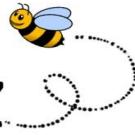


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

May 2021

Council on Aging

Kimberley Dee, COA Coordinator
978-264-1717
kdee@boxborough-ma.gov
Cindy Regan, Dept. Assistant
978-264-1730
cregan@boxborough-ma.gov

COA Board

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Anne Canfield
Taryn Light
Tess Summers



May Drive-by Lunch

Boxborough seniors age 60 and older are invited to drive by the Boxborough Fire Station on **Wednesday, May 12**, from **11:30 AM to 12:30 PM** and pick up a delicious lunch funded by the **Boxborough Fire Fighters' Association**. Participants will have a choice of roast turkey sandwich on ciabatta roll or tomato, mozzarella, and pesto on ciabatta roll. Lunch includes a bag of potato chips and a chocolate chip cookie. A gluten-free bread option is available.

Limit is 50 people. Please RSVP to the COA by calling 978-264-1730 by 11 AM on Friday, May 7. Arrival times are by last name: A thru D pickup is at 11:30 AM; E thru K is at 11:45 AM; L thru R is at 12 PM; and S thru Z is at 12:15 PM. When you arrive, stay in your car and wear a mask. Enjoy!

Annual Town Elections

Be sure to vote in the Boxborough Annual Town Election on **Tuesday, May 18** at **Town Hall**. Voting hours are from **7 AM to 8 PM**. Masks are required and hand sanitizer will be provided. Voters will enter through the side door and either use the lift or the stairs up to the Grange Meeting Room on the second floor. Voters will exit either down the lift or down the front stairs and out the front door. Early voting is not available for this election; however, you may request an absentee ballot at <https://www.boxborough-ma.gov/205/Town-Clerk>.

Absentee Ballots must be returned by 5 PM on May 12 to be valid.





Spotlight: Rose Gage, Community Services Coordinator

Meet our Community Services Coordinator, Rose Gage. Rose holds a Master of Arts degree in Agency Counseling and a Bachelor of Science in Clinical Psychology. In May 2022, Rose will graduate with a Master of Science in Licensed Mental Health Counseling.

Rose offers free social service referrals for residents of all ages. Her vision is "to maintain a welcoming, safe, and respectful space where individuals can reach out for the services they need without shame or blame." Rose is a resource for people who are experiencing hard or challenging times. "Connection is very important. We need to support one another and raise each other up, not tear down."

Rose's services include:

- Resources for senior citizens, veterans, and other groups.
- Mental health counseling and referrals.
- Referrals for financial, rental, and fuel assistance.
- Application assistance for MassHealth, WIC, SNAP, and Department of Transitional Assistance benefits.
- Resource lists for childcare providers, elder law/estate attorneys, disability advocacy, medical/behavioral health providers, etc.

Rose is an advocate who empowers people of all ages to achieve their goals. She believes we always have the capacity to learn and looks forward to learning from Boxborough's citizens. To contact Rose, call 978-264-1719, or email her at rgage@boxborough-ma.gov. Her hours at Town Hall are Monday through Wednesday, 9 AM to 3 PM and Thursday, 9 AM to 4 PM.

Fire/Police Column

Hello Seniors! This month we are featuring the File of Life kit. The File of Life is easy to access for potentially lifesaving information for first responders and hospital staff. It allows us to save precious time in an emergency to understand pertinent past medical history, allergies, current medications, and primary contact information for family members.

For residents wishing to obtain a File of Life kit, please come to the Boxborough Fire Department, or we will be happy to drop one off to your residence and help you fill it out. I hope everyone enjoys a happy and safe month!

FF/EMT Courtney Panaro

May 2021 COA Coordinator's Corner

Spring has arrived! The flowers and trees have emerged into a beautiful bouquet of colors. Get outside and enjoy them!

However, we must maintain safety protocols and stay vigilant, for ourselves and each other. If you are not feeling well, please stay home. In-person program participants must wear masks, keep 6 feet socially distant, and maintain proper hand washing and sanitizing protocols.

If you want to get moving, or need a change of scenery, join us for a Friday walk beginning on May 14 at 9:30 AM at the Cisco Walking Path. If you're in need of a different form of exercise, we have two options beginning in June. In-person Yoga classes are resuming at the Community Center. Fitness classes are continuing on the Zoom platform. We hope to move back to in-person classes for Fitness in the Fall.

Happy Mother's Day! And Happy Memorial Day! Stay safe and stay well.

Kim Dee

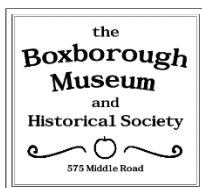
Historical Society's "Hidden Treasures"



On **Sunday, May 16** from **2-4 PM**, the Boxborough Historical Society will hold its annual "Hidden Treasures" event.

Schoolhouse #2 is Boxborough's Hidden Treasure. With the help of Nancy (Robinson) Morrison who co-owns the property with her sister, Jane Sawisch, you will be able to visit **Schoolhouse #2 at 339 Picnic Street**, tour the building, and see exhibits special for this event. You will receive a one-page history of the Schoolhouse. COVID-19 protocols will require social distancing, masks, and capacity limits to avoid too many visitors inside at one time.

The Boxborough Museum will also be open 2-4 PM to provide a restroom—to save you from using the outhouses behind the Schoolhouse!



The Museum will be open From 2-4 PM on Sundays

- May 16
- June 6
- July 11
- August 8

Masks must be worn, capacity limits, and social distancing will be in force. For more information, or if you wish to arrange a private tour for a small group at a different time, call John Fallon at 978-264-0069.

A Revolution of Her Own!

The Boxborough Company of Minuteman and the Boxborough Historical Society are proud to present virtually "A Revolution of Her Own™! Deborah Sampson" on Thursday, May 6, at 7 PM.

Deborah Sampson was the first woman to successfully enlist, fight in, and be honorably discharged from the American Military. She fought bravely during the American Revolution in the 4th Massachusetts Regiment, earning the rank of Corporal. This free livestream program is produced by History at Play™ LLC, and features Judith Kalaora in a solo performance as Deborah Sampson. To register for this program, visit www.boxboroughminutemen.org.

Visit our Veterans Memorial

Have you seen the Boxborough Veterans Memorial recently? There is great progress with the new monument in honor of our Boxborough Veterans, who served during wartime and in peace. The Veterans Memorial is located to the right in the driveway up to the Sargent Memorial Library. Stop by for a visit and honor our heroes.



Let us remember.

COA Van Services

COA van services are available to all Boxborough residents age 60 or older, and to adults with disabilities. Rides are available Tuesday, Wednesday, and Thursday, 9:30 AM to 3:30 PM. The van travels to surrounding towns and may be used for grocery shopping, medical appointments, the pharmacy, and more. It is sanitized between trips to reduce the risk of COVID-19. Drivers and passengers must wear a mask or other face covering. To book a ride, call 978-264-1730, preferably two days in advance. Current fare is \$1 each way for local trips.

These Shoes Are Made for Walkin' . .



Good news! Liz Markiewicz, our soon-to-retire Town Clerk, will be leading a Friday **Senior Walking Group**.

Walkers are invited to gather at **9:30 AM** in the parking lot of **Fifer's Field**. Walks are scheduled for **May 14, 21, and 28**.

Directions to Fifer's Field:

1. Take Rte. 111 West toward Harvard.
2. Turn right on Swanson Road, and then turn left at the entrance to the Cisco Campus (Beaver Brook Road).
3. Follow Beaver Brook Road to the end (about 1.5 mile).
4. Then turn left to go up the driveway leading to the parking lot for the soccer field. (If you reach the gates, you've gone too far.)

This leisurely 1-mile-stroll is designed for seniors and free to all participants. So, dig out a pair of your comfortable walking shoes, and come join the fun!

May Library News

Sargent Memorial Library has resumed its regular operation time of Monday through Thursday, 10 AM to 8 PM, and on Saturday 10 AM to 3 PM for curbside pickups, reference questions, in-person browsing appointments and other services. If you would like to come inside the library, please fill out the form on the library's Event Calendar at
<https://tinyurl.com/boxlibcalendar>.

Helpful Hint for Today:

Tennis Ball Parking Guide

If you have ever wondered why a tennis ball was hanging from your friend's garage ceiling, here's why. To park your car in perfect position every time, hang a tennis ball from the garage ceiling so it just touches the windshield. It will show you precisely where to stop. No guesswork!



Summer 2021 Class Schedule (June, July, August)

- Starting in June, all Fitness classes will continue on Zoom until the fall. At that time, we hope to resume Fitness classes at the Community Center.
- All Yoga classes will be in-person at the Community Center, unless a hybrid model (mixed in-person and Zoom) is developed. The minimum class size for the in-person Yoga class is 6 participants; the maximum class size is 12 participants.
- Registration for classes will run from May 11 through May 21, and registration forms will be posted on the Town's COA webpage.

Fitness with Holly



Level 1 classes start Tuesday, June 1. Classes will be held Tuesdays and Fridays, 10:30–11:30 AM. Fees: 1x/week, \$48; 2x/week, \$84.

Level 2 classes start Wednesday, June 2. Classes will be held Mondays, Wednesdays, and Fridays, 9–10 AM. Fees: 1x/week, \$48; 2x/week, \$84; 3x/week, \$108.

No live Fitness classes July 2 through July 16.

Yoga with Rebecca

Chair Yoga/Stretch starts Thursday, June 3, 9 – 10 AM. Fee: \$48.

Mat Stretch & Flex Yoga starts Thursday, June 3, 10:30–11:15 AM. Fee: \$36. No yoga classes on August 12.



Two Special YouTube Programs to Watch

CHNA-15 is the Collaborative Grant in which the COAs of Acton, Boxborough, and Littleton participate. CHNA sponsors and disseminates information about programs that are of interest to seniors. Two special programs were presented last month. If you missed them, both are now available on U-tube.

- The program titled *Scam and Fraud Awareness*, presented by District Attorney Marian Ryan, is designed to inform seniors about some of the various scams that currently are aimed at elders. Being aware of and knowing about scams is often the key to protecting yourself from scam artists. View DA Ryan's presentation at www.youtube.com/watch?v=NNbbxeq2gzM
- The program titled *The New Normal New England Road Trip (No mask or Gas Required)* with Ted Reinstein is an enjoyable way to visit places in New England—from the comfort of your own home! Ted Reinstein is best known in New England as a journalist and reporter for *Chronicle*, Boston's celebrated (and America's longest-running, locally-produced) TV news-magazine. View Ted's delightful "road trip" at <https://youtu.be/397Ea-hOJ2g>

Coffee Filters... Who Knew?

Your coffee filters may be great in your coffee pot, but here are even more uses for these filters.

- Cover bowls or dishes with coffee filters when cooking in the microwave.
- Clean windows, mirrors, and chrome with lint free coffee filters.
- Protect your dishes by putting a coffee filter between them.
- Recycle your frying oil by straining used cool oil through a sieve lined with a coffee filter.
- If you have a broken wine bottle cork, filter the wine through a coffee filter.
- Stop soil from leaking out of a plant pot by lining it with a coffee filter to prevent the soil from going through the drainage holes.

Do you have a Go Bag?

A Go Bag is a container holding the items that you might need when you must leave your home quickly in an emergency such as fire, hurricane, tornado, or another disaster that destroys your home or makes it unsafe.



I have had a minimal Go Bag for many years. Mine was a backpack that included records of my medical history, bank and investment contacts, a crank radio, first aid kit, toilet paper, clean underwear, a week's-worth of medicine, and some money (especially one-dollar bills, as recommended, because no one will have change for a large bill in case of a regional emergency).

Other peoples' Go Bags would have a totally different set of contents. You can find lists of "necessary items" online from sleeping bags, to water, food, flashlights, water purification kits, tents, and so on.

Consider what you might need in such an emergency and set up a Go Bag, perhaps one for each person in your household.

Barbara Birt

Mother's Day: A Word-Wise Challenge

Here's a challenge for you! Using the letters in **Mother's Day**, see how many words you can make with only the letters found in the name of this holiday. Set a timer for 15 minutes and jot down as many words as you can. After time is up, count the number of words you've come up with and check to see where you rate on the scale below. (**RULES: Use each letter only once, and PLURALS are not allowed!**)

10–20: Word-Wise; 21–45: Word-Wise Star; 46+: Word-Wise Wizard



May 2021

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	9-Fitness w/Holly Level 2 10-Mindfulness/ Meditation	3 10:30-Fitness w/Holly Level 1	4 9-Fitness w/Holly 2-Knitting group	5 9-Chair Yoga 10:30-Stretch & Flex Yoga 7 PM “A Revolution of Her Own!”	6 9-Fitness w/Holly Level 2 10:30-Fitness w/Holly Level 1	7
9	9-Fitness w/Holly Level 2 10-Mindfulness/ Meditation	10 10:30-Fitness w/Holly Level 1	11 9-Fitness w/Holly 11:30AM-12:30PM Drive-by Lunch at Fire Station 2-Knitting group	12 9-Fitness w/Holly, Level 2 11:30AM-12:30PM Drive-by Lunch at Fire Station 2-Knitting group	13 9-Chair Yoga 10:30-Stretch & Flex Yoga	14 9-Fitness w/Holly Level 2 9:30-Walking Group 10:30-Fitness w/Holly Level 1
16	2-4 Hidden Treasures & Boxborough Museum	17 9-Fitness w/Holly Level 2 10-Mindfulness/ Meditation	18 7AM-8PM Town Election at Town Hall 10:30-Fitness w/Holly Level 1	19 9-Fitness w/Holly, Level 2 2-Knitting group	20 9-Chair Yoga 10:30-Stretch & Flex Yoga	21 9-Fitness w/Holly, Level 2 9:30-Walking Group 10:30-Fitness w/Holly Level 1
23	9-Fitness w/Holly Level 2 10-Mindfulness/ Meditation	24 10:30-Fitness w/Holly Level 1	25 9-Fitness w/Holly 2-Knitting group	26 9-Fitness w/Holly, Level 2 2-Knitting group	27 9-Chair Yoga 10:30-Stretch & Flex Yoga	28 9-Fitness w/Holly, Level 2 9:30-Walking Group 10:30-Fitness w/Holly Level 1
30	Memorial Day Town offices and Library closed.	31				

Out of Town

Mt. Calvary Church, Acton

Community Supper, Wed, 4-5 PM curbside pick-up
'Meals to go'



May Ongoing Events, Classes

To learn more about any event, call
The COA: 978-264-1730



Fitness with Holly via Zoom

Level 1 Class meets Tuesdays and Fridays 10:30-11:30 AM.

Level 2 Class meets via Zoom Mondays, Wednesdays, and Fridays from 9-10 AM. Sign up for one, two or three days.

Knitting and Stitchery Group

A group for those who enjoy knitting, crocheting, beading, cross-stitch, or any craft at all. Make new friends, and work on your project. Meets Wednesdays, 2-4 PM. via Zoom or, outdoors when weather permits. For more information and Zoom link contact: annemcne@comcast.net

Yoga with Rebecca via Zoom

Chair Yoga: Modified yoga poses performed with a chair for added support. Meets Thursdays 9 AM.

Mat Stretch & Flex Yoga: Floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets Thursdays 10:30-11:15 AM.

Walking Group with Liz

A senior walking group is led by Liz Markiewicz. This leisurely 1-mile stroll is designed for seniors. Meets Fridays 9:30 AM in parking lot of Fifer's Field. No charge.

CHNA Free Zoom Event:

Mindfulness/Meditation

Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this program. Meets Mondays, 10 AM via Zoom. Pre-registration required. For more information contact Sheryl Ball at 978-929-6453 or sball@actonma.gov. The link to register is:

https://actonma.zoom.us/webinar/register/WN_3qtOSipKSP21wlkiCZYd2Q

Through the CHNA-15 grant, the Boxborough COA is collaborating with the Acton and Littleton COAs to provide this program.

The Friends of the Council on Aging provides financial and volunteer support for programs, classes, and special events of the Friends and the Council on Aging.

To make a donation as a Friend, or as a memorial, clip out this form and send your tax-deductible gift to the **Treasurer, Patty Gayowski, 31 Eldridge Rd, Boxborough, MA 01719**. Make checks payable to the **Friends of the COA**. Thanks!

Donation (\$)

\$5 \$10 Other

Name

Address

In Memory of

Be in the Know . . .

- Saturday, June 12, 9 AM, at the Boxboro Regency, Boxborough's Annual Town Meeting will commence. Details to follow in the June / July BUZZ.
- Both the 2021 Fifer's Day celebration and the Harvest Fair will be held in September. Watch for more details in the June / July BUZZ.
- Mask wearing and social distancing are **still required** when in public.
- It is recommended that you laminate a copy of your COVID vaccination card, **not the original card**. Staples continues to provide this free service.



Like us on Facebook at [facebook.com/boxboroughcoa](https://www.facebook.com/boxboroughcoa)

– Submit Items for June - July issue by May 7 –
boxboroughbuzz@gmail.com



Change Service Requested

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Boxborough Town Hall
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Boxborough, MA 01719