | B |   | R | E | D |
| D | A | S | H | E | R |   | N | A | N |
| A | L | I |   | A | H | S | T |   | A |
| C | I | V |   | S | E | B | I |   | C |
| E | T | E |   | T | A | W | A |   | L |

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  |    | 4  | 5  | 6  | 7  |    | 8  | 9  | 10 | 11 |
| 12 |    |    |    | 13 |    |    |    |    | 14 |    |    |    |
| 15 |    |    |    | 16 |    |    |    |    | 17 |    |    |    |
| 18 |    |    | 19 |    | 20 |    |    |    |    |    |    |    |
|    |    | 21 |    | 22 |    |    | 23 |    | 24 | 25 | 26 |    |
| 27 | 28 |    |    | 29 | 30 | 31 |    | 32 |    |    |    |    |
| 33 |    |    | 34 |    |    |    |    | 35 |    | 36 |    |    |
| 37 |    |    | 38 |    | 39 |    |    |    | 40 |    |    |    |
| 41 |    |    |    | 42 |    |    |    | 43 |    |    |    |    |
|    |    |    | 44 |    | 45 | 46 | 47 |    | 48 |    | 49 | 50 |
| 51 | 52 | 53 |    |    |    |    |    | 54 |    | 55 |    |    |
| 56 |    |    |    |    | 57 |    |    |    |    | 58 |    |    |
| 59 |    |    |    |    | 60 |    |    |    |    | 61 |    |    |

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A82

## HOME SELLING TIPS - PART 1



If you're thinking of selling your home, keep in mind that buyers appreciate a clean look in the homes they view. You can increase the value of your home and decrease the time it takes to sell by making a few simple improvements.

Aroma is the first thing prospective buyers notice when they step inside a home. To eliminate odors,

steam clean your carpet and wash walls and floors with household cleaners and disinfectants. Keep your home smelling fresh by burning candles or potpourri, boiling a pot of cinnamon sticks or putting a dab of vanilla on cold light bulbs before turning them on.

Nothing makes a home look newer faster than painting. Painting your walls and removing outdated wallpaper may be the best interior improvements you can make. For broader appeal, paint in neutral colors such as beige, white, off-white, or gray. These colors suggest newness and cleanliness and can brighten a dull or outdated room. If your carpet is badly worn, outdated or stained, consider replacing it. If your carpet is heavily soiled, you may want to have it professionally cleaned. Brighten the interior of your home by cleaning your windows and opening your curtains to let light in. Clean hanging light fixtures and add the highest-wattage bulbs allowed. Below are some suggestions to help you sell your home.

### **MAKE THE MOST OF THAT FIRST IMPRESSION:**

A well-manicured lawn, neatly trimmed shrubs and a clutter-free porch welcome prospects. So does a freshly painted - or at least freshly scrubbed - front door. If it's autumn, rake the leaves. If it's winter, shovel the walkways. The fewer obstacles between prospects and the true appeal of your home, the better.

### **INVEST A FEW HOURS FOR FUTURE DIVIDENDS:**

Here's your chance to clean up in real estate. Clean up in the living room, the bathroom, the kitchen. If your woodwork is scuffed or the paint is fading, consider some minor redecoration. Fresh wallpaper adds charm and value to your property. Prospects would rather see how great your home really looks than hear how great it could look, "with a little work."

### **CHECK FAUCETS AND BULBS:**

Dripping water rattles the nerves, discolors sinks and suggests faulty or worn-out plumbing. Burned out bulbs leave prospects in the dark. Don't let little problems detract from what's right with your home.

### **DON'T SHUT OUT A SALE:**

If cabinets or closet doors stick in your home, you can be sure they will also stick in a prospect's mind. Don't try to explain away sticky situations when you can easily plane them away. A little effort on your part can smooth the way toward a closing.

### **THINK SAFETY:**

Homeowners learn to live with all kinds of self-set booby traps: roller skates on the stairs, festooned extension cords, slippery throw rugs and low hanging overhead lights. Make your residence as non-perilous as possible for uninitiated visitors.

### **MAKE ROOM FOR SPACE:**

Remember, potential buyers are looking for more than just comfortable living space. They're looking for storage space, too. Make sure your attic and basement are clean and free of unnecessary items.

### **CONSIDER YOUR CLOSETS:**

The better organized a closet, the larger it appears. Now's the time to box up those unwanted clothes and donate them to charity.

### **MAKE YOUR BATHROOMS SPARKLE:**

Bathrooms sell homes, so let them shine. Check and repair damaged or unsightly caulking in the tubs and showers. For added allure, display your best towels, mats and shower curtains.

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# NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | NOVEMBER 2020

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|  |  |  |   |
|--|--|--|---|
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|  |  |  |   |
|--|--|--|---|
|  <p><b>508-393-3566</b></p> <p><b>FREE SMALL CHEESE PIZZA</b><br/>         with the purchase of any large pizza with one or more toppings</p> <p><small>Cannot be combined w/any other offers or specials. Please mention coupons when ordering. Expires 11/30/20 Coupon Code 21719</small></p> | <p><b>\$12.99+TAX</b><br/> <b>2 Small Topping Pizzas</b></p> <p><small>*Additional charge for toppings and SPECIALTY TOPPINGS</small></p> <p><small>Cannot be combined w/any other offers or specials. Please mention coupons when ordering. Expires 11/30/20 Coupon Code 129919</small></p> | <p><b>Large Cheese Pizza \$9.99</b></p> <p><small>*Additional charge for toppings and SPECIALTY TOPPINGS</small></p> <p><small>Cannot be combined w/any other offers or specials. Please mention coupons when ordering. Expires 11/30/20 Coupon Code 99919</small></p> | <p><b>\$15.99+TAX</b><br/> <b>2 Medium 1 Topping Pizzas</b></p> <p><small>*Additional charge for toppings and SPECIALTY TOPPINGS</small></p> <p><small>Cannot be combined w/any other offers or specials. Please mention coupons when ordering. Expires 11/30/20 Coupon Code 159919</small></p> |
| <p>All Coupons Expire November 30, 2020</p>  |  | <p>Order Online at <a href="http://www.thehouseofpizza.com">www.thehouseofpizza.com</a></p>  |   |