



The Southborough Senior Sensation

VOLUME 22* ISSUE 04

July/August 2022

Senior Center

9 Cordaville Rd.
Southborough, MA
01772
(508) 229-4453
Fax (508) 229-1783
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

Director's Corner

Pam LeFrancois

Welcome to summer! We are kind of, sort of, almost back to normal.....just when I think we are almost there something new happens! I am writing this in early June so things may change, but as of now we are very hopeful that we will have a new room added on to the building which will allow us more space for activities and for people to spend time here. If you know anything about construction then you know that timing is always a challenge. In a perfect world this project could happen this summer which is great in many ways but would cause us to relocate a few summer events which we would have done on the front lawn. We have had plenty of practice being flexible so we will go with that scenario for now. So, I hope that you enjoy our off site events this summer hopefully by this fall we will have some more space to bring you more programs and activities to enjoy. See you soon.
Pam

Town Information from Southborough Town Clerk, James Hegarty

The State Primary Election will be held on Tuesday September 6, 2022, from 6:30AM to 8:00PM in the gym of the Trotter Middle School, 49 Parkerville Road.

If any voter would like to receive an Early Voting/Absentee ballot, please email town-clerk@southboroughma.com and we'll mail a ballot to you. Please call the Town Clerk's Office if you have any questions: (508) 485-0710 x 3005.

Congratulation to Pam MacDonald

Pam was recognized in May with the Rotary Club Service Award

We are so proud of our Pam to have received this honor

Celebrating Service, Celebrating Southborough event recognizes members of our community who go above and beyond with service to our town. Pam MacDonald was recognized this year under the umbrella of being an incredible "good neighbor". For those of us that know Pam, we are not one bit surprised. Pam is always there in time of need. Pam house sits, drops off needed items for those in the hospital, helps seniors with medical paperwork, drives people to doctor's appointments or even pet sits. Pam is a wonderful friend and neighbor. Many times Pam rides around and picks up as many friends as she can fit in her car for a Southborough Event. Pam has been a resident of Southborough for over 50 years, she is also a longtime volunteer at the Southborough Senior Center.

Pam, you are one in a Million!

The Senior Center will be closed on Monday, July 4th in honor of Independence Day and on Friday, August 5th for Rug Cleaning.

Date for Registering for Programs:

Starting at 10:00am: --- -- -- -- --> June 30th, 2022

Do not leave any Program Registrations on Voicemail, please connect with a staff member to register for all programs at all times.

*~Thank You For Your Understanding~
(when signing up for programs—please review our policies on page 2)*

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 small group of people who work very hard on Fundraising Events. If you are interested in helping out with these events, please contact the President of the Friends, Bob Myers at the Senior Center.

This current 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 checks and balances requirements, it is the way we must continue to proceed. We ask for your understanding by continually assisting us in this process.

Important Notice—Please Read

- * We require a call if you have signed up for a program and find you are unable to attend.
- * We appreciate your consideration so there are not "*the day of the event empty seats*" due to no shows (this happens a great deal, especially "No Charge" programs.)
- * We understand there are times when things come up on the day of the event and make it difficult for you to attend (but please do your best to let us know)
- * There are continuous waiting lists for all our programs. Knowing you are not attending a program will give us the opportunity to call the next person on the waiting list who would be thrilled to come. Thank you for your understanding.

Southborough Senior Center Member Shred Day

Saturday, July 23rd

9:00am to 12:00pm (program ends at 12:00)

Registration Required

E. L. Harvey and Sons, Inc will be coming to the Senior Center parking lot to give us the opportunity to shred all those unwanted household papers & documents you have hanging around. Pull into the parking lot and turn left after the building and you will see the area dedicated and sectioned off with cones. Only paper will be accepted. Your documents can contain staples. To use this service, you will need to sign up at the front desk or call (508) 229-4453 in order for us to monitor the line coming into the parking lot. You will receive a time slot to ease the wait time. No Charge

Bus Trips

We are asking that everyone registering for a Bus Trip wear a mask while on the bus for your safety as well as the comfort and consideration of others.

Plainridge Casino

Friday, July 29th

Suggested Donation – \$15.00

Bus will leave the Senior Center at 2:45pm and return at approximately 9:15pm

Sign up for a fun evening visiting the Plainridge Casino and Racetrack. You will enjoy many slot machines at the Casino and of course the horse races which start at 4:00pm and run approximately every 15 minutes. The last race will run approximately 7:30pm to 8:00pm. If you have a Marquee Rewards Card from previous visits, definitely bring it with you. It is not needed to play in the casino or racetrack, but the card collects points for possible special offers. You can get one if you would like when we arrive. Everyone needs to bring your Drivers License or Mass ID Card if you would like to get a Marquee Rewards Card or if you win BIG! The Casino is unfortunately no longer giving out Free Play Packages, but thanks to our Friends of the COA, you will receive a \$25.00 gift card to use at Slack's Oyster House & Grill Restaurant or the food court. Please sign up on Registration Day listed on the front page.

WooSox Baseball

Wednesday, August 17th

Suggested Donation – \$25.00

Bus will leave the Senior Center at 10:30am and return at approximately 4:00pm

Off to Polar Park in Worcester to hear the crack of the bat. We will be sitting in the third base area with use of the Shaw's 3rd base bullpen terrace which will include an all you can eat food buffet from a preset menu. We will have access to the terrace space for the entire game, and the food buffet will be available from 12:00pm to 2:00pm. Included at the Buffet is a Hot Dog Bar, Burger Bar, Macaroni and Cheese, Loaded Potato Salad, Kettle Chips, cookies along with water, lemonade and tea. A Cash Bar will also be available. Let's have a great afternoon watching and cheering on our local WooSox Baseball Team. Reserve your space by calling the front desk on Registration day.

Book Club Kick Off Meeting — Tuesday, July 26th at 10:00am

Join us for a Book Club Kick Off Meeting on July 26th at 10:00am. Doug Peck has volunteered to bring back our Senior Center Book Club starting in September. Doug would like to discuss with you a few logistics before our first scheduled Book Club get together; what day of the week works best?, a convenient time to hold the Book Club once a month?, what types of books you like to read?, and anything else you would like to discuss with Doug. We look forward to seeing you on the 26th. No need to sign up. During this Kick Off the first book will be picked for the September Book Club. If you are unable to attend, please call the Senior Center after July 26th to get the September Book title. Thank you Doug for volunteering to bring this very successful program back to the Senior Center.

Stop by The Falconi Pit Stop on Tuesdays located 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 5 cents of every gallon purchased on Tuesdays to the Senior Center.

~~Thank You Mr. Falconi~~Tuesday is

Southborough Senior Center

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 08:30a COA Board Meeting 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	2
3	4 08:30a Center closed in Observance of Independence Day	5 08:30a Strength Class 12:00p Bridge	6 08:30a Walking Group 12:30p Movie Matinee	7 08:30a Strength Class 10:00a Mah Jongg	8 10:00a Canasta 10:00a Dull Mens Club	9
10	11 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	12 08:30a Strength Class 12:00p Bridge	13 08:30a Walking Group 10:00a Virtual Legal Advice	14 08:30a Strength Class 10:00a Mah Jongg 12:30p Chair Yoga	15 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	16
17	18 08:30a Walking Group 10:15a Stretch Class 01:00p Bereavement Support Group	19 08:30a Strength Class 12:00p Bridge	20 08:30a Walking Group 04:00p Kennedys Patio Dinner	21 08:30a Strength Class 10:00a Mah Jongg 12:30p Chair Yoga	22 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	23 09:00a Member Shred Day
24	25 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	26 08:30a Strength Class 10:00a Book Club Kick Off Meeting 12:00p Bridge	27 08:30a Walking Group	28 08:30a Strength Class 10:00a Mah Jongg 12:30p Chair Yoga	29 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic 02:45p Plainridge Casino Bus Trip	30
31						

Southborough Senior Center

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	1 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	2 08:30a Strength Class 12:00p Bridge	3 08:30a Walking Group	4 08:30a Strength Class 10:00a Mah Jongg 12:30p Chair Yoga	5 08:30a Senior Center Closed for Cleaning	6
7 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	8 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	9 08:30a Strength Class 12:00p Bridge	10 08:30a Walking Group 10:00a Virtual Legal Advice 12:30p Movie Matinee	11 08:30a Strength Class 10:00a Mah Jongg 12:30p Chair Yoga	12 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	13
14 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class 01:00p Bereavement Support Group	15 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class 01:00p Bereavement Support Group	16 08:30a Strength Class 12:00p Bridge	17 08:30a Walking Group 10:30a WooSox Bus Trip	18 08:30a Strength Class 10:00a Mah Jongg 12:30p Chair Yoga	19 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	20
21 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	22 08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	23 08:30a Strength Class 12:00p Bridge	24 08:30a Walking Group 03:00p Summer BBQ at TJs	25 08:30a Strength Class 10:00a Mah Jongg 12:30p Chair Yoga	26 10:00a Canasta 10:00a Dull Mens Club 10:00a Health Clinic	27
28 08:30a Walking Group 10:00a Health Clinic	29 08:30a Walking Group 10:00a Health Clinic	30 12:00p Adult Coloring 12:00p Bridge	31 08:30a Walking Group			

PROGRAMS AND MORE ~ Peg Leonard

Hi Everyone,

Thinking of you all as always! In researching and scheduling programs for July and August, we had to plan on the possibility of construction in regards to adding a room off the kitchen that we have been looking forward to for sometime. You will see some off-site programs, bus trips and programs that we will take a chance on at the Senior Center for the summer.

For those that attended the Balance Presentation in June—we will be advertising a 6 week Balance class in the September/October newsletter. Please take advantage of this program if interested. It will prove to be a very valuable program. Also we will be running a few fitness classes this summer that you will see next.

I wish all of you a wonderful, happy and safe summer. Looking forward to seeing you at our fun events.

~Peg

Summer Fitness at the Senior Center

All members are required to sign up on Registration Day. For the summer and going forward we are organizing the registration process in a different fashion. You will be asked to submit your class payment in full before each session begins. Summer session prices are listed below. We are requiring a minimum of 8 people for each class. Sign up for the full session is required. Call the senior center if you have any questions.

***Many Medical Insurance companies offer a Fitness reimbursement for classes attended during the year. Please see Pam LeFrancois at the end of your yearly enrollment period to have this form signed.

If you are new to our any of our fitness programs—please stop by the front desk to fill out a registration form.

<u>Class</u>	<u>Day of the Week</u>	<u>Time</u>	<u>Instructor</u>	<u>Suggestion Donation</u>
Stretch Break	Monday (no class 8/29)	10:15am	Sharon Gallant	\$35.00
Strength	Tues & Thurs (no class 8/30)	8:30am	Sharon Gallant	\$80.00
Chair Yoga	Thursday (no class 7/7)	12:30pm	Rebecca Reber	\$35.00

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

The following programs are opened to all. Please review the calendar in case of any changes.

<u>Program</u>	<u>Day of the Week</u>	<u>Time</u>
Bridge	Tuesday	12:00pm
Mah Jongg	Thursday	10:00am
Canasta	Friday	10:00am
Billiard (Pool) Play	Daily (please check calendar for programs)	8:30am—3:00pm
Dull Men's Club	Friday	10:00am
Walking Group	Monday (Trotter Track) & Wednesday (Southborough Cemetery)	8:30am

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

Come view our growing DVD movie collection for signing out to enjoy in the comfort of your own space. Also our Puzzle Table is back in the kitchen—stop by, sit by the window and enjoy being a part of our masterpiece puzzle creations. Come stop by and see what new items are in Alice's Gift Shop. Lorraine and Sue work hard on keeping nice options for you to view; glassware, jewelry, Holiday items., etc. Also accepting gently used items to add to the Gift Shop.

HEALTHBEAT

By: Leslie Chamberlin R.N.

Nurse Clinic Hours: Monday and Friday 10:00am – 2:00pm

No Clinic Friday July 8th and Monday July 18th

**HEARTBURN... Could it be something else?**

We probably have all experienced heartburn; an episode when stomach acid moves up through the esophagus from the stomach. It can cause burning pain in your chest and throat as well as a sour taste in your mouth.

ANGINA

One might confuse heartburn with angina which is caused by decreased blood flow to the heart especially after exertion. Angina feels more like a squeezing or tightening of your chest as opposed to a burning sensation. Always seek medical help if you have chest pain or tightness, it could be a sign of an impending heart attack.

HEART ATTACK

Heartburn pain stays in your chest and or throat, but during a heart attack, one might have squeezing or aching pressure that spreads to your arms, back and or jaw. Shortness of breath, cold sweating, and dizziness are also symptoms. Women especially may experience nausea and vomiting. CALL 911

GALLSTONES

Pebble like bits of cholesterol or bile that are stuck in the gallbladder can cause heartburn that lasts for hours, especially following ingestion of a fatty meal. In addition, right sided belly/ back pain and pain behind shoulders and ribcage can mean gallstones. Go to the E.R.

STOMACH ULCER

Breakdown and irritation of the stomach lining can lead to an open sore called an ulcer. Burning stomach pain and heartburn that again gets worse after eating fatty foods, may need prescription medication and a special diet to heal.

HIATAL HERNIA

The muscle separating the stomach and esophagus weakens and allows part of the stomach to push through and upward. Acid and sometimes food can spill into the esophagus causing heartburn and sometimes a feeling that food is "stuck".

ESOPHAGEAL SPASM

Spasms are most common in people over 60. The esophagus sends food to the stomach with tiny rhythmic squeezes. On occasion the muscles squeeze too hard and then spasm causing intense chest pain and trouble swallowing. In summary, there are many causes for burning and pain associated with eating, activity or aging. Listen to your body and always get an EARLY diagnosis.

See you soon Leslie

REACHING OUT

By Cindy Beard

Memory Cafes

What's a memory café you ask? A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Memory cafés meet at a variety of places including coffeehouses, museums, or community organizations.

Each memory café is different. Some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. But all cafés share one goal: to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to forget about limitations and instead focus on strengths, to enjoy other's company, and to explore something new.

Many memory cafes are going from virtual to back in person. You can find a nearby memory café by going to www.jfcsboston.org and putting memory café directory in the search bar. They are organized by area and if you click on the town you're interested in, all the pertinent information comes up. Don't forget to RSVP so that the organizers will expect you. If you don't use a computer, I will be happy to help you if you call the senior center needing that information. If you have a loved one affected by memory loss this is something you might want to check out!

**Virtual Legal Advice from Attorney Arthur Bergeron**

Wednesdays, July 13th & August 10th – 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.

Movie Matinees!

West Side Story

Wednesday, July 6th

From producer and director Steven Spielberg, with a script by screenwriter and playwright Tony Kushner, comes West Side Story. An adaptation of the 1957 musical, the film tells the tale of forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds. This movie is rated PG-13 and is 2 hours and 36 minutes in length.

Belfast

Wednesday, August 10th

Belfast is a poignant story of love, laughter and loss in one boy's childhood amid the music and social tumult of the last 1960's. Buddy's family lives in a largely Protestant district with a few Catholic families, but one day his community and everything he thought he understood about life is suddenly turned upside down. Buddy's family gets caught up in mayhem and must decide to stay or leave the only place they have ever called home. Through it all, his passionate parents and quick-witted grandparents keep the joy alive through music and the magic of movies in this feelgood story that reminds us that no matter how far you go, you never forget where you came from. Featuring Judi Dench. The movie is rated PG-13 and is 1 hour and 38 minutes in length.

We will be serving lunch at 12:00pm before each movie. July— choose from Times Square Tuna Melt (grilled) or Zesty Ham & Cheese (grilled) brought to us by Festive Breads of Northborough, and August we will offer a Cranberry Walnut Chicken Salad Sandwich from Kennedys Market 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 - no charge for just the movie

Movies will start at 12:30pm

Please sign up at the front desk or call (508) 229-4453



Calling all Walkers!



All Walkers: The track at Trottier School should now be available for the season. It's a nice, cushioned surface that is kind to your joints and feet. Give it a try! We're also finding the cemetery a beautiful and restful place in which to walk with the greens of summer and lovely flowers all around. And it's a nice place to walk with a friend, two footed or a leashed four footer. Note: Monday is mowing day so it will be noisier. The MCOA Walk Challenge is well underway but it isn't too late to sign up for Team Southborough! Register at <https://mcoaonline.com/programs/keep-moving-walking-clubs/walk-massachusetts/> and please let me know at skiess2@verizon.net. Southborough currently has 28 registered walkers. The more participants we have the more chances our Senior Center has to win prizes from \$250 to \$1000 for programming.

~Sandy Kiess



Raised Bed Gardeners



Summer is here and the plants in the raised beds are producing vegetables and herbs. Also the flowers add that burst of color that we enjoy. Please come by and enjoy the garden by helping yourself to a few basil leaves or herbs and the vegetables. Also, please pull a few weeds or water (the hose is out and available—please remember to turn the spigot off when you are finished).

Happy Gardening to all green thumbs or not.

~Joyce Macknauskas

Attention Gardeners & Commemorative Plaques

Nature's Present Garden is back in bloom, so come and enjoy it as it progresses through the seasons. There's even a sign now! A few bricks remain with space for commemorative plaques. For a \$50 donation to the Friends of the Council on Aging you can designate one. Contact Carol Yozzo at cay0131@verizon.net with questions on this garden or to submit your plaque request.



Kennedy's Patio Dinner

Wednesday, July 20th—4:00pm

Suggested Donation \$15.00

(Rain Date—Wednesday, August 3rd)



Come join us for a fun dining experience at Kennedy's Pub located at 247 Maple Street, Marlborough. We will enjoy the beautiful garden patio, friends, background music and a delightful dinner. Please choose from Chicken Supreme or Steak Tips. Included will be cheese & crackers, sides with your dinner choice, non alcoholic beverages, dessert and also the option of a cash bar.

Sign up to enjoy this wonderful evening.



Summer BBQ at TJ's Food & Spirit's

Wednesday, August 24th at 3:00pm

Suggested Donation—\$10.00

(Rain Date—Wednesday, August 31st)



We are so excited to bring our Summer BBQ to TJ's, located at 355 W. Union Street in Ashland. You will enjoy a summer buffet of Hamburgers, Hot Dogs, Corn on the Cob, Tortellini Salad, Baked Beans, Lemonade, Watermelon and a Cash Bar. Sign up, we are going to have a lot of fun!



Adult Coloring & Lunch

Tuesday, August 30th—12:00pm

Lunch will be a Turkey and Swiss Sandwich with Potato Salad, Chips and a cookie from Kennedy's Market of Marlborough



Come join our fun Adult Coloring group beginning with a nice lunch. You will view a variety of books to pick out your coloring option 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. There is lots of conversations and laughter. Give it a try. We would love to have you. No Charge

BayPath and Springwell have merged to serve you better

BayPath and Springwell, two of Massachusetts' non-profit Aging Service Access Points (ASAPs) and Area Agencies on Aging (AAAs) merged on July 1, 2022. ASAPs and AAAs coordinate and offer services that help older adults live and age in the community. These services make it possible for older adults to get the help they might need to continue living in the home setting that suits them best—things like home-delivered meals, personal care assistance, and homemaking. Since 1977, BayPath has served the communities of Marlborough, Ashland, Holliston, Hopkinton, Dover, Sherborn, Natick, Framingham, Wayland, Sudbury, Hudson, Northborough, Southborough, and Westborough. Springwell has served Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley, and Weston. The combined organization will be known as Springwell and will serve all twenty-two communities.

The new Springwell will offer the same services, from the same staff, out of the same offices in Marlborough and Waltham. The new Springwell, as a bigger organization, will have more resources to provide the services individuals have come to count on. If you have been receiving services from BayPath or Springwell, your care manager is available to answer any questions you may have. If you aren't familiar with BayPath or Springwell, and you are an older adult or a caregiver of someone who might benefit from some support to help you continue living in your home, we look forward to getting to know you. Please contact us to learn more: 617-926-4100 or [inforef@springwell.com](mailto:foref@springwell.com)

Please read very valuable information regarding SCAMS from Acting Police Chief Ryan Newall on the insert.

Mirick O'Connell Legal Clinic*Southborough Access Media Station (S.A.M.) Programs**Presented by Attorney Arthur Bergeron**Verizon FIOS Channel 38 and Charter Channel 191***HELPING THE KIDS (AND GRANDKIDS).**

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

Do you want to help the grandchildren get through college and while not affecting their potential student aid? Do you want to help a child or grandchild who has special needs while not disqualifying them from government programs? In this seminar, elder law attorney Arthur Bergeron helps you figure out how you can help without hurting.

LIVING WITH MEMORY LOSS

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

Are you afraid your memory (or that of someone you love) may be going? Denial doesn't help. Diagnosis and planning do. Elder law attorney Arthur Bergeron discusses the many tools and programs that can help you or the person you love (or both) live a fulfilling and happy life even if you're not quite sure what you had for breakfast.

Bereavement Support Group*Mondays. July 18th & August 15th*

The Bereavement Group will meet from 1:00-2:00. This group is open to all grieving the loss of a loved one. Call the Senior Center to sign up or if you have any questions. (508) 229-4453

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

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SOUTHBOROUGH, MA
PERMIT NO. 10



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

*Arthur P. Bergeron is an elder law attorney
in the Trusts and Estates Group at Mirick O'Connell.*

PLANNING TO HELP YOUR CHILDREN (AND GRANDCHILDREN)

Most people want to leave their assets to their children and grandchildren. However, many families are more complicated, so your estate plan should address potential complications. While you should talk with an attorney, here are a few quick pointers to consider:

LEAVING MONEY TO YOUR DISABLED CHILD. To avoid issues in qualifying for government benefits, consider leaving assets in trust for the benefit of your disabled child. Social Security Disability Income (SSDI) is not "means" based, so leaving your child assets will not interfere with your child's SSDI benefits. Try to avoid conflict situations, which could happen if the trustee or trustee's children were entitled to assets remaining upon the death of the disabled child.

LEAVING MONEY TO GRANDCHILDREN. If you want to help with your grandchildren's college education, note that these funds are typically reportable on financial aid forms and will often be subtracted from a student aid package.

DEALING WITH A TROUBLESOME IN-LAW. If your child predeceased you leaving grandchildren, consider holding all assets in a trust for the benefit of younger grandchildren. Be sure to designate a person you trust as the trustee. A trust for the benefit of your child may also be helpful if you are concerned that your child's marriage may be foundering. Make sure that the trustee's discretion is sufficiently constrained so that the trust assets won't be counted in dividing the "marital" assets in a divorce.

The list of potential issues could go on and on. Work with your attorney to develop the best plan for your situation to address concerns head-on. For more information, visit Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. These programs also air on SAM (Verizon 38; Charter 191), along with "Frank and Mary in Southborough," where Doug Peck and I address common issues facing seniors and available resources. If you have any questions, please contact me at (508) 860-1470 or 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.
Per Person

Name _____

Address _____

Phone _____

E-mail (s) _____

Friends 2022 Membership Donation _____

Date _____