

# What's Next? at 60 North Bow



Town of Milford MA, Ruthanne Bleakney Senior Center

November / December 2017



## NEWS FROM THE Director

### Welcome Dino DeBartolomeis!

I am excited and pleased to announce that the Senior Center has a new very special volunteer. Dino DeBartolomeis decided when he retired from his 38-year career as Regional Administrator for the Massachusetts Rehabilitation Commission to join us at the Center and offer his services. For those of you that aren't familiar with Dino, let me tell you about his background. Dino started his career in Town Government when he was 24 by being elected to the School Committee. After 6 years of serving on the School Committee, he decided to run for Selectman, in which he served the Town in that capacity for 33 years. During that time Dino's long-term goal was **"Sound Financial Stability and representing the residents of Milford in the best possible way"**. Over his decades of service, he was involved with renovations at Town Hall, police station, highway barn, Memorial Hall, Stacy Middle School, Milford Town Library and fire stations. He also spear-headed the cleanup of Milford Pond and has continued to monitor that progress. He has always been a team leader and puts the needs of the residents first. He has been involved in too many to mention special committees and projects. So, you can only imagine when he reached out to us and offered his services, we were elated.



Dino is working/volunteering two days a week, Tuesdays and Thursdays, and is assisting us wherever it is needed. He is doing what he does best, helping residents with whatever issues he is able to resolve. He is also assisting applicants apply for fuel assistance.

So please join us as we welcome Dino to the Center and thank him for his dedication to the residents of the Town of Milford.



## At a-Glance

**Thursday, November 2**  
*Low Vision Support Group*

**Thursday, November 9**  
*Veterans' Breakfast*

**Tuesday, November 14**  
*Red Hat Society*

**Thursday, November 16**  
*Thanksgiving Dinner*

**Tuesday, November 21**  
*Book Club*

**Wednesday, November 22**  
*CLOSING AT NOON—  
NO BINGO*

**Thursday, November 23**  
*CLOSED  
THANKSGIVING OBSERVED*

**Friday, November 24**  
*Movie*

**Thursday, November 30**  
*Men's Group*

**Wednesday, December 6**  
*Poinsettia Breakfast*

**Thursday, December 7**  
*Low Vision Support Group*

**Tuesday, December 12**  
*Red Hat Society*

**Tuesday, December 12**  
*Holiday Boston Pops*

**Super Bingo**  
*Wednesday, December 13*

**Tuesday, December 19**  
*Book Club*

**Thursday, December 21**  
*Annual Holiday Party*

**Friday, December 22**  
*Movie*

**Thursday, December 28**  
*Men's Group*

**Friday, December 29**  
*New Year's Party*

**BINGO** Every Wednesday  
& Sunday (except where  
noted for holiday closings)



Daylight Savings Time Ends NOVEMBER 5.  
Don't FORGET to Turn Your Clocks Back  
1 Hour

Voice (508) 473-8334

email: [sclark@townofmilford.com](mailto:sclark@townofmilford.com)

TTD (508) 473-8334

Tri-Valley Nutrition (508) 478-8102

Fax (508) 634-2339

Shine (800) 243-4636

Open Monday – Thursday 8:30 am – 5:00 pm and Friday 8:30 am – 4:00 pm – visit us at [milfordmaseniorcenter.com](http://milfordmaseniorcenter.com)

# ACTIVITY ROSTER – ALL FITNESS CLASSES REQUIRE A PUNCH CARD



ACTIVITY	TIME & DAYS	COST
Bingo	Wednesdays & Sundays 1:00 pm	50¢ Card / \$1.50 Paper Booklet
Book Club	3rd Tuesday of the Month 10:00 am	Free
Breakfast	Monthly 1st Wednesday 9:00 am (see calendar)	\$3
Chess	Wednesday 1:00 – 5:00 pm	Free
COA Meeting	Bi-monthly 2nd Tuesday 10:00 am	Free / Public Welcome
Cribbage	Monday 9:30 am – 12:00 pm	Free
Exercise Equipment	During Regular Business Hours	Free
Personal Trainers	Monday through Friday 8:00 am – 1:00 pm	Free
Fall Prevention Exercise Classes	Wednesday 10:15 – 11:00 am	Free
Gift Shop	Monday through Friday 10:00 am – 2:00 pm	Reasonable Prices
Hairdresser/Barber	Friday by Appointment 9:00 am – 12:00 pm	Price Chart Available
Healthy Living Luncheon	Monthly 12:30 pm (see calendar)	\$5.00 / Refundable
Internet Access	During Regular Business Hours	Free
Knitting/Sewing	Thursday 9:00 – 11:00 am	Free
Line Dancing	Thursday 10:30 – 11:30 am	\$3 (seniors) \$7 (under 60)
Mah Jongg	Tuesday 1:00 pm	Free
Meals on Wheels (Congregate Meals)	Monday – Thursday (see calendar for menu) 11:45 am -12:30 pm Call Denise 508-478-8102	\$3 donation
Meals on Wheels (Home Delivery)	Call Tri-Valley 1-800-286-6640	\$3 donation
Men's Group	Last Thursday monthly 10:00 am – 12:00 pm (see calendar)	Free
Movie	Last Friday/Month (see calendar) / Movie time 12:30 pm	Free / Bring Your Own Lunch
Muscle Conditioning	Wednesday 11:15 am – 12:15 pm	\$3 (seniors) \$7 (under 60)
Notary Public	Call for an appointment	Free
Outreach Services	Monday & Wednesday 8:30 am – 4:00 pm Friday 8:30 am – 1:30 pm	Free
Red Hat Society	2nd Tuesday Monthly 12:00 pm	Free
Safe Exercise	Monday & Thursday 1:15 – 2:15 pm	\$3 (seniors) \$7 (under 60)
S.H.I.N.E. (Health Insurance Information)	Monday through Friday (During Regular Center Hours)	Free (by Appointment)
Strength & Stretch	Tuesday, 9:30 – 10:15 am	\$3 (seniors) \$7 (under 60)
Tap Dance	Monday & Friday 9:15 – 10:15 am	\$3 (seniors) \$7 (under 60)
Tap Dance (Beginner)	Monday & Friday 8:30 – 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Tap Dance (Advanced)	Monday & Friday 8:15 – 9:15 am (2x / month, see calendar)	\$3 (seniors) \$7 (under 60)
Turkey Foot Dominoes	Tuesday 12:30 pm	Free
Walking Club (MSC Walkers)	Monday through Friday 8:00 am	Free
Watercolor Art Class	Wednesday 10:00 am – 12:00 pm	\$10 per class
Wellness Center (Nurse on Site)	Wednesday & Thursday 9:00 am – 12:00 pm	Free
Whist	Tuesday 11:00 am – 1:00 pm	Free
Yoga	Thursday 9:00 – 10:00 am	\$3 (seniors) \$7 (under 60)
Zumba Gold®	Monday, Tuesday & Friday 10:30 – 11:30 am	\$3 (seniors) \$7 (under 60)
Zumba Gold Toning®	Wednesday 9:00 – 10:00 am	\$3 (seniors) \$7 (under 60)

**IMPORTANT!**  
PLEASE SIGN UP EARLY  
FOR EVENTS!

## VETERANS' BREAKFAST

**Thursday, November 9**

- Presentation by VFW Frascotti Post #1544

**Cost: \$3 / Time: 9:00 am**

*(Veterans are free)*



## Thanksgiving Dinner

**Thursday, November 16**

- Turkey dinner with all the fixings
- Food preparation by Brenda Needleman
- Entertainment by Trooper Dan Clark

**Cost: \$10 / Time: 12:30 pm**

## Book Club



**Tuesday, November 21**

*All My Puny Sorrows*

Author: Miriam Towers

**Tuesday, December 19**

*Less*

Author: Andrew Sean Greer

**FREE / Time: 10:00 am**



## CHESS GROUP

A free chess group meets every Wednesday from 1-5 pm. We teach and play, so whether you're interested in learning the game or playing it, you are welcome to participate. New members of any age are welcome.



## Poinsettia Breakfast

**Wednesday, December 6**

- Poinsettia plant for all
- Presented by Senior Center Staff

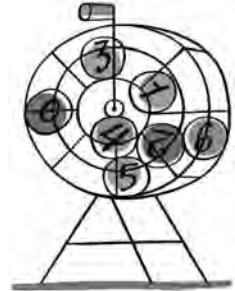
**Cost: \$3 / Time: 9:00 am**

## SUPER Bingo

**Wednesday, December 13**

- Special Caller
- Ice Cream Sundaes
- Raffle Prizes

**FREE / Time: 1:00 – 3:30 pm**



## HEALTHY Living Luncheon Annual Holiday Party

**Thursday, December 21**

- Macaroni & Meatballs
- \$10 Yankee Swap (optional)
- Presented by MRMC

**Cost: \$5 / Time: 12:30 pm**

## FREE Friday MOVIES

**Friday, November 24**

*An Old Fashioned Thanksgiving, Not Rated*

**Friday, December 22**

*Miracle on 34th Street, Not Rated*

**Movie Time: 12:30 pm**

**Bring your own lunch**



## MEN'S GROUP

**Thursday, November 30**

Presentation by Liz Sher  
Assistant/Administrator to  
Board of Assessors

**Time: 10:00 am / FREE**

**No Men's Group in December**

## NEW YEAR'S PARTY

**Thursday, December 29**

- Appetizers, punch and dessert prepared by Bobby DeVita & Crew
- Entertainment by DJ Ronnie Auger

**Cost: \$5 / Time: 10:00 am – 12:00 pm**



# ROAD TRIPS

## Boston Holiday Pops

TUESDAY, DECEMBER 12

Tour Cost: \$129 PER PERSON



- Reserved first balcony seats: 4:00 pm show
- Luncheon at Venezia restaurant  
*Select entrée upon signup*
- Departs Center at 10:30 am, returns 7:00 pm

*You must sign up at the Senior Center for all trips. Checks and cash accepted, we cannot accept credit cards. If signing up for multiple trips, one check per trip is required.*



**FRONT DESK RECEPTION** - Must be able to work in a fast paced setting. Communication and computer skills preferred.

**Bingo Callers** for Wednesdays and Sundays. Please email Susan Clark at [sclark@townofmilford.com](mailto:sclark@townofmilford.com) or call 508-473-8334.

**Substitute DRIVERS / Kitchen Volunteers**

*Meals on Wheels.* Call Denise at 508-478-8102.



## Fuel Assistance

Appointments for 2017/2018 Fuel Assistance Program (SMOC) can be made beginning **Monday, October 23.**

## Appointments for Tax Season

AARP will be providing free tax preparation to all Milford seniors (by appointment only).

Stay tuned for more information.



## Operation Snowstorm

### Need Help Shoveling?

A Milford high school student may be able to help. A program between senior citizens and high school students has been developed in which a high school student

volunteers to shovel and/or salt a path for senior citizens.

**Rules & Regulations apply between Senior and Student Volunteer.** Contact the Senior Center for more information.

## BJ's MEMBERSHIPS

The Center offers discounted memberships to BJ's Wholesale Club to our resident Milford seniors. Drop by the center to request a discount letter. Discounted memberships are now \$30. If you have already paid full price, you can still get the discount refund by presenting the letter to BJ's.



## Community Legal Aid (Legal Assistance)

Community Legal Aid provides free legal services to elders and low-income individuals who qualify for services. To apply for services, dial (855) 252-5342 Monday, Tuesday, Thursday & Friday from 9:30 am to 12:15 pm and Wednesday from 1:30 to 4:15 pm. You can also apply online at [www.communitylegal.org](http://www.communitylegal.org) or you

## Automated Calls (Voice Connect)

Our Senior Center has a computer feature called Voice Connect. If you receive a call from **617-440-3507**, it is coming from the Senior Center. This is an automated call to give you important information. For instance a fitness class or trip may be cancelled or we have an update to report. You don't have to pick the phone up, the program will leave you a detailed message if you have voicemail.



## Pinochle Players Wanted

Every Friday at 12:00 pm. Please contact the Senior Center to sign up.

# Fitness



## FREE

### Fall PREVENTion Program

This class is designed for people of all fitness levels. Each class will include warm-up and stretching; structured exercise and functional activity; plus group exercise and a cool down.



*Classes are held on Wednesday from 10:15 to 11:00 am.  
No sign up necessary; you can attend any class!*

### TARGETing THE "BELLY" BY DANIEL HARLOW

Whether fitness is your idea of fun or not, I think most can agree putting a lot of work into targeting that belly, and seeing very little come from that work is not fun. What's the secret? Is it just meant to be? The answer is simply habits. Think about it for a second. What are you eating throughout the day, and where is that food going? Here are three rules to follow to see those results:

- **Habits**
- **Consistency**
- **Dedication**

If you start with trading just one unhealthy habit for a healthier alternative each week, in just one month you will start to feel changes. This way you don't have to worry about giving up everything you love, but you still get the benefit of feeling and seeing changes start to happen. You cannot expect to walk every day, take classes, or strength train while keeping your unhealthy habits the same, and feel significant changes in your waist and stomach.



## FREE Fitness Program

Please drop in and have our Fitness Specialists develop an individualized fitness plan designed to meet your specific needs. Either Rebecca, Daniel or Jeff are available Monday – Friday 8:00 am to 1:00 pm. Stop in so they can meet you and develop a plan that works best for you. Our fitness room is open Monday – Thursday from 8:00 am to 5:00 pm and Friday until 4:00 pm. Come in and join the fun while you work toward getting healthy and fit.



## TRAINERS CORNER

BY JEFF KNOX

Have you been exercising and eating better but, you're not losing weight like you figured you would? Getting better control of your metabolism in addition to diet and exercise might be helpful.

Your metabolism is the way your body converts what you eat into energy and is measured in calories. Your metabolic rate is affected by much more than just food, drink and exercise. For example, inconsistent meal times like eating late in the evening will cause your body to get confused as to when the next meal is coming and then react by storing more of it as fat. Eating too little (strict dieting) can actually backfire on you by slowing your metabolism down, trying to keep you alive! Also, inconsistent sleep patterns can be a factor. Too little sleep can make you hungry all day and you'll lose the ability to know when you're really full and start eating in between meals.

Skipping your resistance training, in favor of cardio only workouts will affect your metabolism as new muscle tissue and 'active' muscle mass are required for a strong, active metabolism. More active new muscle tissue means a higher metabolic rate. Slow, deliberate resistance training will actually speed up your metabolism. Also, drinking enough water is crucial to efficient caloric 'burn'. You need on average, 2 liters per day, sipped consistently throughout the day to maximize your metabolism. Getting enough calcium (dairy products) will benefit your fat metabolism, as well as strengthen your bones.



But most important to controlling your metabolism is 'Stress reduction'! Stress can slow digestion, reduce the desire to exercise and cause inconsistent sleep patterns; these will all contribute to actually decreasing your metabolism....and will promote weight gain!

So, exercise, eat well and get that metabolism churning and you'll get the best results! Come on upstairs to your Senior Center Fitness room.....Rebecca, Daniel, Stan and I can help!

## NEWS FROM THE Town Clerk's Office

### Nomination PAPERS FOR Town Election

Nomination Papers will be available for April 3<sup>rd</sup>  
Town Election on Monday, January 8<sup>th</sup> at 8:30 am.



## NEWS FROM THE Board of Assessors

The Board of Assessors offers tax exemptions for qualified property owners. Please call Liz at the Assessors' Office at 508-634-2306 to discuss your eligibility. **Deadline to file is April 1<sup>st</sup>.**

### Clause 41C - Elderly Exemption

Must be 66 years of age by July 1<sup>st</sup>  
Income and assets considered;

### Clause 37 - Blind

Must be considered legally blind as of July 1<sup>st</sup> ;

### Clause 22 - Disabled Veterans/Surviving Spouses

Certification of disability from VA required;

### Clause 18 - Financial Hardship

Aged and infirmed or activated military;

### Clause 18A - Financial Hardship Deferral

Activated Military or hardship;

### Clause 41A - Tax Deferral

Must be 65 years of age by July 1<sup>st</sup>  
Income is considered

## Do You Live Alone?

In case of an emergency, do you have a family member or friend to call? If the power goes out are you able to stay with a family member or friend or are you left in a dark house by yourself?

Please let us know; we will be able to send someone to check on you. Call us with your information and we will be able to keep track of who is alone and needs help.

Remember, if the power goes out you might not be able to call us, let us know **now** so we can be prepared to help you when you need it.

## Support Group FOR Low Vision/Blind Adults

THURSDAY, NOVEMBER 2

9:30 – 10:30 am

MEETS FIRST THURSDAY OF THE MONTH

The Milford Senior Center is looking for low vision/blind adults. Residents from surrounding towns are also welcome, but would need to provide their own transportation to the center.

Topics for discussion will include chores and routines; locating organizations that sell devices which lead to increased independence and better communications; sharing common concerns, frustrations, and stories; and finding solutions to vision-related difficulties. This support group can make daily living easier. Low vision or blindness does not have to stop us from living.

Please contact Marie O'Leary at 508-473-8334 Monday through Thursday from 9 am to 1 pm to sign up.

## HEALTH BENEFITS OF Tap Dancing



You'll strengthen muscles (some you didn't even know you had!) and get a great cardio workout. It's not just your body that we'll tap into shape; we'll work your mind too!

TAP DANCE class meets every **Monday & Friday at 9:15 am**. All levels are welcome.

**Beginner TAP & Advanced TAP classes available.**  
**Check the September/October calendar!**

**See Rebecca for Tap Shoe Information.**



# POLICE & FIRE APPRECIATION BREAKFAST



## FIRE SAFETY DEMONSTRATION



## RED HAT SOCIETY

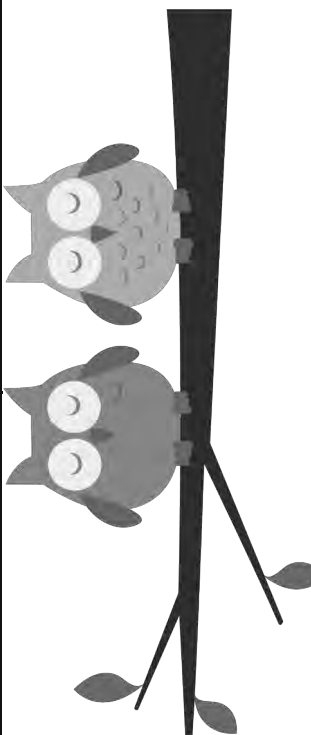



## Acknowledgments

*POLICE & FIRE APPRECIATION BREAKFAST* – Brenda Needleman, Bobby DeVita, Girard Petulak, Joe Tomaski and Don Potter for helping out at our special breakfast.



**FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER  
CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>NOVEMBER 6</b> 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise  <i>Macaroni &amp; Cheese</i>	<b>NOVEMBER 7</b> 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:00 <b>RED HAT SOCIETY</b> 12:30 Turkey Foot Dominoes 1:00 Mah Jongg  <i>Greek Chicken</i>	<b>NOVEMBER 8</b> 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess  <i>Meatloaf &amp; Gravy</i>	<b>NOVEMBER 9</b> 8:00 Walking Group 9:00 <b>VETERANS' BREAKFAST</b> 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise  <i>Chicken Pot Pie</i>	<b>NOVEMBER 10</b> 8:00 Walking Group 8:30 <b>BEGINNER TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®  <i>BBQ Chicken</i>
<b>NOVEMBER 13</b> 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise  <i>Beef Stew</i>	<b>NOVEMBER 14</b> 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg  <i>Vegetable Cheese Bake</i>	<b>NOVEMBER 15</b> 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess  <i>Chicken Milano</i>	<b>NOVEMBER 16</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 <b>COA MEETING</b> 10:30 Line Dancing 12:30 <b>THANKSGIVING DINNER</b> 1:15 Safe Exercise  <i>Fish Victor</i>	<b>NOVEMBER 17</b> 8:00 Walking Group 8:15 <b>ADVANCED TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®  <i>Salisbury Steak &amp; Gravy</i>
<b>NOVEMBER 20</b> 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise  <i>Chicken Sausage Jambalaya</i>	<b>NOVEMBER 21</b> 8:00 Walking Group 9:30 Strength & Stretch 10:00 <b>BOOK CLUB</b> 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg  <i>Holiday Meal Roast Turkey &amp; Gravy</i>	<b>NOVEMBER 22</b> 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning  <b>HALF DAY—NO BINGO</b>  <i>Meatballs with Onion Gravy</i>	 <b>CLOSED THANKSGIVING</b>	<b>NOVEMBER 24</b> 8:00 Walking Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 <b>MOVIE</b>  <i>Fish with Crumb Topping</i>
<b>NOVEMBER 27</b> 8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold®	<b>NOVEMBER 28</b> 8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist	<b>NOVEMBER 29</b> 8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class	<b>NOVEMBER 30</b> 8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse	<b>DECEMBER 1</b> 8:00 Walking Group 8:30 <b>BEGINNER TAP DANCE</b> 9:00 Hairdresser 9:15 Tap Dance



## Breaded Fish

**MEALS ON WHEELS HOME DELIVERY CALL: TRI VALLEY 1-800-286-6640**

## Don't Ignore Your Medicare Mail!



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information 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 **2018** including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

### IMPORTANT INFORMATION

ALWAYS REMEMBER THAT IF YOU ARE TURNING 65 YOU SHOULD CONTACT SOCIAL SECURITY TO ENROLL IN MEDICARE. **MEDICARE ELIGIBILITY HAS NO CONNECTION TO YOUR ELIGIBILITY FOR SOCIAL SECURITY BENEFITS.** ALSO, COVERAGE FROM THE HEALTH CONNECTOR DOES NOT EX-EMPT YOU FROM THIS REQUIREMENT TO ENROLL IN MEDICARE, **AS YOU WILL LOSE YOUR HEALTH CONNECTOR SUBSIDY WHEN YOU TURN 65.** IF YOU HAVE ANY QUESTIONS, YOU SHOULD CONTACT YOUR SHINE REGIONAL OFFICE AT 1-800-243-4636 OPTION #3.

**Trained SHINE counselors offer free, unbiased confidential counseling on all aspects of health insurance to anyone on Medicare. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3.**

## CongREGate MEals

The Tri-Valley Meals on Wheels program offers a Congregate Meal at the Milford Senior Center daily (Monday through Thursday) from 11:45 am-12:30 pm. To reserve your meal, please contact Denise two days in advance at 508-478-8102. A \$3 donation is requested. Meals on Wheels home delivery is also available by contacting Tri-Valley directly at 1-800-286-6640.

## NEWS FROM OUTREACH

Our Client Services Coordinator, **Catherine G. Ziesmer, LSW**, provides assistance with the challenges of aging to those 60 and older, as well as to disabled adults younger than 60. If there is difficulty completing personal care, housework or food preparation, Catherine will make a referral to the VNA and/or Tri-Valley, Inc. Grief support and referrals to support groups are offered to help through the grieving process. She provides home visits, as well as telephone reassurance, and will also make referrals to support groups for other issues such as Alzheimer's disease, Parkinson's disease, strokes, etc. Many elders need help with completing applications for services such as SNAP (formerly food stamps), MassHealth, and Housing. Catherine provides referrals to protective services, the food pantry, legal assistance, and to charities including St. Vincent De Paul, Salvation Army, and Catholic Charities. She is trained in the SMART 911 program, a system that shares vital personal and medical information with response teams in the event of an emergency. Catherine works on Monday, Wednesday & Friday. You can reach Catherine at 508-473-8334 or via email at [cziesmer@townofmilford.com](mailto:cziesmer@townofmilford.com).

## Transportation Program



Milford residents over the age of 60, or under the age of 60 and disabled, are eligible to use our senior van for medical appointments within Milford or Hopedale, as well as for all errands or grocery shopping within Milford. Hopedale residents over the age of 60, or under the age of 60 and disabled may use our senior van for medical appointments only, within Milford or Hopedale. All MassHealth members must use the M.A.R.T. program provided through

MassHealth for all their medical transportation.

Out-of-town medical transportation service is for eligible Milford residents who are seeking a ride to a specialist. Contact our transportation coordinator, **Marie O'Leary at 508-473-8334** for more details and before making your appointment, as we have limitations on the use of our out-of-town service.

**Please note:** Hopedale residents must call the Hopedale Senior Center at 508-634-2208 to request the transportation.

## DONATIONS & MEMORIALS

*The Friends gratefully acknowledge these donations*

### IN LOVING MEMORY

- ♥ Mary Torian in memory of Richard Torian
- ♥ Grace Lavalley in memory of Antonette Ferrucci
- ♥ Winn Dickinson in memory of Molley
- ♥ From your Wife & Mother in memory of Nick DiGellonardo & Carol DeMeo
- ♥ Jen & Bob Campbell in memory of Ralph & Mary Volpe
- ♥ Anthony J. Tessicini in memory of Gertrude Tessicini
- ♥ Ruth O'Connor in memory of Beatrice Jellier
- ♥ Sisters in loving memory of Domenic (Figi) & Anthony (Tony) Mele
- ♥ Connie S. Bilgor in memory of my Beloved Husband David Robert Bilgor
- ♥ Barbara Miller in memory of her husband Joseph W. Miller
- ♥ Lee & Annette Packard in memory of Nancy & Reno DeLuzio

### DONATIONS

- ♥ Greg Wells, Roy Greenland, Dorothy O'Malley, Ken Clarke, Lucy Hajjar & Lois Sousa for their kind donations

### FRIENDS OF THE MILFORD SENIOR CENTER

Dino B. DeBartolomeis, President; Jillian Celozzi Esq., Vice-President; Joseph F. Edwards, Jr., Treasurer; Melissa Tomas, Secretary.  
Other members include: Brian Murray, Johnna O'Loughlin and Gary Castiglioni.

The Friends is a private, non-profit organization whose donations provide funds for programs, services and equipment for the Milford Senior Center that cannot be provided by local or state government. Milford seniors do not need to join the Friends to receive services from the Senior Center.

Membership is open to all regardless of age or residency. A membership is \$5 per year. Out-of-town members subscribe to the newsletter for an additional \$5 per year to cover the postage.

Please consider making a donation to the Friends in memory of a loved one or in honor of a special occasion. An acknowledgment of your donation will be sent to whomever you designate and will be published in newsletter. **Please make checks payable to the Friends of the Milford Senior Center.**

MEMBERSHIP 2017	DONATION
<b>\$5 PER PERSON</b>	ENCLOSED IS \$ _____
<input type="checkbox"/> New <input type="checkbox"/> Renewal	<input type="checkbox"/> Donation <input type="checkbox"/> Memorial <input type="checkbox"/> Occasion
NAME(S) _____	FOR _____
ADDRESS _____	FROM _____
TOWN _____ ZIP _____	ADDRESS _____
PHONE _____	Please send acknowledgment to:
EMAIL: _____	_____
<input type="checkbox"/> I am not a resident of Milford, please mail me the newsletter. Enclosed is additional \$5.	_____

\* Memberships are renewed annually

**Edwards Memorial  
Funeral Home**

508-473-0225  
44 Congress Street  
Milford, MA 01757



**FUNERAL HOMES**  
Uxbridge • Whitinsville • Milford  
[www.bumafuneralhome.com](http://www.bumafuneralhome.com)



Established 1887

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- Assisted Living Residence
- Adult Day Health with New Specialized Memory Care Center
- Nursing & Rehabilitation Center
- Home Care Services
- Respite Care
- Hospice Care
- Transportation Services

*This enables a seamless transition from acute hospitalization to home health care, and everything in between. In other words, these flexible programs and living choices allow our residents to "age in place," without the disruption of moving from one facility to another as their health care needs change.*

---

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\*Council on Aging Meetings are held the **2nd Tuesday every other month** in the COA Board Room at 10:00 am  
**except for the months of July and August – Public Invited**

Production/Distribution of this newsletter is funded by the Friends of Milford Senior Center,  
the Executive Office of Elder Affairs and from generous donations from the community.

**Thank You!**