



# The Southborough Senior Sensation

VOLUME 21\* ISSUE 05

September/October 2021

## Senior Center

9 Cordaville Rd.  
Southborough, MA  
01772  
(508) 229-4453  
Fax (508) 229-1753  
www.southboroughseniors.com

## OPERATING HOURS

Monday - Friday  
8:30am - 3:00pm

## 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

## Director's Corner

*By Pam LeFrancois*

As you know our newsletter has to be written and submitted to the printer a few weeks before it actually reaches your mailbox. Today its 93 degrees and we have yet again, had to convert another wonderful event that we had planned to have on front lawn to something more comfortable and safe. Due to Covid our back up plan would normally be to move the bbq inside but that wouldn't be a great idea for the hundred or so people who would attend....in this case we opted for a walk up, take out from the BBQ food truck and bring it home to an air conditioned spot to enjoy your meal.....

This is pretty much how its been going with events canceled or being converted to drive throughs because of weather or rising Covid threats. We haven't given up and will still try and come up with programs that you will enjoy in a safe environment. This newsletter hopefully has a little bit of something for everyone and we would love to see you! Fingers crossed that things will improve and we get better at choosing sunny 75 degree days for events on the lawn.

Hope to see you soon,  
Pam

## Flu Clinic - Southborough Residents

Wednesday, October 13th 10:00am to 12:30pm  
Southborough Seniors 60 years of age or older

Please see all detailed information on the inserts included in this newsletter.

## FALCONI GOLF TOURNAMENT

Monday, Sept. 20<sup>th</sup>, 2021

This tournament is in its 30<sup>th</sup> year! Thank you to James Falconi for continuing to sponsor this tournament which gives us the opportunity to offer many more events at the senior center. We are thankful to all who have played in this tournament, our generous sponsors and the wonderful committees for making this special event take place for the past 29 years. We are always in need of golfers and sponsors. Please call the senior center at (508) 229-4453 if you would like to golf, become a sponsor, join a committee, or if you have any questions. Thank you for your support.

Registration begins at 8:30am at Juniper Hill Golf Course in Northborough

Date for Registering for Programs:

Starting at 10:00am: - - - - ->

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

Hope you are safe and well. We continue to be at a crossroads in future programming. Just when I thought I was all set and began researching, scheduling and firming up events for September and October, things have already changed. I am writing this in July when the COVID numbers are increasing with a major concern regarding the Delta Variant. Programs were scheduled to go to the Indian Ranch in Webster, a fun trip for the Trailblazers group to Newport, RI for a cliff walk, and more. I had to cancel the trips (with plans of rescheduling), since the bus company no longer requires proof of Vaccination Cards to board the bus. We at the Senior Center cannot ask people if members have been vaccinated and do not feel comfortable using this mode of transportation. I also cancelled a bus scheduled to travel to the Hanover Theater in October—but luckily we came up with an alternative plan to keep that program in our schedule as you will see further on in the newsletter (the show must go on). I have also been looking into surrounding Museums and at this time they are not accepting group tours. Again, this is the status during the month of July. When you receive this newsletter, I am hoping things may have changed to the better.

Just a Reminder: We are accepting books for the Library now located in our kitchen area. Also accepting donations for Alice's Gift Shop. Lorraine and Sue have been working on stocking the shelves and would be thrilled with new or gently used items. Donations can be delivered to the front desk. Our DVD library has also been stocked with new DVD releases and is ready for signing out movies, located in the front office area. Stop by and take a look.

We are now offering 4 fitness classes at the Senior Center. The class descriptions are listed on page 6. If you are interested, please call on Registration Day.

You will also see that we are offering Mah Jongg on Thursdays at 10:00am. This group would love new players to join—feel free to stop by to watch or talk to one of the players to see if you would be interested. Also on Fridays is the Canasta Card Group on the left along with billiards and cards games on the right in our big room. Both groups are also looking for new players.

We just added a Bridge Card Group Tuesdays at 1:00pm. Our Knitting Club is starting back up again on Tuesdays at 1:00pm. These groups welcome new participants. And, the Senior Songsters will be gracing our building with their music again starting in September. NOTE: Please review Leslie's Healthbeat section on page 7 for three very beneficial programs.

If the state of affairs have not moved in the healthier directions, the staff will again look into different alternative programming to keep us all connected. Please know your well being is always on our minds! Let me know if you have any ideas, comments or concerns or just want to chat.

-Peg

Bingo

Wednesday, October 30<sup>th</sup> at 1:00pm

Come join us for a wonderful afternoon of Bingo, fun, and prizes. Our Bingo Leader, Bob Myers will start selling cards promptly at 1:00pm. Bingo will begin once everyone has their cards. Snacks will be provided at break time!

Sign up at the front desk or call (508) 229-4453

SOUTHBOROUGH SENIOR SONGSTERS RETURN

The Southborough Senior Songsters are returning to their regular Tuesday morning rehearsals at 11:00am. We will be singing songs from the Great American Songbook in preparation to visit various senior homes and senior centers. All are welcome to join (no audition required) or just come to listen to our rehearsals. Please be sure to check the Senior Center calendar as we may not have a rehearsal if singing elsewhere. Please call Jim Duncan at 508-366-2091 or E-mail at Jamesfduncan@msn.com if you have any questions about our sing-along.

## 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 successes. 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.

### Ernie the Barber's Schedule

9:30 to 1:00 — \$10.00

Wednesday	September 1st
Thursday	September 16th
Thursday	September 30th
Wednesday	October 6th
Thursday	October 21st

Please stop by the front desk to sign up or call (508) 229-4453



### Autumn Fair Volunteer Meeting

Come join us Tuesday, September 21st, at 12:00pm for "a bite to eat" and find out how you can become an Autumn Fair Volunteer. There are plenty of opportunities to help with the annual Friends of the COA Autumn Fair which will be held on November 20th, 2021. Support the Friends, share the load, and become a member of our awesome team!

# Southborough Senior Center

# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			09:30a Ernie's Barber Shop	08:30a Strength Class 09:45a Advanced Tai Chi 01:00p Chair Yoga 10:00p Mah Jongg	08:30a COA Board Meeting 10:00a Canasta 10:00a Dull Mens Club 10:30a Health Clinic	
5	6	7	8	9	10	11
08:30a Closed in Observance of Labor Day	08:30a Strength Class 09:45a Advanced Tai Chi 11:00a Senior Songsters 01:00p Bridge	08:30a Strength Class 09:45a Advanced Tai Chi 11:00a Senior Songsters 01:00p Bridge	10:00a Virtual Legal Advice	08:30a Strength Class 09:45a Advanced Tai Chi 01:00p Chair Yoga 10:00p Mah Jongg	10:00a Canasta 10:00a Dull Mens Club 10:30a Health Clinic	
12	13	14	15	16	17	18
	10:00a Stretch Class 10:30a Health Clinic 11:15a QiGong Movement	08:30a Strength Class 09:45a Advanced Tai Chi 11:00a Senior Songsters 01:00p Bridge 01:00p Knitting Club	12:00p Luncheon & Band	08:30a Strength Class 09:30a Ernie's Barber Shop 09:45a Advanced Tai Chi 01:00p Chair Yoga 10:00p Mah Jongg	10:00a Canasta 10:00a Dull Mens Club 10:30a Health Clinic	
19	20	21	22	23	24	25
	08:30a Falconi Golf Tournament 10:00a Stretch Class 10:30a Health Clinic 11:15a QiGong Movement 01:00p Medicinal & Recreational Marijuana	08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Autumn Fair Volunteer Meeting 01:00p Bridge	01:00p The Joys of Nature	08:30a Strength Class 09:45a Advanced Tai Chi 01:00p Chair Yoga 10:00p Mah Jongg	10:00a Canasta 10:00a Dull Mens Club 10:30a Health Clinic	
26	27	28	29	30		
	10:00a Stretch Class 10:30a Health Clinic 11:15a QiGong Movement	08:30a Strength Class 09:45a Advanced Tai Chi 11:00a Senior Songsters 01:00p Bridge 01:00p Knitting Club	12:30p Movie Matinee	08:30a Strength Class 09:30a Ernie's Barber Shop 09:45a Advanced Tai Chi 01:00p Chair Yoga 10:00p Mah Jongg		



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**Southborough Senior Center**

**October 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	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						

**SUPPORT OUR ADVERTISERS!**



## Fitness is Back at the Senior Center – Classes require 8 Minimum 12 Maximum

### Stretch Break

Mondays at 10:00am

Suggested Donation – \$3.00 per class (Members Only)

Sharon Gallant has been teaching and training for over 30 years. Currently working with the senior Populations, she has found her passion with this population. 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. Exercise material are will be at the senior, but feel free to bring your own mat and strap. 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 8:30am

Suggested Donation – \$3.00 per class (Members Only)

This class 45 minute 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 she will need to work with and modify. Call the Senior Center for Sharon’s contact information Hand weights and mats are located at the senior center, but feel free to bring your own.

### Seated Chair Yoga

Thursdays at 1:00pm

Suggested Donation – \$3.00 per class (Members Only)

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

Mondays at 11:15am

Suggested Donation – \$3.00 per class (Members Only)

Bob Doherty is a Certified QiGong Practitioner with expertise in many other areas of wellness; Reiki, Tui Na, Meditation and Author of many wellness books. 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.

*The Joys of Nature presents Turtles of New England*

Wednesday, September 22nd at 1:00pm - No Charge

Learn about our local turtles here in NE from tiny musk turtles to our seasonal sea turtle visitors. Find out how varied turtle shells can be and learn about the amazing adaptation of these reptiles that allow them to survive in their habitats. Learn about these amazing animals and how you can help some of our most endangered turtles. Joy will be bringing live turtles to the presentation.

Please join Joy Marzolf in the following presentation to be held at the Senior Center. Joy has conducted many presentations for us during the pandemic through the Zoom format. Now we are lucky to have Joy come to the Senior Center in person. 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."

Sign up at the front desk or call (508) 229-4453.

**HEALTHBEAT**

By: Leslie Chamberlin R.N.

Nurse Clinic Hours: Monday and Friday 10:30 - 2:30

No Clinic – September 10th

**ALTERNATIVE MEDICINE SERIES**

**MARIJUANA - MEDICAL AND RECREATIONAL USES**

Monday September 20<sup>th</sup> 1-2pm Call 508-229-4453 to sign up. Limit 25 people. No Cost

Please join Ellen Rosenfeld Esq. co - owner of COMCANN medical marijuana dispensary in Southborough for an informative discussion about the background of marijuana legalization, how to obtain a medical marijuana card and much more. Bring your questions!

**REIKE and REFLEXOLOGY DISCUSSION**

Monday October 4<sup>th</sup> 1-2pm. Call to sign up. Limit 25 people. No cost

Julie Costello, Reike Master will discuss : What is REIKIE ? Learn about the history of REIKE and who can benefit from it. Lourdes Centeno, will join us to demonstrate the manual technique of REFLEXOLOGY as well as what types of medical problems can be addressed and improved with REFLEXOLOGY.

**ACUPUNCTURE and HERBAL MEDICINE PRESENTATION**

Monday October 18<sup>th</sup> 1-2pm. Call to sign up. Limit 25 people. No Cost

Julie Dalbec owner of Marlborough Wellness Center asks "Have you been wondering what acupuncture and herbal medicine is about and how it works? Come join us as Julie Dalbec explains the basics, answers questions, and does a hands - on experience.

I hope to see you at these interesting presentations. It is always beneficial to have an awareness of what treatment modalities exist in addition to traditional medicine. Leslie

**Virtual Legal Advice from Attorney Arthur Bergeron**

Wednesdays, September 8th & October 13th 10:00am to 10:45am

Attorney Arthur Bergeron, who has given seminars at the Senior Center on a wide variety of elder law topics, will now offer free services by phone or through ZOOM, from 10:00am to 10:45am. Attorney Bergeron will "see" interested Southborough seniors, either by phone or by scheduling a live remote meeting via Zoom to give you free individualized legal advice. If you would like to sign up, please call the senior center at (508) 229-4453 to book a 15-minute advice time slot. Attorney Bergeron will follow up the conversation with a letter to you discussing your meeting and will, if necessary, follow up with additional advice, free of charge. Attorney Bergeron will continue these Virtual Legal Advice sessions the 2nd Wednesday of each month. Call the Senior Center to sign up for one of these advice sessions.

## Movie Matinees!

### Knives Out

Wednesday, September 29<sup>th</sup>

When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death. This film is rated PG -13 for brief violence and some strong language. This movie is 2 hours and 11 minutes in length. Characterized as a comedy, drama, mystery, thriller. It has it all!

### Crazy Rich Asians

Wednesday, October 27<sup>th</sup>

Based on Devin Kwan's best-selling novel, Crazy Rich Asians follows New Yorker Rachel Chu (Constance Wu) as she accompanies her longtime boyfriend, Nick Young (Henry Golding), to his best friend's wedding in Singapore and meets Nick's family for the first time. It soon becomes clear that the only thing crazier than love is family. This movie is rated PG-13 with some suggestive content and language. A very fun movie.

*We will be serving a light lunch at 12:00pm before each movie—September will be a turkey and cheese sub, chips and a dessert. October will be an Italian sub, chips and dessert. Feel free to bring your own lunch or just come at movie time! Call the front desk to sign up and let us know if you are just attending the movie or would also like to sign up for lunch. Suggested Donation—\$5.00 for each day.*

*Movies will start at 12:30pm*

*Please sign up at the front desk or call (508) 229-4453*

### Mirick O'Connell Legal Clinic

*Presented by Attorney Arthur Bergeron*

*Southborough Access Media Station (S.A.M.) Programs*

*Verizon FIOS Channel 38 and Charter Channel 191*

#### STAYING IN CONTROL.

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

How can you stay in control of your life as you get older, even if you get frail or your memory starts to go? In this seminar, elder law attorney Arthur Bergeron will cover estate planning basics like powers of attorney, health care proxies and MOLST forms. He will also discuss other strategies to help you live the life you want to live until your last day.

#### FAMILY FEUDS

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

Family feuds are as diverse as families themselves. In his 44 years in practice, elder law attorney Arthur Bergeron has not seen them all, but he has seen enough to know that all family feuds have some things in common. In this seminar, Arthur will discuss these similarities and how you can avoid family feuds with a little strategic planning.

### Hanover Theater presents "Escape to Margaritaville"

Thursday, October 21, 2021 — 7:00pm

Suggested Donation—\$35.00

(Tickets are valued at \$71.40—\$36.40 is being supplemented by the Friends of the Council on Aging)

We have reserved tickets to the popular musical play "Escape to Margaritaville". We are not scheduling a bus to this event due to the increase in COVID numbers. You are welcomed to purchase a ticket at the Senior Center and travel to the theater on your own. Start your escape to the theater with the party that never stops. Don't forget your sunglasses when you embark on this fun-filled journey through Jimmy Buffet's greatest hits! It's "Five O'Clock Somewhere" so grab your margaritas and join us for a tropical vacation right here in downtown Worcester when you "Escape to Margaritaville!" Please call the Senior Center on Registration Day or after to reserve ticket(s). Seating at the theater will begin at 6:30pm.

### Musical Luncheon on the Lawn

September 15th – 12:00pm      Suggested Donation – \$5.00

We are thrilled to have the band "Flashback" come entertain us on the lawn for an "Oldies Rock n' Roll" adventure. Flashback is a four piece musical act, performing for 14 years and very much enjoyed in the MetroWest area. Flashback performed for us years ago at one of our holiday parties and it was a great time. They have opened for many Red Sox games and numerous community based venues. We will be serving a Chicken Supreme lunch before the performance from Kennedy's Market. Sign up early for this fun program since space is limited. We will need to adjust to a drive through luncheon if the weather does not cooperate—keep your fingers crossed.

### Town Information

Jim Hegarty, Town Clerk

### Trivia question

Why did Southborough split away from Marlborough in 1727?

### Fall Special Town Meeting

The Selectmen have scheduled a Special Town Meeting for Monday November 1, 2021, at 7:00pm in the Trottier Auditorium. When the warrant is finalized, I'll post it on the town website. (Any town meeting held in addition to the Annual Meeting is called a "Special" town meeting.)

### Elections

There are no fall elections this year in Southborough. Our next election will be the Annual Town Election on Tuesday May 10, 2022.

### Trivia answer

Because it was too far a journey for the "womenfolk and wee ones" to travel to church each Sunday. Southborough was initially to be called Stoney Brook.



It's harvest time. Please pick and enjoy the vine ripe tomatoes and help yourself to some kale and herbs. You can dry the herbs to be used latter.

Joyce Macknauskas - [Macknauskas@gmail.com](mailto:Macknauskas@gmail.com)



### MCOA Walk Challenge

Hi Walkers. YAY to all the Southborough Walkers who have been participating in the MCOA Walk MA which comes to a close September 30! You are all Amazing! Here's a wish that our very own Senior Center will be the winner of the \$1000 prize for programming and that some of you will also win a whole bunch of the gift cards from MCOA. You are all winners for participating – walking is very beneficial for your body and mind. Now is not the time, however, to put away those sneakers because our Southborough Senior Center will again offer a Winter Walk Challenge starting October 1, a beautiful and invigorating time of year. This Challenge will run to March 31, 2022. If you are interested please send me an email at [skiess2@verizon.net](mailto:skiess2@verizon.net). Thank you all so very much and keep on movin' those little doggies. ~Sandy Kiess~



### Tina Bemis Arrangement

Tuesday, October 5, 2021

Suggested Donation – \$15.00

Attach fresh cream, mauve and chartreuse flowers to a straw frame to create a colorful, indoor wreath. The flowers will dry in a few days into muted tones that will hold their color for years. When it finally gets too dusty you can spray paint it gold for Christmas.

### 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) for more information or to send in a Memorial Stone name. Feel free to stop by and see some of the stones that are on display. Thank you Carol for working on the meaningful project.

### SHINE

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 2022. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During the annual Medicare Open Enrollment, you will have a chance to CHANGE you plan for next year. SHINE Councilors can help you understand your plan changes, as well as other options you may have. Call now to schedule your SHINE appointment any time during the Open Enrollment from October 15<sup>th</sup> through December 7<sup>th</sup>!

### DON'T WAIT UNTIL IT'S TOO LATE!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment with our SHINE Counselor, Carolyn MacLeod, please call the Senior Center at (508) 229-4453.

# NEVER MISS A NEWSLETTER!

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





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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.*

PLANNING TO KEEP CONTROL

Does this dilemma sound familiar? On one hand, you want to keep control of your life and make all of financial and medical decisions yourself. On the other hand, you want to be sure the "right" person (the person you trust) is appointed to make those decisions for you, should you become frail or fall ill.

Oftentimes, seniors fear that if you delegate too much authority too early, either your thoughtful child will become over-protective and take charge before it is time, or the person you thought you could trust may end up making decisions that are really not what you would have wanted. So, what should you do?

First, consult your elder law attorney. You might only need a Power of Attorney to allow someone to manage your finances if you are incapacitated. If you own assets as the trustee of a trust, the trust document may need to be amended to make it clear who may handle things if you can't. If you're thinking of putting assets into an irrevocable trust, you may want to make sure that you retain the power to remove the trustee.

Similarly, you should have a Health Care Proxy agent who will make the decisions regarding your health. That means naming someone you trust to make the decisions that you would have made. It also means having a conversation with that person about what is important to you, about the things that make life worth living for you, and about how to decide when certain medical interventions should be rejected.

It's your money and it's your life. By planning ahead, you assure that your money is spent and your life is lived on your terms. For more information on keeping control, watch 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).

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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.

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