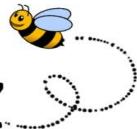


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

October 2021

Council on Aging

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COA Board

Bill Litant, Chair
Anne Canfield, Vice Chair
Barbara Wheeler, Secretary
Tina Bhatia
Barbara Birt
Taryn Light
Karen Whitcomb
John Fallon, FCOA Liaison
John Markiewicz, Select
Board Liaison
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Liaison

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Buzz Production Team

Tina Bhatia
Barbara Birt
Anne Canfield
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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, October 13**, 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, tomato soup, and a brownie. A gluten-free and vegetarian option will be available.

Space is limited. Please **RSVP** to the COA by emailing cregan@boxborough-ma.gov or calling 978-264-1730. Arrival times are by last name: A thru D, 11:30 AM; E thru K, 11:45 AM; L thru R, 12 noon; and S thru Z, 12:15 PM. When you arrive, stay in your car.

Council on Aging Opportunity

The COA enthusiastically invites you to consider joining the COA Board. As of 2019, seniors represent 25 percent of our community making it even more important for us to create services that enhance the emotional, intellectual, physical, and well-being of our seniors.

We'd like your help to plan programs and services that enrich the lives of Boxborough seniors. You are welcome to attend a COA Board meeting to learn about what we do. Check the Town website for COA Board meeting dates, times, and agendas.

If you are interested in joining the COA Board, or if you would like information about what COA Board membership involves, contact the COA Board Chair, Bill Litant, at wlitant@boxborough-ma.gov.

Senior Property Tax Work-Off Abatement Program

If you are a senior who has lived in Boxborough for one year or more and who pays property taxes, you may be eligible to participate in the Senior Property Tax Work-Off Program. The abatement amount earned through this program must be included in your gross income.

Registration for this program takes place during the month of October. Registration forms will be on the Boxborough website COA webpage.



Spotlight: Assessor

Jonathan Greeno

Our new Assessor, Jonathan Greeno, is a Maynard native.

He came to Boxborough from Groton where he was the Assistant Assessor and then Principal Assessor for nine years.

Jonathan prefers working for smaller communities. There has been much turnover in this position in the last four years, and he wants to be a steady force at Town Hall.

He notes the Assessor's office has loads of paperwork, and he plans to streamline some of the handwritten forms to a more efficient electronic format. Residents will have the ability to fill out handwritten forms or complete them online. Jonathan says the CAMA software used in the office to track and value property is antiquated. Updating this software is a major project for him.

Jonathan loves working with seniors. In Groton he met with seniors twice a year to discuss exemptions that are available for them, including statutory and veterans' exemptions. There are exemptions that many seniors may not be aware of, plus the requirements can change from year to year.

Stop by Town Hall and visit Jonathan. You might be able to file for a tax exemption.

Our Community "Depends" on You!

There's a growing need for adult disposable underwear (for example, Depends, Always Discreet), which are expensive. Therefore, in collaboration with the Acton Food Pantry, we are collecting men's and women's incontinence briefs.

If you are in need, supplies are available at the Library and the Acton Food Pantry. If you would like to donate items, please contact Rose Gage (Community Services Coordinator) at rgage@boxborough-ma.gov or 978-264-1719. Thank you!

Generosity
changes everything

Coordinator's Corner

The month of October is upon us, and I'm hoping you are taking in the delights of autumn in New England.

Our September lunch was enjoyed by all at the Boxborough Community Center. A big thank you goes out to the Friends of the Council on Aging (FCOA) for sponsoring the event. The FCOA will also be sponsoring the Grab 'n Go lunch at the Boxboro Regency on Wednesday, October 13.

The Nashoba Associated Boards of Health will be offering their annual Flu Clinic on Thursday, October 27, at the Sargent Memorial Library from 2 to 6 PM. Seniors are encouraged to come the first two hours. Please bring your insurance cards with you.

Following the advice of the CDC, we are required to wear masks at all programs in the Community Center and on public transportation, including our van. Thank you for your cooperation and understanding as we work together to keep our community safe.

Warm regards,
Kim

Library News

There are lots of happenings in October at our Library!

Saturday, October 9, 10 AM to noon - A 2-hour **Introductory Pastel Painting Workshop** will be held at the Library. This workshop, designed for beginners and aspiring artists, is sponsored by the AB Cultural Council.

Tuesday, October 19, at 7 PM - A zoom event about **History of Native American Basketry** will be held. Catherine Hunter, a former museum curator who specializes in textiles, will be the presenter.

The Library has also introduced several Community Read events. Multiple sessions are scheduled in October. Please see the Library's website (boxlib.org) for additional information on these programs.

Library Used Book Sale

Due to popular demand, the Friends of the Boxborough Library will again hold its fall used book sale as a three-day event. The weekend will start with a **preview sale** for members on **Friday, November 5, from 5 to 7 PM.**

(Memberships will be available at the door.) The usual **main sale** will take place on **Saturday, November 6, from 9 AM to 2 PM.**

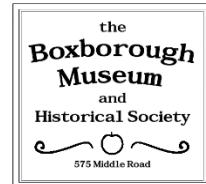
The **Everything Must Go sale** will be held on **Sunday, November 7, from 2 to 4 PM.** Bring a bag (or bags) to the book sale on Sunday and pay only \$2 to fill each bag.

The sale will take place in the meeting room of the Sargent Memorial Library. Proceeds from the sale will go toward additional Library programs and museum passes.

Please support this sale by donating your gently used hard covers, paperbacks, and audiovisual items, and by attending the sale. Donations will be accepted from **Monday, November 1, through Thursday, November 4,** at the Library during regular Library hours. Please, no VCR tapes, magazines, or any material in poor condition.

An Autumn Puzzle for You

How many words can you make from the phrase **“Autumn Leaves”**? To make it more fun, make only words of four or more letters and no plurals allowed if the singular is one of your words.



The Museum will be open 2 to 4 PM on Sundays

- October 24
- November 14
- December 12

Boxborough Museum’s “15+1” Anniversary Celebration

The Boxborough Museum at 575 Middle Road was opened to the public on October 16, 2005. The Historical Society will be celebrating the belated **“15+1” Anniversary of the Museum** on **Sunday, October 24**, with refreshments and special events. The Museum will be open **from 2 to 4 PM.** Come see Boxborough’s historic treasures including the 1850’s scale, which is sensitive enough to weigh a penny and strong enough to calibrate a 50-pound weight; the “new” hearse built in 1881; and the “old” hearse (come and see how old is old).



Admission is free and all are welcome. In accordance with current CDC guidelines, everyone is required to wear a mask. For more information or if anyone wishes to arrange a private tour for a small group at a different time please call John Fallon at 978-264-0069.

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.

FCOA President's Annual Update: October 2021

To employ an overused word, the last 12 months were an "unprecedented" time for Boxborough seniors. We were fortunate to have such dedicated people in the Police, Fire, Dispatch, DPW, Library, and Town Hall departments who worked diligently to keep the seniors of Boxborough safe and well during a most difficult time.

We were also fortunate to have Kim Dee join our Town as the new COA Coordinator and Cindy Regan to continue her work as the COA Department Assistant. Together, they pivoted many senior activities in Town to Zoom and drive-by bases.

The Friends continued our commitment to the seniors by providing funding for three drive-by lunches, for a total of over 150 guests, and by supporting other endeavors. (*FYI: The first in-person luncheon in over 18 months was held on September 8.*)

Lastly, as always, the Friends are grateful to the COA Board for their constant support, and to the donors who provide us with funds for our programs.

*John Fallon,
President*

EV Charging Station

Thanks to the Boxborough Sustainability Committee and Littleton Electric Light (LELWD) for working together to install Boxborough's first electric vehicle charging station. The Level 2 (240 volt) public charging station is located at the **Sargent Memorial Library**.

There are more than 480 EV charging stations within a 30-mile radius of Boxborough. Local charging stations are in Concord, Littleton, Maynard, and Westford.

For information about EV rebates and chargers, visit <https://bit.ly/3CggbzH>



Minuteman Senior Services Regional SHINE Program



Don't get swayed by all of the Medicare advertising coming your way. Medicare Open Enrollment is your opportunity to learn about health insurance options, ways to save on prescription drug costs and public health programs that may be able to help you reduce medical costs.

Information is free and provided to Boxborough residents by the Minuteman Senior Services Regional SHINE Program (Serving Health Information of Everyone). Join us on **Thursday, October 21, at 1 PM** at the Boxborough Community Center to hear first-hand about what's new with Medicare from Terry Morton, SHINE Program Counselor. Following the session, you will be able to make appointments to speak with a SHINE counselor confidentially to discuss your health care needs.

Please **RSVP** at 978-264-1730 by October 18, 2021.

Museum Passes at the Library

Do you have cabin fever? If so, check out the list of museum passes at boxlib.org

Some passes provide free admission while others offer large discounts off the admission fees. Want to enjoy the outdoors? Our Library has passes to MA state parks and to the MA Audubon. Love the arts? Pick up a pass for the Worcester Art Museum or the Museum of Fine Arts. From local museums, such as the Discovery Museum in Acton to the Museum of Science in Boston, there is something for everyone to enjoy.

For questions about museum passes and how to reserve them, contact the Sargent Memorial Library at 978-263-4680.

October 2021

SUN	MON	TUES	WED	THUR	FRI	SAT
					<i>1</i> 9- Fitness w/Holly Via Zoom	<i>2</i> 10:30AM to Noon FreeBee Market at 30 Middle Road
<i>3</i>	<i>4</i> 9- Fitness w/Holly In Person 10-Mind. Meditation	<i>5</i> 10:30-Fitness w/Holly Via Zoom 1-Game Day	<i>6</i> 9- Fitness w/Holly In Person 2-Knitting Group	<i>7</i> 9:30-Chair Yoga 11- Mat & Stretch Yoga	<i>8</i> 9-Fitness w/Holly Via Zoom	<i>9</i> 10AM to Noon Pastel Painting Workshop at the Library
<i>10</i>	<i>11</i> Indigenous Peoples' / Columbus Day Town offices and Library closed	<i>12</i> 10:30-Fitness w/Holly Via Zoom 1-Game Day	<i>13</i> 9- Fitness w/Holly In Person 11:30AM to 12:30PM FCOA Grab 'n Go Lunch 2-Knitting Group	<i>14</i> 9:30-Chair Yoga 11- Mat & Stretch Yoga	<i>15</i> 9-Fitness w/Holly Via Zoom	<i>16</i> 10:30AM to Noon FreeBee Market at 30 Middle Road
<i>17</i>	<i>18</i> 9- Fitness w/Holly In Person 10-Mind. Meditation	<i>19</i> 10:30-Fitness w/Holly Via Zoom 1-Game Day 7 PM-History of Native American Basketry	<i>20</i> 9- Fitness w/Holly In Person 2-Knitting Group	<i>21</i> 9:30-Chair Yoga 11-Mat & Stretch Yoga 1 to 2 PM-SHINE Presentation	<i>22</i> 9-Fitness w/Holly Via Zoom	<i>23</i>
2 to 4 PM Museum's 15 +1 Anniversary celebration	<i>24</i> <i>25</i> 9- Fitness w/Holly In Person 10-Mind. Meditation	<i>26</i> 10:30-Fitness w/Holly Via Zoom 1-Game Day 6:30 to 7:30 PM 'New England Underdogs' Talk by Ted Reinstein, via Zoom.	<i>27</i> 9- Fitness w/Holly In Person 2-Knitting Group 2 to 6 PM Flu Clinic at the Library	<i>28</i> 9:30-Chair Yoga 11-Mat & Stretch Yoga	<i>29</i> 9-Fitness w/Holly Via Zoom	<i>30</i>
<i>31</i>						

Out of Town

Mt. Calvary Church, Acton

Community Supper, Wed, 4:45-5:45PM Indoor Dining

5:30-6:00PM 'Get to Go' Meals

Ongoing Events, Classes



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



Fitness with Holly

Class meets Mondays (in-person), Wednesdays (in-person), and Fridays (via Zoom), 9 to 10 AM. Tuesdays (via Zoom), 10:30 to 11:30 AM. Sign up for one, two, or three days.

Game Day

Drop in on Tuesdays at 1 PM for a fun afternoon of game playing. The group decides what games they want to play. Come play or learn how to play games like Mexican Train Dominos, Rummikub, Phase 10, UNO, LCR, Mah-Jongg and more. Bring a friend. Bring a game. Join the fun!

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 to 4 PM, at the Library. For more Information contact Anne at annemcn@comcast.net

Chair Yoga with Rebecca

Modified yoga poses performed with a chair for added support in-person and via Zoom. Meets Thursdays, 9:30 AM.

Mat Stretch & Flex Yoga with Rebecca

Floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets Thursdays, 11 AM.

CHNA Free Zoom Events:

Mindfulness/Meditation

Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this program. Meets Mondays, 10AM, via Zoom. Pre-Registration required. For more information contact Sheryl Ball at 978-929-6453 or sball@actonma.gov. The link to register is: bit.ly/2XlihQf

New England Underdogs with Ted Reinstein

Tuesday, October 26, from 6:30 to 7:30 PM, via Zoom. Register for this program at bit.ly/3hxnvPF

Through the CHNA-15 Grant, the Boxborough COA is collaborating with the Acton and Littleton COA's to provide these programs.

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

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 Honor or in Memory of

Composting in Boxborough

A new expanded and more inclusive composting system is available to Boxborough residents at the Transfer Station (boxborough-ma.gov/266/Transfer-Station).



In addition to vegetable waste, Black Earth Compost Company's new green bins accept meat and seafood scraps, bones, shells, fruit pits, corncobs, dairy, cooking grease, and other such items when they are wrapped in paper bags, newspaper, or certified compostable bag liners.

Public Works Director, Ed Kukkula, brought the new waste management system to Boxborough with the support of the Town Sustainability Committee. The Committee Chair, Francie Nolde, says, "Gardeners who compost can now recycle food waste that used to go in the trash. What Black Earth takes will reduce the amount of trash the Town pays to haul away."

Black Earth's composting guide can be found through the DPW and on the Sustainability Committee's website. Black Earth compost may be purchased at garden centers and online at blackearthcompost.com.

Helpful Food Hints

Peppers

- Peppers with three bumps on the bottom are sweeter and better for eating.
- Peppers with four bumps on the bottom are firmer and better for cooking.

Measuring Cup

Before you pour sticky substances into a measuring cup, fill it with hot water. Then dump out the water, but don't dry the cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes out.

Cheese

Store opened chunks of cheese in aluminum foil. The cheese will stay fresh much longer and not mold.

FreeBee Market

Stop by the FreeBee Market on **Saturdays, October 2 and/or 16**, at the **UCC Church and Community Center lawn** (30 Middle Road). It starts **at 10:30 AM and continues**



to 12 noon or until the food is gone. Buy nothing; it's all free. You might take



home fruits, vegetables, baked goods, perennial plants, local information, books, or craft supplies. Share your bounty with others if you have extras. Drop by to meet your neighbors. There will be activities for children, including a bouncy house.

The FreeBee Network and Market was formed in the aftermath of the pandemic, and the Swanson Road fire. These experiences emphasized the importance of a central, volunteer-driven team to connect neighbors to share access to food, resources, and services. And so, the FreeBee Market was born, made up of gleaned produce and prepared dishes from Roche Bros, veggies grown by our neighbors, and treats baked by our community. Local community groups are there to share info and fun too!

Sustainability, community, and food sharing - a winning trifecta!

CHNA Program: *New England Underdogs with Ted Reinstein*

You are invited to join Chronicle reporter Ted Reinstein, via Zoom, on **Tuesday,**

October 26, from 6:30 to 7:30 PM. Over his career, Ted has always had his eye (and heart) out for true "underdogs:" the people, towns, and businesses of New England that over-time have had to overcome challenges in order to survive.

Please mark your calendar and plan to attend this informative and heart-warming program.

Pre-registration is required:

bit.ly/3AaPgF2

For more information, contact Sheryl Ball at the Acton Health Division: sball@actonma.gov

- Masks are now required to be worn in the Community Center regardless of vaccination status for all classes, events and programs.
- Monday, October 11, Town Hall offices will be closed for Indigenous People's Day (formerly Columbus Day).
- Nashoba Associated Boards of Health Flu Clinic is at the Sargent Memorial Library on Wednesday, October 27, from 2 to 6 PM. Seniors are advised to come to the first two hours. The high dose vaccine for seniors will be available.
- The Acton Food Pantry no longer needs egg cartons.



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

– Submit Items for the November/December issue by October 7th –
boxboroughbuzz@gmail.com



Change Service Requested

PRE-SORT
Standardized
U.S. Postage Paid
Acton, MA
Permit No. 26

Boxborough Council on Aging
Boxborough Town Hall
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Boxborough, MA 01719