

THE

BOXBOROUGH BUZZ

SENIOR NEWS YOU CAN USE



October 2024

Council on Aging

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October Lunch



The United Church of Christ Congregational Boxborough, is sponsoring our next lunch at the **Community Center** on **Wednesday, October 9** from **noon to 1 PM**. The menu includes a chicken, broccoli and ziti casserole, pasta primavera, garden salad, bakery roll, and dessert. You may **RSVP** to the COA beginning Wednesday, October 2. All Boxborough residents age 60 and up are welcome. Please join us for a delicious meal and to socialize with friends.

We are collecting donations of shelf stable food and large paper bags for the Acton Food Pantry at all our lunches. Please **RSVP**.



Out to Lunch



Let's go to the **99 Restaurant** for our Out to Lunch venue on **Monday, October 28**. The meeting time will be at **11:30 AM** at 255 Washington Street in Hudson.

There is a terrific selection of Daytime Deals such as wraps and sandwiches, the classics as well as lunch combos, including a New England Seafood Combo. Please **RSVP**.

Shanklin Music Hall Field Trip

We have a very exciting field trip on **Sunday, October 20** at the **Shanklin Music Hall**, 130 Sand Pond Road, Groton. The music will be performed by Zach Frame, the 2022 "Theater Organist of the Year," from **2:30 to 5:30 PM**. Tickets are \$25 each. What a great early holiday gift for your loved ones. Please **RSVP** by October 7 to ensure we have time to purchase tickets.



*Please note: All COA Boxborough **RSVPs** should be made to:
Ami at ascheen@boxborough-ma.gov or 978-264-1730 or to
Kim at kdee@boxborough-ma.gov or 978-264-1717.*

Human Services Director's Corner

October Greetings!

We have a lot to offer again this month. in fact we could not fit it all in our usual six pages so this edition is an eight pager. However, there are two regular programs that are not going to be offered this month. The Nashoba Associated Boards of Health will not offer their monthly Adult Wellness Clinic due to their annual flu clinics in October. The next Podiatry Clinic is on November 6, so there is no Podiatry Clinic in October. However, you can sign up for the November Podiatry Clinic beginning on October 7.

Daylight Saving time ends at 2 AM on Sunday, November 3, so don't forget to turn your clocks back an hour Saturday, November 2 before you go to bed.

Thankfully though, many of our newer electronic devices correct themselves.

Coffee & Chat with Kim



The October Coffee & Chat with Kim will feature special guest, Peishan Bartley, our Library Director at the Sargent Memorial Library. Please join us for a free cup of coffee or tea and some pleasant conversation with some of your fellow seniors, Kim, and Peishan on **Wednesday, October 30 at 10:30 AM** in the **Community Center**.

Fuel Assistance Program

Fuel Assistance, the Low-Income Home Energy Assistance Program, is one of many programs administered by the Southern Middlesex Opportunity Council, also known as SMOC. This program helps residents with heating costs between November 1 and April 30. Applications are sent out in September and October. The heating sources covered include oil, natural gas, coal, kerosene, wood, propane, and electricity.

Please call the COA to request an appointment with our trained liaison and experienced Council on Aging volunteer, Rob McNeece. Rob will contact you to arrange a time to assist you with the application process.

November Election Voting Options

There are three options for Boxborough registered voters to vote in the November 2024 election.

Option 1: In-Person Early Voting at Town Hall

- Saturday, October 19 from 1 to 5 PM
- Monday, October 21 through Thursday, October 24 from 11 AM to 2 PM
- Saturday, October 26 from 1 to 5 PM
- Monday, October 28 through Thursday, October 31 from 11 AM to 2 PM

Option 2: Voting In-Person on Election Day

- Tuesday, November 5 at Town Hall; polls open at 7 AM and close promptly at 8 PM

Option 3: Voting by Mail

- If you choose to Vote by Mail, your ballot must be received by the Town Clerk on or before on November 5 at 8 PM.

Please note: Saturday, October 26 is the last day to register to vote for this election. The Town Clerk's Office will be open from 1 to 5 PM that day.

Public Safety

The sky becomes darker earlier in the evening at this time of year, so the days are becoming shorter. This is even more pronounced after daylight saving time ends on Sunday, November 3 at 2 AM; when we will need to set our clocks back one hour.

As we enjoy the changing colors of the leaves, Sunday football, and pumpkin everything, we must also remember to take some safety precautions. This includes taking walks earlier in the evening when it is still light out and making sure to wear reflective clothing. It is also a great time to have your heating system serviced and to make sure your vehicle's tires are in good condition before the winter weather hits.

As always, please feel free to call or stop by the Police Department if you have any questions or concerns. We are always here to help.

In Health,
Chief John Szewczyk

Senior Living 101: Choosing the Right Option for You

It can be a daunting process to choose the right senior living option. It is a major decision that involves thoughtful consideration of many factors. Tim Walsh from Senior Care Authority will present this talk on **Thursday, October 10 at 1:30 PM** at the **Community Center**. He will cover the range of senior living options, from remaining at home with in-home care to independent living, to assisted living, as well as nursing homes. He will discuss costs and ways to pay for senior living, as well as evaluating communities and preparing for a move. Please **RSVP** by Tuesday, October 8.

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 are on the Boxborough COA webpage at bit.ly/4ecpZ0u. If you are interested in taking part in this program, please call Kim at 978-264-1717 to make an appointment to fill out the paperwork.

Remember Rabbit Ears?

Join us for an entertaining and educational presentation about the history of television on **Thursday, October 17 at 1:30 PM** at the **Community Center**. You will find out how television was invented and the skullduggery between television entrepreneurs. Also, you will get the scoop about rival inventions and the possible theft of a key idea that led to the development and growth of television through the Twentieth Century.

This program will be presented by university lecturer, Stanley Forman. Please **RSVP** by Tuesday, October, 15.

MBTA Senior CharlieCard Signup

The Boxborough COA will again host its popular MBTA Senior CharlieCard signup on **Monday, October 21 from 1:30 to 3:30 PM** at the **Community Center**.

An MBTA team will offer a travel training session from **1:30 to 2:30 PM** on how to confidently use the transit system.

During the signup session from **2:30 to 3:30 PM** you will be asked to present a valid driver's license/ID or passport and have your photo taken. The cards will be mailed to you.

Nearly 100 Boxborough seniors attended past signups. Free to those 65 and older, the cards entitle holders to half-price T fares. For example, a Commuter Rail South Acton to North Station roundtrip, regularly \$21, is only \$10.50 with a Senior CharlieCard.

Register no later than Thursday, October 17, for either or both events.

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.

Medicare Open Enrollment



A Medicare Open Enrollment presentation will be given by SHINE counselor, Leslie Madge, on **Wednesday, October 23 at 1:30 PM** at the **Community Center**.

Medicare 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 Medicare coverage changes for 2025
- 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 on January 1, 2025. Should you choose not to do anything, your current plan will continue in 2025.

Individual appointments with a SHINE counselor can be arranged through the COA Office. See Page 1 for contact information.

Ask A Lawyer

Attorney Kitty O'Connor of Eckel, Hoag and O'Connor from Acton will meet with Boxborough seniors on **Thursday, October 24** for a free, 15-minute consultation from **1:30 to 3:30 PM** at the **Community Center**. She will answer your legal questions or advise you on the right direction to move forward. Make an appointment with the COA by Tuesday, October 22. (See contacts in the box on the front page)



Seniors Read Program

The Acton and Boxborough Council on Aging Boards are working in collaboration with the Acton - Boxborough Regional School District to have seniors from our communities read to children in kindergarten through fourth grade in the elementary schools during the fall term.

The reading sessions will be approximately 30 minutes. You will be contacted with details and the books will be provided for you to preview before reading to the children. You will also receive guidelines to familiarize you with the school and classrooms.

Please contact the Boxborough COA to register for the program by Thursday, October 10.

Fall Yoga with Rebecca

Registration began on **Thursday, September 19** for Boxborough residents.

Non-residents may register beginning **Thursday, October 3** if space is available. Registration forms are posted on Boxborough's COA webpage and are available at the COA office. The minimum class size is six Boxborough residents. Please make checks payable to the Town of Boxborough.

Yoga with Rebecca classes begin on **Thursday, October 10** and run through **Thursday, January 16**. Chair Yoga Flow is offered at the **Community Center** or via **Zoom on Thursdays** from **9:30 AM to 10:15 AM**. Fee: \$36. Mat Yoga is offered only at the **Community Center** from **10:45 AM to 11:30 AM**. Fee: \$36. (*Classes will not be held on November 28, December 26, or January 2.*)



The Museum will be open **2 to 4 PM Sundays**
• **October 6**
• **November 10**
• **December 7**

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



Ongoing Events, Classes

To learn more about any event, call the COA: 978-264-1730 or 978-264-1717.



Fitness with Holly: Class meets in person at the Community Center, Mondays and Wednesdays, 9 AM.

Fitness with Holly Via Zoom: Class meets via Zoom on Fridays, 9 AM.

Game Day: Drop in to play Mexican Train Dominoes, Rummikub, MahJong, and more every week. Make new friends, chat, and enjoy each other's company. Tuesdays, 1 to 3:45 PM at the Community Center.

Knitting 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.

Coffee & Chat with Kim: Join Kim and others for coffee and conversation, usually the last Wednesday of the month, 10:30 AM at the Community Center.

Ask a Lawyer: Free 15-minute sessions with a lawyer on designated days, 1:30 to 3:30 PM at the Community Center.

Chair Yoga with Rebecca: Modified yoga moves performed with a chair for added support. Meets Thursdays, 9:30 AM in person at the Community Center or via Zoom.

Mat Yoga with Rebecca: In-person floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets at the Community Center on Thursdays, 10:45 AM.

Well Adult Clinic: Held on the second Wednesday of the month, 11:15 AM to 12:15 PM at the Community Center. Nashoba Associated Boards of Health hosts a monthly wellness check and blood pressure clinic for all ages.

Podiatry Clinic: Dr. Alissa Kuizinas holds a podiatry clinic every 4-6 weeks at the Community Center, 10:30 AM to 3:45 PM.

Monthly Lunches: Free lunches for Boxborough residents age 60 and over, at the Community Center on the second Wednesday of the month, sponsored by a variety of groups and businesses.

Out to Lunch: Monthly gatherings at local restaurants where you choose from the menu and pay for your own lunch.

If you are having any issues with information technology (IT) on your home computers, tablets, or smartphones, call the COA to get an appointment with our IT volunteers.

If you are having any legal issues that might involve an elder law attorney, please call the COA to make an appointment for our Ask A Lawyer program usually on the last Thursday of the month from 1:30 to 3:30 PM at the Community Center.

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 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 _____

In Recognition of _____

October 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 10-Mindfulness Meditation 1-Game Day	2 9-Fitness w/Holly 2-Knitting Group	3 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 6-7 PM 'Honeybees and Beekeeping'	4 9-Fitness w/Holly via Zoom	10:30-FreeBee Food Rescue Saturday
6 2-4 Boxborough Museum	7 9-Fitness w/Holly 10:30-12:30 Matter of Balance 7-8 PM 'Ways to Have a Green Holiday Season for Families'	8 10-Mindfulness Meditation 1-Game Day	9 9-Fitness w/Holly Noon-COA Luncheon Sponsor: UCC Church 2-Knitting Group 3-6 PM Flu Clinic at Blanchard Elementary School	10 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Senior Living 101	11 9-Fitness w/Holly via Zoom	10:30-FreeBee Food Rescue Saturday
13 2- Historical Society Presentation- New England Notebook: Ted Reinstein	14 Columbus/Indigenous Peoples' Day Town offices and Library closed	15 10-Mindfulness Meditation 1-Game Day	16 9-Fitness w/Holly 2-Knitting Group	17 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30- 'Remember Rabbit Ears?' History of Television	18 9-Fitness w/Holly via Zoom	10:30 FreeBee Community Market
20 2:30-5:30 Field Trip: Shanklin Music Hall, Groton	21 9-Fitness w/Holly 10-COA Board Meeting 10:30-12:30-Matter of Balance 1:30-2:30 Charlie Card Info 2:30-3:30 Charlie Card Signup	22 1-Game Day	23 9-Fitness w/Holly 1:30 Medicare Open Enrollment Presentation 2-Knitting Group	24 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Ask A Lawyer	25 9-Fitness w/Holly via Zoom	10:30-FreeBee Food Rescue Saturday
27	28 9-Fitness w/Holly 10:30-12:30 Matter of Balance 11:30-Out to Lunch at the 99, Hudson	29 1-Game Day	30 9-Fitness w/Holly 10:30 Coffee with Kim Special Guest: Peishan Bartley, Library Director 2-Knitting Group	31 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga		

Out of Town Mt. Calvary Church, Acton

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

Boxborough Library Fall 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 1 from 5 to 7 PM**. (Memberships will be available at the door). The Main Public Sale will take place on **Saturday, November 2 from 9 AM to 2 PM**. The Everything Must Go Sale will be held on **Sunday, November 3 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 will go toward Library programs and museum passes.



Please support this sale by donating your gently used hard covers, paperbacks, audiovisual items, and by attending the sale. Books will be accepted from Monday, October 28 through Thursday, October 31 at the Library during regular Library hours. Please no VCR tapes, magazines, or anything in poor condition.

Flu Clinic

The Nashoba Associated Boards of Health will be offering their 2024 Flu Clinic at the **Blanchard Elementary School** at 493 Massachusetts Avenue on **Wednesday, October 9 from 3 to 6 PM**. Preregistration is required using the links posted on their website: nashoba.org/calendar. To register, select the link for the desired clinic location and your age group.

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.

Library News

There are many fun activities at the Library in October.

On **Thursday, October 3 from 6 to 7 PM** come to the Library for a program on *Honeybees and the Importance of Beekeeping*. Local beekeeper John Hedly will explain how to get bees and how to start a hive. John will assemble a hive during the session and demonstrate the process of collecting honey.

On **Monday, October 7 from 7 to 8 PM** there will be a virtual presentation on *Ways to Have a Green Holiday Season for Families*. Author Sarah Roberston-Barnes will present ways to use the holiday season as an opportunity to focus and enjoy time with family and friends.

New England Notebook: Ted Reinstein

On **Sunday, October 13**, the Boxborough Historical Society will present Ted Reinstein speaking on his book *New England Notebook: One Reporter, Six States, Uncommon Stories*. The presentation will be at **Boxborough Town Hall** starting at **2 PM**. Admission is free, all are welcome, and registration is not required.

Ted has been a reporter for the WCVB-TV (Channel 5) Chronicle team for over 25 years during which he has garnered many national awards including an Emmy in 2018. From every corner of New England, he has found the offbeat, the unique, the moving, and the just plain memorable, all while telling the enduringly colorful stories of the region's people and places.

Spotlight on Northern Italy

A Trip to Northern Italy with Collette Travel & Tours is being sponsored by the Friends of the Acton COA, April 24 to May 2, 2025. Open to all. An informational session will be **Tuesday, October 22, 10 AM** at the **Acton COA** located at 30 Sudbury Rd Rear, Acton. For more information visit www.friendsofactoncoa.com or stop by the Acton Senior Center for a brochure.

Save the Date: Special Town Meeting will be held on Monday, February 10, 2025

Reminder: Turn your clocks back an hour before going to bed on Saturday, November 2. Daylight Saving Time begins at 2 AM on Sunday, November 3.

Submit items for the November 2024 issue by October 4, 2024
to boxboroughbuzz@gmail.com



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