

THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

November 2024

Council on Aging

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November Lunch

Lincoln Property Company is sponsoring our monthly lunch on **Wednesday, November 13** at **noon** at the **Community Center**. They are offering chicken parmesan, pasta, salad, rolls, and a dessert. Please **RSVP** to the COA beginning Monday, November 4. All Boxborough seniors are welcome.

Lincoln, one of the largest private real estate firms in the country, acquired the former Cisco Systems at 1414 Massachusetts Avenue in 2017. They opened a property management office in Boxborough in 2020. As real estate owners, developers, and service providers, they are thoughtful in their approach and remain focused on constant improvement and innovation.

We are collecting donations for the Acton Food Pantry at all our lunches. Shelf stable foods and large brown paper bags are always welcome.



Ways to Love Your Planet (and save \$\$)

After the monthly lunch, join Marjorie Kamp on **Wednesday, November 13** at **1:15 PM** at the **Community Center** for a list of 60 ways to love your planet and save money. She will take 30 minutes to review the list with great ideas for you to incorporate into your daily living.

Do you know that two-thirds of greenhouse gasses result from personal household choices? Everything we eat, wear, drive, buy, cool/heat, throw away, invest in, and what we talk about influences climate change. You can change a habit or two while saving money.

Out to Lunch

Join your friends at **Legends Café** for our monthly Out to Lunch. Meeting time will be at **11:30 AM** at 5A Spruce Street, Acton on **Monday, November 18**.

The café menu includes sandwiches, wraps, and hot dogs from the grill. Breakfast items and delicious salads are also available. Please **RSVP** by Wednesday, November 13. Individual checks will be provided.

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

In respect for the Veterans Day Holiday, I encourage everyone to take a moment at 11 AM on November 11 to remember all those men and women who served our country in the armed forces. Boxborough will recognize our veterans, at that time, at the Veterans Memorial at the Library if you would like to observe the ceremony. Thank you, veterans, for your dedicated service to our country.

Let us all remember the many things we have to be thankful for on Thanksgiving and every day of our lives. Sometimes we take for granted the simple things like fresh air to breathe and the sunshine on a warm day. I'm sure you can come up with a long list of things that you would miss if you didn't have them. Wishing you a Happy Thanksgiving and a lot to be thankful for!

Best,
Kim Dee

Wellness Clinic



The Nashoba Associated Boards of Health will offer their monthly, drop-in, Wellness Clinic on

Wednesday, November 13, 11:15 AM to 12:15 PM at the **Community Center**. The Town's Public Health Nurse, Alicia Lepardo, RN will provide one-on-one attention for blood pressure and blood sugar screenings, diet/nutrition information and education, medication review, and referrals for community resources.

Podiatry Clinic

Dr. Alyssa Kuzinas, DPM will offer her podiatry services on **Wednesday, November 6** from **10:30 AM to 3:45 PM** at the **Community Center** for Boxborough seniors. Call the COA to book a 15-minute appointment to have your toenails trimmed and/or your calluses treated for \$35 cash or check.



Coffee & Chat with Kim



Stop by the **Community Center** on **Wednesday, November 27** at **10:30 AM** for a free cup of coffee or tea. Join Kim and some of your fellow seniors for socializing and casual conversation.

Public Safety

The colder weather is upon us and it is important to be aware of the dangers of alternative home heating sources. Keep anything that can burn 3 feet away. They can cause fires!

Space heaters:

- Do not use space heaters as your number one heating source.
- Always turn off space heaters when going to bed or leaving home.

Fireplaces and solid fuel stoves:

- Always get a building permit before installing fireplaces, pellet or wood burning stoves.
- A qualified chimney sweep or mason should inspect the chimney or stove before use.
- Have your chimney professionally cleaned every year to prevent chimney fires.
- Dispose of ashes in a metal container, with a lid, away from the house or garage.

Always be careful when using any type of alternative heating sources.

FF/EMT Courtney Panaro

FCOA President's Annual Update

Over the last 12 months seniors in Boxborough have been fortunate as the COA has both maintained its schedule of ongoing programs and offered a great variety of new trips and programs.

We are fortunate to have Kim Dee and Ami Scheen continue their work in the COA office to keep senior activities in town going and for providing the strong support for seniors.

The Friends continued our commitment to the seniors by funding and staffing three in-person lunches and supporting other endeavors and programs as requested by the COA and COA Coordinator.

Once again, the Friends are grateful to the COA and Select 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 20 at 10:15 AM in the meeting room of the Sargent Memorial Library.

John Fallon President

Winter Fitness with Holly

Registration begins on **Monday, November 4** for Boxborough residents. Non-residents may register beginning **Tuesday, November 12** if space is available. Registration forms will be posted on Boxborough's COA webpage. You may also call the COA to request a form. The minimum class size is six Boxborough residents. Please make checks payable to the Town of Boxborough.

Classes begin on **Monday, November 18** and run through **Friday, February 7**. All classes start at **9 AM**. Monday and Wednesday classes are held at the **Community Center**; Friday classes are via **Zoom**. Fees: \$4 per class. Eleven Monday classes are \$44, Ten Wednesday classes are \$40, Eleven Friday classes are \$44. You can register for one, two or three classes per week. (*No classes will be held on Friday, November 29, Monday, December 23, Wednesday, December 25, Friday, December 27, Wednesday, January 1 and Monday, January 20.*)

Downsizing: What You Need to Know to Decide

Have you been considering aging in your home? To answer this question and many more, join us on **Thursday, November 14** at **1:30 PM** at the **Community Center**. Attorney Dale Tamburro will explain the benefits of staying in your home longer, capital gains, estate planning, long-term care, and trusts. Bring your questions to this informative program. Please **RSVP** by Tuesday, November 12.

Holiday Mindfulness and Meditation Series

Join us for a 5-week mindfulness series designed to help you celebrate this holiday season with more calm, love, and presence. Through guided meditations, gentle movement, and practical mindfulness tools, you'll learn how to reduce stress, deepen self-awareness, process emotion, and cultivate peace. Whether you're new to mindfulness or looking to deepen your practice, this series offers a supportive space to reconnect with yourself and make this a season of serenity.

Meetings are on on **Tuesdays at 10 AM** from **November 19** through **December 17** at the **Community Center**. The registration form is on the COA's webpage: bit.ly/3ev7eMI or call the COA to request one. Fee: \$20. Checks payable to the Town of Boxborough. The minimum class size is six Boxborough seniors.

In the case of snow, these sessions will be moved from in person to a zoom location that will be emailed to participants at least one hour before the session start time.

Ask A Lawyer

Attorney Cathleen Summers, RN, ESQ from Generations Law Group in Acton will meet with Boxborough seniors on **Thursday, November 21** for **free** 15-minute consultations from **1:30 PM to 3:30 PM** at the **Community Center**. Cathleen will answer your legal questions or give you the right direction to move forward. Make an appointment with the COA by November 19.

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.

Safe Drive Through the Aging Process

Developed by a retired Ohio state trooper, this presentation on **Thursday, November 7 at 1:30 PM** at the **Community Center** is designed for seniors questioning their driving skills and may be considering a retirement from driving. Topics include: defining the problem; warning signs of diminished driving skills; what you can do to continue driving safely; tips for reducing the likelihood of a traffic crash; exercise and driving; and making the decision to continue or retire from driving. **RSVP** by Tuesday, November 5.

Elvis is in the House

Join us on **Wednesday, November 27 at 1:30 PM** at the **Community Center** for Acton's own Calvin Benelli performing as an Elvis Tribute Artist. Calvin will sing, dance, and speak in Elvis' true character. This fun performance is sure to bring back fond memories of the King of Rock and Roll. Calvin was involved in theater and chorus at Acton-Boxborough Regional High School, where his passion for Elvis began. He has since been performing locally and competing in New York and Cape Cod. This show is sure to bring smiles to your face and warmth to your heart. **RSVP** by Wednesday, November 20.

Spa Day

A Spa for You from Westford returns to pamper us on **Monday, November 25** from **10:30 AM to 1 PM** at the **Community Center**. Each service is 15 minutes and costs \$15 per service. Choose from the following services: Chair Massage, Facial, Cut, File and Paint Fingernails or Toenails or both, Foot and Leg Massage.

Register with the COA no later than Wednesday, November 20 to take advantage of this wonderful, inexpensive opportunity to pamper yourself. A minimum of 20 services total is requested for Spa Day to happen.

November Library News

November 2024 Book Sale

Come to the November Library Book Sale. The sale starts **Friday, November 1** from **5 to 7 PM** for members (memberships will be at the door.) The main public sale will take place
(Continued on next Column)
on **Saturday, November 2** from **9 AM** to

2 PM. The Everything Must Go sale will be **Sunday, November 3** from **2 to 4 PM**.

Sourdough Starter Workshop

Learn how to make, maintain, and store sourdough starter from an expert baker and food blogger. The workshop will be held on **Tuesday, December 3** from **6 to 7 PM**. You will leave the workshop with some free sourdough starter. Please register for this event so Brandon of SourdoughBrandon.com knows how much sourdough starter to bring.

Sign up for the Library's digital newsletter at wowbrary.org/signup.aspx for the most up-to-date news and announcements.

Merrie Christmas Fair

Kick off the holiday season by joining your friends and neighbors at Boxborough's **United Church of Christ**, 723 Massachusetts Avenue on **Saturday, November 23** from **9 AM to 1 PM**. The Fair features many things to purchase including handmade items, jewelry, holiday greens, gifts and knits, and baked goods. Other features include "Attic Treasures," a children's crafts and gifts table, and a snack bar. Expect a visit from Santa as well as music provided by Phyllis Fallon and the Workingman's Duo.

The Silent Auction, offering a unique array of items, will be held online at: biddingforgood.com/UCCBSilentAuction starting **Wednesday, November 13 at 8 AM**, ending **Saturday, November 23 at 6 PM**.

Ten percent of the Fair profits will be donated to Habitat for Humanity. Exact cash is encouraged for purchases, but payment by check or credit/debit card will be accepted.

The Museum will be open



2 to 4 PM Sundays

- **November 10**
- **December 8**
- **January 12**

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, or other games like Rummikub or Mahjong. 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 usually the last Thursday of the month, 1:30 to 3:30 PM at the Community Center. Please contact the COA for appointments.

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 6-7 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. All seniors are welcome.

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

Please contact the COA if you:

- would like a meeting with our SHINE counselor, Amy Bowness, about Medicare Options.
- have ideas for future programming, Out to Lunch locations, or field trip suggestions.
- have issues with your home computer, tablet, or smartphone.

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 _____

November 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
					¹ 9-Fitness w/Holly via Zoom 5 - 7 PM -Library Book Sale (Members' Preview)	² 9 AM – 2 PM Library Book Sale
³ 2 PM-4 PM 'Everything Must-Go' Book Sale Daylight Saving time ends.	⁴ 9-Fitness w/Holly 10:30-Matter of Balance 2-COA Board Meeting	⁵ <div>General Election 7 AM-8 PM Voting at Town Hall</div> 10-Mindfulness and Meditation 1-Game Day 3-Grief Support	⁶ 9-Fitness w/Holly 10:30- Podiatry Clinic 2-Knitting Group	⁷ 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Safe Drive thru the Aging Process	⁸ 9-Fitness w/Holly via Zoom	⁹
¹⁰ 2-4 Boxborough Museum	¹¹ Veterans Day Town Offices and Library closed 11-Veterans Day Ceremony at the Veterans Memorial on the Library Grounds	¹² 10-Mindfulness and Meditation 1-Game Day	¹³ 9-Fitness w/Holly 11:15-Well Adult Clinic Noon-COA Luncheon Sponsor: Lincoln Property Company 1:15-60 Ways to Love Your Planet 2-Knitting Group	¹⁴ 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Downsizing: What You Need to Know to Decide	¹⁵ 9-Fitness w/Holly via Zoom	¹⁶
¹⁷	¹⁸ 9-Fitness w/Holly 11:30-Out to Lunch at Legends Café, Acton	¹⁹ 10-Holiday Mindfulness & Meditation 1-Game Day	²⁰ 9-Fitness w/Holly 10:15-FCOA Meeting 2-Knitting Group	²¹ 9:30-Chair Yoga (Hybrid) 10:45-Mat Yoga 1:30-Ask A Lawyer	²² 9-Fitness w/Holly via Zoom	²³ 9 AM - 1 PM- Merrie Christmas Fair at UCC Church
²⁴	²⁵ 9-Fitness w/Holly 10:30-Spa Day	²⁶ 10-Holiday Mindfulness & Meditation 1-Game Day	²⁷ 9-Fitness w/Holly 10:30-Coffee with Kim 1:30-Elvis is in the House 2-Knitting Group	²⁸ Thanksgiving Town offices and Library closed	²⁹	³⁰

Out of Town Mt. Calvary Church, Acton

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

Support Services for Seniors

Minuteman Senior Services provides a variety of services including Meals on Wheels, 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.

SHINE (Serving Health Insurance Needs of Everyone) provides appointments to discuss Medicare options, call the COA to set up an appointment with our Minuteman Senior Services' Medicare Information Specialist.

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: www.alz.org, 800-272-3900

Mt. Calvary Community Supper, 472 Mass Avenue, Acton, is open to all, for in-person suppers in their dining room on Wednesdays from 4:45 PM to 5:45 PM. Visit mtcalvaryacton.org/communitysupper or call 978-263-5156 for more information.

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

Key Box Program is a service provided by the Boxborough Fire Department. They install a locked box on the outside of your house which contains a key to your home. This allows them to enter your house should an emergency occur and you are unable to open your door. The box is free of charge and you can call the Boxborough Fire Department at their non-emergency number 978-264-1770 to request a Key Box.

(Continued next column)

File of Life is a personal medical home file prepared to assist emergency first responders. It provides them with your important medical history and information instantly. This enables them to initiate corrective medical treatment immediately. You can get a version to put on your refrigerator and a version to keep on your person in case of emergencies. They can be picked up at the Town Hall or call the COA if you have any questions.

Veterans' Services – Contact Veterans' Agent James MacRae 978-929-6614 or stop by his Boxborough office hours at the UCC Church, 723 Mass Avenue, Boxborough on Tuesdays 10 AM – 2 PM.

Grief and Healing Support Group

Nashoba Associated Boards of Health (NABH) welcomes adults who are experiencing grief to participate in monthly, drop-in Grief and Healing Support Groups throughout the region. Facilitated by grief counselor Karen Campbell, MSMHC, these support groups are open to the public and offer a safe space to share experiences of the grief journey. These groups are an opportunity to learn more about the grief process and strategies for managing grief. Confidentiality is respected and honored.

These Grief and Healing Support Groups honor all types of grief, including grief due to loss, change, and transitions. In recognition that grief has no time frame, those who grieve are welcomed at any time in their journey.

Since grief is an evolving process, occasional check-ins with a grief support group may be beneficial. No one is required to commit to consistent attendance. A group meets the **first Tuesday of the month** at the **Sargent Memorial Library at 3 PM**. For other dates, times, and locations see nashoba.org/calendar.



Don't forget to vote on Tuesday, November 5 at Town Hall 7 AM to 8 PM.

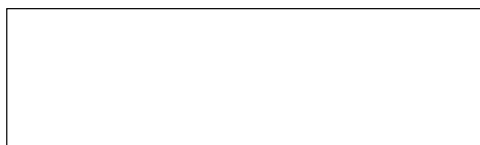
Daylight Saving Time ends Sunday, November 3. Remember to set your clocks back 1 hour before you go to bed on Saturday, November 2.

Go to covidtests.gov to order your free COVID-19 tests. Click on the **Order free at-home tests** button to receive the form from USPS you must fill out and submit. Need help placing an order for your at-home tests? Call 1-800-232-0233 (TTY 1-888-720-7489).

**Submit items for the December 2024 issue by Tuesday, November 5, 2024
to boxboroughbuzz@gmail.com**



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Acton, MA
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Boxborough Town Hall
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Boxborough, MA 01719
Change Service Requested