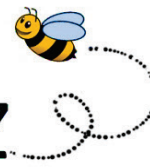


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

March 2023

Council on Aging

Kimberley Dee,
COA Coordinator
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kdee@boxborough-ma.gov
Cindy Regan, Dept. Assistant
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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

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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

March Lunch

The Rotary Club of Acton-Boxborough is sponsoring the COA lunch on **Wednesday, March 8** from **noon** to **1 PM** at the **Community Center**. The menu includes stuffed chicken breast with gravy, roasted red bliss potatoes, maple glazed carrots, and rolls. Sugar cookies will be offered as dessert.

You may **RSVP** for the lunch beginning February 28 by sending an email to cregan@boxborough-ma.gov or by calling 978-264-1730.

The Rotary Club of Acton-Boxborough engages in service above self to make a difference in the lives of people both locally and worldwide. Contact 2023 President Steve Jones-D'Agostino at abrotaryclub@gmail.com for more information.

Reflection of the 1960s Through The Beatles

If you were a fan of The Beatles, then mark **Wednesday, March 22** on your calendar. Beginning at **1:30 PM** in **Boxborough's Library**, Mr. Fran Hart, a founding member of the "Beatles Tribute Band 4EverFab," will present a program titled *A Cultural and Historical Reflection of the 1960s Through the Music of The Beatles*.

In 1964, from their breakout moment on *The Ed Sullivan Show*, Americans embraced the "Lads from Liverpool" as The Beatles became known. They are considered by many to be the most influential band in history, selling over one billion records. Fran's performance will combine live music with a multi-media presentation. He will explore not only The Beatles' music, but also their influence in every area of our culture.

This presentation is hosted by the Boxborough COA and is supported in part by a grant from the Acton Boxborough Cultural Council and the Massachusetts Cultural Council, a state agency.

Out to Breakfast

If you haven't been to Stephen Anthony's Restaurant, now is your chance to eat breakfast in Marlborough by picturesque Hager Pond. Meet there on **Monday, March 20** at **9:30 AM** or take the van from Town Hall at 9 AM for \$4 roundtrip. Ask for separate checks. After breakfast, stop into the Wayside Country Store which was built in 1790. **RSVP** by March 15 to cregan@boxborough-ma.gov or 978-264-1730. The restaurant is located on **999 Boston Post Road East** in **Marlborough**.

Self-Relaxation Presentation

Dr. Edwin Knights, a retired internist who practiced for 44 years at Acton Medical Associates, will talk about self-relaxation as a way to manage stress. This presentation is scheduled for **Wednesday, March 15**, at **1 PM** at the **Community Center**.

Dr. Knights received specialized training for this topic at the New England Society of Clinical Hypnosis.

Stress affects all of us in our daily lives and at times can be overwhelming. There are numerous benefits of self-relaxation including slowing heart rate, improving sleep quality, lowering blood pressure, and reducing negative feelings. Please join us for this important and valuable presentation. **RSVP** no later than March 8 by calling Kim Dee at 978-264-1717.

Boxborough Library Spring Used Book Sale

Due to popular demand, the Friends of the Boxborough Library Used Book Sale will continue as



a 3-day event at **Sargent Memorial Library**. The weekend will start with a Preview Sale for members on **Friday, March 31**, from **5 to 7 PM**. (Memberships will be available at the door.)

The main Public Sale will take place on **Saturday, April 1**, from **9 AM to 2 PM**. The Everything-Must-Go Sale will be held on **Sunday, April 2**, from **2 to 4 PM**. Standard size bags will be provided; pay \$3 to fill each bag however you like. Proceeds from the sale of books will go toward additional Library programs and museum passes. {Cash or check only}

Please support this Sale by donating your gently used hard covers, paperbacks, and audiovisual items and also by attending this event. Books will be accepted starting **Monday, March 27**, through **Thursday, March 30**, at the Library during regular Library hours. *Please no VCR tapes or magazines or any material in poor condition.*

March Trip to the Concord Museum - Reminder

Space is still available for the trip to the Concord Museum at **53 Cambridge Turnpike in Concord, MA** on **Thursday, March 30**. The COA has booked a group guided tour at **1 PM** for \$12 per person. The featured exhibition will be *A Perpetual Invitation: 150 Years of Art at the Concord Free Library*. Meet at the museum or take the van for \$2 round-trip. Those taking the van should be at Town Hall by **12:15 PM**. Attendees can bring a bag lunch to eat on the bus on the way to the museum. **RSVP** by March 15 to cregan@boxborough-ma.gov or by phone at 978-264-1730.

April Trip to the Isabella Stewart Gardner Museum

Modeled after a Venetian palazzo, the Isabella Stewart Gardner Museum in Boston houses one of the world's most remarkable art collections. Throughout the year, the Museum's stunning courtyard is filled with blooming seasonal displays.

Join the COA on **Thursday, April 27**, for a **12:30 PM** one hour guided tour. Cost of the admission ticket is \$23 and is non-refundable. **RSVPs** and payment are due by March 22. Thanks to the generosity of the FCOA we are able to offer free round-trip transportation.

We expect to leave **Town Hall** at **11 AM** and get back to **Town Hall** around **3:45 PM**. Attendees can bring a bag lunch to eat on the bus on the way to the museum. Call 978-264-1730 to sign up or for more information.

Community Resources

Emerson Hospital/Emerson Health offers many resources that support the wellness of area residents. To find local resources for a wide variety of needs, including food, housing, mental health, childcare, senior care, and more, please visit emersonhealth.findhelp.com

Coordinator's Corner

The end of winter is near. We turn the clocks ahead on March 12 and the first day of Spring is on March 20. Yay! Spring is my favorite season of the year. I love seeing all the trees bud, the flowers bloom, and the landscape come to life!

We have some exciting programs this month as well. I hope you consider joining us for our March lunch, Dr. Knights' *Self Relaxation* presentation, and the *Cultural and Historical Reflection of the 1960s Through the Music of The Beatles*. We are also planning two trips this month: *Out to Breakfast* and a guided tour of the Concord Museum. Give us a call and sign up for all!

Wishing you sunshine and smiles,
Kim

Well Adult Clinic

Well Adult Clinics, formerly known as Wellness Clinics, are held monthly in each of the towns in the Nashoba Associated Boards of Health region. Well Adult Clinics are an opportunity for adult residents to have a basic health screening (blood pressure and blood sugar) and talk with their town's public health nurse for health tips and resources to promote their wellness. Visit the calendar page at nashoba.org/calendar for the most up-to-date Well Adult Clinic schedule. You are welcome to attend any of the clinics.

Boxborough's monthly Well Adult Clinic is on the second **Wednesday** of the month, **March 8**, from **11 AM to noon** at the **Community Center**. It takes place just prior to our monthly lunch so that you can get your blood pressure checked and talk to our public health nurse, Alicia Lepardo, RN, before having lunch and seeing your friends.

Podiatry Clinic

Alissa Kuizinas, DPM, will offer a podiatry clinic on **Monday, March 6**, from **12:30 PM to 3:45 PM** at the **Community Center**. She will trim toenails, treat calluses, and evaluate foot health for \$35. This can be paid directly to her in cash or by check. Please call 978-264-1730 or 978-264-1717 to make an appointment. Space is limited.



Coffee & Chat with Kim and Special Guest

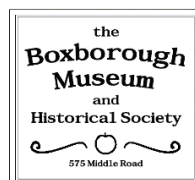
You are invited to stop by the **Community Center** on **Wednesday, March 22**, at **10:30 AM** and have a free cup of coffee with our Council on Aging Coordinator, Kim Dee and our new Town Administrator, Michael Johns. No sign up is necessary. Stop by for coffee or tea and conversation. Bring your questions for Kim and Mike or just stop by to say hello. We will be happy to see you. Specific inquiries and personal conversations can always be scheduled directly with Kim by calling 978-264-1717.



Public Safety News

Identity theft is one of the fastest growing crimes and one that can be extremely hard to solve because often the suspect is located in another town, another state, or even another country. The best course of action is to take preventative measures to limit the likelihood that you will become a victim of this crime. This includes making sure any documents that contain personal identifying information (date of birth, Social Security number, credit card number, etc.) are always shredded. Never give any personal information about you or your family to telemarketers or salespeople who call you or come to your house. Do not overshare on your social media accounts and be sure to use your privacy settings. As always, if you have become a victim of identity theft or have any additional questions, please contact the Boxborough Police Department at 978-264-1750.

In Health,
Interim Chief of Police John Szewczyk



The Museum will be open Sundays:

- March 12
- April 16
- May 21

March Library News

In addition to **Monday Movies** at the Library which start at **1:00 PM**, the Library offers many activities for seniors to participate. One of these is the "Bake It Till You Make It" live event. Dayna Altman, author and baker, will conduct a live cooking demonstration on **Saturday, March 4 at 1 PM**. Dayna is an advocate in the mental health community and will discuss her trials and triumphs living with illness. Participants will bake, learn, share, and grow with her and together.

Registration is required.

Town Election Season

In the upcoming Boxborough election, there are many open positions to be filled:

- 3 for the Select Board
- 2 for the School Committee
- 2 for the Planning Board
- 2 for the Library Trustees
- 1 for the Board of Health
- Town Moderator

The deadline for filing nomination papers is **Friday, March 24**, and the last day to submit nomination papers is **Tuesday, March 28**.

Both the Town website, bit.ly/boxboroughelections, and the League of Women Voters-Acton Area website, bit.ly/LWV-ActonArea, have resources to help you get started as a candidate. Resources include videos with advice from former candidates, as well as candidate checklists.

Green Boxborough Event

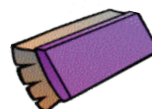
Come celebrate passage of the "Boxborough Bill" with Senator Jamie Eldridge, Representative Dana Sena, and our Sustainability Committee at the **Sargent Memorial Library on Friday, March 10 at 5:30 PM**.

The "Boxborough Bill" unlocks significant state support so Boxborough can apply for a Green Community designation through the MA Department of Energy Resources (DOER). Green Communities are eligible for grants, technical assistance, and local support to help reduce energy use and costs through clean energy. As of 2022, 290 of Massachusetts' 351 municipalities have become Green Communities and are benefitting from this program.

We look forward to seeing you at the Green Boxborough event. Light refreshments will be served.

Foggy Windshield?

Hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the window is foggy, rub it with the eraser. Works better than a cloth!



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 offered **Tuesday, Wednesday, and Thursday, 9:30 AM to 3:30 PM**. The van travels to towns bordering Boxborough and may be used for medical appointments and local errands for \$1 each way. Medical rides to Concord are \$1 each way. Medical rides to other towns are subject to availability and rates are based on distance. To book a ride, call 978-264-1730, preferably 2 days in advance.

We offer Boxborough seniors and disabled adults transportation, through our **Go Boxborough!** Program, 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.

March 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
			¹ 9-Fitness w/Holly 2-Knitting Group	² 9:30-Chair Yoga (hybrid) 11-Mat Yoga	³ Fitness w/Holly via Zoom	⁴ 1 PM 'Bake It Till You Make It' at Library
⁵	⁶ 9-Fitness w/Holly 12:30 PM-3:45 PM Podiatry Clinic 1-Movie Monday	⁷ 10:30-Fitness w/Holly via Zoom 1-Game Day	⁸ 9-Fitness w/Holly 11-Well Adult Clinic Noon-COA Luncheon <i>Sponsor: Acton Boxborough Rotary Club</i> 2-Knitting Group	⁹ 9:30-Chair Yoga (hybrid) 11-Mat Yoga	¹⁰ 9-Fitness w/Holly via Zoom 5:30 PM 'Green Boxborough' at the Library	¹¹
¹² Daylight Saving Time Begins 2-4 PM Boxborough Museum	¹³ 9-Fitness w/Holly 1-Movie Monday	¹⁴ 10:30-Fitness w/Holly via Zoom 1-Game Day	¹⁵ 9-Fitness w/Holly 1-Self-Relaxation <i>Presenter: Dr. Ed Knights</i> 2-Knitting Group	¹⁶ 9:30-Chair Yoga (hybrid) 11-Mat Yoga	¹⁷ 9-Fitness w/Holly via Zoom	¹⁸
¹⁹	²⁰ 9-Fitness w/Holly 9:30-Out to Breakfast 1-Movie Monday 	²¹ 10:30-Fitness w/Holly via Zoom 1-Game Day	²² 9-Fitness w/Holly 10:30-Coffee & Chat with Kim, Special Guest: Michael Johns 1:30 PM- '1960's thru Beatles Music' at the Library 2-Knitting Group	²³ 9:30-Chair Yoga (hybrid) 11-Mat Yoga	²⁴ 9-Fitness w/Holly via Zoom	²⁵
²⁶	²⁷ 9-Fitness w/Holly 1-Movie Monday	²⁸ 10:30-Fitness w/Holly via Zoom 1-Game Day	²⁹ 9-Fitness w/Holly Noon-Groton Hill Music Community Concert 2-Knitting Group	³⁰ 9:30-Chair Yoga (hybrid) 11-Mat Yoga 1 PM Trip to Concord Museum	³¹ 9-Fitness w/Holly via Zoom 5-7 PM Library Used Book Sale (Preview)	April 1 9 AM-2 PM Library Used Book Sale

Out of Town Mt. Calvary Church, Acton

Community Supper, Wednesday, 4:45 to 5:45 PM



Ongoing Events, Classes

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



Fitness with Holly in Person

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

Fitness with Holly via Zoom

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 annemcn@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.

Well Adult 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.

. Do not forget to sign up for the Fun Trips!



Concord Museum - Thursday, March 30, at 1 PM, RSVP by March 15



Isabella Stewart Gardner Museum - Thursday, April 27. at 12:30 PM, RSVP by March 22

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 _____

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 28**, from **9:30 AM to 12:30 PM**. This is the 29th year of this senior class tradition!



There will be teams of students for five homes in Boxborough that will be selected on a first come, first served basis. To submit a request, please **RSVP** by Wednesday, March 15, at 978-264-1717. You will be asked for your name, address, phone number, email address, and yard size is required.

- Homeowners must be home while the students are raking.
- Students are not allowed to accept baked goods, snacks, or drinks from homeowners.
- Students are not allowed to enter homes.

Groton Hill Community Concert Series



Groton Hill Music Center is introducing a series of free daytime musical performances at their

beautiful new facility on **122 Old Ayer Road** in **Groton**. The concerts will be offered to the general public in their large Concert Hall. The first Community Concert will feature the Mike Caudill Quartet on **Wednesday, March 29 at noon**. Food and drinks are not allowed in the Concert Hall.

Please visit Groton Hill Music Center's Community Concert webpage at bit.ly/3YPbJmQ for more information and for instructions on how to reserve your tickets.

For your information, Groton Hill's Bach's Lunch Concerts are no longer offered to the general public. They are now intended for adults that have cognitive or physical disabilities and live in high-need facilities.

Support Services

Minuteman Senior Services provides a variety of services including care management, caregiver support, elder protective services, home care, money management, and referrals to other appropriate resources. For more information call 781-272-7177 (toll free 888-222-6171), or visit minutemansenior.org.

Cooperative Elder Services in Acton is a non-profit program that provides adult day health services to seniors and adults with medical or cognitive challenges who reside in Acton, Boxborough, and surrounding communities. Call 978-448-1400 for more information.

Mt. Calvary Community Supper

472 Mass Avenue, Acton, is open for suppers in their dining room on Wednesdays from 4:45 PM to 5:45 PM. Open to all.

Acton Food Pantry

Distribution schedule, 235 Summer Road, Boxborough, is from 10 AM to 7 PM on Wednesdays and 9:30 AM to 11:30 AM on Thursdays. Closed the fourth week of every month. Call 978-635-9295, or visit actonfoodpantry.org.

SHINE (Serving Health Insurance Needs of Everyone) provides appointments to discuss Medicare options, please call SHINE at 781-221-7029 to make a SHINE appointment,

Medicare: www.medicare.gov,
800-633-4227, TTY 877-486-2048

Social Security: www.ssa.gov,
800-772-1213, TTY 800-325-0778

Alzheimer's Association Helpline:
800-272-3900

Here's a Puzzle:

See how many words you can make using the phrase "March Winds" in 5 minutes. Not a test, not a contest, just a fun thing to do. Check out how many 4-letter words and 5-letter words you can find. The 3-letter words are too simple. Did you find any 5-letter ones? I didn't.

March Reminders . . .

Free from AARP: 2022 Income Tax Preparation Assistance

- **Acton Senior Center:** Mondays, ending April 10. Call 978-929-6652 for an appointment.
- **Maynard Library:** Mondays and Saturdays, ending April 8. Call 978-760-9146 for an appointment.

Medicare Advantage Plan: Open Enrollment Period

This is your opportunity to move to a different Medicare Advantage Plan or back to original Medicare. Open enrollment ends March 31.

Daylight Saving Time Begins

A sign that spring is almost here. Before bedtime on Saturday March 11, set your clocks ahead one hour. While you sleep, Daylight Saving Time arrives!



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



Follow us on Facebook at facebook.com/boxboroughcoa



Change Service Requested

Pre-Sort
Standard
U.S. Postage Paid
Acton, MA
Permit No. 26

Boxborough Council on Aging
Boxborough Town Hall
26 Middle Road
Boxborough, MA 01719