

# New Horizons

## NORTHBRIDGE SENIOR CENTER

20 Highland Street  
Whitinsville, MA 01588

508-234-2002

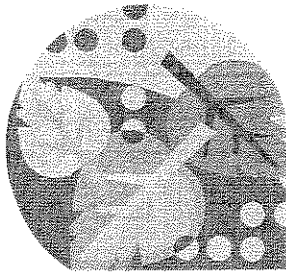
KELLY BOL  
DIRECTOR - SENIOR CENTER  
EDITOR - NEW HORIZONS

TED HARINGA  
CHAIRMAN  
COUNCIL ON AGING

Monday - Thursday  
9:00 AM - 3:00 PM

**SEPT - OCT  
2012**

Friday  
8:30 AM - 1:30 PM



By all these lovely tokens

September days are here,

With summer's best of weather

And autumn's best cheer

~Helen Hunt Jackson

Greetings from your Center:

My name is Kelly Bol and I am the new Director for the Northbridge Senior Center. At the end of June my predecessor, Gail Anderson retired after 25 years of service. I had the privilege of working with Gail for a little over 3 weeks and learned very quickly that I will have "big shoes to fill". I would like to take a moment to thank Gail for sharing her knowledge and for all she had done to make your Senior Center what it is today!

As the summer comes to a close, I hope that all of you enjoyed time with family and friends. Looking to the days ahead, I am very excited to see many of the programs that took the summer off, resume their schedules this fall. If you have never been to the Center or it has been a while, please stop by.....the staff and I would love to show you around and tell you about new events. Hope to see you soon!

Warmly,  
Kelly Bol, Director

## Scam Alert

Every day hundreds of grandparents (Seniors) fall for this scam. Here's what you need to know to not be one of the victims:

1. **Don't be fooled by detailed greetings** such as "Hi Grandma, it's Billy!" Many get names and details from online directories, social networking websites or obituaries. Some hack emails.
2. **No matter where they say they are**, the scammers typically are in Canada using numbers that can be easily disguised or using disposable cellphones that are very difficult to track.
3. **Scammers often ask for wire transfers** because with a reference number and phony ID, they can retrieve that money anywhere. "Wiring money is like giving cash" says the FBI. "Once you send it, you can't get it back."
4. **The crooks have done their homework on your family** and often pose as police officers, attorneys or hospital workers.
5. **When a suspicious caller says, "Please don't tell Mom and Dad"**, show your love the better way: Hang up the phone and contact your grandchild or another family member to get the facts.

SOURCE: Sid Kirchheimer, author of Scam-Proof Your Life, published by AARP Books/Sterling

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## TRANSPORTATION REMINDERS

### Local Transportation via Senior Center Bus

All requests must be made **24 hrs in advance** unless there is an emergency appointment. You can always cancel if your plans change.

### Out of Town Transportation via Volunteers

All requests must be made at least **48 hours in advance**. All fees must be placed in the provided envelope - we ask that you do not tip the drivers as they will receive a mileage reimbursement from the Senior Center.

## NEWS FROM SHINE

## Don't wait until it's too late

### Medicare Open Enrollment Period

October 15-December 7

Medicare plans change every year!  
This is the time to decide on your coverage for 2013.

### **SHINE can help!**

SHINE counselors provide **free** Medicare counseling.

Call the Senior Center AT 508-234-2002 and ask for an appointment with the SHINE counselor. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

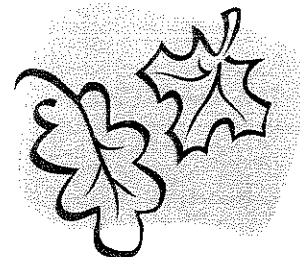
~or~

You can 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 as soon as possible.

~or~

For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call **1-800-MEDICARE**

SOURCE: The Executive Office of Elder Affairs  
State SHINE Program





## UPCOMING SPECIAL EVENTS

Thursday, September 20, 2012

### **Hearing Screening by Mass Audiology**

Free screenings will be held between the hours of 10AM and 12noon~please call the Center for an appointment

Monday, September 24 and Tuesday, September 25

### **Flu Clinic sponsored by the VNA**

Hours: **12:30pm-2pm** Monday~last name **A-L**  
Tuesday~last name **M-Z** Please call the Center for more information

Tuesday October 2, 2012 at 12:45PM

**Navicare and Summit ElderCare presented by Fallon Community Health Plan**

Wednesday, October 3 at 1:30PM & Monday October 15 at 2PM

**Fallon Representative** - available to answer questions concerning Fallon's Senior Plans

Tuesday, October 9, 2012 at 12:45PM

**"File for Life" and "Advanced Directive" presented by RSVP: Rita Sullivan and Jane Beger from Worcester Medical Center**

Tuesdays September 25 October 9 & 23 at 11AM - 1PM

**"Ask the Nurse"** - health discussion and blood pressure checks with Pat Wallen, RN. No appointments necessary.

Thursday, October 11, 2012 at 12:45PM

**"How Can the Winter Months Effect Me?"**  
Presented by Homestead Senior Care

Tuesday, October 15, 2012

**DAY TRIP to Newport Playhouse** enjoy the afternoon with a buffet, a funny play and a fun-filled cabaret **THIS EVENT IS SOLD OUT!**



September 28 & October 26 11 AM - 12 PM  
**Caregiver's Support Group** - anyone who is caring for another person is welcome to attend.

Tuesday, September 25 & October 23 at 11:45AM

**Monthly Birthday Partys** - during your birthday month, join us for a complimentary lunch.



### **PLEASE NOTE:**

The Tri-Valley Nutrition Site at the Northbridge Senior Center now **open on Fridays**. Meal delivery drivers are needed - please call the center if you can help.

**VOLUNTEERS**  
"Go the Extra



Mile with a Smile"

### **VOLUNTEER RECOGNITION EVENT**

**Was held on June 6, 2012 at the Northbridge Senior Center**

In addition to over 80 volunteers recognized, the **Volunteer of the Year** was awarded to:

**Ted Haringa**

Thank you Ted for your years of service and continued dedication to our Center and the Seniors of our community!

**V**aluable

**O**bliging

**L**oving

**U**ndaunted

**N**eeded

**T**reasured

**E**arnest

**E**ffective

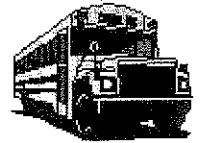
**R**eliable




Courtesy of "Positive Promotions"



# Northbridge Senior Center

September 2012



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  Labor Day	<b>4</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:00 AM Shuffleboard 11:45 AM Congregate Lunch 1:00 PM Pitch & Scrabble 1:30 PM Computer Class	<b>5</b> 9:00 AM Billard League 11:45 AM Congregate Lunch 12:45 PM Exotic Fruit presented by Hannaford 1:00 PM Genealogy 1:00 PM Mahjong 1:30 PM Wii Bowling	<b>6</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Dart League 10:30 AM Chair Yoga 11:45 AM Congregate Lunch	<b>7</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Craft Class 11:45 AM Congregate Lunch
<b>10</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 10:00 AM Needlework 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 1:00 PM Aqua Exercise 1:00 PM Bingo 1:00 PM Bridge	<b>11</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:00 AM COA Meeting 9:00 AM Shuffleboard 11:00 AM Blood Pressure Clinic 11:45 AM Congregate Lunch 12:45 PM French Club 1:00 PM Pitch & Scrabble 1:30 PM Computer Class	<b>12</b> 9:00 AM Billard League 10:00 AM Fallon Rep 11:45 AM Congregate Lunch 1:00 PM Genealogy 1:00 PM Mahjong 1:30 PM Wii Bowling	<b>13</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Dart League 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 1:00 PM Cribbage League	<b>14</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Craft Class 11:45 AM Congregate Lunch
<b>17</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 10:00 AM Needlework 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 1:00 PM Aqua Exercise 1:00 PM Bingo 1:00 PM Bridge	<b>18</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:00 AM Shuffleboard 11:45 AM Congregate Lunch 12:45 PM French Club 1:00 PM Pitch & Scrabble 1:30 PM Computer Class	<b>19</b> 9:00 AM Billard League  9:00 AM Day trip to Sholan Farm 11:45 AM Congregate Lunch 1:00 PM Genealogy 1:00 PM Mahjong 1:30 PM Wii Bowling	<b>20</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Dart League 10:00 AM Hearing Screening 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 1:00 PM Cribbage League	<b>21</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Craft Class 11:45 AM Congregate Lunch
<b>24</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 10:00 AM Needlework 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 12:30 PM Flu Shot Clinic 1:00 PM Aqua Exercise 1:00 PM Bingo 1:00 PM Bridge	<b>25</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:00 AM Shuffleboard 11:00 AM Blood Pressure Clinic  11:45 AM Monthly Birthday Party & Luncheon 12:30 PM Flu Shot Clinic 12:45 PM French Club 1:00 PM Pitch & Scrabble 1:30 PM Computer Class	<b>26</b> 9:00 AM Billard League 11:45 AM Congregate Lunch 1:00 PM Genealogy 1:00 PM Mahjong 1:30 PM Wii Bowling	<b>27</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Dart League 10:00 AM Free Legal Clinic 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 1:00 PM Cribbage League	<b>28</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Craft Class 11:00 AM Caregiver Support Group 11:45 AM Congregate Lunch



# Northbridge Senior Center

October 2012



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 10:00 AM Needlework 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 1:00 PM Aqua Exercise 1:00 PM Bingo 1:00 PM Bridge	<b>2</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:00 AM Shuffleboard 11:45 AM Congregate Lunch 12:45 PM Fallon: Navicare/ Summit 12:45 PM French Club 1:00 PM Pitch & Scrabble 1:30 PM Computer Class	<b>3</b> 9:00 AM Billard League 9:00 AM Billards-All Day 11:45 AM Congregate Lunch 1:00 PM Genealogy 1:30 PM Wii Bowling 2:00 PM Fallon Rep	<b>4</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Dart League 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 1:00 PM Cribbage League 1:00 PM Mahjong	<b>5</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Craft Class 11:45 AM Congregate Lunch
<b>8</b> Columbus Day - Center Closed	<b>9</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:00 AM COA Meeting 9:00 AM Shuffleboard 11:00 AM Blood Pressure Clinic 11:45 AM Congregate Lunch 12:45 PM File for Life/Advanced Directives 12:45 PM French Club 1:00 PM Pitch & Scrabble 1:30 PM Computer Class	<b>10</b> 9:00 AM Billard League 9:00 AM Billards-All Day 11:45 AM Congregate Lunch 1:00 PM Genealogy 1:30 PM Wii Bowling	<b>11</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Dart League 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 12:45 PM Winter months and its effects 1:00 PM Cribbage League 1:00 PM Mahjong	<b>12</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Craft Class 11:45 AM Congregate Lunch
<b>15</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 10:00 AM Needlework 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 1:00 PM Aqua Exercise 1:00 PM Bingo 1:00 PM Bridge 2:00 PM Fallon Rep	<b>16</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:00 AM Shuffleboard 11:45 AM Congregate Lunch 12:45 PM French Club 1:00 PM Pitch & Scrabble 1:30 PM Computer Class	<b>17</b> 9:00 AM Billard League 9:00 AM Billards-All Day 11:45 AM Congregate Lunch 1:00 PM Genealogy 1:30 PM Wii Bowling	<b>18</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Dart League 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 1:00 PM Cribbage League 1:00 PM Mahjong	<b>19</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:30 AM Craft Class 11:45 AM Congregate Lunch
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<b>29</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 10:00 AM Needlework 10:30 AM Chair Yoga 11:45 AM Congregate Lunch 1:00 PM Aqua Exercise 1:00 PM Bingo 1:00 PM Bridge Day Trip: The American-French Genealogical Society	<b>30</b> 9:00 AM Billards-All Day 9:00 AM Co-Ed Exercise 9:00 AM Shuffleboard 11:45 AM Congregate Lunch 12:45 PM French Club 1:00 PM Pitch & Scrabble 1:30 PM Computer Class	<b>31</b> 9:00 AM Billard League 9:00 AM Billards-All Day 11:45 AM Congregate Lunch 1:00 PM Genealogy 1:30 PM Wii Bowling		



## THE NORTHBRIDGE POLICE DEPARTMENT ANNOUNCES A NEW EMERGENCY NOTIFICATION SYSTEM

This new system will notify you directly of any emergency information that you should be aware of. It will provide you with helpful information during severe storms, power outages, heat waves, and other emergencies.

YOU MUST REGISTER FOR THIS SYSTEM  
THROUGH THE NORTHBRIDGE POLICE  
DEPARTMENT WEBSITE AT:

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

Click on the link to the "Code Red"  
and enter your information

If you do not have a computer, see if a family member can help you, or you may register at the Senior Center or the Whitinsville Library. You may also call the Senior Center at 508-234-2002 and we will enter the information for you. You may register your home phone, cell phones, and email address.

In the event a telephone call is made to your phone from the CodeRed program, please be advised that the following numbers will appear on your caller ID: 866-419-500 (Emergency Caller Communication-Emergency Calls) or 855-969-4636 (ECN Community for General Information Calls).

### **Elder & Disability Law Advocates**

**Attorney Nicholas G. Kaltsas, Esq.**, a trial lawyer and founder of Elder & Disability Law Advocates, hosts the **Senior Focus**, a radio program broadcasted weekly on WCRN True Talk 830 AM every Monday morning at 11 am or can be watched Wednesdays at 2:00pm on Charter TV 3.

The Elder & Disability Law Advocates will be hosting Free legal clinics at the Center on **Thursday September 27, 2012 and November 15, 2012 both from 10 AM - 12noon** please call the Center to make an appointment.

### **Senior Focus**

The Senior Focus is a radio program broadcast weekly Mondays at 11:00am on WCRN True Talk 830 AM and every Wednesday at 2:00pm on Charter TV 3. The show is focused on the needs of older and disabled individuals, their caregivers and their families. Topics covered during this broadcast will include Estate and Medicaid Planning, Long-Term Care Planning, Guardianship and Conservatorship, Medicare and Medicaid Advocacy, Planning for People with Disabilities, Estate Administration, Veterans Benefits, our Good Health for Seniors Series and more.

All too often, Americans from all socio-economic backgrounds find themselves in the situation where a loved one (whether it be a spouse, parent, some other relative, or friend), is no longer able to care for themselves personally or financially. Our radio show provides information to listeners about maintaining their quality of life as they age.

Listeners are encouraged to call in with any questions they have. Our topics range from:

- Dealing with being able to stay in your home in the face of medical adversity;
- Steps to take preserve your assets if a catastrophic event occurs;
- Learning about medical issues facing seniors today;
- Learning how to probate the estate of your loved one;
- Determining your eligibility for Veterans Benefits;

Our regular guest speakers focus on topics of concern for seniors and their caregivers. Recently, our series "GOOD HEALTH FOR SENIORS" has featured many physicians and specialists from UMass Memorial Medical Center. We will continue to offer fine programming with upcoming shows focusing on seniors and their health as well as other areas of concern for seniors and caregivers. The Senior Focus offers you tremendous resources to have your questions answered.

**This is Halloween**  
 Goblins on the doorstep,  
 Phantoms in the air,  
 Owls on witches' gateposts  
 Giving stare for stare,  
 Cats on flying broomsticks,  
 Bats against the moon,  
 Stirrings round of fate-cakes  
 With a solemn spoon  
 Whirling apple parings,  
 Figures draped in sheets  
 Dodging, disappearing,  
 Up and down the streets,  
 Jack-o-lanterns grinning,  
 Shadows on a screen,  
 Shrieks and starts and laughter-  
 This is Halloween



**Come celebrate Halloween with us!**

On Wednesday, October 24, 2012 at 12:45PM  
 the "**Mello Tones**" from the Hopkinton Senior  
 Center will entertain us with songs about the  
 Fall and Halloween.....don't forget to **wear**  
**black and orange!**

Thursday, October 25, 2012 at 12:45PM  
**Halloween Celebration** ~dress in costume to  
 enter the **contest for "prettiest, ugliest or**  
**scariest"....we will have prizes for the**  
**winners!**

Also, enjoy the movie "**Beetle Juice**" and leave  
 with a **complimentary "Trick-or-Treat" bag!**

PLEASE NOTE: For safety be careful in  
 choosing your costume. If easier, bring your  
 costume with you to put on at the Center.

**FRIENDS OF NORTHBRIDGE ELDERS  
 MEMBERSHIP**

The Friends of Northbridge Elders is a non-  
 profit group and the fundraising arm of the  
 Council on Aging. All monies raised are used  
 to supplement the cost of activities, equipment  
 and programs for the Northbridge Senior Center

**All ages are welcome to join!**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State:** \_\_\_\_\_, \_\_\_\_\_

**Zip Code:** \_\_\_\_\_

**Phone:** (     ) \_\_\_\_\_ -- \_\_\_\_\_

**Dues are:**

**\$5.00 for one year, or \$12.00 for three years**

Enclosed is my payment of dues in the  
 amount of \$ \_\_\_\_\_ for membership  
 in the Friends of Northbridge Elders.

**Please make checks payable for  
 F.I.N.E.**

\_\_\_\_\_ I wish to be active  
 \_\_\_\_\_ I wish to be supportive  
                   only with my dues  
 \_\_\_\_\_ I wish to only make a  
                   donation

Return payment to F.I.N.E. c/o the  
 Northbridge Senior Center  
 20 Highland Street  
 Whitinsville, MA 01588

The Friends of Northbridge Elders, Inc.  
20 Highland Street  
Whitinsville, MA 01588

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
WHITINSVILLE MA  
PERMIT NO. 56

ROBERT THAYER  
TOWN HALL-7 MAIN ST.  
WHITINSVILLE, MA 01588



0158835535

#### **IN SYMPATHY**

The Northbridge Council on Aging, Senior Center, and the Friends of Northbridge Elders, Inc. extend deepest sympathy to the family and friends of the following people who have passed away from 4/26/12 - 9/3/12:

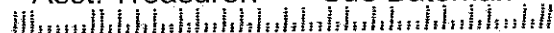
Dorothy Simmons	Alan Rogers
Warren C. Tyler	Clifford Rivet
Anita Handfield	Almas Boghosian
Garrit Ebbling	Pearl Soderberg
Michael Ermak	Sally C. Sherwood
Leonard Riley	Harold R. Banning
David Papazian	Alice R. Boisvert
Normand J. Lussier	Arlene Desjardin
Martha Garabedian	Kenneth DeHaan
Henry Manosh	Norma L. Sora
Lawrence "Larry" Fournier	Kenneth Prue
John "Jack" Young	Velma M. Sampson
Dawn M. Low	Nelson Bosma
Walter Morven	Victor L. Lessard
John Kurtyka, Jr.	Joanne Miedema
Elizabeth M. "Betty" Grady	
Ovila E. "Vee" Peloquin, Jr	
Francis A. Pep" Dupre	

#### **COA MISSION STATEMENT**

The Mission of the Northbridge Council on Aging is to enrich the lives of our senior community by providing services, programs, and support that allow for independence and quality of life.

#### **COUNCIL ON AGING BOARD**

Chairman :	Ted Haringa
Vice Chairman:	Marie Rebecchi
Secretary :	Leon Duquette
Treasurer :	Beverly Morrisette
Asst. Treasurer:	Sue Bateman



#### **BOARD MEMBERS:**

Wayne DeForest	Phyllis DiPalma
Ken Guertin	Winnie Sears

**ASSOCIATE MEMBERS:** Sid Koopman, Jr.,

#### **SENIOR CENTER STAFF**

Kelly Bol:	Director
John Orasy:	Bus Driver
Mary Alex:	Administrative Assistant
Adele Gentry :	Outreach Worker
Jeannine Dionne:	Program Coordinator
Anne Crosby:	Transportation Coordinator
Bill Robidoux:	Tri-Valley Nutrition Mgr.

#### **PLEASE NOTE:**

The cost of printing and mailing this newsletter is funded by a State Formula Grant administered through the Executive Office of Elder Affairs. We express our sincere thanks to the Governor and our Legislatures for their support of the COA Formula Grants.