



Location: 36 South Main St.  
 Hours of Operation: M - F 8 AM - 4 PM  
 Phone: (508) 278- 8622

# THE SILVER CENTER NEWS

## UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

[facebook.com/UxbridgeMASeniorCenter](https://www.facebook.com/UxbridgeMASeniorCenter)  
[uxbridge-ma.gov/coa](http://uxbridge-ma.gov/coa)

# August

Marsha Petrillo - Director  
 Donna Oncay - Admin Assistant  
 Lynne McPherson - Head Chef  
 Gail Boutiette - Outreach Coordinator



“NONE ARE SO OLD AS THOSE WHO HAVE OUTLIVED ENTHUSIASM” *Henry David Thoreau*

## NOTICE

Construction of the new fire department is well underway. The parking lot across the street, the old Post Office building, is no longer available. We have a limited number of parking spots available at the center. During special events, we encourage those who can to carpool or take the van. There is additional parking behind Coves, the Library and also at Savers Bank. **If you have any questions about parking, please do not hesitate to call the senior center.**



**S**ENIOR CENTER WISH LIST – We welcome and appreciate the support of anyone in a position to give. Your donations make a significant difference in the lives of our elders and help support our daily lunch program. All monetary gifts can be made out to the Town of Uxbridge with Senior center in the memo section of your check. Gift cards for Hannaford, Walmart and CVS also make nice gifts for senior citizens in need.

- [Uxbridge-ma.gov/coa](http://Uxbridge-ma.gov/coa)
- [Facebook.com/UxbridgeMASeniorCenter](https://www.facebook.com/UxbridgeMASeniorCenter)

We also continue to need in kind donations of **paper towels, napkins, and plastic 8oz cups**. One can donate directly to the center at 36 S. Main Street or on-line via the town’s web page. Every donation helps and comes enormously appreciated!

Feel free to contact us at 508-278-8622 or visit us on our web page at [Uxbridge-ma.gov/coa](http://Uxbridge-ma.gov/coa) or like us on our FB page or by googling Uxbridge Senior Center, or even dropping by.

## Shopping Trips



Grocery shopping every Tuesday- Pick up begins at 1:00 PM. We have changed the time to make it easier to get people to lunch and give everyone time to get their shopping done.

## WALMART SHOPPING

**\* Change for month of August Only \***

Walmart shopping will be on the 2<sup>nd</sup> and 3<sup>rd</sup> Thursday for the month of August Only - August 11<sup>th</sup> & August 18<sup>th</sup>. Pick up begins at 12:30pm. Please sign up in advance for Walmart shopping by calling us at 508-278-8622 to reserve your seat on the van.

Reminder.... If you have purchased the Hannaford Helps Reusable Bags, they will scan them as you check out and a donation of .25 cents will be made towards the senior center’s daily meal program. Thank you for your participation!

**NOTICE: The Senior Center drivers are not Emergency Responders and therefore are limited in what they can do. Please don’t ask them to do something they’re not trained, authorized, or certified to do.**

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 AM each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook (<https://www.facebook.com/UxbridgeMASeniorCenter>), or the Council on Aging website for the Lunch Menu. [www.uxbridge-ma.gov/coa](http://www.uxbridge-ma.gov/coa)
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.



## DID YOU KNOW ?

- armadillos have 4 babies at a time and are all the same sex
- the 3 most common languages in the world are Mandarin Chinese, Spanish and English
- the longest recorded flight of a chicken was 13 seconds
- a cat has 32 muscles in each ear
- Elvis's middle name was Aron
- goldfish can see both infrared and ultraviolet light
- Switzerland eats the most chocolate equating to 10 kilos
- money is the number one thing that couples argue about

**NAVICARE** - Nelly Colon is the new Account Executive. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth. Nelly Colon can be reached at 508-847-8511 and she is also bi-lingual.

**You never feel age if you have creative work, you don't have age or time.** » Louise Nevelson

**When I lost my rifle, the Army charged me \$85. That's why in the Navy, the captain goes down with the ship.**

## Veteran Services Office

is now located at The Uxbridge Town Hall. Carl J. Bradshaw, District Director can be reached at 508-278-8600 ext. 2017 and AnnMarie Cleary, Assistant Director can be reached at 508-278-8600 ext. 2037. Office hours are posted on the door. ♦

## LUNCH & LEARN with POLICE CHIEF LOURIE

Friday, August 5, 2016 - 11:30 am - 12:30 PM. Police Chief Jeff Lourie will hold his monthly Community Policing Bureau Presentation. Please join guest speaker Attorney Rachel Shannon Brown from Community Legal Aid (CLA) to learn about CLA's Senior Citizens' Legal Advocacy and Medicare Advocacy Projects. Be sure to bring your questions! Community Legal Aid is the state-funded civil legal aid program serving central and western MA. The program provides free civil legal assistance to low-income and elderly residents of Berkshire, Franklin, Hampden, Hampshire and Worcester Counties, as well to some of the region's surrounding towns. CLA specializes in elder law, government benefits and unemployment compensation, landlord-tenant law, housing discrimination, and family law matters affecting domestic violence victims. Please be sure to call ahead to reserve your seat for this lunch & learn as seating is limited. Uxbridge Community Television will film this event and it will be aired on local cable access. We are thankful to be working closely with the Uxbridge Police Department and to have Uxbridge Community Television film these events.

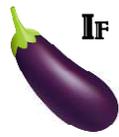


On Tuesday, August 9th, Kim Livingston from Salmon Adult Day Health Center will be coming in at 10:00 am to pick up donations for their yard sale which will be held on Saturday, August 27, 2016.

If you have *good* items to donate, please feel free to drop them off here at the Uxbridge Senior Center and Kim *Thank you!* will pick them up on August 9th.



**IF YOU THINK EGGPLANT IS GOOD, YOU SHOULD TRY ANY OTHER FOOD; IT'S MUCH BETTER.**



**SALMON ADULT DAY HEALTH** Tuesday, August 16, 2016 – 11:30 – 12:30 – Kimberly Livingston, Director Salmon Adult Day Health Center will be joining us! She will provide a light lunch for the seniors and also talk about the SALMON Adult Day Health Center and answer any questions you may have. Please come join us for this sponsored and informative luncheon! Be sure to call ahead to reserve your seat.

## Ask the Pharmacist

Wednesday, August 10, 2016 – 11:30 am – 12:30 PM – Paula Evans, PharmD, MS, CGP Assistant Professor of Pharmacy Practice Director, Pharmacy Outreach Program from Massachusetts College of Pharmacy & Health Services (MCPHS University).

Paula will hold a presentation on Medication Safety and Management. Please bring your questions and be sure to call ahead to reserve your seat for this lunch.



**DR. MICHAEL BIANCAMANO** – The foot doctor will be at the Senior Center Monday morning, August 29, 2016. Appointments are set up on a first come, first served basis and run rather quickly. Please call 508-278-8622 to schedule an appointment. Please let us know if you require transportation to the podiatry clinic.

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## fallonhealth Fallon Health Fair - Friday, August 19,

2016 – 1:00 pm – 3:00 pm – Karrie Soltys; Medicare Sales Executive from FallonHealth, Nelly Colon; NaviCare and Kathleen Lavelle; Summit ElderCare will be at the Senior Center. Fallon Health Senior Care Options Representatives will be available to speak about the 2016 Fallon Senior Plan Options, NaviCare and Summit ElderCare. Eligibility for the Senior Care options vary so these representatives will be available to discuss and answer your questions. Please come join us for this presentation which will be held *after our lunch program.*

**Red sky at night, shepherd's delight. Blue sky at night, day.**



**ASK THE NURSE** – Tuesday, August 23, 2016 – 11:30 am – 12:30 pm. Salmon Health VNA will be available for the blood pressure clinic. If you have any questions about new symptoms you may have, questions about new medications, or any other health problem, they will be able to help you with them. Salmon Health nurse, Janet Iocabelli will be at the senior center every fourth Tuesday going forward. Please join us for this important free monthly clinic offered by the Salmon VNA.

There is no 'I' in Team, but there is a "me".

### ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?

Numbers below represent people served in

**JUNE 2016**



Telephone Calls	1,250
Meals Served	463
Daily Visitors	659
Medical Runs (Round Trips)	92
Computer Classes	0
Hannaford Shopping (Round Trips)	20
SMOC Fuel Assistance	0
Walmart Shopping (Round Trips)	4
Lunch Pick Up	173



**UXBRIDGE IS PROUD OF ITS SENIOR CENTER**

## THE UXBRIDGE SENIOR CENTER IN CONJUNCTION WITH THE SUNSHINE CLUB WILL BE OFFERING THE FOLLOWING BUS TRIPS FOR 2016:



**Tuesday, September 13, 2016 – Lake Winnepesaukee Cruise w/ Buffet on boat. There will be a stop in Wolfeboro included! - \$72**

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**Friday, September 30, 2016 – Day trip to Vermont for foliage viewing w/ lunch - \$85 \*We do still have a few spots open for this trip!**

**Monday, October 3 – October 12, 2016 - 10 Days – Scotland – Please Call Pam at 508-476-4474 for information.**

**Thursday, October 6, 2016 – "Wicked" at PPAC (Providence Performing Arts Center) w/ lunch at UNO's and bus. - \$99**

**Sunday, November 6 – Tuesday, November 8, 2016 - Villa Roma, all-inclusive – \$369 Spots still available for this trip\***

**Monday – Wednesday November 28 – 30, 2016 - White Mountain Hotel, North Conway - \$439**

**Wednesday, December 7, 2016 - Newport Playhouse "Nana's Naughty Knickers" - \$75**

**Saturday – Monday December 10, 11, & 12, 2016 – NYC at Christmas with 9/11 Museum - \$339 There are lots of opening for this trip! Sign up now before they fill up!**

**Thursday, March 16, 2017 – "Lion King" at PPAC (Providence Performing Arts Center) Lunch at Uno's. - \$99**

*Tickets for the Lion King on Thursday, March 16, 2017 are going quickly, so be sure to get yours before they are all gone!*

*Call Sue at 508-476-5820 for more information on any of these trips. Flyers are available on the Douglas Senior Center Website – [www.douglasma.org](http://www.douglasma.org) and click on "Boards and committees" at the top of page, then "Council On Aging" and on left sidebar, "Sunshine Club/Trips" Also the Diamond Tours Website: [www.grouptrips.com/sunshineclub](http://www.grouptrips.com/sunshineclub) has information on the Niagara Falls trip and the NYC trip w/flyers, videos, insurance info and more. ♦*

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## Understanding Your Medical Problems

Are you confused when you visit the doctor or pharmacist? There are some things that you can do to make it easier to understand. One way to help is to take a family member or friend with you, two heads are better than one when listening to instructions. Ask questions and ask for more information if you don't understand and have someone write down any instructions for taking medications or therapy. Use the computer to learn more about your medical condition and medications. ♦



**T** rained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine leave your name and number. A volunteer will call you back. You can now visit us on the Internet at [www.shinema.org](http://www.shinema.org)

**I Have Reached An Age When, If Someone Tells Me To Wear Socks, I Don't Have To**

**Today's generation will never get to know the satisfaction**



**Of slamming down the phone during an angry hang-up**

**W**e at the Uxbridge Senior Center, want to wish Peter Waeger a happy retirement! Peter has been our van driver for over 6 years. He has always gone above and beyond his duty as a van driver; daily lunch pickup and drop off, helps serve and clean up after our lunches, takes seniors on their shopping trips to Hannaford and Walmart, decorates and drives the van in local town parades and maintains the van. He will be greatly missed by all who love him here. Thank you Peter for all your years of loyal service and for always going the extra mile. *We wish you the very best !!!!!*

**You can live to be a hundred if you give up all the things that make you want to live to be a hundred.** » *Woody Allen*

I can think of no better way of redeeming this tragic world today than love and laughter. Too many of the young have forgotten how to laugh, and too many of the Elders have forgotten how to love. Could not our lives be lightened if only we could all learn to laugh more easily at ourselves and to love one another

THE LONGER I LIVE THE MORE BEAUTIFUL LIFE BECOMES.  
- *Frank Lloyd Wright*

“Old age is an excellent time for outrage. My goal is to say or do at least one outrageous thing every week.”  
» *Maggie Kuhn*

Celebrate *Life*

UXBRIDGE SENIOR CENTER  
 Lunch Menu  
 36 South Main Street, Uxbridge, MA 01569  
 (508) 278-8622



Marsha Petrillo - Director  
 Lynne McPherson - Chef  
 Pete Waeger - Van Driver  
 Donna Oncay - Transportation Coordinator  
 Gail Boutiette - Outreach Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
1. VEGETABLE QUICHE GARDEN SALAD FRESH FRUIT	2. POT ROAST MASHED POTATOES CARROTS PEACH CAKE	3. CITRUS GINGER GRILLED CHICKEN GARDEN SALAD SUGAR FREE PUDDING	4. AMERICAN CHOP SUEY GARDEN SALAD ITALIAN BREAD SUGAR FREE JELLO	5. BAKED FISH ROASTED POTATOES BROCCOLI SUGAR FREE PIE
8. EGGPLANT-VEGETABLE LASAGNA GARDEN SALAD ITALIAN BREAD PEACHES AND CREAM	9. SHEPHERDS PIE MIXED VEGETABLES SUGAR FREE JELLO	10. TUSCAN CHICKEN JASMINE RICE ZUCCHINI FRESH FRUIT	11. MEATBALLS W/MARINARA AND PENNE GARDEN SALAD ITALIAN BREAD SUGAR FREE PUDDING	12. BAKED FISH WILD GRAIN RICE GREEN BEANS SUGAR FREE ICE CREAM
15. BAKED MACARONI AND CHEESE CARROTS SUGAR FREE ICE CREAM	16. ASSORTED SANDWICHES GARDEN SALAD PEACHES AND CREAM	17. LASAGNA GARDEN SALAD ITALIAN BREAD ICE CREAM SANDWICHES	18. HOT DOGS W/ROLL BAKED BEANS COLESLAW SUGAR FREE PUDDING	19. MYSTERY CHEF LUNCH TO BE DECIDED
22. TOMATO SOUP GRILLED CHEESE SANDWICH GARDEN SALAD SUGAR FREE PUDDING	23. MEATLOAF W/GRAVY MASHED POTATOES GREEN BEANS FRESH FRUIT	24. GRILLED CHICKEN W/CAESAR SALAD SUGAR FREE ICE CREAM	25. <b>END OF SUMMER SENIOR TRIP TO SAVINI'S RESTAURANT (NO LUNCH SERVED AT CENTER)</b>	26. BAKED FISH ROASTED SWEET POTATO MIXED VEGETABLE BIRTHDAY CAKE
29. TUNA CASSEROLE PEAS AND CARROTS FRESH FRUIT	30. SPAGHETTI W/BOLOGNESE SAUCE GARDEN SALAD ITALIAN BREAD APPLE CAKE	31. ROASTED CHICKEN MASHED POTATOES GREEN BEANS SUGAR FREE JELLO		ALL MEALS ARE SERVED WITH MILK OR WATER MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.