

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 10, OCTOBER 2020

*In the entire circle of the
year there are no days so
delightful as those of a
fine October.*

-Alexander Smith

SENIOR CENTER HOURS:

Monday	8:00 AM – 4:00 PM	Wednesday	8:00 AM – 4:00 PM
Tuesday	8:00 AM – 8:00 PM	Thursday	8:00 AM – 4:00 PM
		Friday	8:00 AM – 12:00 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, Alice Stapelfeld, Muriel Swenor
 Liaison to Selectmen: Tim Kaelin
 Liaison to School Committee: Joan Frank
 Bay Path Elder Services Rep: Jarl Anderson

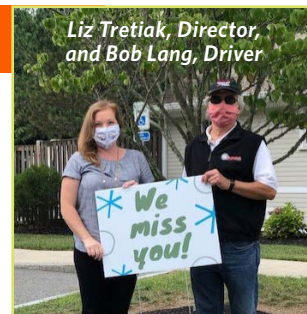


DISCLAIMER: Dear Reader, We plan our programs and prepare our newsletter weeks in advance. This means that our **October** newsletter was sent to print **September 9th**. Given how quickly the COVID 19 pandemic has evolved and impacted day-to-day operations, the content of this newsletter may not reflect 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 Monday, October 12 in observance of Columbus Day.

DIRECTOR'S CORNER

Hello! At the end of August we received approval to hold small outdoor groups. We have been working hard to plan and coordinate these in a safe manner for you. We will be closely monitoring the public health data and are optimistically planning outdoor events into October before it gets too cool.



These mid-month additions to our calendar are a great example of why you should update your email address/contact info with us, and sign up for news alerts on the town website! Our new database, MySeniorCenter, has the capability to allow us to record phone messages and send them out to groups of people. If you see a Cambridge number on your caller ID, that may be us calling to let you know of something exciting coming up!

Please be aware that if you are attending an outdoor event here, pre-registration will be required as space is limited. So please give us a call to let us know you are coming. Masks and social distance will be required. Also note that some class instructors have chosen not to hold classes at this time, and many other classes are still on hold to determine how to modify them. Your patience is appreciated!

A huge thank you to the Northborough Junior Woman's Club for donating grocery gift cards for our seniors to Outreach Coordinator Jocelyn Ehrhardt in honor of National Senior Center Month.

Thank you for the thoughtful donation, NJWC! - Liz



UNPARALLELED COMFORT AND CONVENIENCES

- Warm and gracious setting for seniors needing a little help with daily routines
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- Alzheimer's care
- Social events and recreation



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



In August, the Board of the Friends' held our monthly meeting in the corner of the parking lot of the Northborough Senior Center. We brought our own chairs, wore masks and sat safely distanced. We needed to meet 'Live' to discuss and vote on some important items. **Please find below the decisions that were voted in at our meeting:**

- The Board of Directors voted to continue to mail the Northborough Times to 2500 residents of Northborough over 60 and to the Members of the Friends organization outside of Northborough during the COVID Pandemic. There is a committee working with our Director, Liz Tretiak and the Printer to reduce the cost of the mailings. As stated in the August Northborough Times, the mailings were costing the Friends approximately \$12,000 every year. It is important to reduce this cost, in the best way possible, and still keep the lines of communication open about the Northborough Senior Center.
- The Birthday Lunch gift certificates will be extended to the end of December 2021.
- The Board of Directors voted to financially support Ken Cox, Algonquin High School Senior, with his Eagle Boy Scout project. He will be building three wooden planters for the Senior Center. These planters will help to provide herbs and other plants for the Senior Center.
- I will be stepping down as President as of October 1st. It has been a great pleasure to serve on the Board of the Friends for the last 8 years. Kerri Martinek was voted in as the new President and will begin her term on October 1st
- The other officers of the Executive Board will remain for another term. Ron Doucett, Vice President, Henry Squillante, Treasurer and Carolyn Squillante, Secretary.

Anita Hagspiel, President

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.

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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NORTHBOROUGH SENIOR CENTER'S NEW AUTOMATED CHECK-IN SYSTEM

A Change for the Better - The new system is extremely easy to use. Here's how it works:

1. All visitors and volunteers will receive a small keytag. If you already have a keytag from the previous system it will still work! (The card contains no personal information, but it will allow the new system to recognize you.)
2. Instead of signing in on paper sheets, you'll swipe your keytag at the scanner, or you can enter your name on the touchscreen (see above).
3. Press the touchscreen to select the programs you'll be participating in that day.
4. Press FINISH.

A Smooth Transition: Even though MySeniorCenter is designed to be user-friendly, Northborough Senior Center staff members will be available to help people operate the new check-in system when we return to the building. We want to make the transition as seamless as possible for everyone.

To reiterate, once MySeniorCenter is running smoothly, our registration process will be more efficient and we'll stand a better chance of receiving funding for future activities.

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/October 8 @ 1:00 PM.

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

Memoir Writing / Zoom Call
2nd & 4th Wednesdays / October 14 & 28 @ 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

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

Strength Training Video / Northborough Town Website
Link - On Demand

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.



FALL VOTING INFORMATION:

As of August 27th the town had mailed out 3,508 ballots to Northborough voters and 2,195 had already been returned!

Vote Early in person - all voters are entitled to vote early in person.

- **Vote by Mail** - If you also requested a ballot for the November 3rd General Election, those ballots will be mailed out the beginning of October.
 - Once a request is made, you may track the status of your application and ballot - [click here](#) or visit: <http://www.sec.state.ma.us/wheredoivotema/track/trackmyballot.aspx>
- **Vote Early in person** - all voters are entitled to vote early in person.
 - In-person early voting for the November 3rd **State Election** will be held **October 17-30** at the Senior Center @ 119 Bearfoot Rd.
- **Vote in person on Election Day** - Melican Middle School 145 Lincoln St.
 - State Election November 3rd 7 AM - 8 PM

To view sample ballots, [click here](#). Or visit:

<https://www.sec.state.ma.us/wheredoivotema/bal/MyElectionInfo.aspx>

To track the status of your application and ballot - [click here](#) or visit:

<http://www.sec.state.ma.us/wheredoivotema/track/trackmyballot.aspx>

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 October, 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.



NEW

MEET THE DIRECTOR
 BYOC Coffee hour
 (Outdoors, Weather Permitting)

Dates: October 5th and 9th
Time: 9:30 AM
 Please call to let us know you are coming.

LEGAL CLINIC

Day: Tuesday, October 13
Time: 2:30 - 3:30 PM
Attorney: Kristine Romano
Cost: Free

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

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



TUESDAY TRIVIA

(VIRTUAL AND OUTDOORS)
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.



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.

PUZZLE SWAP!

(Outdoors, Weather Permitting)
 Need a new puzzle to work on? Stop by the Senior Center Friday Mornings between 9 AM - 11 AM to browse and pick new puzzles to borrow. All puzzle boxes will be handled with gloves and quarantined for the week prior to the swap day.

ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE

(*NEW VIRTUAL CLASS - SEE PAGE 4)
Date: Tuesdays • Time: 11:30 AM
Begins Oct. 13th
Cost: FREE but Students purchase textbook
Instructor: Meredith Bohne

We will 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 on Zoom
Time: 11:00 AM

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

LGBTQ&A WITH JULIE

Day: Monday • Date: October 26th
Time: 11:00 AM

Join us on Zoom for a warm, welcoming, respectful open conversation. This is a safe space to voice concerns, ask for more information, and learn how to use current, affirming language to support loved ones who have come out as members of our vibrant LGBTQ+ community. Call the senior center for the Zoom invitation.

MEMOIR WRITING GROUP

(VIRTUAL CLASS - SEE PAGE 4)
Day: Wednesday • 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.

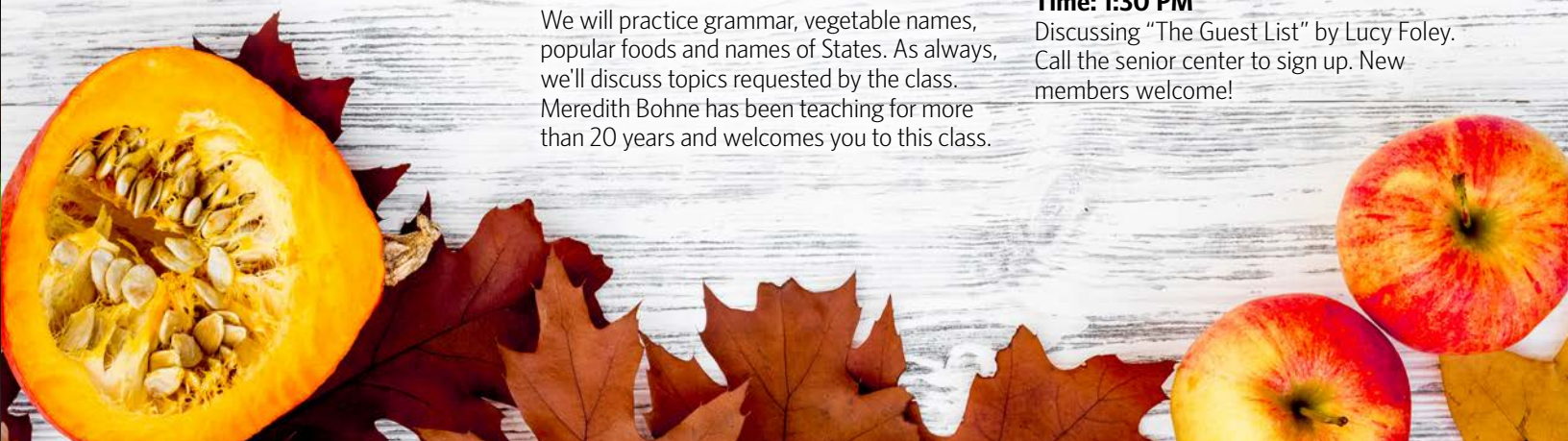
NEW

CORNHOLE
 (Outdoors, Weather Permitting)
Days: Mondays and Wednesdays

Time: 2:00 - 3:30 PM • Cost: Free!
 Similar to horseshoes, Cornhole is a lawn game in which players take turns throwing bean bags at a raised platform with a hole in the far end. Bring a friend and have a great socially distant time in the crisp October afternoon sunshine!

BOOK CLUB
 (Outdoors, Weather Permitting)

Date: September 30
Time: 1:30 PM
 Discussing "The Guest List" by Lucy Foley. Call the senior center to sign up. New members welcome!



NEW

T-HAWK TREATS

Cost: Free

The Community Action Program (CAP) at Algonquin Regional High School will be making senior residents special "T-Hawk Treats," which feature mason jars with pre-measured dry ingredients to make a baked good at home. Please call the senior center to reserve your T-Hawk Treat! Thank you, CAP!

NEW

CALMING ANXIETY IN TIMES OF UNCERTAINTY

**Presented by Janet Fontana, RN & Certified Health Coach
Monday, October 5, 10:30 - 11:00 AM**

Anxiety is a normal reaction to stress. In times of uncertainty, our thoughts can take on a life of their own and amplify feelings of worry and anxiety. Join us to learn simple techniques to break the cycle of anxious thoughts, and lessen anxiety. Practice breathing exercises that promote relaxation and help you feel calmer. A Blue Cross Blue Shield of Massachusetts Medicare Wellness program: Register Now at bcbsma.info/Oct 5

NEW

ART JOURNALING GROUP

Art Journaling is personal journal (or book) filled with any combination of art, imagery, and words. It is record keeping combined with creativity! It's a place to record thoughts, memories, and emotions through new expressive ways. This group is for anyone who wishes to explore their creativity, with a dash of introspection. Group members will share prompts, techniques, and their creativity, in a safe space. Beginners welcome! Please RSVP to the Senior Center by 10/16, and let us know if you need a journal or will be using your own. Group meeting times TBD.

NEW

PHOTOGRAPHY CLUB *(Outdoors, Weather Permitting)*

Day: Tuesday • Date: Call for the Date! • Time: 1:00 PM

Photography Club is open for all photographers: those who use cell phone cameras, and those who use a digital camera. Whether we shoot with a smart phone or a DSLR, we all share a like passion. Come join us!



Photo Credit: Mary Kay Bedigian

NEW

CHRIS DALEY'S 'HAUNTED HISTORY OF NEW ENGLAND'

Date: October 20th, 2020

Time: 6 PM on Zoom • Call the Senior Center for info for this Zoom presentation.

This is a one hour slide presentation that also incorporates video footage. The presentation melds historical fact together with legend and myth to produce an interesting and fascinating new look at events that really happened and the stories of haunting that followed them.

The topics addressed in the lecture will be Mercy Brown

"The Vampire" of Exeter Rhode Island, the cursed Freetown State Forest in Massachusetts, The horrors of the Lizzie Borden House in Fall River Massachusetts, a haunted forest in the wilds of Connecticut, the ghostly happenings at Mount Washington Hotel in New Hampshire, and evidence of ghosts at the John Alden House in Duxbury Massachusetts.

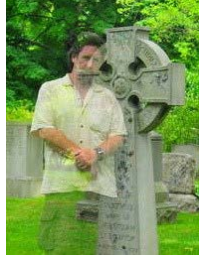
THE LECTURER: Christopher Daley has been lecturing all over New England for over 25 years on historical topics of interest; at libraries, historical societies, schools and all sorts of clubs and organizations!

Mr. Daley is currently a history teacher in the Silver Lake Regional School System in Kingston Massachusetts. He holds a B.A. and an M.A. from Bridgewater State University in Political Science and History.

Mr. Daley was formerly the President of the Pembroke Historical Society and Chairman of the Pembroke Historical Commission. He was also a docent at the John Alden House Historical Site as well as Coordinator of Educational Outreach.

Mr. Daley has written several articles on varied historical topics for local publications and has written his first book entitled "Murder and Mayhem in Boston: Historic Crimes in the Hub."

Mr. Daley has also served as historical consultant on the Sacco-Vanzetti Case for the Travel Channel's program "Time Traveling with Brian Unger." He also appeared in two episodes of the Travel Channel's "Kindred Spirits" in the capacity of historian on shows about the Lizzie Borden Case.



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MOVING TIPS

EIGHT WEEKS BEFORE YOU LEAVE YOUR PRESENT ADDRESS

- Remove unnecessary items from your attic, basement, storage shed, etc.
- Obtain information about your new community.
- Start a possessions inventory.
- Create a file for documenting all moving papers and receipts.
- Arrange to transfer your children's school records.

SIX WEEKS BEFORE YOU LEAVE YOUR PRESENT ADDRESS

- Notify your friends, relatives, professionals, creditors, subscriptions, etc.
- Locate health-care professionals and hospitals in your new location.
- Complete post-office change of address cards for the following: banks; charge cards; religious organizations; doctors/dentist; relatives and friends; income tax bureau/Social Security Administration/union; insurance broker/lawyer/CPA/ stockbroker; magazines; post office; and schools.
- Clean your closets and have a moving/garage sale or donate items to charities.
- Choose a mover. Contact your mover to make arrangements and inquire about insurance coverage.
- If relocating due to a job, contact your employer to see if any costs will be covered.

FOUR WEEKS BEFORE YOU LEAVE YOUR PRESENT ADDRESS

- Start packing!
- Send furniture, drapes and carpets for repair/cleaning as needed.
- Gather auto licensing and registration documents, medical, dental and school records, birth certificates, wills, deeds, stock and other financial documentation, etc.
- Contact gas, electric, oil, water, telephone, cable TV and trash collection companies for service disconnect /connect at your old and new addresses.
- Request refunds on unused homeowner's insurance, security deposit with landlord, and prepaid cable/internet service.

THREE WEEKS BEFORE YOU LEAVE YOUR PRESENT ADDRESS

- Notify your state's motor vehicle bureau of your new address.
- Arrange for childcare on moving day.

TWO WEEKS BEFORE YOU LEAVE YOUR PRESENT ADDRESS

- Arrange special transport for your pets and plants.
- Contact your moving company and review arrangements for your move.

ONE WEEK BEFORE YOU LEAVE YOUR PRESENT ADDRESS.

- Take pets to the veterinarian and get copies of their records.
- Give away plants not being moved.
- Cancel newspaper delivery..

TWO TO THREE DAYS BEFORE YOU LEAVE YOUR PRESENT ADDRESS

- If you're not doing it yourself, have your mover pack.
- Defrost refrigerators and freezers.
- Consider gathering all valuables and giving them to family or friends to hold until the move is completed.
- Disconnect all major appliances.
- Pack first-night items and a survival kit. Keep them in separate boxes in your car. First night items may include: sheets, towels, toiletries, phone, alarm clock, change of clothes and flashlight.

MOVING DAY

- Be home to answer any questions your mover may have.
- Record all utility meter readings (gas, electric and water).
- Stay until your movers are finished.
- Complete information on the bill and carefully read the document and the inventory sheet before signing it.
- Keep your copies of the bill and inventory until your possessions are delivered, the charges are paid and any claims are settled.
- Take one final look around to see if you forgot anything.
- Give movers the directions to your new home, and an emergency number where you can be reached during the move.

AT DESTINATION

- Unpack first-night items and mover's survival kit.
- Be at the destination to welcome the movers and be on hand to answer questions.
- After the job is completed, pay what is owed. The driver is obligated by law (a federal requirement for interstate moves) to collect payment upon delivery.
- Watch the unloading of your items and account for each one on your inventory sheet. Check promptly and carefully for any damaged or missing items.
- Place moving and other important documents in a safe place.
- Go to the post office and collect held mail.

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OUTREACH NOTES

Each year I am, inexplicably, caught off guard by the approaching end of the year. Where did the year, much less the summer, go? October and the remaining two months of the year bring with them a flurry of activity. In this month's Notes I draw attention to some issues and deadlines that may impact you and your household.

Property tax exemptions are available through the town of Northborough to qualifying homeowners. Applications must be submitted each year. The Assessor's Office mails applications to prior recipients in the fall and to other households as requested. If you are interested in finding out more about property tax exemptions in Northborough contact the Assessor's Office (508-393-5005) or the Senior Center Outreach Department. I am also available to assist applicants complete and submit the required forms. Information about property tax exemptions in Northborough can be located on the Town of Northborough website(<https://www.town.northborough.ma.us/>) under the Assessor's tab.

South Middlesex Opportunity Council (SMOC) is in the process of sending recertification paperwork to last season's recipients of the Low Income Home Energy Assistance Program (LIHEAP). The LIHEAP heating season is considered November first through the end of April. New applications and recertifications can be submitted now through April 30, 2021. The Senior Center assists applicants 60 and over. Family and Youth Services (508-393-5020) is the assisting agency for individuals and households under the age of 60. LIHEAP applications, and paperwork in general, can be stressful. I am available to assist with this process and to ensure that you do not forgo benefits for which you may be eligible.

Open enrollment for Medicare beneficiaries is scheduled for October 15 through December eighth. The Northborough Senior Center (NSC) SHINE counselors assist people each year in better understanding their options and to make any desired changes. Although SHINE counselors will not be conducting in person meetings this year, they will be submitting a schedule for phone appointments. Please call and find out how you can schedule an appointment.

Consider your plans and arrangements for the winter. Covid-19 adds another layer of importance to planning and preparation this year. Enroll in the town wide emergency alert system, Code Red, on the town website or by calling the NSC. Anticipate and arrange for any needs ahead of time such as snow removal. Consider registering to ride the Senior Center van as an alternative to driving yourself in the winter. It is widely recommended that people 6 months and older receive a flu shot this year, the earlier the better. Talk with your doctor's office to see if a flu shot makes sense for you and how to safely receive one.

Jocelyn Ehrhardt, MSW, Outreach Coordinator

AVOID CORONAVIRUS SCAMS

- Legitimate contact tracers need health information, not money or personal financial information.
- Don't respond to texts, emails or calls about checks from the government.
- Ignore offers for vaccinations and home test kits. Scammers are selling products to treat or prevent COVID-19 without proof that they work.
- Be wary of ads for test kits. Most test kits being advertised have not been approved by the FDA, and aren't necessarily accurate.
- Hang up on robocalls. Scammers are using illegal robocalls to pitch everything from low-priced health insurance to work-at-home schemes.
- Watch for emails claiming to be from the CDC or WHO. Use sites like [coronavirus.gov](https://www.cdc.gov/coronavirus) and [usa.gov/coronavirus](https://www.usa.gov/coronavirus) to get the latest information. And don't click on links from sources you don't know.
- Do your homework when it comes to donations. Never donate in cash, by gift card, or by wiring money.

WHAT IS A VET CENTER?

Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active duty service members, including National Guard and Reserve components, and their families. Readjustment counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military. Individual, group, marriage and family counseling is offered in addition to referral and connection to other VA or community benefits and services. Vet Center counselors and outreach staff, many of whom are Veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief and transition after trauma. Our local Vet Center is the Worcester Vets Center **508-753-7902**. Northborough Veterans' Agent Justin Sousa can be reached at **774-293-2208**.

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: October 8th • 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.

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.



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) 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 jehrhart@tow.northborough.ma.us) or the Assessor's Office (508-393-5005). Applications accepted until January 31st.

INTERNET ASSISTANCE

Telecommunication companies are required to contribute a portion of their profits to fund the Lifeline Program. Lifeline is probably best known for helping eligible households reduce their landline phone bill or obtain a cellphone at little or no monthly cost. Less well known is that Lifeline can be used to decrease the cost of internet services. Eligible households can only have one Lifeline benefit (either phone assistance or internet assistance).

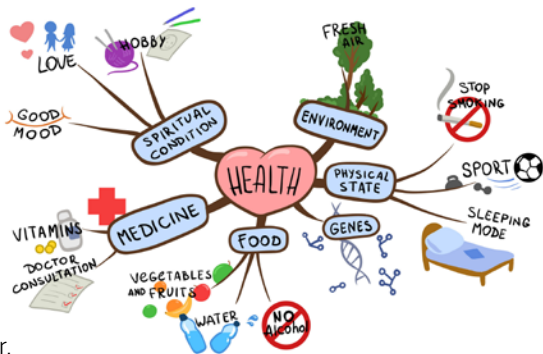
Apply online for Lifeline at www.lifelinesupport.org and go to How to Apply. In our area the provider for internet service is Verizon. Applications can also be submitted at www.verizonwireless.com, go to *lifeline/link-up*. The benefit amount is \$9.95 off of the monthly Verizon Internet bill for a reduced price of \$19.95.

In response to Covid-19 Spectrum is offering a reduced internet rate of \$19.95. The qualifications for this program are different. For all information and to apply go to Spectrum Internet Assist on the Spectrum website. The Spectrum offering is not a Lifeline benefit; qualifying households can retain or apply for Lifeline phone benefits (at www.lifelinesupport.org). Anyone needing assistance with this process is invited to call the Outreach Coordinator.

NEW NOW'S THE TIME! MAKE YOUR OWN HEALTH CARE PLAN.

Webinar: Wednesday, November 4, 2020 • 1:00 PM – 2:00 PM

It's more important than ever to take charge of your health care decisions and make your own health care plan. Your plan tells your family and your doctors the care you want in case of illness. In the live webinar, we'll review an easy to follow step-by-step process to complete a free MA Health Care Proxy and Personal Directive (Living Will), using the popular Getting Started Tool Kit. You'll also receive a handy discussion guide, "5 Things to Talk About with Your Care Providers", to put your plan into action to stay healthy and live well. We'll review 3 other MA planning documents to update and add to your plan as health needs change. Bring your questions and comments for a lively, interactive webinar! Ellen Dipaola, Esq., President and CEO Honoring Choices will be joined by NSC Outreach Coordinator for this important webinar.



MEDICARE OPEN ENROLLMENT

SHINE is still available to help - by phone!

Call soon to schedule your phone appointment for any time from October 15 through December 7.

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2021. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Trained SHINE (Serving Health Insurance Needs of Everyone... on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE phone appointment, call your local Senior Center. For other SHINE related matters, 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.

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.

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

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.



**WALKING
NORTHBOROUGH TRAILS**
Five Easy Walks Courtesy
of Forest Lyford and
Mia McDonald,
Conservation Agent

The following trails are essentially flat with few slip-trip hazards:

1. **Aqueduct** from Sr. Center to Rice Ave. About 1.2 miles out and back. Park at Sr. Center and follow Colburn St. to Aqueduct gate, then to Rice Ave.
1. **Aqueduct** from Sr. Center to Whitney St. About 2 miles out and back. Park at Sr. Center, cross Bearfoot Rd. and pick up trail there.
2. **Cold Harbor Trail** to Oak Ave. About 1.5 miles round trip out and back. Park at Carney Park trailhead off of West Main St. Cross two flood control dams.
3. **Old Farm Trail** to Owls Point picnic table. About 1 mile out and back. Park at trailhead parking area on Boundary St.
4. **Aqueduct** from East St. to Bartlett St. About 2 miles out and back. Park at Memorial Fields parking and access aqueduct about 100 yards east off of East Main.

Would you like to join the Senior Hiking Group? Please call the Senior Center for details! Please note: You should always consult with your physician before engaging in any physical activity program.





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SENIOR WOMEN* \$13 *age 62 or older



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!



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- BEAUMONT Skilled Nursing and Rehabilitation
- SALMON VNA & Hospice

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.

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!



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!

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.

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



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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 COUPLES GUIDE TO QUALIFYING FOR MASSHEALTH

Whether you're married or single, if you need MassHealth because you need nursing home care or need a lot of care at home, you can always qualify for MassHealth. This month, I'll talk about the rules if you're married. Next month, I will do the rules if you're single.

If you're married and need MassHealth, qualifying can be easy. While you are not allowed to have more than \$2,000 in countable assets (typically meaning money), your spouse can own the home (if you have one) as well as all your personal property, and can have other cash or cash equivalent assets up to \$128,640. If you own assets, or own them jointly with your spouse, you may transfer them to your spouse and qualify for MassHealth the very next day.

There is no lookback period regarding transfers to spouses.

If your spouse has more than \$128,640, your spouse can purchase a special kind of annuity, one that calls for equal monthly payments over a term that does not exceed your spouse's actuarial life expectancy at the time the annuity is purchased. The day after your spouse buys the annuity, thereby reducing assets below \$128,640, you can qualify for MassHealth. At that point, if you are in a nursing home, usually you will need to pay your social security and pension income to the nursing home, and MassHealth will pay the rest. However, if this results in your spouse's income reducing below a certain amount (typically between \$2,500 and \$3,000 per month), some of your income can actually be transferred to your spouse to subsidize your spouse's income.

Of course, there is a boatload of other details that go into restructuring your assets and qualifying for MassHealth, and you should always talk to an elder law attorney before starting down that road. 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** 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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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

Sudoku

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

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

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DIFFICULTY: ★☆☆☆☆

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

Answer to Previous Puzzle

CROSSWORD PUZZLE

ACROSS

- 1 Burglar
- 5 Madam
- 9 Life (pref.)
- 12 Ecuador (abbr.)
- 13 King Atahualpa
- 14 Arrival (abbr.)
- 15 Unfeeling
- 16 Diaper
- 17 Royal Air Force (abbr.)
- 18 Political party
- 20 Hairy
- 22 Article
- 25 Pub fare
- 27 Batter
- 28 King
- 29 Embellish
- 31 Eelworm
- 34 Finesse
- 35 Heavenly being
- 37 Brown
- 38 Reward
- 40 Sport
- 41 A (Ger.)
- 42 Capture
- 44 Carmine
- 45 Recommended

DOWN

- 1 Longing
- 2 Five-franc piece
- 3 Exudate plant
- 4 Taro
- 5 Soso

ANSWER TO PREVIOUS PUZZLE

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

- 6 Black colonial cuckoo
- 7 Alternating current/direct current (abbr.)
- 8 Urban office holder
- 9 Weather indicator
- 10 Cleopatra's attendant
- 11 Yellow ide
- 19 Female camel
- 21 Bub
- 22 Trolley
- 23 In this place
- 24 Ample
- 26 "Pomp and Circumstances" composer
- 30 Madness
- 32 Girl
- 33 Fraction of a rupee
- 36 Queen of Sparta
- 39 Burmese knife
- 43 Monster
- 46 Carplike fish
- 47 Dismounted
- 48 Mother of Zeus
- 50 Salt
- 53 Compass direction
- 55 Sheep's cry
- 56 "Faerie Queen" lady
- 57 Agent

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				62					63			

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A81



ENIGMA™

CRYPTOGRAM

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

"PH YSUVS QV OVB JKXY XSD SQLV,
PB'Y GPY HKDAB. PH GV OVB JKXY
XSD BNPLV, PB'Y XSDJ HKDAB."

— JSUKQPKQ MJSRVJO

PREVIOUS SOLUTION: "Endeavor to so live that when you die even the undertaker will be sorry." — Mark Twain

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E004



Photo Credit: Mary Kay Bedigian

BEST OF TIMES TRAVEL - DAY TRIPS

(All Best of Times trips have been cancelled through Dec. 1, 2020. Below is a list of trips that have been rescheduled to 2021):

- Celtic Angels of Ireland - March 16, 2021
- Texas Tenors - April 22, 2021
- Sicilian Tenors Bermuda Cruise - May 2-9, 2021
- Comedy Hypnosis Show - June 17, 2021
- Jimmy Buffett Tribute - July 14, 2021
- Spirit of Boston Harbor Cruise - July 27, 2021

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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.

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | OCTOBER 2020

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Expires 10/31/20 Coupon Code 21719

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Expires 10/31/20 Coupon Code 129919

Large Cheese Pizza \$9.99
 *Additional charge for toppings and SPECIALTY TOPPINGS
 Cannot be combined w/any other offers or specials. Please mention coupons when ordering.
Expires 10/31/20 Coupon Code 99919

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