

43RD ANNUAL SENIOR CONFERENCE

PROGRAM



Hosted by State Senator Jamie Eldridge
7:30 AM Thursday, April 18th, 2024
Assabet Valley Regional Technical High School
215 Fitchburg St, Marlborough MA

Welcome to the 43rd Annual Senior Conference

Dear Friends,

Welcome to the 43rd annual Middlesex and Worcester district Senior Conference! I am so glad you are all here with me today! This event is intended to provide you with useful information to improve your quality of life, offer more opportunities for learning, recreation and exploring Massachusetts, checking on your healthcare, learning how to better protect yourself and your finances, and just all out enjoying a nice day with hundreds of seniors from across the Senate district! I am proud and grateful for our knowledgeable guest speakers, presenters, and vendors. I hope to get a chance to catch up with you, and please ask staff or volunteers for help!

We will provide seniors with critical information, entertainment, food, and of course raffle prizes, including the Big Chair from Bouvier Pharmacy of Marlborough! I look forward to hearing the concerns of seniors, discussing state initiatives to better support older residents in Massachusetts, and highlighting the work of the Legislature so far this session.

I'm proud to be a strong advocate for the seniors of the Middlesex and Worcester District! Throughout my legislative career, I have focused my energies to support several initiatives for seniors:

- Expanding the Senior Citizen Circuit Tax Breaker, to expand tax relief for seniors paying property taxes in the communities where they've raised their kids and given so much back to the community
- Building more senior housing. With the increased population of older Massachusetts residents, every community must provide more housing opportunities for seniors, including affordable housing, and housing for residents who are downsizing
- Increased state support for our wonderful Councils on Aging
- Providing more support for home care workers, nursing homes, and assisted living centers, including raising the wages of the healthcare workers who take care of seniors living in congregation housing, or living alone

I am so happy for the opportunity to be with you and to hear more about your concerns, experiences and ideas. In this program, you will find information on the conference, speaker bios, information on our vendors and sponsors, as well as how to get in touch with your local legislators! I hope you find this booklet a useful resource and I hope you enjoy our Senior Conference! And again, If you see me, please be sure to say hello!

All the best,



JAMES B. ELDRIDGE
State Senator
Middlesex & Worcester District

For an online version of our booklet:



**Scan the QR Code above,
Visit www.senatoreldridge.com/seniors
or email Bianca.desousa@masenate.gov**

SCHEDULE OF EVENTS

Doors Open	7:30 AM	
Breakfast and Social Hour	7:30am-8:30am	
Vendors	7:30-11:30am	Gym
Yoga with Rebecca	8:30am-9:00am	Auditorium
Aging in Place: Planning for your Future	8:30am-9:15am	D102
Grandparents Raising Grandchildren	9:00am-9:45am	D103
Downsizing and Decluttering	9:00am-9:45am	D102
Maynard ArtSpace Drop-In Activity (Limited Materials)	9:30am-11:30am	D104
Aging in Place: Planning for your Future	10:15am-11:00am	D102
Zumba with Linda	10:45am-11:15am	Auditorium
Lunch	11:30-12:30pm	Cafe
Remarks and Raffle	12:30-End	Auditorium

Meet Our Physical Health Instructors



Linda Corbin - Zumba Instructor

Linda is a certified Group Fitness Instructor with an additional certification in Zumba. She has been teaching Zumba at the Hudson Senior Center since 2014. Linda invites you to join her Zumba Class. All ability levels are welcome!

Linda will be giving us a sneak peak of her Zumba Class at 10:15am

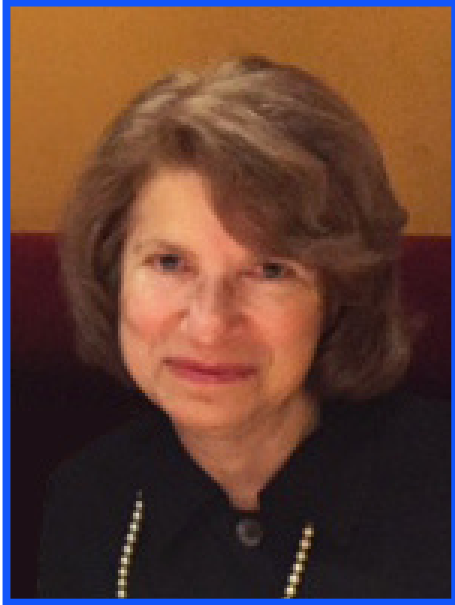


Rebecca Reber - Yoga Instructor

Rebecca started her journey with yoga over 20 years ago before there was music and beautiful spaces to practice in. It was something she craved while working in a stressful corporate environment. In 2015 she knew that her passion needed to grow further and she earned her RYT 200 Certification from YOGAFIT Worldwide. Rebecca carried other certifications such as Reiki, Ageless Grace, SAIL and Silver Sneakers and has been inspired daily by her 93 year old mother who still enjoys a weekly chair yoga class. Rebecca uses breath-work, spiritual readings, and loving guided movements throughout her practice.

Rebecca will be guiding us through: Chair Yoga - Sit and Stretch at 8:30 am. To learn more about her work, please visit www.rebeccareberyoga.com

Meet Our Presenters



Ellen Feinsand - Chair, Acton Council on Aging Board

Ellen Feinsand spent her career in the financial services industry helping people save for, transition to, and live in retirement. In 2014, she expanded her work to include advocating for seniors and earned a Certification in Gerontology, management of Aging Services, from the University of Massachusetts in 2015. Prior to that, Ellen founded D & G Consulting, Inc. in 1997, worked at Fidelity Investments from 1986 - 1997, and previously for a division of Traveler's Insurance. Ellen has an MBA from Boston University, an MA from Tufts University and a BS from State University at Albany.

Ellen will be presenting on Aging in Place: Planning for your Future at 8:30 am and 10:15 am.



Ann Newberry- Smooth Transitions of Massachusetts

A trained engineer with a minor in Anthropology and a business background in recycling, Ann sees every drawer, closet, and storage area as a type of archeological dig. She loves hearing her clients stories while helping them make the tough decisions of what to part with and works hard to offer options for those items 'next lives'. Ann also has a good sense of space when it comes to floorplans and how to fit your treasured furnishings into a new place, sometimes coming up with very creative solutions. Having moved several times herself with her husband, 3 children, and two parakeets, she understands the emotional and logistical challenges. She always strives to 'take the stress out of changing your address ' while Focusing on 'Same Heart, New Home.'

Meet Our Presenters



Jarelys Castillo embodies the essence of a community leader, driven by an unwavering dedication and passion for enhancing health outcomes within her community through a holistic approach to wellness. With more than a decade of experience in community health initiatives, she has played a pivotal role in establishing the Grandparents Raising Grandchildren Resource Center, a testament to her commitment to supporting families. Her fervor for nutrition, yoga, exercise, and promoting health equity fuels her ongoing mission to empower underserved communities through education and access to vital resources.



Jennifer Recalde is a Certified Grandfamily Community Health Worker for the Grandparents Raising Grandkids Resource Center. She graduated from Lesley University with a degree in Expressive Arts Therapy and has 10 years of experience working with families.



Pam Jenoure is a Certified Grandfamilies Community Health Worker, with over 35 years working in human services especially with people with disabilities. She is a mother of two and a grandmother of five. She knows "Home" is where families grow and want to help grandfamilies continue this process.



Jessica Colon is a Certified Grandfamilies Community Health Worker, with over 10 years working in human services. She is passionate about helping people in need and finding them opportunities to exceed, serving for three years with AmeriCorps VISTA, as a certified Domestic Violence Advocate, currently working on her Bachelor of Science in Health and Wellness Promotion with Cambridge College, and able to speak Spanish.



"Artspace is a community arts organization located at 74 Main st, Maynard, MA. We have been a fixture of Maynard for 22 years offering affordable studio space for rent to artists. We now offer classes and workshops in the arts for adults. We also have exhibition opportunities and shows. Our Membership Program is open to anyone who wishes to stay connected to events and be involved in our work. Our mission is to build the arts community through teaching, exhibitions and enhance the economic vitality of the region.

Meet Our Musical Performers



The Romeos Duo – Paul Giardina and Darrell Jackman on guitars, are members of the Oldies Rock`n Roll/Country group *Flashback Band* from Marlborough Ma. They have been playing together with Flashback for 18 years in the MetroWest Area. The Romeos are entertainers as well as musicians, providing an interactive show with their audience. They feature a wide variety of acoustic/electric, Folk, Rock`n Roll music from the 50`s-80`s, and Country music with a lap steel guitar. Many songs are great dancing and sing along songs for all ages. They are a community minded Duo playing at many events like: Festivals, Parties, Farmers Markets, Skybox 109 Bar and Grill, Boston Red Sox, Lost Shoe Brewery, Marlborough Country Club, Breweries, Veteran`s Clubs, 55 and over Community Living Associations, and Senior Centers throughout Metro West.

Booking info: Paul Giardina

Phone: (774) 285-6255

Email: LPG850@Yahoo.com

Give them a like on Facebook! – “The Romeos Duo Marlboro Ma”



Fumika Mizuno is currently a law student at Yale Law School. She is a graduate of Princeton University, where she served as co-concertmaster of the Princeton University Orchestra and was a winner of the Concerto Competition.



Dan “April” Feng works for a technology not-for-profit in Boston. She moved to Massachusetts only two years ago. She has always enjoyed playing the piano since eight years old. However, the Butterfly Lovers is the first piece of Chinese music she has ever played!

Contact Your Elected Officials

Please reach out to our offices if you need any assistance or if you have any questions or concerns.



STATE SENATE

Email: first.last@masenate.gov

ex: James.Eldridge@masenate.gov

James B. Eldridge, Middlesex & Worcester

617.722.1120 | James.Eldridge@masenate.gov

John Cronin, Worcester & Middlesex

617.722.1230 | John.Cronin@masenate.gov

HOUSE OF REPRESENTATIVES

Emails: first.last@mahouse.gov

ex: Carmine.Gentile@mahouse.gov

617.722.2810 Carmine Gentile, 13th Middlesex

617.722.0323 Danielle Gregoire, 4th Middlesex

617.722.2014 Danillo Sena, 37th Middlesex

617.722.2810 David Linsky, 5th Middlesex

617.722.2012 James Arciero, 2nd Middlesex

617.722.2199 Kate Hogan, 3rd Middlesex

617.722.2000 Simon Cataldo, 14th Middlesex

617.722.2060 Kate Donaghue, 19th Worcester

OTHER ELECTED OFFICIALS

617.725.4005 Governor Maura Healy

617.725.4005 Lt. Governor Kim Driscoll

617.725.4016 Governor's Council

617.727.7030 Secretary of State William Galvin

617.727.4765 Attorney General Andrea Campbell

617.367.6900 Treasurer Deborah Goldberg

617.727.2075 Auditor Diana DiZoglio

SHERIFF

781.960.2800 Peter Koutoujian, Middlesex County

508.854.1800 Lewis Evangelidis, Worcester County

DISTRICT ATTORNEYS

781.897.8300 Marian Ryan, Middlesex County

508.755.8601 Joseph Early, Worcester County

Resources

**FOR INQUIRIES ON ANY OTHER RESOURCES NOT MENTIONED BELOW, PLEASE CONTACT
JAMES.ELDRIDGE@MASENATE.GOV**

Senior Services in our district:

Springwell:

Springwell Elder Services, Inc. offers home care and related services enabling people to live independently and comfortably in their homes while promoting their well-being and dignity. In July 2022, BayPath Elder Services merged with Springwell.

Springwell/BayPath is a nonprofit organization with more than 40 years of experience serving and advocating for the needs of older adults and younger persons with disabilities. Many of their services are free, others are based on one's ability to pay, and some are offered on a fee-for-service basis. To learn more, visit springwell.com

Minuteman Senior Services:

For over 45 years Minuteman Senior Services has been helping older and disabled adults age with independence and dignity in the setting of their choice which is most often their own homes and communities. They offer over 20 programs and services and are continually improving and expanding to serve individuals and families in new and better ways.

Many of their services are free of charge, others are available on a sliding fee or private pay basis. To learn more, visit: minutemansenior.org

Statewide Senior Services:

Massachusetts Executive Office of Elder Affairs:

The Executive Office of Elder Affairs provides care and resources for seniors across Massachusetts. Partnering with caregivers, organizations, and the public, the office helps to support older adults by connecting nonprofits and municipalities with seniors. The Executive Office of Elder Affairs.

Call the Executive Office of Elder Affairs at **1.800.243.4636** **

Address: One Ashburton Place, 3rd floor, Boston, MA 02108

** Call Specialist available Monday-Friday, 9:00 AM – 5:00 PM (interpreter services are available in 100+ languages)

Other Tips and Resources:

Fraud Prevention: There has been an increase in fraud scams targeting senior citizens. DO NOT give out personal, banking, or financial information to callers. DO NOT answer the door unless you are expecting someone.

Fuel Assistance: Call the Cold Relief Heatline at **1.800.632.8175** or visit hedfuel.azurewebsites.net and find your local administering agency.

Food Assistance: Call the FoodSource Hotline at **1.800.645.8333**. This hotline is open to all and can help you find access to food resources across Massachusetts.

MA Nursing Home Family Resource Line: 617.660.5399

Caregiver Support Help in Massachusetts: Call 800-AGE-INFO (800-243-4636)

Family Caregiver Alliance: Visit [Caregiver.org](https://caregiver.org)

Thank You to Our Sponsors!



Point32Health Foundation

In partnership with



Point32Health companies



MASSACHUSETTS



MON

Northboro Senior Center
In Person
Gentle Mat Flow Yoga
10:00-10:45am

Northboro Senior Center
In Person
Chair Yoga
11:00-12:00pm

Littleton Community Center
In Person
Chair Yoga
12:45-1:30pm

Wellesley Senior Center
ZOOM
Chair Yoga
2:30-3:00pm

TUES

Maynard Senior Center
ZOOM
Chair Yoga
9:00-10:00am

Tower Hill Botanical Gardens
In Person
Chair Yoga
11:30-12:30pm
Boylston, MA

Lunenburg Senior Center
In Person
Chair Yoga
1:30-2:15pm

Framingham Senior Center
ZOOM
Chair Yoga
4:30-5:15pm

WED

Hudson Senior Center
ZOOM
Chair Yoga
9:00-9:45am

Wellesley Senior Center
ZOOM
Chair Yoga
11:00-11:45am

THURS

Boxboro Senior Center
ZOOM &
In Person
Chair Yoga
9:30-10:30am

Boxboro Senior Center
In Person
Mat Stretch Yoga
11:00-11:45am

Southboro Senior Center
In Person
Chair Yoga
1:00-2:00pm

FRI

Sudbury Senior Center
ZOOM &
In Person
Chair Yoga
9:30-10:15am

Framingham Senior Center
In Person
Chair Yoga
11:00-12:00pm

REBER YOGA CALENDAR 2024

The First Name in Flavor.®

KEN'S
A Family Owned Company





care.

It's what we believe in.

Care is more than health care—it's care for those who need us most. Those individuals with complex conditions, those looking after a loved one, and those with Medicaid and Medicare. That's the kind of care we believe in.

Fallon Health is a proud supporter of the 43rd Annual Senior Conference.



Boston Scientific is proud to sponsor
the 43rd Annual Senior Conference



**When we challenge ourselves
to address community needs,
we advance meaningful change.**



At Boston Scientific, we advance science to improve lives but we don't stop there. We work tirelessly to advance possibilities to improve everyday life in the communities where we live and work. Whether it's providing access to healthcare, enhancing STEM (Science, Technology, Engineering & Math) education programs, or simply volunteering with our neighbors, we're here to serve with our whole hearts because we believe transforming the world begins one community at a time. **Learn more at [BostonScientific.com](https://www.BostonScientific.com).**

New Horizons

Independent Living, Assisted Living, and Memory Care in Marlborough

Passion, Purpose, Possibilities.

Watercise



Busy Hands



Coming together through activities.



Men's Group



Green Thumbs

Immediate availability, including three home-cooked meals daily, starting at \$2,400/month for one resident.

For new residents, we will guarantee no increase for SIX YEARS to the basic monthly fee!

400 Hemenway Street, Marlborough | 508-460-5200 | CountryCommunities.com

Walmart 

Promoting healthy, equitable communities

Thank you, Friends of Marlborough Seniors,
for decades of advocacy for older people and
a legacy of care and compassion.

Point32Health Foundation

In partnership with



Harvard Pilgrim
Health Care



TUFTS
Health Plan

Point32Health companies

Visit us at www.point32healthfoundation.org

TEAMING UP FOR a GOOD CAUSE

We're proud to support
Friends of Marlborough Seniors.



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

Come Home and Welcome the Seasons at Christopher Heights™ Assisted Living!

Christopher Heights of Marlborough is celebrating our 15th year of providing quality care to seniors in our community. Residents enjoy worry-free living in their own private apartment with the amenities and supportive services to age-in-place for years to come!

Curious to learn about the Christopher Heights difference? For more information about our senior lifestyle plans or to schedule a tour, call 508-281-8001 today. We would love to hear from you!



15TH
ANNIVERSARY



CHRISTOPHER HEIGHTS™ of Marlborough

AN ASSISTED LIVING COMMUNITY

99 Pleasant Street • Marlborough, MA 01752 • 508-281-8001



Apply online today at: www.christopherheights.com

Avidia has your back.



Proud to support
Friends of Marlborough
Seniors.



Avidia Bank
Honest to goodness.

Member FDIC | Member DIF

BOUVIER
Pharmacy & Home Medical Solutions
Family Owned Since 1900



TOO MANY PILLS TO KEEP TRACK OF?

Tired of spending your day running
from Doctor to Pharmacy and back?

Ask us how *Bouvier's Medicine
Management Program* can help.

Call 508-485-0432

www.bouvierpharmacy.com

*4 Generations of our Family
Caring for Yours...*

**We also have a complete
inventory of Medical Equipment!**



cooperative

CREDIT UNION ASSOCIATION



Whittier is proud to support
the 43rd Annual Senior Conference!

WHITTIER

Rehabilitation  Hospital

WESTBOROUGH

A MEMBER OF THE WHITTIER HEALTH NETWORK: DEDICATED TO YOUR WELL-BEING

150 Flanders Road, Westborough, MA 01581
(508) 870-2222 • Fax: (508) 871-2048

Referrals & Admissions: (800) 442-1717

whittierhealth.com | [facebook.com /WhittierHealthNetwork](https://facebook.com/WhittierHealthNetwork)

