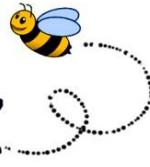


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

February 2023

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

Maureen Masciola

Marney Stoumbelis

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

February Lunch

Benchmark Senior Living at Robbins Brook in Acton is sponsoring the COA lunch on **February 8** from **noon to 1 PM** at the **Community Center**. Benchmark's chef will be preparing pot roast, mashed potatoes, green beans, and a tossed salad. After the main course, a valentine-themed dessert will be offered.

Benchmark is located throughout the Northeast, offering independent living, assisted living, mind and memory care, continuing care retirement communities, and respite care options.

Space is limited. **RSVP** beginning January 31 by sending an email to cregan@boxborough-ma.gov or by calling 978-264-1730.

Reiki Talk and Demonstration

Ever wondered what Reiki is? Join us at the **Community Center** on **Monday, February 13** at **2 PM** and learn about this ancient Eastern practice, a complimentary health approach, from Reiki Master Practitioner Denise A. Gilbert.

Learn the many healthful benefits of the safe, gentle practice of Reiki. Denise will discuss the origin of Reiki, where it is practiced, and most importantly, how it can be helpful to you. There will be a Reiki demonstration and time devoted to your questions. Call 978-264-1717 to sign up for this free program.

Out to Breakfast

Eggs, bacon, pancakes, waffles or home fries? If those sound good, join us at **Paul's Diner** at **6 Carlisle Road, Westford, MA** on **Monday, February 27** at **9:30 AM**. The diner will provide separate checks. You will be responsible for paying your check and don't forget to add a tip. Take the van from Town Hall at 9 AM for \$3 roundtrip or meet at the diner. **RSVP** by Wednesday, February 22 to cregan@boxborough-ma.gov or 978-264-1730. Visit the diner's website at <https://www.paulsdiner.com/> to view their menu.

Coordinator's Corner

Although February is the shortest month of the year, it seems longer because it is near the end of winter. However, there are many highlights in the month including: Groundhog Day, the Super Bowl, Valentine's Day, Presidents' Day, and Mardi Gras. February is also known as Black History Month, American Heart Month, and Low Vision Awareness Month.

I will be starting a new program called *Coffee & Chat with Kim*. Please see the article in next column for details.

Also new this month are the Out to Breakfast trip and the Reiki Presentation. Please make your reservations, mark your calendars, and join us for all the fun February offerings and Spring Exercise classes.

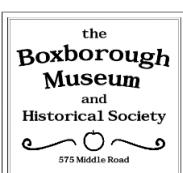
Stay well and keep smiling,
Kim

Wellness Clinic



The Nashoba Associated Boards of Health will be offering their monthly Wellness Clinic on the second Wednesday of the month,

February 8 at 11 AM to noon in the **Community Center**. It takes place just prior to our monthly lunch so that you can get your blood pressure checked and have a nice meal afterwards. Please stop in to meet our Public Health Nurse, Alicia Lepardo, RN, and ask her any of your health-related questions.



The Museum will be open 2-4 PM on Sundays,
■ February 12
■ March 12
■ April 16



Coffee & Chat with Kim

You are invited to stop by the **Coffee & Chat with Kim** on **Wednesday, February 22** at **10:30 AM**. Kim will be hosting a drop-in program (no registration necessary) and will occasionally invite special guests to join her. Stop by at the Community Center for coffee or tea to either talk about some of the February topics mentioned in the Coordinator's Corner or just chat about other interests. Specific inquiries and personal conversations can always be scheduled directly with Kim by calling 978-264-1717.

Winter Safety Reminders

Hello everyone. It's that time of the year again—winter! Here are some friendly reminders for this season.

Chimney Care

- Have your chimney professionally cleaned every year.
- Dispose of ashes from your chimney or solid-fuel stove in a metal container with a lid. Keep the container away from the house, garage, and porch.

Space Heaters

- Do not use space heaters as your primary heating source.
- Always be sure to turn off space heaters when leaving the room or going to bed.
- Keep space heaters three feet away from anything that can burn, such as curtains or drapes.

In General

- Do not overload extension cords.
- Keep phones fully charged in the event of a winter storm.
- Always have spare batteries and flashlights in the event of power outages.
- Keep appliance vents and exhaust pipes clear of drifting snow and bushes.

Lastly, keep warm and keep safe!
FF Panaro, BFD

Spring 2023 Exercise Classes

Registration begins on **Wednesday, February 15** for Boxborough residents. Non-residents may register beginning Thursday, February 23 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, March 15** and run through **Friday, May 12**. (The spring session is shortened due to the instructor's vacation.) Monday, Wednesday, and Friday classes start at 9 AM. Tuesday classes start at 10:30 AM. Monday and Wednesday classes are held at the **Community Center**. Tuesday and Friday classes are held via **Zoom**. Fees: 1X/week, \$27; 2X/week, \$54; 3X/week, \$81; 4X/week, \$108. (*No classes will be held on Monday, April 17.*)

Yoga with Rebecca: Classes begin on **Thursday, March 23**, and run through **Thursday, June 1**. Chair Yoga will be offered via **Zoom** and at the **Community Center** on **Thursdays at 9:30 AM**. Fee: \$48. Mat Yoga will be offered only at the **Community Center** at **11 AM**. Fee: \$36.



March Bach's Lunch Concert Series

Groton Hill Music Center at **122 Old Ayer Road** in **Groton** will be holding their March Bach's Lunch Concert on **Thursday, March 9**. The March performance will feature flute/clarinet/viola in eclectic duos and trios. The COA will be reserving two tables for the **1:30 PM** concert. Complimentary coffee, tea, and cookies are served, and you may bring a lunch. If you are interested in attending this free event, please **RSVP** to cregan@boxborough-ma.gov or call 978-264-1730 by February 24. Space is limited. Visit Groton Hill Music Center's website at grotonhill.org for more information.

Welcome New COA Board Members

Congratulations to Maureen Masciola and Marney Stoumbelis on their recent appointments to the COA Board. Both are longtime residents of Boxborough, having lived in Town for 32 and 37 years respectively.

Maureen was a health care professional for many years during which she worked with Cooperative Elder Care Services and the Boxborough Emergency Medical Corps. She has also been a board member of the AB United Way and president of the Boxborough Garden Club. Maureen is currently a member of the Rotary Club of Acton-Boxborough.

Marney was a mental health counselor/educator for many years and helped establish the AB Family Network. She was active in the Blanchard School PTO, Girl Scouts, and church activities. Marney has personally helped several family members age in place and is committed to meeting the needs of our senior population.

Trip to the Concord Museum

The Concord Museum is located at **53 Cambridge Turnpike, Concord**.

According to their website, "The Concord Museum in Historic Concord, Massachusetts houses one of the oldest and most treasured collections of Americana in the country." The COA has reserved a group guided tour at the Museum on **Thursday, March 30 at 1 PM**. Cost for the tour is \$12. Meet at the Museum or take the van for \$2 roundtrip. Space is limited. Please **RSVP** by March 15. Email cregan@boxborough-ma.gov or call 978-364-1730.



A Special Thanks to the Middlesex Savings Bank

More than 10 years ago, our Council on Aging (COA) became one of the Bank's community partners and received a grant to help subsidize the cost of mailing *The Buzz* newsletter. We have been fortunate to continue to be awarded this grant on a yearly basis.

In 2022, 10 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.

The generosity of the Bank makes a real difference in the lives of our seniors. On that note, the COA sends a heartfelt thank you to the Middlesex Savings Bank!

Osher Lifelong Learning Institute Programs

UMass Boston's Osher Lifelong Learning Institute (OLLI) is offering free winter programs in January and February 2023 to stay engaged during the winter.

The programs will be held via Zoom. Registration is required. Zoom links are sent out a day prior to each event. Access the 2023 Winter Program schedule at bit.ly/3WM6hQX and register by emailing the OLLI office at ollireg@gmail.com with your requests and they will register you to experience OLLI this winter.

Boxborough Grange Gardening Presentation

On **Friday, February 10 at 7 PM at Town Hall**, Judith Taylor will give a talk

on how to get the most out of your gardening efforts. Judith is a graduate of the UMass Green School and the Seed Savers

Exchange School. She will share knowledge with new gardeners and exchange ideas with experienced gardeners. Her presentation will last an hour, and Judith will answer questions during and after the presentation.

A Boxborough Agricultural Commission member will also explain the options for those interested in renting space at the Community Gardens, either at Flerra Field (strictly organic) or on Middle Road.

AARP Tax-Aide Program for Tax Year 2022

The AARP Tax-Aide Income Tax Preparation Program offers free income tax preparation for low to moderate taxpayers by IRS-certified volunteers. Appointments can be made at the **Acton Senior Center** on **Mondays** beginning **February 6** until **April 10**. Call 978-929-6652 to make an appointment. Appointments can also be made at the **Maynard Library** by calling 978-760-9146 which started in mid-January. They will be offering tax preparation on most **Mondays and Saturdays** between **February 4 and April 8**.



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 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.

February 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 9-Fitness w/Holly 2-Knitting Group at Library	2 9:30-Chair Yoga-hybrid 11-Mat Yoga	3 9-Fitness w/Holly via Zoom	4
5 9-Fitness w/Holly 1-Movie Monday	6 10:30-Fitness w/Holly via Zoom 1-Game Day 5:30-Caregiver's Virtual Workshop	7 9-Fitness w/Holly 11-Wellness Clinic Noon-COA Luncheon Sponsor: Benchmark Senior Living at Robbins Brook 2-Knitting Group at Library	8 9:30-Chair Yoga hybrid 11-Mat Yoga 1:30-Bach's Lunch 1:30-Caregiver's Virtual Workshop	9 9-Fitness w/Holly via Zoom 7 PM-Grange Gardening Presentation at Town Hall	10 9-Fitness w/Holly via Zoom	11 1-3 PM- "Craftivism 101" at the Library
12 2-4 - Buxborough Museum  Super Bowl Sunday	13 9-Fitness w/Holly 1-Movie Monday 2-Reiki Talk and Demonstration	14 10:30-Fitness w/Holly via Zoom 1-Game Day 5:30-Caregiver's Virtual Workshop  Happy Valentine's Day	15 9-Fitness w/Holly 2-Knitting Group at Library	16 9:30-Chair Yoga hybrid 11-Mat Yoga 1:30-Caregiver's Virtual Workshop	17 9-Fitness w/Holly via Zoom	18
19 Presidents' Day Town offices and Library closed.	20 10:30-Fitness w/Holly via Zoom 1-Game Day 5:30-Caregiver's Virtual Workshop	21 9-Fitness w/Holly 10:30-Coffee & Chat with Kim 2-Knitting Group at Library	22 9:30-Chair Yoga hybrid 11-Mat Yoga 1:30-Caregiver's Virtual Workshop 6 PM-Adult Craft Night at Library	23 9-Fitness w/Holly via Zoom	24 9-Fitness w/Holly via Zoom	25
26 9-Fitness w/Holly 9:30-Out to Breakfast 1-Movie Monday	27 10:30-Fitness w/Holly via Zoom 1-Game Day 5:30-Caregiver's Virtual Workshop	28				
Out of Town	Mt. Calvary Church, Acton			Community Supper, Wednesday, 4:45 to 5:45 PM All Sit Down		



Ongoing Events, Classes

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



Fitness with Holly

Class meets at the Community Center, Mondays and Wednesdays at 9 AM.

Fitness with Holly

Class meets via Zoom, Tuesdays at 10:30 AM and Fridays at 9 AM.

Game Day Drop in to play Mexican Train Dominoes, Rummikub or other board and card games chosen by those in attendance. Make new friends, chat, or just hang out! Tuesdays, 1 PM at the Community Center.

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 at the Library. Contact annemcne@comcast.net for more information.

Movie Monday at the Sargent Memorial Library at 1 PM every Monday that the Library is open. Movies that are appropriate for general audiences are featured. See Library website, boxlib.org for selections each month.

Yoga with Rebecca - Chair Yoga Modified yoga poses performed with a chair for added support. Meets Thursdays at 9:30 AM in person or via Zoom.

Mat Yoga Floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets Thursdays at 11 AM at the Community Center.

Wellness Clinic is held on the second Wednesday of the month at 11 AM to noon at the Community Center. The Nashoba Associated Boards of Health Public Health Nurse hosts a monthly wellness check and blood pressure clinic for all ages.

Registration for the Spring Session of exercise classes begins February 15.

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 (\$ <input type="text"/>)	\$5 <input type="checkbox"/>	\$10 <input type="checkbox"/>	Other <input type="text"/>
Name <input type="text"/>			
Address <input type="text"/>			
In Memory of <input type="text"/>			

Library News

Movie Monday will continue in February, starting at **1 PM**. The Library's event calendar shows the movie lineup.

Knitting Group meets on **Wednesdays** from **2 to 4 PM**. Knitters, crafters, and makers of all ages are welcome to join friends and neighbors while working on individual projects.

Get acquainted with *craftivism* while learning to embroider and stitch. Shannon Downey will offer an introduction to craftivism;

"Craftivism 101" on **Saturday, February 11** from **1 to 3 PM**, with materials provided to all participants. Visit the Library's event calendar to register.

Our new monthly **Adult Craft Night** has been popular. The next session is scheduled for **Thursday, February 23** from **6 to 7 PM**. Watch for the formal announcement either on our website or by following us on social media.

The Culturally Curious Art Talks are now on the Library's YouTube channel. Go to YouTube and search for Sargent Memorial Library to see them.

*Peishan Bartley,
Library Director*



Powerful Tools for Caregivers Virtual Workshop



Minuteman Senior Services is offering this free 6-week online workshop, Powerful Tools for Caregivers, to build the skills that caregivers need to take better care of themselves while caring for an adult. Session 1 meets every **Tuesday, February 7 to March 14, 5:30-7 PM**. Session 2 meets every **Thursday, February 9 to March 16, 1:30-3 PM**. To register contact Mariann DiBlasi at m.diblasi@minutemansenior.org or call 781-221-7095.

Medicare Advantage Plan Open Enrollment



Medicare Advantage Plan open enrollment period is **January 1** through **March 31**. This is an opportunity for consumers to switch to a different Medicare Advantage Plan or move from Medicare Advantage back to original Medicare and join a separate Part D drug plan.

Consumers may wish to change Medicare Advantage plans due to lower monthly premiums, lower annual out of pocket costs, better wellness benefits and savings on drug or specialty care copayments.

Consumers may also wish to move back to original Medicare with a Part D plan if they want greater choice in providers and hospitals without a referral.

For more information regarding Medicare Advantage, contact the Council on Aging at 978-264-1730 to arrange a free, confidential SHINE counseling appointment. SHINE (Serving the Health Needs of Everyone) is a program sponsored by Minuteman Senior Services and the Executive Office of Elder Affairs.

Valentine's Day Scramble

What words do you associate with Valentine's Day? Below are seven such words that come to mind – however, the letters in each word are all scrambled up! Your challenge is to unscramble the letters and write each word correctly on the provided spaces.

Can you unscramble all seven words in five minutes or less: If so – WOW! You are a champion unscrambler.

(Answer key is on the back page.)

1. S O R E S _____
2. S I S K S E _____
3. W L J Y R E E _____
4. P U D C I _____
5. T Y P R A _____
6. Y D A C N _____
7. S C E D N A _____

Save the Date: The Boxborough Annual Town Meeting is scheduled for **May 8, 9, 10, 11.**

Word Scramble answer key: 1) roses, 2) kisses, 3) jewelry, 4) cupid, 5) party, 6) candy, 7) dances

– Submit Items for the March issue by February 6 –
boxboroughbuzz@gmail.com



Follow us on Facebook at facebook.com/boxboroughcoa



Change Service Requested

Permit No. 26
Acton, MA
U.S. Postage Paid
Standard
Pre-Sort
Boxborough Council on Aging
26 Middle Road
Boxborough Town Hall
Boxborough, MA 01719