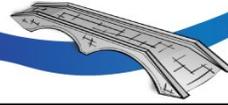




A River Runs



Through It

Friends of the Blackstone Council on Aging, Inc.

P.O. Box 204 Blackstone, MA 01504

Senior Center Hours: Mon.—Thurs. 8:00am to 3:30pm; Friday 8am to Noon

Location: 15 St. Paul Street, Blackstone, MA 01504 - Phone: 508-876-5134

September

2016

Volume 10

Issue 7

The Red Sox ticket drawing took place August 5th with the winning ticket pulled by Erin. We would like to say congratulations to Scott McGilvray winner of the tickets!

We hope you enjoy the game!



Another Great afternoon singing and dancing with Kim Oaks and Chris!!



Weekly Activities

Mondays	9:00am	Arthritis Exercise
Mondays	10:15am	Painting Class
Tuesdays	1:00pm	Zumba
Wednesday	10:00am	Sit and Spin
Wednesdays	1:00pm	Bingo
Thursdays	9:00am	Strength Training
Thursdays	10:00am	Tai Chi
Thursdays	1:00pm	Yarn Works



Join Us Tuesday's at 1:00 pm for ZUMBA GOLD

ZUMBA GOLD is a fitness program specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA program and bring them to the active older adult, beginner, and anyone needing modifications for a successful class. This fun filled class also incorporates line dancing and country music with the Latin and international rhythms!!

While last winter was a reprieve from shoveling and high fuel bills, the party is over. According to the 2017 *Farmers' Almanac*, "winter is back!"

The 2017 *Farmers' Almanac*, which hit store shelves everywhere on August 15, 2016, forewarns that exceptionally cold, if not downright frigid weather will predominate over parts of the Northern Plains, Great Lakes, Midwest, Ohio Valley, the Middle Atlantic, Northeast, and New England this winter.



Blackstone Senior Center

September Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Strength Training 10:00 Tai Chi 12:00 Lunch 1:00 Yarn Works	2 11:00 Seniors Choice
5 LABOR DAY CENTER CLOSED	6 9:30 Friends Group Meeting 9:45 St. Theresa's Food Pantry 12:00 Lunch	7 10:00 Sit and Spin 12:00 Bistro Lunch 1:00 Bingo	8 State Primary Elections No Lunch Served	9 11:00 Seniors Choice
12 9:00 Arthritis Class 10:15 Water Color Painting 10:45 End of Summer Party 12:00 Lunch	13 9:30 Walmart 10:00 Falls Prevention & Medication Management 12:00 Lunch 1:00 Zumba Gold	14 10:00 Sit and Spin 10:45 St. Blaise Food Pantry 12:00 Bistro Lunch 1:00 Bingo	15 9:00 Strength Training 9:30 Craft Class 10:00 Tai Chi 12:00 Lunch 1:00 Yarn Works 6:30 Evening Bingo	16 11:00 East Blackstone Quaker Meeting House Tour and Lunch @ Beef Barn
19 9:00 Arthritis Class 10:15 Water Color Painting 12:00 Lunch	20 9:15 Planning for Medicare 10:00 Rob Roy's 12:00 Lunch 1:00 Zumba Gold	21 10:00 Sit and Spin 12:00 Bistro Lunch 1:00 Bingo	22 9:00 Strength Training 10:00 Tai Chi 10:45 Birthday Party w/ Paul Leduc 12:00 Lunch 1:00 Yarn Works	23 11:00 Seniors Choice
26 9:00 Arthritis Class 10:15 Water Color Painting 12:00 Lunch	27 10:00 Sodium Presentation by Tri Valley Nutritionist 10:45 St. Bethany's Food Pantry 12:00 Lunch 1:00 Zumba Gold	28 10:00 Sit and Spin 11:00 Safe Class w/ Private Ramsey 12:00 Bistro Lunch 1:00 Bingo	29 9:00 Strength Training 10:00 Tai Chi 12:00 Lunch 1:00 Yarn Works 1:00 Walmart	30 11:00 Seniors Choice

Blackstone Senior Center

September 2016

Lunch Menu



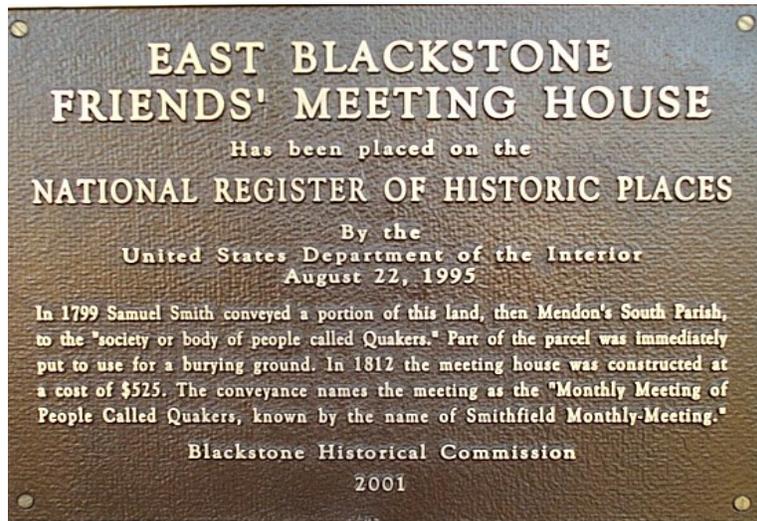
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>Tri Valley</u> 1 BBQ Chicken Mashed Potatoes Country Blend Vegetables Strawberry Shortcake	<u>Seniors Choice</u> 2
Holiday 5 No Meals Served	<u>Tri Valley</u> 6 Greek Chicken Steamed White Rice Broccoli Yogurt	<u>Bistro</u> 7 Hot Dog Macaroni Salad Dessert	<u>Tri Valley</u> 8 State Elections No Meals Served	<u>Seniors Choice</u> 9
<u>End of Summer Party</u> 12 Chowder Clam Cakes Watermelon	<u>Tri Valley</u> 13 Vegetable Chees Bake Roman Vegetables Baked Apples	<u>Bistro</u> 14 Chicken Soup Grilled Ham & Cheese Dessert	<u>Tri Valley</u> 15 Salisbury Steak Gravy Sour Cream and Chive Potatoes Peas & Carrots Fresh Fruit	<u>Seniors Trip</u> 16 East Blackstone Quaker Meeting House - Lunch at The Beef Barn
<u>Bistro</u> 19 American Chop Suey Bread Dessert	<u>Tri Valley</u> 20 Meatballs w/ Onion Gravy Egg Noodles Scandinavian Veggies Pineapple	<u>Bistro</u> 21 Venus DeMilo Soup Chicken Salad Sandwich Dessert	<u>Tri Valley</u> 22 Macaroni & Cheese Stewed Tomatoes Green Beans Birthday Cake	<u>Seniors Choice</u> 23
<u>Bistro</u> 26 Pasta & Meatballs Bread Dessert	<u>Tri Valley</u> 27 Salmon Boat Dill Sauce Mashed Potatoes Peas & Pearl Onions Cookie	<u>Bistro</u> 28 Hot Dogs Beans Bread	<u>Tri Valley</u> 29 Beef Mediterranean Steamed Rice Mixed Vegetables Pineapple	<u>Seniors Choice</u> 30

**BLACKSTONE
 COUNCIL ON AGING
 FOR MEAL RESERVATIONS CALL:
 508-876-5151**

**For Transportation call:
 508-876-5133 for reservations**

Trips are subject to change due to medical
 appointments.

Join us **September 16th at 11:00am** for a trip to The East Blackstone Quaker Meeting House Tour and Lunch to follow at The Beef Barn!
Call Gail at 508-876-5151 to sign up.



September 22nd
Birthday Party with
Music from Paul Leduc
at 10:45!!



Join us **September 13th at 10:00am** for a Falls Prevention and Medication Management informative session with Trish Parent our Public Health Nurse.

Falls are more common than you think!

- The CDC reports that every 13 seconds an older adult is treated in an emergency room for a fall, and every 20 minutes a fall related death occurs!
- Falls are the most common cause of traumatic brain injury, both fatal and nonfatal injuries in adults, broken bones or hips, and major health issues like stroke or heart attack.
- Large hospital bills stack up, and falling leaves victims scared!
- Older adults will begin to limit or completely halter activities to avoid recurrence.

Sign Up with Gail at 508-876-5151

Join us Tuesday September 27, 2016 at 10:00 am at the Blackstone Senior Center

For a presentation on BBQ Safety, Advanced Directives, and Storm Preparedness!!

Call Gail to sign up!



The class will be presented by Town of Blackstone
Private Ramsey Johnson

**Tuesday
October 11, 2016
10:00 am**



Protect Yourself From Medicare Fraud!

Discussion on how to prevent, detect, report healthcare errors, fraud and abuse.

This *free* information workshop will provide you with the tools to become a more informed and engaged health care consumer.

Pastries and Coffee will be served!

For more information and to reserve your seat please contact Erin Curley, the Outreach Coordinator of the Blackstone Senior Center, at 508-876-5135 or at ecurley@townofblackstone.org.

SMOC—Heating Assistance

Application Packets for NEW applicants will be available After October 25th.

Renewal applications have started to be mailed, (Watch your mail) please call to schedule an appointment if you need help with the renewal application.

Appointments will be made after September 12th for renewals ONLY.

Blackstone residents over the age of 18 years who own or rent a house are eligible to apply for heating assistance. Eligibility is based on gross annual income and household size. If heat is included in your rent, you can still apply. SMOC packets will be available at the Blackstone Senior Center after October 25, 2015. **The program begins on November 1, 2016 and runs through April 30, 2017.** After receiving a packet, an appointment is necessary to complete an application. Please bring with you all the necessary required documents as stated in the packet.

All completed applications are mailed to SMOC in Framingham to determine eligibility and benefit level. The Blackstone Senior Center is an intake site ONLY.

Call Erin Curley Outreach Coordinator at 508-876-5135 or Laurie Keefe, Director at 508-876-5134 for further information.

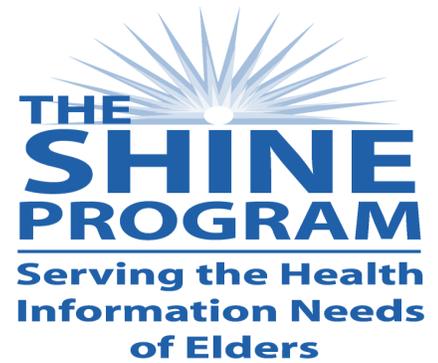
Do Not Ignore Medicare Mail!

Open Enrollment:
October 15th– December 7th

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2017. *It is important to **review, understand and save** this information.*

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call Erin Curley, Outreach Coordinator @ 508-876-5135 to set up an appointment.

Shine counselors will be available on Friday Mornings during open enrollment. By appointment only!!



Staying Informed and Engaged

Come join us September 20, 2016 for a
Seminar on Planning for Medicare — Countdown to 65

The Seminar will start at 9:15 at the Blackstone Senior Center!

If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options.

Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing, so we designed this seminar to help you be confident you're making the right health coverage decisions.

What will Planning for Medicare — Countdown to 65 cover?

This seminar is a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative. We'll be sure to answer your specific questions, in addition to covering these topics:

- ◆ Explanation of Medicare Parts A, B, and C
- ◆ Medicare enrollment timeline
- ◆ Medigap plans that help supplement Medicare coverage
- ◆ Medicare Advantage plans, such as HMOs and PPOs
- ◆ Medicare Part D prescription drug plans
- ◆ Plans and programs available to early retirees, such as COBRA



**BlueCross
BlueShield**

Prescription Advantage Presentation

Each year thousands of seniors in Massachusetts reach the gap in their Medicare prescription drug coverage (Part D) that is often called the “donut hole.”

This year, when Medicare beneficiaries (who do **not** get Extra Help) reach the donut hole, they will have to pay 45% of the cost of covered brand name drugs and 58% of covered generic drugs. Just think...if you have a brand name drug that costs \$300 you will have to pay **\$135!!**

This is where **Prescription Advantage** can help.

Kathy Devine from the Executive Office of Elder Affairs will be at the

Blackstone Senior Center

Thursday, October 13th @ 1:30

to explain how Prescription Advantage can help to fill the hole in your Medicare prescription drug coverage.

You won't want to miss this important presentation!



End of Summer Bash!

Come Join us at the
Senior Center on September 12, 2016
10:45am-1:00pm

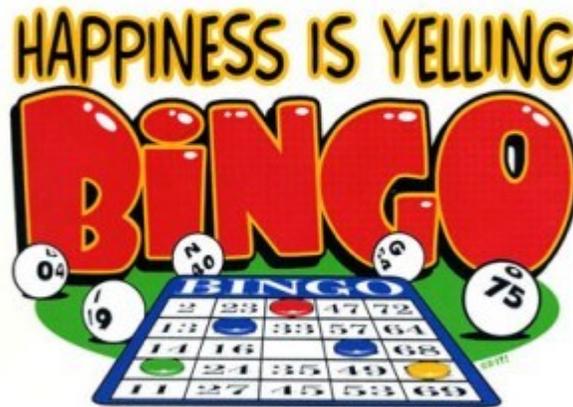
We will have Clam Cakes, Chowder, Dessert, Fun, and Games!!

Prizes will be given to winners!

Call Gail for more information and to make your reservation!

508-876-5151

Bingo Thursday September 15th at 6:30!!



IMPORTANT NOTICE!

Beginning September 1, 2016 the River Runs Through It Newsletter will be an annual subscription, renewing every September 1. Those who have already renewed or newly subscribed for the 2015-2016 year will not need to renew again until June of 2017 (a year from this summer.) Anyone who newly subscribes to the newsletter going forward will be charged a pro-rated amount, based on how many months are left in the current subscription year. Then, every June, reminders will be issued in May and June, as the renewal comes due. If you want to continue receiving the newsletter after September 1 each year, renewals and payments should be made by 6/30. We are taking this step in order to streamline and improve the efficiency of the renewal process.

Friends of the Blackstone COA, Inc. General Disclaimer

Through the Newsletter, Cable Access, Web sites and other Internet applications, the Friends of the Blackstone COA, Inc. provides access to a broad range of content, information, and discussion utilizing a variety of technologies and delivery mechanisms. These include, but are not limited to, links to external Web sites, audio and video presentations, podcasts, blogs, comment and message forums, e-mail updates and advertisers. These materials may include content from external contributors, individuals or organizations. The assertions, opinions, and conclusions expressed therein are those of the authors and do not necessarily reflect those of the Friends of the Blackstone COA, Inc.

New England Chimney & Roofing
Blackstone, MA 01504
508-294-3757

Licensed and Insured



State Line Power Products

Chainsaws * Lawn Mowers * Tractors *
Snow Blowers *

Sales—Service—Parts

Husqvarna Kawasaki Toro

271 Main Street
Blackstone, MA 01504

Pick-up & Delivery

508-883-7670

Financing Available



**Al's Tree Service &
Lawn Care**
508-883-4900

Tree Removal
Brush Clipping
Stump Grinding



Fully Insured

Free Estimates

(508) 883-9579 OFFICE

SALES AND SERVICE

(508) 726-0158 CELL

PAUL JOLICOEUR

BLACKSTONE, MA 01504



Sales

www.diamondoverheaddoor.com

Park 'n Shop
Supermarkets



We at the Senior Center are genuinely appreciative of Park 'n Shop's contributions over the years! We just want to send out a special thank you! Without your contributions we wouldn't be able to have low cost events for our Seniors! Thank you again!

ANIMAL ARTS

*Professional Dog and Cat Grooming
Since 1993*



508-876-9900

7 Main Street
Blackstone, MA 01504

Kim Giguere-Owner



Ideal Pizza
Blackstone, Ma
Call: 508-883-4455



We would also like to thank Mark Juba and Blackstone-Millville Regional High School for printing our newsletters for us every month! Without our newsletters we wouldn't be able to get all of our events and information out to the public on a monthly basis! Thank you!

Friends of the Blackstone Council on Aging, Inc.
501 (c)(3) Organization

Meetings are open to the public.
Meetings are held the first Tuesday of the month at
9:30 am

We are looking for new volunteers so please
stop in.

Meetings Held at the Blackstone Municipal Center
15 St. Paul Street lower level

Blackstone Council on Aging Board Officers

Jay DiLibero..... Chairperson
Audrey Drake..... Vice Chairperson
Julie Wingate..... Board Member
Alan Dolinski..... Board Member
Currently 3 open Volunteer positions

Meetings are open to the public.
**Meeting dates and times are posted with the
clerks office**

Held at the Blackstone Municipal Center

WALK-INS WELCOME



GET INKED OR DIE NAKED!

3 Main Street
Blackstone, MA 01504
@Forever_Ink_tatt2
Foreverinkblackstonema
www.foreverink.net

Hours: Monday - Saturday 12pm - 8pm



The Tole Booth
Treasures for the Home from the Heart

Donna Latour
Proprietor

129 Main Street
Blackstone, MA 01504
(508) 876-8900



Important Numbers for Help

Tri-Valley, Inc. (help at home)	1-800-286-6640	Medicare	1-800-633-4227
Prescription Advantage	1-800-243-4636	Social Security	1-866-772-1213
Blackstone Food Pantry	1-508-883-6726	SMOC Fuel Help	1-800-286-6776

Cut here

Yes, I would like to become a supporter of the
Friends of the Blackstone Council on Aging, Inc. a 501 (c) (3) organization.

Name _____

Address _____

Town & Zip _____

Amount enclosed: \$10.00 for a (1) year newsletter subscription.

Subscription: SEPTEMBER 1 2015—JUNE 30, 2016 provides newsletter mailed to subscribed address. NOTE: IF YOU HAVE ALREADY RENEWED/SUBSCRIBED FOR THIS YEAR, NEXT RENEWAL WILL BE IN 2017

Thank you for your generous donation.

Donations: Memorial: \$ _____ Special Occasion: \$ _____ Other: \$ _____

New__ Renewal__ Address Change

The Newsletter can also be viewed on the Town Web-Site

Please make checks payable to: Friends of Blackstone Council on Aging, Inc.

MAIL to: Friends of Blackstone COA

P. O. Box 204

**Blackstone Lions Support All Town Activities
And Organizations**

Come Join Us and Have Some Fun!



**Call Cindy Crawford at
(508)883-5842
For More Information**

**We go to CVS and Walmart Pharmacy Daily
Call 508-876-5133 for reservations
ALL SENIOR VAN TRIPS ARE SUBJECT TO
CHANGE DUE TO MEDICAL
APPOINTMENTS BEING A PRIORITY.
Donations for trips are always welcome. Thank you.**

Senior Center Staff

Laurie Keefe,.....Director.....(508) 876-5134....lkeefe@townofblackstone.org
Erin Curley.....Outreach Coordinator.....(508) 876-5135....ecurley@townofblackstone.org
Gail LeClair.....Nutrition/Fitness Coordinator(508) 876-5151....gleclair@townofblackstone.org
Dennis Pimenta...Transportation Coordinator(508) 876-5133....coatransport@townofblackstone.org

Van Drivers

Nancy Davidson, Theresa Cardinal, Roger Gagnon,
Robert Greenhalgh, Walter Kanz, Tim Flynn, Bob Perrault

Volunteer Drivers

Dick Hilditch, Stella Gallant, Jeanne Conine, Pam Grant, Audrey Drake
S.H.I.N.E. (Serving the Health Information Needs of Elders) Volunteers
Steve Lotterman

**Production and distribution of this monthly newsletter is funded by the
Friends of the Blackstone Council on Aging, Inc., the Executive Office of Elder Affairs**

Address Service Requested

Friends of the Blackstone
Council on Aging, Inc.
P.O. Box 204
Blackstone, MA 01504

