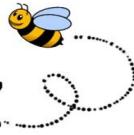


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

June-July 2021

Council on Aging

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COA Board

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Grab n' Go Lunch

The **Friends of the Council on Aging (FCOA)** will be sponsoring a drive-by lunch on **Wednesday, June 9, from 11:30 AM to 12:30 PM** at the **Boxboro Regency**. This event is for residents age 60 and above. Lunch includes grilled chicken and cheddar wrap, pasta salad, and a brownie. A gluten-free option will be available.



Space is limited. **Please RSVP to the COA by calling 978-264-1730**. Arrival times are by last name: A – D, 11:30 AM; E – K, 11:45 AM; L – R, 12 PM; and S – Z, 12:15 PM. When you arrive, stay in your car, wear a mask, and lunches will be brought to you.

July Ice Cream

You may agree that it wouldn't be summer without ice cream. Courtesy of the **Boxborough Police Department**, you are invited to drive into the parking lot of the Boxborough Police Station and pick up your favorite ice cream on **Wednesday, July 14, from 1 PM to 2 PM**. Space is limited. **Please RSVP to the COA by calling 978-264-1730**. Arrival times are by last name: A thru D pickup is at 1:00 PM; E thru K is at 1:15 PM; L thru R is at 1:30 PM; and S thru Z is at 1:45 PM. This event is for Boxborough seniors age 60 and older. Enjoy!





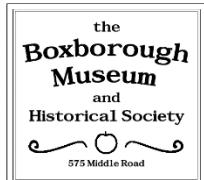
Spotlight: Rajon Hudson, Assistant Town Administrator

Rajon has been on the job since December 7, 2020, and has been

warmly welcomed by all Town departments. He holds a Master's Degree in Public Administration from Auburn University and previously worked in two Massachusetts communities. Rajon was awarded a fellowship through the International City Manager's Association to work with the Town of Lexington in the Town Manager's Office. In Lexington, he managed the Citizen's Academy, a 10-week program of 30-plus residents to educate the public on the workings of town government, and how to get things done in a pandemic. In North Attleboro, he worked with the Town Manager and Town Counsel on budgeting and administrative matters.

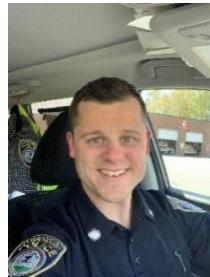
Rajon has many responsibilities at our Town Hall including assisting the Town Administrator, Select Board, Planning Board, Personnel (HR) Board, Finance Committee, and IT support for boards and committees. He works closely with the Council on Aging supporting both the website and with communications. Rajon is working to bridge communication gaps among government and its citizens.

Rajon is thankful for the opportunity to work with the Town. He says Boxborough is a great community with lots of volunteer help. When he is not working with the Town, he enjoys art and acrylic painting.



The Museum will be open
From 2-4 PM on Sundays
■ June 6
■ July 11
■ August 8

Masks must be worn and 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.



Officer Tyler's Column

I hope everyone in the Town of Boxborough is staying healthy with the COVID-19 virus still present.

With the weather beginning to forecast warm and clear, being outside may be a great way of getting fresh air, out of the house, Vitamin D, and exercise in a safe manner.

One important note. Please DO NOT fall for the fraudulent scams that are continuing to make the rounds. If you receive an email or call demanding you pay money, then HANG UP the phone as it's most likely a scam.

Please be safe and continue to stay healthy!

CHNA Summer Programs: Birds and Butterflies

The CHNA-15 Collaborative Grant is sponsoring two programs this summer. Naturalist Joy Marzolf, who will present both programs, has designed and offered a variety of animal-related education programs for over 20 years. **Both programs will be via zoom and pre-registration is required.**

On **Monday, June 21, at 1 PM**, Joy will present a program titled, "**Birds in Your Backyard**." A variety of birds may visit backyards in the Greater Boston area. Joy's topics will include what makes a good backyard habitat and how to attract those birds. She also will discuss who is coming and who is going at this time of year. Attendees will learn about our local birds and occasional visitors. Please register at <https://bit.ly/3bxqPr8>

On **Monday, July 19, at 1 PM**, Joy will present a program titled "**Beautiful Butterflies**." Attendees will learn about a range of color, size, and patterns in local butterfly species. Joy also will discuss what makes a good butterfly habitat and how to attract these beautiful creatures to your neighborhood. Please register at <https://bit.ly/3eUgZkV>

Boxborough Annual Town Meeting

The 2021 Annual Town Meeting is scheduled to start on **Saturday, June 12, at 9 AM**. Rain date is Sunday, June 13. The meeting will be held at the **Boxboro Regency Hotel** where voters can enjoy either inside seating in the **Parade Room**, or outdoor seating in the parking lot. At both locations, attendees will be able to hear speakers, speak themselves, and vote on all articles. Presentations will be shown indoors on screens, and presentation materials will be available to voters sitting outdoors.

Voter check-in begins at 8:15 AM.

Seating will be set in pairs 6 feet apart, and attendees are urged to wear masks for everyone's protection. The meeting will run straight through the day, and the plan is to finish on Saturday. Food will be available to buy from the Regency or attendees may bring their own food. Town Meeting warrants were mailed to every Boxborough household and are also available on the Town's website. Go to <https://bit.ly/3eSbof6>

Household Hazardous Waste Day

It's the perfect time to clean out your home and garage by disposing of hazardous waste properly for **free**. On **Saturday, June 19, from 9 AM to 1 PM**, drop off hazardous waste at **577 Massachusetts Avenue, Town Highway Garage**. Typical hazardous waste items are paint, oil, insecticides, fuel, chemicals, and much more. For a complete list, go to <https://www.boxborough-ma.gov>. At the bottom of the left column titled "Latest News", click "View All," and then scroll down to "2021 Household Hazardous Waste Day Flyer." Consider consolidating with neighbors so the DPW can accommodate as many residents as possible during this very popular event.

Boxborough Library News

Library passes are available now and have been since the Library has been operating during the pandemic. The passes are available for use whenever museums are open. Library Director Peishan Bartley says the passes have been popular during this time. She also advises that the Library currently is open by appointment only.

The American Library Association is funding several June programs through a grant awarded to the Library. One of these programs, **Community Conversation About Race**, is scheduled for **Thursday, June 24, at 7 PM** via Zoom. The 90-minute presentation by consultants Priya Amrita and Denise LaForce will introduce terminology, history, and systems of institutional oppression. The presentation will include group participation. Register at: <https://tinyurl.com/boxlibracismworkshop>. Check the Library website for more information about this and other programs.

Helpful Hints

▪ Hidden Remotes

Adhesive-backed hook-and-loop strips let you stick remote controls under an end table. They'll always be handy when you're ready to watch TV and they won't clutter up tabletops.

▪ Soggy Salad?

To prevent soggy salads, place an inverted saucer in the bottom of the salad bowl. The excess liquid will drain off under the saucer and the salad stays fresh and crisp.

▪ Fog-Free Mirrors

To prevent your bathroom mirror from fogging up after a hot shower, apply a small amount of car wax to the mirror, let it dry, then buff with a soft, dry cloth.

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 2 days in advance. Current fare is \$1 each way for local trips.

Coordinator's Corner

What can your Council on Aging do for you? We provide a wide range of services, information, and referrals that include the following:

- Van transportation to medical appointments, pharmacy, grocery shopping, etc.
- Exercise Classes:
 - Fitness
 - Yoga
 - Line Dancing
 - Walking Group
- Mindfulness & Meditation Classes
- Knitting Group
- Grab 'n Go lunches
- Group Luncheons
- Entertainment Programs
- Educational Programs
- Social Outings & Programs
- Podiatry Clinics
- Senior Tax Work Off Program
- Medicare options counseling through the SHINE Program
- Vaccine & Well Adult Clinics through the Nashoba Associated Boards of Health
- Fuel Assistance Program
- Tax Preparation through AARP
- Referral Services include, but are not limited to:
 - Acton Food Pantry
 - Boxborough Neighbor Brigade
 - Boxborough Rental Assistance Program
 - Household Goods
 - Minuteman Senior Services
 - Northeast Legal Aid
 - NAMI of Central Middlesex (National Alliance on Mental Illness)

Many programs have been able to operate on a limited basis or through Zoom. However, some programs have been on hold due to the State of Massachusetts COVID-19 restrictions. We are beginning to see things changing and are looking forward to seeing more in-person and group programming in the near future.

Stay Safe & Well,
Kim

Yoga Classes

In-person Yoga with Rebecca will start back at the Community Center on Thursday, June 3. Session runs until August 26. Masks will be required. Residents age 60 and older may register for a class. Seniors from other towns may register if space is available. Class size is limited to 12 people.

- Chair Yoga - Thursdays from 9-10 AM
\$48 for entire session
- Mat Stretch & Flex Yoga Thursdays from 10:30-11:15 AM
\$36 for entire session

Registration forms are located on the COA's webpage. You may also email Cindy Regan at cregan@boxborough-ma.gov to request a form.

How to Help Nesting Birds

Spring is the start of the breeding season for most of our North American birds. They pair up with mates, build nests, lay eggs, raise young, and then some of them repeat the cycle — as many as three times. Here are some things you can provide to help your birds.

- Water for bathing and drinking.
- High-protein foods such as mealworms, peanuts, and suet.
- Crushed eggshells.
- Clumps of pet fur, or snips of yarn or string.

For more tips on how to help our nesting birds, go to

<https://www.birdwatchersdigest.com/bwdsite/learn/top10/nestingbirds.php>

highest in the Northern Hemisphere.

4. False: In the Summer Solstice, the sun is at astronomical summer. **2. True.** **3. True**

Summer Solstice is the beginning of the mid-point of the growing season.

1. False: Farmers consider Midsummer Day to

Answer Key

Area Farmers' Markets



Farmers' Markets are a tradition that says it's time to have some outdoor fun! After dealing with COVID-19 restrictions

for more than a year, these markets are a welcome way to shop for fresh vegetables and fruits, local meats, breads, cheese, eggs, honey, and crafts.

Here are two things to keep in mind when you head out to a farmers' market.

First—bring your own reusable bags. Second—carry small bills. (*Paying for a tomato with a \$20-bill would not endear you to a farmer!*)



Below are several near-by farmers' markets you may want to explore.

Acton/Boxborough Farmers' Market

Elm Street Playground, West Acton
Open June 27 through October 10,
Sundays, 10 AM – 1 PM

Maynard Farmers' Market

Mill and Main Street, Maynard
Open Saturdays, June 26 through
September 26, 9 AM – 1 PM

Harvard Farmers' Market

Hildreth Elementary School, 27 Mass Ave,
Harvard
Open August through October; Saturdays,
9 AM-noon.
<http://nfmd.org/ma/harvard/1004474/>

Prior to setting out for any farmers' market mentioned above, or to learn about other area farmers' markets, it is recommended that you search online for current and more details. Last of all—have fun!

September Celebrations

This year, Boxborough's Harvest Fair will be held in conjunction with Fifer's Day. Both celebrations will take place on **Saturday, September 11, at Flerra Meadows.**

Specific times and events will be provided in the August / September issue of the BUZZ. Please mark your calendar now and plan to join in the fun with your family, friends, and neighbors!

Dehydration: A Year-Round Problem

Dehydration occurs when people lose more body fluids than they take in. It is a common reason for hospitalization in seniors, yet it is usually preventable. We all lose fluid each time we breathe, sweat, or visit the bathroom. If we lose more fluids than we take in, our bodies get out of balance. We become dehydrated.

What are the Symptoms? In one hospital ER, almost half the adults had some indicators of dehydration. Many came to the ER because of falls, fatigue, dizziness, headaches, fainting, or confusion. These can all be signs of dehydration. Other symptoms include dry mouth, rapid pulse, infrequent urination, dark urine (darker than lemonade), and constipation.

A Special Problem for Seniors. As we age, we don't feel thirsty as often as we once did. So we don't drink as often. Also, our kidneys don't work as well as they once did. They conserve less water, so our fluids can easily get out of balance. In addition, we usually take more medications as we age. We may also have more health problems, including diabetes. All these factors can contribute to dehydration. If we are already dehydrated and catch a bug that causes diarrhea or vomiting, we quickly can get into serious trouble.

Solutions. Make sure you take in enough fluids daily. How much is enough? It depends on your size. Look at your weight. Divide the number of pounds by three. Drink that number of ounces of fluid daily. If you weigh 150 pounds, drink 50 ounces of fluid. Drink water, juice, milk, and soup. Drink tea, or seltzer. Make plain water more attractive by adding a slice of lemon, lime, or cucumber. Eat popsicles, and foods high



in water, such as melons, strawberries, tomatoes, and broccoli. Start your day with a glass of water. Then drink something every few hours after that.



June**Tuesday, June 1**

10:30 –Fitness with Holly Level 1

Wednesday, June 2

9:00 Fitness with Holly Level 2

2:00 Knitting Group

Thursday, June 3

9:00 Chair Yoga

10:30 Stretch; & Flex Yoga

Friday, June 4

9:00 Fitness with Holly Level 2

10:30 Fitness with Holly Level 1

Sunday, June 6

2:00-4:00 Boxborough Museum open

Monday, June 7

9:00 Fitness with Holly Level 2

Tuesday, June 8

10:30–Fitness with Holly Level 1

Wednesday, June 9

9:00 Fitness with Holly Level 2

11:30 -12:30 Grab 'n Go Lunch at Boxboro Regency

2:00 Knitting Group

Thursday, June 10

9:00 Chair Yoga

10:30 Stretch; & Flex Yoga

Friday, June 11

9:00 Fitness with Holly Level 2

10:30 Fitness with Holly Level 1

Saturday, June 12**9:00 Annual Town Meeting at Boxboro Regency****Sunday, June 13****Rain Date for Annual Town Meeting****Monday, June 14****Flag Day**

9:00 Fitness with Holly Level 2

Tuesday, June 15

10:30 –Fitness with Holly Level 1

Wednesday, June 16

9:00 Fitness with Holly Level 2

2:00 Knitting Group

Thursday, June 17

9:00 Chair Yoga

10:30 Stretch & Flex Yoga

Friday, June 18

9:00 Fitness with Holly Level 2

10:30 Fitness with Holly Level 1

Saturday, June 19**9:00 –1:00 Hazardous Waste Day****Monday, June 21**

9:00 Fitness with Holly Level 2

1:00 Birds in Your Back Yard**Tuesday, June 22**

10:30 –Fitness with Holly Level 1

Wednesday, June 23

9:00 Fitness with Holly Level 2

2:00 Knitting Group

Thursday, June 24

9:00 Chair Yoga

10:30 Stretch; & Flex Yoga

7:00 Community Conversation about Race**Friday, June 25**

9:00 Fitness with Holly Level 2

10:30 Fitness with Holly Level 1

Monday, June 28

9:00 Fitness with Holly Level 2

Tuesday, June 29

10:30 –Fitness with Holly Level 1

Wednesday, June 30

9:00 Fitness with Holly Level 2

2:00 Knitting Group

July**Thursday, July 1**

9:00 Chair Yoga

10:30 Stretch; & Flex Yoga

Sunday, July 4**Independence Day****Monday, July 5**

Independence Day observed. Town Offices and Library Closed

Wednesday, July 7

2:00 Knitting Group

Thursday, July 8

9:00 Chair Yoga

10:30 Stretch; & Flex Yoga

Sunday, July 11

2:00-4:00 Boxborough Museum open

Wednesday, July 14**1:00-2:00 Ice Cream at the Boxborough Police Station**

2:00 Knitting Group

Thursday, July 15

9:00 Chair Yoga

10:30 Stretch; & Flex Yoga

Monday, July 19

9:00 Fitness with Holly Level 2

1:00 Beautiful Butterflies**Tuesday, July 20**

10:30 –Fitness with Holly Level 1

Wednesday, July 21

9:00 Fitness with Holly Level 2

2:00 Knitting Group

Thursday, July 22

9:00 Chair Yoga

10:30 Stretch; & Flex Yoga

Friday, July 23

9:00 Fitness with Holly Level 2

10:30 Fitness with Holly Level 1

Monday, July 26

9:00 Fitness with Holly Level 2

Tuesday, July 27

10:30 Fitness with Holly Level 1

Wednesday, July 28

9:00 Fitness with Holly Level 2

2:00 Knitting Group

Thursday, July 29

9:00 Chair Yoga

10:30 Stretch; & Flex Yoga

Friday, July 30

9:00 Fitness with Holly Level 2

10:30 Fitness with Holly Level 1



June-July Ongoing Events, Classes

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



Fitness with Holly via Zoom

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

Level 2 class meets via Zoom Mondays, Wednesdays and Fridays from 9 to 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. For more information and Zoom link contact: annemcn@comcast.net

Yoga with Rebecca - Hybrid model

Starting in June there is an option of taking classes via Zoom or in person at the Community Center.

Chair Yoga: Modified yoga poses performed with a chair for added support. Meets Thursdays 9 - 10 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.

Community Supper - In Acton - each Wednesday, 4:00-5:00 PM - curbside pickup at Mt. Calvary Church

CHNA Free Zoom Event:

Birds and Butterflies

Naturalist Joy Marzolf, who will present both programs, has designed and offered a variety of animal-related education programs for over 20 years. **Both programs will be via Zoom and pre-registration is required.**

Monday, June 21, at 1 PM "Birds in Your Backyard"

Attendees will learn about our local birds and occasional visitors. Please register at: <https://bit.ly/3bxqPr8>

Monday, July 19, at 1 PM, "Beautiful Butterflies."

Attendees will learn about a range of color, size, and patterns in local butterfly species. Please register at: <https://bit.ly/3eUgZkV>

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

A True or False Quiz: Summer Solstice vs. Midsummer Day

Both the Summer Solstice and Midsummer Day occur in June. Read the statements below. Write **T** in front of true statements and **F** in front false statements. *Answer Key on page 4.*

- 1.** Midsummer Day and Summer Solstice celebrations mark the same occurrence.
- 2.** The Summer Solstice has been celebrated by different cultures since ancient times.
- 3.** Midsummer Eve was once said to be a night when ghosts and fairies became visible.
- 4.** At the Summer Solstice, the midday sun is highest up in the sky in the Southern Hemisphere.



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– Submit Items for August-September issue by July 8 –
boxboroughbuzz@gmail.com



Change Service Requested

PRE-SORT
Standardized
U.S. Postage Paid
Acton, MA
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Boxborough Council on Aging
Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719