

THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

October 2023

Council on Aging

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October Lunch

The United Church of Christ Congregational (UCC), Boxborough, is sponsoring our next lunch at the **Community Center** on **Wednesday, October 11** from **noon to 1 PM**. They are serving chicken, broccoli, and ziti casserole, pasta primavera, garden salad, bakery roll, cookies, and brownies. You may **RSVP** to the COA beginning Tuesday, October 3 by calling 978-264-1717.

Our Town Administrator, Michael Johns, will be speaking to us after lunch to explain the Regional Dispatch System that will be on the Fall Town Meeting Warrant.

Please join us for a delicious meal, socialize with friends, and get some important information about options for our Town's Emergency Dispatch System.

Out to Lunch

If you haven't been to **The 1761 Old Mill Restaurant** in a while or have never been, now is your chance to have lunch at this picturesque restaurant with water views. Meet there on **Wednesday, October 18** at **11:30 AM** or take the COA van and enjoy the foliage on the way. The van will leave Town Hall at 10:45 AM. Roundtrip fare is \$6. **RSVP** to cregan@boxborough-ma.gov or call 978-264-1730. The restaurant is located on 69 State Road East (Route 2A) Westminster. Go to www.1761oldmill.com to view their menu and pricing. Please note - the restaurant will not be able to offer separate checks.

Entertainer Mossie Coughlin

Singer and keyboardist, Mossie Coughlin will perform a mix of Celtic, Irish, and American tunes on **Thursday, October 26 at 1:30 PM** at the **Community Center**. Come enjoy an afternoon of live music and amusing, lighthearted commentary from a man with a lovely Irish brogue. Light refreshments will be served. **RSVP** to Cindy at 978-264-1730 or Kim at 978-264-1717.

Coordinator's Corner

Autumn has arrived and there are a lot of programs to choose from this month. We hope to see you at many of them. Remember our Montachusett Regional Transit Authority (MART) van provides free transportation for seniors to our programs at the Community Center, the Town Hall, the Library, and the Acton Food Pantry on Tuesday through Thursday. Other trips are usually \$1 each way to towns that border Boxborough. We also have a transportation service called *Go Boxborough!* that can transport you to medical appointments on Monday through Friday both within and outside of our local area. See our COA Van Services box for more details.

We also provide free technical aid through our Information Technology Assistance Program. If you have issues or questions about your desktop computer, laptop, tablet, or smart phone we have volunteers that may be able to help you. Please call me at 978-264-1717 or Cindy at 978-264-1730 to set up an appointment.

*Best,
Kim*

Podiatry Clinic

Do you need your toenails cut or your calluses treated? Call 978-264-1730 or 978-264-1717 to make an appointment with Alyssa Kuizinas, DPM on **Monday, October 16 from noon to 3:30 PM at the Community Center**. You can pay the \$35 in cash or check made out to Dr. Alyssa Kuizinas at the time of your visit.

Coffee & Chat with Kim and Becky

Join us for a free cup of coffee or tea and chat about birds this month. Our special guest is our Town Clerk and avid birder, ornithologist Becky Harris. She will share her love of birds with a short presentation and engaging conversation on **Wednesday, October 25 at 10:30 AM at the Community Center**.

Fall Birding with Becky

Our Town Clerk, Becky Harris, who also happens to be an ornithologist and conservation biologist, will lead us on a walk as she identifies local birds. The walk will take place at **Flerra Meadows Field at 340 Stow Road** in Boxborough on **Thursday, October 12 at 8:30 AM**. Wear comfortable walking shoes and bring binoculars if you have them. Email Cindy at cregan@boxborough-ma.gov or call 978-264-1730 to sign up. This event is weather dependent.

Estate and Long Term Care Planning

Attorney Kathleen M. O'Connor, J.D., L.L.M., of Eckel, Hoag & O'Connor in Acton, will present an information session on Estate and Long-Term Care Planning on **Thursday, October 19 at 1:30 PM at the Community Center**. This will be followed by a question-and-answer exchange. You will learn what an estate plan is and why you should have one. She will discuss what you need to do to prepare for possible disability as well as the documents needed to plan for your future. You will learn about long term care, who pays for it, and how to qualify for MassHealth.

Fuel Assistance Program

Fuel Assistance, the Low-Income Home Energy Assistance Program, is one of many programs administered by the Southern Middlesex Opportunity Council. This Program helps low-income residents with heating costs between November 1 and April 30. The heating sources covered by the program include oil, natural gas, coal, kerosene, wood, propane, and electricity. Please call the COA at 978-264-1730 to request an appointment with our trained liaison and experienced Council on Aging volunteer, Rob McNeece. He will contact you to arrange a time to assist you with the application process.



The Museum will be open
Sundays:
▪ **October 8**
▪ **November 12**
▪ **December 2**

Flu Clinic

The Nashoba Associated Boards of Health will be offering their 2023 Flu Clinic at the **Blanchard Elementary School** at 493 Mass Ave on **Wednesday, October 11**

from **3 to 6 PM**. Preregistration is required using the links posted on their website <https://www.nashoba.org/calendar>. Select the link for the desired clinic location and your age group to register.

Flu clinics are open to the public (ages 6 months and up). Residents of Nashoba towns can attend any clinic in the region. Please bring your insurance cards. A person who does not have insurance may still receive a vaccination. The high dose flu vaccine will be available for those 65 years and older. They ask that anyone who is feeling sick stay home. If you have any questions, call Tamara Bedard RN, our Public Health Nurse, at 978-772-3335 ext. 340.

There will be no Wellness Clinic in October due to the Flu clinics.



FCOA President's Report

Thankfully, the progress fighting COVID has enabled us to emerge from our confinements over the last 12 months. The senior activities in Boxborough have followed suit as the COA has been able to ramp up in person activities and once again schedule a great variety of trips and programs.

We are very fortunate to have Kim Dee and Cindy Regan continue their work in the COA Office to keep senior activities in Town going and the strong support for the seniors from other Town departments.

The Friends continued our commitment to the seniors by being willing to fund and staff up to three in-person lunches and supporting other endeavors and programs. The Friends were pleased to financially support, along with the Boxborough Minutemen Company, the UCC Boxborough's installation of an Automated External Defibrillator (AED) in the Community Center in August.

Once again, the Friends are grateful to the COA Board for their constant support, and to donors who provide us with funds for our programs.

If anyone is interested in learning more about the Friends, our next meeting is Wednesday, November 15 at 10:15 AM in the Local History Room of the Sargent Memorial Library.

*John Fallon,
FCOA President*

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 **Tuesdays, Wednesdays, and Thursdays, 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.

Library News

The following Library activities and events are scheduled for October.

- Monday Movies: 1 to 3 PM.
- Wednesday Knitting Group: 2 to 4 PM.
- Diwali Fest (Rain date: Saturday, October 14). Additional details are on the Library's website, Sunday, October 8:
- Adult Craft Time, Tuesday, October, 1 PM.
- Adult Craft Night, Thursday, October 26, 6PM.

For the most up-to-date news, visit the Library website or sign up for *Wowbrary*, the digital newsletter. Be sure to check out staff pics on the Library website.

Public Safety

Many individuals take medication, either at one point in their life or for an extended period of time. It is vital that one only takes prescription medication that is medically prescribed by a health care professional. It is very common for people of all ages to misread the doses on their daily medication. Ask a family member or your physician if you are having trouble reading the prescription labels. Mixing up doses can be extremely problematic and lead to health issues. Also, consider purchasing a pill organizer to better manage the timing of your medications. Finally, always keep a list of medications and specific dosages in case of emergencies and for sudden evacuations. As always, please call 911 for any emergency situation.

*John Szewczyk
Chief of Police, Boxborough*

Minuteman Senior Services Program

Join Minuteman Senior Services and the Bedford Council on Aging for a presentation on the history of Boston's LGBTQ+ community with a focus on the activists and organizations who have shaped the LGBTQ+ movement. This presentation is a celebration of LGBTQIA+ History Month and will include lunch and a discussion with an opportunity for people to share their lived experiences. RSVP by Friday, October 13 at 781-275-6825 or coa@bedfordma.gov. The presentation is being held on **Saturday, October 21, 11 AM** to 1 PM at the Town Center, 2nd Floor, Flint Room at 12 Mudge Way, Bedford, MA.

Library Fall 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, November 3 from 5 to 7 PM**.

(Memberships will be available at the door.) The main public sale will take place on **Saturday, November 4 from 9 AM to 2 PM**. The Everything Must Go sale will be held on **Sunday, November 5 from 2 to 4 PM**.

Standard size bags will be provided; pay \$3 to fill each bag however you like.

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. Cash and checks only.

Please support this sale by donating your gently used hard covers, paperbacks, and audiovisual items and attending this sale. Books will be accepted from **Monday, October 30** through **Thursday, November 2** at the Library during regular Library hours. Please no VCR tapes or magazines or any material in really poor condition.

October FreeBee Markets

FreeBee food pop-ups are scheduled for **Saturday, October 7** and **October 14**, from **10:30 AM to noon** at **30 Middle Road**.

The last full FreeBee Market of the year will be on **Saturday, October 21** at the same time and location. This will include food, crafts, books, and plants. Various community groups will also be represented, and a Halloween costume exchange has been planned. Visit bit.ly/3MZC8bR for more information about these events.

ABRHS Junior Class Raking Day

The Junior Class Raking Day will be held on Thursday, November 9 from 10 AM to Noon. Please call 978-264-1717 by October 26 to register to have your yard raked.



October 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
1 9-Fitness w/Holly 1-Monday Movies	2 10:30-Zumba w/ Gina 1-Game Day	3 9-Fitness w/Holly 2-Knitting Group	4 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	5 9-Fitness w/Holly via Zoom	6 10:30 FreeBee Pop-up	7
8 Noon-4:30 DiwaliFest at Library 2-4 PM Boxborough Museum	9 Indigenous Peoples' Day Town offices and Library closed.	10 10:30-Zumba w/ Gina 1-Game Day	11 9-Fitness w/Holly Noon-COA Luncheon Sponsor: UCC Church 2-Knitting Group 3-6 PM-Flu Clinic – Blanchard School	12 8:30 Birding w/ Becky 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1-CHNA: Understanding & Coping w/ Dementia	13 9-Fitness w/Holly via Zoom	14 10:30 FreeBee Pop-up
15 2-Historical Society Presentation 'Construction of 495'	16 9-Fitness w/Holly Noon-Podiatry Clinic 1-Monday Movies 3-COA Board Meeting	17 10:30-Zumba w/ Gina 1-Game Day	18 9-Fitness w/Holly 11:30 Out to Lunch 2-Knitting Group	19 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Estate and Long Term Care Planning	20 9-Fitness w/Holly via Zoom	21 10:30 Full FreeBee Market 11AM - 1PM Minuteman Senior Services Presentation: Pride was a Riot
22	23 9-Fitness w/Holly 1-Monday Movies	24 10:30-Zumba w/ Gina 1-Game Day 1-Adult Craft Time at Library	25 9-Fitness w/Holly 10:30 Coffee and Chat with Kim Guest: Becky Harris 1:30 SHINE Presentation 2-Knitting Group	26 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30 American and Irish Music by Mossie Coughlin 6-Adult Craft Night at Library	27	28
29	30 1-Monday Movies	31 10:30-Zumba w/ Gina 1-Game Day				



Ongoing Events, Classes

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



Fitness with Holly In Person

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

Fitness with Holly Via Zoom

Class meets via Zoom on Fridays at 9 AM.

Game Day Drop in to play different board games, cards, and more every week. 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 to 4 PM. At the Library. For more information contact: annemcne@comcast.net.

Movie Monday at the Sargent Memorial library at 1 PM every Monday that the Library is open.

Yoga with Rebecca Hybrid

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

Mat Yoga In Person: Floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets Thursdays 10:45 AM.

Well Adult Clinic Held on the second Wednesday 11:15 AM. Nashoba Nursing Service hosts a monthly wellness check for all ages.

Zumba with Gina Class meets in person at Community Center, Tuesdays 10.30 AM

October's Learn to Play Game Day Schedule:

October 3 – Mexican Train and Rummikub
October 10 – LRC (Left, Right, Center) and a version of Bunco
October 17 – Mahjong
October 24 – UNO, Phase 10 and Farkel
October 31 – Card games

Do not forget to sign up for these fun events and fun classes!

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 _____

CHNA October 2023 Program Understanding and Caring for Older Adults with Cognitive Decline

If you are noticing subtle cognitive changes in an older adult in your life, changes in memory, communication, mood, or the inability to do things that they have always done, you may wonder if these changes are just part of normal aging or is something else going on. If you are concerned about a loved one, please join us on **Thursday, October 12 from 1 to 2 PM** for this webinar and learn what actions to take, where to get help, and how to embrace a journey that may include a diagnosis of cognitive impairment.

Presenter, Dianne Savastano, RN is an expert in the field of cognitive issues in older adults. This program is sponsored by the Acton, Boxborough, and Littleton COAs with funding from the Community Health Needs Assessment (CHNA) grant. Contact Sheryl Ball at 978-929-6453 with any questions. Registration is required; to register, use this link: bit.ly/3ZbJmRa

Senior Property Tax Work-Off Abatement Program

If you are a senior who has lived in Boxborough for one year or more and pay property taxes, you may be eligible to participate in the Senior Property Tax Work-Off Program. The abatement amount earned through this program, up to \$1,500 at the current Massachusetts minimum wage, must be included in your gross income. The abatement is processed on your third and/or fourth quarter taxes, and you must own the property at the time of the abatement.

Registration for this Program starts **October 1** and ends **October 31**. Registration forms will be on the Boxborough website, COA webpage at www.boxborough-ma.gov/286/Council-on-Aging. If you are interested in taking part in this program, please call Kim at 978-264-1717 to make an appointment to fill out paperwork.

Construction of Route 495

Except for glaciers, the most transformative and disruptive physical event in the history of Boxborough was the construction of Interstate Route 495. When this massive project started in 1960, Boxborough was a small farming town of under 800 people with roads to match, so small that the town didn't even have a dump. When the Interstate was finished, Boxborough was bisected by a 6-lane highway and the future growth pattern of the Town had changed forever. On **Sunday, October 15**, Alan Rohwer of the Boxborough Historical Society will discuss the construction of Route 495 and why and how it was built. He will include before and after pictures.

The presentation will take place in the Morse Hilberg Room of the Boxborough **Town Hall** at 29 Middle Road starting at **2 PM**. Admission is free, and all are welcome to attend.

Medicare Open Enrollment

A Medicare Open Enrollment presentation will be given by SHINE counselor, Terry Morton, **Wednesday, October 25 at 1:30 PM** at the **Community Center**.

Open Enrollment runs from October 15 through December 7, and this is the time to compare various coverages, costs, and benefits. Be sure you are enrolled in the most appropriate Medicare Supplemental Plan, Prescription Drug Plan, or Advantage Plan.

This presentation will cover the following:

- Overview of the various parts of Medicare and their coverages
- Key changes in Medicare coverage for 2024
- Factors to consider in making changes and how to implement them
- Financial assistance available to those with limited income

Any changes you make in your plans or coverages will become effective January 1, 2024. Remember, should you choose not to do anything, your current plan will continue in 2024.

Save the Date: Fall Town Meeting is scheduled to start on November 6.

Save the Date: Merrie Christmas Fair at Boxborough UCC – November 18

Reminder: Daylight Saving Time ends Sunday, November 5. Set your clocks back Saturday night.

Submit items for the November/December issue by October 4
to boxboroughbuzz@gmail.com



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