

THE

# BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

## 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 citizens, and advocate on behalf of elders.*

Frank Powers, President  
Tina Bhatia  
Lauraine Harding  
Susan Page  
Frank Sibley  
Liz West  
Barb Wheeler  
Les Fox, Liaison with Board  
of Selectmen

### Friends of the Council on Aging

John Fallon, President  
Barbara Birt  
Anne Becklean  
Lorraine Carvalho  
Mary Cobleigh  
Patty Gayowski  
Sheila Lloyd  
Astrid Perko  
Ginnie Richardson  
Alan Rohwer  
Peggy Spinner  
Shirley Warren  
Georgia Winfrey

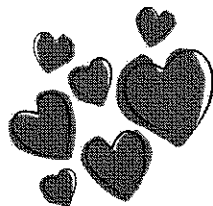
### Buzz Production Team

Tina Bhatia-COA  
Anne Canfield  
Taryn Light  
Susan Page-COA  
Liz West-COA

February 2015

## Valentine's Day Luncheon and Party

No need to fear Friday the 13th . . .Cupid has you covered! You are invited to a Valentine's Day lunch provided by Life Care Center of Acton. So find your favorite red garment to wear and plan to come enjoy some punch, a delicious hot meal, yummy treats, and handmade cards. DJ Patrick McIntyre will entertain us with an *AMORE* Trivia Contest that features questions, such as: What two families clashed in *Romeo and Juliet*?



The Valentine's Luncheon and Party will begin at **noon on February 13**, in the Community Center. Please call 978-264-1717 no later than Friday, February 6, to reserve your space for this special luncheon.

## Meet the New Community Services Coordinator

Meet Lauren Abraham, our new part-time Community Services Coordinator. Lauren is a licensed independent clinical social worker (LICSW) with a background in home health care, elder care, and mental health. She can assist residents in many ways, such as: help eligible people obtain food or fuel assistance; offer referrals and advocacy for victims of substance abuse or domestic violence; help with disability and independent living resources.

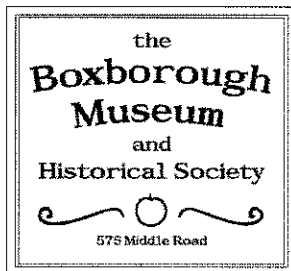
Lauren tailors her help to fit an individual's needs and wishes. She wants to be a resource for people who aren't sure where to start if they suddenly need services. She told the *Buzz*, "Many seniors may not realize they qualify for extra help with their medical bills, utilities, or help at home. Laura at the Council on Aging and I work together closely to make sure we are helping seniors explore all of their options to support staying well in the community."

Lauren is in her Town Hall office from **9 AM to 1 PM** on **Tuesdays** and from **noon to 4 PM** on **Thursdays**. The best way to reach Lauren is to call her at 978-264-1730, or email her at labraham@boxborough-ma.gov.

## Veterans' Services Officer's Hours

**Beginning February 4**, Donald Morse, Boxborough's Veterans' Services Officer (VSO) will hold office hours at Town Hall from **9 AM to 11 AM**, on **Wednesdays**.

Don's office is upstairs in the Community Services Coordinator's office, which is located off of the Grange Meeting Room. He is also available to meet with you by appointment. To arrange an appointment, please contact Department Assistant Denise Monteiro: 978-264-1726.



**Open 2-4 PM  
Sunday, February 8**

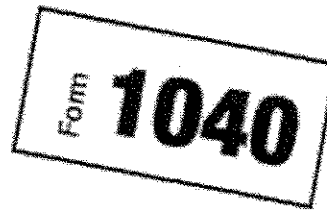
## Lock it or Lose it

Please follow the tips below to protect your car and valuables.

- Lock the doors to your car.
- Close the windows in your car.
- Keep your possessions out of sight.
- If you have a GPS that is attached to the window, make sure you not only remove your GPS, but also the holder, which indicates to potential thieves that you have a GPS unit somewhere in the car.
- If possible park your car in a well-lit area.
- If you see anything suspicious, call 911 immediately!

## 2014 Income Tax-Preparation: a Free Service

Starting in February and continuing through mid-April, **The AARP Foundation** sponsors a free tax-preparation service for low-to-moderate income taxpayers. If you're interested in using this service, please call the COA (978-264-1717) to make an appointment with a trained preparer.



All appointments will be held on Thursdays at Sargent Memorial Library. At your appointment, you'll

need to provide a copy of last year's Federal and State tax returns and all 2014 tax forms, such as W2, 1099, Social Security, IRA, pension, annuities, and any miscellaneous income earned during 2014. Also, you'll need to bring evidence of your healthcare coverage.

## Massachusetts Circuit Breaker Tax Credit

If you are applying for the CB Credit, the tax preparer will help you determine your eligibility for this credit. You or your spouse, if married and filing jointly, must be at least 65 years of age before January 1, 2015, to qualify for this credit. In summary, you must file as single, married jointly, or head of household to qualify. If married filing separately, you do not qualify for this credit. Lastly, please bring your 2014 Real Estate Tax bill or a copy of your rental contract to your appointment.

*Note: This service does not include preparing business returns, investment advice, or calculating asset basis or complex Schedule D calculations.*

## What's New @ Boxborough's Library

**Harvard Art Museums Pass** Thanks to the generosity of the Friends of the Boxborough Library, the Harvard Art Museums have been added to our list of museum passes. Located on the edge of Harvard Yard, at 32 Quincy Street, Cambridge, the Harvard Art Museums include the collections of three museums: the Fogg Museum, Arthur M. Sackler Museum, and Busch-Reisinger Museum. For the first time ever, they are now under one roof. The world-class collection includes over 250,000 objects spanning all continents and ranging from ancient to contemporary.

Patrons with a valid C/W MARS library card may reserve museum passes online or by calling the library at 978-263-4680. In fact, you may view the entire list of passes and details for each pass by clicking on the "Museum Passes" link on our website:

<http://www.boxborough-ma.gov/sargent-memorial-library>



**New Website** The Sargent Memorial Library has updated its website! The new design, a sub-site of the Town's website, provides improved navigation, better support for mobile devices, and a stronger connection to Town sites.

## New Tech Tools Classes Coming!

This spring, the COA will offer additional classes in our ongoing series, Mastering Tech Tools. Once again, we will provide clear, simple instruction to help seniors use and enjoy their laptops, tablets, and smart phones. If you are a true beginner, you should start with the introductory course, Intro to the Online World, which explains common features, such as browsers, menus, and websites. Our courses have not been finalized yet, but let Laura know what you would like to learn.

## Historical Society Meeting—Happy Birthday, Boxborough!

Boxborough's 232nd Birthday will be February 25, 2015. On **Sunday, February 22**, the Boxborough Historical Society will meet at **7 PM** in the Morse and Hilberg rooms of the **Boxborough Town Hall**. John Fallon will present "Boxborough February 25, 1783: How the Town Came to Be." Why does the Town of Boxborough exist? What process brought the Town to life? What was necessary to be "a town"? How did Boxborough get its name? Admission is free and all are welcome.

### COA Transportation Services

Boxborough seniors and residents with disabilities can make reservations through Cross Town Connect for van rides to medical appointments, food shopping, and most local programs. The cost is nominal. You can 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**, which is the **NEW** Central Dispatch phone line. Although the phone number has changed, the same COA van and drivers will be providing your service.

### Volunteer Driver Transportation

**Boxborough Volunteer Drivers if van is unavailable (all area code 978)**

Swan Anderson 263-0272 ■ Anne Canfield 263-2664  
Lorraine Carvalho 263-8060 ■ Rita Grossman 264-4077 ■ Kristen Hilberg 501-2912  
Karyn Kealty 635-9133 ■ Anne McNeece 263-9626  
Susan Vine 266-1266 ■ Jini Vockel 929-9050

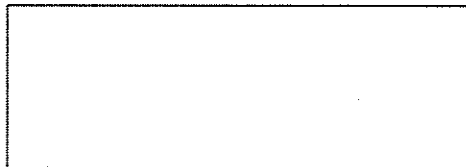
**Road to Recovery** Call 1-800-227-2345 for transportation and information for cancer patients.

## RSVPs and Gentle Reminders

As the COA moves forward with events, we need your help! If you plan to attend an event, it is important that you RSVP to Laura ( 978-264-1717) by the date requested in the article. In this way, all attendees will be provided for adequately.

Also, perhaps you would like to receive a gentle reminder of events via email. If so, please send your email address to Laura (larsenault@boxborough-ma.gov). Once she receives your RSVP, she'll be sure to email you a reminder before luncheons, trips, and other programs you sign up for. And you, in turn, will be able to remind your friends who may not have email.

**—Submit articles for March Issue by February 11, 2015—**



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Boxborough Town Hall  
29 Middle Road  
Boxborough, MA 01719

## February

## The Golden Ticket

## 2015

**Mon, Feb 2** Fitness with Holly, 9 AM  
Movie Monday, 1 PM

**Tue, Feb 3** Book Group, 10 AM  
Tai Chi, 10:30 AM  
Yoga for Seniors, 1 PM  
Adv. Beginner Spanish, 1 PM

**Wed, Feb 4** Fitness with Holly, 9 AM  
Knitting Group, 2 PM

**Thu, Feb 5** Line Dance, 9 AM  
Water Exercise, 10:15 AM  
Yoga for Seniors, 1 PM  
Game Day, 1 PM

**Fri, Feb 6** Fitness with Holly, 9 AM

**Sun, Feb 8** Boxborough Museum, 2-4 PM

**Mon, Feb 9** Fitness with Holly, 9 AM  
Movie Monday, 1 PM

**Tue, Feb 10** Tai Chi, 10:30 AM  
Yoga for Seniors, 1 PM  
Adv. Beginner Spanish, 1 PM

**Wed, Feb 11** Fitness with Holly, 9 AM  
Knitting Group, 2 PM

**Thu, Feb 12** Line Dance, 9 AM  
Yoga for Seniors, 1 PM  
Game Day, 1 PM

**Fri, Feb 13** Fitness with Holly, 9 AM  
Wellness Clinic, 11 AM

**Mon, Feb 16** Presidents' Day - Town Hall &  
Library closed

**Tue, Feb 17** Tai Chi, 10:30 AM  
Yoga for Seniors, 1 PM  
Adv. Beginner Spanish, 1 PM

**Wed, Feb 18** Fitness with Holly, 9 AM  
Knitting Group, 2 PM

**Thu, Feb 19** Line Dance, 9 AM  
Yoga for Seniors, 1 PM  
Game Day, 1 PM

**Fri, Feb 20** Fitness with Holly, 9 AM

**Mon, Feb 23** Fitness with Holly, 9 AM  
Movie Monday, 1 PM

**Tue, Feb 24** Tai Chi, 10:30 AM  
Yoga for Seniors, 1 PM  
Adv. Beginner Spanish, 1 PM

**Wed, Feb 25** Fitness with Holly, 9 AM  
Knitting Group, 2 PM

**Thu, Feb 26** Line Dance, 9 AM  
Water Exercise, 10:15 AM  
Yoga for Seniors, 1 PM  
Game Day, 1 PM  
COA Board meeting, 3 PM

**Fri, Feb 27** Fitness with Holly, 9 AM

**—NEW THIS MONTH IN BOXBOROUGH—**

**Valentine's Day Lunch**, Fri, Feb 13, Noon, Community Center  
**Historical Society Event:**

**'Boxborough February 25, 1783: How the Town Came To Be'** – Sun, Feb 22, 7 PM,  
Town Hall

**IN NEARBY TOWNS**

**Community Supper**, Mt. Calvary Church, every Wed, 5 PM  
**Senior Lunch**, Mt. Calvary Church, fourth Thu, 12:15 PM  
**Quilting Group**, Mt. Calvary Church, every Tue, 9 AM



## Ongoing Events, Classes



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

**Book Group** Meets first Tuesday of the month, 10 AM. Library. New members are always welcome.

**COA Wellness Clinic** Usually the second Wednesday of the month, but this month differs. Nashoba Nursing Service hosts a monthly wellness check for all ages. 11 AM-noon. Community Center.

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

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

**Game Day** Come and play popular card games, such as canasta, and board games with others. Thursdays, 1 PM. Community Center. All are welcome.

**Knitting Group** A group for those who enjoy knitting or want to learn how to knit. Meets Wednesdays, 2-4 PM. Sargent Memorial Library. Call Anne McNeece for information: 978-263-9626.

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

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

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

**Senior Luncheon in Acton** An ongoing group that usually meets every fourth Thursday. Mt. Calvary Church, 12:15 PM.

**Advanced-Beginner Spanish Class** Follow-up class to Beginner Spanish class. Meets Tuesdays, 1 PM. Community Center.

**Tai Chi** A 12-week class taught by Jeff Cote and staff. Meets Tuesdays, 10:30 AM. Community Center.

**Water Exercise** A 6-week class; friendly water exercises taught by Curtis Schulz. Meets Thursdays, 10:15 AM. Swymfit, 90 Swanson Road.

**Yoga for Seniors** A 12-week class of stretching, balance, and yoga taught by Julia Vighh. Meets Tuesdays and Thursdays, 1 PM. 25B Stow Road.



**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 \_\_\_\_\_