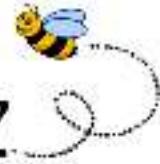


THE

# BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



**January 2024**

## **Council on Aging**

Kimberley Dee,  
COA Coordinator  
978-264-1717  
kdee@boxborough-ma.gov

## **COA Board**

Anne Canfield, Chair  
Bill Litant, Vice Chair  
Karen Whitcomb, Secretary  
Tina Bhatia  
Barbara Birt  
Maureen Masciola  
Marney Stoumbelis  
John Fallon, FCOA Liaison  
Maria Neyland,  
FinComm Liaison  
David McKiernan, Select  
Board 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  
Georgia Winfrey

## **Buzz Production Team**

Tina Bhatia  
Barbara Birt  
Anne Canfield  
Taryn Light  
Art Stoumbelis  
Tess Summers

## **January Lunch**



Heavenly Hands Senior Care will host this month's COA lunch on **Wednesday, January 10 at noon** at the **Community Center**. They will be serving chicken kabobs with tender chunks of chicken, white onion, red pepper and green pepper, lemon and spinach couscous, green salad, and key lime pie. Space is limited. **RSVP** beginning Tuesday, January 2, by emailing kdee@boxborough-ma.gov or by calling Kim at 978-264-1717.

Heavenly Hands is a home care service agency that provides a wide range of personalized and compassionate services in the comfort and safety of your home.

## **Construction of Route 495**

Except for glaciers, the most transformative and disruptive physical event in the history of Boxborough was the construction of Interstate 495. When this massive project began in 1960, Boxborough was a small farming town of under 800 people with roads to match. In fact, Boxborough was so small it didn't even have a dump.



Are you interested in hearing more about how 495 changed Boxborough forever? Then join us in the **Community Center** at **1:30 PM on Wednesday, January 24**. Alan Rohwer of the Boxborough Historical Society will tell us why and how this Interstate highway was built. Alan even includes before and after pictures. **RSVP** to Kim at 978-264-1717.

## **Dancing Joy with Dance Caliente**



This one-hour interactive Ballroom Dance Show is performed by Eileen Herman-Haase and Raul Nieves. They will engage the audience with improv performances interspersed with participatory lessons. The dances from Foxtrot to Salsa to Hustle will explore a delightful array of cultures and time periods. The performance will start on **Thursday, January 25 at 1:30 PM** in the **Community Center**. Please **RSVP** to Kim: at 978-264-1717.

## Coordinator's Corner

Happy New Year! I hope you had a happy holiday season. Winter is upon us and with that, our concerns about inclement weather increase. Please be aware that if Acton Boxborough Regional schools are cancelled due to weather, we do not operate our van, and our programs may be cancelled or changed to a Zoom format.

We had quite a few residents decide to receive their Buzz electronically. The results of the raffle for a \$25 gift card will be announced in next month's Buzz as the drawing will take place on January 2. You can always add your name to the Buzz email list by calling or emailing me at [kdee@boxborough-ma.gov](mailto:kdee@boxborough-ma.gov). It is greatly appreciated as the costs of printing and postage are always a concern.

Please call 978-264-1717 if you have any questions or concerns about winter weather programming or other COA events.

Wishing you a Happy and Healthy 2024!  
*Kim*

## Well Adult Clinic

The monthly Well Adult Clinic takes place at the **Community Center** just prior to our monthly lunch. If you are coming to the lunch, you can come a little early and meet with our Nashoba Associated Boards of Health Nurse, Alicia Lepardo, to get your blood pressure checked or to discuss any medical concerns. She will be available from **11:15 AM to 12:15 PM on Wednesday, January 10.**



## Podiatry Clinic

Dr. Alissa Kuizinas will hold her Podiatry Clinic at the **Community Center** on **Wednesday, January 17** from **10:30 AM to 3:30 PM**. She will provide toenail trimming, callus treatment, and overall foot health assessment for a \$35 fee. Cash or check is acceptable. Please call 978-264-1717 to make an appointment.



## Public Safety

As the winter months approach, a gentle reminder to always dress appropriately when going outside.

- Make sure your feet, hands, and ears are covered in the frigid temperatures.
- Make sure to change any clothing that gets wet.
- Use handrails to prevent slipping on ice.
- Don't over exert yourself when shoveling snow; take plenty of breaks.
- Make sure you are prepared for power outages with nonperishable food, blankets, batteries, and access to a flashlight.
- Make sure your vehicle is tuned up with a good battery, plenty of windshield wiper fluid, and quality tires.
- Check on your friends and family as seasonal depression can have an impact on many.

The winter is a beautiful time in Boxborough but please be careful and take precautions. As always, the Boxborough Police Department is here to help and serve our terrific community. Stay warm and stay safe.

Respectfully,  
*John Szewczyk, Chief of Police, Boxborough*

## Coffee and Chat with Kim

Please join Kim and special guest, Town Assessor Kelly Szocik, for a hot cup of coffee or tea and conversation at the **Community Center** on **Wednesday, January 31** at **10:30 AM**.

## Sing Along with Dr. Knights

As 2024 begins, be sure to circle **Monday, January 22** on your calendar. On that day, at **1:30 PM** in the **Community Center**, Dr. Ed Knights will present a program that features songs from the play *Oklahoma*. He will provide the lyrics, and you are invited to join your friends and neighbors as Dr. Knights leads attendees in some of the best known songs from this iconic musical.

Please **RSVP** to [kdee@boxborough-ma.gov](mailto:kdee@boxborough-ma.gov) or call 978-264-1717. We hope to see you all for this special event . . . and don't forget to bring your singing voice.

## **January Out to Lunch**

Bistro 30 at the Acton Senior Center, 30 Sudbury Road (rear entrance) is the place to be on **Wednesday, January 31** at **12:30 PM** for our out-to-lunch experience. Three choices are made to order, including one vegetarian choice, for \$6. The menu is available online ([actoncoa.com](http://actoncoa.com)) after January 29. Water and coffee are available and cash or Venmo are accepted. Please **RSVP** at [kdee@boxborough-ma.gov](mailto:kdee@boxborough-ma.gov) or 978-264-1717.

## **Attention Seniors! Be on the Lookout for . . .**

When the Town Clerk's Annual Street Census mailing arrives at your home in January, please complete the form, sign, and either return it by mail or drop it off at Town Hall. This form is used by the Fire and Police Departments to locate you in the event of an emergency. It is also used to keep track of senior citizens' needs and for certain privileges such as veterans' benefits and jury lists. The local census does not register anyone to vote, but failure to answer the census may result in your name being removed from the voter list.

## **Boxborough Garden Club News**

The Garden Club's winter program will feature Boxborough resident Dave Barnett who previously served as President and CEO of the Mt. Auburn Cemetery. He will include a slide show, as well as discussion about his gardens and his work in Cambridge.

The program is scheduled for **Wednesday, January 31 at 7 PM** at the **Library**. It is open to the public and is free.

## **A Special Thanks to the Middlesex Savings Bank**

The Council on Aging (COA) gives a special thanks to the Boxborough and Acton branches of the Middlesex Savings Bank. More than ten years ago, our COA became one of the Bank's community partners, and as a result of its continuing support, the COA is able to mail quality newsletters to our seniors.

In 2023, 11 issues of *The BUZZ* were mailed to over 800 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, services, and events that take place each month. The generosity of the Bank makes a real difference in the lives of our seniors. And on that note, the COA sends a heartfelt thank you to the Middlesex Savings Bank.

## **Thank You to the Friends of the Council on Aging**

The Boxborough Council on Aging (COA) wants to thank the Friends of the Council on Aging (FCOA) for its wonderful support in making many of our programs a reality. The FCOA paid for a portion of the Night Lights trip to New England Botanic Gardens last month and paid for the transportation to the Isabella Stuart Gardner Museum last April. They provide the supplies for all our monthly lunches from napkins, to coffee, cups, tablecloths, and utensils. They also sponsor two to three monthly lunches a year. We are very grateful for all the help they give us in making COA programs a success. Many thanks, FCOA!

### **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 978-264-1717, 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 978-264-1717. Visit our website at [bit.ly/3rBYnw5](http://bit.ly/3rBYnw5) for details.

# January 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
	<b>1</b> <b>New Year's Day</b> <b>Town Offices and Library closed</b>	<b>2</b> 10:30-Zumba w/Gina 1-Game Day	<b>3</b> 9-Fitness w/Holly 2-Knitting Group	<b>4</b> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	<b>5</b> 9-Fitness w/Holly via Zoom	<b>6</b> 10-2 <b>Christmas Tree Pickup</b>
<b>7</b>	<b>8</b> 9-Fitness w/Holly 2-COA Board Meeting <b>7-History Girls</b> - at the Library	<b>9</b> 10:30-Zumba w/Gina 1-Game Day	<b>10</b> 9-Fitness w/Holly 11:15-Well Adult Clinic <b>Noon-COA Luncheon Sponsor: Heavenly Hands Senior Care</b> 2-Knitting Group	<b>11</b> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga <b>1-CHNA Practical Tips/Planning Early</b>	<b>12</b> 9-Fitness w/Holly via Zoom	<b>13</b>
<b>14</b> 2-4 Boxborough Museum	<b>15</b> <b>Martin Luther King, Jr. Day</b> <b>Town Offices and Library closed</b>	<b>16</b> 10:30-Zumba w/Gina 1-Game Day	<b>17</b> 9-Fitness w/Holly 10:30-Podiatry Clinic 2-Knitting Group <b>7-Fierce Females</b> - at the Library	<b>18</b> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga	<b>19</b> 9-Fitness w/Holly via Zoom	<b>20</b> <b>11-Garden Seed Swap</b> - at the Library
<b>21</b>	<b>22</b> 9-Fitness w/Holly <b>1:30-Sing along with Dr. Knights</b>	<b>23</b> 1-Game Day	<b>24</b> 9-Fitness w/Holly <b>1:30-Construction of 495</b> - with Alan Rower 2-Knitting Group	<b>25</b> 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga <b>1:30-Dance Joy with Dance Caliente</b>	<b>26</b> 9-Fitness w/Holly via Zoom	<b>27</b>
<b>28</b>	<b>29</b> 9-Fitness w/Holly	<b>30</b> 1-Game Day <b>7-Food Waste</b> - at the Library	<b>31</b> 9-Fitness w/Holly <b>10:30-Coffee and Chat with Kim, Guest: Town Assessor-Kelly Szocik</b> <b>12:30-Out to Lunch-Bistro 30 at Acton Senior Center</b> 2-Knitting Group <b>7-Garden Club's Winter Presentation</b>			

Out of Town Mt. Calvary Church, Acton

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

## Christmas Tree Pickup

The Boxborough Minutemen, with help from the Boxborough DPW, will be collecting and chipping Christmas trees from Boxborough residents on **Saturday, January 6**. Look for the sign-up forms on their website [boxboroughminutemen.org](http://boxboroughminutemen.org). The cost for pickup is \$15; deadline for all payments is January 3.

You can also deliver your tree for disposal to the "old" Boxborough DPW facility located at 577 Massachusetts Avenue (Route 111) on Saturday, January 6 between 10 AM and 2 PM. A disposal fee of \$10 will be collected on site when you drop off your tree. Email [captain@boxboroughminutemen.org](mailto:captain@boxboroughminutemen.org) for questions

## Library News

The Library has many activities scheduled for January. Additional information on these events can be found on the Library website.

- *The Two Nerdy History Girls Ride Again* is presented virtually on **Monday, January 8** from **7 to 8 PM**. Preregister to attend this session on historical research.
- *Culturally Curious Art Talk – Fierce Females* is a virtual presentation scheduled for **Wednesday, January 17** from **7 to 8 PM**. Preregister to examine the history of women in art.
- *Blackstone Valley Reggie Gardens Seed Swap* - Calling all gardeners to the **Saturday, January 20** event at the Library from **11 AM to 1 PM**. Learn all about seeds from planting to harvest. You will also have the opportunity to swap seeds and ideas.
- *Food Waste, Food Insecurity, and the Globalization of Food Banks* is a virtual presentation by author Daniel Warshawsky to be held on **Tuesday, January 30** from **7 to 8 PM**.

The Friends of the Council on Aging provides financial and volunteer support of programs, classes, 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!

## CHNA Program

*Practical Tips - Planning Early for and Dealing with End of Life Care*

As 2024 begins, it may be the time for you to consider dealing with early planning for end of life care issues. You are invited to attend a webinar conducted by RN Dianne Savastano on **Thursday, January 11, 1 to 2 PM**, Dianne has been involved for 30 plus years in assisting seniors and their family to navigate these difficult issues.

Three major things you will learn:

- What services are available to assist with end of life in any setting.
- The differences between Hospice Care and Palliative Care.
- What decisions you may be faced with as you prepare for end of life.

Also discussed will be the five most important legal protections/documents you will need in place. You are encouraged to attend this informative session, and preregistration is required. Access [bit.ly/45Ymkit](http://bit.ly/45Ymkit) to register for the webinar.



The Museum will be open **Sundays** from **2 to 4 PM**.

- **January 14**
- **February 11**
- **March 10**

Call John Fallon 978-264-0069 to schedule visits at other times.



Donation: \$  \$5  \$10  Other

Name

Address

In memory of

**Martin Luther King, Jr. Day** - Monday, January 15, 2024: Town Hall offices and the Library will be closed.

**Submit items for the February 2024 issue by January 5, 2024**  
**to [boxboroughbuzz@gmail.com](mailto:boxboroughbuzz@gmail.com)**



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



*Change Service Requested*

Boxborough Council on Aging  
Boxborough Town Hall  
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Acton, MA  
U.S. Postage Paid  
Standard  
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