



# The Southborough Senior Sensation

VOLUME 21\* ISSUE 03

May/June 2021

## **CLOSED AT THIS TIME**

### **SENIOR CENTER**

9 Cordaville Rd.  
Southborough, MA  
01772  
(508) 229-4453  
Fax (508) 229-1753  
[www.southboroughseniors.com](http://www.southboroughseniors.com)

### **OPERATING HOURS**

Monday – Friday  
8:30am – 3:00pm

Saturdays  
(unstructured activities)  
9:00am—12:00pm

Pam Le Francois

*Director*

Cynthia Beard

*Outreach Coordinator*

Peg Leonard

*Program Manager*

Leslie Chamberlin

*Clinic Nurse*

Lorraine Caporale

*Administrative Assistant*

Doug Peck

*COA Chairperson*

Bob Myers

*FRIENDS President*

Bay Path

Meals on Wheels

508-573-7200

MWRTA

DIAL-A-RIDE

TRANSPORTATION

508-820-4650

*The Senior Center remains closed until further notice. The Staff continues to work and is available by phone —all voicemails will be sent to us directly through e-mail. We will return your call as soon as possible. We know this is very trying times—so please call if you have any questions or concerns.*

## **Director's Corner**

*By Pam LeFrancois*

Hello Everyone,

What is happening at the Senior Center in May and June? When will the Senior Center open? Good questions that we hear every day. The bad news is that we don't know anything for sure. The good news is that we have a tentative plan. Programs will continue in the current zoom, cable, and drive through formats in May and June. In May we will begin to add a little more outdoors and set up some new outdoor furniture. July and August has a full slate of programs planned, all outside. We follow the guidance of the Board of Health and are hoping for all sunny 75 degree days but if all goes well I think you will be able to enjoy many fun social activities on the lawn at the Senior Center this summer. As for the building, being open. That is still an unknown other than access to the bathroom during outdoor programs. It was really nice for Peg and I to get back to planning more social programs even though they will have size and space limitations. We miss you and look forward to seeing you soon.

Pam

## **MEET YOU ON THE LAWN**

*By: Leslie Chamberlin R.N.*

Hello All-

Now that the spring weather has arrived, I look forward to seeing you again for in person nurses clinic visits. Please call 508-229-4453 and leave me a message and I will call you to schedule a visit outside on a nice day. See you soon. Leslie



## **Please read the information on the enclosed insert:**

- \* Concerned about Medicare Costs? There may be help!
- \* Mirick O'Connell Virtual Advice sign ups
- \* Scam Warning
- \* Congratulations to our Winter Walkers
- \* Nursing Home Advocates Needed

## **Date for Registering for Programs:**

**Starting at 10:00am:** - - - - -> Monday, May 3rd

Please do not leave any Voicemail Registrations on this day. You must connect with a staff member to register for all programs. After Registration Day, we can accept voicemails. ~Thank You For Your Understanding~

PROGRAMS AND MORE: ~ Peg Leonard

I would like to extend a heartfelt thank you to the Southborough Cub Scouts, especially Janet McQuire and Lisa DeSouza and all the Cub Scout Parents that put together an incredible Valentine Goodie Bag for many of our Southborough members that normally attend our Valentine Bingo Luncheon. The bags brought such a smile to all that were able to do this drive by. A special thanks also to Laura Michel and the Southborough Girl Scouts for donating Girl Scout Cookies with special "thinking of you" notes, another opportunity for smiles. Both of these organizations have been wonderful to our members for many, many years and even pulled through during a pandemic. Thank you to both organizations!

We have been wondering who our Secret Artist is??? —Someone has left beautifully painted rocks along the paths going into the Senior Center on both ramps (front and back). They have inspirational messages and happy thoughts on them. We have all mentioned that the Painted Rocks put such a smile on our faces as we walk into the Senior Center. We now know it is Gwen Forrester that painted these rocks and left them for us to enjoy. Thank you Gwen—we all have truly enjoyed them and they will continue to give us happy feelings everyday!

Senior Center DVD's. Please check around to see if you might have any of the Senior Center's DVDs. My plan is to continue this service of signing out DVD's to enjoy at home when we open up. There will be new current movies added to the collection. I will let you know when we can officially start signing them out again. Thanks for taking the time to look around.

Please note that programs may be subject to change due to the many different rules and regulations set by our Governor as each week approaches. You will see as you move along this newsletter that we have scheduled a few programs end of May and June on the lawn. I look forward to seeing you at these events.

*Thinking of You Always ~Peg*

HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurse Clinic hours: Please call me at 508- 229-4453  
To schedule an outside appointment on a nice day.

SKIN HEALTH AND SUN BASICS

The warm sunny weather is back and I'm sure we will all be outside socializing, so make sure to apply SPF 15 sunscreen liberally to skin that will be exposed to the sun. Avoiding sunburns is the one preventative measure we can take to reduce our risk of skin cancer.

MELANOMA

Melanoma is the most serious type of skin cancer. It is the fastest increasing cancer in Massachusetts, and yet it is one of the most preventable. 50% of all melanoma deaths in the U.S. are among white males 50 and older. Approximately 50% of all melanomas appear on the back and other hard to see areas. Have someone keep an eye on moles on your back.

THE ABCD's OF CHANGING MOLES - what to look for.

A mole or freckle that changes can be the first sign of skin cancer. People with a few larger moles or many moles are at increased risk for malignant melanoma.

- A = Asymmetry, one half is different than the other half
- B = Border, is irregular scalloped or has a poorly defined border
- C = Color, varied from one area to another, shades of tan and brown within the mole, moles can be black, red, blue or white
- D = Diameter, larger than the diameter of a pencil eraser

When caught early, melanoma is very curable. An annual total body skin check for pre-cancerous lesions is recommended. (Article referenced American Academy of Dermatology)

SUMMER TIP

Have over the counter Hydrocortisone cream 1% in your first aid kit. It works well for itching caused by bug bites and poison ivy.

See you soon Leslie

## FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

### 2021 ANNUAL MEMBERSHIP

The Friends of the COA is a non-profit fundraising group that supports our Senior Center. They help to pay for many of the events held at the senior center and help purchase supplies and furnishings. This is a very small group of people who work very hard to make the Falconi Golf Tournament and Autumn Fair a success (*which will hopefully return in 2021*). If you are interested in helping out with these or other fundraising events, please contact the President of the Friends, Bob Myers at the Senior Center.

**Membership is \$15.00 per year—form is on the back page**

### Senior Center Programs

The Senior Center programs are often subsidized or funded through the town budget and/or the Friends of the Council on Aging. Suggested donations are voluntary contributions to the Friends of the Council on Aging. All donations made to the Friends are always used to support the Senior Center. Please sign up for all programs starting with the date and time on the front page of the newsletter. Make your check(s) out to *Friends of the Southborough COA*.

### Program Registration Policy

- \* Payment for programs needs to be made one week after signing up or unfortunately you will be taken off the list.
- \* Cancellation for programs requires *one full weeks'* notice or we are unable to give refunds.
- \* Cancellations for Bus Trips require *two full weeks'* notice or we are unable to give refunds.
- \* We are obligated to prepay all the costs to our caterers, presenters, buses and tickets, etc. for all our programs.

### Please Note:

Every effort is made during the writing and production of this newsletter to assure the accuracy of the information included. There are times when we inadvertently leave something out, make an error or the information we received has changed after the printing. Always feel free to contact the Senior Center if you have any questions regarding a program. (508) 229-4453

### Program Payment Policy

We understand writing separate checks for each program is not ideal. But due to our current accounting system and check and balance requirements, it is the way we must continue to proceed. We ask for your understanding by continually to assist us in this process.



### The Dull Men's Club is Zoomin'



If you're a guy. If you're not doing anything special on Friday mornings. If you enjoy stimulating conversation either as a talker or a listener or both. If you enjoy a good cup of coffee (It's bring your own!) Then the Dull Men's Club is for you. We are a group of about 20 men who meet casually on Zoom almost every Friday morning from 10am to 11am and we make a concerted effort to solve all the world's problems which we generally do! There's stories about past lives (Before retiring), some generally sound advice, catching up on town doings, occasional speakers and always a "good" joke or two. It all makes for the fastest hour of the week. If this all might appeal to you and you would like to dip your oar in the water, you can request an invite from Bill Harrington, the adult in charge, at [banjobillo@verizon.net](mailto:banjobillo@verizon.net) and he will see to it that you get an email invite to our next meeting from our illustrious Zoom Meister Elliott Simons. Looking forward to seeing all you guys on Friday.



# Southborough Senior Center

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	09:00a Zoom Strength Class 11:00a Zoom - QiGong 02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	09:00a Zoom Strength Class 01:00p Zoom Chair Yoga 02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere	08:30a COA Board Meeting 10:00a Zoom Dull Mens Club 11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere
9	10	11	12	13	14	15
11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	09:00a Zoom Strength Class 11:00a Zoom - QiGong 02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere	10:00a Virtual Legal Advice 10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	09:00a Zoom Strength Class 10:00a Pottery Sign Up 01:00p Zoom Chair Yoga 02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere	10:00a Zoom Dull Mens Club 11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere
16	17	18	19	20	21	22
11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	09:00a Zoom Strength Class 11:00a Zoom - QiGong 01:00p Zoom - The Joys of Nature 02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	09:00a Zoom Strength Class 01:00p Zoom Chair Yoga 02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere	10:00a Zoom Dull Mens Club 10:30a Continental Breakfast 11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere
23	24	25	26	27	28	29
11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 11:15a Zoom Staff Chat 01:00p Cable - Paul Revere	09:00a Zoom Strength Class 11:00a Zoom - QiGong 02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 12:00p Luncheon Drive Thru 01:00p Cable - Paul Revere	09:00a Zoom Strength Class 01:00p Zoom Chair Yoga 02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere	10:00a Zoom Dull Mens Club 11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	02:00p Cable - Legal Seminar 04:00p Cable - Paul Revere
30	31					
11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere	08:30a Center is closed in Observance of Memorial Day 11:00a Cable - Legal Seminar 01:00p Cable - Paul Revere					



Ask about our Senior Citizen Discount!

**Michelle Jandruie Horan, Realtor®**

*If you are interested in selling or buying a home in Southborough please visit*

**MySouthboroughHome.com**

774-258-0423



**PROTECTING SENIORS NATIONWIDE**

**MEDICAL ALERT SYSTEM**

**\$29.95/MO**

**BILLED QUARTERLY**

**PLUS SPECIAL OFFER**

**CALL NOW! 1.877.801.5055 • WWW.24-7MED.COM**

# Southborough Senior Center

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
11:00a Cable - Legal Seminar 01:00p Cable - Titanic	09:00a Zoom Strength Class 11:00a Zoom - QiGong 02:00p Cable - Legal Seminar 04:00p Cable - Titanic	09:00a Zoom Strength Class 11:00a Zoom - QiGong 02:00p Cable - Legal Seminar 04:00p Cable - Titanic	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 11:00a Pottery Pick Up 01:00p Cable - Titanic	09:00a Zoom Strength Class 01:00p Zoom Chair Yoga 02:00p Cable - Legal Seminar 04:00p Cable - Titanic	08:30a COA Board Meeting 10:00a Zoom Dull Mens Club 10:30a Continental Breakfast 11:00a Cable - Legal Seminar 01:00p Cable - Titanic	02:00p Cable - Legal Seminar 04:00p Cable - Titanic
6	7	8	9	10	11	12
11:00a Cable - Legal Seminar 01:00p Cable - Titanic	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Titanic	09:00a Zoom Strength Class 11:00a Zoom - QiGong 02:00p Cable - Legal Seminar 04:00p Cable - Titanic	10:00a Virtual Legal Advice 10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 12:00p Luncheon Drive Thru 01:00p Cable - Titanic	09:00a Zoom Strength Class 01:00p Zoom Chair Yoga 02:00p Cable - Legal Seminar 04:00p Cable - Titanic	10:00a Zoom Dull Mens Club 11:00a Cable - Legal Seminar 01:00p Cable - Titanic	02:00p Cable - Legal Seminar 04:00p Cable - Titanic
13	14	15	16	17	18	19
11:00a Cable - Legal Seminar 01:00p Cable - Titanic	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Titanic	09:00a Zoom Strength Class 11:00a Zoom - QiGong 01:00p Zoom - The Joys of Nature 02:00p Cable - Legal Seminar 04:00p Cable - Titanic	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Titanic	09:00a Zoom Strength Class 01:00p Zoom Chair Yoga 02:00p Cable - Legal Seminar 04:00p Cable - Titanic	10:00a Zoom Dull Mens Club 10:30a Continental Breakfast 11:00a Cable - Legal Seminar 01:00p Cable - Titanic	02:00p Cable - Legal Seminar 04:00p Cable - Titanic
20	21	22	23	24	25	26
11:00a Cable - Legal Seminar 01:00p Cable - Titanic	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Titanic	09:00a Zoom Strength Class 11:00a Zoom - QiGong 02:00p Cable - Legal Seminar 04:00p Cable - Titanic	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Titanic	09:00a Zoom Strength Class 01:00p Zoom Chair Yoga 02:00p Cable - Legal Seminar 04:00p Cable - Titanic	10:00a Zoom Dull Mens Club 11:00a Cable - Legal Seminar 01:00p Cable - Titanic	02:00p Cable - Legal Seminar 04:00p Cable - Titanic
27	28	29	30			
11:00a Cable - Legal Seminar 01:00p Cable - Titanic	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 11:15a Zoom Staff Chat 01:00p Cable - Titanic	09:00a Zoom Strength Class 11:00a Zoom - QiGong 02:00p Cable - Legal Seminar 04:00p Cable - Titanic	10:15a Zoom Stretch Class 11:00a Cable - Legal Seminar 01:00p Cable - Titanic 01:00p Ice Cream Social 03:00p Ice Cream Social			

# SUPPORT OUR ADVERTISERS!







## ZOOM Programs



Please register for each Zoom program by supplying your email address and phone number. Closer to the program date, you will receive an email with the link to access the program you signed up for confirming your attendance, program name, date and time. To sign up, please call the Senior Center on the date and time listed at the bottom of the FRONT PAGE. Please send in your payment to the Senior Center by check prior to the program you plan to attend. Check(s) should be made out to Friends of the Southborough COA.

*Please Note: Only Current Friends Members can sign up for the programs in this newsletter.*



### Stretch Break



Monday and Wednesday at 10:15am to 11:00am

9 week class – Starting Monday, May 3rd–Wednesday, June 30th (No Class on May 31st)

Suggested Donation for this 9 week session is \$51.00 (17 classes at \$3.00 per class)

Sharon Gallant has been teaching and training for over 30 years. Currently working with the senior population, she has found her passion with this generation. Seeing this generation becoming stronger and more flexible has been very rewarding. The “Stretch Break” class (45 minutes) consists of mat based (and standing as well), flexibility, mobility and stability exercises. If participants have a chair, pillow or strap (can be a necktie or belt), Sharon will be utilizing these as props for a complete and total body functional class. This class can be taken by anyone at any fitness level. You will need to be able to get onto the floor/mat and back up. Also weight bearing on hands and knees in a “tabletop” position. If you have any orthopedic issues, it’s best to discuss them with Sharon before taking this class so she can adapt any modifications for you if necessary. If you would like to talk to Sharon before signing up, let us know as we can get you in touch with her to discuss any concerns.

### Strength Training

Tuesday and Thursday at 9:00am to 9:45am

Tuesday, May 4th – Thursday, July 1st

Suggested Donation for this 9 week class is \$54.00 (18 classes at \$3.00 per class)

This class will be conducted by Sharon Gallant and will consist of total body strengthening and conditioning. At the end of class, there will be core/abs/low back strengthening as well as full body stretching. All fitness levels are welcome to join. Please contact Sharon prior to the Class if you have orthopedic issues or limitations that we need to work with and modify. Call the Senior Center for Sharon’s contact information. Two sets of hand weights is recommended. Possibly 3lbs and 5lbs, or 5lbs and 8lbs if you’ve worked with weights in the past. Also a mat for the end of class. The Senior Center can supply you with weights of your choice and a band. Please let us know when signing up if you need equipment. We can put it together for you and make arrangements for pick up.



### SEATED CHAIR YOGA



Thursday at 1:00pm to 2:00pm

8 week class – Thursday, May 6th through June 24th

Suggested Donation for the 8 week session is \$24.00 (8 classes at \$3.00 per class)

Instructor Rebecca Reber has been practicing yoga for about 15 years. In this one hour 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. 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, 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 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). Space is limited so please sign up early.

### QiGong

Tuesdays, May 4<sup>th</sup> – June 29<sup>th</sup> from 11:00pm–12:00pm  
Suggested Donation for this session is \$27.00 (9 classes at \$3.00 per class)

Bob Doherty will be your instructor through the Zoom format. Bob is a Certified QiGong Practitioner with expertise in many other areas of wellness; Reiki, Tui Na, Meditation and Author of many wellness books. Join Bob with this new offering of QiGong. The QiGong Movement is an exercise for health and wellness. With roots in ancient China, QiGong is part of Traditional Chinese Medicine – AKA Chinese Yoga. It is still practiced today along with modern western healthcare in China – and beyond. In QiGong Movement class, exercises are soft and gentle with focused breathing and an intentful mind. Movements are performed both seated and standing and suitable for all ages. There is no experience necessary. Scientific research and experience has shown QiGong to be good for balance – posture – strength – quieting the mind – breath work – wellness and healing and much more. Call the Senior Center to sign up for this wellness class.

### The Joys of Nature (Zoom Format)

Please join Joy Marzolf in the following two presentations that will bring you virtually to different parts of our world or right here in New England. A Little Biography from Joy: "I have loved animals from the time I was a child growing up in New England and would always take advantage of any outdoor time to explore nature. Now, I still love to explore, but also to share my knowledge about wildlife and nature in general. Please call the Senior Center to sign up.

#### Birds in Your Backyard

Tuesday, May 18<sup>th</sup> from 1:00pm to 2:00pm

A wide variety of birds may visit backyards in the Greater Boston area. What makes a good backyard habitat? How do you attract those beautiful birds? Who is coming and who is going this time of year? Come find out more about our local birds, as well as occasional visitors, and what brings them to our neighborhoods. Experience the sights and sounds of some of our most beautiful neighbors!

#### Beautiful Butterflies

Tuesday, June 15<sup>th</sup> from 1:00pm to 2:00pm

From the large Eastern tiger swallowtail and colorful monarch to the tiny spring azure, there is a huge range of size, color and patterns in local butterfly species. What makes a good butterfly habitat? How do you attract more of these beautiful animals? Find out more about our local butterflies and what brings them to our neighborhoods. Experience the sights of some of our most beautiful seasonal creatures!

### Native Plant Garden News

Memorial Stones: Commemorate family, friends, pets at the Senior Center Native Plant Garden. For a \$50 gift to the Friends of the COA, a 2x6" engraved plaque will be attached to an edging stone. e-mail Carol Yozzo at [cay0131@verizon.net](mailto:cay0131@verizon.net).

Name the Garden: Submit a name for the Native Plant Garden. If yours is chosen, you will receive a commemorative plaque of your choice. e-mail your entry with your name to [cay0131@verizon.net](mailto:cay0131@verizon.net), Subject: SSC Native Plant Garden Name.

### A Very Special Drive Through Luncheon Thank You

*The Senior Center Staff would like to personally thank all of our Volunteers that helped us during this past year with deliveries, vaccine informative phone calls, newsletter assembly, meals-on-wheels deliveries, homebound special thinking of you deliveries and more. We appreciate all your efforts in making this past Pandemic year the best we could for all of our members. It was a difficult year on so many levels and you all made easier for us to reach out and make very important connections.*

Thank You

~~Pam, Leslie, Cindy, Lorraine and Peg~~

*Southborough Access Media Station (S.A.M.) Programs*  
*Verizon FIOS Channel 38 and Charter Channel 191*  
*Times for viewing are listed with each program—No Charge*

Put your local Cable station on for two very informative and entertaining presentations by Historian John Horrigan. John has been entertaining us with very interesting cable presentations since September.

*Paul Revere is Coming*

*This program will air daily during the month of May on Monday, Wednesday, Friday and Sunday at 1:00pm and Tuesday, Thursday and Saturday at 4:00pm*

Award-winning historian John Horrigan talks about Paul Revere, his famous Midnight Ride on April 19<sup>th</sup>, 1775 and three other relatively obscure rides he made to alert colonists of a potential attack by the British Army, that turned out to be false alarms. He will also trace his capture and follow the trails of other riders on the eve of the Battle of Concord and Lexington, including Samuel Dawes, William Prescott and Israel Bissell.

*Titanic*

*This program will air daily during the month of June on Monday, Wednesday, Friday and Sunday at 1:00pm and Tuesday, Thursday and Saturday at 4:00pm*

Award-winning historian John Horrigan talks about an 'unsinkable' ship that sunk on its maiden voyage - the RMS Titanic. He will plot the ship's course, the area where it struck an iceberg and review all distress messages sent by telegraph from the mighty RMS Titanic. Then he will describe the frantic scramble for lifeboats as the band played Nearer, My God, To Thee and the subsequent rescue of seven hundred survivors. Finally, there will be a review on how the failure of rivets helped sink the ship.

*Mirick O'Connell Legal Clinics*

*Presented by Attorney Arthur Bergeron*

*Planning for the Last Year*

*This program will air daily during the month of May on Monday, Wednesday, Friday and Sunday at 11:00am and Tuesday, Thursday and Saturday at 2:00pm*

Thanks to modern medicine, we often know when we near the final stage of our life. The nice news is that you're never alone, there are people and resources in your community that can help make that last year as good as can be. In this seminar elder law attorney Arthur Bergeron will talk about geriatric care managers, the Medicare hospice benefit, the MassHealth Frail Elder Waiver Program, health care proxies, and MOLST forms.

*You can't take it with you, but you can control who gets it!*

*This program will air daily during the month of June on Monday, Wednesday, Friday and Sunday at 11:00am and Tuesday, Thursday and Saturday at 2:00pm*

So many of us work hard so that we can leave a legacy or some sort of gift behind for our loved ones, but there are several important considerations when deciding on beneficiaries. Should you leave money to your grandchildren? What about a child who has a cognitive disability or maybe even an addiction? What is the status of your children's marriages; would you want that ex in-law to get half? How do you keep them all from fighting over things after you die? What do you tell them while you're alive? In this seminar, elder law Attorney Arthur Bergeron will discuss how, with the proper estate planning documents and appropriate communication with family members and advisors, you will be able to rest easy knowing your wishes will be met.

*Bocce Court*

If we get approval at some point going forward, we would be thrilled to use our Bocce court again. Our Fearless Leader, Vinny Acampora is going to take time off from running the Bocce league. If you or someone you know would like to become the Leader, please call the Senior Center at (508) 229-4453. Thank You Vinny for running this League in the past, you got it started and we appreciate all your efforts!



### Senior Center Drive Through Programs

The following programs will be drive through only. We request that you wear your facemasks when attending the following programs. Drive up to the table slowly following the guidelines of our parking lot signs. Please send in your payment to the Senior Center by check prior to the program you plan to attend. A separate check is needed for each program. *Please Note: Only Current Friends Members can sign up for the programs in this newsletter.*

#### Drive Through Luncheon

Wednesday, May 26th

Sign up to enjoy the delicious Italian Sub with Chips and a cookie from Kennedy's.

Drive through will be from 12:00pm to 12:30pm

Suggested Donation: \$5:00

#### Drive Through Luncheon

Wednesday, June 9th

Sign up for a Chicken Sorrentina meal for TJ' Spirits from Ashland.

(topped with prosciutto, fried eggplant and provolone)

Drive through will be from 12:00pm to 12:30pm

Suggested Donation: \$5:00

#### Tina Bemis Porch Pot

Wednesday, June 23rd

Tina will be bringing her famous Thrillers, Chillers, Fillers, and Spillers in a complete kit for you to make (at home) a professionally-designed porch pot of flowing plants that will bloom their heads off all summer.

Drive through will be from at 11:00am to 11:30am

Suggestion Donation: \$15.00

### Spring is in the Air

Here comes planting season and the excitement is rising

Earth Day is April 22nd and a perfect time to think of the Raised Bed Gardens. Let's start thinking about what we want to plant. Our plants from Burpee should be arriving soon and will be nurtured by foster planters. Lettuce and arugula have been planted as these are early - cool weather - plants. Let's keep May 27th open for an in person meeting at the planters. Please let me know if you have any interest in sharing ideas and planting. RSVP Joyce Macknauskas - [Macknauskas@gmail.com](mailto:Macknauskas@gmail.com).

Let's have some fun and get our hands dirty in a safe way.

### Exciting Change to the Spring/Summer Walk Challenge

MA Council on Aging (MCOA) is bringing back the Walk Massachusetts Challenge! Go to [www.mcoaonline.com/walkma](http://www.mcoaonline.com/walkma) and register. There are challenges for all that are tied to MA fun facts! MCOA will be offering a variety of gift cards from \$50 Visa cards to \$10 Dunkin' cards. For each person who completes the challenge our Senior Center gets entered into a drawing to win up to \$1000 for future programming! Read complete details and sign up online or you can print out the Walk Journal and send it to me at the end of September. Please let me know when you have registered online or if you need assistance I can do it for you at [skiess2@verizon.net](mailto:skiess2@verizon.net). During the Challenge time I will keep you updated of any information shared by MCOA or just a friendly note of encouragement through the season. Just think of what our Senior Center could do with an extra \$1000 for Programs and we can all play a part in winning it!!! Lace up your sneakers, Walkers, and get ready to go! Thanks, Sandy Kiess

*A very Special Thanks to Sandy for keeping us all motivated—her messages make us want to get out and take that walk.*

### Claytime Craft Project

Sign Up by: Friday, 14th

Suggested Donation: \$15.00

We have partnered up with Claytime from Shrewsbury to bring us a fun craft project. You will pick from one of the two crafts offered and call us with your choice by Thursday, May 13th. They will be ready for pick up on Wednesday, June 2nd at 11:00am. All the supplies will be included. When you have finished, bring it back to the Senior Center on or before, Wednesday, June 16th. Claytime will pick it up, glaze it and heat it in their Kiln. When returned it is ready for use. We will call you with a date and time to pick up your creation.

Choose from Shell Chip & Dip or Rectangular Handled Tray. You can go to their website to see the two crafts at [claytimestudio.com](http://claytimestudio.com). We will ask you one more choice regarding paint: please pick from Pastels, Primary, or Earth Tones and think about what color you would like for your background, it should be on the lighter side. We will help you if you have any questions. You will be proud of your finished self made creation!

### ~~~~ON THE LAWN~~~~

We are so excited to venture out socially on the lawn. We will be working with the social distance, masks, and maximum sign-ups for each program as they are stated by our Governor and Board of Health at the time. Hopefully more of these type programs will follow as time goes on. The Staff is thrilled to welcome you back, even if we still have to be outside. Use of the "New Bathroom" will be granted but unfortunately that is the only part of the Senior Center allowed at this time. These programs are weather dependent.

Continental Breakfast	May 21st at 10:30am	Suggested Donation—\$2.00
Continental Breakfast	June 4th at 10:30am	Suggested Donation—\$2.00
Continental Breakfast	June 18th at 10:30am	Suggested Donation—\$2.00
Uhlmans Ice Cream Social	June 30th at 1:00pm	Suggested Donation—\$3.00
Uhlmans Ice Cream Social	June 30th at 3:00pm	Suggested Donation—\$3.00

Continental Breakfasts will be brought to us by TJ's Spirits from Ashland.

#### Closed on the following date:

May 31st Memorial Day



#### SHINE

Even though the Senior Center is closed, our SHINE Counselor, Carolyn MacLeod, is still available to assist people with any Medicare or MassHealth issues over the phone. Just call the Senior Center at (508) 229-4453 to set up an appointment.

## NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed  
to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)







### CATHERINE DRESSEL

FINANCIAL SERVICES REPRESENTATIVE,  
REGISTERED REPRESENTATIVE  
Barnum Financial Group

200 Crossings Boulevard, Suite 200 - Warwick, RI 02886

T 401.243.8807 • M 508.981.8212

www.catherinedressel.com | cdressel@barnumfg.com

**BARNUM**  
FINANCIAL GROUP

SECURITIES OFFERED THROUGH QUALIFIED REGISTERED  
REPRESENTATIVES OF MML INVESTORS SERVICES, LLC, MEMBER SIPC.  
6 CORPORATE DRIVE, SHELTON, CT 06484, TEL: 203-513-6000  
CRN202211-274432

## MORRIS FUNERAL HOME

40 Main Street  
Southborough, MA

Nancy and Stephen Morris/ Directors  
We handle all types of Funerals,  
Pre-need Planning, Cremations  
& Payment Plans

508-485-4111

www.morrisouthboroughfuneral.com



Contact us today for a free evaluation  
of your unique home care needs

(508) 435-4958 • 85 Main Street, Hopkinton, MA 01748

www.professionnursing.com

"Committed To Preserving The Quality of Life"



TOO MANY PILLS TO  
KEEP TRACK OF?

Tired of spending your day running  
from Doctor to Pharmacy and  
back? As us how *Bouvier's Medicine  
Management Program* to help.

We also have a complete inventory of Medical Equipment!

We **Deliver** throughout Southborough

**BOUVIER**  
Pharmacy & Home Medical Solutions  
Family Owned Since 1900

Call 508-485-0432

www.bouvierpharmacy.com

4 Generations of our Family Caring for Yours...

Senior Real Estate Specialist® SRES®

Mary Piekarz

Buying or selling? Contact me today!

508.272.9378

marypiekarz@realtyexecutives.com

REALTY EXECUTIVES

MaryPiekarzHomes.com

MIRICK O'CONNELL

ATTORNEYS AT LAW

To learn how Mirick O'Connell's  
Estate Planning  
Elder Law Attorneys  
can assist you and your loved ones, contact

Arthur P. Bergeron

508.860.1470

abergeron@mirickoconnell.com



Watch our elder law  
legal clinics on YouTube:  
"ElderLawFrankAndMary"



Follow our Blog:  
"Getting All Your 'Docs'  
in a Row"

Excellence in our work.  
Excellence in client service.  
Excellence in value.

800.922.8337

www.mirickoconnell.com

MARY ANN MORSE  
AT HERITAGE

Independent Living, Assisted Living,  
Memory Care & Mental Health,  
Social Day for Seniors

747 Water Street, Framingham

508-665-5300

www.maryannmorse.org

A non-profit, deeply trusted provider of exceptional quality senior living and  
care options in MetroWest for over 25 years

MARY ANN MORSE  
HEALTHCARE CENTER

Short-Term Rehabilitation, Memory  
& Long-Term Care

45 Union Street, Natick

508-433-4404

Hopkinton Drug

compounding & wellness

\$5

A PURCHASE OF  
\$25 OR MORE

OFF

800-439-4441

www.rxandhealth.com - follow us @



THE LEARNING CENTER  
FOR THE DEAF  
AUDIOLOGY CLINIC



- Certified & Licensed Audiologists
- Fluent in English, Spanish, & ASL
- Accept Most Private Insurances
- Complete Diagnostic Hearing Test
- Latest Hearing Aid Technology
- Adults • Infants • Children

Contact us to learn more about our services

848 Central Street, Framingham, MA 01701

www.tlcaudiology.org

(508)875-4559

proud to

**SUPPORT**

The Southborough Senior Center

We're accepting more Medicare Plans!



Visit [reliantmedicalgroup.org/Medicare](http://reliantmedicalgroup.org/Medicare) to learn more.



Info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpieniors.com](http://www.lpieniors.com)

Southborough Senior Ctr., Southborough, MA 06-5172



Friends of Southborough's Council on Aging  
9 Cordaville Road  
Southborough, MA 01772

PRSRT  
STANDARD MAIL  
US POSTAGE PAID  
SOUTHBOROUGH, MA  
PERMIT NO. 10



Please verify your address label information. If corrections are needed, please call the Senior Center.



Elder Law with Frank and Mary by Arthur P. Bergeron and Leah A. Kofos  
*Arthur and Leah are elder law attorneys in the Trusts and Estates Group at Mirick O'Connell.*

#### FINANCIAL PLANNING FOR SENIORS

To whom do you trust to give your financial planning advice? Your accountant? Your kids? The guy you have coffee with at Dunkin Donuts? Your lawyer? God forbid. The point about financial planning is that you can't plan how to get where you want to go unless you know where you're going. Here are my contributions to the advice list:

- \* Stay flexible. Avoid investments with a big penalty for early withdrawal. The lure of a slightly better investment return on an annuity may be outweighed by the penalty.
- \* Consider early withdrawals (at lower tax rates) from your tax-deferred savings. If married, the federal tax rate on income of less than \$80,000 is 12% or less. Withdraw small amounts over time to reduce the potential big federal tax hit (22% or more) that would come if you needed to withdraw money suddenly.
- \* Keep your investment risk low.
- \* Make sure all of your advisors talk to each other. Each one is approaching things from a different angle. Gather them for a conference call.
- \* Update your Power of Attorney. A lot of asset restructuring may be needed after you are incapacitated, especially if you need to qualify for MassHealth.

I will be discussing financial planning in more depth during this month's elder law virtual seminar, which can be watched on Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://www.youtube.com/elderlawfrankandmary), and on your local cable station, SAM, along with the Frank and Mary in Southborough cable TV show, where my co-host, Doug Peck and I address many common issues facing seniors and the resources available during the pandemic. If you have any questions, please contact me at (508) 860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com).

#### FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING 2021 ANNUAL MEMBERSHIP

The Friends of the COA is a non-profit fundraising group that supports our Senior Center. They help to pay for many of the events held at the Senior Center and help purchase supplies and furnishings. To become a "Friend of the Southborough COA" member, please complete the form on the right. Priority for certain special limited seating events may be given to Southborough residents regardless of "Friends" membership status. Please call (508) 229-4453 if you have any questions.

Membership is \$15.00 per year.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Friends 2021 Membership Donation \_\_\_\_\_

Date \_\_\_\_\_