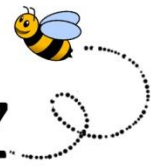


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

October 2022

Council on Aging

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Anne Canfield, Vice Chair
Karen Whitcomb, Secretary
Tina Bhatia
Barbara Birt
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John Markiewicz,
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October Grab `n Go Lunch

Vibalogics, one of Boxborough's new corporate neighbors, will be sponsoring a Grab `n Go lunch on **Wednesday, October 12** from **11:30 AM to 12:15 PM** at their facility at **1414 Massachusetts Avenue**. This event is for residents aged 60 and above. Lunch includes a chicken/cheddar wrap, garden salad, chips, and a chocolate chip cookie. A gluten-free and vegetarian option will be available.

Space is limited. **RSVPs** will be taken beginning **October 4** by emailing cregan@boxborough-ma.gov or calling 978-264-1730. Arrival times are by last name: A thru D pickup at 11:30 AM; E thru K at 11:45 AM; L thru R at noon; and S thru Z at 12:15 PM.

When you arrive, stay in your car, and lunches will be brought to you.

Vibalogics continues to become one of the world's leading suppliers to the virotherapy markets. The company selected the 145-acre campus in Boxborough as home to its first United States location, new global headquarters, and Good Manufacturing Practice (GMP) facility.



Live Musical Entertainment

Join the Council on Aging as we welcome **The Workingman's Duo** to the **Community Center** on **Wednesday, October 19**, at **1:30 PM**. Please call 978-264-1717 to sign up. Two talented musicians will perform a lively repertoire of traditional country songs, American folk, classic rock and roll, rockabilly, blues, and vintage pop tunes sure to please a variety of audiences. Enjoy their upbeat music by tapping your feet, clapping, and singing along or getting up to dance to songs made popular by Chuck Berry, Elvis Presley, Roy Orbison, the Eagles, the Beatles, the Rolling Stones and more.

October FreeBee Market

This month's FreeBee Market will be held on **Saturday, October 15**, from **10:30 AM to noon**. Gleaned food will be available. The Halloween costumes collected at the September event will be available for the taking, or your no longer needed ones can be donated. The regular tables (plants, crafts, local Boxborough information tables, etc.) will be there. Come, socialize with your Boxborough neighbors, and pick up some food or other available items that you can use. Everything is free.

Pop-ups are scheduled on **Saturdays, October 1 and 8**, from **10:30 to 11 AM** or until the food is gone. These events are food-only events conducted by volunteers to aid in the quest to prevent food waste and help with food insecurity.

Coordinator's Corner

Happy Autumn! Fall has arrived and so has the October Buzz. In addition to receiving a paper copy, you can access our newsletter on the COA page of Boxborough's website by going to: www.boxborough-ma.gov/286/Council-on-Aging or use the short cut: bit.ly/3eHJhS6. Scroll down and click on the underlined link for the "Latest COA Newsletter."

To read past issues of the Buzz, you can go to that page and click on Boxborough Buzz Archives.

Also, instead of receiving a paper copy, you can help us conserve paper and reduce our printing and mailing costs by getting the Buzz delivered to your email. If interested, please send your request and email address to kdee@boxborough-ma.gov or call Kim at 978-264-1717. Also, there are extra copies of the Buzz at Town Hall.

Dementia and Legal Considerations for Caregivers

As a dementia-friendly church, the United Church of Christ Boxborough (UCCB) is pleased to offer in our ongoing series of programs "Legal Considerations When Caring for Someone with Dementia" presented by Cathleen Summers, Esq. This two-hour Zoom program will focus on legal areas that caregivers may need to consider when caring for those with dementia.

Here are the details: **Saturday, October 22** from **10 AM** to **noon** via Zoom. Register to get the Zoom link for this program by calling: 978-263-7387; program is free.

Fall Birding Walk

Our Town Clerk, Becky Harris, who also happens to be an ornithologist and conservation biologist, has offered to lead us on a fall walk as she identifies local birds. The walk will take place at **Flerra Meadows Field** on **Wednesday, October 19** at **8:30 AM**. Wear comfortable walking shoes and bring binoculars if you have them. We received positive feedback for this event when it was held in the spring. Call Cindy at 978-264-1730 to sign up. This event is weather dependent.



The Flerra Meadows Field parking lot is at 340 Stow Road.

Flu Clinic

The Nashoba Associated Boards of Health will be offering their Fall 2022 Flu Clinic at the **Blanchard Memorial Elementary School** at 493 Massachusetts Avenue on **Wednesday, October 26** from **3** to **6 PM**. Pre-registration is required. Please visit their website for more information and registration links: www.nashoba.org/calendar and scroll down to Boxborough and click on your age category (in red) to access the registration form or feel free to call Tamara at: 978-772-3335 ext. 340. Their clinics, as well as other immunization clinics throughout the state are also listed on: www.vaccinefinder.org. There will be no Wellness Clinic this month due to the Flu Clinic.

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. Drivers and passengers must wear a mask or other face covering. To book a ride, call 978-264-1730, preferably two 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. Visit our website at bit.ly/3rBYnw5 for further details or call 978-264-1730. Reservations will be taken up to 4 weeks in advance.

FCOA President's Annual Update

To say that the last 12 months were "up and down" qualifies as the understatement of the century as the threat of COVID ebbed and flowed as vaccine boosters became readily available, but variants continued to emerge. Again, we as seniors were fortunate to have such dedicated people in the Police, Fire, Dispatch, DPW, Library, and Town Hall departments who worked diligently to keep the seniors of Boxborough safe and well and sane during a most difficult time.

We were also fortunate to have Kim Dee and Cindy Regan continue their work in the COA office to keep senior activities in town going through a mix of Zoom, drive-by, and in-person events and classes.

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

Once again, the Friends are grateful to the COA Board for their constant support, and to donors who provide us with funds for our programs.

John Fallon, President

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 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 will be on the Boxborough website, COA webpage at www.boxborough-ma.gov/286/Council-on-Aging. If you are interested in taking part in this program, please call Kim at 978-264-1717 to make an appointment to fill out paperwork.

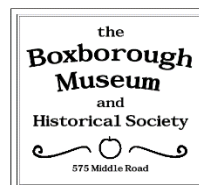
Library Fall Used Book Sale

Due to popular demand, the Friends of the Boxborough Library Fall Used Book Sale will continue as a three-day event. The weekend will start with a Preview Sale for Friends on **Friday, November 4** from **5 PM to 7 PM**.

(Memberships will be available at the door.) The Main Sale will take place **Saturday, November 5** from **9 AM to 2 PM**. The **Everything-Must-Go Sale** will be held **Sunday, November 6** from **2 to 4 PM**. Standard-sized bags will be provided, and you will be charged \$2 for each bag you fill.

The sale will take place in the meeting room of Boxborough's Sargent Memorial Library. Proceeds from the sale of books will go toward additional library programs and museum passes.

Please support this sale by donating your gently used hard covers, paperbacks, and audiovisual items, and by attending this sale. **Books** will be **accepted** from **Monday, October 31** through **Thursday, November 3** at the Library during regular Library hours. Please, no VCR tapes or magazines or any material in poor condition.



The Museum will be open
2 to 4 PM on Sundays

- **October 9**
- **November 13**

Library News

The Library has a series of art talks scheduled for the fall and they are fantastic! Once a month in September to December, Jane Oneail, an educator and founder/CEO of Culturally Curious will be doing delightful Zoom presentations on different topics. The **Wednesday, October 26** session at **7 PM** is titled Starry Night and Sunflowers: The Genius of Vincent Van Gogh. Jane will talk about the life, work, and tragic death of one of the world's most beloved artists. We hope you can join us! Registration is required (<https://tinyurl.com/ArtTalkSept28>). Our Event Calendar has detailed information.

We are hosting a **Diwali Festival** on the lawn on **Saturday, October 15** from **noon to 4:30 PM** (rain date October 16). This is a community led event that will have food, drinks, dances, Henna stations, Rangoli contests, and so much more. If you've heard of Diwali but are not sure what it's about, come see and have fun. If you have been celebrating Diwali, please share the joy of it with us.

Monday Movies are continuing at 1 PM every week except for holidays. Titles for each showing are available on our Event Calendar. We are also trying out craft workshops for adults. Keep an eye out for details.

Discounts for Seniors

Who doesn't like a discount? Everyone wants to save money whenever they can, and the ability to do so can be particularly important to those living on a limited income. The Boxborough COA is creating a list of local businesses that offer discounts to seniors: medical, restaurants, fitness, gifts, home décor, and more. When ready, the list will be posted to the COA web page and published in The Buzz. If you're aware of a business in the local area that offers a senior discount, please drop an email with the business's name and location to boxboroughbuzz@gmail.com. And, if you frequent a business that doesn't yet offer such a discount, consider asking them if they'll do so, and if you get a "yes," let us know.

November 8 Election Voting Options

There are several ways and dates to vote in the November 8 Election. Listed below are voting options available to Boxborough's citizens.

Option 1: In-Person Early Voting

- Saturday, October 22, at Town Hall: 10 AM to 2 PM
- Monday, October 24, through Thursday, October 27, at Town Hall: 10 AM to 2 PM
- Monday, October 31, through Thursday, November 3, at Town Hall: 10 AM to 2 PM

Option 2: Voting In-Person on Election Day, Tuesday, November 8

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

Option 3: Voting by Mail

- If your choice is to Vote by Mail, your ballot must be received by the Town Clerk on or before **November 8 at 8 PM**.

You also need to know that **Saturday, October 29**, is the last day to register to vote for this election. The Town Clerk's Office will be open from 9 AM to 5 PM that day.



October 2022

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 <i>10:30 AM – 11AM Popups</i>
2	3 9-Fitness w/Holly In Person 10-Mind. Meditation 1-Monday Movies	4 10:30-Fitness w/Holly via Zoom 1-Game Day	5 9-Fitness w/Holly In-Person 10:30-Virtual Chair Yoga 2-Knitting Group	6 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-Person	7 9-Fitness w/Holly via Zoom	8 <i>10:30 AM – 11AM Popups</i>
9 2 PM-4 PM Boxborough Museum	10 Columbus Day/ Indigenous People’s Day Town Offices and Library closed	11 10:30-Fitness w/Holly via Zoom 1-Game Day	12 9-Fitness w/Holly In-Person 10:30-Virtual Chair Yoga 11:30 AM –12:15 PM COA Grab n’ Go Sponsor: Vibalogics 2-Knitting Group	13 9:30- Aging in Place & Fall Prevention 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-Person	14 9-Fitness w/Holly via Zoom	15 <i>10:30 AM-Noon FreeBee Market</i> <i>Noon - 4:30 PM Diwali Festival at Library</i>
16	17 9-Fitness w/Holly In Person 10-Mind. Meditation 1-Monday Movies	18 10:30-Fitness w/Holly via Zoom 1-Game Day	19 8:30-Fall Birding Walk 9-Fitness w/Holly In-Person 10:30-Virtual Chair Yoga 1:30 PM The Workingman’s Duo 2-Knitting Group	20 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-Person	21 9-Fitness w/Holly via Zoom	22 <i>10 AM-Noon ‘Dementia and Legal Considerations for Caregivers’ Via Zoom</i>
23	24 9-Fitness w/Holly In Person 10-Mind. Meditation 1-Monday Movies	25 10:30-Fitness w/Holly via Zoom 1-Game Day	26 9-Fitness w/Holly In-Person 10:30-Virtual Chair Yoga 2-Knitting Group 3 PM- Flu clinic at Blanchard 7 PM – Art Talk at Library	27 9:30-Chair Yoga Hybrid 11-Mat & Stretch Yoga, In-Person	28 9-Fitness w/Holly via Zoom	29
30	Halloween 31 9-Fitness w/Holly In Person 10-Mind. Meditation 1-Monday Movies					

Out of Town Mt. Calvary Church, Acton

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



Ongoing Events, Classes

To learn more about any event, call
The COA: 978-264-1730



Fitness with Holly in Person

Class meets in person at Community Center, Mondays and Wednesdays 9 AM.

Fitness with Holly Via Zoom

Class meets via Zoom, Tuesdays at 10:30 AM and Fridays at 9 AM. Sign up for one or more classes.

Game Day Drop in to play different board games, cards, and more every week. Make new friends, chat, or just hang out! Tuesdays, 1 PM at the Community Center.

Knitting and Stitchery 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

Movie Monday at the Sargent Memorial Library at 1 PM every Monday that the library is open.

Yoga with Rebecca Hybrid

Chair Yoga: Modified yoga poses performed with a chair for added support. Meets Thursdays at 9:30 AM in person or via zoom.

Mat Stretch & Flex Yoga with Rebecca in Person: Floor and standing yoga poses and strength exercises for seniors, for stretching and flexibility. Meets Thursdays 11 AM.

Wellness Clinic Held on the third Wednesday 11 AM. Nashoba Nursing Service hosts a monthly wellness check for all ages. There will be **no Wellness Clinic in October. Flu Clinic at Blanchard on Oct 26 at 3 PM.**

CHNA Free Zoom Event Mindfulness/Meditation

Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this program. Meets Mondays, 10 AM via Zoom. **Registration required.** For more information contact Sheryl Ball at 978-929-6453 or sball@actonma.gov. The link to register is: <https://bit.ly/3N6ufB>.

Through the CHNA-15 grant, the Boxborough COA is collaborating with the Acton and Littleton COAs to provide this program.

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 _____

CHNA Programs

Mindfulness Meditation—from Beginner to Advanced "The Yoga of Mindfulness"

This free 8-week class, led by Erin LoPorto, runs from **September 19 to November 14** via zoom on **Mondays** at **10 AM**. The class is a return to basics, with an opportunity for returning students to deepen their practice. Register with link: bit.ly/3cnPvWf.

Virtual (Zoom) Chair Yoga with Rebecca

Rebecca Reber, a certified Yoga instructor, has been working with seniors for almost a decade. Held on **Wednesdays, October 5, to November 23**, from **10:30 to 11:15 AM**, classes combine yoga poses, stretches, and breathing and relaxation techniques, while sitting or standing. No matter the shape, age, experience, or condition of your body, this class will work for you. Come reduce anxiety and lower blood pressure and build strength and balance. Please have a strap (or scarf) and Yoga block (or shoe box) for class. Join zoom class: bit.ly/3B0cL5a; Meeting ID: 829 2680 7204 Passcode: 109508

Aging in Place and Fall Prevention

Please join our panelists, Sue Ross OT, Karen Patterson PT, Jill Salamon, RN, and a representative from the Acton Fire Department for a free presentation on aging in place and fall prevention. Topics covered will be Home Modifications and Safety, Increasing Mobility and Accessibility, Fire Safety, Considerations for Alzheimer's/dementia, Financial Exploitation, and Senior Safety with Technology. This presentation will take place on **Thursday, October 13**, at **9:30 AM** in **Acton Town Hall, Room 204**, and is available via zoom. Pre-registration is required: bit.ly/3DbQwMy.

Medicare Presentation

Come to a Medicare Options Presentation on **Thursday, November 3** at **12:30 PM** at the **Community Center**. Call 978-264-1717 to reserve a seat. The annual Medicare Open Enrollment period is here! This is the perfect time for a health insurance checkup to compare coverages, costs, and benefits. Open Enrollment is your opportunity to be sure you're enrolled in the right Medicare

(Continued next column)

Supplement Plan, Prescription Drug Plan or Advantage Plan.

SHINE counselors from Minuteman Senior Services are available for individual appointments to provide you with a no cost, confidential insurance assessment. Counselors help you identify ways to save on health care costs using the Medicare Plan Finder tool. To request an appointment, call 978-264-1730 or 978-264-1717. For scheduled appointments, please bring along your Medicare card, supplemental insurance card, MyMedicare login info, and list of medications with dosages. If you haven't created a MyMedicare account, you can visit www.Medicare.gov or create one with your SHINE counselor.

Simple Ways to Conserve Water

The Town of Boxborough, as well as most of Massachusetts, remains in a Level 3 - "Critical Drought" condition. Our wells and common aquifers could be affected. Here are some things we can do together to conserve this precious resource:

- Turn off water while brushing teeth or shaving
- Take shorter showers using water only to rinse off after shampooing and washing
- Install low-flow shower heads and faucet aerators (available at Littleton Electric and Light Department)
- Run only full loads in dishwashers and washing machines
- If you wash dishes by hand, rinse them in a sink partially filled with clean water instead of under running water
- Avoid using garbage disposals by either composting or putting all food scraps in Black Earth at the Transfer Station
- Reduce water level in old toilets by placing a sand-filled bottle or brick in the tank
- When needed, replace old appliances with EnergyStar units and toilets with Water Sense ones
- Repair leaking faucets, tanks, and pipes
- Use water collected in rain buckets or from dehumidifiers for other purposes
- Water plants and flowers early in the morning
- Google "water conservation tips" for more suggestions

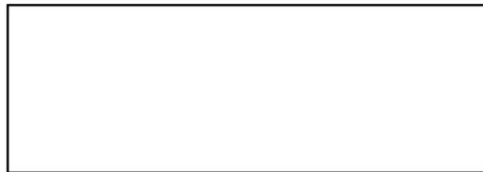
Save the date – Tuesday, November 15 for **Fall Special Town Meeting**. Additional details to be announced on Boxborough website: www.boxborough-ma.us.

Free Covid-19 test kits provided through the Boxborough Board of Health, are available at the Sargent Memorial Library.



Like us on Facebook at facebook.com/boxboroughcoa

**– Submit Items for the November issue by October 27 –
boxboroughbuzz@gmail.com**



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