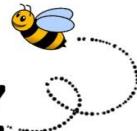


THE

# BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



March 2022

## Council on Aging

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Anne Canfield, Vice Chair  
Karen Whitcomb, Secretary  
Tina Bhatia  
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Taryn Light  
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## Buzz Production Team

Tina Bhatia  
Barbara Birt  
Anne Canfield  
Taryn Light  
Tess Summers

## March Grab 'n Go Lunch



RiverCourt Residences of Groton will sponsor a **Grab 'n Go Lunch** on **Wednesday, March 9, from 11:30 AM to 12:30 PM**. This event will take place at the **Community Center** and is for

Boxborough residents age 60 and above. The lunch will be a corned beef Reuben sandwich, pickle, chips, and a dessert. (A *gluten-free and vegetarian option also will be available.*)

Space is limited and reservations are required. Starting Wednesday, March 2, RSVP to Cindy at 978-264-1730 or email to cregan@boxborough-ma.gov. 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 noon; and S thru Z is at 12:15 PM. **When you arrive, come into the Community Center to pick up your lunch. Masks are required.**

## Live Music at the Community Center

Join the COA for a free musical performance at the **Community Center** on **Wednesday, March 23 at 1 PM**. Howie Newman performs classic songs from yesteryear, including standards, show tunes and material from artists like Frank

Sinatra, the Beatles, Dean Martin, Elvis Presley, Neil Diamond, and many others. Space is limited. **Please RSVP** by calling 978-264-1730. Mask wearing is required by the audience; the performer will be unmasked during the performance. Open to Boxborough and Acton residents.

*This program is supported in part by a grant from the Acton-Boxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

## Coordinator's Corner

March Greetings everyone! This month we "Spring Ahead" on Sunday, March 13 to begin Daylight Saving Time at 2 AM and turn our clocks ahead one hour. Unfortunately, we lose one hour of sleep. On the brighter side, the Spring Equinox happens on Sunday, March 20, marking the beginning of Spring.

Our spring sessions for Yoga and Fitness begin Thursday, March 10, and Friday, March 11, respectively. See our February newsletter, the Town website at [bit.ly/3By4xkA](http://bit.ly/3By4xkA) (or at [Boxborough-ma.gov/300/Council on Aging](http://Boxborough-ma.gov/300/Council%20on%20Aging)), or call 978-264-1730 for more details.

We are excited to be hosting a live musical performance on Wednesday, March 23, at the Community Center. See the "Live Music" article on page 1.

Many thanks to Benchmark Senior Living at Robins Brook for our Grab 'n Go lunch on Wednesday, February 9, and the Acton-Boxborough Family Network preschoolers for their lovely handmade valentines!

Dr. Ayleen Gregorian's Podiatry Clinic on Monday, March 7, is full. Please call 978-264-1730 to put your name on a waitlist.

Wishing you sunshine, smiles, and good health as we emerge from winter and enter into spring!

Best Regards,  
*Kim*

## Wellness Clinic

Our monthly **Wellness Clinic** with the **Nashoba Associated Boards of Health** is on **Wednesday, March 16**, from **2 to 3 PM** at the Boxborough Community Center. Stop by to have your blood pressure checked and/or to ask our Community Health Nurse, Susan, any of your health-related questions.



## Library News

Hello readers, we at the Library are busy working on a five-year strategic plan that will direct our future and hope you had a chance to complete the survey we distributed in January. We will be holding several focus groups in the beginning of March. We hope you can join us. There are limited seats in the focus group and we are offering them on a first come, first serve basis. The first group is on **Wednesday, March 2, at 7 PM**, and a second group on **Thursday, March 3, at 10 AM**. Please contact Peishan at [pbartley@cwmars.org](mailto:pbartley@cwmars.org) if you would like to participate. Even if you cannot make it to the focus group, we still welcome your opinions and ideas. Come visit us or send us an email. We want to hear from you.

*Peishan Bartley  
Library Director*

## ABRHS Senior Community Service Day - Raking for Senior Citizens

Students from the senior class at Acton-Boxborough Regional High School will hold their Annual Community Service Day on **Friday, April 29, from 9:45 AM to 12:45 PM**. This will be the 28th year of this senior class tradition.

There will be five teams of students for five homes in Boxborough that will be selected on a first come, first served basis. Call the COA at 978-264-1730 or email [cregan@boxborough-ma.gov](mailto:cregan@boxborough-ma.gov) with the following information by March 22: homeowner's name, address, email address, phone number(s), and size of yard or portion of yard to be raked. Homeowners must be home while the students are doing yard work. The students will be on their own and not supervised by school staff. They are not allowed to enter anyone's home, accept food, drinks, or tips.



## Boxborough Library Spring Used Book Sale

Due to popular demand, the Friends of the Boxborough Library Used Book Sale will continue as a three-day event.

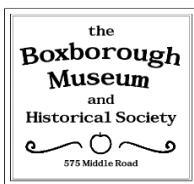
- The weekend will start with a Preview Sale for members on **Friday, April 8** from **5 to 7 PM**. (Memberships will be available at the door.)
- The main public sale will take place on **Saturday, April 9** from **9 AM to 2 PM**.
- The Everything Must Go sale will be held on **Sunday, April 10** from **2 to 4 PM**. Bring a bag (or bags) to the book sale on Sunday and only pay \$2 to fill each bag.

The sale will take place in the meeting room of the **Sargent Memorial Library**. Proceeds from the sale of books 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 this sale. Books will be accepted from **Monday, April 4, through Thursday, April 7**, at the Library

during regular hours. Please, no VCR tapes, magazines, or anything in poor condition. Masks must be worn.



The Museum will be open 2-4 PM on Sundays

- March 13
- April 10
- May 15

Please note that masks must be worn.

## Spring Cleaning to Help Others (and yourself)

Are you tired of TV binging or taking naps? Well, here are some suggestions you can do to help others—and yourself.

### Clean out your medicine cabinet

 Check the dates on all your medicines. If you have old prescriptions, they can be safely disposed of at the police station. Do not flush pills down the toilet.

### Go through your yarn

If you have yarn that you are not planning to use, donate it to a knitting group so they can make shawls, lap robes, hats, scarves, and mittens for the needy.



### Sort through your sewing items

Set aside threads, pins, needles, scissors, and other sewing items. Donate them to a quilting group so they can make sewing kits for Household Goods.



### Go through your fabric

Good fabric can be donated to a quilting group so they can make quilts for the needy. Old or unusable fabric can be put in the recycle textile bins at the Boxborough Library or the Boxborough Transfer Station.

### Clean out your kitchen drawers, workshop, and garage

This is the perfect time to get your kitchen, workshop, or garage cleaned out and organized. Decide what to keep, toss, or donate to Household Goods.

### Organize your pantry

Check dates on food items. Put outdated food in the trash, organize what you want to keep, and donate extra food items to the Acton Food Pantry.

Now is the perfect time to do spring cleaning, get organized, and donate.

## 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. The van 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. The fare is \$1 each way for local trips.

# March 2022

| SUN  | MON  | TUES   | WED   | THUR  | FRI                                 | SAT    |
|--|--|--|---|---|-------------------------------------|--------|
|  |  | 10:30-Fitness w/Holly<br>Via Zoom<br>1-Game Day  | 1<br>9-Fitness w/Holly<br>In Person<br>2-Knitting Group<br><b>7-Library Focus Group</b>   | 2<br>9:30-Chair Yoga<br><b>10-Library Focus Group</b><br>11-Mat & Stretch<br>Yoga<br>2-Tai Chi/Qigong | 3<br>9-Fitness w/Holly<br>via Zoom  | 4<br>5 |
| 6  | 7<br>9-Fitness w/Holly<br>In Person<br>1-Podiatry Clinic | 8<br>10:30-Fitness w/Holly<br>Via Zoom<br>1-Game Day   | 9<br>9-Fitness w/Holly<br>In Person<br><b>11:30-12:30 COA<br/>Grab 'n Go Lunch<br/>Sponsor: RiverCourt<br/>Residences</b><br>2-Knitting Group | 10<br>9:30-Chair Yoga<br>11-Mat & Stretch<br>Yoga<br>2-Tai Chi/Qigong                                 | 11<br>9-Fitness w/Holly<br>via Zoom | 12     |
| 13<br><b>Daylight Saving<br/>Time begins</b><br>2-4 Buxborough<br>Museum | 14<br>9-Fitness w/Holly<br>In Person                     | 15<br>10:30-Fitness w/Holly<br>Via Zoom<br>1-Game Day  | 16<br>9-Fitness w/Holly<br>In Person<br>2-Knitting Group<br>2-Wellness Clinic   | 17<br>9:30-Chair Yoga<br>11-Mat & Stretch<br>Yoga<br>2-Tai Chi/Qigong                                 | 18<br>9-Fitness w/Holly<br>via Zoom | 19     |
| 20<br><b>Spring Equinox</b>  | 21<br>9-Fitness w/Holly<br>In Person                     | 22<br>10:30-Fitness w/Holly<br>Via Zoom<br>1-Game Day<br><b>2-CHNA event<br/>Medicinal Cannabis<br/>via Zoom</b> | 23<br>9- Fitness w/Holly<br>In Person<br><b>1-Howie Newman's<br/>Music for Seniors</b><br>2-Knitting Group                                    | 24<br>9:30-Chair Yoga<br>11-Mat & Stretch<br>Yoga<br>2-Tai Chi/Qigong                                 | 25<br>9-Fitness w/Holly<br>via Zoom | 26     |
| 27   | 28<br>9-Fitness w/Holly<br>In Person                     | 29<br>10:30-Fitness w/Holly<br>Via Zoom<br>1-Game Day  | 30<br>9-Fitness w/Holly<br>In Person<br>2-Knitting Group  | 31<br>9:30-Chair Yoga<br>11-Mat & Stretch<br>Yoga   |                                     |        |

Out of Town

Mt. Calvary Church, Acton

Community Supper, Wed, 5-6 PM All Take-out Supper

## Minuteman Senior Services – Know Us Before You Need Us

As a non-profit agency serving 16 communities, we are passionate about our mission to empower and advocate for those impacted by aging and disability. We offer information and supportive services that enhance health, well-being, and independence. We provide up-to-date resource information and referrals to community services, care management and in-home care, Meals on Wheels and congregate dining, elder protective services, assistance with budgeting and bill paying, Medicare benefits counseling, caregiver support, and more. Many of our services are free; others are on a sliding fee or private pay basis. We want you to know us before you need us. When you need our help, call 888-222-6171, check out our website: [elderinfo@minutemansenior.org](mailto:elderinfo@minutemansenior.org), or go to [www.minutemansenior.org](http://www.minutemansenior.org).

### SHINE Counseling



Medicare plan changes that you made during the recent Open Enrollment period will have taken effect on January 1, 2022.

However, from now until

March 31, 2022, people who are enrolled in the Medicare Advantage (MA) Plan may make one further change.

If you have a Medicare Advantage plan, you may do any of the following: change your Medicare Advantage plan, cancel it, join a Medigap Plan, or sign up for a separate

*(Continued on next column)*

Stand-Alone Part D Plan (PDP). You may NOT switch from one Part D Plan to another, or leave a Part D Plan and join a Medicare Advantage Plan. If you are considering changes during Medicare Advantage Open Enrollment, it is recommended that you talk to a SHINE counselor to discuss your options. Contact the COA at 978-264-1730 or [cregan@boxborough-ma.org](mailto:cregan@boxborough-ma.org) to schedule a telephone SHINE counseling session with Clyde Kessel, a state certified counselor.

### CHNA Program in March Medical Cannabis: What Is It Good For?

On **Tuesday, March 22, at 2 PM** (via Zoom), Dr. Jordan Tishler, a cannabinoid specialist, will discuss a variety of topics related to the medical applications of cannabinoids. In this informative program, Dr. Tishler will present medical evidence that demonstrates the health benefits associated with the use of medicinal cannabis and discuss how it has helped people with pain, anxiety, and mood disorders. He also will discuss how medical cannabis has helped people with chronic conditions, such as Crohn's Disease, Multiple Sclerosis, and Parkinson's Disease.

We hope that you will join us for this informative program. To register, please use this link: <https://bit.ly/3BmHokW>.

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



## Daylight Saving Time – Spring Ahead

Remember to set your clocks ahead 1 hour before you go to bed on Saturday, March 12.

## First Day of Spring

After a long winter, let's celebrate the first day of Spring on Sunday, March 20.



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

**– Submit Items for the April issue by March 3 –**  
**[boxboroughbuzz@gmail.com](mailto:boxboroughbuzz@gmail.com)**



*Change Service Requested*

PRE-SORT  
Standardized  
U.S. Postage Paid  
Boxborough, MA  
U.S. Postage Paid  
Boxborough Town Hall  
Boxborough Council on Aging  
Permit No. 26

Boxborough, MA 01719  
29 Middle Road  
Boxborough, MA 01719  
Boxborough Council on Aging  
Boxborough Town Hall  
Boxborough Council on Aging  
Permit No. 26