

FREE PRE-DIABETES PROGRAM

Paula Deen, T.V.'s popular Food Network star recently announced that she has Type 2 diabetes. Medical experts are wondering if her physicians ever told her that she had pre-diabetes. 79 million people in the United States have pre-diabetes, now called the "silent menace". Do you have it? Are you at risk? Come join us to learn if you are at risk for pre-diabetes and what you can do about it. VNA Care Network, through funding from HESSCO Elder Services, is providing a **free two-part Pre-Diabetes Program** on Thursday, May 23rd at the Foxborough COA. Pre-Diabetes has become a major health concern particularly among seniors. Pre-Diabetes is a condition where your blood sugar levels are higher than normal, but not high enough to be called diabetes. It can cause damage to your body before you are aware that it is occurring. Recent research shows that people with pre-diabetes can prevent or delay diabetes from actually developing by making some simple lifestyle changes. This two-part program will evaluate your risk for pre-diabetes. **The first part is an in-depth group talk** that highlights helpful strategies including healthy recipes to help you lower your identified risk, and will be held on May 23rd at 1:00 PM. **The second part is an individual screening by appointment** beginning at 1:30 PM through 3:30 PM on May 23rd with additional appointments on the following Thursday, May 30th from 1:00 PM through 3:00 PM. A VNA Care Network Registered Nurse will meet with each participant to help identify personal risks and provide information to help minimize risks. Become pro-active and learn how to make these easy lifestyle changes. For more information or to sign-up for an appointment, please contact the Foxborough COA at 508-543-1252.

Monday, May 6

Sit & Be Fit 9:30 a.m.
Tai Chi 10:45 a.m.
Book Club 11:00 a.m.
Podiatrist 12:00 p.m.
Knitting 1:00 p.m.
Shaw's 1:00 p.m.

Tuesday, May 7

Stretch and Balance 8:30 a.m.
SHINE 10:00 a.m.
Nutrition 11:00 a.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.
BINGO 2:00 p.m.

Wednesday, May 8

Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Video Lecture Series: History of the United States 11:30 a.m.
Christmas Tree Shops 1:00 p.m.
Zumba 2:30 p.m.

Thursday, May 9

Newport Playhouse Trip-departs from St. Mary's at 9:30 a.m.
Ceramics 9:00 a.m.

Friday, May 10

\$91 Payment Due for Gardner Museum Trip

Stop & Shop 8:30 a.m.
YMCA Exercises 9:30 a.m.
Cribbage Tournament 11:00 a.m.
Card Making 11:00 a.m.

Italian 2 Class 1:00 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SENIOR CENTER PROGRAMS ON CABLE

“Men’s Breakfast with Mike Johns, Director of Veterans’ Services” will be this week’s senior center programming shown on May 8th & 9th. Watch “Your Scene, Your Center” on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m.

SCAMS AND ALERTS

PHONE SCAMS

Recently, residents have reported receiving phone calls regarding an offer for a ‘free’ home security system including an emergency response for falls. The caller asks if there is anyone in the home at risk for falling. This could potentially identify someone as being vulnerable to the caller. Seniors should NEVER give out personal information over the phone! Keep your life and resources intact by not responding to suspicious, “too good to be true” scam artists. Don’t give out your social security number, bank account information, or credit card numbers. In another reported scam, the caller asked the woman if she was a senior citizen. The caller went on to tell her she was about to receive a lot of money. With that, the woman hung up, dialed *69 and recorded the number. She did exactly what she should have! Record the actual business name if possible as well. You are strongly encouraged to report suspicious numbers to the Federal Trade Commission at 877-382-4357 or the MA Consumer Affairs Office at 617-727-8400. You may help yourself, and perhaps someone else!

MEDICARE FRAUD AND ABUSE

Unauthorized Medicare services costs the Medicare program – and taxpayers – money. Check your Medicare statement (Medicare Summary Notice – MSN) for items or services you did not receive. The MSN shows what was billed, what Medicare paid and what you may owe. If you have a question or concern regarding a Medicare claim, check first with your physician, provider or supplier. The trained volunteers of the Massachusetts Senior Medicare Patrol (SMP) can teach you about protecting personal information, reducing identity theft and reporting errors on your health care statements. Please contact them at Elder Services of the Merrimack Valley 1-800-892-0890 to assist with fraud and abuse concerns. For further assistance with Medicare issues, make a SHINE appointment at your senior center or 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 SHINE Counselor will call you back as soon as possible.

MEDICAL INFORMATION AND SERVICES

PODIATRIST

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center every other month on the first Monday at 12:00 noon. His next visit will be on Monday, May 6th. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, May 14th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

S.H.I.N.E.

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County,

who will be at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next available appointments will be on Tuesday, May 7th. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

SPECIAL EVENTS AND PROGRAMS

CRIBBAGE TOURNAMENT

Come and join the Cribbage Group at the senior center on Friday, May 10th at 11:00 a.m. for a tournament to benefit the Foxboro Food Pantry. \$5 donations to play as well as donations of food for the Food Pantry are requested. All are welcome. If you are not a regular attender of the cribbage group, please come at 10:45 a.m. to see Donna Gavin to have your name entered in the tournament.

SEXUAL VIOLENCE: PREVENTION AT EVERY AGE & STAGE

Sexual assault victims run from children to senior citizens. Please join this FREE public educational program which will help audience members understand and talk about each stage of life in which a person can be a victim of sexual violence. Moderated by Foxborough Chief of Police Edward O'Leary, we will be joined by a panel of experts from the District Attorney's office, New Hope, Foxborough Public Schools and HESSCO Elder Service on Wednesday, May 8th from 7:00 to 8:30 p.m. at the Ahern Middle School, 111 Mechanic Street, Foxborough, MA. Attendees will learn about warning signs, education, and prevention techniques. Space is limited, so please RSVP to Jessica Tancrell at 508-718-4311 or email JLTancrell@Partners.org. This program is presented by HUGS (Help Us Get Safe) Foxboro, in collaboration with Foxborough Council on Aging and Human Services, Foxborough Police Department, Brigham and Womens'/Mass General Health Care Center and New Hope.

FRIENDS OF FOXBORO SENIORS PLANT SALE

Attention all you gardeners! As the weather gets nicer and the perennials start coming up and need thinning, think of donating them to the Friends of Foxboro Seniors Plant Sale. They will be happy to accept your cuttings, plants, bulbs, or shrubs. You can place items in a pot, plastic container or even a plastic bag. Donate your extra plastic or clay pots too. 100% of the proceeds from the sale will go to the Friends of Foxboro Seniors for their support of programs at the senior center. The sale will be on Saturday, May 11th from 9:00 a.m. to 12:00 noon on the Foxborough Common and will be featuring Ralph Guimond's famous and beautiful African Violets. Get your plants in time for Mother's Day! Please note that this is a Plant Sale only. There will *not* be a bake sale this year. Rainedate for the Plant Sale will be the following Saturday, May 18th, same time, same location. Please call Joanne Pratt at 508-543-6964 to make arrangements for your donations or for further information.

VETERANS AND WIDOWS BENEFITS

Evan Makrinikolas from the State Department of Veterans' Services will provide a Veterans and Widows Benefits Information Session on Wednesday, May 22nd at 10:30 a.m. at the Sharon Adult Center & COA, 219 Massapoag Avenue, Sharon. Residents of any town or city in the Commonwealth are welcome to hear about the benefits, including facts about Aid and Attendance and burial benefits. Please RSVP by May 17th by calling 781-784-8000.

TRAVEL AND ENTERTAINMENT

ISABELLA STEWART GARDNER MUSEUM TRIP

Join the Foxboro seniors on Thursday, June 13th for a great day in Boston! We will start with a guided tour of the Isabella Stewart Gardner Museum. Isabella Stewart Gardner first welcomed visitors to her museum on New Year's Day, 1903. On that evening, guests listened to the music of Bach, Mozart, and Schumann, gazed in wonder at the courtyard full of flowers, and viewed one of the nation's finest collections of art. To this day, visitors experience much the same thing. The Gardner Museum has remained essentially unchanged since its founder's death in 1924, unchanged but certainly not stagnant. Three floors of galleries surround a garden courtyard blooming with life in all seasons. The Museum is filled with paintings, sculpture, tapestries, furniture and decorative arts from cultures spanning 30 centuries. Then in the afternoon we are off to an amazing lunch at Maggiano's, Little Italy. Here you will enjoy authentic, home-made Italian American cuisine at its best. Enjoy

your Italian favorites served family style. This day is a feast for the senses not to be missed! The cost for this day trip is \$91 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, May 10th. Your motorcoach bus will depart from St. Mary's Church parking lot at 10:00 a.m. on Thursday, June 13th and will return home at approximately 4:30 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

"NOAH'S ARK" TRIP-spaces still available

Come along with the Foxboro seniors on a 3-day trip to Pennsylvania from July 1-3, 2013. On Monday, you will head to Reading, PA, on a comfortable motorcoach bus to the beautiful Crowne Plaza Hotel. You will have an opportunity to enjoy the hotel's amenities or take the free shuttle buses to the famous Reading Outlets for shopping. In the evening, enjoy a Wine & Cheese reception followed by a sit down dinner topped off with a live musical comedy show. On Tuesday, enjoy a full hot breakfast buffet before traveling into neighboring Lancaster County. You will be led on a guided sightseeing tour of Amish Country where you will learn about and see the customs and lifestyle of the Amish people. In the afternoon, you will take your seat in the spectacular Millennium Theater for the big show, "NOAH." Watch the animals march two by two into the immense lifesaving Ark. Sail through the great flood on one of the most amazing experiences of all time. This is a powerful show, and one of the most famous stories ever told. Dinner will be included at the Shady Maple Smorgasbord in Amish Country before returning to the Crowne Plaza for the evening. On Wednesday after your hot breakfast buffet, you will head to Kutztown for the 64th annual Kutztown Folk Festival, a celebration of Pennsylvania Dutch culture. There are crafts, quilt sales, music and traditional dancing, antiques, folk life demonstrations, animals and Pennsylvania Dutch foods. Featured in National Geographic, the Kutztown Festival is one of the nation's most colorful celebrations. Tips for the bus driver, tour escort, Amish Country Guide and hotel bellman are included. Your cost for this incredible trip is \$419 for Double Occupancy, \$499 for Single Occupancy, and \$399 for Triple Occupancy. All payments should be made directly to Tours of Distinction. The 1st deposit of \$210 will be due along with your registration form and optional travel insurance (\$28 for Double or Single; and \$21 for a Triple). The final payment will be due by Friday, May 3, 2013. Reservation forms will be available only through the Foxborough COA. You may sign-up for this wonderful opportunity by calling 508-543-1252.

REGULARLY SCHEDULED MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, May 21st at 12:30 p.m. when our feature presentation will be the Academy Award Winner for Best Picture, "Argo." Based on true events, Argo chronicles the life-or-death covert operation to rescue six Americans, which unfolded behind the scenes of the Iran hostage crisis-the truth of which was unknown by the public for decades. On November 4, 1979, as the Iranian revolution reaches its boiling point, militants storm the U.S. embassy in Tehran, taking 52 Americans hostage. But, in the midst of the chaos, six Americans manage to slip away and find refuge in the home of the Canadian ambassador. Knowing it is only a matter of time before the six are found out and likely killed, a CIA "exfiltration" specialist named Tony Mendez (Ben Affleck) comes up with a risky plan to get them safely out of the country. A plan so incredible, it could only happen in the movies. Please call 508-543-1252 to sign-up.

AFGHANS ALWAYS AVAILABLE

A great gift for any occasion ... historical Town of Foxborough afghans are always available for sale at the senior center. Afghans in Cranberry, Loden Green, Navy Blue (newly available), or Williamsburg Blue are \$34.95 each. There is a multi-colored version at a cost of \$39.95. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on May 16th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

TRIAD

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on May 15th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, May 7th from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

BOOKS ON TAPE BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors, who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Community Social Worker, Noreen Sherys. Our next meeting is on Monday, May 6th at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

VIDEO LECTURE SERIES: "OUR NIGHT SKY"

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "Our Night Sky" on Wednesdays at the senior center from May 22nd through June 26th from 11:30 a.m. to 1:00 p.m. Learn about the constellations, their stars, the planets, meteors and comets, and navigating the sky with binoculars and telescopes. Professor Edward Murphy, Associate Professor from the University of Virginia's Department of Astronomy, will share his knowledge from a career made out of introducing both students and the general public to the wonders of the night sky. He previously taught at The Johns Hopkins University, where he worked closely with NASA on its Far Ultraviolet Spectroscopic Explorer mission. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

May 8 Christmas Tree Shops

May 15 Wal-Mart

May 22 Luncheon Outing @ Chickie Flynn's

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, May 6

Grilled Chicken Breast Teriyaki
Asian Rice
Oriental Vegetables
Wheat Bread
Pineapple Chunks

Tuesday, May 7

Italian Style Spaghetti W/ Meatballs
Italian Blend Vegetables
Multigrain Roll
Mixed Fruit

Wednesday, May 8

Meatloaf W/Gravy
Whipped Potatoes
Green Beans
Whole Wheat Bread
Chocolate Pudding

Thursday, May 9

Happy Mother's Day

Roast Pork W/Applesauce Gravy
Oven Roasted Potatoes
Spring Blend Vegetables
Whole Wheat Bread
Strawberry Shortcake

Friday, May 10

Chicken Stew W/Vegetables
Whipped Potatoes
Finger Rolls
Banana