

The Quail Runner

For and By the Residents
Of Quail Run



May — June 2009

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

Annual Meeting & Election of Board of Governors

On May 20 the Club House was full of owners who wanted to cast their ballots as well as get an update on our community. Cathy Birnbrich, our representative from Alpine Property Management Corporation, announced that we already had a quorum, thanks to absentee ballots.

(See page 9 for more on the meeting.)

Congratulations to the New Board

The new Board of Governors (BOG) as a result of the 20 May 2009 election are:

Bob Freedman—President, Stan Gordon —VP , Terry Troyer—Treasurer, Rich Ebens—Secretary, Evelyn Spears—member-at-large.

(See page 9 for pictures of the new BOG members as well as those who also ran.)

Quail Runner at the State House



Story on page 5

Barbeque at the Club House Sunday, June 28 at 4 PM

This the last event of the season, for Quail Run residents only.

The food is being provided by Tennessee's of Framingham.

The cost will be \$14 per person, paid for in advance, cash only please. Look for a flyer containing a reservation form.

Menu includes ribs, chicken, pulled pork, cornbread, cucumber salad, beans, coleslaw, dessert and coffee. Other beverages are BYOB

The deadline for reservations (form with money) is Friday, June 19. Please give these to any of those listed below: Marlynn Stott, 6G Rotherham, 978-567-5912; Sally Mauro, 1D Strawberry, 978-568-0821; Terri Kilshaw, 5F Autumn, 978-562-0578.

The barbeque will be in the clubhouse. Therefore **we are limited to the first 80 people.**



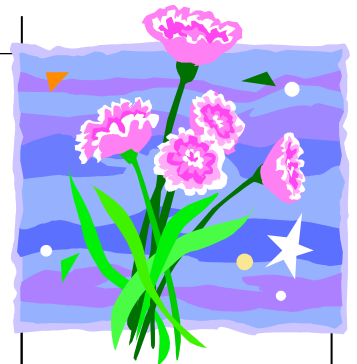
Intel / Hudson gears up for Annual Electronic Waste Recycling Event

The 2009 Spring PC/TV recycling event will be held on 5th & 6th June at the Shop and Stop parking lot (near route 85).

More on page 11

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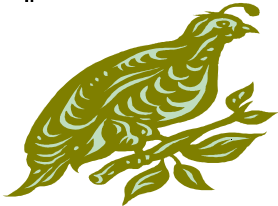
- 1/3 Autumn **Peggy Kunz, 3D**
- 4/9 Autumn **Marilyn Hoffman,**
- 5/7 Autumn **Terri Kilshaw**
- 6/11 Autumn **Carole Perla,**
- 1/3 Strawberry **Sally Mauro**
- 2/4 Strawberry **Barbara Champine**
- 5 Strawberry **Lee Rouse**
- 6/8 Strawberry **Toby Allen**
- 7/12 Strawberry **Barbara Paradiso**
- 1/4 Rotherham **Kevin Fitzgerald**
- 6 Rotherham **Harry Morgan**

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- Technology Corner—George Champine**
- What’s Up & Email Database Manager—**
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- Area News—Barbara Champine**
- Healthy Living—Peggy Rittenhouse,**

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Published first week of February, April, June, August, October, December; Dead Lines on the 23rd of the previous month.

Vacation Delivery

To Receive *Quail Runner* while away, give your reporter or the editor an extra long envelope with two first class stamps and your vacation address. The editor has some free extra large envelopes. Or you can get issues emailed to you.

Or you may view the current issue on **QuailRun Hudson.com**. The website also contains photos from various functions and events.

FIOS has put off their Quail Run installation until at least August.

The Editor’s Desk

MJ Ebens, editor



First of all I have to start with an apology for last issue’s article on **coughing when you have a heart attack**. Unfortunately this is totally **BOGUS** and the Rochester General Hospital quoted in the article has been trying in vain to stop the spread of this misinformation.

For better information on heart attacks, see the article on page 5. Many thanks to **Bob Freedman** with fact checking these.

If you want to read the BOG minutes on our website, contact either **George Champine** or me for the password. See www.QuailRunHudson.com; go to the Governance tab, then BOG meeting minutes. The website has lots of other Quail Run information and many pictures of our activities.

Our **Yard Sale** seems to have been a big success. We couldn’t have asked for nicer weather. There were about 30 units taking part in the event. I sold more than I bought; — so that’s a plus!

mj

Transitions

It is with much sadness that the residents of 7-12 Strawberry say “Good bye” to **Anna “Annie” Zemejda**. Anna passed away on May 11. She lived with her daughter **Renee Kossuth**. Annie recently celebrated her 99 birthday joined by family and friends. She was born in Yonkers, NY and was employed by Park Land Lingerie Company in Yonkers until she retired. After that she volunteered at the Yonkers Hospital. She was a member of St. Matthias Parish where she was well known for her cooking.

Condolences go to **Barbara Paradiso** on the death of her son-in-law Daniel Sund, who passed away on May 3 after a long struggle with cancer. Barbara was a great help to her daughter and Daniel by driving him to his many medical appointments

Updates & Changes to Email & Phone

Charlie & Theresa Bosio have a new email c_bosio@comcast.net (underscore between c & bosio)



HEALTHY LIVING

by Peggy Rittenhouse

While we are outside enjoying the beautiful spring weather, we need to be thinking about the little tiny deer tick which can cause Lyme disease. I had 2 close family relatives who contracted Lyme disease last summer. You are more likely to get Lyme disease if you live or spend time in grassy and heavily wooded areas where the ticks carrying the disease breed. Lyme disease is caused by a bacterium *Borrelia burgdorferi* which is carried primarily by deer ticks. These ticks are no bigger than the head of a pin and are brown in color. These ticks feed on blood, attaching to people, pets or other creatures and feed until they get very swollen. Only ticks that are actually attached to the skin for a period of time and are feeding on your blood can transmit the bacteria.

Symptoms of Lyme disease vary widely and can affect various parts of the body, but in general Lyme disease can cause:

A rash. This rash is usually a gradually expanding circular rash with the center of the rash clearing resulting in a bull's-eye appearance.

Flu-like symptoms. A fever, chills, fatigue, body aches and a headache often accompany the rash.

Migratory joint pain. If the infection is not treated, the person may develop severe joint pain and swelling several weeks to months after being infected.

Neurological problems. These problems can develop weeks, months or years after an untreated infection.

You can decrease your risk of getting Lyme disease with some simple precautions:

- Wear long pants and sleeves, a hat and even gloves when walking in wooded or grassy areas.
- Use insect repellants. Apply an insect repellant with a 10%-30% concentration of DEET to your skin and clothing. The CDC mentions oil of lemon eucalyptus, a more natural product, as being as effective as DEET. Our son-in-law uses Promethrin, another natural product for spraying on clothes, not skin. This is available at REI.
- Check yourself and your pets for ticks. Do this after spending time in wooded or grassy areas. It is helpful to shower right after you come indoors.

(Continued at right)

Renee Olson
dba Healthy Attitude
1-866-212-8070
http://www.shaklee.net/healthy_attitude

Mention this ad for a free membership and 15% discount with first purchase

9/09

ROMEO's

In June we're are going to **Kimballs Farm**, Westford at noon on June 25. Contact Hugo hugosally@aol.com 978-562-6501 or Harold at tsvihesh@comcast.net to sign up. This may be the world's best ice cream place and they do have nice lunches, also. Ask Joe Ciampi, our resident Phantom Gourmet, about this place.



Healthy Living (continued)

To remove the tick. Some people remove the tick with tweezers. Another method suggested by Quail Runner Toby Allen is to apply a glob of liquid soap to a cotton ball, cover the tick with the soap-soaked cotton ball and swab it for a few seconds (15-20) and the tick will back out. Others have had good results by covering the tick with Vaseline.

Most cases of Lyme disease can be cured with antibiotics, especially if treatment is begun early in the course of the illness.

Welcome New Residents



Sally Mauro is the head of the Welcoming Committee and has a packet of information to hand out to new comers. She also requests information from them so that they will get in our phonebook and added to the email distribution. **If you notice someone new moving in** to your area, please let Sally or your reporter know. Don't assume that *someone* already knows – we would rather hear several times than miss a person.



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04/10



Curtain Call

Toby Allen



Six members of Curtain Call attended the play "Forever Plaid". All enjoyed and had a wonderful time down memory lane listening to the music of the '50s.

Curtain Call will end this season with a Pot Luck lunch for members. We will resume again in September. Please think about joining our group in September. We have a lot of fun and have seen many interesting plays.

The production of *Mrs. McWilliams and the Lightning* was a sell-out! The crowd enjoyed an assortment of stews and pies along with the multi-media performances of Mrs. McW. and a reading of Pickle Chiffon Pie.

If you're interested in a copy of the CD (\$1.00) that includes both events along with candid photographs of the audience, contact Sally Mauro. Proceeds from the evening went to the landscaping fund for the rock garden behind the Club House. If you haven't checked out the progress lately, you'll be surprised.

Are you looking for some exercise and fun in the sun? There is a group us from the community who are planting a garden on the hill behind the Club House. We welcome all volunteers. Come join us any time. Call Toby if you have plants (perennials only) in your gardens you don't want. We will be happy to remove them for you.

Quail Run Birthdays

June

- Sandra Mocanu, 2
- Ray Samra, 4
- Vinny Graceffa, 5
- Marlynn Stott, Lee Rouse, 8
- Hugo Guidotti, 12
- Nancy Reid, 18
- Sherry Lupien, 24
- Tom Haley, 27
- Kay Aiello, 28

July

- Barbara Edelstein, 8
- Connie Nefzger, 11
- Elaine McGoldrick, Ginny Fullam, 12
- Sharon Evans, 19
- Julio Bosio, 20
- Ginny Fernandes, 21
- Dot Haley, 25
- Joyce DiPaolo & Ginnie Samra, 27
- Peter Stott, 29
- Kent Callahan, 31



To include a birthday, contact your reporter or the editor at 978-562-7880 or RmjEbens@Verizon.net

Book Club

Quail Run Book Club has selected *Those Who Save Us* by author Jenna Blum as a recent selection.

The story tells of Professor Trudy Swenson, who finds a photo of herself as a small child with her mother and a Nazi officer hidden away in their Minnesota farmhouse. Trudy follows the painful path of understanding her mother's cold silence. The story weaves back and forth between the Third Reich and modern America. Jenna Slum's riveting tale raises several moral questions for the reader; the greatest is what would we do to survive?

Meetings are at our Clubhouse on Wednesdays, from 7 to 9 PM and are generally scheduled for the last Wednesday of each month.

Contact Marcella Monte for more information; 978-562-0823 or marcellamonte@verizon.net



Safety Note from Intel

Intel welcomes our neighbors from Quail Run who wish to walk along the loop road around the site, but we ask that walkers use the sidewalks where they are available rather than walking in the painted bike lane at the side of the road or in the road itself.



Ann S. Hurd, Corp. Affairs Manager; 978-553-7733

Quail Runners at the State House



Terri Kilshaw and **George Champine** were part of a group organized by the Senior Center to go to the Massachusetts State House on May 12 to lobby in favor of Senior Citizen rights. This is especially important

now that Commonwealth legislature and governor are slashing benefits for the most vulnerable people among us. The 27 from Hudson on the trip were fortunate to meet with both **Rep. Kate Hogan** and **Sen. Jamie Eldridge** and get their views on the budget situation. They also had a tour of the Representative Chambers with Rep. Hogan.

John Bennett, head of the Massachusetts Senior Action Council (pictured with Terri Kilshaw on the front page) also met with the 200 members of that group who were there.

Terri spoke about the need for prescription drug support, and Ann Lussier (also from Hudson) spoke about the importance of senior home care. Sen. Mark Montigny told the group that well-financed special interest groups are able to influence legislation to meet their own objectives. It is time we made ourselves heard in the political process.

by George Champine

My Visit to the State House

By Terri Kilshaw

I was asked by **Janice Long** of Hudson Senior Center to join a rally to Boston State House on May 12th. This would be to save health care benefits for seniors in Massachusetts. Big cuts are coming and would include cuts to Home Care and Prescription Advantage. This is unique to Massachusetts helping to cover the cost of prescriptions for low income seniors. Even if you have Medicare part D, the co-pays can really add up without this extra help. So I said ‘yes’, I would go on my first rally ever.

My statement at the podium was specifically a plea to keep the benefits of Prescription Advantage. I gave some examples of the costs of my own co-pays and pointed out that without this state help many would have to go without their essential meds. and probably get sick and cost the state more in the long run. Another lady in our group gave a statement specifically about the need for home care to avoid unnecessary hospitalization.



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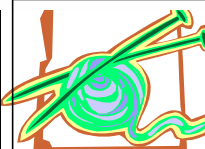
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03/10



Stitch & Knit

The group meets the second and fourth Tuesdays at 7:00 each month at members homes. All knitters (or other types of hand-work) are welcome.

For more information **Barbara Baker**, 978-562-2460.

Aspirin for heart attack: Chew or swallow?

If you think you may be having a heart attack, call 911 and chew one aspirin.

You need the aspirin for the same reason you should call 911 without delay: A heart attack is a dynamic event, and early intervention can limit the damage. But how can a humble aspirin tablet add to high-tech medicine, and why is speed so important?

Aspirin inhibits platelets. Only a tiny amount is needed to inhibit all the platelets in the bloodstream; in fact, small amounts are better than high doses. But since the clot grows minute by minute, time is of the essence.

Aspirin can help prevent heart attacks in patients with coronary artery disease and in healthy men over 50 years of age. Only low doses, between 81 and 325 mg a day, are needed. But people who think they may be having an attack need an extra 325 mg of aspirin, and they need it as quickly as possible. For the best results, chew a single full-sized 325-mg tablet, but don't use an enteric-coated tablet, which will act slowly even if chewed. And don't forget to call 911, then your doctor. It's a contemporary update on the old reminder to take two aspirin and call in the morning — and it's good advice to chew over.

Thanks to **Bob Freedman** for this information from Harvard and to **Marilyn Hoffman** for the reminder.

Condo Care

- Trouble with a clogged garbage disposal? Before you call the plumber (~\$90 to come in the door), try using the **Master Plunger** available at Robinson's (and other hardware stores) for \$6.50. This short handled plunger provides better suction in the sink and, if saved for just this use, better sanitation than using the toilet plunger.
- **Lawn Sprinkler not working?** Double check this by placing a small stone or piece of bark mulch on the sprinkler head. If the stone is still there 24 hours later, you will know that the sprinkler didn't come on and it's time to email Cathy Birnbrich.
- This is a good time to empty the built-in vacuum. It probably needs it at least once or twice a year
- Time to switch your overhead fans to the summer setting with the button down.
- Check your dryer's lint filter. Even if you clean it after every load (recommended), it may still not be clean. To test this, remove the filter and run some hot water on it. If the water does not quickly run through, you have a build up of invisible gunk left from the dryer sheets. If needed, clean with soap and an old toothbrush. This is generally just a problem for gas dryers, but some of our electric dryers here at Quail Run have had a problem.

Dear Quail Runners,

I cannot begin to thank you again for your generosity. You keep our shelves stocked!

As you can imagine, the number of people showing up at our warehouse keeps increasing because of the economy, but because of people like you, we are still able to offer them household goods, furniture and appliances at no charge.

Your community has been so generous to Project Home Again. We feel really lucky to have the Bradbards as our connection to Quail Run.

Warmest regards, Nancy Kanell, Director, PHA

9/10

Great Lengths HAIR SALON



Appointment _____

176 Maple Street, Marlborough, MA 01752
(508) 481-8086

Cinema Night Resumes September 4

Cinema Night concluded this season with many of us enjoying the showing of "Young Frankenstein". Your Cinema Night committee is taking the summer off (as many of the Quail Run residents do) and will restart on September 4 at 7:30 PM in the Clubhouse. The movie selection for that night will be announced about a month before that date and will also be entered on the Quail Run web calendar.



From the New Board of Governors

"Thank you to all Quail Runners from the new Board of Governors. Your Board wants to be as responsive as we can to you, and we need your answers to the questions on the sheet enclosed with this issue of the *Quail Runner*.

Please return this sheet to the box located on the front of the Clubhouse within the next week, or you can e-mail your responses to thefreedmanfamily@comcast.net

Do not mail this to Alpine, they are not set up to tabulate this."

Hudson Senior Center News

- The new center, scheduled to open sometime in December will have a commercial kitchen.
- Join Janice, the Director, at 8:30 on the third Wednesday of each month for breakfast. Check the Center's newsletter for location.

Rittenhouse Eastern Europe + Trip

by Bob Rittenhouse

Peggy and I had the pleasure of embarking on the seasons first Baltic Sea Cruise of northern Europe at the end of April. We departed from Dover, England and visited ports in Denmark, Germany, Estonia, Russia, Finland and Sweden. Peggy got to see Malmo Sweden, the city where her grandfather grew up in the 1800's. One highlight of our trip was the smooth two hour ride at speeds of 100 mph on the train which the ship had chartered to take the hundreds of passengers wanting to go to Berlin. Our humorous guide on the tour bus in Berlin said only half facetiously that the German people, like their rail system, are very punctual. He said, as we stopped for thirty minutes to see the remnants of the Berlin Wall and checkpoint Charlie, that we should return to the bus between 1:59 and 2:01 pm.

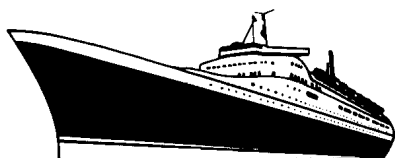
We enjoyed two days in St. Petersburg, Russia, formerly Leningrad. It is not possible to fully describe the luxury and opulence which the Czars enjoyed in the multiple palaces of that city. There are over 400 rooms in the Winter Palace and Hermitage Museum on the Neva River. The marble staircase in the main entrance is beautifully gilded with real gold overlay of exquisite wood carvings and marble columns reaching up to overhanging arches. Each room is decorated differently. Most floors show parquetry of intricate patterns, some having as many as sixteen different woods of varying colors. Some ceilings are painted works of art which almost rival Michelangelo's ceiling in the Sistine chapel in Rome.

The Hermitage may be the premier art museum in the world. It contains individual rooms with multiple paintings by Rembrandt, Renoir, da Vinci, Van Gogh, Matisse, Picasso and many others, not just occasional paintings here and there. To go through every room to view each work of art one would travel a distance of fourteen miles.

We also enjoyed our days at sea and every day we circled the promenade deck. Two and two thirds laps equaled one mile. A few days were chilly this early in the season, but proved not to be as cold as we anticipated and we enjoyed sunny weather nearly every day.

We were pleased to find out when we returned that Spring had arrived here and the trees were fully leafed out. We also found a robin had built a nest on a wreath we had hanging under our porch by the front door. She is still sitting on the nest.

Despite the food being constantly available on the ship, we were relieved to find when we returned that by exercising considerable restraint, we had each gained only one pound on the trip



Astrology — What's Up

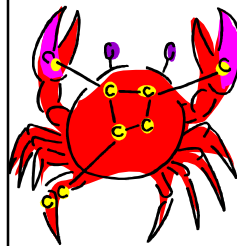
By Beverly Beylounne



Cancer June 22 – July 22

You may find this year you are getting rather strange ideas about nutrition and hygiene. This is a time when you begin diets that restrict a particular type of food. You may also find yourself sensitive to different medications. At this time your creative self-expression grows as never before. You find the courage to be yourself and to express yourself without fear or apology.

If you have any artistic aptitude at all, transits this year will bring it into play. If you are working in a creative or artistic field, you may make more money than usual. The most important point about this transit is that it



brings you the opportunity for personal growth and increased wisdom, along with greater freedom of self-expression. If you are open to new experiences, perceptions and ways of looking at the world, this can be an extremely constructive year.

Leo July 23 – August 22

This year the focus is on you! A new you. Out with the old and in with the new. This includes people, ideas, the way you appear, the way you act, etc...etc.. This is a time of major changes. You may decide to purchase a totally different style of clothing or change your hair style or color! You'll find yourself making new friends, going to new places and doing things you haven't done before. You'll also find yourself driving a lot more going from place to place...non stop!



This will be a great time to do the things you never thought you would do. Don't hesitate ...have a great time!

Dispose of unwanted drugs—

and medication properly by throw them in the trash or in with coffee grounds. **Don't** flush medications down the toilet. This is an improper way to dispose of medications because it has been proven to pollute our environment.





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Free Lunch & Visit

Recently the **Champines** and the **Ebens** had a delicious lunch and tour of New Horizons in Marlborough. New Horizons is part of a growing option for senior citizens. It is not a nursing home or rehabilitation center, but a whole new way of living.

There are a number of these facilities that offer a variety of choices from totally independent living – quite similar to what we have at Quail Run, to semi-independent living with your choice of care options, to assisted living with lots of help designed to keep you as independent as possible within a safe and caring community.

The four of us were joined at lunch by one of the resident “ambassadors”, **Francis Wells Denzel**. She shared our lunch of clam chowder, choice of seafood roll or hamburger, and choice of desserts. The guys opted for the chocolate-peanut butter bar while the ladies went for the ice cream. Francis is a delightful person who has lived her life in the Hudson – Marlborough area – she taught in Hudson schools and knew many of the teachers and administrators there including the **Guidottis**.

Francis came to New Horizons at her daughter’s urging. Francis was dead set against it to the point her daughter feared Francis might just walk home! After a month, Francis admitted she began to love the place and wouldn’t leave now for anything. She says she has one of the smaller units, because, as she says, “I’m never in it!” The programs offered are every bit as good and better and more than what we have at Quail Run! George said that life at New Horizons reminded him of life on a high quality cruise ship.

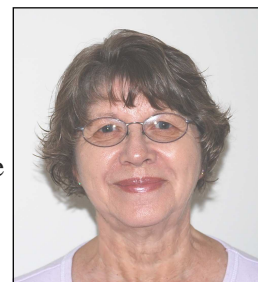
Several options are available. The simplest option is an apartment much as we have at Quail Run. Other options include an apartment with breakfast provided or an

(Continued on page 11)

Area Highlights

By Barbara Champine

General Artemas Ward House Museum



I was doing some genealogical research recently and discovered that my husband George is the 8th great grandson of William Ward, one of the founders of Marlborough. I then did more research and discovered a first cousin of his (6 times removed) was General Artemas Ward. General Ward was the First Commander in Chief of the American Revolution and served until George Washington became commander. I also found a delightful house museum, previously unknown to us, in nearby Shrewsbury. The house had been in the Ward family until bequeathed to Harvard University.

The house is listed on the National Register of Historic Places. It stands on the Old Post Road in Shrewsbury. Originally built around 1727 as a five-room salt box by the General’s father, it evolved into a thirteen-room Colonial Mansion with eleven fireplaces and a double sized barn. Early architectural details remain intact. The property was owned by five generations of Wards and operated for nearly two hundred years as a working farm. The well documented collection of furniture, artifacts and farm implements reflect generations of household members and changes in daily life and agriculture. In 1925 the General’s great-grandson Artemas Ward bequeathed the farm to Harvard.

The collection includes furnishing and heirlooms that belonged to the General and his family, commissions, Ward family portraits, Colonial, Federal and Empire furniture, farm equipment, wood stoves, lighting, glass, China and textiles. The house contains fine original woodwork throughout including early sliding shutters, kitchen paneling and a wall that can be lifted and stored against the ceiling. The collection is a remarkable research resource both in its significant objects and its extraordinary documentation of everyday home and farm life over two centuries.

Open Wednesday-Saturday 10-12 and 1-5, April 15-Nov. 28, 2009 or by appointment. Closed major holidays.
Phone: 508-842-8900 or email hres_wardfarm@harvard.edu
for updated hours and group tours. Admission: FREE

Saturday Afternoon, Sept 26, 2009 is the 5th Annual Barn open house

Directions: Take 495 south to route 9 and go west. Turn right on South Street (opposite Kia motors). Go about a mile to the traffic light at Main Street; take a right on Main Street. Go .3 miles and the house will be on your right.

Annual Meeting & Election continued

The minutes from last year were read by **Evelyn Spears** and quickly approved. The gathering got a quick laugh when Evelyn was asked to stand and she replied with her very sweet smile that she was! Evelyn is definitely vertically challenged!

Barbara Morgan, out going president of the board, went over the **completed projects** along with their attendant costs. Among other things a storage shed near the Club House is on order and should arrive the first part of June. The shed will be used for construction / repair material for a while and then later on for over flow from the Club House. The first 50 decks are in process of being power washed and painted. We paid \$62,000 for the first 80 inches of snow plus \$1,600 for the March storm. Non-snow events cost another \$23,490. This included snow raking the roofs and moving old snow around to allow space for new storms.

After Barbara finished, **Cathy Birnbrich** gave a most depressing presentation with numerous photographs of the **sorry state of the trim** on virtually all units. The BOG discovered that interior lumber was used for the outside trim and the wood is disintegrating! There is little point in continuing to paint the trim as the wood will not hold the paint very long. A variety of solutions will be considered by the incoming BOG, but none of them will be cheap, easy or quick!

Rich Ebens completed the BOG presentation by commenting on our **lightning problems**. Surge protectors are being installed on all the fire alarms for each building as well as the pump house and the kiosks. **FIOS** has put off their installation here at Quail Run until at least August.

A number of attendees had lawn sprinkler questions. There are rain sensors on the sprinklers which will affect how they respond during and immediately after a rain. Because the timers were not properly adjusted to start the season and too many came on at once, the auxiliary pumps were turned on. These pumps don't run very often and this caused the "dirty water" that some of us noticed. The water is not contaminated, just a bit "dirty" from sitting in the pumps for a while. Cathy also noted that because we ran the sprinklers at night last year, trying to conserve water, the wet grass developed a fungus which turned into brown, dead spots in the lawn. The sprinkler timers have been adjusted.

3/10

DENNIS CAMPBELL
617 448-3837



DRG Services Inc.
cashcoltdc@yahoo.com

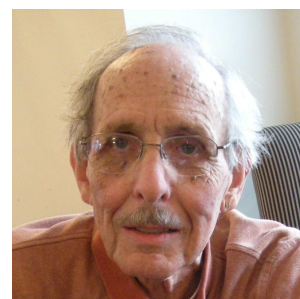
Electrical
Plumbing
24 Hour

Carpentry
Painting
Emergency Service

New & Re-elected Board Members



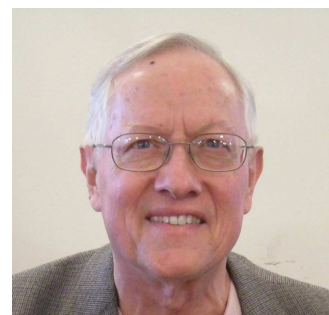
Evelyn Spears



Rich Ebens



Stan Gordon

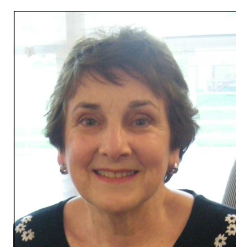


Terry Troyer

Thanks to those below for their interest in being on the Board of Governors



Sharon Evans



Marie Kapsalis

Ken Curewitz was not available when photos were taken.

Nursing Home or Assisted Living? Which Do You Need?

What would you do if this happened to you? You are rushed to the hospital and the discharging physician recommends a nursing home for a period of rehabilitation because you are determined “unsafe” to be alone at home. Would you know what your choices are or would you follow the doctor’s advice and head to a nursing home? Do you know what the financial implications are of your decision?

Too often emergency situations like the one described here happen to the unsuspecting. Without experience as guidance, or a knowledgeable friend or family member, the authority figure in front of us is the one we follow for reassurance. However, there are many options today that the emergency room physician may not be aware of and the decision means “buyer beware” for the prudent healthcare consumer.

In this case, here are your options: **1.** Go to the nursing home where you will privately pay *at least* \$9,660 for the month (Medicare only pays for nursing homes after a three-day hospital stay) **2.** Go home and hire a live-in home health aid to be at your beck and call (or convince a family member or friend to assist you) for about \$23 / hour **3.** Move in with family or friend (FREE!) or **4.** Use a respite program at a local assisted living community (New Horizons charges \$6000 for the month).

Let’s look more closely at what your money gets you for the healthcare options in numbers **1** and **4**. What is the difference between a nursing home and assisted living facility?

Caregivers: While nursing homes are staffed with clinically licensed professionals such as nurses, therapists, social workers, nursing assistants and a physician serving as medical director, traditional assisted living residences employ certified home health aides. A licensed nurse supervises these individuals and the limited care they are authorized to provide. There is a new category of assisted living emerging, however, that one might best understand by thinking of the phrase “*skilled assisted living*.” In this model of residential care, an individual recovering from a setback can live at home, home being the assisted living suite, and have care come to the door by a variety of professionals.

New Horizons at Marlborough is one such community. It expands the traditional assisted living limitations through a comprehensive contract with Care Solutions, Inc., a Medicare-certified home health agency. Care Solutions employs nurses, physical and occupational therapists, and certified home health aides. It operates both the assisted living program and physical therapy center at New Horizons, and always schedules a nurse on-site 24-hours a day. Additionally, New Horizons’ assisted living program coordinator, Cheryl Rank, RN guides families and hospital

(Continued right)



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3/10

patients in making informed decisions about recuperative settings and determines whether needs can be met in the assisted living community.

Setting: The appeal of the assisted living residence is the privacy of a home-like atmosphere. After socializing as much as you like—in the elegant dining room, swimming pool, greenhouse, libraries or assembly hall-- you can retire to an apartment where you can close and lock your door. Conversely, nursing homes provide semi-private rooms where the atmosphere feels more like a hospital with a curtain separating your space from a neighbor.

Health care services: In assisted living, service plans are crafted to capture the needs of a resident, needs which may vary greatly from person to person. These services are delivered at any scheduled time of day with an aide or other care professional knocking on the apartment door and assisting in the privacy of one’s suite. In a 24-hour day at a nursing home, the time that a patient is directly involved in therapy or focused on healing activities may amount anywhere from one half-hour to three hours daily. Outside of the scheduled therapy time, however, you will remain in bed. Activities may be available to entice you out of bed, but unless you (or a family member) prove to be a squeaky wheel requesting assistance to get from one place to another, often the staff’s attention will go to a patient with more urgent care matters.

However, once the level of recovery has reached a pattern that can be approached with scheduled visits, for example physical therapy routines or wound management, you may transition comfortably to a *skilled assisted living* setting. Many people do not realize that Medicare coverage for physician-ordered services applies equally whether you receive such services at home, in a nursing facility, or at an assisted living facility.

It is wise to visit facilities *before* a crisis occurs in order to determine your emergency plan. More information is readily available by contacting Cheryl Rank, RN at 508-460-5200.

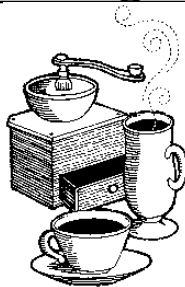
thanks to Beatrice Martin Wood at New Horizons in Marlborough for this information

Social Committee Doings

Coffee morning The last coffee morning until the fall will be on Saturday, June 20 at 10 AM.

“Thank You”

The 2008-2009 Social Committee thanks all of the volunteers who helped this year. We truly appreciate all of the bakers, cooks and of course everyone who pitched in at the end of an event to put the club house back in order in record time.



Members of the Social Committee are: Barbara Edelstein, Jeanine Bensette, Lee Bradbard, Lynn Fishman, Ginny Fullam, Terri Kilshaw, Sherry Lupien, Sally Mauro, Marcella Monte, Jan Mudgett, Marlynn Stott.

Other Social Events

The Ladies of 6 & 8 Strawberry held a surprise tea for **Jennie Meola** to celebrate her 90th birthday on May 22. Jennie is a VERY YOUNG 90 and still going strong.



MARK YOUR CALENDAR:

June 17. Don't miss the River's Edge Band and Chorale Pro Musica Youth Chorus at Wood Park, Free. Bring your lawn chair and enjoy and great evening of music.

Intel Annual Electronic Waste Recycling

The event opens on 5th June (Friday) from 12pm to 6pm and on 6th June (Sat) from 8am to 2pm at the Shop and Stop parking lot

The event provides a way to properly dispose of electronic waste. A donation of \$10 and \$20 will be collected from individuals and businesses respectively and will be donated to the 2009 Intel Community Giving Campaign.

Items accepted include – computer monitors, CRTs, fax machines, copiers, typewriters, CPUs, DVD or VCR players, radios, telephones, cameras, stereo equipment.

Items NOT accepted for recycling include – home appliances (microwaves, stoves, refrigerators etc.)

Further information call Dan Hogan at 978-553-2368



JULIETS NEWS

Join us on Wednesday, June 24th 12:30 at **Stephen Anthony's Restaurant**; Boston Post Road, Marlboro (in the Wayside Inn area)

You can order from the menu and separate checks will be made out.

A sign up sheet is posted in the club house. The cut off for sign ups is June 21st. Contacts are Marlynn Stott at 978-567-5912 or Alice Gagne at 508-653-0381



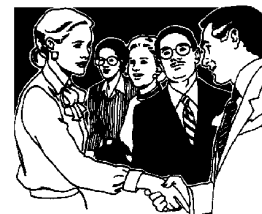
We have hostesses for the entire calendar year, but would like to remind the ladies that they need to start thinking about 2010 as we will be looking for new chairpersons.

Free Lunch & Visit continued from page 8

or an apartment with dinner provided. Many residents select an apartment with all meals provided with maid and linen service. The facility has a swimming pool, exercise room, theater, chapel, internet access, and small greenhouses and gardens. For those who need it, up to three hours of nursing care per day are available.



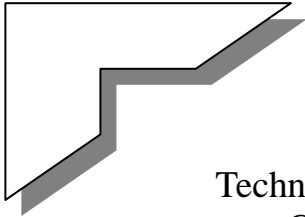
Would you be interested in learning more about independent and assisted living as offered by some of the facilities in our area, including New Horizons and Christopher Heights, also in Marlborough? We can set up a visit to our Club House by representatives of the two facilities if there is enough interest. Contact one of the Champines or Ebens or sign up at the Club House.



Thank you from Vinnie Graceffa

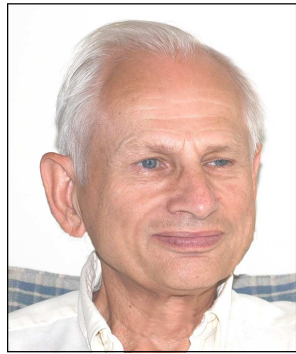
A very, very special thanks to my neighbors, Toby Allen, Sue Bohall, and Beverly Minot for helping me beyond words.





Technology Corner

By George Champine



MagicJack Internet phone

Internet phones continue to proliferate and are getting to be quite good. Many of us have Comcast or Verizon internet phone and they work quite well, especially for the home. Others are Skype, Vonage, Jajah, and AOL.

Here is a way to get a lower cost phone line for home or small business. The name of the service is MagicJack and it is available from Best Buy and elsewhere for about \$40. This price covers the device and the first year of service. Subsequent years are \$20. The device is a USB device about half the size of a flash drive. You plug it in to the USB port, plug any regular or cordless phone into the device, and it self-installs in a couple of minutes (the computer must have internet connectivity). You are prompted for an email address, postal address, and password. You select an area code and exchange number from a list of those available. You are assigned the last four digits. The service provides unlimited calling in and out throughout the U.S. and Canada. You automatically get voice mail. The voice mail is also immediately sent to your email address as an audio attachment. You have the ability to automatically forward calls to any phone. I am using a MagicJack and it works as promised.

Digital Video Recorders

A Digital Video Recorders (DVR) is a device that records TV programs to a hard disk such as those in a computer. The recorded program then can be played back at your leisure. This is the same “time shifting” that people have previously accomplished by using magnetic video tape, but it is much more convenient. Comcast and Verizon both offer DVRs for a few dollars per month or as part of a package.

The advantages of a DVR are:

- It can record many hours of video
- It can be set to record specific programs simply by clicking on the program listing or setting the time

- and channel manually
- It can save many episodes of a series
- Programs can be deleted and the space used again
- If you like a recorded program, you can transfer it to DVD.

There is substantial capability built into the DVR. It can record two programs at once, and can record while you are watching another program. We all probably watch too much TV already, but with a DVR we can at least improve the quality.

Flat Screen TV Revisited

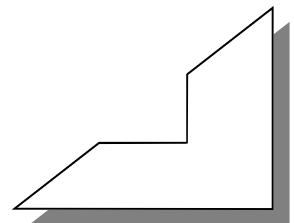
Flat screen TVs continue to plunge in price and improve in quality. The **projection units** popular a couple of years ago have largely disappeared from the market.

Plasma sets have improved markedly in the last year, but **LCD** sets have a dominate market share.

Many sets today offer 120 Hz refresh rate. I believe this is **overkill**, and that a 60 Hz refresh rate is more than adequate, usually at a significantly lower price.

There are three ways to configure the set once you get it. If you use the set as it comes, you will get the same channels you got before. If you get a set that is CableCard ready, Comcast will install a CableCard for a one-time fee of \$15 and you will be able to get the High Definition (HD) channels. The picture quality in HD is stunning. On Comcast, the HD channels are the 800 series channels. Thus, whereas channel 7 is standard definition, channel 807 is the same program in HD. The same is true for many other channels. While the sitcoms are no more interesting in HD, the travelogues, and movies on channel 1 look great.

If you get a set top box instead of a CableCard, it will cost you about \$7 per month and you get both the HD channels and interactive capability. The interactive feature provides a very good listing of programs available with considerable information on them. We find the listing to be of great interest.





8th Annual Ice Cream Social
6:30, Saturday 15 August