

# NATICK SENTINEL

## January & February 2017

### *Letter from the Director*



#### Council on Aging

117 E. Central Street  
Natick, MA 01760  
508-647-6540

#### Business Hours:

Mon-Wed: 8:30 a.m.-5:00 p.m.

Thu: 8:30 a.m.-7:00 p.m.

Fri: 8:30 a.m.-2:30 p.m.

<http://natickma.gov/626/Council-on-Aging>

Dear Friends,

Does your New Year's resolution involve keeping fit, making new friends, or learning something new? Keep your goals on track in 2017 at the Community-Senior Center. Enjoy one of our fitness or dance classes, work out in the fitness center, meet up with friends for lunch, or attend a lecture. Programs are scheduled throughout the day Monday through Saturday morning, and early evening to accommodate folks who are still working.

#### New & Noteworthy:

Beginning in January, registration will be required for all seasonal Council on Aging special events. This change will assure that seating is available for everyone planning to attend the program.

**BrainHQ** - Now available in the computer lab. **BrainHQ** is cognitive training that improves your brain functions. The exercises always give a useful, meaningful workout to your unique brain. Using a special algorithm, each exercise adapts in difficulty as you work so that you always train at the optimum level for you. Directions to create an account and how to begin BrainHQ are available in the computer lab.

**Smart 911** - A new free service that provides first responders with important information to help you in an emergency. For more information, or to enroll, please visit: <https://www.smart911.com/>

**Kudos** - Special thanks to the Friends of the Natick Senior Center for sponsoring the Annual Holiday Dinner December 15<sup>th</sup> and for raising funds to support programs and services not funded by the town or state throughout the year.

Best wishes for a happy, healthy, and prosperous New Year,  
Susan Ramsey, Director

#### Welcoming Statement:

Our center strives to create an environment which values diversity, mutual respect, and supports inclusive ways to work to support services, programs, and advocacy for people of all ages and abilities.

### Slice of Pie event on November 17, 2016

Thank you to Newton Swing Band, Roche Bros. Wellesley, Mary Ann Morse Healthcare Center, and Whitney Place for contributing to our Pie event!



Volume 15, Issue 1



## WHY WE'RE DIFFERENT:

- ♥ FREE HOME SAFETY VISIT BY A REGISTERED NURSE
- ♥ COMMUNICATION WITH MD AS NEEDED OR REQUESTED BY FAMILY
- ♥ REGULAR SUPERVISION OF STAFF BOTH ANNOUNCED AND UNANNOUNCED
- ♥ ASSISTANCE WITH PILL BOX AS NEEDED

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- Has a special program to meet the special needs of America's Veterans?
- Is fully paid for by Medicare Part A?

*The answer may surprise you.*

**855-820-4801**

## Thank you to all who attended our 17th Annual Holiday Party!

We at the Council on Aging want to send out a special thank you to all the seniors who attended our 17th Annual Holiday Party here! We also want to thank the Friends of the Natick Senior Center, Inc, who sponsored this event again this year, as well as TJ's Spirits in Ashland for the great food, Needham Bank for sponsoring *Natick Lights Up the Holidays* and providing lanterns for use during a power outage, the *Goldenaires* singing group who serenaded our guests as they entered our building, Tanya Quigley-Boylan from the Natick Fire Department who demonstrated good safety measures for us, and all of our wonderful volunteers who helped decorate, set up, serve, and clean up. We couldn't do this great event without their help!

**natickconnector**



The Natick Connector is a convenient, secure, and accessible transportation service for elders and disabled residents. **We are now operating Monday - Friday from 9:00 a.m. - 4:00 p.m. and in addition to our 12 passenger van, we will be using a smaller SUV type vehicle.** The service provides door to door transportation to medical appointments, grocery stores, and other personal services in Natick and the surrounding towns of Framingham, Wellesley, Wayland, Ashland, and Sherborn. The cost for one-way is \$2, round trip is \$4. Cash is not accepted on-board, call the MWRTA to set up an account from which the fare is deducted. To register for the service and set up your account, call the Call Center at 508-820-4650 and tell them you want to set up an account with the Natick Connector. Please call two business days before you need a ride. Contact Jack Rourke with questions at his phone number: 508-647-6540x1901 or e-mail: [connector@natickma.org](mailto:connector@natickma.org).



### 2017 Senior Parking Permits

Senior citizen 2017 parking permits are now available to Natick residents age 65 and older for a \$2.00 fee. Parking permits are available for purchase at the CSC and cover the calendar year (Jan-Dec). Your license and car registration are required at the time of purchase.

### Circuit Breaker Seminar

Join us for our annual Circuit Breaker Seminar with our State Senators on Monday, January 30, 2017. We'll discuss what the circuit breaker is and how you can benefit from it. Bring your questions!

**Mon Jan 30 noon free**



### Engineering for Humanity: Helping Elders Age in Place Through Partnerships for Healthy Living

Natick Council on Aging is collaborating with Olin College in Needham to help them with an exciting course taught by 2 Olin College professors. One aspect of the course is to match older adults with students from Olin, Wellesley, and Babson Colleges. Older adults will have contact with interested students who want to learn about their daily lives and will collaborate with them to design and implement simple engineering solutions to everyday problems. Project participants will also be invited to attend classes and field trips at Olin for occasional events. Older adults must be at least 65 years old, available late January to early May, 2017, and be willing to have students come to their homes. For more information, contact Karen by e-mail at [kedwards@natickma.org](mailto:kedwards@natickma.org) or 508-647-6540.

### Town of Natick's Electric Aggregate Program

Join Jillian Wilson Martin, Natick's Sustainability Coordinator, to find out about the Town's 6 month aggregate program, its benefits, and how to opt in or out. Jillian can answer your questions and get to the heart of what it all means. Join her on **Jan 18** at the CSC for a discussion. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

**Wed Jan 18 11:00 a.m. free**

### Natick High School Advanced Choir

The Natick High School Advanced Choir is excited to sing for the Natick community! We are a group of approximately 40 sophomores, juniors, and seniors who study music at an advanced level. Our repertoire is eclectic, including classical and modern music. Please join us for our next performance! Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

**Thu Feb 16 1:00 p.m. free**



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# THIS SPACE IS AVAILABLE

The Sentinel Newsletter is supported in part by the Town of Natick, Executive Office of Elder Affairs and the Friends of the Natick Senior Center.

The **Natick Sentinel** is published 10 times per year. Information is published as a guide and service. The goal is to help provide safe, quality services. Ideas and opinions expressed are those of individuals and not the Town of Natick.

For activities requesting donations or fees, provisions have been made to finance those participants who may have financial difficulties. Reasonable accommodations, audio-visual aids, and other services are available upon request.

Call the Community-Senior Center for more information or to talk to staff, below, at 508-647-6540.

**COUNCIL ON AGING STAFF**

- Susan Ramsey.....COA Director
- Lorraine C. McNally.....Asst. Director/Prog. Developer
- Karen Edwards.....Volunteer Coordinator
- Sharon Kirby.....Program Assistant
- Allison Goldman.....Administrative Assistant
- Ken Colon.....Department Assistant
- Patti Collari.....Department Assistant
- Mindy Goldstein.....Technology Program Assistant
- Sheila Young.....CIRS-A/D Information & Referral Specialist/Exec. Asst.

**DISCLAIMER:** We thank the advertisers featured in this newsletter. Their support makes the printing of the **Natick Sentinel** possible. The Community-Senior Center does not specifically endorse any service or product advertised herein. We do encourage our readers to investigate any service or product they may consider using in order to make an informed decision.

**Closed for the following Holidays**

We are **closed** on Jan 2, 16 & Feb 20, 2017

**New & Noteworthy:**

**Registration:**

Beginning in January, registration will be required for all seasonal Council on Aging special events. This change will assure that seating is available for everyone planning to attend the program.

**Parking:**

Just a reminder that people with handicap placards are free to park anywhere in the CSC parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that all the spots that run parallel to the building in the front are now marked for handicapped parking only. Please be advised that there is NO PARKING in the striped spaces. These spaces allow for those in a wheelchair additional room to get in and out of their vehicles. **Parking in these spots is subject to at \$250 fine.**



**Weather Related Cancellations**

Classes/activities may be cancelled due to extreme weather or unsafe conditions. If the Natick Schools are closed, daytime classes will not be held. Evening classes may or may not be held, depending on road conditions. If in doubt, contact the Community-Senior Center for updates.

**NEW - Community Connections - Senior Center Without Walls**

A new program is offered via telephone for seniors unable to travel to the Community-Senior Center. The goal is to connect them with a social network, as well as senior center activities, from the comfort of their own homes, and to create new friendships! Calls will last 30, 45, or 60 minutes. Topics range from current events, trivia, stories, coffee break, arm chair travel (ex. learn about other countries and their people), as well as topics identified by the callers. The calls will be led by volunteers who will share their skills, expertise, and interests with the seniors. Pre-printed step-by-step and easy to read dial-in instructions will be provided. It is as easy as dialing a telephone number and six digit code! To participate or request additional information, please call Mindy Goldstein at 508-647-6540 extension 1919.

Pre-registration required for all classes and events by calling the CSC at 508-647-6540 or by registering online at <https://register.communitypass.net/Natick>

**WE ACCEPT**



Visit us on Facebook

<https://www.facebook.com/natickcommunityservices>



**FINANCIAL AID**

Any community member can request support to offset some or all of the fees associated with an activity. Please contact Sheila Young at 508-647-6540 x1900 for confidential assistance.

## SPECIAL EVENTS: January

### Mindfulness Meditation

Join Sharon Kirby as we highlight different meditative practices including silent sitting, body scan, walking meditation, eating meditation, and more. Some of the reported benefits of mindfulness practice include: enjoying life more fully, relieving stress, lowering blood pressure, reducing pain, and improving sleep. Please bring a yoga mat if you have one; chairs will be available. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Thu Jan 5, 19 11:30 a.m. free

### Contract Bridge for Players with Doris

This course is for bridge players who have taken several courses but would like to sharpen their bidding and playing skills. You will be introduced to current bridge bidding, such as the strong two-club bid, the weak two bid, and the Jacoby transfer. Some time will be spent on declarer play and defensive play; however, most of the class time will be given to playing bridge with some pre-dealt hands and randomly dealt hands. 10 weeks. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Mon Jan 9 - Feb 13 10:00 a.m. free

### Intermediate Bridge with Robert

Intermediate Bridge continues! If you are comfortable with the basics and want to improve your game, Intermediate Bridge is for you. A fun and friendly group learns and practices the next level of the game including negative doubles, new minor forcing, defensive carding, opening leads, and much more. Sessions include instruction and discussion followed by play where questions are encouraged. If you enjoy the challenge of bridge and want to improve, join us. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Tue Jan 10 - Feb 28 3:00 p.m. - 5:00 p.m. \$80

### YMCA's Diabetes Prevention Program

This program gives you the skills you need and the support you deserve to make lasting healthy lifestyle changes. This program will help you lose weight, increase your physical activity, and, most importantly, reduce your risk for diabetes. **Each class is 1 hour long and will meet weekly for 16 weeks followed by 8 monthly maintenance sessions.** Please contact Tom Black 508-879-4420 ext.39 or [tblack@metrowestymca.org](mailto:tblack@metrowestymca.org) for more information.

Wed Jan 11 11:00 a.m. free  
16 weekly sessions; followed by 1x month/8 months

### TED Talks Discussion Group

This is a casual group that enjoys TED. This is not a debate group, but rather a collection of courteous individuals who aspire to learn more about their world. We'll watch 30 minutes of Talks and then talk for 30 minutes. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

**January topic:** Why Privacy Matters - Glenn Greenwald, was one of the first reporters to see/write about the Edward Snowden files. In this searing talk, Greenwald makes the case for why you need to care about privacy, even if you're "not doing anything you need to hide".

Thu Jan 12 11:00 a.m. free

### Opera Appreciation Series

*No more waiting in line -- online registration now available! Register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.* This drop-in course will be guided by Ron Williams, an award winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. He performed roles with several companies nationally including the San Francisco Spring Opera and Michigan Opera. He sang in the world premiere of "The Last Leaf" with Opera San Jose. *Due to the generosity of an anonymous donor, scholarships are available on a confidential basis. Participants must apply each session the class is offered. Please contact Lorraine at the CSC for details.*

Fri Jan 13 - May 5 10:30 a.m. \$5/class

### CSC Book group at Natick CSC

Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

#### *Falling Angels by Tracy Chevalier*

Tue Jan 17 1:00 p.m. free

### Town of Natick's Electric Aggregate Program

Join Jillian Wilson Martin, Natick's Sustainability Coordinator, to find out about the Town's 6 month aggregate program, its benefits, and how to opt in or out. Jillian can answer your questions and get to the heart of what it all means. Join her on **Jan 18** at the CSC for a discussion. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Wed Jan 18 11:00 a.m. free



### NEW - Senior Learning Network Program Denali: The High One, Offered by: Denali National Park & Preserve, Alaska

Our Senior Learning Network programs provide you with the experience to talk to presenters live and virtually from across the country and around the world! Please join us! This program focuses on the dynamic geologic processes - subduction, uplift, and erosion - that created North America's tallest mountain. Participants investigate why Denali is so big, how it influences the weather, and glaciers. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Thu Jan 19 3:00 p.m. free



### Birthday Parties With the Friends

Monthly birthday parties are run by the Friends of the Natick Senior Center! Join us for cake, ice cream, and lots of fun! All are welcome to come - bring a friend, a grandchild, or just yourself! Come and celebrate with us!

Fri Jan 20 1:30 p.m. free

### Sort Your Treasures and Sell Your Home?

Feeling burdened with your current home? Overwhelmed by the thought of moving? Stuck between "Should I stay or should I go?" We'll discuss options to sort, de-clutter, and considerations on getting your home ready to sell. Presented by Daryl Lippman, Realtor, and Ann Newberry, owner of Smooth Transitions of MA.

Mon Jan 23 2:00 p.m. free

## SPECIAL EVENTS: February

### Mindfulness Meditation

Join Sharon Kirby as we highlight different meditative practices. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Thu Feb 2, 16 11:30 a.m. free



### Butterfly Explorations with Audubon Naturalist Expert Joy Marzolf

Join Joy Marzolf, Education Coordinator and Naturalist at Mass Audubon's Broadmoor Wildlife Sanctuary in Natick, for a fun and informative talk with photo/video and specimens! Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Wed Feb 8 1:30 pm free

### TED Talks Discussion Group

Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

**February topic:** Why Do We Sleep - Russell Foster, a circadian neuroscientist, studies the sleep cycles of the brain. What do we know about sleep? Something we do one-third of our lives? In this talk, Foster shares three popular theories about why we sleep, busts some myths about how much sleep we need at different ages, and hints at some bold new uses of sleep as a predictor of mental health.

Thu Feb 9 11:00 a.m. free



### NEW - Senior Learning Network Program George Washington and the French and Indian War Offered by Fort Necessity National Battlefield

Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>. The park ranger will interact with participants and use George Washington's writings to show them how Washington's ambition, hard work, and experiences in the French and Indian War helped him mature into the famous man we all know today. Participants will have an opportunity to ask the park ranger questions.

Thu Feb 9 1:30 p.m. free

### Walk at the Wellesley College Greenhouses

**Location:** Meet at the Wellesley College Margaret C. Ferguson Greenhouses Visitor Center. Join this docent-led walk leading through sixteen interconnected greenhouses comprising 7,200 square feet under glass.

Please register by calling the CSC at 508-647-6540 to sign up.

Mon Feb 13 10:00 a.m. free

### Sleeping Well: Tips for Better Sleep with Robb Webb, RPSGT, RST

Join Robb as he talks about the causes of sleep difficulties, treatments/procedures, and how to identify them - helping you get back on track with a healthier life! Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Wed Feb 15 2:00 p.m. free

### Social Security Overview of Benefits and Updates

With Sabrina Feliciano, Public Affairs Specialist with Social Security Administration. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Thu Feb 16 2:00 p.m. free

### Birthday Parties With the Friends

Fri Feb 17 1:30 p.m. free

### Brain Exercises - Math Workout for Everyone

Join Swati Dave, for a FUN class in math exercises that will help you keep your brain active, sharp and enjoying yourself—really! Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Tue Feb 21 1:00 p.m. \$5

### CSC Book group at Natick CSC

Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

### The Underground Railroad by Colson Whitehead

Tue Feb 21 1:00 p.m. free

### Scams, Fraud & Identity Theft presented by Detective John Haswell, Natick Police

Scam artists are lurking behind every keyboard and telephone. They want to take advantage of you and take what's yours. Please join us for an important seminar so we can help you help yourself! Presented by Natick Police. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Wed Feb 22 2:00 p.m. free

### Shifting Gears: Driving Safety Program

Join MASS DOT presenter, Michele Elicks for tips on how to be a better driver; looking at frequent causes of collisions for older drivers, the warning signs of unsafe driving, and medical conditions or medications that may affect your driving. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Thu Feb 23 2:00 p.m. free

## SPECIAL EVENTS: February

### Beginner's Contract Bridge Lessons with Doris

If you enjoy card games, give bridge a try! The class will cover rules, scoring, bidding, and playing, along with supervised play. Bridge is a life-long game that is social and helps boost your brainpower while having fun and meeting new people. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Mon Feb 27 10:00 a.m. free

### Diet and Exercise Strategies for Maintaining Muscle, Bone Density, and Healthy Joints in Midlife and Beyond

With Jane Polley, MS, RD, LDN and Laila Vehvilainen, MS-Gerontology, MPH and Certified Fitness Instructor

We'll look closely on how to keep healthy as you age by maintaining muscle, bone density and healthy joints through discussions, presentations and offering diet and exercise recommendations. This interactive class will give you tools and personalized plans. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Tue Feb 28, Mar 7, 14, 21 2:30 - 3:45 p.m. \$40 for all sessions

### Henri Matisse - Art Appreciation with Art Matters

Join us for this in-depth look at the works of Henri Matisse, an artist who revolutionized 20<sup>th</sup> century art, including his paintings, drawings and cut-outs. A knowledgeable art historian will lead the presentation with slides, oversized art prints, and discussion. (FYI - A special exhibit on the works of Matisse will be at the MFA Boston April 9-July 9). This program is sponsored by a generous donation from Sue Shea. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Thu Feb 28 1:30 p.m. free

## COMPUTERS

### Computer Lab

Instructor: Tom Swan, Ray Berggren

Drop-in, first come, first served with your computer questions.

Tue, Wed, Thu ongoing 1:00 p.m. - 3:00 p.m. free  
Mon, Fri ongoing 9:00 a.m. - noon free

### Brain HQ is now available in our computer lab!

BrainHQ is cognitive training that improves your brain functions. The exercises always give a useful, meaningful workout to your unique brain. Using a special algorithm, each exercise adapts in difficulty as you work so that you always train at the optimum level for you—where you are most likely to make cognitive improvements. Directions to create an account and how to begin BrainHQ are available in the computer lab

### FOSS (Free, Open-Source Software) User Group

Learn about good, free, reliable software for your computer, and share ideas with others who use it!

Thu Jan 12 & Feb 2 3:00 p.m. - 6:00 p.m. free

### iPad Classes for the New Year

Did you just get a new iPad or iPhone for the holidays and aren't sure how to use it? Please join an associate from the Apple Store, Natick Mall, to get more comfortable with your iPad as we talk about the basics: getting set up and navigating with your new device. Class size limited to 10. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Fri Jan 13 & 27 1:00 p.m. free

### iCloud

An associate from the Apple Store, Natick Mall will go over iCloud, passwords, backups oh my! We will try to take the confusion out of iCloud and illustrate its importance as well as ways to remember your passwords and keep your info safe with a backup. Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

Fri Feb 10 & 24 1:00 p.m. free

### Do You Need Help Preparing Your Taxes?

IRS trained and certified AARP tax volunteers will be available, *by appointment only*, to prepare your **2016 Federal and State Income Tax returns beginning in early February**. There is no cost for this service. The program is designed to assist all people of low to middle income with special attention given to those age 60 and older. Tax volunteers are also available to assist older residents who are unable to leave their home due to illness or disability. To arrange for this service, please contact Lorraine at 508-647-6540. At the time of your appointment, please come prepared with the following: **2016 Tax Returns**, all tax statements reporting your income (including social security), interest income, dividends, pensions, unemployment compensation, capital gains, and any other sources of income you may have. Homeowners should bring copies of **2016 real estate** tax payments and water/sewer payments with evidence of payments made. Tax appointments will be held at the Community-Senior Center, 117 East Central St. You may schedule your tax appointment beginning on **Tuesday, January 24, 2016** by calling 508-647-6540.

## GAMES & ART

### Art Workshop

Welcome artists of all levels. Work on your project in the medium of your choice (no turpentine). Bring a plastic cover for your area.

Mon 3:00 p.m. - 5:00 p.m. free

### Beaded Jewelry Making Program

Come and make your own beaded jewelry creations, including earrings, bracelets, necklaces, etc. All materials are provided. There is a modest charge per item made and taken.

Mon Jan 9 & 23, Feb 6 & 27 10:00 a.m. small fee per piece

**Beaded Flower Class: *Beginners welcome!***

Join us as we learn the art of beaded flower making from a knowledgeable instructor. Participants will learn how easy it is to make beautiful beaded flowers and arrangements.

**Tue 1:00 p.m. \$10 fee for materials as needed**

**Portrait Painters**

Clothed models pose for class attendees. All mediums are used; however, turpentine is not allowed. Models are paid through the class fee of \$6/per class. If you would like to model for the group, please call the CSC. Cash or check due on the day of session.

**Thu Jan 5, 12, 19 & Feb 2, 9, 23 10:00 a.m. \$6 per class**

**Writer's Guild**

This group of (mostly) amateur writers provides support to other writers, a venue to test your writing efforts by reading your work aloud, and gentle guidance and feedback from group members, if you wish. Members share their work including poetry, fiction, memoirs, essays, and journal entries. This group will help you improve and learn from your peers.

**Tue ongoing 1:00 p.m. free**

**COMMUNITY****Check out local artists on display at Natick COA**

In-house Portrait Painters

**Mon - Fri Jan 1 - Feb 12 all day free**

Art Students from Natick High School and Lisa Curtis

**Mon - Fri Feb 13 - March 13 all day free**

**Get to Know Your Town Government**

A conversation with Sue Salamoff, Natick Board of Selectmen. Come with your questions!

**Thu Jan 5 & Feb 2 9:30 a.m. free**

**Representative Linsky's Office Hour**

Meet with Rep. Linsky and voice your concerns or questions.

**Mon Jan 9 & Feb 13 9:30 a.m. free**

**Bagels With The BOS**

Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

**Thu Jan 26 & Feb 23 9:00 a.m. free**

**Coffee and Current Events**

**Instructor: Joe Weisse**

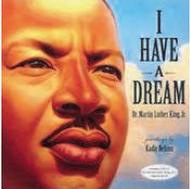
Discuss international, national, state, and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. He serves on the Natick Safety Committee and on the MBTA Advisory Board. Joe, a 30-year resident of Natick, is a former State Agency Public Information Officer.

**Fri Jan 27 & Feb 24 10:30 a.m. free**

**Drop-in programs: free unless indicated**

Days	Program	Times
Mon-Fri	Play Pool	9:00 a.m.- 5:00 p.m.
Mon, Thu	Poker	noon
Mon	Chair Volleyball	noon
Mon, Wed, Thu	Movie	1:00 p.m.; 5:30 p.m.
Mon	Scrabble	1:00 p.m.
Mon	Art Workshop	3:00 p.m.
Mon	Ping Pong	3:00 p.m.
Tue, Thu	Video Exercise	10:00 a.m.
Tue	Maj Jongg	noon
Tue	Bingo	12:30 p.m.
Tue	Beaded Flowers	1:00 p.m.
Tue	Writer's Guild	1:00 p.m.
Wed, Fri	Chair Volleyball	10:30 a.m.
Wed	Duplicate Bridge	12:30 p.m.
Wed	Knitting/Crocheting	1:00 p.m.
Thu	Contract Bridge	9:00 a.m.
Thu	Quilting	1:00 p.m.
Fri	Cribbage	10:00 a.m.
Fri	Contract Bridge	1:00 p.m.
Fri	Drop-in Bridge	1:00 p.m.
Fri	Ping Pong	2:00 p.m. - 7:00 p.m.

# January

Monday	Tuesday	Wednesday	Thursday	Friday
See page 9 for the drop-in program schedule	See page 12 for the exercise class schedule			
2 <b>CLOSED</b> 	3 10:00 Goldenaires 11:00 Bereavement Support	4	5 9:30 Get to Know Town Gov't 10:00 Portrait Painters 11:30 Mindfulness Meditation 1:00 The Nurse Is In	6
9 9:30 Rep. Linsky's Office 10:00 Beaded Jewelry 10:30 Contract Bridge w/ Doris	10 10:00 Goldenaires 1:00 CSC Book Group 3:00 Intermediate Bridge w/Robert	11 10:30 YMCA's Diabetes 1:00 Blood Pressure Clinics	12 10:00 Portrait Painters 11:00 TED Talks 1:00 The Nurse Is In 3:00 FOSS	13 10:30 Opera 1:00 iPad Class
16 <b>CLOSED</b> 	17 10:00 Bereavement Support 10:00 Goldenaires 1:00 CSC Book Group 3:00 Intermediate Bridge w/Robert	18 11:00 Electricity Supplier 10:30 YMCA's Diabetes	19 10:00 Portrait Painters 11:30 Mindfulness Meditation 1:00 The Nurse Is In 3:00 SLN - Alaska	20 10:30 Opera 1:30 Birthday Party with Friends
23 10:00 Beaded Jewelry 10:30 Contract Bridge w/ Doris 2:00 Sort Treasures	24 10:00 Goldenaires 3:00 Intermediate Bridge w/Robert	25 10:30 YMCA's Diabetes 1:00 Blood Pressure Clinics	26 9:00 Bagels w/BOS 1:00 The Nurse Is In	27 10:30 Opera 10:30 - Coffee and Current Events 1:00 iPad Class
30 10:30 Contract Bridge w/ Doris 12:00 Circuit Breaker Seminar	31 10:00 Goldenaires 3:00 Intermediate Bridge w/Robert			

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# February

Monday	Tuesday	Wednesday	Thursday	Friday
See page 9 for drop-in programs schedule	See page 12 for exercise classes schedule	1 11:00 YMCA's Diabetes	2 9:30 Get to Know Town Gov't. 10:00 Portrait Painters 11:30 Meditation 1:00 The Nurse Is In 3:00 FOSS	3 10:30 Opera
6 10:00 Beaded Jewelry	7 10:00 Bereavement Support 10:00 Goldenaires 3:00 Intermediate Bridge w/Robert	8 11:00 YMCA's Diabetes 1:00 Blood Pressure Clinics 1:30 Butterfly Exploration	9 10:00 Portrait Painters 11:00 TED Talks 1:00 The Nurse Is In 1:30 SLN - Geo. Washington	10 10:30 Opera 1:00 iCloud
13 9:30 Rep. Linsky's Office 10:00 Greenhouses Walk	14 10:00 Goldenaires 1:00 CSC Book Group 3:00 Intermediate Bridge w/Robert	15 11:00 YMCA's Diabetes 2:00 Sleeping Well Tips	16 11:30 Mindfulness Mediation 1:00 The Nurse Is In 2:00 Soc. Sec. Overview	17 10:30 Opera 1:30 Birthday Party with Friends
20 <b>CLOSED</b> 	21 10:00 Bereavement Support 10:00 Goldenaires 1:00 CSC Book Group 3:00 Intermediate Bridge w/Robert	22 11:00 YMCA's Diabetes 1:00 Blood Pressure Clinics 2:00 Identity Theft	23 9:00 Bagels w/BOS 10:00 Portrait Painters 1:00 The Nurse Is In 2:00 Driving Safety Program	24 10:30 Opera 10:30 Coffee and Current Events 1:00 iCloud Class
27 10:00 Beaded Jewelry	28 10:00 Goldenaires 1:30 Henri Matisse's Art 2:30 Diet/Exercise Strategies 3:00 Intermediate Bridge w/Robert			

LET US PLACE YOUR AD HERE.

**Fitness Room At CSC**

The Fitness Room at the CSC is a small community gym with cardiovascular equipment, KEISER pneumatic weight machines, and free weights. To join, you must complete an orientation session, which you can sign up for at the front desk at the CSC. There is a \$5 orientation fee. The fee will be deducted from your membership cost if you decide to join the fitness room. Please arrive early for your scheduled orientation time, as late arrivals will not be permitted. If you do not attend the orientation, or do not arrive on time, the fee is nonrefundable. Membership is for 6 months, and is \$25 for those 60 and over, and \$40 for those 18-59. Gift certificates are available from the front desk at the CSC. Please contact the CSC for more information. Fitness room hours are Mon-Fri from 7:30 a.m. - 8:00 p.m. and Sat 8:30 a.m. - 12:30 p.m.

**Small Group Personal Training**

**Instructor: Fitness Together Staff**

Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. You will be asked to fill out a health questionnaire for the instructor when you sign up. New sessions start each month. *Please note: You must specify and then attend ONLY the class you have signed up for as class size is limited. **Class size is limited to 8.*** Preference will be given to Natick residents.

For ALL Jan 17 classes: registration will start **Jan 3 for Natick residents**, and **Jan 10 for all non-Natick** residents.  
 For ALL Feb 14 classes: registration will start **Jan 31 for Natick residents**, and **Feb 7 for non-Natick** residents.

Day	Times	Dates	Price
Tue & Thu	10:00 a.m. - 11:00 a.m.	Jan 17 - Feb 9	\$100 per session
Tue & Thu	11:00 a.m. - 12:00 p.m.	Jan 17 - Feb 9	\$100 per session
Tue & Thu	7:00 p.m. - 8:00 p.m.	Jan 17 - Feb 9	\$100 per session
Tue & Thu	10:00 a.m. - 11:00 a.m.	Feb 14 - Mar 9	\$100 per session
Tue & Thu	11:00 a.m. - 12:00 p.m.	Feb 14 - Mar 9	\$100 per session
Tue & Thu	7:00 p.m. - 8:00 p.m.	Feb 14 - Mar 9	\$100 per session

**Weekly Exercise Classes At The CSC**

The classes below are on the Multi-Class Exercise Card. Classes are \$3.00 per class and require the purchase of a Multi-Class exercise card. With our new computer system, cards will now be electronic and cost of class will redeem upon sign-in the day of class. Electronic cards are available in 2 denominations: 10 classes for \$30, or 5 classes for \$15. You may purchase the new electronic card at the front desk.

- Chair Yoga: Mondays at 10:00 a.m.
- Zumba: Mondays at 11:30 a.m.
- Muscle Building: Advanced Band Exercises  
Tuesdays and Thursdays at 10:00 a.m.
- Muscle Building: Low to Moderate Band Exercises  
Tuesdays and Thursdays at 11:00 a.m.
- Chair Aerobics: Tuesdays at 11:15 a.m.  
(Wednesdays, Fridays at 11:00 a.m.), on hold until further notice
- Evening Muscle Building:  
Tuesdays and Thursdays at 5:30 p.m.
- New: Yoga: Tuesdays 3:15 p.m.
- Line Dancing: Wednesdays at noon
- Strength Training: Fridays at 10:00 a.m.
- Tai Chi: Fridays at 11:15 a.m.
- Yoga: Fridays at 2:15 p.m.

## TRIPS

### Jackson Homestead and Museum

The Jackson Homestead in the village of Newton Corner is an historic house that served as a station on the Underground Railroad before the Civil War. Visit will last approximately 1.5 hours.

**Wed Feb 15 10:30 a.m. \$5 admission charge**  
**\*Please note: Additional non-refundable \$4 for the Natick Connector fee**



### Day Trip To Butterfly Magic in Deerfield, MA

Bus departs 8:30 a.m. from Natick Community-Senior Center and arrives back approximately 5:30 p.m.

Stroll through a conservatory filled with butterflies and enjoy a delicious luncheon at Chandler's Restaurant. Trip insurance is available for an additional \$10.

**Wed Mar 1 8:30 a.m. \$87**



### Day Trip to NYC to visit Statue of Liberty, Ellis Island, and the 9/11 Memorial

Includes ferry ticket and the luxury bus. Lunch is on your own (16 and under is \$79). Trip insurance is available for an additional \$10. Departs from Natick CSC at 6:30 a.m. with a coffee/breakfast stop on the way. Upon arriving at Battery Park in New York, we'll take the ferry to both the Statue of Liberty and Ellis Island. You'll have time to view all the exhibits which focus on the great immigration to America and the effects both had on their families and their newly adopted homeland. There are cafeterias on both Ellis and Liberty Island for luncheon (on your own). Returning to Battery Park, our group will visit the 9/11 Memorial. This very powerful Memorial memorializes all those who died in the 9/11 terrorist attacks by listing their names around fountains placed where the original Towers stood. Your expected arrival home is 10:30 p.m. after a most memorable day in the Big Apple! Please register at 508-647-6540 or online at <https://register.communitypass.net/Natick>.

**Sat April 1 6:30 a.m. \$89 includes ferry ticket and the luxury bus. Lunch is on your own. (16 and under is \$79)**

### Day Trip to the North Shore - Salem/Peabody Essex Museum, Gloucester, Rockport

Trip insurance is available for an additional \$10. Depart at 8:30 a.m. for a full day of exploring the North Shore with our first stop in Salem and the Peabody Essex Museum - followed by lunch- lastly, a stop to browse through scenic Rockport, Massachusetts. Return time home will be approximately 5:30 p.m. Luncheon (included) at the Gloucester House Restaurant on the water with Fresh Baked Scrod or Baked Chicken and Strawberry Shortcake for Dessert.

**Fri May 12 8:30 a.m. \$79**

### Boston's Tall Ships 2017 Day Trip

Trip insurance is available for an additional \$10. An exciting narrated harbor sightseeing cruise to see and celebrate the 2017 Tall Ships Regatta including, Boston's own U.S.S. Constitution (Old Ironsides) aboard the Provincetown II. We'll return home approximately 5 p.m. Lunch (not included) - You will purchase your own lunch at Quincy Market with over 60 eateries/restaurants.

**Mon June 19 8:30 a.m. \$79**



**Monday Movies: at 1:00 p.m. & 5:30 p.m.**  
 New movies

Dates	Film
January 2	<b>Center Closed: New Year's Day</b>
January 9	Emma's Chance (Drama)
January 16	<b>Center Closed: MLK Day</b>
January 23	Florence Foster Jenkins (Drama)
January 30	Maggie's Plan (Comedy)
February 6	Little Men (Drama)
February 13	Southside with You (Romance)
February 20	<b>Center Closed: Presidents' Day</b>
February 27	Sully (Drama)

**Wednesday Movies: at 1:00 p.m. & 5:30 p.m.**  
 Foreign, Independent, Documentaries

Dates	Film
January 4	Our Last Tango (Documentary)
January 11	Sunset Song (Drama)
January 18	Kolya (Drama)
January 25	My Afternoons with Marguerite (Comedy)
February 1	I Am Bolt (Documentary)
February 8	Harry and Snowman (Documentary)
February 15	Butterfly (Drama)
February 22	A Man Called Ove (Comedy)

**Thursday Movies: at 1:00 p.m. & 5:30 p.m.**  
 Great older award winning or nominated films

Dates	Film
January 5	The English Patient (Drama)
January 12	Forest Gump (Drama)
January 19	Tootsie (Comedy)
January 26	The Right Stuff (Drama)
February 2	Fargo (Drama)
February 9	Broadcast News (Comedy)
February 16	Moonstruck (Comedy)
February 23	Amadeus (Drama)

**Details and movie description available at CSC**

## Volunteer Opportunities

Volunteering for the Council on Aging just got easier! If you are interested in becoming a COA volunteer go to [www.myvolunteerpage.com](http://www.myvolunteerpage.com) and search for "Natick". You will be brought to our new volunteer page where you can get information about volunteer opportunities and apply online to become a volunteer.

### Volunteer Chore Program

Did you know that a minor home repair and Chore Service Program is available to senior homeowners through the Natick Council on Aging's Volunteer Services Department? The goal of this program is to support seniors who desire to remain independently in their own homes by helping them with minor repairs and chores that they are no longer able to perform.

These would include: replacing light bulbs, minor lamp repair, replacing smoke detector or clock batteries, fixing leaking faucets or toilets, plugged drains, repairing door hinges and locks, putting up or taking down screens/storm windows, hanging curtains/blinds/shades, turning over a mattress, installing window fans or air conditioners, tacking down carpets, setting up new answering machines, television accessories, smart phones or computer tablets, putting together small pieces of furniture sold in a box, moving smaller pieces of furniture, transporting medical equipment from Natick COA to your home, painting a small area, etc.

**AARP Recommends:** that seniors replace round doorknobs with lever handles. Round doorknobs pose problems for many people who have arthritis, limited strength or difficulty grasping. Lever handles also benefit small children or people who may have their hands full. This is something a Chore Volunteer can definitely help you with!

The homeowner is responsible for the cost of materials used, and a release form must be signed by the homeowner prior to any work being done.

Projects Chore Volunteers can **NOT** help with include: general cleaning, new construction, skilled electrical, carpentry or plumbing, major appliance repair, gutter or roof work, boxing up or moving contents of home for a move, installation of safety bars that need to be weight bearing.

To put in a request for a Chore Volunteer you can e-mail [kcolon@natickma.org](mailto:kcolon@natickma.org) or call 508-647-6540 and ask to put in a Chore Request

## Urgent Need!

### Natick Connector Volunteers

Drivers can also opt to drive our new MWRTA sponsored van. If you are driving the van there is no special license required; however, training will be provided and you will be scheduled into morning or afternoon shifts. To sign up to be a volunteer van driver go to [www.myvolunteerpage.com](http://www.myvolunteerpage.com), search Natick, and select the link to our online application.

If you have questions or require further information, e-mail [kedwards@natickma.org](mailto:kedwards@natickma.org) or call the Community-Senior Center at 508-647-6540.

### Transportation Volunteers

Volunteers are needed in our transportation program. We provide transportation for seniors and residents of all ages with disabilities to medical appointments and other destinations locally as well as in Boston. Drivers have the opportunity to meet and get to know many new people while providing a much needed service. This opportunity allows for a flexible schedule. Drivers use their own cars to drive people to destinations (to which they are comfortable).

### Looking for Seniors to share their personal history!

The non-profit organization **Sages & Seekers**, is recruiting Seniors (65 and up) to participate in a 7-week intergenerational program with High School students at *The Rivers School* in Weston. Seniors, come share your life experience and invaluable knowledge. You have so much to offer the world; your maturity and experience allows for a larger perspective on life from which younger generations can learn. The goal of the program is to pair you with a teen with whom you will meet once a week to share your life experiences. Past participants rave about this program! Your commitment is once a week for 7 consecutive weeks at Rivers starting April 4, 2017. Many class times available. **Info Session and Video at COA, Tuesday, January 24 @ 11:30 a.m.**

Contact: Iryna Priester (508) 596-3393 [Irynawp@gmail.com](mailto:Irynawp@gmail.com)



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### Information and Referral

Sheila Young, the Information and Referral Specialist, can offer information and resources for residents of Natick about home care services, assisted living, nursing homes, support groups, adult day health, home delivered meals, and more. Please call 508-647-6540 to speak with Sheila.

### Podiatry Clinic with Dr. John

**Second Wed of each month from 9:00 a.m. - noon.** Appointment required, call CSC. A fee will apply.

### Blood Pressure Clinics

Jan 11, 25 & Feb 8, 22 at 1:30 p.m.

### Ask an Attorney

Private appointments will be scheduled every 15 minutes. Bring your legal questions to an experienced elder law attorney. Call to make an appointment.

### Veterans Services

For information and aid for Natick veterans and their families, please call Paul Carew or Sheila Young at 508-647-6545.

### Bereavement Support Group

**Tue, Jan 3, 17 & Feb 7, 21 at 11:00 a.m.**

This drop-in group is for those who have lost a loved one. Bereavement group participation can help to facilitate the healing process. Meets the first and third Tuesday of the month. Parmenter Home Care & Hospice facilitates this group.

### Low Vision Support Group

**There will be no sessions in Jan & Feb.**

**Will start up again the third Friday in March.**

This group, sponsored by the Massachusetts Association for the Blind and Visually Impaired, is for individuals who are losing their vision and would like to learn from and listen to others' experiences. For more information about the group, please call Laurie Werle, 800-852-3029.

### Diabetes Self Management Support Group

Come join us! We offer a diabetes self-help support group that provides social, emotional, and educational support for people affected by diabetes, or caring for a loved one with diabetes. Diabetes is a chronic illness which can leave you feeling isolated or uncertain about what you are experiencing. The advantage of a group is that you will feel less alone. Group members find that their feelings, fears, fantasies, and hopes are shared by others. The group is facilitated by Joan Hill, RD, CDE, LD. The group meets the **2<sup>nd</sup> Tue of the month from 10:00 a.m. - 11:00 a.m.**

### Supportive Services

A social worker is available by appointment to provide residents of all ages with information, guidance, and help completing applications for various local, state, and federal assistance programs, as well as housing options. **Please call the CSC to schedule an appointment.**

### The Nurse Is In

**Thu from 1:00 p.m. - 2:00 p.m.**

A nurse from the Natick VNA and Distinguished Care Options provides private consultation and education. The nurse will be available by appointment only to discuss any health conditions or concerns.

### Home Delivered Meals

Seniors can get meals delivered to their home through BayPath Elder Services. Call 508-573-7200 for more information. There is a suggested donation of \$3.00.

### RMV Near Me

The Council on Aging can now conduct certain Registry of Motor Vehicles transactions on-line with assistance from trained volunteers and staff. By appointment only; for more information or to make an appointment, call 508-647-6540.

### 2017 Medicare Part B Premium

The standard Medicare Part B premium in 2017 is \$134. However, most people who get Social Security benefits are paying less than that and are getting the same benefit check this year. This is due to a law that prevents the check amount from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$134 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$187.50 and \$428.60 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

## Fuel Assistance

### 2016-2017 Winter Season

Natick Human Services staff will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP) and the Good Neighbor Energy Fund for the 2016-2017 winter season. Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent. Individuals and families may qualify for fuel assistance if the combined total gross annual income of all household members over the age of 18 is within the income guidelines. Following are the guidelines for family sizes/households of up to 5 people.

Family Size	Low-Income Home Energy Assistance Program (LIHEAP)	Good Neighbor Energy Fund
1	\$ 11,880 - \$ 34,001	\$ 34,001 - \$ 45,335
2	\$ 16,020 - \$ 44,463	\$ 44,463 - \$ 59,284
3	\$ 20,160 - \$ 54,925	\$ 54,925 - \$ 73,233
4	\$ 24,300 - \$ 65,387	\$ 65,387 - \$ 87,183
5	\$ 28,440 - \$ 75,849	\$ 75,849 - \$ 101,132

Please call Debbie Budd, Case Manager, at (508) 647-6540 with any questions about fuel assistance, income eligibility guidelines, or to schedule an appointment to complete an application.



### Eat right – even when money is tight

Did you know that over four million older Americans use the Supplemental Nutrition Assistance Program (SNAP) to buy healthy food? If you meet the income qualifications and are approved for SNAP benefits (food stamps), you will receive a special debit card that you can use to buy nutritious foods at most grocery stores. Call Debbie Budd at 508-647-6540 for more information.

### Natick Open Door

Enjoy a weekly community meal and social event, located downstairs at St. Paul's Church Hall, 39 E. Central Street, Natick, MA (across from Fire/Police stations) every Thursday, except Natick school snow days. Come early for music and singing 5:00 p.m. - 6:30 p.m. Bring some friends - room for all!

## CARE AND PREPARE

The Natick Emergency Preparedness Team is continuing to offer a voluntary call system in the event of a weather-related or other town emergency. The purpose of the call is to provide you with up to date information, make sure you are safe and have adequate resources to stay at home for the duration of the event, and to respond to you if you have an emergency situation. You may receive a call prior to, and during an emergency, informing you of the emergency and instructing you who to call if you need assistance. You, or your designee, will be responsible for reporting any needs or storm related emergencies. If you are interested in signing up for this program, please request a form at the Natick Community-Senior Center. The information that you provide will be protected, stored in a secure location, and used only in an emergency. **If you signed up last year, you are still active in this program.** If you have any questions, please call Teri Checket at 508-647-6542.

Battery operated lanterns are available for all participants in the Care and Prepare emergency call program. Please stop by to pick up your lantern or call Teri Checket or Debra Budd at (508)647-6540 and we will insure that a lantern is delivered to you.

### SHINE

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Volunteers are available at the Community-Senior Center on **Tuesdays, Wednesdays, & Thursdays**. If you have questions regarding your health insurance, please call the CSC and ask for a SHINE appointment.



American Red Cross

### Red Cross Blood Drives at the CSC

Day	Dates	Times
Mon	Jan 9, Feb 6	2:00 p.m. - 7:00 p.m.

Please book an appointment for your donation by calling 1-800-REDCROSS (733-2767) or visit [redcrossblood.org](http://redcrossblood.org).

## Friends of The Natick Senior Center

Dear Friends:

Well, here we are welcoming in a New Year with all its promises and challenges. We must be strong, fulfilling our dreams and facing the occasional bumps in the road. Family and friends will help make it all come together.

January's Volunteer Spotlight shines on a familiar, smiling face - Judy Santoro. She's a former teacher with a lesson to be learned by everyone with whom she deals. A long time staple in the Meals on Wheels kitchen, she also helps train new staff. Her joking voice is the first thing you hear as you place your lunch order at the Lincoln Café. Judy ran the raffle at our Craft Fair, selling over \$800.00 worth of tickets. She also provides us with eye glass cases in the foyer on behalf of the Lion's Club. She puts her heart and soul into everything she does. A big thank you to Judy! Judy! Judy!

The Friends recently responded to Paul Carew's request and sponsored the Mass. One - Step Career Center event for veterans at our center. Over 175 veterans attended. Good luck to our veterans.

Our Annual Craft Fair was a great success due to the kind donations of the Natick Elks, Parks and Rec. Department, our own Natick Council on Aging, and the generous support of local businesses and show vendors. A special thank you to Windy-Lo Nursery for their amazing contributions. It's these fundraisers that allow us to continue to support our seniors. It definitely takes a community to make an event a success and Natick is that community.

Don't forget to renew your 2017 Friends' memberships and get your B.J.'s letter for a reduced fee.

We are very excited about our new Sentinel and expect an A+ approval.

My thanks to all our volunteers - the Sentinel mailers and transporters, the Lincoln Café staff, all the Craft Fair workers, and our faithful Board members. Stay happy and healthy!

Your President,  
Judy D'Antonio

### Friends of the Natick Senior Center, Inc.

**President:** Judy D'Antonio, **Vice President:** Edna Glass, **Treasurer:** Jerry Pierce, **Corresponding Secretary:** Margaret Gately, **Clerk:** Elizabeth Rosa

**Gift Shop Manager:** Gini Lyster, **Board Members:** Wilberta Davis, Ann Fremault, Donna Lambert, Daryl Lippman, Gini Lyster, Tom Swan, Charlotte Swartz, John Worcester, **Associate Member:** Cindy Hurley, **Honorary Board Member:** Gladys Eagerman

The Friends of the Natick Senior Center, Inc. Board meetings are held the first Tuesday of the month at 10:00 a.m.

## Council On Aging Board Chair's Corner

**To design and deliver services which improve the quality of life for those aging in our community through education, support and advocacy...***Aging in the best place in good company.* Happy New Year!!! Let us hope that this is a year of health, joy, and peace. May 2017 be even better than 2016. Look forward to new opportunities. Speaking of looking up, I am sure that everyone has noticed our inclusive welcoming statement above the reception desk. If not, please look the next time you are in the lobby. This was a joint effort between the COA and the COA Board. Thanks to the staff and our member Don Greenstein, our building shows that we welcome everyone to our community senior center.

Be sure that you have signed up for Senior Parking Permits and have made your appointment to have your taxes prepared. There are income limits, so if in doubt, ask. I am told that it may take a little longer than it did last year, so sign up early. While signing up, remember to sign up for all the programs at the Center. Your registration makes it easier to plan for ALL events, even the free ones.

Some of the programming for January and February is very timely. Our State Senators are sending experts in Circuit Breaker to speak to us on January 30 at noon. In February there will be someone from Social Security to give us an overview of what is happening in that area. Got a new iPod for the holiday? Learn the basics in January and learn about the iCloud in February. Need a period of calm after the hustle of December? Join us for an hour of meditation. Can't sleep? Tips for Sleeping is happening in February. Still feel the need for a little more self-help? There will be a special four part series on diet and exercise strategies – this is not a free series.

Want more reasons to visit our community-senior center? The Natick Police will be speaking on Scams, Frauds and ID Theft. There are many things to be careful about - this is a great start. Look forward to our Art Presentation on Henri Matisse in February. There will be a special exhibit on Matisse at the MFA beginning in April, so this will be a warm up to a big event. Don't forget our joint program with Olin College.

Our staff has planned some wonderful trips for the coming months to please almost everyone. Go to the MFA, or see Butterfly Magic, or NYC for the Statue of Liberty (don't miss the lecture that will be happening), Ellis Island, and the 9/11 Memorial.

The COA Board and all of us would be remiss if we didn't thank the Friends of the Senior Center for our Holiday Luncheon. Their financial support allows the Center to have many wonderful events that they underwrite. Otherwise see you at our Community-Senior Center. Harriet Merkowitz (harrietm18@comcast.net)

### Council on Aging Officers & Board Members

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The Council on Aging Board meets the 2nd Monday of the month at 7:00 p.m.

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When you become a member of the Friends of Natick Senior Center, Inc., your payment goes towards programs, events, transportation, large equipment such as the new electric car, and the mailing costs of the Sentinel. We ask for a donation of \$12 per year. If you are under 60 years old, we ask that you pick up a copy of the Sentinel at the CSC or view it online at <http://natickma.gov/626/Council-on-Aging>. Mail this form and your tax deductible donation to:

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