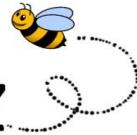


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

January 2022

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

Bill Litant, Chair
Anne Canfield, Vice Chair
Karen Whitcomb, Secretary
Tina Bhatia
Barbara Birt
Taryn Light
Barbara Wheeler
John Fallon, FCOA Liaison
John Markiewicz, Select Board Liaison
Maria Neyland, FinComm Liaison
Courtney Panaro, Fire Dept. Liaison

Friends of the Council on Aging

John Fallon, President
Susan Bak, Vice President
Barbara Birt, Recording Secretary
Patty Gayowski, Treasurer
Alan Rohwer, Corresponding Secretary
Susie Boast
Loretta Grushecky
Mary Nadwairski
Mary Pavlik
Georgia Winfrey

Buzz Production Team

Tina Bhatia
Barbara Birt
Anne Canfield
Taryn Light
Tess Summers

January Lunch at the Community Center



The **Acton Funeral Home** is sponsoring our next COA lunch on **Wednesday, January 12, at noon** at the Community Center. Lunch will consist of chicken parmesan with pasta, salad, and dessert.

We are grateful to the Acton Funeral Home for their continued support.

Space is limited. Masks are required except while eating. RSVPs will be taken beginning January 4. You may RSVP via email to cregan@boxborough-ma.gov or by calling 978-264-1730.

Minutemen Christmas Tree Pickup

The Boxborough Minutemen will be collecting and disposing of Christmas trees (with help from the Boxborough DPW) on **Saturday, January 8**. The cost for pickup is \$11 if you sign up and pay on the Minuteman website (deadline for signup and payment online is Sunday, January 2).

On-line forms are available after December 25, on their website, www.boxboroughminutemen.org.

Mail in forms are expected to be available after December 25 at Town Hall. The cost is \$10 if you mail in your form and check (deadline for mail-in forms and payment is Sunday, January 2).

If you prefer not to sign up for tree pickup, you can deliver your tree to the "old" Boxborough DPW facility located at 577 Mass Ave on **Saturday, January 8**, between **10 AM and 2 PM**. A disposal fee of \$5 will be collected on site when you drop off your tree. For questions, email captain@boxboroughminutemen.org.

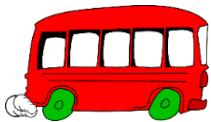




Spotlight: Dolan Geneau, Senior Van Driver

If you take the senior van and are lucky enough to have Dolan Geneau as your driver, you are riding with a man who is a gem! Dolan is proud of his upbringing in New Brunswick, Canada. He lived there until he became a teenager, when his father moved his family (Dolan, the oldest and only boy, along with six sisters) to Watertown for his carpentry trade.

Dolan is multi-lingual, speaking both French and English. He served in the Army for 4 years, one of which was a one-year tour of duty in Vietnam. After serving our country, he attended Fitchburg State College (now University) and earned his degree in Industrial Education. This knowledge led to 40 years of teaching woodworking skills to troubled kids in the Worcester School System. He has been a life-long mentor to some of his students. Dolan and his wife just celebrated their 50-year anniversary!



Dolan says he enjoys driving seniors to doctor appointments, shopping, and banking. He says he "intends to drive the van until it is my turn to sit in the back." Buxborough is fortunate to have such a caring man driving our seniors. To reserve a van ride with Dolan, call the COA office at 978-264-1730, 2 days in advance.

COA Weather Cancellation Policy

The COA follows the Acton-Buxborough Regional School District (ABRSD) to determine if COA activities, classes, events, and van service are cancelled. If the ABRSD calls for a delayed opening, COA morning activities, classes, events, and van service will be cancelled.

COA instructors, event organizers, and activity leaders may decide to cancel due to weather, even if ABRSD is open. In these cases, the event organizer will notify participants and the COA. Participants may also call the COA (978-264-1730) to find out if a class or event is cancelled.

COA Coordinator's Corner

We had a wonderful holiday lunch at the Buxborough Community Center in December. Many thanks to the Friends of the Council on Aging for sponsoring this special annual event. It was great to see so many in attendance!

Keeping your mind and body healthy for the New Year, I encourage you to beat the winter blues by participating in our programs.



New for the New Year is the Qigong/Tai Chi class that starts on **Thursday, February 3**. The instructor for this 8-week series is Dave Crocker from Cultivating Qi in Westford. Dave has over 14 years of experience in Qigong, Tai Chi, and meditation. (See article on page 3 for details.)

Dr. Ayleen Gregorian will offer a **Podiatry Clinic** on **Monday, January 3**, from **1-4 PM** at the **Community Center**. Reservations are required, so call 978-264-1730 to make an appointment. Trimming toenails and treatment of calluses will be offered for \$35. Please bring cash or check payable to Dr. Ayleen Gregorian.

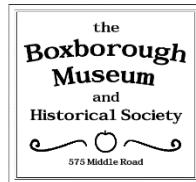


The Community Health Nurse from the Nashoba Associated Boards of Health will meet you at the **Community Center** on **Wednesday, January 19**, from **2-3 PM** for the monthly **Wellness Clinic**. Drop by and get your blood pressure checked.

Exercise your mind while socializing and playing fun games at our **Tuesday Game Day at 1 PM** in the **Community Center**.

Wishing you all a Happy & Healthy New Year 2022!

Kim



The Museum will be open 2-4 PM Sunday

- January 9
- February 13
- March 13
- April 10

Note: Masks must be worn.

Qigong/Tai Chi: A Health Preservation Series

Two important ingredients in preserving and improving your health are movement and mindfulness. Qigong and Tai Chi are Eastern holistic healing arts that are over 2,500 years old. They combine gentle, balance-enhancing movements with non-judgmental, in-the-moment awareness. They transition your mind and body into a calmer, more peaceful state that is sometimes referred to as being grounded, or centered, thus enhancing your body's natural ability to heal itself.

Starting February 3, Tai Chi will be offered for **8 weeks on Thursdays, 2 to 3 PM, at the Boxborough Community Center.**

Cost: \$32; minimum class size is 6.

Registration forms are on the COA web page, or email Kdee@boxborough-ma.gov to request a form.

Coming Soon—Energize Boxborough



What? a customized, climate action website.

Who? From the Boxborough Sustainability Committee.

Why? We face a climate emergency that demands action to mitigate and adapt

to climate change. Boxborough residents who understand the problem can learn how to reduce greenhouse gas impacts, increase local resilience, and take personal action. Together we can conserve energy and protect our environment!

When? In a few months.

Where? Inauguration will be announced on Town social media.

A Special Thanks to the Middlesex Savings Bank

The Council on Aging (COA) gives a special thanks to the Boxborough and Acton branches of the Middlesex Savings Bank. More than 10 years ago, our COA became one of the Bank's community partners and, as a result of the continuing support by the Bank, the COA is able to mail quality newsletters to our seniors.

In 2021, nine issues of *The BUZZ* were mailed to almost 700 senior households in Town. The newsletter provides a valuable service to this population and is a vehicle for seniors to learn about a variety of programs and events that take place each month.

Lastly, the generosity of the Bank makes a real difference in the lives of our seniors. And on that note, the COA sends a heart-felt thank you to the Middlesex Savings Bank!

January Library News

The Library did not slow down in 2021. We continued to enrich our collection and find ways to help you discover them. Are you following us on Facebook? Did you know we have a YouTube channel? We are back in person and will be getting books and more, planning events, answering questions, and providing you with the information resources you need.

We do have a favor to ask you though. We need to know what types of events are of interest to you. Please let us know if you would like us to continue with Monday Movies (weekly at 1 PM), and if there are any types of programs you would especially like to see at the Library. Thank you and here's to a wonderful New Year!

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.

CHNA Program

Aging: Planning for Yourself and Your Family

Ellen Feinsand, Acton COA Board Chair, will offer a free in-person or virtual workshop scheduled to take place on **Tuesday, January 11, at 1 PM, Room 204, in Acton Town Hall.** The focus of this workshop will be on healthcare benefits, preparation for emergencies, and resources available to meet seniors' needs. Ellen also will discuss practical matters such as how to create your own "Go Bag" if (for any reason) you have to leave your home quickly and a "Grab-n-Go" Kit if you have a medical emergency.

Please consider attending this important workshop in-person. If you prefer to attend in-person or virtually, use this link to register on zoom: <https://bit.ly/3IVKoOM>

CHNA Program

How to Create Mindfulness and Self-Care Habits for Whole-Hearted Living

Erin LoPorto will be presenting a new Mindfulness Program on **Wednesdays, from 9-10 AM, beginning January 5 and concluding February 23.** If you've never joined Erin for a Mindfulness session, perhaps this is the time for you to do so!

To register, please contact Sheryl Ball at sball@actonma.gov. Sheryl will provide the zoom link once you are registered. As usual, this CHNA Program is free.

Free Concerts from Indian Hill

Recordings of live-stream concerts from the Blackman Hall Stage of Indian Hill are available on YouTube.

Access indianhillmusic.org/vod/ with the **password: music20** and choose from a selection of gifted musicians offering performances of a wide variety of musical genres.

Music soothes the soul.

Acton COA Program

Be a Dementia Friend

On **Thursday, January 6**, from **10-11 AM**, Sharon Mercurio and Kristen Guichard will present an informational session about dementia. The program will be open to all and is to be held in **Acton's Senior Center, 30 Sudbury Road, Acton.**

In this one-hour session, attendees will learn five key messages about dementia and hear a bit about what it's like to live with dementia. While this is not a formal training, as a "Dementia Friend", you'll gain a new understanding of dementia and find out about how you can turn your knowledge into practical actions that can be as big or as small as you choose. Remember—every action counts!

Harvard Bridge Club Open to All

Beginning **Wednesday,**

 **January 5**, the Harvard Bridge Club will expand to include players of all levels. Rubber bridge is held **Wednesdays** from **12:30-3 PM** at Harvard's **Hildreth House** (up the hill from Harvard Town Hall) and is limited to 16 players. Non-residents are welcome to come and play.

If you plan to attend, please notify Dina Hettes at berdinahettes@gmail.com or at 978-434-7508. Masks are required.



January 2022

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|--|---|--|--|--|--|--|
| | | | | | | 1 New Year's Day |
| 2 | 3 9-Fitness w/Holly In Person 1-Podiatry Clinic | 4 10:30-Fitness w/Holly Via Zoom 1-Game Day | 5 9-Fitness w/Holly In Person 9-New CHNA Mindfulness & Self Care 2-Knitting Group | 6 9:30-Chair Yoga 11-Mat & Stretch Yoga 10-Be a Dementia Friend | 7 9-Fitness w/Holly Via Zoom | 8 Christmas Tree Pickup |
| 9 2-4 Boxborough Museum | 10 9-Fitness w/Holly In Person | 11 10:30-Fitness w/Holly Via Zoom 1-Game Day 1-CHNA-Aging: Planning for Yourself and Your Family | 12 9-Fitness w/Holly In Person 9-Mindfulness & Self Care 12--COA Luncheon Sponsor: Acton Funeral Home 2-Knitting Group | 13 9:30-Chair Yoga 11-Mat & Stretch Yoga | 14 9-Fitness w/Holly Via Zoom | 15 |
| 16 | 17 MLK Jr. Day Town Offices and Library closed | 18 10:30-Fitness w/Holly Via Zoom 1-Game Day | 19 9- Fitness w/Holly In Person 9-Mindfulness & Self Care 2-Knitting Group 2-Wellness Clinic | 20 9:30-Chair Yoga 11-Mat & Stretch Yoga | 21 9-Fitness w/Holly Via Zoom | 22 |
| 23 | 24 9-Fitness w/Holly In Person | 25 10:30-Fitness w/Holly Via Zoom 1-Game Day | 26 9-Fitness w/Holly In Person 9-Mindfulness & Self Care 2-Knitting Group | 27 9:30-Chair Yoga 11-Mat & Stretch Yoga | 28 9-Fitness w/Holly Via Zoom | 29 |
| 30 | 31 9- Fitness w/Holly In Person | | | | | |

| | | |
|-------------|--|---|
| Out of Town | Mt. Calvary Church, Acton Hildreth House, Harvard | Community Supper, Wed, 4:45-5:45 PM Indoor Dining 5:3-6 PM 'Get to Go' Meals Bridge Club, Wed, 12:30-3 PM |
|-------------|--|---|

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 _____



Like us on Facebook at facebook.com/boxboroughcoa

- Submit Items for the February issue by January 3 -
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
29 Middle Road
Boxborough, MA 01719