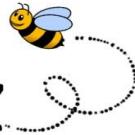


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

August-September 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
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
Art Stoumbelis
Tess Summers

September Lunch at the Community Center

The Boxborough Friends of the COA (FCOA) will host an in-person lunch on **Wednesday, September 14, at noon** at the **Community Center**. Lunch will include vegetarian and meat lasagna, garden salad, and dessert. We hope you enjoyed your summer and look forward to seeing you at the lunch.



Please **RSVP** to the COA **beginning**

August 3 by calling 978-264-1730 or by sending an email to cregan@boxborough-ma.gov.

The Concord Traveling Players

Join us for a few laughs on **Wednesday, September 14, at 1:30 PM** at the **Community Center**. The Concord Traveling Players, a group of talented senior actors, will perform a live show with staged readings and amusing sketches about senior citizens as they age gracefully with a little humor. Some musical tunes will be performed before and during the show as well. They have a lot of fun performing and hope that this relatable entertainment will lift your spirits and brighten your day.

Let us know if you would like to attend the show and/or the lunch by calling 978-264-1730 or emailing cregan@boxborough-ma.org.

A Joint Venture: The Harvest Fair and FreeBee Market

Some traditional Harvest Fair activities will again be part of the FreeBee Market this year. This joint venture will be held on **Saturday, September 10, from 10:30 AM to noon** on the lawn of the **Community Center**. It will be a fun morning for visitors of all ages, so please mark your calendar and plan to join in the fun!

Coordinator's Corner

The Council on Aging Board is looking for more members. We currently have five Boxborough residents serving our community and would like to add two more. As a member of this great group, you would attend our monthly meetings to discuss and vote on matters pertaining to the support and enrichment of our Boxborough seniors. Please contact Kim Dee at 978-264-1717 if you have any questions, or if you are interested in becoming a part of our Board.

We are also looking for more people to participate in **Game Day**. It's a fun way to share the companionship of others in an air-conditioned space while learning new games or enjoying old favorites. This group meets

Tuesdays from 1 to 3:45 PM at the **Community Center**. Just drop in and give it a try. The most popular games currently are Mexican Train Dominoes, and Rummikub.

Kim Dee, COA Coordinator

Wellness Clinic

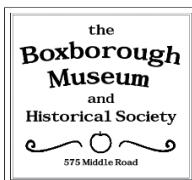


The Nashoba Associated Boards of Health offers a monthly wellness clinic at the Community Center.

The next two clinics are scheduled for **Wednesday, August 17**, and **Wednesday, September 21**, from **11 AM to noon**. Please come and meet our Community Health Nurse, Susan. She is available to check your blood pressure and answer many of your health-related questions.

Podiatry Clinic

Unfortunately, the podiatrist is no longer able to offer outreach clinics.



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

- **August 14**
- **September 11**
- **October 9**
- **November 13**

Public Safety - Beware of Scams

Financial scams targeting seniors are prevalent today. Our new Interim Police Chief, James DiGianvittorio, has made it a top priority to keep citizens informed of the scams and various types of fraud that criminals try to perpetrate on many older adults. Some scams that have been targeting seniors for years include Medicare/health insurance fraud, counterfeit prescription drugs, funeral and cemetery scams, telemarketing, internet fraud, investment schemes, homeowner/reverse mortgage scams, sweepstakes and lottery scams, and the grandparent scam. For more details, check out the National Council on Aging, www.ncoa.org, for the Top 10 Scams Targeting Seniors. Keep in mind, if it sounds too good to be true, it probably is. Never send money or give out personal information to anyone you don't know or who calls you over the phone. If in doubt, check it out. If you have any questions or feel that you may have been a victim of a scam, please contact the Boxborough Police at 978-264-1750, or email the Interim Police Chief at jdigianvittorio@boxborough-ma.gov.

The World of Dolls

Please join us on **Wednesday, September 28**, at **1 PM** at the **Community Center** for a fun talk on the history of dolls with a display of 50+ collectable and antique dolls from the late 1800s through modern day. Learn about different types of dolls, where they come from, and the materials that go into making different styles of dolls.

Discover the variety of clothing and hair styles throughout the centuries.

Learn how to identify a doll and look for markings.

Presenter Janice McIntyre of Jenny Baby's Doll Hospital of Hopkinton encourages you to bring a doll with a story to share. Please sign up by emailing kdee@boxborough-ma.gov or calling 978-264-1717.



Fall 2022 Exercise Classes

Registration begins on **Wednesday, August 10**, for Boxborough residents. Non-residents may register beginning **Wednesday, August 24**, if space is available. Registration forms will be posted on Boxborough's COA webpage. You may also email cregan@boxborough-ma.gov to request a form. The minimum class size is six Boxborough residents. Please make checks payable to the Town of Boxborough.

Fitness with Holly: Classes begin on **Wednesday, September 7** and run through **Tuesday, December 6**. Monday, Wednesday, and Friday classes start at **9 AM**. Tuesday classes start at **10:30 AM**. Monday and Wednesday classes are held in-person at the **Community Center**. Tuesday and Friday classes are held via Zoom. Fees: 1X/week, \$48; 2X/week, \$84; 3X/week, \$108; 4X/week, \$156. (*No classes will be held on 9/30, 10/10, 10/19, 11/11, and 11/25.*)

Yoga with Rebecca: Classes begin on **Thursday, September 8**, and run through **Thursday, December 1**. Chair Yoga will be offered via Zoom and in-person at the **Community Center** on **Thursdays at 9:30 AM**. Fee: \$48. Mat Stretch and Flex Yoga will only be offered in-person at the **Community Center** at **11 AM**. Fee: \$36. (*No class will be held on 11/24.*)

Tai Chi/Qigong with Dave: Classes will be held in-person on **Thursdays at 2 PM** at the **Community Center**, beginning **Thursday, September 8**, and run through **Thursday, December 1**. Fee: \$48. (*No class will be held on 11/24.*)

Library News

If there are enough attendees, we will bring back **Monday Movies** at **1 PM** as a year-long program. We cannot advertise movie titles due to licensing constraints, but we will have



a movie picked out the week before. Call 978-263-4860 or email pbartley@cwmars.org and we will tell you what we are planning to show.

OUT MetroWest will be doing an online interactive workshop *LGBTQ+ Basics and Beyond* on **Wednesday, August 24**, at **7 PM**. If you have any questions about LGBTQ+, here is an opportunity to ask them. Come with questions and open hearts.

We are excited to invite you to an online series of *Culturally Curious Art Talk* beginning **Wednesday, September 28**, at **7 PM**. Join us every last Wednesday of the month from

September to December for a delightful presentation by Jane Oneail, an educator, founder, and CEO of Culturally Curious. The topic for September 28 is *Art of the Scandal: Thefts, Vandals, and Forgeries - A look at the most brazen criminal acts in the art world.*

Registration is required. Please see our Library Event Calendar at box.lib.org for more information.

Flash Finder

When you drop something small and can't find it, turn out the lights and shine a flashlight across the floor. Transparent items like a contact lens will glimmer. Other objects will cast a shadow marking their location.

COA Van Services

COA van services are available to Boxborough residents age 60 or older, and to adults with disabilities age 18 and above. 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 medical appointments and local errands. Masks are recommended, but are optional. To book a ride, call 978-264-1730, preferably 2 days in advance. The fare is \$1 each way for local trips.

Through our **Go Boxborough!** Program, we offer Boxborough seniors and disabled adults transportation to medical appointments that are outside the service area, time or availability of our van. For further information, rates, and to make reservations call 978-264-1730. Visit our website at bit.ly/3rBYnw5 for details.

Community Health Network Area 15 (CHNA 15)

CHNA 15 is one of the 27 CHNAs across Massachusetts. There are 12 communities that belong to the CHNA 15. These CHNAs are a partnership between the Massachusetts Department of Public Health, hospitals, service agencies, and others who work together to improve the health of member communities. One of their goals is to provide and fund community-based prevention and health promotion initiatives.

In April 2019, Acton's Health Director applied for and received a collaborative grant to address the needs of elders dealing with depression, isolation, substance abuse, and mental wellbeing. Through this grant, representatives from Acton's and Boxborough's COAs, along with representatives from Littleton's Elder and Human Services Department, meet monthly to share ideas, co-sponsor new programs, and strengthen ways the three towns address issues facing their elder population.

Here are a few examples of programs that have been offered (virtually or in person) through the CHNA Grant in the past:

Mindfulness and Meditation; Scams and Fraud Awareness; New England Road Trip, No Mask Required; Conquering Caregiver Overload; Resilience after COVID; Beautiful Butterflies; Coping Strategies for Dealing with Grief and Loss; Grab 'n Go Ice Cream Truck; The Joys of Nature.

The BUZZ Team endeavors to keep Boxborough's seniors apprised of the various
(continued next column)

CHNA programs. We encourage you to check each issue of your newsletter for these programs and to take advantage of what they offer.

Read the following article for details on the next CHNA funded program.

Mindfulness and Meditation

CHNA 15 is sponsoring a new 8-week mindfulness meditation class via Zoom. The class is suitable for beginners-to-advanced participants. The name of this meditation class is *The Yoga of Mindfulness*. Starting **September 19** and running through **November 14**, the classes presented by Erin LoPorto will be held at **10 AM** on **Mondays**. (*No class on 10/10*) Register with the Zoom link: bit.ly/3cnPvWf.

Mindfulness and meditation can help us find ways to manage the stress and uncertainty that we encounter daily. This class is a return to basics with an opportunity for returning students to deepen their practice. Mindfulness and meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life. Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this program. For more information, please email sball@acton-ma.gov or call 978-929-6453.

Funding for CHNA 15 is provided from Lahey Hospital and Medical Center and Winchester Hospital through the Massachusetts Department of Public Health's Determination of Need process.

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 _____

August 2022

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|--|--|--|---|---|--|---|
| | 1 9-Fitness w/Holly In-person 1-Monday Movies | 2 10:30-Fitness w/Holly via Zoom 1-Game Day | 3 9- Fitness w/Holly In-person 2-Knitting Group | 4 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person | 5 9-Fitness w/Holly via Zoom | 6 |
| 7 | 8 9-Fitness w/Holly In-person 1-Monday Movies | 9 10:30-Fitness w/Holly via Zoom 1-Game Day | 10 9- Fitness w/Holly In-person 2-Knitting Group | 11 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person | 12 9-Fitness w/Holly via Zoom | 13 |
| 14 2-4 PM Boxborough Museum | 15 9-Fitness w/Holly In-person 1-Monday Movies | 16 10:30-Fitness w/Holly via Zoom 1-Game Day | 17 9-Fitness w/Holly In-person 11-Wellness Clinic 2-Knitting Group | 18 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person | 19 9-Fitness w/Holly via Zoom | 20 10:30 AM- Noon FreeBee Market |
| 21 | 22 9-Fitness w/Holly In-person 1-Monday Movies | 23 10:30-Fitness w/Holly via Zoom 1-Game Day | 24 9- Fitness w/Holly In-person 2-Knitting Group 7 PM- 'LGBTQ+ Basics and Beyond' online workshop | 25 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person | 26 9-Fitness w/Holly via Zoom | 27 |
| 28 | 29 9-Fitness w/Holly In-person 1-Monday Movies | 30 10:30-Fitness w/Holly via Zoom 1-Game Day | 31 9- Fitness w/Holly In-person 2-Knitting Group | | | |

Out of Town: Mt. Calvary Church, Acton

Community Supper, Wednesdays, 4:45 to 5:45 PM, All Sit Down

September 2022

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|---|---|--|---|--|-------------------------------------|--|
| | | | | 1 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person | 2 9-Fitness w/Holly via Zoom | 3 |
| 4 Labor Day Town Offices and Library closed | 5 7 AM-8 PM-Primary Election Day | 6 10:30-Fitness w/Holly via Zoom 1-Game Day 7 AM-8 PM-Primary Election Day | 7 9- Fitness w/Holly In-person 2-Knitting Group | 8 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person 2-Tai Chi/Qigong | 9 9-Fitness w/Holly via Zoom | 10 10:30 AM-noon FreeBee Market and Harvest Fair |
| 11 2-4 PM Boxborough Museum | 12 9-Fitness w/Holly In-person 1-Monday Movies | 13 10:30-Fitness w/Holly via Zoom 1-Game Day | 14 9-Fitness w/Holly In-person Noon – COA Luncheon Sponsor: FCOA 1:30-Concord Traveling Players 2-Knitting Group | 15 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person 2-Tai Chi/Qigong | 16 9-Fitness w/Holly via Zoom | 17 |
| 18 10-The Yoga of Mindfulness 1-Monday Movies | 19 9-Fitness w/Holly In-person 1-Monday Movies | 20 10:30-Fitness w/Holly via Zoom 1-Game Day | 21 9- Fitness w/Holly In-person 11-Wellness Clinic 2-Knitting Group | 22 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person 2-Tai Chi/Qigong | 23 9-Fitness w/Holly via Zoom | 24 |
| 25 10-The Yoga of Mindfulness 1-Monday Movies | 26 9-Fitness w/Holly In-person 1-Monday Movies | 27 10:30-Fitness w/Holly via Zoom 1-Game Day | 28 9- Fitness w/Holly In-person 1-The World of Dolls 2-Knitting Group 7 PM- Art Talk at Library | 29 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person 2-Tai Chi/Qigong | 30 9-Fitness w/Holly via Zoom | |

Out of Town: Mt. Calvary Church, Acton

Community Supper, Wednesdays, 4:45 to 5:45 PM, All Sit Down

Boxborough Housing Board News

The current members of the Housing Board are Diane Friedman, Dolores Fromer, Al Murphy, Jessi Robinson, Korinne Stephens, Ron Vogel, and Channing Wagg. Our job is to oversee affordable housing in Boxborough, produce more of it, and help residents afford existing housing.

We oversee the Boxborough Rental Assistance Program (BRAP), which provides monthly rental assistance to low-income households who are renting in Town. There are openings in this program.

Please contact Wendy Abetz at Town Hall 978-264-1735, or any BHB member for further details.

We have 22 affordable ownership units, mostly at Boxborough Meadows and Summerfields, and 61 affordable rental units at Paddock Estates.

We are currently working with the Well-Being Committee to develop a short-term emergency assistance program to help with housing and other unexpected expenses.



Labor Day Trivia

Beginning in the late 19th century, the trade union and labor movements grew. In the United States, a September holiday called Labor Day was first proposed in the early 1880s. In 1894, Congress passed a bill recognizing the first Monday of September as Labor Day making it an official federal holiday.

Labor Day is called the "unofficial end of summer" and many take their vacations ending with Labor Day weekend. Many fall activities, such as school and sports, begin about this time.

Primary Election Day: Tuesday, September 6

Below you will find important dates and information to prepare to vote in the 2022 Massachusetts State Primary Election.

The last day to register to vote, change your address, or change your political party in the State Primary is Saturday, August 27. The Town Clerk's Office will be open from 9 AM to 5 PM for Early Voting and Voter Registration.

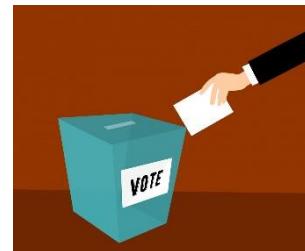
Deadline for Vote by Mail Application: 5 PM, Monday, August 29.

Early Voting: Saturday, August 27, from 9 AM to 5 PM; Monday, August 29 through Friday, September 2, from 10 AM to 2 PM, Town Hall.

Election Day: Tuesday, September 6, from 7 AM to 8 PM, Town Hall.

Races on the Ballot:

Representative in Congress, Governor, Lieutenant Governor, Attorney General, Secretary of State, State Treasurer, State Auditor, Governor's Council, State Senator, State Representative, District Attorney, Sheriff.



Heat up sticky stuff

A hair dryer softens the adhesive under tape or bumper stickers and makes them easy to pull off.

Reminder: There will be a FreeBee Market on August 20 starting at 10:30 AM.

Don't forget to vote on September 6, Primary Election Day. See the article on page 7 for details.



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- Submit Items for the October issue by August 31 -
boxboroughbuzz@gmail.com



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Acton, MA

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Boxborough, MA 01719
Boxborough Council on Aging