

The Quail Runner

For and By the Residents
Of Quail Run



March — April 2011

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

Pizza/Movie Night

Saturday, April 16

at the Community Center 6:00 pm



\$4.00 per person at the door. A sign up at the Community Center or contact Sally Mauro at 978-568-0821 or email at Srednims@aol.com.

BYOB and Coffee/Tea provided.



Grease starring John Travolta & Olivia Newton-John.

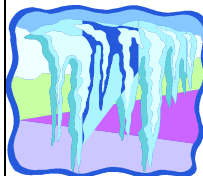
BOG News

Spring is finally coming and the chance of further snow accumulation is going. The Board has hired an engineering firm to physically inspect the roofs and insides of many of the homes that sustained damage from ice dams. Since they are finding some common problems and deficiencies, they do not need to inspect every home while restoration work on the damaged areas is starting. They are looking at this point to see what might be able to be done to minimize future ice dam damage. Please help the engineer or contractor with their scheduling by either being there or having someone there when planned. Because of liability issues and time demands, we can't hold keys, give out garage entry codes, or make phone calls. You are free to bring in a contractor of your choosing to repair the inside of your unit if you do not want to wait. Remem-

ber, anytime you have any contractor do any work on the inside of your unit, they must furnish you with copies of their license, liability insurance and worker's comp policy to protect you and Quail Run. Any reputable contractor is able to comply. Merely being licensed is not enough. If they should accidentally damage common property while they are working here at your request, neither Quail Run nor Alpine will cover that repair and that cost will be passed on to you. Your Homeowners Insurance is inadequate if a worker is injured on your job, even if your insurance agent has told you otherwise.

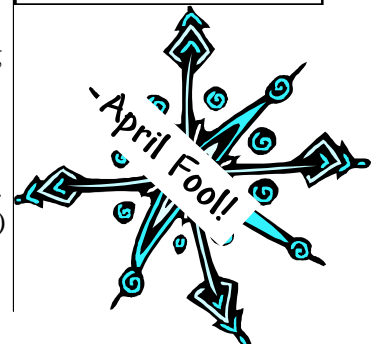
Once the final report from the engineering firm has been received, the Board can decide on a plan to minimize the probability of future ice dam problems.

(Continued page 3)



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- Senior Money Sense**—Howie Pearlman

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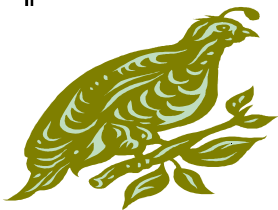
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Vacation Delivery

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 view the current issue on [QuailRun Hudson.com](http://QuailRunHudson.com).

The Editor’s Desk

MJ Ebens, editor



If your article is missing from this *Quail Runner*, I can only blame the software which barfed in the middle of putting this issue together. I’m not sure if I recovered everything or not. Aren’t computers wonderful?

Thanks to **Intel** and **Ann Hurd** for the lovely calendar they send every year.

Take a look at the article on Elderhostel on page 9. If you’re bored with your usual vacation, Elderhostel is a chance to combine learning, fun, and sight-seeing. In addition to the Ebens, the **Bradbards**, and the **Baker/Callahans** have all enjoyed their trips.

Toby Allen and I are both disappointed not to be able to put on the dramatic reading of *Dear Departed* in May. We had enough actors ready to take part, but we just couldn’t find rehearsal dates that would fit into schedules. The retiree’s lament that “I don’t have enough time”, is all too true at Quail Run. We’ll try again this fall, probably in October.

The Social Committee’s **Pizza and Movie** night should be fun. There was a good turn out for the last one. I always enjoy seeing movies with friends. The companionship is very nice.

This issue has a number of medical articles. Even if they don’t seem to apply to you now, you might want the information later.

The Pet News is sad — as someone was overheard saying recently, “It’s bad enough that our friends are dying — we’re losing our elderly pets too!”

Take a good look at **George Shaw’s** furnace and humidifier advice. We don’t want anyone’s furnace going out this time of year!

mj

Phone and Email Updates

Welcome to our new neighbor **Tamara Boriakoff**, 2-B Strawberry 978-562-2293.

George & Elaine McGoldrick [gmcgoldrick@ yahoo.com](mailto:gmcgoldrick@yahoo.com)

Curtain Call Productions

Our next production of *The Dear Departed* has been postponed until fall. Seems that all us retirees don't have enough free time to schedule rehearsals!



Contact either MJ Ebens or Toby Allen if you'd like to be part of the fall fun (probably in October).

ROMEO's

The ROMEO's men's group will meet for lunch at the **Horseshoe Pub** on South St. in Hudson on **Tuesday, April 12**, 12 noon. It's a chance to get together, share a meal and enjoy conversation. The group is open to all men living here at Quail Run. For reservations contact either Frank Monte (978-562-0823) or Rich Ebens (978-562-7880).

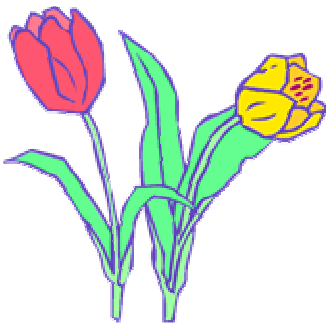


BOG News (from page 1)

We have been told that nothing will absolutely prevent all possibility of ice dam problems in the future, so we have to balance the risk versus the cost. We will let you know of these items as we make decisions.

This past winter, there were some heating problems due to the intake for the furnace being obstructed by snow accumulation. Please check the vents on the back of your house by the basement. There is one pointing down and this is the one that may get blocked. It is your responsibility to be sure that this is not obstructed from a heavy snowfall, and if it does, for you to have it cleared.

Lawn Barber will be coming in to clean up the "clumps" and pull their stakes. Waverly will do their spring cleanup and then Lawn Barber will be returning to hydro-seed the damaged areas to give the lawns a good start. There will be changes in the rain sensor-sprinkler controllers as well.



Bob Freedman, President

Study Group

The Study group will be meeting at the Community Center on Mondays from 1-3 starting Monday, March 28. We are starting a new study "Be Amazed" by Warren W. Wiersbe. For further information, call Janice Owen or Marion Anderson (978-562-4546).



Transitions

Condolences to the **Bradbard's** on the death of their son-in-law's brother, Brett. He was 47, single and living in New York City. He was a very outgoing, warm, vibrant man. Never married and close to our grandchildren. He was a joy to be with. He died suddenly of Bacterial Meningitis.

Condolences to **Tim Lilley** 8-E Strawberry on the death of his wife **Virginia** at age 78. She died February 28. She and Tim were married 60 years. They were residents of Quail Run for 6 years and of Natick for the previous 35 years. She was born in Sudbury.

Virginia was employed for 30 years by Roche Brothers at the Natick store and later at Corporate Headquarters in Wellesley. She and her husband enjoyed world travel together especially cruise ships to Alaska, the Caribbean and visiting family and friends in Florida and Maine.

Donations may be made in her memory to the American Cancer Society 30 Speen St. Framingham MA 01701 or to Beacon Hospice 529 Main Street Charlestown MA 02129.

Do you like to design puzzles?

We could use a "puzzle master" for the *Quail Runner*. Contact the editor if you're interested. We're interested in any type of puzzle.



Curtain Call

Toby Allen



We have 22 members and would be delighted if you would join us. We meet the 2nd Wednesday of each month at 2pm in the Community Center - September to June.

This month we saw *Bus Stop* put on by The Vokes Players in Wayland. Next on our list to see *Death by Chocolate*, an interactive murder mystery put on by the Marlborough Junior Woman's Club. For May we are going to The Concord Players to see *Dirty Rotten Scoundrels*.

Please email me puella_tobia@hotmail.com -- (underscore between puella & tobia) if you would like to be on our mailing list. We have a good time. Or contact me, Toby Allen, 978-562-7437.



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04/11



Quail Run Real Estate News

Hugo Guidotti

The snow is gone and robins are back and Sunday was the first official day of spring but I will celebrate when I see the first evidence of activity in the Spring Real Estate Market!

Things are gearing up. Here is the latest real estate news especially as it pertains to the over 55 market. We have 2 units on the market at QR competing with other condos in Hudson. Unit 6F Strawberry is listed for \$364,900 and 12D is listed at \$369,900. The Esplanade is still chugging along and now has 15 listings available priced from \$159,900 to \$219,000. Our neighbors from Westridge show 14 homes sold and has 7 on the market priced from \$359,000 to \$549,900. The Westridge homes are mostly upscale homes with some well over 2,000 sq. ft. Then there is the new kid on the block at Regency at Assabet by Toll Brothers in Marlboro over by the Assabet School. If you recall they halted construction for some time but they began a new marketing plan shortly after the first of the year with 5 or six new listings from \$346,495 and over and these are mostly over 2,000 sq. ft. also.

Middle East unrest oil prices are rising drastically which causes the U.S. bond market to falter. This is good news for home buyers because mortgage rates have slid downward a little bit from the increases we've seen for the last couple of months. We can learn from this to never trust anyone's financial predictions because no one knows when the next revolution or Tsunami will strike. I guess we make the best plans we can and live with trust and faith from day to day.

And I still have 2 customers with their homes on the market and waiting to buy here at QR. They would prefer a B or C unit because they need 2 bedrooms on one floor. So, if you are having any thoughts about making a move consider it now as prices at QR have increased a bit though still not at the level we purchased for. Give me a call and we can explore your options together.

Mark Your Calendar

April 8: River's Edge Community Band Spring Concert, Hudson High School, 7:30 \$\$

April 30, May 1, ATS Class Play at Hudson High, Intel Mini Theatre

May 1: Pro Musica Youth Chorus Spring Sing, with special guests Simple Harmonic Motion, WPI men's a cappella group, Hudson Town Hall, 3:30 pm. \$\$

May 14, Heritage Chorale Spring Concert, 7:30 St. Mark's School Performing Arts Center (see page 10 for more)

May 15, 2:00, Competitive Plays, 2:00, at Hudson High

May 15, Spanish Serenade, Hudson High



Area Events of Note

When you're the patient

How can patients and their families protect themselves against alarm fatigue? James Keller of the ECRI Institute, a nonprofit research organization focused on improving medical care, advises patients and families — especially families of critically ill patients — to ask nurses and doctors to explain what monitors are being used for, what types of alarms could sound, and which alarms they should be concerned about and which are minor. Then, if a critical alarm sounds and no one comes, immediately go for help. *Boston Globe 2/12/2011*

Senior Money Sense

by Howie Pearlman

Too many retirement accounts

This is a high quality problem, but a problem none the less. As we save for our retirement years it's not uncommon to find ourselves with more accounts than we know what to do with. Throughout our working years we have sporadic opportunities to save for retirement and we are told diversification is the key to retirement success. As a result many savers find themselves with multiple retirement accounts. For some, this is a Retirement Mess.

When it's time to convert some of your savings into income, there are important considerations that must be taken into account. Here are just a few challenges caused by having too many retirement accounts:

- Which account should you spend first and why?
- Which account should you spend last and why?
- How do you calculate Required Minimum Distributions from multiple qualified accounts?
- Is one account losing as much as another is earning? (break even)
- Will you have enough money for a comfortable retirement?
- Are your beneficiaries set up properly on ALL of your retirement accounts?

It's just too much to worry about and there's a simple solution. Multiple qualified retirement accounts can be consolidated into one. These include: IRAs, 401(k)s, 403(b)s, 457(b)s, SEPs and others. All of these qualified accounts can be consolidated into one easily managed IRA.

The Non-Qualified category includes everything else. For many retired or those planning to retire, consolidating allows them to have only 2 easily managed retirement accounts and a third account for those who own a Roth IRA.

During the accumulation years, diversification made perfectly good sense, however when you decide to retire diversification needs to give way to preservation. Here is the simple truth; ***you can't have a guaranteed income from a non guaranteed account.*** A drop in the market like we saw in 2008 for many meant a reduced income. Consolidating retirement accounts in a safe place can help avoid costly and irreversible retirement mistakes.



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03/11

Quail Run Birthdays

April

Barbara Champine	7
Joe Fallon	11
Lois Rawson	12
Sharon Berthiaume	12
Jennie Frame	14
Robert Sullivan	17
Craig Evans	19
Charlie Bosio	20
Helena Cabral	23
Tony Nefzger	24
Edward Berthiaume	26



May

Diane Potter	5
Janice Hornberg	7
Roger Montgomery	9
George Champine	16
John Palmaccio	18
Patricia Ruest, Jo Fierro	23
Jack Doherty	24
MJ Ebens	28
Marie T. Mangan	31

To include a birthday, contact your reporter or the editor

Pet News



Sue Rosen recently lost her dog *Riki* at age 17. **Sandra Mocanu** had to put her dog, *Gretchen*, to sleep due to illness. *Gretchen* was almost 15 years old.

The pet lovers among us know how sad this is.

If you're worried about out-living your pet, the North Shore Animal League has created the Safe Haven Surviving Pet Care Program that guarantees a home for pets who out-live their owners. For more information, call 516-821-7218 or 1-877-4-SAVE-PET

Condo Care

Those nasty windy Fridays...

To prevent your **trash** from flying all over the place, put your trash in plastic bags before putting it into your dumpster. On 18 March the wind knocked over many dumpsters and loose trash was flying all over the place.

Furnace. This winter has been very cold and the furnaces have been working overtime. Changing the filters regularly is important to the efficiency of the furnace. Forced warm air furnaces, as we all have, tend keep our units dusty. I would suggest changing the filter every 3 months and writing the date when changed on the filter. Also make sure the filter is installed in the correct way with the arrow on the side of the filter pointing in the right direction, at the furnace.

Humidifiers. For those of you that have an April Air humidifier. The water panels only last one season at best. The Hudson water tends to have a lot of minerals it and that will end up on the water panels and prevent the proper displacement of water over the panels thus not humidifying your unit enough which will effect your skin, your nose, and hardwood floors just to mention a few. The water panels are easy to install and can be purchased at Chaves heating and air condition just down the street off of Forrest Ave. I used to be able to purchase the panels at Home Depot but the unit I have is a series 400 and they stopped stocking them.

George Shaw

Calendar Reminders:

- Run the various seldom used features of your unit occasionally, i.e. ceiling fans, vent fans, showers, faucets – indoors and out, and oven cleaner, to be sure they haven't "frozen or rusted"
- Change the batteries in your smoke detectors (also in the fall when you change from / to Day Light Savings Time

Traveling Recycle Bins

Recycling Bins tend to travel on our windy hill top. Be sure yours is identified. One was recently found, a possible escapee from Rotherham. If you've lost yours, call 978-212-5006.



Great Lengths HAIR SALON



Appointment _____

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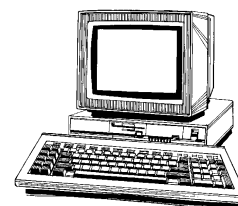
9/11

Sale / Free / Wanted

Do you need help finding your way around your PC or Mac computer? I will come to your home to help you learn how to use your computer effectively and efficiently. It can be for one session or multiple sessions. Learn at your convenience, your pace, in your home on your computer.

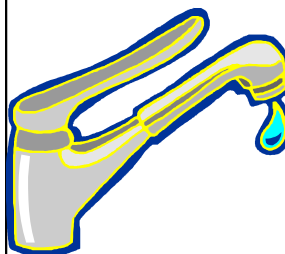
Reasonable hourly rates.

Contact Carole Perla, 6D Autumn Dr, 978-568-9979



Income Tax Circuit Breaker Exemption

There is a section in the State of Massachusetts income tax called the **Circuit Breaker** which gives some people a tax deduction. One of the numbers asked for is total water and sewer charges. Our cost for sewer and water in Quail Run this past year was \$102,000.00. Multiply this by 50% and then by the percentage ownership you have in Quail Run (from .660 to .682.) gives you the number to enter on your return.



More Income Tax Advice

The latest reports from the Internal Revenue service shows that it has streamlined its tax form this year. It goes like this:

- How much did you make last year?
- How much do you have left?
- Send B.

1/12



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Marlborough Hospital Auxiliary

The Marlborough Hospital Auxiliary is welcoming new members. If you are looking for a rewarding experience, working with an enthusiastic group or just wishing to get out socially, the Auxiliary may be your answer to one or all of the above.

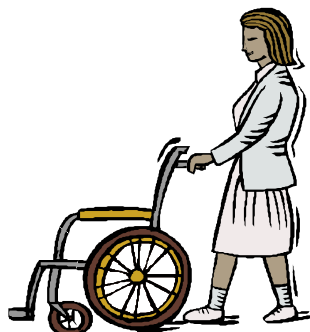
For nearly 120 years the Auxiliary has been an integral part of the hospital team helping to make the hospital a great choice for your health care needs. The Auxiliary supports the hospital in a variety of activities and programs, including Well Wishers Gift Shop, Annual Luncheons, Fall Flea Market, Holiday Bazaar, Bake Sales, etc.

In addition, the Auxiliary annually funds \$750.00 scholarships to local high school seniors interested in pursuing health care careers. This group has also accepted the challenge to fund hospital requests that are not included in the regular budget, such as audio visual equipment, art work for patient floors and diagnostic testing equipment.

You, too, could be a part of this involved group who participate in projects and programs that help provide additional resources to maintain and improve the quality of health care in our community.

If you would like more information you may call the Auxiliary at 508-486-5728 or the Volunteer Office at 508-486-5688. While some auxiliary members are also hospital volunteers, you need not be a volunteer in order to become an auxiliary member.

Renee Kossuth and **Kent Callahan** are current volunteers there.



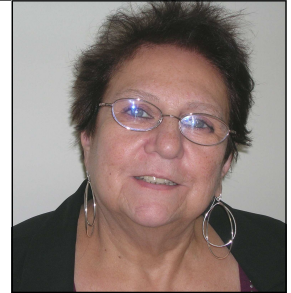
Astrology — What's Up

By Beverly Beylouné

TAURUS April 20 – May 20

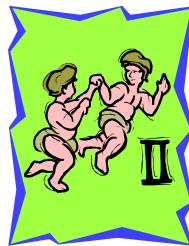
Beginning June this year as lucky transits enter your sign doors will swing open on opportunities left and right, as you enjoy one of the happiest years in recent memory!!

By summer your cash zone will be as green as a summer garden. You may hear of an 'addition' to the family at this time. Fall 2011 will be a good time to start a diet and exercise program. You 'luck' is still improving by the end of the year, (especially in November) So much so that you just may WIN something!!! You will gain more respect and admiration from those around you.



GEMINI May 21 - June 20

This is a good year with both your peers and younger people as you (possibly) become a mentor to the latter. You'll make huge strides towards a goal in 2011 thanks to the transits that help you network. Springtime may bring some travel opportunities. This summer your wallet may get some star treatment with planetary permission to splurge on some things you've wanted. You may upgrade your wardrobe, add some furniture pieces, or go on a special vacation. This fall you may sign up for classes of higher learning or learn to meditate.



Open Door Free Medical Clinic

Open from 7 to 9 PM every Monday serving those with medical insurance. They can use medications you might have left over (from someone dying or if the Dr. has changed your prescription.) They are at the Methodist Church on Felton Street. Call the church office and leave a message for Cheryl (the director) 978-562-2932 or they can call Janice Owen for more information (978-567-0767).



HEALTHY LIVING

by Peggy Rittenhouse

AMD



On a recent trip we stopped in Wichita, Kansas where a good friend Dave lives. He had lived with us when he spent 3 months at the Massachusetts General Hospital Eye and Ear. He is now an ophthalmologist with a specialty in diseases of the retina (retinologist). He mentioned among his specialties—Age-related Macular Degeneration (AMD).

AMD is a leading cause of vision loss in Americans 60 and older. The disease destroys your sharp, central vision. It is marked by deterioration of the macula, which is the center of the retina--the layer of tissue in the inside back wall of the eyeball.

The symptoms develop gradually, such as the need for increasingly bright light when reading or doing close work, increasing blurriness of printed words, a decrease in intensity or brightness of colors and gradual increase in haziness of overall vision. There are 2 types—dry and wet. Wet AMD is characterized by swelling caused by leaky blood vessels in the back of the eye. Dry AMD isn't association with swelling and is the most common form of the disease. While the exact cause of the disease is unknown, risk factors include increasing age, family history of AMD, being white and female, smoking, being obese, eating few fruits and vegetables, having high blood pressure and high cholesterol.

It is very important to have routine eye exams as one ages. Dave gave us this list of things a person can do to help prevent further deterioration of vision.

- Eat: green leafy vegetables: spinach, broccoli, kale, collard greens; dark pigmented fruits: blueberries, raspberries, red grapes, cantaloupe; a low fat diet; omega 3-fatty acids like dry non-roasted English walnuts and almonds, fish (salmon), flax-seed oil
- Take eye vitamins or multi vitamins with lutein
- Use U. V. filters (protection) in glasses (check with your optician)
- Check Amsler Grid every day (a grid of vertical and horizontal lines) and call eye doctor ASAP if any changes
- Exercise regularly and maintain proper weight

Supporting our local residents is just part of what makes us your community bank.



3/12

Intel Recycling Event

Intel is again sponsoring this event on Friday, April 29 from 12:00pm-6:00pm and ending on Saturday, April 30 from 8:00am-2:00pm.

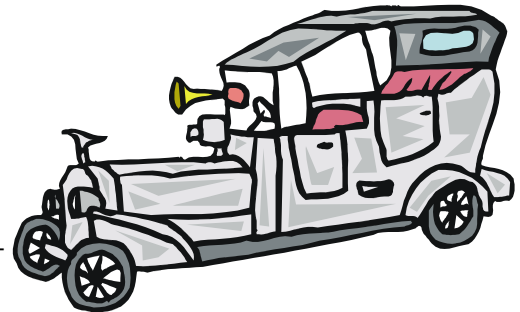
As we get closer to the date more information will be available. Usually they only charge a small fee for a few items.

Email Reminder to Renew Driver's License

Massachusetts now offers driver's the opportunity to be reminded to renew their driver's license by email. The state no longer sends postal reminders to drivers but does offer email reminder service.

Go to <http://mass.gov/rmv> and fill in the blanks which include your current, valid driver's license number and your zip code. Your license expiration date must be at least 45 days later prior to requesting the email service. The email reminder will go out 30 days prior to your expiration date.

AAA members can renew their license at the Framingham location. You can also sign up for a renewal reminder at the AAA website, www.sne.AAA.com. You can log on by putting in our zip code where indicated under *Branch Locator*. This will take you to the home page. At the far right column is the link to "License Reminder Service for MA. Fill in the required info and you should be all set. (Thanks to Kevin Fitzgerald for this.)



Area Highlights

By Barbara Champine

Lyman Estate Greenhouses

Tired of winter? Visit the Lyman Estate Greenhouses. They are located at the Lyman Estate, one of the finest examples in the United States of a country estate and, even if only used for functions, it is worth a picture. They are among the oldest surviving greenhouses in the United States. The complex of four greenhouses consists of an 1804 grape house, 1820 camellia house, 1840 orchid house, and a 1930 sales greenhouse where visitors can purchase plants to take home.

Any time of the year is a treat to visit to the picturesque greenhouses. Rare orchids bloom throughout the year. During the summer, Black Hamburg and Muscat grapevines are laden with enormous clusters of fruit. Autumn in the greenhouses arrives with the sweet scent of citrus plants in bloom, followed by their fruit. When winter is at its bleakest, the century-old camellia collection puts forth its magnificent blooms.



Daffodils

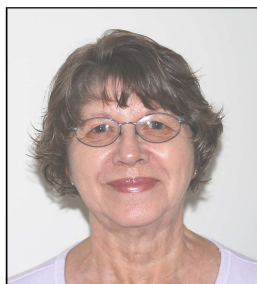
The expert horticultural staff offers advice and assistance with plant selection and culture. The greenhouse specializes in orchids, exotic house plants, citrus fruits, camellias, and herbs. Five large specialty plant sales are held during the year. In the gift shop and sales greenhouse there are plants for sale and also orchid growing supplies, pottery, gardening books, fertilizers, note cards, and garden gifts.

Open: Wed –Sun, Dec 15—July 15; Wed—Sat, July 16—Dec 14 9:30 am —1 4:00 pm, closed most major holidays. **Admission** to Greenhouses: Free

Guided tours: First Wed of the month 11:00 am—2:00 pm. Tour on the hour; \$6

Location and Directions: 185 Lyman St. Waltham; Take route 20 east to Waltham. Turn left at Lyman Street. At traffic circle take 1st exit onto Beaver St. There is ample on site parking.

Note: *These greenhouses are near two other attractions that I will cover in later issues of the Quail Runner, the Rose Art Museum at Brandeis and the Robert Treat Paine mansion, Stonehurst.*



Social Committee

Saturday Morning Coffee in the Community Center will be on Saturday, April 2 from 10:00 to 11:30. Come for Coffee, Conversation and More. Donations to the Hudson Food Pantry Welcome. Cost \$1.00

Elderhostel / Road Scholar

“From Slave Narrative to Jazz”; “Race and Politics in American Humor”, and “History: Lost, Stolen, or Strayed” were the titles of the latest Elderhostel program **Rich and MJ Ebens** attended in Florida. The accommodations were great – Best Western hotel – right on the water in Daytona Beach. We enjoyed the 70 - 80° temperatures while improving our brains. The lectures are given by top notch instructors who’ve graduated from various colleges and universities. Fortunately there are no final exams!

The program started on Sunday evening and ran through Friday noon. All meals were at the hotel’s restaurant. I couldn’t believe that the wait staff quickly knew all our names and many of our food predilections. The meals even included a glass of wine with dinner!

Afternoons were free which gave us a chance to enjoy the beach or take in other activities in the area. *Bike Week* started the day after we left, so we had chance to see and hear a variety of motorcycles.

Elderhostel (now Road Scholar) offers a chance to combine education and travel with programs nation-wide and internationally.



Many people decide what locale they want to visit and then pick out a program in the area to attend. We used the program as a chance to visit with Rich’s sister for a few days. The programs accommodate singles as well as couples, so don’t be afraid to go alone.

Try it – you’ll like it!

Home Safety Screening

This Home Safety Assessment Tool can help you identify unsafe areas in your home that can cause falls. Please circle the best response to each of the questions below. You may want to share the results of this survey and any recent history you have with falling with your doctor.

1 As I move from room to room in my house, I slip or stumble from clutter of electrical cords, low furniture, or other things in my path.

Never=0 Rarely=1 Once a week=2 More often=3

2 As I move from room to room in my house, there are sturdy things I can grab to steady myself if I feel unsteady.

Everywhere=0 Most places=1 Sometimes=2 Few things to steady me=3

3 I have good light when I walk in my house, (include nighttime trips to the toilet).

Always=0 Almost always=1 Sometimes=2 Often dark=3

4 While inside my home, I walk in shoes, not barefoot or in slippers.

Often=0 Usually=1 Sometimes=2 Mostly barefoot=3

5 I slip or have difficulty getting on and off the toilet.

Never=0 Rarely=1 Sometimes=2 Often=3

6 I slip or have difficulty getting in and out of the bath or shower.

Never=0 Rarely=1 Sometimes=2 Often=3

7 I slip or have difficulty with steps or stairs in my house.

Never=0 Rarely=1 Sometimes=2 Often=3

8 I stand on my toes to get things out of reach in my kitchen or closets.

Never=0 Rarely=1 Sometimes=2 Often=3

9 In the places I walk outside, there are uneven surfaces, cracked sidewalks, slippery steps, or other problems that make me trip or stumble.

Never=0 Rarely=1 Sometimes=2 Often=3

10 If I were to fall, hurt myself, and were unable to get up, I would be able to get help quickly.

Always=0 Usually=1 Sometimes=2

No - Usually Alone=3

Review your results and take note of any circled answers with a 2 or a 3 next to it. These are the areas you have identified as the most likely places to cause a fall. Focus on making these areas safer to help decrease your chances of falling at home.



HUDSON, MA

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Website: www.countryglass.com

3/11

The Heritage Chorale Spring Concert

John Finney, Conductor

Springtime in Salzburg; Saturday, May 14, 7:30 pm

St. Mark's School; Performing Arts Center

25 Marlborough Road; Southborough, MA

Program:

Wolfgang Amadeus Mozart:

Missa Brevis in D Major

Ave Verum Corpus

Franz Schubert:

Mirjams Siegesgesang

Four Partsongs



Ticket prices: \$20.00 - General Admission

\$15.00 - Seniors and Students

Children 6 to 12 FREE

Tickets will be available for purchase at the door or contact **Elaine Recklet** at 978 - 562-2121 or erecklet@comcast.net

Among devotees of great choral music, Mozart is probably best known for his large-scale choral works such as the *Requiem*, K. 626 and the *Mass in C minor*, K. 427. Yet there are many delights to be savored in Mozart's small-scale choral works, particularly in the works he composed while in the service of Archbishop Colloredo in Salzburg. The Archbishop placed specific constraints on the duration of the music to be performed during the Mass at the Salzburg Cathedral; Mozart accepted the Archbishop's challenge by composing works (including the *Missa Brevis in D Major*) that are truly miniature gems, filled with inventive and tuneful melodies, rhythmic drive, and expressive harmonies.

Franz Schubert composed *Mirjams Siegesgesang* (Miriam's Victory Song) shortly before his death in 1828.

Refuse Disposal Services

Recycling Acceptable Items

Aluminum cans	Brown paper bags
Cardboard (must be broken down)	
Catalogs, magazines and phone books	
Chipboard (cereal boxes, shoe boxes etc. must be broken down)	
Colored paper	Envelopes
Glass bottles and jars	Newspaper and junk mail
Plastic bottles and jugs	Tin and steel cans
White ledger paper	

Recycling Non-Acceptable Items

Aluminum Foil	Auto glass or ceramics
Batteries	Film canisters
Light bulbs	Painted wood
Paper towels or tissues	
Plastic grocery bags (Please return to your supermarket)	
Plastic wrap or plastic pots from plants	
Porcelain	Styrofoam
Treated wood	Pill Bottles
Latex Gloves	

Refuse Disposal Services, Inc. • P.O. Box 3286 • Framingham, MA 01705-3286 Phone: (508) 877-1710 • Fax: (508) 877-5020



JULIETS NEWS

All Quail Run women are invited to these lunches

April 19 at 12 noon at Olive Garden; order from menu and separate checks. Contact Barbara Langly or Jeannine Bensette at 978-212-5006

May 19 at the Community Center at noon
Details re cost and menu to follow.

Contact Barbara Morgan 978 568 1929 or Elaine Recklet 978 562 2721

Sign up for either event at the Community Center.



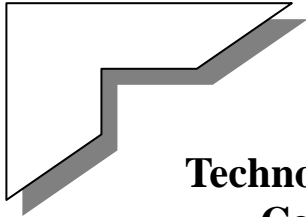
Do Not Call List

If telemarketer calls are bugging you, put all your phone numbers on the Do Not Call list. The federal government does not maintain and is not establishing a separate Do-Not-Call list for wireless phone numbers.

The Federal Communications Commission (FCC) and the Federal Trade Commission (FTC) established the national Do-Not-Call list to enable consumers to reduce the number of unwanted telemarketing calls to their residential or personal wireless phones. Wireless phone subscribers have always been able to add their personal wireless phone numbers to the national Do-Not-Call list, either online at www.donotcall.gov, or by calling toll-free to 1-888-382-1222 from the phone number they wish to register.

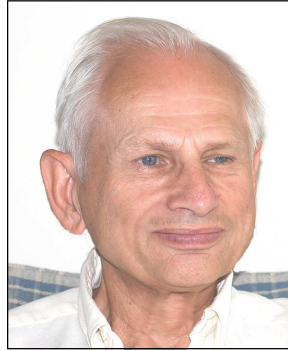
There is no deadline for registering a number on the national Do-Not-Call list. There is also no longer any need to re-register a number – it will stay on the national Do-Not-Call list until you cancel your registration or discontinue service.





Technology Corner

By George Champine



GPS Update

The GPS has become one of those devices that we did not know about a few years ago and now we can't live without. GPS devices have come a long ways since the first ones that only had crude black and white maps with no routing ability. Current products now have road maps, routing, color, 3-D presentation, latitude/longitude, voice output, and many other features. The major vendors are: Garmin, Magellan, and Tom Tom. Just when we thought everything had been done, a new generation is coming out with many more features such as the following.

Screen size. The standard is now 4.3 inches. New ones are available with 5 inch and 7 inch screens.

Live traffic alerts. Real time traffic jam alerts are available. Some are free, some are ad-supported.

Maps. Manufacturers have learned that users want up-to-date maps. Yearly updates have been available for \$80 to \$100, but now some include lifetime map updates in the purchase price.

Blue Tooth. Many units now include Blue Tooth, a short range wireless capability that links to your cell phone and lets you take cell calls through the GPS unit. This hands-free operation is much safer than fumbling with a cell phone.

Points of Interest (POI). Some units offer AAA tour book points of interest and/or pictures of points of interest.

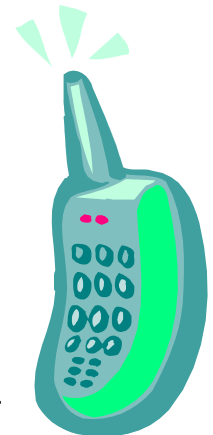
Smart Phones replace laptops and netbooks

Smart phones such as the iPhone and Android ("Droid") do many of the things that a laptop does, but are much more portable and operate anywhere there is cell phone service. For example, you can read your e-mail, browse the Internet, get GPS routing, listen to National Public Radio or other network radio such as Pandora, voice recorder, calculator, compass, play music, purchase music from iTunes, check TV channel listings, play games, schedule meetings or events, set an alarm clock, translate languages, get coupons, take pictures

and send them, and watch live video. The service plan required with the smart phone often charge by the number of bytes transferred over the cell phone network, but the smart phone can also connect to a Wi-Fi network where there is no charge. There are thousands of applications available, usually free or up to \$5. Typical "apps" include stock market, calendar, YouTube videos, weather in any zip code, and games. Perhaps one of the most interesting and useful app is the bar code reader. The bar code reader I like is called Bakodo, which has received many favorable reviews. You can point the built-in camera at any bar code, including the new square QR codes, and the app will give you a description, the best prices, and locations to buy. The smart phones are much easier to use than the older "dumb" cell phones because of the touch screen and menus. The battery typically lasts for several days. Some units have real keyboards, but others have a keyboard on the touch screen. Best of all, there is no need to wait for them to "boot up". Everything is available instantly.

Why can't I open .docx

Maybe you tried to open a Word document with file name ending .docx, and you could not open it. The reason is that with Office 2007, Microsoft abandoned the .doc file format that had been used for many years and adopted a new file format called .docx. If you are still using Word 2003, as many are, you cannot open a .docx file. One solution is to get Office 2007, but that is expensive. Another approach (free) is to download the Microsoft office Compatibility Pack at: <http://find.pcworld.com/71116> . It works with earlier versions of Office seamlessly to open them, edit, and save easily. The same approach works for spreadsheets and Powerpoint.



Are you smarter than your grandchildren?

Now you can be. There is a very good set of tutorial videos at: <http://teachparentstech.org> on a wide variety of subjects. Although it is meant for children to use to teach parents and grandparents, you can use it also to teach yourself.

