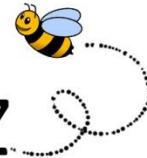


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

February 2018

Council on Aging

Laura Arsenault,
COA Coordinator
978-264-1717
e-mail: larsenault@
boxborough-ma.gov

COA Board Members

Identify needs, develop and implement programs and services, educate populace and advocate on behalf of elders.

Frank Powers, President
Tina Bhatia
Barbara Birt
Taryn Light
Frank Sibley
Barb Wheeler
Les Fox, Liaison with Board of Selectmen

Friends of the Council on Aging

John Fallon, President
Barbara Birt
Patty Gayowski
Loretta Grushecky
Lauraine Harding
Mary Nadwairski
Astrid Perko
Ginnie Richardson
Alan Rohwer
Shirley Warren
Georgia Winfrey

Buzz Production Team

Tina Bhatia-COA
Barbara Birt-COA
Anne Canfield
Taryn Light-COA
Tess Summers

News Flash for All Registered Voters!

If you are a registered voter in Boxborough, here is important information for you! A **Special Town Meeting (STM) is scheduled for Monday, February 26, at 7 PM, in the Blanchard School gymnasium.** (*Snow date, if necessary, planned for: Thursday, March 1.*) STM warrants will be mailed by February 9.

The driving force for this STM is to consider the acquisition of a parcel of land, complete with a structure that would be suitable for the operations of Boxborough's Department of Public Works (DPW).

Article 1 will consider the acquisition of the property located at 873 Mass Ave, which currently houses Kaizen Tuning in an 8,000 square-foot facility.

Article 2 will consider the acquisition of equipment and tools for the DPW.

Article 3 seeks an appropriation for borrowing costs. (*This would be related to a bond issuance, which would cover Articles 1 and 2, as well as borrowing authorized in May 2017.*)

Article 4 is to pay a prior fiscal year bill related to Hager well maintenance.

You are urged to attend this STM. This is the Town's opportunity to acquire land **and** a structure suitable for housing our DPW!

Brain-Healthy Cooking Lunch and a Valentine Cupcake

Get out your red pen and draw a heart on **Wednesday, February 14**, to remind yourself it's Valentine's Day. To celebrate, you are invited to join your friends and neighbors at the **Community Center** to enjoy a luncheon at **noon**. Food will be provided by Concord Park's management company, Senior Living Residences (SLR).

At this luncheon, Concord Park's Maryellen King will speak about the Brain-Healthy Cooking Program developed by SLR. This award-winning nutrition program discusses ways of eating and cooking that promote a healthy brain. SLR's Brain-Healthy Cooking Program, largely based on the popular and well-researched Mediterranean Diet, features brain-healthy foods, such as dark berry fruits, leafy green vegetables, whole grains, herbs, spices, and seafood. Maryellen's presentation will demonstrate how easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory.

And while we realize that it is a bit of a contradiction, your brain-healthy lunch will finish with a cupcake from the dessert table provided by Countryside Cupcakes. So, plan to join the fun, learn about brain-healthy cooking, and then indulge your naughty-side as you enjoy a decadent Valentine's Day cupcake.



Spotlight Series

The staff of the BUZZ is excited to begin providing a new series of articles that "spotlight" departments and people in Boxborough who provide services for citizens of the Town.

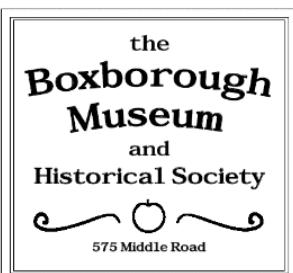
Spotlight Series: Council on Aging Coordinator

Our first Spotlight Series article features Council on Aging Coordinator Laura Arsenault. Laura provides knowledgeable and confidential advice for seniors. When she joined the COA in 2008, there were about 700 seniors in Boxborough. Our senior population has grown to approximately 1,090—WOW!

Laura explained, "Working in the eldercare care arena for the past 33 years has enriched my life in many ways, mostly because of the many interesting people I have met." She spoke of a World War I pilot she remembers who flew bi-planes for reconnaissance efforts. He became a judge and penned a book about the life of a lawyer. Asked why he didn't write about his wartime experiences, he said that he didn't think anyone would find them to be interesting.

As COA Coordinator, Laura also aids younger seniors still in the workforce by helping them access information about health insurance, Medicare options, and tax preparation. Also, if they have a parent who needs help, she'll work with them to find solutions.

Lastly, Laura stated, "I have learned that seniors don't let age control their lives – they use their life experiences to control their age." Her office is located at Boxborough Town Hall. Feel free to stop by to say hello, or give her a call: 978-264-1717.



The Museum will be open **2-4 PM** on **SUNDAY—February 11.**

Public Forums: Search for Boxborough's New Town Administrator

With the approaching retirement of Town Administrator (TA) Selina Shaw, the Board of Selectmen retained consultant firm Community Paradigm Associates, LLC to support and assist them in the recruitment of the best available talent for this critical position. As part of their process, Community Paradigm Associates will hold two public forums to hear the qualities, attributes, and skills Boxborough's citizens believe are important for our next TA to possess.

Both forums will be held on **Thursday, February 1**. Times and locations are: **11 AM to noon, Community Center** **7 PM to 8 PM, Sargent Memorial Library.**

Please plan to attend one of these forums and share your ideas with Community Paradigm Associates. To ensure that TA candidates selected by Paradigm are aware of the concerns of Boxborough citizens, it is important for the consultant to hear directly from the broadest spectrum of Town's people as possible . . . and that includes you!

If you are unable to attend either forum, you can provide your input via email at TASearch@boxborough-ma.com.

2017 Income Tax-Preparation: A Free Service by AARP

If you are a low-to-moderate income taxpayer, you are eligible to participate in the AARP Tax-Preparation Program. The February and March dates are not yet available. However, if you would like to be put on the list for an appointment, please call Laura (978-264-1717) as soon as possible since the spots fill quickly. This year, all appointments will be held at the Acton Memorial Library.

Before Leaving a Hospital or Rehab Facility

- Be sure your healthcare provider tells you and/or a family member everything about your diagnosis/disease. You should not leave the facility with any questions regarding your health.
- Get any available reading materials about your procedure or disease specific education materials.
- Tell your healthcare provider the names of your current medications.
- Make sure you understand how to take any new drug prescribed by your healthcare provider, how often to take the new drug, and what you can expect as far as the drug action and side effects.
- Have your healthcare provider give you written materials about your medications so you can refer to the instructions at home.
- Your healthcare provider should give you written instructions telling you when you can return to your normal activities and normal diet.
- Know about any problems that may develop at home (for example, a bad reaction to your medication). You should know when to call your physician if any problems develop and when to dial 911.
- Repeat your discharge instructions back to your healthcare provider to make sure that you understand the instructions.

- Before you leave the hospital, make sure that all intravenous lines or access ports that you do not need for other medications are removed by your healthcare provider.

Your healthcare provider should do the following:

- Tell you when you can expect your test results and who you should call for those test results.
- Schedule any follow-up appointments with physicians/specialists as needed.
- Give you referrals for services that have been ordered by your physician (for example, physical therapy or occupational therapy).

Ask Questions: Make sure you ask your healthcare provider any questions you have about your procedure or disease, follow-up care, medications, follow-up test results, and potential problems that may not happen until after you leave the hospital.

A great tool to help you with all of this can be found by searching Your Discharge Planning Checklist-Medicaid.gov online, or call Laura at 978-264-1717 and she can send one to you.

COA Transportation Services

Boxborough seniors and residents with disabilities can call Cross Town Connect to reserve van rides to medical appointments, food shopping, and most local programs. The cost is nominal. Make reservations and cancellations any time from **8:30 AM–4 PM, Monday through Friday**. To book a trip on the COA van, please call **978-844-6809**.

Call Laura if van is unavailable (798-264-1717). Drivers may be available.

Road to Recovery

Call 1-800-227-2345 for transportation and information for cancer patients.

Lending Hand Services

Need a helping hand with a specific task, such as moving a heavy object or hanging a window shade? Call Laura at 978-264-1717 to see if **Lending Hand** can help.

Reminder: Special Town Meeting to Be Held This Month

You are encouraged to attend the **Special Town Meeting (STM) scheduled for Monday, February 26, at 7 PM, in the Blanchard School gymnasium.** (*Snow date, if necessary, Thursday, March 1.*)

This is your opportunity to help Boxborough resolve issues associated with the current location of the Town's DPW facility. Please plan to attend this important STM!

–Submit articles for March issue by February 9



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

February 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 9-Line Dance 9:15-Bridge 11-12 TA input 2-Mah Jongg 7-TA Input	2 9-Fitness w/Holly	3
4 9-Fitness w/Holly 1-Movie Monday	5 10-Book Group 1-Yoga	6 9-Fitness w/Holly 2-Crafters Group	7 9-Fitness w/Holly 2-Crafters Group	8 9-Line Dance 9:15-Bridge 2-Mah Jongg	9 9-Fitness w/Holly	10
11 2-4 Boxborough Museum	12 9-Fitness w/Holly 1-Movie Monday	13 1-Yoga	14 9-Fitness w/Holly 12-Valentine Lunch 2-Crafters Group	15 9-Line Dance 9:15-Bridge 2-Mah Jongg	16 9-Fitness w/Holly	17
18 Presidents' Day Town Hall and Library closed	19 1- Yoga	20 9-Fitness w/Holly 2-Crafters Group	21 9-Fitness w/Holly 2-Crafters Group	22 9-Line Dance 9:15-Bridge 2-Mah Jongg	23 9-Fitness w/Holly	24
25 9-Fitness w/Holly 1-Movie Monday 7- Special Town Meeting	26 10- Wellness Clinic 1-Yoga	27 9-Fitness w/Holly 2-Crafters Group	28 March 1 STM snow date, if necessary			

Out of Town

Mt. Calvary Church, Acton

Quilting Group, Tue, 9 AM
Community Supper, Wed, 5 PM



Ongoing Events, Classes

To learn more about any event, call
Laura Arsenault: 978-264-1717



Book Group Meets first Tuesday of every month, Sept-May, 10 AM. Library. New members are always welcome.

Bridge An ongoing group that always welcomes new members. Meets Thursdays, 9:15 AM. Town Hall. For more information, call Val at 978-263-8184 or Anne at 978-263-2664.

Community Supper in Acton For everyone on every Wednesday at 5 PM at Mt. Calvary Church. No charge.

Crafters Group A group for those who enjoy knitting, crochet, beading, cross-stitch, any craft at all, make new friends, and work on your project. Meets Wednesdays, 2-4 PM. Sargent Memorial Library. Call Library for more information: 978-263-4680.

Fitness with Holly A 12-week class meets Mondays, Wednesdays, and Fridays at the Community Center. Sign up for one, two or three days. 9 AM.

Line Dance A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM at the Community Center.

Mah Jongg Drop in and learn what this ancient game is all about. Thursdays, 2 PM at the Community Center.

Movie Mondays @ Sargent Memorial Library 1 PM every Monday that the Library is open.

Quilting Group An ongoing group that makes quilts for the needy worldwide. Meets Tuesdays at Mt. Calvary Church, Acton, 9 AM-noon. Call Astrid Perko at 978-263-7016.

Wellness Clinic Held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages. 10 AM. Town Hall.

Yoga for Seniors A 12-week class of stretching, balance, and strengthening taught by Julia Viggh. Meets Tuesdays, 1 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 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