

The **HILLTOPPER**

Hopkinton Senior Center Council On Aging

Director - Cindy Chesmore

Assistant Director and Transportation Coordinator - Sally Almy

Outreach Supervisor - Mary McLeod

Outreach Worker - Marlene Troupes

Volunteer Resource Coordinator - Ellen Wright

Administrative Assistant - Judi Alessio

8:30-4:00 Monday - Thursday

8:30-2:00 Friday

28 Mayhew Street

Hopkinton, MA 01748

508-497-9730

www.hopkintonseiorcenter.com

**SEPTEMBER
2011**

A Note From



The Director's Desk

I know that the information will be repeated further along in the newsletter but I couldn't pass up the chance to encourage everyone to come to the Sept. 16th Sock Hop. The Reminisants will be performing again and do they ever get everyone going. I was astounded by the number of folks of all ages rocking and rolling like teenagers again. What a night it was. Truly, do not miss this if at all possible. You'll be smiling for weeks afterward.

Cindy Chesmore, Director

SUMMER CONCERT

Thursday, September 1, 11:30 PM

You asked for it! The Holliston Band is returning for your listening and dancing pleasure. The band will start playing at 12:30 following a picnic buffet. The cost for the picnic is \$5. Call for reservation.

SOCK HOP

Friday, September 16, 7 p.m.

Second annual Sock Hop featuring the "Reminisants". Many who attended last year said they hadn't had so much fun in years! Tickets, available at the Senior Center, are \$12.00. This is a FANTASTIC night out and you'll feel like a kid again. Light refreshments will be served.

NEW EXERCISE CLASSES FORMING

Now is a good time to start an exercise routine. The Senior Center offers a variety of healthful options that cost only \$3 a session. Adults of any age are welcome to participate. Choices include Strength and Flexibility

Mondays at 9:30, Yoga Tuesdays at 11, and Wednesday Tai Chi at 9:30 and Zumba (dancercise) at 11.

TAI CHI

September 14, 9:30

Tai Chi is a gentle Chinese art of health cultivation and balance. You will feel energized and have fun. The benefits can be felt immediately and are long-lasting with practice. Come join the fun on Sept. 14th at 9:30 for a FREE Introduction to Tai Chi with Jeanne Friswell, certified Tai Chi Instructor and former school teacher. Classes will continue to be held Wednesday mornings at 9:30. Cost - \$3.00 per class. Please contact the Senior Center to sign up.

ANNUAL JEWELRY SALE

Sept. 23, 4-9 and 24th 9-12

It's that time of year again for the Senior Center's Annual Jewelry Sale being held in the Great Room at the Hopkinton Senior Center on Fri. Sept. 23rd from 4-6 and Sat. the 24th from 9-12. Jewelry contributions will be accepted at any time. On September 26th we will have a 50% sale on selected remaining jewelry items at the Thrift Shop.

SILENT AUCTION

Saturday, October 15, 2-5 p.m.



Planning for the much anticipated Silent Auction is underway. Watch for details about this fun Friends of the Seniors' fundraiser in the October edition of the "Hilltopper". You or someone you know can help support this worthy cause by becoming a sponsor, making a monetary donation or making a donation of goods or services. New toys for the children's table would be especially appreciated. See any member of the Friends board or staff for additional information on how you can help.

STRESS AND STRESS MANAGEMENT

Thursday, Sept. 22, 1 PM

Who doesn't experience debilitating stress on occasion? We all do, yet some people are able to let go of it while others let it control their lives. On Thursday, September 22, at 1 p.m. Home Instead Senior Care will present a stress management workshop focusing on ways to alleviate symptoms before they effect general health and happiness. Please sign up for this important program.

W.O.W.

On Tuesday morning, September 13th, at our W.O.W. (Weight Off Wisely) meeting at 10:00, we will have Tadd Clelland, from Compass at Golden Pond, address our diet/nutrition group. This will be an open discussion, and we will gather information from him regarding healthy eating. He plans to talk to us about the best foods to eat, how to correct some old eating habits, and how food influences our medicinal needs.

If you have been thinking of getting your eating under control – whether you need to lose five or fifty pounds, consider joining our support group. We meet every Tuesday morning at 10:00. “Regulars” start arriving at 9:45 for weigh-in. It only costs \$1 and you could win half the “pot.”

PAINTING CLASS



Wednesday mornings at 10:30 accomplished artist Bill Robinson heads up a casual painting class for all levels of experience. Attendance has been low so we are investigating changing the time. If you would like to paint with others and can't make the current time, please let Bill or Sally know your schedule. The September theme is animal portraits. Bring in a picture of your pet or work with photos from books. Beginners are welcome.

HAIR APPOINTMENTS

Starting in October, Paula Burke will be accepting appointments for cuts, sets or perms on the first and third Monday mornings. Costs are as follows: wash and cut \$10; cut with blow dry or set \$15; perms \$35. Call the Senior Center for an appointment.

FALL BOCCE

Bocce is off to a slow start with more than a dozen people interested. We are attempting to get a group together on Wednesday and Thursday mornings at 9:30. No previous experience is necessary if you are interested. For those just starting out – just come practice and not be concerned with rules and scoring. The court and balls are available any time that the Center is open. We would like to accommodate both the experienced and the novices. Please contact Judi Allesio at extension 14 for more information and your availability. We should be able to get 2+ months in before the snows fly.



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Day Trips

Friday, September 2, at 9 a.m.

Scarborough R.I. State Beach \$12 bus; bring or buy lunch (cooler on bus)

Friday, September 9, at 8:30 a.m.

Brimfield Antiques Fair \$10 bus; buy lunch there

Monday, September 19, at 10 a.m.

The Butterfly Place, Westford, MA \$5 bus; buy lunch at the 99 Restaurant

Wednesday, October 12, at 9 a.m.

Korean & Vietnam War Memorials, Worcester, MA \$5 bus; buy lunch at 99 Restaurant

Monday, October 17, at 9:15 a.m.

Newport Playhouse production of "Social Security":

\$59 includes bus, buffet with lobster, and cabaret *payment due with reservation by Sept. 30*

Reservations will be accepted only after everyone is presumed to have received the "Hilltopper".

Space is limited. Those under 60 years and out of town seniors will be wait-listed until space is assured. We will try to accommodate everyone by using 2 busses when possible.

A SPECIAL TRIBUTE TO OUR HOPKINTON VETERANS

As a way to honor Hopkinton's Veterans of the Armed Forces, the Senior Center will be hosting the following activities on Sunday, October 2, 2011 at the Senior Center:

4:00 p.m. Veterans and their families will be seated for a light supper

5:00 p.m. Veterans and their families will be treated to a musical concert at 5:00 p.m. by the Natick based New Sound Assembly Chorus. The chorus is part of the *Barbershop Harmony Society*, the world's largest male singing society comprised of nearly 30,000 individuals that form over 800 chapters in North America. They sing American music a cappella (without instrumental accompaniment), in four-part harmony.

Following the concert, Veterans, their families and the community will be invited to participate in a Flag Retiring Ceremony from 6 to 7 p.m. followed by TAPS at 7:15 p.m.

Please contact the front desk at the Senior Center by Friday, September 23 to RSVP regarding your interest in attending the dinner and/or the music concert.

BUS SCHEDULE

| | |
|------------------|--|
| Monday | Most Day Trips |
| Tuesday | 8:30 Mall walking Solomon Pond Mall 11-11:30 lunch pickup 12:45-3:00 Shopping (various discount stores) Approx. 3:30 rides home from Senior Center |
| Wednesday | No bus service |
| Thursday | 9-11 local errands and Senior Center Activities 10:45-11:15 lunch pickup. 12:30-3:00 Market Basket.... Approx. 3:30 rides home from the Senior Center |
| Friday | No bus service |

BOOK DISCUSSION "MADE FOR GOODNESS" OCTOBER

Come and join in a book group about, "Made for Goodness, and Why This Makes All the Difference", co-written by Desmond Tutu and his daughter, Mpho Tutu. Here is a peek into the Preface of the book, "We ...know that God has given us the gift of freedom and that in order for freedom to be real we must be free to choose right and equally free to choose wrong. With our freedom come certain hard questions. Where is God when we suffer? Where is God when we fail? Why does God let us sin? And when we do suffer, fail, or sin, how do we find our way home to goodness? How can we rediscover our essence? We will explore these questions together." Marilyn Greeno and Laurel Coolbaugh will co-lead this discussion. Please come to the first meeting with chapter 1 read and ready to discuss. The discussions will be held each Friday in October at 10:00 a.m.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



September 2011

| | | | | | | | | | |
|---|--|--|--|--|--|---|--|---|--|
| | | | | | | 1 | | 2 | |
| | | | | | | Quilting.....9:30 Boot Canasta 9:00 Ping Pong.....9:30 Knitting 9:30 Chair Volleyball..... 10:45 Blood Pressure 11-1 Pitch 1:00 | | Veteran's Breakfast 9:00 a.m. Day Trip | |
| 5 | | 6 | | 7 | | 8 | | 9 | |
| CLOSED LABOR DAY | | Pottery.....9:30 WOW 10:00 Yoga for Senior 11:00 | | Golf.....8:30 SHINE.....9-12 Painting.....10:30 Zumba 11-12 Cribbage1 Chorus1:00 | | Quilting.....9:30 Boot Canasta 9:00 Ping Pong.....9:30 Knitting 9:30 Chair Volleyball..... 10:45 Blood Pressure 11-1 Pitch 1:00 | | Retired Hopkinton Employee's informational breakfast 9:00 a.m. Day Trip *:30 Sat. Sept. 10 Redeemable cans & bottles @ Hop. Recycle | |
| 12 | | 13 | | 14 | | 15 | | 16 | |
| Hair Appoint.9-1 Exercise.....9:30 Mind Games 10:30 Alterations 11-1 Movie 1:00 | | Pottery.....9:30 WOW 10:00 Yoga for Senior 11:00 Hopk. Drug Prsnt. 7:00 pm | | SHINE (Appoint)..... 9-12 Tai Chi9:30 Painting.....10:30 Zumba 11-12 Chorus1:00 | | Quilting.....9:30 Boot Canasta 9:00 Ping Pong.....9:30 Knitting 9:30 Chair Volleyball..... 10:45 Blood Pressure 11-1 Pitch 1:00 Décor. Paint. 1 | | SOCK HOP 7:00 p.m. Sat. Sept. 17 Polyarts at the Common 10:00 a.m. | |
| 19 | | 20 | | 21 | | 22 | | 23 | |
| Exercise.....9:30 Mind Games 10:30 Alterations 11-1 Movie 1:00 Podiatry Clinic by appt. | | Pottery.....9:30 WOW 10:00 Yoga for Senior 11:00 | | Golf.....8:30 SHINE.....9-12 Tai Chi9:30 Painting.....10:30 Zumba 11-12 Cribbage1 Chorus1:00 | | Quilting.....9:30 Boot Canasta 9:00 Ping Pong.....9:30 Knitting 9:30 Chair Volleyball..... 10:45 Blood Pressure 11-1 Pitch 1:00 Stress Mgmt 1:00 | | ANNUAL JEWELRY SALE 4-6 Sat. Sept. 24 ANNUAL JEWELRY SALE 9-12 | |
| 26 | | 27 | | 28 | | 29 | | 30 | |
| Exercise.....9:30 Mind Games 10:30 Alterations 11-1 Movie 1:00 | | Pottery.....9:30 WOW 10:00 Book Club 10:00 Yoga for Senior 11:00 | | Golf.....8:30 SHINE.....9-12 Tai Chi9:30 Painting.....10:30 Zumba 11-12 Cribbage1 Chorus1:00 | | Quilting.....9:30 Boot Canasta 9:00 Ping Pong.....9:30 Knitting 9:30 Chair Volleyball..... 10:45 Blood Pressure 11-1 Pitch 1:00 Hopk. Drug Prsnt. 7:00 pm | | | |

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BOOK CLUB

Come join the Senior Book Group at their new location, the conference room behind the main desk, on the last Tuesday of the month, September 27th at 10:00. Our September book is *Winter Solstice* by Rosamunde Pilcher

Winter Solstice is a novel of love, loyalty and rebirth. The strange rippling effects of this tragedy that will bring five characters together in a large, neglected estate house near the Scottish fishing town of Creagan. In this estate house, on the shortest day of the year, the lives of these five people will be forever changed. Rosamunde Pilcher's long-awaited book will warm the hearts of readers both old and new.

Books will be available at our main desk after September 7th. Read, enjoy and then come share what you enjoyed, learned or disliked about the book.

We welcome all comers whatever your opinion about the issues. And we welcome suggestions for future books to be read.

VOLUNTEERS

For all of our residents who may have been away this summer, I am running our plea for volunteers again in the September issue. The response has been great and I am hoping with everyone back the response will be even better with running the ad again. Thank you to all who responded.

If you know of anyone who can give us as little as three hours a week, please have them call the Center.

Listed are the following areas for volunteer opportunities:

Wait Staff: 10:45-1:00 Mon-Fri Taking lunch orders for 20-35 guests

Thrift Shop: (2 shifts) Mon- Fri 8:30-12:00 or 12:00-3:00 Fri 12:00-2:00

Prep Cook: Assist the cook in preparing the sandwiches, salads and desserts 10:00-1:00 Mon -Fri

Greeters: Welcome the guests who come to the Center; be available to help them with questions they may have about the Center and be able to direct them to the appropriate department or person who can help them. Flexible hours are available. Assist the guests logging into MySeniorCenter© touch screen system.

Reception: 3 shifts daily 3 to 4 hours each.

Requirements for this position are as follows: good telephone skills a must; office and computer experience is now desired; able to multi-task, and physically able to assist guests unfamiliar with the Center and staff in the event of an urgent matter.

Green House and Landscaping: Help our coordinators watering plants, lawns and assist in the spring and fall clean up. You decide the hours that work for you.

Light Housekeeping: Watering in-house plants, dusting window sills, weekly cleaning dining room, etc; This position can be done by more than one volunteer with each person committed to taking on one or more of the tasks.

Transportation: Drivers needed for scheduled medical rides we provide for our seniors.

Applications for Volunteer positions at the Senior Center are available at the front desk or call to set up an appointment with our **Volunteer Resource Coordinator, Ellen J. Wright 508-497-9730 ext. 18 or email EWright@Hopkinton.org.**

HEALTH SERVICES

Podiatry Clinic – Monday, Sept. 19, 9:00-12:00 with Dr. Cooper; Appt. needed \$30

Chiropractic- Wednesday, Sept. 21, 12:30 – 1:30 with Dr. Julian; Appt. needed

\$7.80 with Medicare/ \$15 without

Blood Pressure Clinic – Every Thursday, 11:00 – 1:00 No charge/Drop in

Weight Management- Every Tuesday, 10:00

Durable medical equipment if available to be loaned out free of charge

(walkers, bath seats, commodes, wheelchairs, canes, crutches, Talking Radios for those with low vision)

MONTHLY EVENTS

1st Friday at 9 am – Veteran's Breakfast \$3 - *Reservations encouraged*

1st Monday – hairdresser by appointment \$10 cut \$15 wash, cut, dry (2nd Monday in Sept.)

2nd Saturday - Hopkinton Recycling Center – redeemable bottles and cans

2nd Thursday – Birthday lunch on us for **Hopkinton** residents whose birthday falls in that month. *Please call and reserve your free lunch.*

MONDAY MOVIES

Sept. 12 “The Music Man”
(Robert Preston)

Sept. 19 “Who’s Afraid of Virginia Woolf?”
(Liz Taylor– Academy Award)

Sept. 26 “Dirty Dancing” (Patrick Swayze)
* Occasional Day Trips

LUNCH MENU

Reservations are suggested (508 497-9730) Two Seatings:
 11:30 & 12:15 Cost \$4.00
 Daily variety of sandwiches, salad and soups available.
 Please inform your server if a person in your party has a food allergy.

BREAKFAST

CONTINENTAL MON. – FRI. 8:30 – 10:00 • \$1.00
 VETERANS' BREAKFAST
 1st FRIDAY • \$3.00
 Menu subject to change

WEEK 1

Thurs. 1 Picnic only
 Fri. 2 Chef's Choice

WEEK 2

Mon.5 CLOSED
 Tues.6 Haddock
 Wed. 7 Spaghetti & Meatballs
 Thurs.8 BBQ chicken
 Fri. 9 Chef's Choice

WEEK 3

Mon. 12 Salmon
 Tues. 13 Chicken Puff Pastry
 Wed. 14 Marinated Steak Tips
 Thurs.15 Sweet Italian Sausage & pasta
 Fri. 16 Chef's Choice

WEEK 4

Mon. 19 Oven Fried Chicken
 Tues. 20 Meatloaf
 Wed. 21 Chicken Cacciatore
 Thurs.22 Stuffed Sole
 Fri. 23 Chef's Choice

WEEK 5

Mon. 26 Baked Ham
 Tues. 27 Salisbury Steak
 Wed. 28 Seafood Newburg
 Thurs.29 Chicken Parm
 Fri. 30 Chef's Choice

BOOMER'S CORNER

The following article by Janice Lloyd recently ran in USA Today. We think it is an important topic.

Survey: Most Baby Boomers lack a plan to care for parents
 A majority of Baby Boomers say they are likely to become caregivers for their parents, but only half can name any medications their parents take, a new survey shows.

The survey of 600 adults 45 to 65, conducted by the Home Instead Senior Care network, also found:

- +31% don't know how many medications their parents take
- +34% don't know whether their parents have a safe deposit box or where the key is
- +36% don't know where their parents' financial information is located.

While these statistics suggest that adult children need to have serious conversations with parents, it also points out the importance of seeking out resources before they are needed. "Lack of planning can lead to serious complications when decisions need to be made quickly", says palliative care nurse practitioner Mimi McMahon.

A great place to start is with senior center outreach workers. They can set up and monitor a File of Life system listing medications, physicians, contacts and other important information. Folders are held on the refrigerator door with magnets and are immediately available for medics in case of an emergency.

Outreach workers also have a wealth of information on home health care services, Meals on Wheels, money saving programs and nursing agencies, to name a few. They can help with paperwork, shopping, scheduling medical appointments, prescription pickup and even make friendly visits.

Other services provided by the Hopkinton Senior Center include S.H.I.N.E. (SHIP in some States) health insurance counseling, AARP tax preparation, blood pressure monitoring and transportation to medical appointments, shopping and events.

It is especially important to set up a plan and keep a list of pertinent phone numbers if your parents live in another part of the country. While some of the information above is specific to Hopkinton, similar services are available at senior centers in most communities.

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SEPTEMBER



Mary McLeod

“For man, autumn is a time of harvest, of gathering together.

Edwin Way Teale

Reflection: Who doesn't think of the first day of school in the first week of September with school buses seen and heard in the early morning hours? Seeing the children nicely dressed and all excited at the bus stop in our neighborhood puts a smile on my face.

Where they are now, we once were. However, there is another first day in September that is important to seniors in our community, and that is returning to the Senior Center to enjoy all the programs that will be restarting, just for you. Yes, Edwin Teale was correct in saying autumn is a time of harvest, of gathering together for man.

Food Support: We all know that food prices will be rising this coming winter. Food stamp benefits are issued electronically through the Electronic Benefit Transfer (EBT) system. You will receive your own EBT card and Personal Identification Number (PIN) to shop for food in supermarkets, convenience stores and pharmacies. Your EBT card works just like a debit card. This ensures your privacy when food shopping. Please call Mary or Marlene for further information.

Fuel Assistance: On November 1st we will start the new applications for fuel assistance for this coming home heating season. Please call Mary or Marlene if you would like further information or would like to be placed on our list to complete an application.

For those who were accepted last year into the program, you will receive a letter from SMOC Fuel Assistance asking for updated documentation. We will be glad to assist if needed.

OLD FASHIONED SPLIT PEA SOUP

Martha Burke/Country Sampler
Hopkinton Library – 1982

- | | |
|------------------------|----------------|
| 1 ham bone | 2 tsp. salt |
| 3 qts. Water | ¼ tsp. pepper |
| 2 c. split yellow peas | 1 sliced onion |

Add all ingredients; cover and simmer over low heat 2 ½ to 3 hours.
Take bone from soup. Pass soup through a sieve. Serve hot.

SEPTEMBER: SEPTEMBER 2 – V-J DAY 1945; SEPTEMBER 5 – LABOR DAY

- September 11 - Patriot Day & Grandparents' Day
- September 17 – Citizenship Day; September 23 – Autumn begins
- September 29 – Rosh Hashanah

Enjoy the lovely days of September!

**MEDICARE OPEN ENROLLMENT IS CHANGING!
NEW DATES: OCTOBER 15 – DECEMBER 7**

The annual Medicare Open Enrollment (**October 15 - December 7**) is the time to enroll in or CHANGE your Medicare coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment. In September, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment.

REMEMBER: THE MEDICARE OPEN ENROLLMENT ENDS ON DECEMBER 7!
DO NOT WAIT UNTIL IT'S TOO LATE!

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.

GAMES

We are always looking for folks who enjoy board games to come together at the Senior Center. We have some interest but need more. Let us know if you'd like to be put on the list to participate. We can then contact you if enough respond.

HOPKINTON SENIOR CENTER
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