

# The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

July/August 2009

62 Providence Road • Mendon, MA 01756 • Hours: 8:30 A.M.-3:30 P.M. Monday-Friday • (508) 478-6175 • coa@mendonma.net

## Ongoing Summer Programs:

**Walking Group** Mondays 8:30am

**Whole Foods** Mondays 9-11am

**Bridge** Mondays 9am

**Cribbage** Mondays/Thursdays 9am

**Manicures** Mondays 9-11am

**Stretch & Flexibility** Tues/Thurs 9am

**Scrabble** Tuesdays 9:30am

**Lunch** Tuesdays/Thursdays 12:00

**Bocce** Tuesdays & Thursdays 1pm

**Shopping Van** Wednesdays 8am

**Yoga** Wednesdays 9am/Thurs. 5:45pm

**Bingo** Fridays 1pm

Join us to beat the heat! We have a/c...



## Summer Highlights July/August 2009

Tuesday/Thursday Lunches 12:00  
Transportation Available

Friday, July 3  
Senior Center Closed

Thursday, July 9 9:00  
COA Meeting

Thursday, July 9 12:00  
COA Cook-Out/Eat-In

Tuesday, July 14 11:30 & 12:30  
Rome & the Tuscan Highlands

Wednesday, July 15 9:00-11:00  
Podiatry Clinic

Thursday, July 16, 12:00  
Piano by Earl

Thursday, July 23, 1:00-3:30  
CPR Family & Friends

Tuesday, July 28 11:00  
Pinthus/Fairfax Collision at Sea

Wednesday, July 29 11:30  
Dine-Out Group Savini's, RI

Sunday, August 2 1:00-3:00pm  
Senior Tea Honoring 90 and over

Wednesday, August 5 1:00  
"The Mellow Tones" and  
Ice Cream Social

Tuesday, August 11 11:00  
Trains: NE Rail Operations

Thursday, Aug 20 12:00  
Piano by Earl

Wednesday, Aug 26 11:30  
Dine-Out Group TGIF Milford

## Mendon Senior Citizen of the Year!

It is unanimous! This year's distinguished honor—the 2009 Mendon Senior Citizen of the Year award goes to one well-deserving nominee—Shirley Smith. Shirley is described as "a tireless worker for all areas sensitive to the protection of Mendon's historical and rural character, and all environmental issues needed to protect the Town."

Shirley has served on numerous Town boards including the Mendon Zoning Bylaw Review Committee and the Mendon Water Board. Among her many environmental accomplishments she was the organizer and founding member of the Lake Nipmuc Association. She is a published author as well! Please plan to join us in congratulating Shirley when she is honored at an award luncheon sponsored by the Mendon Lions Club in September.

## Senior Center Cookout

Thursday, July 9th 12:00 noon join the Council on Aging for a cook-out/eat-in here at the center featuring grilled hot dogs, hamburgers and summer side dishes. This free meal is graciously sponsored by Larry & Sandy Pearson. Please stop by or call the center to sign up. Space is limited. Transportation is available.

## Welcome to MySeniorCenter!

Come on down and check out the newest guest at the center...the MySeniorCenter database system. Many thanks to the Friends of Mendon Elders for helping to fund this system. What does this mean for you our visitors? Well, after completing a simple form you will receive your own ID tag allowing you to effortlessly pick and chose the programs you'd like to participate in on a daily basis. No more sign in sheets for attendance! What it means for the center is we can easily utilize basic statistical information necessary for monthly and annual reports as well as grant funding. Feel free to stop by and ask for a demonstration.



The  
"Mendon Senior Sentinel"  
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**Council on Aging**  
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## Pinthis-Fairfax Disaster

The date is June 10, 1930, six miles off the Scituate coast. The steamer S.S. Fairfax pierces the fog and slams into the tanker Pinthis. The two ships are locked together in a fatal embrace. There is a tremendous explosion. Crewman and passengers are blown overboard. Others with their hair and clothes ablaze leap into the frigid, flaming water below. Many are locked in the bowels of the Pinthis and are carried to their deaths in the sinking taker. Bill Carter, historian and shipwreck diver, will give a slide presentation of the complete story and mystery surrounding this horrifying maritime disaster on July 28th at 11:00am at the Senior Center. Tuesday Lunch Club follows. Please stop by or call the center to reserve your spot for one or both programs.

## Players Wanted:

Bridge and Bocce Players are wanted! Whether you sign on for a weekly activity or prefer to act as an alternate, we want you! Both games offer convenient times, coed rosters and great sportsmanship. Call the center for schedules.

## Free Beach Admittance

Who says the best things in life aren't free? Take advantage of a good offer and enjoy the great outdoors. Mendon seniors age 60 and over are eligible to utilize the Town beach without charge. Beach passes are no longer required.

## Hot Diggity Dog!

What would summer be without a hot dog or two? Following a successful winter and spring tour of classic diners, the Mendon seniors' *Diner Group* invites you to join us for our *Hot Dog Hunt* in July, August and September. Every other Monday we will visit legendary hot dog spots. We leave the Mendon Senior Center at 11:15am and car-pool to the location. No sign up needed, just show up if you want to go. The destination for July and August are as follows:

7/16 ~ Coney Island, Worcester  
7/20 ~ Casey's, Natick  
8/3 ~ Hot Dog Annie's, Leicester  
8/17 ~ Wally Dogs, Mendon  
8/31 ~ N.Y. System, Woonsocket

## Music to Dine By

Enjoy the piano music of COA Board member Earl Pearlman while you dine. Join us on Thursday, July 16 and Thursday, August 20 at 12:00 noon for a special treat during our regular Tri-Valley lunch program. The cost of lunch is \$2.00 and the company can't be beat. Please register at least two days prior to the meal. Transportation is available.

## Ice Cream Social & Mellow Music

Join us on Wednesday, August 5th at 1:00pm to enjoy Hopkinton's senior chorus the Mellow Tones prior to our summer Ice Cream Social. The free event is sponsored by the Friends of Mendon Elders and transportation is available.

## Trains, trains & more trains!

All aboard! Senior Center volunteer Bob Carlson is sure to enlighten us with an interesting discussion regarding the Northeast Rail Operations on Tuesday, August 11th at 11am.

Feel free to bring a story or a model of your own to share. And why not join us for lunch following. Please call or stop by the center to register for one or both programs. Tuesday lunch is \$2.00 and transportation is available.



## Trash Fee Discount

Did you know the Town of Mendon offers a 50% reduction in trash fees for senior homeowners who meet the following criteria:

- The property must be the senior's primary residence
- The property must be owner occupied with no more than two people residing (check with the BOH for non-spouse, caregiver exception)
- One resident must be age 65 by Jan. 1, 2009

Please contact Missy at the Mendon Board of Health at 508-634-2656 to learn if you qualify and to apply for this senior discount.

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## Thank you Friends...

I am humbled yet again by the Friends of Mendon Elders...a committed group of hard working individuals, each volunteering at his or her own pace and coming together for the final event.

Congratulations and thank you to President Marie Lapointe and her dedicated group of Friends members who worked behind the scenes, baked or donated goods, sorted and priced, sold and cleaned up after the successful 5th Annual Progressive Yard Sale! Thanks also to the many supporters who held sales, purchased items and supported the community sales as well. It is an amazing production to say the least! Thank you also to the Mendon Police Department for helping to keep us safe with all the traffic in town that day...

Welcome on board to the newest Friends officer Sue Carlson who was inducted at the June 8th meeting and will be serving as its new Secretary, taking over for Nancy Jenkins who recently resigned. With loads of volunteer experience Sue will certainly be an asset to the Friends' board.

The Council on Aging Board and I are grateful to the Friends for their ongoing support of so many of the Senior Center's programs. The Friends have recently provided equipment for Bingo & Bocce and have sponsored, in part, the Pen Pal luncheon at the Clough School as well as new programs such as the Veteran's Breakfast in June and the exciting new MySeniorCenter database system. Without your support we could not offer such quality programs.

To all the Friends members, we wish you a truly relaxing summer break! You all deserve it!

With Gratitude,  
Amy Wilson Kent  
Senior Center Director

## Serve New England ~

Serve New England is volunteer based program offering a "smart alternative to food shopping" and is coming to Mendon this summer. Qualified participants of all ages will be offered fine meats and fresh produce for a fraction of the cost. Two hours a month is all it takes to participate. If you already volunteer at your church, a local school or hospital or at the Senior Center itself, then you are eligible to partake in this program. Our first tentative order date is 7/13 with pick-up 7/25. August order date: 8/10; Pick-up 8/22. Please call or stop by the Senior Center to express your interest and ask for details.

## Dine-Out Group

Why eat-in when you can Dine-Out? Join your friends and neighbors at 11:30am at the following restaurants for a fine dining experience:

July 29 ~ Savini's, Woonsocket, RI (time tba)

Aug. 26 ~ T.G.I.F., Milford

Sept. 30 ~ Imperial Buffet, Milford

Please stop by the center to register and be sure to put your telephone number! Thanks.

## Medicare Counseling

If you are about to turn 65 and have questions, SHINE is for you...Serving Health Information Needs of Elders (SHINE) is sponsored by the Executive Office of Elder Affairs and offers Medicare beneficiaries *Free, confidential* Health Insurance counseling. Knowledgeable, trained volunteers Judy & Lee Katz are available to assist you at the Mendon Senior Center the third Thursday of each month. Call the center for an appointment on July 16th or August 20th from 9-11am.

## CPR for Family & Friends

Learn how to save a life. On Thursday, July 23rd from 1-3:30 Mendon resident Sue Tetreault, RN will volunteer to teach us basic CPR. Note, this brief course does not offer certification, but rather basic knowledge. Please call the center to register.

## July Lunch Club Menu

Served Tuesdays & Thursdays ~  
12:00 noon  
Transportation Available

Your Donation of \$2.00 per meal  
Helps keep the  
Program running!  
Meals include milk, bread and  
margarine and a dessert.

Thursday, July 2nd  
Pot Roast Stew

Tuesday, July 7th  
Potato Crunch Fish

Thursday, July 9th  
Italian Casserole

Tuesday, July 14th  
Ham with Maple Glaze

Thursday, July 16th  
Salmon Boat with Dill Sauce

Tuesday, July 21st  
Roast Pork with Mushroom Sauce

Thursday, July 23rd  
Beef with Jardiniere Sauce

Tuesday, July 28th  
Roasted Chicken

Thursday, July 30th  
Yankee Chicken Pie

Please reserve your space two  
days prior to meal date.  
Stop by the center to pick up a  
copy of August's menu.  
Meals are subject to change.



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## Free Legal Counseling

Elder Law attorney Paula Nedder of Heaney & Small, LLP in Milford will be available this summer at the Mendon Senior Center to answer your legal questions on either Wednesday, July 8th and August, 12th from 1-3pm.

## Free Computer Assistance

Mr. Robin Fletcher, Senior Center volunteer and tutor, is available to assist you with your individualized computer needs. To take advantage of Robin's expertise, simply call the center for an appointment for a one-on-one tutorial.

## Podiatry Clinic

Doctor Cooper of Southboro Medical Group will be on hand on Wednesday, July 15th from 9-11 to assist you with your podiatry needs right here at the Senior Center. Home visits are also available for an additional fee. Please call the center for an appointment or for fees. Transportation is available.

## See You in the Fall!

Some of our popular programs will be taking a summer break, but fear not—they will return in the fall! A few new programs are in the planning stages and we'd like your feedback...feel free to contact the center to express your level of interest. Thank you.

-The Mendon Minstrels—coordinated by Marge West—will resume their melodious activities on Mondays beginning September 14th at 1:00pm. All voices are welcome!

- The Friends of Mendon Elders will reconvene in September for their monthly meetings on Monday, Sept. 14th at 11am in preparation of their Octoberfest Fair 10/24.

-The Pen-pal program with Clough 4th Graders will return in mid-fall under the coordination of COA Board member Ruth O'Grady. Please call or stop by the center over the summer to sign up.

-T'ai Chi under the instruction of Faith Kennedy of Harmony Wellness Center will return Wednesday, September 2nd at 10:15am.

-Thursday evening Pitch coordinated by Paul Garagliano will return mid-October.

-As part of a LifeLongLearning (LLL) experience a comprehensive 3-6 week Digital Photography class is being planned with professional photographer/instructor Jim Calarese of Jim Calarese Photography for a small fee. Please let us of your interest.

-A World War II discussion group is slated for the fall facilitated by retired teacher Jack McInerney.

## Mendon Council on Aging Mission Statement

The mission of the Mendon Council on Aging is to evaluate the needs of Mendon's senior community and respond to those needs by developing, promoting and encouraging new and existing programs and services that allow for enrichment, independence and quality of life and the fostering of aging with grace and dignity.

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## Town of Mendon - Council on Aging Board

**Chairperson** .....Ken O'Brien  
**Vice Chairperson** ..... Bob Carlson  
**Secretary** .....Ruth O'Grady  
**Treasurer** .....Carol Kotros

**Members:** Jim Negri, Earl Pearlman and Ann Vandersluis

### Food Pantry Coordinator:

Amy Wilson Kent

### Van Drivers

Robert Gebelein, Howard Phipps

Council on Aging meetings are held the second Wednesday of every month at 9:00 A.M. in the Senior Center. All Mendon residents are welcome to attend this meeting.

## MENDON COUNCIL ON AGING

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