

STAY SAFE IN THE SNOW AND ICE

Avoid over exerting yourself. Shoveling is very strenuous exercise and can quickly take a toll on your body. Ask someone to shovel for you if you are at high risk of a heart attack or other injury. If you must shovel, always go slowly, take breaks, drink a lot of water, dress warmly, lift carefully and stop if you have any pain or exhaustion. Try to stay indoors when the weather is very bad. If you need to leave your home, try to use public transportation. If you must drive, make sure that you are well stocked with:

- A full tank of gas;
- An emergency winter storm kit (flashlight, flares, candle, first aid kit, tow line or rope, paper towels);
- Sand or kitty litter for traction;
- A windshield scraper and de-icer;
- Cell phone and/or an emergency radio; and,
- Blanket, gloves, socks, hat and boots.

Stock Up For Snowy Days

Big snow storms can stop us in our tracks and keep us indoors. Elders should always be prepared to remain inside their homes for a few days. Make sure you have these items in your home to be best prepared for a big storm:

- Emergency phone numbers and contact information (doctor, family, friends, neighbors, police, fire, board of health, your Council on Aging); Extra medications: prescription and over the counter;
- First-Aid Supplies (bandages, tape, gauze, anti-bacterial ointment, alcohol, cold pack);
- A 3-day supply of non-perishable foods and drinks (1 gallon of water per person and extra for pets, ready-to-eat canned meat, fruit, vegetables, snack bars, cereal, juice, powdered milk);
- Battery operated flash lights, radio, manual can opener, candles, matches/lighter, cash;
- Hand sanitizer, paper products and garbage bags; and,
- Clean, warm clothes and footwear and blankets/sleeping bags.

Ask Yourself: Who Is Looking Out For Me?

- In bad weather, tell a friend, family member, or neighbor where they will be able to find you. Ask them to call you regularly to check on your well-being. Tell them where an extra key is located so that they can get into your home in the event of an emergency.
- If you have special health needs such as oxygen, contact your police and let them know you may need assistance if the power fails.

For additional information, contact the Foxborough Council on Aging and Human Services at 508-543-1252.

**The above was adapted from an article by the Executive Office of Elder Affairs*

SAND FOR SENIORS

“Sand for Seniors” is a community development project by the FOXBORO JAYCEES to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, we can deliver a bucketful to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

Monday, January 9

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, January 10

Stretch & Balance 8:30 a.m.

Coffee & Conversation with the Town Manager 9:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition Class 11:00 a.m.
Discussion Group 1:00 p.m.
Talespinners 2:00 p.m.

Wednesday, January 11

No Chorus Today

Strength Training 8:30 a.m.
Video Lecture Series: The Louvre 11:30 a.m.
Kohl's @ Mansfield 1:00 p.m.
Zumba 2:30 p.m.

Thursday, January 12

Ceramics 9:00 a.m.
Chair Massage 9:00 a.m.
Beginner Computer Class 1:00 p.m.
Intermediate Computer Class 2:00 p.m.

Friday, January 13

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

MEDICAL INFO AND SERVICES

WHAT'S NEW IN MEDICARE FOR 2012?

On Tuesday, January 24th at 2:00 p.m., Council On Aging & Human Services Outreach Worker, Ken Levy will give a presentation covering some of the more important recent changes in Medicare. Topics will include the 2012 Part B Premium, the Medicare Annual Physical, Medicare Preventive Benefits, and when you can drop or change a Part D or Medicare Advantage Plan. Also to be covered are programs that can help with coverage in the Medicare Drug Plan "donut hole," and where to go for help with Medicare related questions or problems. This program is FREE and open to all. To be sure of a place (and so we can run off enough handouts), please call 508-543-1252 to say you're coming.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, January 10th 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.

STAY HEALTHY DURING FLU SEASON

It is not too late to get vaccinated. February is when the flu season is at its height. Contact your health care provider about getting a flu shot and a pneumococcal (pneumonia) shot. For additional information on the flu, pneumonia, and where to obtain shots visit the Department of Public Health's website: www.mass.gov/dph/flu or call the DPH information line at 866-627-7968.

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, January 17th at

12:30 p.m. when our feature presentation will be “The Help,” a film based on the very popular book by Kathryn Stockett. In 1960s Jackson, Mississippi, aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots. When other long-silent black servants begin opening up to Eugenia, the disapproving conservative Southern town soon gets swept up in the turbulence of changing times. Please call 508-543-1252 to sign-up.

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 January 19th. 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 January 18th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Once a month you will have an opportunity to have “Coffee and Conversation with Our Town Manager” at the senior center in a relaxed, friendly atmosphere. Our next get-together will be on Tuesday, January 10th from 9:30 a.m. to 10:30 a.m. when Foxborough’s Town Manager, Kevin Paicos will be happy to hear your questions and comments on concerns you would like to address. We all know that no issue is either ‘black or white’, so take advantage of this face-to-face opportunity to hear and discuss these matters from different angles and gain a greater understanding of the issues our town faces. Please call 508-543-1252 to let us know you will be coming.

COFFEE WITH KEN

Drop into the Rodman Building at 90 North Carl Annon Court on the 1st and 3rd Tuesday of each month at 11:30 a.m. for a coffee hour with Ken from the Council on Aging & Human Services. Ken Levy is our Outreach Worker and will be available to hear your questions, comments and concerns about Housing, Health Insurance, COA Programs, Public Benefits (Medicare, MassHealth, Food Stamps, Fuel Assistance), Recreation and Social Activities, etc. Ken is looking forward to the opportunity to introduce himself to you and meet some new people. You can also sign-up for lunch at the Rodman Building (for those age 60+, served at 11:45 a.m.) by calling 508-698-0754, or just drop in for coffee and “goodies.” On January 17th the topic will be “Use Medicines Safely.” To reach Ken, call 508-543-1252, or drop by the Senior Center.

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.

January 11 Kohl’s at Mansfield Crossing

January 18 Target

January 25 Luncheon Outing @ Long Horn

TRAVEL AND ENTERTAINMENT

“LUCK OF THE IRISH”

Come along with us to the “Luck of the Irish” St. Patrick’s Day Celebration on March 15th in East Windsor, Connecticut. You will enjoy a wonderful sit down lunch at La Renaissance which will include your choice of Corned Beef & Cabbage or Chicken Marsala, Irish Soda Bread, Potato, Vegetable, Holiday Dessert, Coffee & Tea. After lunch enjoy an entertaining afternoon with Seamus Kennedy originally from Belfast, Northern Ireland, who has been entertaining audiences all over the United States for the past 32 years with his ready wit and vast store of songs. Seamus Kennedy has the repertoire and the ability to make folks forget their cares for awhile, to relax and enjoy themselves as he encourages the crowd to sing along. You don’t have to be Irish to enjoy Seamus Kennedy so come along and enjoy the music and mirth of one of Ireland’s most popular exports. The cost for this fun and festive day is \$73 per person including driver’s tip. Checks should be made payable to “Town of Foxborough COA.” Payment will be due by Friday, February 10th. Your motorcoach bus will depart from St. Mary’s Church parking lot at 9:00 a.m. on Thursday, March 15th and will return home at approximately 5:00 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, January 18th beginning at 8:00 a.m.

SPECIAL EVENTS AND PROGRAMS

LOSS OF A SPOUSE/PARTNER BEREAVEMENT GROUP

Harbors of Hope Adult Bereavement Program at Beacon Hospice, Inc. will be offering a new bereavement group in the New Year at the senior center. This group is for anyone that is experiencing grief related to the death of a spouse or life partner. This group will provide participants with a safe place to meet others who understand, as well as healing activities that facilitate support, connection and comfort. There are 8 sessions for this series which will meet every other week. The group extends from January to May and will be held from 1:00 p.m. to 2:30 p.m. on 1/25, 2/8, 2/22, 3/7, 3/21, 4/4, 4/18 and 5/2/2012. Please call by 1/20/2012 to register. This support group is free, confidential and open to anyone in need of grief support. Please call Lisa Bradley, MSW, LCSW, Bereavement Coordinator and Registered Art Therapist, at 508-324-1900 to register or if you have any questions about grief support.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.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, January 9

Sheppard's Pie
Carrot Coins
Snowflake Roll
Graham Cracker

Tuesday, January 10

Hearty Vegetable Soup
Pineapple Ginger Chicken
Delmonico Potatoes
Multigrain Roll
Artic Ice

Wednesday, January 11

Macaroni & Cheese
Escalloped Tomatoes
Whole Wheat Roll
Fruited Jello

Thursday, January 12

Low Sodium Hot Dog On A Roll
Mustard Packet
Vegetarian Baked Beans
Hot German Slaw
Chilled Fruit

Friday, January 13

Scallop & Shrimp Casserole
Rice Pilaf
Mixed Vegetables
Fruit Muffin
Fresh Fruit