



# The Southborough Senior Sensation

VOLUME 22\* ISSUE 01

January/February 2022

## 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*

## Ellen Miller

*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



*~Happy New New Year~*



*The staff at the Southborough Senior Center wishes  
all of you a Happy, Healthy and Safe New Year!*

*Pam, Leslie, Cindy, Peg, Lorraine & Ellen*

## Director's Corner

*By Pam LeFrancois*

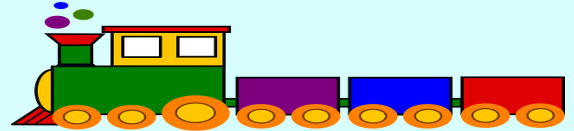
Each newsletter I hope to be able to say that we are getting back to normal or that bus trips are back. Unfortunately we are not there yet.....

In the meantime please enjoy our smaller group activities and drive through programs during these winter months. Please stay healthy and safe.

Pam

## Get On Board...

Monday, February 14th  
1:00pm



...with Leslie Chamberlin, Senior Center Clinic Nurse and Taylor West, Board of Health Nurse to chat about any Health, Pandemic, Town Regulations and/or general questions. Leslie and Taylor will be happy to have a table chat to assist you with any concerns or just have a discussion on general topics. Sign up at the front desk or call (508) 229-4453. Refreshments will be served.

## Please Be Advised

If Southborough Schools are CLOSED or DELAYED due to inclement weather, the Senior Center is closed for the day and all programs will be canceled. Take a minute to watch the news or listen to the radio before venturing out! Please do not drive if you are at all concerned with the road conditions—we want to keep you safe!



## 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 APPRECIATIONS: ~ Peg Leonard

Hope you are safe and well. We are still scheduling programs working around the increase in COVID variant numbers and social distancing guidelines.

We held a very successful Veterans Day Luncheon Drive Through on November 10<sup>th</sup>. I would like to personally thank Steve Whynot for his help in gathering our Local Veterans to assist with the long line of cars and the delivery of meals to our local veterans and members. Thank you to Steve (US Navy & Coast Guard), Russ Horne (US Army), Stan Adamcyck (US Air Force) and Brian Stearns, (Veterans Services Officer of Southborough and US Air Force), also assisting were our local Southborough Police Officers, Jim Gallagher and Tyler Lu, and our Chair of Select Board, Lisa Braccio. I thank you all for your tireless efforts during this program. Steve, Russ, Stan, Brian, Jim, Tyler and Lisa. Thank you for your service to our country, to our town and for all your help, it truly gave this day a special meaning!

A very special thank you to Joan Guerrant and her committee for a very successful Falconi Golf Tournament—we thank you Joan for all your effort and tireless hours you put into making this one of the Senior Centers successful fundraisers. Please take a look at the insert with the names of all the people and companies that contributed to this success—Also a heartfelt thank you to James Falconi for all your work and sponsorship for 30 years—WOW.

Another enormous thank you to our SHINE Counselor, Carolyn MacLeod for the amazing job she did this year for many of our members in assisting them with their Medicare questions and concerns. As every new Open Enrollment Season comes around —Carolyn is faced with the ever changing rules and regulations for the Medicare plans. If you know Carolyn, she moves through her day with a sense of humor and a wonderful contagious laugh that puts all her clients at ease instantly. Also a big thank you to Helene Harrington for working so hard scheduling all of Carolyn's appointments. Great job Helene! Please call the Senior Center if you would like to set up an appointment. (508) 229-4453

I will be scheduling a Shred Day in Spring—start saving your unwanted paper documents now. Date will be announced in the next newsletter.

Let me know if you have any ideas, comments or concerns or just want to chat.

Luncheon with Musician/Singer P.E. James

Wednesday, January 19th 12:00pm

Suggested Donation—\$5.00



P.E. James has been entertaining audiences by singing and playing acoustic guitar for over four decades. He has a large repertoire that stretches from the sing-along classics of the 20s, 30s, and 40s, to standards and show tunes, early 50s rock and roll, 60s folk songs, and acoustic rock songs of the 70s. He also writes and performs original material, and his songs have been played on radio stations in Worcester, MA and his native Pittsburgh, PA. He has recorded four CDs, and recorded TV shows for five different stations. P.E. plays at concerts all through central Massachusetts, and has a summer residency at the Grill on the Hill restaurant in Worcester's Green Hill Park. He is also enjoyed on the circuit of assisted living, retirement, and rehabilitation facilities. For more information, please check out his web site at [www.pejamesmusic.com](http://www.pejamesmusic.com).

Offering a hot lunch from TJ's Spirits of Ashland—Chicken Teriyaki Stir Fry over Rice with an assortment of Fresh Vegetables. Call the senior center to sign up—there is a limit due to COVID guidelines. (508) 229-4453

Bingo

Wednesday, January 26th 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 purchased their cards. Snacks will be provided at break time. Sign up at the front desk or call (508) 229-4453.

## FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

### **2022 ANNUAL MEMBERSHIP (*January through December*)**

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. *This membership is for the calendar year January—December 2022.*

**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.

Stop by *Falconi's Shell Gas Station* (*especially on Tuesdays*) at 29 Boston Road (Route 30), Southborough to purchase your gas. This is a *full service* gas station open 7 days a week, Monday through Friday 6:30am to 7:30pm, Saturday and Sunday 8:00am to 4:00pm. Spread the word to your friends and families. Mr. Falconi donates 2 cents of every gallon purchased on *Tuesdays* to the Senior Center. It's a wonderful gesture by Mr. Falconi.

*Tuesday is now "GAS" day!*

*Mr. Falconi has also sponsored our Golf Tournament Fundraiser which has given us many opportunities for programming. Thank you Mr. Falconi.*

We would like to thank *Kennedy's Pub* from Marlborough (247 Maple Street—508-485-5800) and *TJ's Spirits* from Ashland (355 West Union Street—508-881-1565) for catering our Drive Throughs and now many in-house program lunches since the Pandemic. The Staff would like you to know that these two restaurants will be open during the winter for indoor seating, catering and pick up ordering. If you find yourself wanting to go out for a bite to eat, please think about these two establishments as your choice. They have been extremely good to us at the Southborough Senior Center.

**We Thank You**

# Southborough Senior Center

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 10:15a Stretch Class 10:30a Health Clinic	4 08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge	5 03:00p Trailblazers Meeting	6 08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	7 08:30a COA Board Meeting 10:00a Canasta 10:00a Dull Mens Club	8
9	10 10:15a Stretch Class 10:30a Health Clinic	11 08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Sayva Services Technical Assistance 12:00p Bridge 01:00p Knitting Club	12 10:00a Virtual Legal Advice 12:30p Movie Matinee	13 08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	14 10:00a Canasta 10:00a Dull Mens Club 10:30a Health Clinic	15
16	17 08:30a Closed in Observance of Martin Luther King Day	18 09:45a Advanced Tai Chi 12:00p Bridge	19 12:00p Luncheon and Musician	20 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	21 10:00a Canasta 10:00a Dull Mens Club 10:30a Health Clinic 12:30p CPR Refresher 01:30p CPR Refresher	22
23	24 10:15a Stretch Class 10:30a Health Clinic 12:30p Herbal Medicine and Accupuncture	25 08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge 01:00p Knitting Club	26 01:00p Bingo	27 08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	28 10:00a Canasta 10:00a Dull Mens Club 10:30a Health Clinic	29
30	31 10:15a Stretch Class 10:30a Health Clinic					

# Southborough Senior Center

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge	2 03:00p Trailblazers Meeting	3 08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	4 08:30a COA Board Meeting 10:00a Canasta 10:00a Dull Mens Club 10:30a Health Clinic	5
6	7	8 08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Sayva Services Technical Assistance 12:00p Bridge 01:00p Knitting Club	9 10:00a Virtual Legal Advice 12:30p Interactive Film Theatre	10 08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	11 10:00a Canasta 10:00a Dull Mens Club 10:30a Health Clinic 12:00p Cub Scout Valentine Goodie Bag	12
13	14	15 08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge	16 12:30p Movie Matinee	17 08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	18 10:00a Canasta 10:00a Dull Mens Club 10:30a Health Clinic	19
20	21	22 08:30a Strength Class 09:45a Advanced Tai Chi 12:00p Bridge 01:00p Knitting Club	23 12:00p Adult Coloring	24 08:30a Strength Class 09:45a Advanced Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	25 10:00a Canasta 10:00a Dull Mens Club 10:30a Health Clinic	26
27	28	10:15a Stretch Class 10:30a Health Clinic				



### *Fitness at the Senior Center*

Call the Senior Center to sign up for our Fitness Classes on Registration Day or any time after. Some of these classes are full due to dealing with limited space. If you have already been taking a class – please continue to come, you are all set. Please let us know if you choose to no longer attend a class since we have waiting lists. There is a suggested donation of \$3.00 per class. Enjoy the benefits of exercise while you get stronger, gain balance and improve mindfulness. (508) 229-4453

<u><i>Class</i></u>	<u><i>Day of the Week</i></u>	<u><i>Time</i></u>	<u><i>Instructor</i></u>
Stretch Break	Monday	10:15am	Sharon Gallant
Strength	Tuesday	8:30am	Sharon Gallant
Advanced Tai Chi	Tuesday	9:45am	Jeanne Friswell
Strength	Thursday	8:30am	Sharon Gallant
Advanced Tai Chi	Thursday	9:45am	Jeanne Friswell
Chair Yoga (new time – 12:30pm)	Thursday	12:30pm	Rebecca Reber

### *Games, Cards, Knitting, Dull Men's Club, Senior Songsters and Billiard Play*

The following programs are opened to all.  
Please review the calendar. All programs are not weekly.

<u><i>Program</i></u>	<u><i>Day of the Week</i></u>	<u><i>Time</i></u>
Senior Songsters	Tuesday (Taking some time off)	11:00am
Bridge	Tuesday	12:00pm
Knitting Club	Tuesday	1:00pm
Mah Jongg	Thursday	10:00am
Canasta	Friday	10:00am
Billiard (Pool) Play	Ongoing	8:30am – 3:00pm
Dull Men's Club	Friday	10:00am

If you are new to our Senior Center—please register at the Front Desk—we would love to have you join.



### *Technology Help is Here!*



January 11th & February 8th — 4 one hour time slots

(4, 1-hour sessions available—these sessions will be one on one with the specialist)

Please sign up for a 1 hour time slot—sign ups will begin with at 10:00am

Are you getting the most of your smartphone or just frustrated? No worries, we have help, SayvaServices LLC, a local company, will be come to help answer all your questions and show you tips and tricks to get the most of your smartphone. SayvaServices will help answer your questions or just give you ways to navigate different features that you may not know you even have access to on your phone. If you need help with an E-Reader, Laptop or Tablet, Zoom - SayvaServices will also assist you with any questions. Bring your electronic device with you to your session. Feel free to sign up again if you have attended a session in the past.

Call (508) 229-4453 to reserve your spot — No Charge

**We All Need a CPR REFRESHER**

Friday, January 21st  
2 Session — 12:30 & 1:30  
7 spots in each session



Join Southborough Fire Lieutenant *Chris Dano* for a review of CPR, choking assistance and the use of the AED (defibrillator). This session is a refresher, not a formal class (no need for prior training, no tests). Very important information for us all. Sign up at the front desk or call (508) 229-4453. No Charge

**ACUPUNCTURE and HERBAL MEDICINE  
PRESENTATION**

Monday January 24th  
12:30 to 1:30



Limit 25 people — No Charge

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. 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 on Friday, January 7th, 2022

**DURABLE MEDICAL EQUIPMENT**

Accepting shower chairs, rollator walkers, silver walkers with wheels, and transport wheelchairs (no wheelchairs with large side wheels). If you are interested in donating any durable equipment or supplies of any kind, please call the front desk and ask for Leslie or her voicemail and I will call you back. ( 508 ) 229-4453 Please do not drop any medical goods off without speaking to me or another staff member. Feel free to call me if you are in need of any disposable equipment or garments.  
See you soon, Leslie

**Adult Coloring & Lunch**

Wednesday, February 23rd — 12:00pm

Choose from Tuna or Turkey & Swiss Sandwich, will include Potato Salad, Chips and a Cookie

Come join in with Adult Coloring beginning with a lunch and then pick your picture to start your creation. All supplies will be available or feel free to bring your own. This will be a nice time to eat, chat and enjoy coloring together. No Charge

**Virtual Legal Advice from Attorney Arthur Bergeron**

Wednesdays, January 12th & February 9th — 10:00am to 10:45am (4 — 15 minute sessions)

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. Call the Senior Center to sign up for one of these advice sessions.

Complimentary Tickets for the following events: Assabet Valley Mastersingers, *Glories of France*, scheduled for Sunday, January 16th at 3:30pm, and the Symphony Pro Musica Performance on Saturday, January 29th at 7:30pm or Sunday, January 30th at 3:30pm. Stop by the Front Desk, Tickets are limited.

**For Your Information**

Ernie Richards, our in house Barber has decided to wait until the Municipal Building Mask Mandate has been lifted before coming back to cut hair.

## Movie Matinees!

### Respect

*Wednesday, January 12th*

Based on the life and times of Aretha Franklin, the woman who would come to be known all over the world as the undisputed Queen of Soul. This story follows her beginnings back to when she'd first come out the music scene as a singer in the choir at her father's church when she was a young girl growing up in Detroit. Following many difficulties in her adult life, due to bad marriages and other unwise choices, she still managed to keep contributing her natural talent to the music world, becoming one of the art's most recognizable voices, and producing songs that would be known and enjoyed by many generations. The movie is rated PG-13 and is 2 hours and 25 minutes.

### Before We Go

*Wednesday, February 16th*

Two strangers stuck in Manhattan for the night grow into each other's most twisted confidants when an evening of unexpected adventure forces them to confront their fears and take control of their lives.. The movie is rated PG-13 and is 1 hour and 35 minutes. It is characterized as a Romance/Comedy/Drama.

We will be serving lunch at 12:00pm before each movie. January will be Baked Macaroni & Cheese, February will be American Chop Suey. Both lunches brought to us from Kennedys of Marlborough. Feel free to bring your own lunch or just come at movie time!

*Suggested Donation—\$5.00 for each lunch—served at 12:00pm*

*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*

### PLANNING TO STAY HOME

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

Do you want to stay in your home until you die? How do you plan for that? In this seminar, elder law attorney Arthur Bergeron discusses HELOCs, reverse mortgages, the Commonwealth's Home Modification program, and other programs and people that can help you plan to live your life where you most want to be: at home.

### MOVING

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

At some point, it may be time to move. But where to? An apartment? Elderly housing? Independent or Assisted living, your child's house? Elder law attorney Arthur Bergeron discusses how you can evaluate these options and take advantage of the government programs that can help you make the move.

### Reaching Out

By Cindy Beard

### Fuel Assistance

It is now Fuel Assistance season and if you need assistance paying for your heating costs, help is available. If you are income eligible, the Fuel Assistance Program can pay a portion of your costs. If your gross income falls under \$40,951 for a household of 1 or \$53,551 for a household of 2, you may qualify. If you qualify, it may also reduce your electric bill. To learn more about what documents are required please call the senior center to speak with Cindy. Assistance in filling out an application is done by appointment only.





**Women Comedians Who Paved the Way:  
Featuring the one and only  
Lucille Ball**

Presented by Debra Block of DGB Productions

Wednesday, February 9th — 12:30pm

Suggested Donation—\$5.00



Join us for a time filled with laughter as we look at the life of one of Hollywood's greatest icons, Lucille Ball. An American comedian, actress, model, studio executive and producer, Lucy continuously broke barriers for women in the entertainment business. She starred in and produced the sitcom "I Love Lucy", a series that became one of the most beloved series in television history. We look at Lucy's life on and off the big screen, before and after Desi, and share some of Lucy's funniest TV sitcom moments. Come to laugh and reminisce together.

Lunch will be BBQ Chicken, along with sides—brought to us by TJ's Spirits from Ashland.  
Sign up at the front desk or call (508) 229-4453 to reserve your spot.

**Cub Scout Valentine Goodie Bag for our Southborough Resident Members Only**

Friday, February 11th

Pick up at the Senior Center Kitchen—12:00pm



Our Local Cub Scout Troop and their parents have graciously offered a Valentine Goodie Bag with a lunch to be handed out to our Southborough Members. Quantities are limited, so please sign up early. Thank you to this wonderful Cub Scout Troop—we will miss you again this year. Let's hope next year we will have this fun program in house at the Senior Center. Thank you to this very Caring Troop and their Parents!



**2nd Annual Winter Walkers**



The MCOA Walk MA Challenge ended September 30th. Southborough had 25 registered walkers who had a combined total of 10,557.8 miles walked with Nancy Karmelek logging the top total of 1188.55 miles! MCOA held a random prize drawing of gift cards from walkers around the state. Of the 86 winners selected Southborough had 11 winners of Visa, Amazon and Dunkin cards! Congratulations to the recipients and ALL our walkers! The grand prize for programming went to the community of Cheshire and no doubt they will put it to great use! The Southborough Senior Center is currently sponsoring a Winter Walk Challenge with 35 registered participants that runs through March 2022 and it's not too late to sign up. Email me at [skiess2@verizon.net](mailto:skiess2@verizon.net) and you're good to go! Walk on your own or with a friend when and where you want. Track your mileage and at the end of March send me your totals. I will occasionally be in touch with you through this time with any special events, news or encouragement. Lets keep those feet and joints moving while getting lots of fresh air! Many thanks to our Senior Staff for their continued support

~Sandy Kiess



**Psst. Gardeners!**



Our gardens are resting but soon they'll be ready for another productive season. Contact Joyce Macknauskus at [macknauskas@gmail.com](mailto:macknauskas@gmail.com), for raised beds and Carol Yozzo at [cay0131@verizon.net](mailto:cay0131@verizon.net) for grounds gardens if you would like to get a hand in! More information on plans for 2022 in the next issue.

**~Thank You~**

I am so overwhelmed by the generosity of our members and town residents for the enormous amount of Toys I was able to deliver to the Toys for Tots program. Please know how much your kindness is appreciated.

~Peg

*Town Information from our Town Clerk, Jim Hegarty*

*Trivia question:*

Forty-five people in Southborough celebrate their birthday on May 18 making that day the most common birthday for Southborough residents. What is the least common birthday? The answer is listed below.

*2020 Federal Census:*

The 2020 Federal Census determined that the population of Southborough increased from 9,767 in 2010 to 10,450 in 2020, which represents a 7% increase in population.

*Annual Town Census:*

Massachusetts is the only state that has an annual census. Your 2022 Annual Town Census form will arrive in your mailbox in early January 2022. You can return it by mail, drop it off in the green mailbox at the Town House or take a picture of the census form and email that to the email address on the census form. If you have any questions, please call the Town Clerk's office at (508) 485-0710 extension 3005.

*Absentee Voting for 2022 Elections* Starting on January 1, 2022, voters can submit Absentee Ballot applications. *THE POST OFFICE IS NOT ALLOWED TO FORWARD ABSENTEE BALLOTS.* So if you change your mailing address after you submit your application - vacation, winter in Florida, etc., be sure to submit a new Absentee Ballot request. You can download an application from the Town Clerk's webpage or you can call us and we'll mail one to you (508) 485-0710 x 3005, or stop by the office.

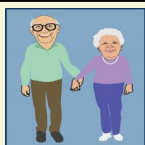
**\*\* The answer to the trivia question is February 29! Only 2 people in Southborough have a birthday on February 29 - leap year!**

Friends of Southborough's Council on Aging  
9 Cordaville Road  
Southborough, MA 01772

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Please verify your address label information. If corrections are needed, please call the Senior Center.



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 STAY HOME

It's January. It's cold. The holidays are over. What a great time to hunker down and stay home. There's no place like home. Now may be a good time to consider your options to stay home as long you can. First, take a fresh look at your home. Is it a safe place for you to live as you get older? Does the bathroom have the grab bars you may need? Are the washer and dryer in the basement? You may want to talk to a home repair person who specializes in retrofitting homes to see what it would take to make your home as safe as possible. Next, figure out how you would pay for those home modifications. While you're doing that, work out how much it would cost you to have someone to come in and help you around the house. Call the folks at Elder Services of Cape Cod and the Islands (ESCCI). They can tell you what home care might cost and whether you are eligible for subsidies. Finally, if you don't have the savings to cover the home repairs and home care you may need, plan ahead to use your home as the source of funds to pay for those expenses. In my seminar this month, I discuss HELOCs and reverse mortgages. If you need the funds to help you stay at home, these options will help you access those funds quickly and easily. I will turn 72 this month. I appreciate that anxieties come with getting older. We can't make those anxieties go away, but we can reduce them. It's January. You're stuck at home anyway. So rather than worry about your future, plan for it. You'll sleep better. And the next thing you know, it will be spring. 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. If you have any questions, please contact me at (508) 860-1470 or [abergeon@mirickoconnell.com](mailto:abergeon@mirickoconnell.com).

### FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING CALENDAR YEAR 2022 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. 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. January to December 2022

Membership is \$15.00 Suggested Donation per year.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Friends 2022 Membership Donation \_\_\_\_\_

Date \_\_\_\_\_