




62 Providence St. • Mendon MA • (508) 478-6175 COA@mendonma.gov May 2021



We hope this month's newsletter finds everyone healthy and full of optimism during this period of great transition. In the last few weeks, we have received countless calls and messages that our seniors have received the Covid-19 vaccine. A special note of gratitude to Janet Hubener, our outreach worker, for assisting our clients with the most up-to-date information regarding vaccine sign-up either via telephone or computer.

We have so much to look forward to in the months ahead. We can't wait to see everyone back! It will be a slow process, but we are in this together. It is still so important to stay vigilant and wear our masks and social distance but now more than ever there seems to be a light at the end of the tunnel. 

2021 Mendon Senior of the Year



The Mendon Council on Aging is now accepting nominations for this year's Senior Citizen of the Year. Since 1978 some deserving person (or persons) has been awarded the annual distinction of Senior Citizen of the Year. The chosen Mendon resident, age 60 or older, generally exemplifies a spirit of public service and has made a positive difference in the community. **Written nominations will be accepted until June 1st** and the award will be presented in September. Nomination forms may be obtained from the Mendon Senior Center or online from the Council of Aging homepage via www.mendonma.gov. Please drop off or mail nominations to the Senior Center, 62 Providence Street, Mendon, MA 01756. If you have any questions about the nomination process, please call 508-478-6175.

Town-Wide Progressive Yard Sale: Register Now! **Saturday, June 12th 7:30am (Rain date: June 13th)**



The Friends of Mendon Elders progressive yard sale is back! It all starts at 7:30 AM, June 12th at the Mendon Senior Center where shoppers can purchase the Master List of Sales Directory, with map of the town included, for only \$2.00 then *progress* from the center throughout the entire town! Over forty homes participated in 2019 with folks coming from miles around.

Due to Covid restrictions at the Senior Center, **we are not accepting any donations** this year and the Friends will not be holding a sale at the center. However, you may register to host a yard sale at your address for \$20. The Friends will do all the advertising and publicity and provide an official laminated sign for your yard. We request that everyone participating follow current State wide Covid - 19 requirements regarding the wearing of masks and adhering to safe distance protocol. *[Continued on Page 2]*

Covid Information: Massachusetts residents can call 2-1-1 to learn more about COVID-19 prevention, symptoms and treatment, information about testing, and guidance for people planning or returning from travel. To inquire about in-home vaccinations and eligibility, please contact the Homebound Vaccination Center Line at 833-983-0485. ***If you are having difficulty obtaining a vaccine, call 2-1-1, the Mendon Board of Health or the Mendon Senior Center for assistance.***



Mendon Senior Scene is a publication administered by the Mendon Council on Aging.

The cost of the postage is paid in part by the State Formula Grant from the Executive Office of Elder Affairs and by the Friends of Mendon Elders, Inc.

Yard Sale [Continued from Page 1] To host a yard sale, you may pick up a registration form at the senior center, post office or library. You may also obtain a registration online at mendonma.gov. Registrations are **due back by June 3rd** to be listed in the Master List of Yard Sales booklet. Please support the Mendon Senior Center by supporting this Friends fundraiser! The Friends is a 501.c.3 non-profit that supports the Mendon Senior Center programs and facility. Please call Friends Vice President Sue Carlson at 508/473-6614 or the Senior Center at 508-478-6175 for more information.



History Talk with Jim Buckley

Join local historian Jim Buckley on Tuesday, **May 18th** at 1:30 pm for a history lecture on Mendon's colonial villain, Joe Tyler. This event will be located outdoors in the rear of the senior center (weather permitted). Please call the senior center and register by May 13th.

Sit Down and Get Fit with Faith

Join Faith Kennedy as she leads a chair based exercise program to develop your strength and flexibility on **Tuesday May 25th at 10:00am..** Please call the senior center to register for this scheduled class by May 20th. Please note that space is limited. This event will take place outdoors.



Upcoming Event in June



Hip Hop Dance Chair Exercise - If you are looking for a fun way to exercise, instructor, Rondae Drafts has got you covered.

This fun exercise program is scheduled on **June 10th** at 1pm and will be held outdoors. This event is sponsored by the Mendon Cultural Council.

Affordable Housing Lottery in Upton Ridge



At least one applicant must be 55 years old or over. Application Deadline is **May 24, 2021**. Applications and information available at the Upton Public Library (Pickup Room). Application and financial documents must be mailed to MCO Housing Service, P.O. Box 371, Harvard, MA 01451. Phone: 978-456-8388.

Lottery Via Zoom: Friday, June 4, 2021 at 3pm (Meeting ID# 822 8670 4984, Passcode: 983333)

Welcome from the Friends of Mendon Elders... a 501c3 non-profit raising funds for the benefit of the Senior Center. If you are interested in learning more about the *Friends* or volunteering for an event, please contact Pat Vandenberg or Sue Carlson at the Senior Center or email the Friends of Mendon Elders at friendsofmendonelders@verizon.net



Raffle: There is still time to win a beautiful donated quilt from Nipmuc Regional High School. You will automatically be entered to win by paying your annual dues of \$5.

Friends Of Mendon Elders Inc., 501c3
Membership and Donation Form
2021 Dues—\$5 per year

Name _____
Address _____
Phone _____
Email _____

Checks may be made payable and mailed to:

Friends of Mendon Elders
c/o Mendon Senior Center
62 Providence Street, Mendon MA 01756

Membership \$ _____
Donation \$ _____
Total \$ _____

I am interested in volunteering for the Friends...Y/N

Helpful Services



Senior Center Outreach Help is just a phone call away. Senior Center Outreach Coordinator Janet Hubener is available, Mondays, Wednesdays, and Thursdays to offer free confidential counseling, caregiver support, information and referral services on aging related issues for Mendon seniors and caregivers. Janet can also help with a variety of confusing paperwork including SMOC Fuel Assistance and SNAP Supplemental Nutrition applications (formerly Food Stamps). Please call the Senior Center at 508-478-6175 for assistance..

This municipal position is funded in part with a grant through the Executive Office of Elder Affairs.



Alzheimer's Caregiver Training

The Savvy Caregiver training is a FREE six-week program for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementia. This virtual program, presented by Tri-Valley and ESWA, will be held from 10 am to 12 pm on Thursdays, May 6, 13, 20, 27 and June 3, 10, 2021. Please call or email to register: Laura Black at lblack@tves.org or call 508-949-6640, ext 3079 or Deb Foley at ddfoley@eswa.org or call 508-756-1545, ext 390.



What is an Emergency Key Access Program?

This program allows emergency response personnel immediate access to your home in the event of a fire or medical emergency. A key box is attached to your door and your key is locked inside that box. If an emergency occurs, fire or medical personnel can gain immediate entry without causing damage to your property. There is no cost to you. The Fire Department will provide available equipment and you supply a key. There is no subscription fee or charge.

(508) 478-6175

Mendon Senior Center • 3

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Friends of Mendon Elders, Inc, Mendon, MA 06-5283



Happy Mother's Day
 "If evolution really works, how come mothers only have two hands?"
Milton Berle



Tri-Valley Grab n' Go Meals
Thursday, May 13, 2021

Hot Dog, Hot Dog Bun, Baked Beans, Green Beans and Fresh Orange

Please call Lina Remillard at 508-478-6175 to reserve your complimentary meal. There will be limited outdoor seating available weather permitted.

Birds of a Feather

W W E E D A K C I H C D R I B W O C S W
 O E O S T A R L I N G J U N C O P N R A
 O E K R U A L B A T R O S S U U O E J A
 D G W G R E A T B L U E H E R O N Z Q T
 T O A R K A F A L C O N C P L Y E B U R
 H L H U E R P N T N A A L G B N A F O H
 R D B H Y W O S S C R E R E A L T B E S
 U F A C V O B O I D M E V R T E I I G R
 S I L T U R U L I A K O C I D N R N R E
 H N D A L C E N R C D G M T H W D D O H
 R C E H T P A T E G N O I U F R V I S C
 E H A T U L I P N I R T M B I R X G B T
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 N R A O W O E B B K J O O B D K G T E F
 A A M I L U I I C A L U M I E L A I L R
 S W C E N R R O Y S C D H R E E E N R W
 L A R D D D M P I G E O N D R K S G R K

Word List:

ALBATROSS
 BLUEBIRD
 COWBIRD
 GOLDFINCH
 HAWK
 KILDEER
 NUTHATCH
 ROBIN
 STARLING
 WHOOPINGCRANE

BALDEAGLE
 BLUEJAY
 CROW
 GRACKLE
 HUMMINGBIRD
 LOONS
 PELICAN
 SANDPIPER
 TUFTEDTITMOUSE
 WOODPECKER

BALTIMOREORIOLE
 CARDINAL
 FALCON
 GREATBLUEHERON
 INDIGOBUNTING
 MOCKINGBIRD
 PIGEON
 SEAGULL
 TURKEYVULTURE
 WOODTHRUSH

BLACKBIRD
 CHICKADEE
 FLYCATCHERS
 GROSBEAK
 JUNCO
 MOURNINGDOVE
 PURPLEMARTIN
 SPARROW
 WARBLER
 WREN



BENEFIT PROGRAMS

Free Legal Assistance

Do you have a legal problem or question? The MassBar Association is pleased to offer FREE legal advice for older adults who are Massachusetts residents by phone for topics including Bankruptcy, Consumer Protection, Criminal Law, Estate Planning, Family Law, Government Benefits & Services, Immigration, Individual Rights, Labor & Employment, Personal Finance, Personal Injury, Real Estate & Housing, and more. To use Dial-A-Lawyer, call (617) 338-0610 or (877) 686-0711 on the first Wednesday of the month between 5:30-7:30pm. The next date is **May 5th**.

Coming June 22nd at 2:00pm - the 2021 MassBar virtual Elder Law Education Program.



SMOC Fuel Assistance 2020-2021—Extended to May 28th

This program helps to defray the cost of winter heating bills between Nov. 1, 2020 and April 30, 2021, and may allow for discounts on electrical and telephone bills. The Mendon Senior Center is the intake site for applications for Mendon residents including families, seniors and disabled individuals under the administration of SMOC (South Middlesex Opportunity Council). Call the Mendon Senior Center at 508-478-6175 to request an instruction checklist and to make a free confidential appointment. Individuals approved for fuel assistance or SNAP (formerly food stamps) are also eligible to receive benefits from the Mendon Food Pantry.

Household size:	Income limit:	Household size:	Income limit:
1	\$39,105	5	\$87,233
2	\$51,137	6	\$99,265
3	\$63,169	7	\$101,521

HEALTH INSURANCE NEWS FROM SHINE: MAY 2021

The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2021 monthly Part B premium is \$148.50. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. You may be eligible if your income and assets are at or below these values.

- o Individual Gross Income: \$1,711/month Assets: \$15,940
- o Couple Gross Income: \$2,396/month Assets: \$23,920

If you would like to be screened for assistance call the Mendon Senior Center at 508-478-6175 or the Regional SHINE Office 508-422-9931.

The SHINE Program (Serving Health Insurance Needs of Everyone) provides Medicare beneficiaries with unbiased, confidential counseling on all aspects Medicare, related private insurance products and financial assistance programs, is federally funded and state administered through the Executive Office of Elder Affairs. The Program annually certifies over 700 counselors statewide.

Visit us at our Central Mass Website www.shinema.org for useful information and applications for various programs.

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Wellness



Wellness Support Group—Gail Bourassa, LMHC, is currently hosting zoom wellness meetings open to women in the area on Thursday afternoons at 1:30 pm. All you need is internet access (laptop, computer, tablet or even phone). It is easier to do than you think! Gail can make arrangements to help you to learn how to use zoom. Email Gail at gbourassa@bellinghamma.org and she will send you the link to the next wellness meeting.

Blue Cross Blue Shield Medicare Health Webinars

May 5, 2021 at 2:00 pm: *Immunity Boosters and Busters*, Presenters Susan Flanagan and Tricia Silverman
Register at bcbsma.info/May5

May 27, 2021 at 2:00 pm: *Meditation for Busy Minds*, Presenters Lisa Farnham and Janet Fontana
Register at bcbsma.info/May27



Podiatry Clinic

Doctor Clayton Cooper of Reliant Medical Group of Southboro will be returning to the Mendon Senior Center **Wednesday, May 19th**

from 9 to 11 am to assist with your podiatry needs. The cost for this service is \$35. Home visits are available for a fee of \$60. Please call the senior center at 508-478-6175 to schedule your appointment.

Walk Massachusetts Challenge

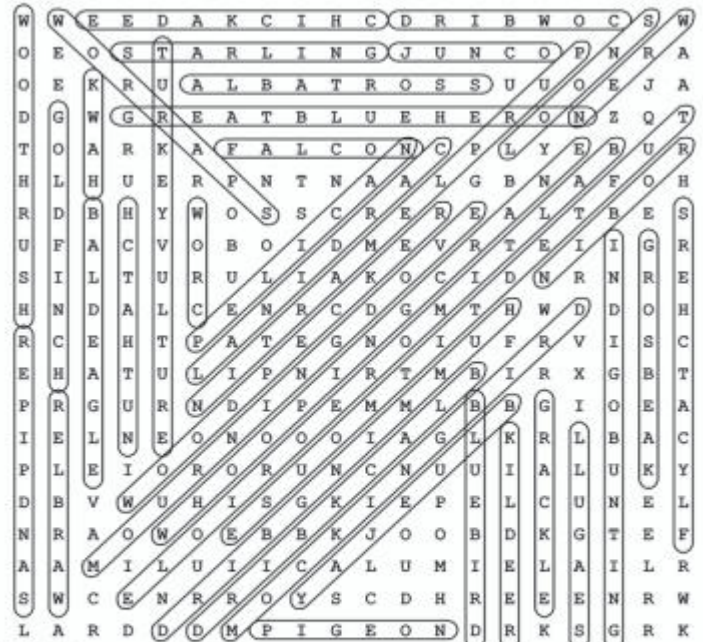


(May 1 to September 30) This year features more walking options and more prizes! With five individual goals, there's a challenge for everyone and 10 lucky people will win a \$50 Visa gift card. Individuals sign up at www.mcoaonline.com/walkma

Transportation Services:

Mendon Senior Center's van services will be returning shortly. In the meantime, Tri-Valley is excited to announce a new grant funded program that will provide FREE local transportation to seniors and adults with disabilities in our service area. These transportation services can be accessed for medical and non-medical needs as available. For more information contact 508-949-6640.

Birds of a Feather



Word List:

- | | | | |
|----------------|----------------|-----------------|--------------|
| ALBATROSS | BALDEAGLE | BALTIMOREORIOLE | BLACKBIRD |
| BLUEBIRD | BLUEJAY | CARDINAL | CHICKADEE |
| COWBIRD | CROW | FALCON | FLYCATCHERS |
| GOLDFINCH | GRACKLE | GREATBLAUKENON | GROSBEAK |
| HAWK | HUMMINGBIRD | INDIGOBUNTING | JUNCO |
| KILDEER | LOON | MOCKINGBIRD | MOURNINGDOVE |
| NUTHATCH | FELICAN | PIGION | PURPLEMARTIN |
| ROBIN | SANDPIPER | SEAGULL | SPARROW |
| STARLING | TUFTEDTITMOUSE | TURKEYVULTURE | WARBLER |
| WHOOPIINGCRANE | WOODPECKER | WOODTHRUSH | WREN |



Jukebox Memories Free Virtual Program

Jewish Family & Children's Service is offering Jukebox Memories on the third Tuesday of each month at 10:30 a.m. Each virtual workshop will have a unique feature, including sing-alongs, games, and storytelling through music. For more information contact Mary Curlew at mcurlew@jfcbboston.org or to register go to https://jfcbboston.formstack.com/forms/soa_registration_form

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Friends of Mendon Elders, Inc, Mendon, MA 06-5283

Mendon Council on Aging and The Friends of Mendon Elders Say Good-Bye to Treasurer of The Friends of Mendon Elders



Long time treasurer Ann Gonyea says farewell as she departs for Virginia next month. Nancy MacLeod will be the newly appointed Charles River Bank manager.

“We wish Ann the best of luck as she retires as bank manager of the Charles River Bank and we look forward to working with Nancy in the future. Ann has been an outstanding asset to the Friends of Mendon Elders organization and we hope she enjoys her retirement.” *Susan Carlson, Vice President, The Friends of Mendon Elders*



Town Meeting The annual Town Meeting is scheduled on **Saturday, May 8th** at 10:00 am at the Miscoe Hill Middle School. Everyone is encouraged to attend town meetings, committee meetings, and board meetings and become informed. If you think you may be interested in serving on an appointed committee, contact the Selectmen’s office.

Memorial Day commemorates the men and women who died while in the military service of their country, particularly those who died in battle or as a result of wounds sustained in battle. In other words, the purpose of Memorial Day is to memorialize the veterans who made the ultimate sacrifice for their country. We spend time remembering those who lost their lives and could not come home, reflecting on their service and why we have the luxury and freedom that we enjoy today.



Newsletter Scavenger Hunt

Can you find the sunglasses? Somewhere hiding in the May newsletter are two pairs of sunglasses. If you are the first to spot our shades, call the senior center and you’ve won a prize!

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, quality of life and the fostering of aging with grace and dignity.

Mendon Senior Center Staff

Senior Services Director.....Amy Wilson Kent
Administrative Assistant.....Lina Remillard
Outreach Worker.....Janet Hubener
Van Drivers.....Wayne Phipps, Mark Rousseau
Shine Counselor.....Larry Goldman

Town of Mendon - Council on Aging Board

Co Chairs.....Earl Pearlman, Peg Nogueira
Secretary.....Ann Vandersluis
Treasurer.....Carol Kotros
Members.....Diane Howell, Jennifer Talamini

Council on Aging meetings are posted and take place the second Wednesday of the month at 10:00am, currently via Conference Call in accordance with State mandates.



Did you know? The **Mendon Senior Scene** is available electronically up to 2 weeks before you receive it in the mail. Go to the Town of Mendon COA website to view the current newsletter <https://www.mendonma.gov/council-on-aging/pages/newsletters>. You can also subscribe to the newsletter online and have it sent right to your inbox!

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