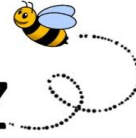


THE BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

June/July 2022

Council on Aging

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COA Board

Bill Litant, Chair
Anne Canfield, Vice Chair
Karen Whitcomb, Secretary
Tina Bhatia
Barbara Birt
Taryn Light
Barbara Wheeler
John Fallon, FCOA Liaison
John Markiewicz, Select
Board Liaison
Maria Neyland, FinComm
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
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Buzz Production Team

Tina Bhatia
Barbara Birt
Anne Canfield
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June Lunch at the Community Center

The Boxborough Friends of the COA (FCOA) will host an in-person lunch on **Wednesday, June 8**, at **noon** at the **Community Center**. This is a great opportunity to get together with friends and neighbors before the start of the summer season. Menu includes a spiral ham, fingerling potatoes, green beans almondine, garden salad, and dessert. You may **RSVP** to the COA beginning **May 31** by sending an email to kdee@boxborough-ma.gov or by calling 978-264-1717.

July Ice Cream

Enjoy your favorite novelty! **Arranta Bio**, one of Boxborough's new corporate neighbors, is sponsoring an ice cream truck for Boxborough seniors on **Wednesday, July 13**, from **1 to 2 PM** in the **Town Hall parking lot**. Space is limited. Please **RSVP** to the COA by calling 978-264-1730 or 978-264-1717. Arrival times are by last name: A thru D pickup is at 1 PM; E thru K is at 1:15 PM; L thru R is at 1:30 PM; and S thru Z is at 1:45 PM. This event is for Boxborough seniors age 60 and older.

Arranta Bio is located at 1414 Mass Ave. The company provides novel solutions to clients for advanced therapy process development and manufacturing.

Boxborough Fifer's Day

After a 2-year absence, on **Saturday, June 18**, Boxborough will celebrate Fifer's Day at **Flerra Meadows** on Stow Road. Fifer's Day is jointly sponsored by the Boxborough District Minuteman Company and the Town of Boxborough's Public Celebrations and Ceremonies Committee. The day commences at **9:30 AM** with the **Fifer's Four-Mile Road Race**. This is followed by a **parade** from the **Blanchard School to Flerra Meadows at 11 AM** and then presentation of the **Golden Fife Award**. The fair will commence at noon and include food and barbecue, including a vegetarian option, children's games and activities, volleyball tournament, booths representing Town organizations, and a craft fair. There will be live music throughout the afternoon. Please go to www.fifersday.org for more information, or to sign up for a non-profit booth, craft booth, road race, or volleyball.



Coordinator's Corner

Happy Summer, Everyone!
Happy Father's Day and Independence Day!

Summer safety suggestions...

- Keep hydrated.
 - Use a special glass or a water bottle, drink, and refill it often.
 - Add some cut up fruit or fruit juice to add flavor to water.
 - Eat foods with high water content found in many fruits and vegetables.
- Keep cool.
 - Wear loose fitting clothes.
 - Close your windows, shades and curtains in the morning and open them up in the evening to keep the heat out and let the cool air in.
 - Visit the Library or other places that have air conditioning.
- Protect yourself from the effects of the sun.
 - Wear a hat and sunglasses.
 - Use sunscreen, apply as often as instructed.
 - Sit in the shade.
- Protect yourself from bug bites and stings.
 - Use bug spray.
 - Wear long sleeves and long pants if in the woods or fields.

Summer
time!



Stay well and keep smiling,
Kim

Wellness Clinic



The next **Wellness Clinics** with the Nashoba Area Boards of Health are scheduled for **Wednesday, June 15**, and **Wednesday, July 20**, from

11 AM to noon at the **Community Center**. Our Community Health Nurse, Susan, will be available to answer your medical or general health questions and take your blood pressure.

Public Safety: Fire Safety Reminders

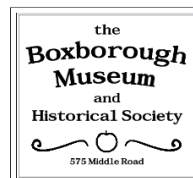
Here are important reminders for fire safety and home escape plans.

- Post your house number on the outside and make sure it is clearly visible from the street so first responders can quickly find you.
- When fire strikes, or your smoke alarm sounds, you only have a couple of minutes to get safely out of your home.
- Fires create thick, black, choking smoke, which makes it impossible to see or breathe.
- Make and practice a home escape plan with your family so you'll know what to do in an emergency.
- Draw a floor plan of your home. Include all doors, windows, halls, stairs, and fire escapes that can be used to get outside. Use arrows to show the escape routes.
- Keep pathways through your home clear of obstacles such as furniture, newspapers, toys, or other obstructions.
- Plan around your abilities. If you wear eyeglasses or hearing aids, keep them at your bedside along with a flashlight and your cell phone.

Courtney Panaro
FF/EMT/COA Liaison

Podiatry Clinic

The next **Podiatry Clinic** will be **Monday, July 25**, from **1 to 4 PM** at the **Community Center**. Dr. Ayleen Gregorian will trim toenails and treat calluses for \$35 in cash or check. Please call 978-264-1730 or 978-264-1717 to make an appointment.



The Museum will be open **2-4 PM** on **Sundays**

- **June 12**
- **July 10**
- **August 14**

MBTA Senior Charlie Card

The Boxborough Council on Aging will host an MBTA Senior Charlie Card signup on **Monday, June 27**, from **1 to 3 PM** at the **Community Center**. Available free of charge to those age 65 and older, the cards entitle holders to half price fares on all T transportation. For example, a Commuter Rail round trip between South Acton and North Station, regularly \$21, is only \$10.50 with a Senior Charlie Card. At the June 27 event, applicants will be asked to present a valid RMV driver's license/ID or passport, complete a registration form, and have their photo taken.

The cards will be mailed directly to the applicants and are valid for 8 years. To register for the signup, call 978-264-1730 by **Wednesday, June 22**.

Vintage Car Slideshow Social

Therapy Gardens presents their Vintage Car Slideshow Social at the **Sargent Memorial Library** on **Tuesday, June 28**, at **1 PM**.

Take a free ride down memory lane with John from Orphan Car Garage. John will highlight some of our most notorious vehicles of the past. Reminisce about the Rambler and the Studebaker, the Corvair and the Vega. Come enjoy the slideshow and stories while sipping a root beer float.



Please sign up by emailing kdee@boxborough-ma.gov or calling 978-264-1717. Space is limited.

Library News

As the day lengthens and the weather warms, we are looking forward to summer!

We encourage you to join our Summer Reading Program. Create an account on the **Summer Reading Program** site Beanstack (available Monday, June 6, via our website: boxlib.org).

We also have two **Nature Journaling workshops** scheduled on **Thursdays, June 30** and **July 21**, in which participants learn tips on how to record what they observe in nature. Details of the workshop will be on our Event Calendar.

The Library will be closed on Saturdays during the months of July and August. Sign up for our digital newsletter - *Wowbrary* or follow us on social media for the most up-to-date news, or random library related musings. Happy reading!

*Peishan Bartley,
Library Director*

CHNA: News and Future Planning

The CHNA Grant group applied for and received funds from an Emerson Hospital Grant titled *Mitigating the Effects of Isolation and Depression -Post-COVID and Helping Senior Citizens Comfortably Re-Enter the Community*. More detail will be forthcoming on the program to be developed.

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 available **Tuesday, Wednesday, and Thursday, 9:30 AM to 3:30 PM**. The van travels to surrounding towns and may be used for medical appointments and local errands. Masks are recommended, but are optional. To book a ride, call 978-264-1730, preferably 2 days in advance. The fare is \$1 each way for local trips.

Through our **Go Boxborough!** Program, we offer Boxborough seniors and disabled adults transportation 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.

FreeBee Market is Back

Warm days are here, the birds are singing, and we can enjoy the FreeBee Market. Meet up with friends and neighbors on **Saturdays, June 11, August 20, September 10, and October 15** at the **Community Center lawn**, 30 Middle Road, Boxborough. Join us from **10:30** until **noon** or until the food runs out.

Why should you attend the FreeBee Market?

Free food – fruit, veggies, baked goods, and craft supplies

Reduce food waste – you can help

Engage with people in your community

Entertain donating your excess produce and baked treats

Begin growing your own food – receive free seedlings

Exchange ideas at the information tables of local groups

Enjoy and #BeeConnected!

Please reach out to Heather at 617-776-6252 or email:

freebeecommunity@gmail.com if you have questions about the event details,

Everyone is welcome and everything is free!



Area Farmers' Markets

Farmers' Markets are a seasonal tradition that is about to return to our local area.

Farmers' Markets are a good way to shop for fresh vegetables and fruits, local meats, breads, baked goods, cheese, herbs, eggs, honey, crafts, and more.

Here are two things to keep in mind when you go to a farmers' market. First—bring your own reusable bags. Second—carry small bills. (*Paying for one tomato with a \$20-bill would not endear you to a farmer.*)

Here are a few nearby farmers' markets you may want to explore.

- **Acton/Boxborough Farmers' Market**
Elm Street Playground, West Acton.
Open June 19 through October 16, Sundays, 10 AM – 1 PM
- **Maynard Community Farmers' Market**
Mill Parking Lot on Main Street at Mill & Main, Maynard. Open Saturdays, June 25 through September 24, 9 AM – 1 PM
- **Harvard Farmers' Market**
Hildreth Elementary School, 27 Mass Ave, Harvard. Open Saturdays, 9 AM – noon August to October.

Before setting out for any farmers' market mentioned above, or to learn about other area farmers' markets, we recommend that you search online for current and more detailed information.

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 _____

June 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
			<i>1</i> 9-Fitness w/Holly In-person 2-Knitting Group	<i>2</i> 9:30-Chair Yoga Hybrid Mat & Stretch Yoga In-person 2-Tai Chi/Qigong	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> 9-Fitness w/Holly In-person	<i>7</i> 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>8</i> 9-Fitness w/Holly In-person Noon-COA In-person Luncheon Sponsor: FCOA 2-Knitting Group	<i>9</i> 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person	<i>10</i> 9-Fitness w/Holly via Zoom	<i>11</i> 10:30 AM- Noon FreeBee Market
<i>12</i> 2-4 Boxborough Museum	<i>13</i> 9-Fitness w/Holly In-person	<i>14</i> Flag Day 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>15</i> 9-Fitness w/Holly In-person 11-Wellness Clinic 2-Knitting Group	<i>16</i> 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person	<i>17</i> 9-Fitness w/Holly via Zoom	<i>18</i> 11 AM Fifer's Day
<i>19</i> Fathers' Day Juneteenth	<i>20</i> Juneteenth celebrated Town offices and Library closed	<i>21</i> 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>22</i> 9-Fitness w/Holly In Person 2-Knitting Group	<i>23</i> 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person	<i>24</i> 9-Fitness w/Holly via Zoom	<i>25</i>
<i>26</i>	<i>27</i> 9-Fitness w/Holly In-person 1-3 PM-Senior Charlie Card Sign up	<i>28</i> 10:30-Fitness w/Holly via Zoom 1-Vintage Car Slideshow Social at the Library 1-Game Day	<i>29</i> 9-Fitness w/Holly In-person 2-Knitting Group	<i>30</i> 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-person		

Out of Town

Mt. Calvary Church, Acton

Community Supper, Wednesday, 4:45 to 5:45 PM All Sit Down

July 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
					<i>1</i> 9-Fitness w/Holly via Zoom	<i>2</i>
<i>3</i>	<i>4</i> Independence Day Town Offices and Library closed	<i>5</i> 1-Game Day	<i>6</i> 2-Knitting Group	<i>7</i>	<i>8</i>	<i>9</i>
<i>10</i> 2-4 Boxborough Museum	<i>11</i> 9-Fitness w/Holly In Person	<i>12</i> 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>13</i> 9-Fitness w/Holly In-person 1-2-COA Ice Cream Grab 'n Go 2-Knitting Group	<i>14</i> 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In Person	<i>15</i> 9-Fitness w/Holly via Zoom	<i>16</i>
<i>17</i>	<i>18</i> 9-Fitness w/Holly In-person	<i>19</i> 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>20</i> 9-Fitness w/Holly In Person 11-Wellness Clinic 2-Knitting Group	<i>21</i> 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In Person	<i>22</i> 9-Fitness w/Holly via Zoom	<i>23</i>
<i>24</i>	<i>25</i> 9-Fitness w/Holly In-person 1-4-Podiatry Clinic	<i>26</i> 10:30-Fitness w/Holly via Zoom 1-Game Day	<i>27</i> 2-Knitting Group	<i>28</i> 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In Person	<i>29</i> 9-Fitness w/Holly via Zoom	<i>30</i>
<i>31</i>						

Out of Town

Mt. Calvary Church, Acton

Community Supper, Wednesday, 4:45 to 5:45 PM All Sit Down

June/July Holidays

Let's face it . . . we all need reasons to celebrate these days so we thought you might like a reminder about a few holidays in June and July.

- Tuesday, June 14, Flag Day
- Sunday, June 19, Father's Day and Juneteenth (observed June 20) for the emancipation of slaves in the US.
- Monday, July 4, Independence Day
- Tuesday, July 26, Uncle and Aunt Day



Were you surprised about Uncle and Aunt Day? To check out more holidays, go to holidayscalendar.com/months. You'll be entertained to learn about some of these fun and crazy holidays to celebrate. Plus, think about the trivia you can share with your friends and family. Happy June and July holidays!



Handy Hints

- **Reheating Refrigerated Bread**
To warm biscuits, pancakes, waffles, or muffins that were refrigerated, place them in the microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.
- **No More Mosquitoes**
Place a dryer sheet in your pocket. It will keep the mosquitoes away.
- **Measuring Cup**
Before you pour sticky substances into a measuring cup, fill it with hot water. Then dump out the water, but don't dry the cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes out.
- **Foggy Windshield?**
Hate foggy windshields? Buy a chalkboard eraser to keep in the glove box of your car. When the window is foggy, rub it with the eraser. Works better than a cloth!

Massachusetts State Parks Senior Parking Pass

Do you enjoy visiting Massachusetts State parks and beaches? Massachusetts residents age 62 and older are eligible for a discounted lifetime parking pass. This pass covers the cost of parking at most state parks and is only \$10.

If you're eligible for a Senior Parking Pass, you can send a request to:

Central Regional Office
355 West Boylston Street, Route 110
Clinton, MA 01510
Attention: Senior Pass

Include a copy of your Massachusetts driver's license or other official proof of state residency and your age, a check for \$10 to the Commonwealth of Massachusetts, and a contact phone number or email in case we need to reach you.

A list of the 160 Massachusetts state parks and beaches can be found. Visit their website bit.ly/3rj4vIn

America the Beautiful – The National Parks and Federal Recreational Lands Pass Series

If you're planning to visit a National Park soon, you may want to consider buying a senior pass. The \$80 (lifetime) and \$20 (annual) senior passes provide admittance to more than 2,000 recreation sites managed by six Federal agencies, with up to 100% of the proceeds used to improve and enhance visitors' recreation services. U.S. citizens or permanent residents who are age 62 or older qualify for a senior pass. Massachusetts is home to 15 National Parks, including the national seashore beaches on Cape Cod.

At many sites, the Senior Pass provides the pass owner a discount on other fees for camping, swimming, boat launching, and guided tours.

For more info on how to obtain a National Parks Senior Pass visit the website store.usgs.gov/senior-pass.

Does the COA have your email address? Send your email address to cregan@boxborough-ma.gov if you would like to be added to our email list. In between issues of the Buzz, we may send out an email about an upcoming event, activity, or other timely notifications that missed our publication deadline.



Follow us on Facebook at facebook.com/boxboroughcoa

**– Submit Items for the August/September issue by Thursday, June 30 –
boxboroughbuzz@gmail.com**



Change Service Requested

PRE-SORT
Standardized
U.S. Postage Paid
Acton, MA
Permit No. 26

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