



# The Southborough Senior Sensation

Volume 22\* Issue 06

November/December 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  
508-820-4650

## Director's Corner

Hi Everyone,

As I write this for our Nov/Dec newsletter, it is only mid-October. At this point we are still in a strange place w/ Covid and planning events for the fall and winter months. Based on many discussions with the Board of Health and with seniors, we are taking a middle of the road approach on what we plan and what capacity we should have for participation. Basically, we will keep our schedule going but do our best to leave enough space for people to spread out and maybe open a window or two. Please bear with us as we are trying to accommodate everyone.

Also please be respectful of others. If you don't feel well please join us on another day or call us if we can assist you in any way. With cold and flu season in addition to Covid please visit another day if you have any symptoms. We all appreciate your cooperation in keeping everyone safe and healthy!

Hope to see you soon, Pam

## The Senior Center will be closed on the following dates and times.

November 11th	In Honor of Veterans Day
November 23rd	Center Closes at 12:00pm
November 24th & 25th	Thanksgiving Day Holiday
December 21st	Center Closed at 11:00
December 23rd & 26th	Christmas Holiday
January 2nd	Happy New Year

*Wishing you the best  
during the Holiday Season*

*The Senior Center Staff*

## Please Be Advised



If the Southborough Schools are Closed or Delayed due to inclement weather conditions, the Senior Center is closed that day and all programs will be canceled. Please 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 you to be safe!



## Date for Registering for All Programs:

Starting at 10:00am: - - - - - >

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)*  
*Also, at this time, due to our programs needing to be limited in numbers for Health Reasons, Southborough residents will take priority.*

## FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING

### 2023 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 our events, please contact the President of the Friends, Bob Myers at the Senior Center.

*This current membership is for the calendar year January—December 2023*

**Membership is \$15.00 per year (per person) —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

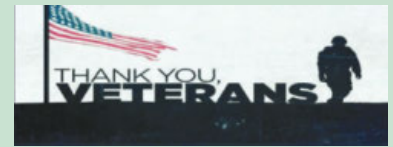
We understand writing separate checks for each program is not ideal. But due to our current accounting system and checks and balances requirements, it is the way we must continue to proceed. We ask for your understanding by continually assisting us in this process.

### 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 attend. Thank you for your understanding.

### Veterans Day Celebration

Wednesday, November 9th—12:30pm — Suggested Donation \$6.00  
Veterans and Spouses - No Charge



Join us in celebrating our most Honored Veterans. We will begin with tasty California Chicken lunch from Kennedy's of Marlborough. Following lunch, our Master of Ceremonies, Bill Harrington will open the program. Steve Whynot, one of our local honored Veterans, will lead the Color Guard Flag Ceremony. Our talented Southborough Songsters will then perform many Patriotic Songs including a tribute to all Armed Forces. We hope you be able to attend this wonderful program. Please call on Registration day to sign up. Space will be limited due to continued social distancing concerns. Southborough Residents will take priority.



To All Veterans - We Thank You For Your Service~~



### Fall Health & Wellness Fair for Southborough Residents

Monday, November 14th — 10:00am—1:00pm

Connect with the Southborough Health Department and Southborough Senior Center on November 14<sup>th</sup> from 10:00am-1:00pm at the Fall Health and Wellness Fair located at the Southborough Senior Center. We will be offering the following services, resources, and presentations:



Blood pressure and blood sugar screening  
Registered dietician and nutrition table  
Massage chair by Theracopia  
Acupuncture by Marlborough Wellness  
Southborough Youth and Family Services  
5 Minute CPR presentation  
Kitchen & food safety presentation



There is no registration required to attend & snacks will be provided. Hope to see you there!

### Town Information from Southborough Town Clerk, James Hegarty

The State Election will be held on Tuesday November 8 from 6:30am to 8:00pm in the gym of the Trottier School, 59 Parkerville Road. When you review your ballot, be sure to look at BOTH sides of the ballot! There are more ballot questions listed on the ballot than the red booklet the Secretary of State mailed to you recently. If you'd like to EARLY VOTE in-person, come to the Town House from October 22 through November 4, (excluding Sundays). We'll be open from 8:00am to 5:00pm every day and we'll stay open until 7:00pm on Tuesdays. If you requested an Early Voted ballot, those will be mailed to you on October 6. You can return the ballot by mail, drop it off in our secure blue drop box outside the Town House, or bring it to the Town Clerk's office. If you have any questions, please call us at the Town Clerk's and we'll be glad to answer any question you may have. Our phone number is (508) 485-0710 x 3005. Now here's an interesting coincidence: Our wonderful Assistant Town Clerk Amy Berry is not related to the late Paul Berry who was our Town Clerk for over 46 years. But Amy's husband's is also named Paul!

*Review the calendars to see what days the Center will be closed for the Holidays.*

# Southborough Senior Center

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 11:00a Songsters 12:00p Bridge	08:30a Walking Group 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	
6	7	8	9	10	11	12
	08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 10:00a Virtual Legal Advice 12:30p Veterans Day Recognition Celebration	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	08:30a Center Closed in Observance of Veterans Day	
13	14	15	16	17	18	19
	08:30a Walking Group 10:00a Health Clinic 10:00a Health Fair	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 11:00a Songsters 12:00p Bridge	08:30a Walking Group 12:30p Movie Matinee	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 11:15a Canasta 01:00p Book Club	
20	21	22	23	24	25	26
	08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class 01:00p Bereavement Support Group	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 12:00p Bridge	08:30a Walking Group 12:00p Senior Center Closed for the Day	08:30a Closed for the Thanksgiving Holiday	08:30a Closed for the Thanksgiving Holiday	
27	28	29	30			
	08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 11:00a Songsters 12:00p Bridge	08:30a Walking Group 01:00p Illusionist Show			

SUPPORT OUR ADVERTISERS!

# Southborough Senior Center

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 11:15a Canasta	
4	5	6	7	8	9	10
	08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 12:00p Bridge	08:30a Walking Group 12:30p Holiday Party 03:00p Trailblazers Meeting	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta 01:00p Tina Bemis	
11	12	13	14	15	16	17
	08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 10:00a Technical Assistance 12:00p Bridge	08:30a Walking Group 09:00a Newport Playhouse 10:00a Virtual Legal Advice	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 11:15a Canasta 01:00p Book Club	
18	19	20	21	22	23	24
	08:30a Walking Group 10:00a Health Clinic 10:15a Stretch Class 01:00p Bereavement Support Group	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 12:00p Bridge	08:30a Walking Group 11:00a Center Closed for the Day	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	08:30a Closed in Observance of the Holiday	
25	26	27	28	29	30	31
	08:30a Closed in Observance of the Holiday	08:30a Strength Class 09:30a Yoga-Pilgrim Church 09:45a Adv Tai Chi 12:00p Bridge	08:30a Walking Group	08:30a Strength Class 09:45a Adv Tai Chi 10:00a Mah Jongg 12:30p Chair Yoga	10:00a Dull Mens Club 10:00a Health Clinic 11:15a Canasta	

SUPPORT OUR ADVERTISERS!

### *Fitness at the Senior Center*

Please sign up for the following classes on Registration Day. There is a Suggested Donation of \$3.00 per class. A basket will be in the room for your donation. Please call the Senior Center for details on any of the classes listed below and to make sure there is space available.

\*\*\*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 any of our fitness programs – please stop by the front desk to fill out a registration form.

<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 & Thursday	8:30am	Sharon Gallant
Chair Yoga	Thursday (no class 12/8)	12:30pm	Rebecca Reber
Advanced Tai Chi	Tuesday & Thursday	9:45am	Jeanne Friswell
Yoga	Tuesday	9:30am	Michelle Landes
(The Yoga class above will take place at the Pilgrim Church, 15 Common Street, Southborough)			

### *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 and to see what programs are on-going, weekly, bi-weekly or monthly.

<u><i>Program</i></u>	<u><i>Day of the Week</i></u>	<u><i>Time</i></u>
Bridge	Tuesday	12:00pm
Senior Songsters	Tuesday	11:00am
Mah Jongg	Thursday	10:00am
Canasta	Friday	11:15am
Book Club	Friday	1:00pm
Billiard (Pool) Play	Daily	8:30am – 3:00pm
Dull Men's Club	Friday	10:00am
Walking Group	Monday (Trotter Track) &	8:30am
<i>(Depending on Weather Conditions)</i>	Wednesday (Southborough Cemetery)	8:30am

### *Medicare Open Enrollment SHINE can help!*

Call soon to schedule your appointment through December 7, 2022



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2023. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! Trained SHINE (Serving Health Insurance Needs of Everyone on Medicare) volunteers offer free, confidential and unbiased counseling on Medicare options. To schedule an appointment with our Southborough SHINE counselor, Carolyn MacLeod, call the Senior Center at (508) 229-4453.

### *Festival of Illumination at Southwick Zoo*

A cultural and artistic expression like you have never experienced before, an extraordinary and memorable event for guests of all ages! The Festival of Illumination fully engages in maintaining the charm of the century-old traditions, while integrating technologies and craftsmanship, resulting in a most unique and amazing display. Travel on your own to this extraordinary walk through exhibit. Open now through November 23<sup>rd</sup> at 5:30pm. Discounted tickets which are subsidized by the Friends of the COA can be purchased at the Senior Center for \$10 each. (the regular price of this ticket is \$32) These tickets are for Festival of Illumination only and do not include the zoo.



## Movie Matinee!

### Planes, Trains and Automobiles

*Wednesday, November 16th*

Let's do a throwback! This 1987 film has been stated as one of the best Thanksgiving Comedy films of all time. Chicago advertising man Neal Page (Steve Martin) must struggle to travel home from New York for Thanksgiving, with a lovable oaf of a shower curtain ring salesman (John Candy) as his only companion. All that Neal wants to do is to get home for Thanksgiving. His flight has been cancelled due to bad weather, so he decides on other means of transport. Rated R (for a little profanity) One and a half hours in length.

We will be serving lunch at 12:00pm before the movie. Offering a combo of 1/2 Times Square Tuna Melt on a Croissant (homemade tuna, sliced cheddar cheese, lettuce tomato, grilled to perfection) with Tomato Bisque soup or Leigh's Vegetarian Wrap (Lettuce, tomato, sliced cheddar cheese, salsa, guacamole, chopped bell pepper garnished with tortilla chips) brought to us by Festive Breads of Northborough. If you would like to order lunch, please specify which option you would like.

Feel free to bring your own lunch or just come at movie time!

*Suggested Donation—\$6.00 for each lunch—served at 12:00pm - no charge for just the movie*

*Movies will start at 12:30pm*

*Please sign up on registration day at the front desk or call (508) 229-4453*

### HEALTHBEAT

By: Leslie Chamberlin R.N.

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

No Clinic Friday November 18<sup>th</sup>

No Clinic Friday December 2<sup>nd</sup> and 16<sup>th</sup>



### COVID INFORMATION

I have had several inquiries about COVID exposures, positive tests and booster vaccines. Please refer to the Department of Public Health website by googling DPH and type in Covid guidelines in the search bar. The latest public health guidance on how to deal with all Covid related questions are answered on this page.

I have copies of this information to the left of my office door for anyone who would like to take a packet of this information to use as a resource.

Hope to see you soon.. Leslie

### Bereavement Support Group

*Mondays. November 21st & December 19th*

The Bereavement Group will meet from 1:00pm to 2:00pm. 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 No Charge



### Technology Help is Here!

Tuesdays, November 8th & December 13th — 5 one hour time slots  
(These sessions will be one on one with a Sayva Technology Specialist)

Sign ups will begin at 10:00am — No Charge



Are you getting the most of your smartphone, E-Readers, Laptops, Tablets, Alexa or Zoom or just frustrated? No worries, we have help, SayvaServices LLC, a local company, will be coming to help answer all your questions and show you tips and tricks to get the most of your devices. SayvaServices will give you ways to navigate different features that you may not know you even have access to using. Bring your electronic device with you to your session. Feel free to sign up again if you have attended a prior session. Call (508) 229-4453 on Registration Day or after to reserve your spot.

## An Exciting Afternoon of Magic with Illusionist Lyn Dillies

Wednesday, November 30th at 1:00pm

Suggested Donation—\$6.00



From the grand stages of New York City's Lincoln Center to the glitter of Hollywood, Lyn Dillies has captivated audiences of all ages with her spellbinding powers of prestidigitation. She has been hailed as the finest female magician in the land as well as one of America's top illusionists receiving the Merlin Award for Female Illusionist of The Year from the International Magician's Society and the prestigious Milbourne Christopher Award from the Society of American Magicians. Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, the enchanting personality of Lyn Dillies. Southborough Residents will take priority.

Don't miss this very entertaining 1 hour show. Refreshments will be served after the show.



## Holiday Party

December 7th at 12:30pm  
Suggested Donation—\$6.00



We will begin this Holiday Celebration with a Turkey Dinner from TJ's in Ashland. Following our meal, the Flashback Band will entertain us with lots of Holiday music and all time favorites. We will be singing and hopefully dancing in our big room, sure to be a great time. Sign up on registration day and let's all enjoy this afternoon together!

Space is limited—Southborough Residents will take priority.

## Tina Bemis—Holiday Centerpiece Surprise

Friday, December 9th - Suggested Donation—\$15.00

Join Tina for this excellent value, she never knows what decorations will remain. Everyone is always thrilled, though, because Tina always buys too much, and is eager to use it all up. You will leave with a beautiful centerpiece for the Holidays.



## Calling all Walkers!

Greeting to all Walkers! We have just completed the MCOA Walk MA Challenge and awaiting word about any of our Walkers winning gift cards and, very importantly, if our Senior Center will be among those names drawn for \$1000, \$500 or \$250 awards for Programming. My heartfelt thanks for the 29 Walkers who have participated these past six months in the Walk MA Challenge.

And if you thought there would be a break between the MCOA Walk and our Winter Walkers program you would be mistaken. The Winter Walkers program will run November 1 through April 30, 2023. Walk when, where and with whom you want, strive for a mile a day for three days/week or more. The main goal is to keep those feet moving and the rest of your body will follow! We also have group walks Monday and Wednesday mornings as shown on the calendar and you are welcome to join in. Please email me at [skiess2@verizon.net](mailto:skiess2@verizon.net) to register for Winter Walkers

Thanks everyone! Sandy Kiess

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. James Falconi donates 5 cents of every gallon purchased on Tuesdays to the Senior Center.

Thank You Mr. Falconi

Tuesday is now "GAS" day!

### Newport Playhouse Bus Trip

*Wednesday, December 14<sup>th</sup>      Suggested Donation—\$68.00*

*Bus will leave the Senior Center at 9:00am and returns approximately 6:00pm*

Sign up and enjoy a lovely trip to Newport's beautiful Ocean Drive before arriving at The Newport Playhouse and Cabaret Restaurant. Here you will enjoy a delicious buffet, a wonderful play and a fun filled Cabaret performance. After lunch, you'll be whisked off to the theatre where you can sit back, relax and take in Newport Playhouse's show "A Christmas for Carol". Enjoy this Christmas comedic farce, featuring Carol who takes Christmas too far with presents and decorations. Her co-workers devise wacky pranks, an office romance and even people caught in their underwear! Ultimately, the true meaning of Christmas is revealed. After the show, we will return to our original seats and enjoy a Cabaret Show. We will arrive back at the Senior Center approximately 6:00pm. Southborough Residents will take priority.

### PROGRAMS AND MORE ~ Peg Leonard

I am looking forward to spending the Holiday season with you. Unbelievable how fast time is going. Following are a few areas in need during the Holidays if you would like to donate.

#### Southborough Food Pantry

With the Thanksgiving Holiday fast approaching, the Food Pantry is looking for some help with the following: turkey or chicken gravy, turkey or chicken stuffing, canned pumpkin, bread mixes, dill or bread and butter pickles, green or black olives and/or crackers. There are totes behind the Pilgrim Church where donated items can be dropped off. Thank You! (Pilgrim Church is located at 15 Common St.).

#### "Toys for Tots" Donation Program

If you would like to donate this year and put a HUGE smile on a child's face—please bring your unwrapped toy to the Senior Center during the month of December or during our Holiday Party. The last date to drop off is Friday, December 16<sup>th</sup>. I will be delivering the toys to a designated drop off on the 17<sup>th</sup>. Thank you for donating during times like these, it gives a great deal of special meaning for the children receiving these toys. If you have any questions, please give me a call (508) 229-4453.

#### Fresh Start

Fresh Start Furniture Bank distributes donated household items, bed linens and furniture to qualified low income families. The furniture bank is staffed by volunteers and depends on the generosity of the community for donations. [www.FreshStartFurnitureBank.org](http://www.FreshStartFurnitureBank.org). There is a box at the senior center for donations.

#### A Few Other Tid Bits

If you are in the mood for relaxing at home to watch a movie, take a look at our DVD collection and sign one out—there will also be some Holiday Favorites to view. Have a chill night!

Lorraine and Sue are working hard on the "Gift Shop". Take a look around and if you are downsizing Holiday items, they would love to add them to our gift shop. As always, donations of gently used items will be appreciated. If you have any questions about what is excepted, please call (508) 229-4453. If you are in the area, stop by and take a look at what's on display.

If you would like to assist in running our Knitting Group, please let me know. I would be happy to talk with you to discuss the minimal responsibilities in leading this group.

We are researching starting a Water Aerobics class at Wayside Racquet and Swim Club in Marlborough. Before we go further with this relationship, we would like to get a feel if people are interested. Please call the Senior Center to let us know you would be interested in taking a Water Aerobic class. We will then see if we have enough interested members to put this class into our schedule. At this time we do not know the day and time of the class.

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

IS IT TIME TO CHANGE MEDICARE PLANS?

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

It's time to look in the mirror, look at the crystal ball, and decide what you need for health care insurance next year. Elder law attorney Arthur Bergeron gives you a strategy to figure this all out, and some tools to do it.

GIVING

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

December is a great time to think about the gifts you want to make right now, and the ones you want to make after you die. Elder law attorney Arthur Bergeron helps you think about a strategy for giving now and giving later.

Virtual Legal Advice from Attorney Arthur Bergeron

Wednesdays, November 9th & December 14th 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 from 10:00am to 10:45am. Attorney Bergeron will talk with interested Southborough seniors 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.

**BayPath is now Springwell**

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell. Now, proudly serving 22 communities.



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**www.springwell.com**



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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.*

### MEDICARE CHALLENGE

Medicare renewal can be a daunting task, but it is important that you take the time to review it. Maybe your health has changed or your plan has. Maybe there are better plans. If you don't check, you may be wasting your healthcare money next year. I challenge each and every one of you to REVIEW YOUR MEDICARE COVERAGE!

Begin by looking in the mirror. Has your health declined? Have your prescriptions changed? Do you have any procedures coming up? Now look at your Medicare D plan to make sure your prescriptions will be covered, and, if so, will the cost change? Does it make a difference which pharmacy you are using? Next, compare your plan to others in your area. Remember, every plan can change every year, and while you may be wedded to your doctor, you may not be as wedded to your drugstore. Once you've made it through your Part D analysis, look at the Supplemental Plan you have to limit your co-pay and deductible exposure under Medicare A and B. This will be especially significant if you are expecting new medical procedures in 2023, and even if you're not, plans may change their premiums. Finally, see what, if any, Medicare C (Medicare Advantage) plan is available in your area, and compare those prices (and risks) to the ones you face with Medicare A+B+D+Supplemental.

If this sounds too overwhelming (which is the reason why most people don't do it), call the Senior Center and ask to talk to a SHINE counselor, who can help you figure out the insurance package that meets your needs. If there are no SHINE counselors, the Senior Center staff should be able to advise you on who to contact. For more information, visit Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://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 [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com).

### FRIENDS OF THE SOUTHBOROUGH COUNCIL ON AGING CALENDAR YEAR 2023 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.

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