

# THE BOXBOROUGH BUZZZ

## SENIOR NEWS YOU CAN USE

February 2019

### Council on Aging

Lauren Abraham,  
COA Coordinator  
978-264-1717  
e-mail: labraham@  
boxborough-ma.gov

### COA Board

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

Frank Powers, Chair  
Tina Bhatia  
Barbara Birt, Vice Chair  
Anne Canfield  
Taryn Light  
Barbara Wheeler, Secretary  
Karen Whitcomb  
Wes Fowlks, Liaison with  
the Select Board  
John Fallon, Liaison with  
the FCOA

### Friends of the Council on Aging

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### Buzz Production Team

Tina Bhatia  
Barbara Birt  
Anne Canfield  
Taryn Light  
Tess Summers

### Brain Healthy Light Lunch

You are invited to join your friends and neighbors for a Valentine lunch at **noon** on **Friday, February 15**, at the **Community Center**. Concord Park's Management Company, Senior Living Residences (SLR), will provide lunch.

At this luncheon, an SLR representative will present "Boost Your Brain Health by Eating Well." This award-winning nutrition program will explain ways of eating and cooking that promote a healthy brain. You will learn about brain-healthy foods, such as dark berry fruits, leafy green vegetables, whole grains, herbs, spices, and seafood. You will also learn how easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory. And although this sounds like a contradiction, you will top off your brain-healthy lunch with a decadent dessert. One more thing—wear something red!

Please call Lauren at 978-264-1717 to make your reservation so that we can provide enough table settings and food. (**Snow date: Wednesday, February 20.**)

### Middlesex Savings Bank Gift to the Boxborough FCOA

We are very excited to tell you that in January the Boxborough FCOA received a generous unrestricted gift of \$15,000 from the Middlesex Savings Bank's Charitable Foundation! Our FCOA is just one of 84 community service organizations that benefitted from the generosity of this Foundation.

According to Mike McAuliffe, President and CEO of Middlesex Savings Bank, "We are humbled to give this gift, which is a celebration of the amazing non-profit organizations, their staffs and volunteers that work tirelessly to provide services and programs to our community. As a mutual bank, one of our core values is to be an integral part of our community and we take that responsibility seriously. We are fortunate to be in a strong financial position to give this gift to the community, which will support the many people who we are honored to call customers, neighbors, family, and friends."

The FCOA and the COA will determine how best to use this money. The next time you stop by the Middlesex Savings Bank, please say "Thank You" for this very generous gift!



## Lauren Abraham, New COA Coordinator

Lauren Abraham assumed this position on January 2 and is looking forward to working with Boxborough's seniors in this capacity. For the past 4 years, Lauren has served as Boxborough's part-time Community Service Coordinator; she is a licensed social worker and will be working full-time in her new position. She also has worked with Stow's COA and has experience working privately in elder services and with hospice. Lauren stated that she's excited to be Boxborough's new COA Coordinator.

Lauren is hoping to offer additional services to seniors and will be working collaboratively with other groups in Boxborough. She explained that she plans to listen to seniors and hear what services they want or need. She is aware that some seniors are more active than others and will strive to be helpful to all seniors, always keeping in mind different levels of capabilities.

Personally, Lauren enjoys winter and knitting, and loves her senior dog Cooper. (Apparently Cooper's favorite activity is snoring loudly while napping!) Lauren's hours will be from 8 AM to 3 PM, Mondays through Thursdays, and 8 AM to noon on Fridays. So, the next time you're at Town Hall, stop by to welcome Lauren or call her at 978-264-1717.

## Time to Dance!



A Boxborough Contra Dance will take place on **Saturday, March 2, from 7 to 9:30 PM** in the **Community Center**. No partner or experience is necessary, and there will be live music. The suggested donation for the event is \$5 per person or \$10 per family. For additional information, please email [boxboroughcontra@gmail.com](mailto:boxboroughcontra@gmail.com), or call 617-230-8145.

*This event is made possible by a grant from the Acton-Boxborough Cultural Council and UCC of Boxborough.*

## DNA for Genealogical Research



Have you ever wondered about your ancestors? Who were they? Where did they live? When did they live? Well, if you're interested in finding answers to these questions, genealogical research is necessary—and a great way to begin your research is through DNA testing. Whether you've already taken or are considering taking a DNA test to determine your kinship with someone or trace your lineage, knowing how to work with the results from DNA testing is crucial. Receiving the results of a DNA test is one thing—understanding and using them as a research tool is quite different!

At **Sargent Memorial Library, 7 PM**, on **February 14**, genealogy researcher Seema Kenney will present how DNA can be used in your genealogical research to give you an extra tool to trace your ancestry.

## Mindfulness Through Theater Techniques Workshop

Sometimes, we need to shut off the sound and noises from our surroundings to spend time with ourselves and connect meaningfully with others. One way to do this is through being mindful. To learn more about mindfulness, **Meredith Charles** of **Drama Out of the Box** is presenting **four workshops**. These workshops will take place at the **Sargent Memorial Library** at **7 PM** on **January 23, January 30, February 6, and February 13**. (NOTE: Come to one, two, or all of them.)

Actors rely on mindfulness to help them connect with their character and with others in a scene. Through drama and improvisation techniques, these workshops will help you practice letting outside influences and worries fall away as you work to connect with yourself and others on a deeper level. You will leave with concrete tools to help you practice mindfulness in your daily life. The workshops are designed for a new approach to mindfulness practice.

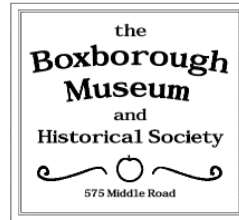
Please call the Library to register; the maximum number of participants is 25.

*The Whitcomb House Trust is sponsoring this program.*

## Winter Safety Tips

Brrrr . . . at this time of year, temperatures can become cold,—both outside and inside your home! So as your thoughts turn toward ways to stay warm, here are some safety tips about dealing with winter's cold!

- **Layer up.** Wear layers of lightweight clothing. A pair of gloves and a hat help prevent losing your body heat.
- **The 3-foot rule.** If you use a space heater, place it on a level, hard surface. Keep anything flammable at least 3 feet away from it.
- **Turn off.** Turn off space heaters and make sure fireplace embers are out before leaving your home or going to bed.
- **Take precautions.** If you use a fireplace, have a glass or metal fire screen large enough to catch sparks and rolling logs.
- **Protect pipes.** Run water, even at a trickle, to help prevent your pipes from freezing. Open kitchen and bathroom cabinet doors so warmer air can circulate around the plumbing.
- **Day and Night.** Keep the thermostat at the same temperature day and night to avoid a costly repair job if your pipes freeze and burst.
- **For cooking, not heating.** Never use a stove or an oven to heat your home.
- **Use generators outside.** Never operate a generator anywhere inside your home—including the basement or garage.



The Museum will be open  
2-4 PM on Sunday  
- February 10  
- March 10

## Fuel Assistance

Households with a gross annual income of less than \$35,510 for one person, or \$46,437 for two people, may qualify for assistance paying for heat (oil, propane, or electric). The program is operated through Southern Middlesex Opportunity Council and requires an application with supporting documents.

Some households that are above income levels for the state fuel assistance program may still qualify for similar assistance through the Salvation Army Good Neighbor Energy Fund. The income limits are up to \$47,347 per household for one person, or \$61,916 for two people. The benefit could be up to \$300 for fuel assistance.

Call Lauren at 978-264-1717 to request more information about help paying your winter heating bills.

## 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 Lauren (978-264-1717) if van is unavailable. 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 Lauren at 978-264-1717 to see if **Lending Hand** can help.

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**2018 Income-Tax Preparation Program: A Free Service by AARP**

Once again, the AARP Tax Preparation Program for low-to-moderate taxpayers is available. Appointments will take place at the **Acton Memorial Library** on most Tuesday mornings and Thursday afternoons. Boxborough seniors are welcome to make appointments at the Acton Library, as well as at other AARP Tax-Aide sites.

Bill Cranshaw is the senior tax preparer who is available to help Boxborough seniors with their tax preparation. **Beginning Saturday, January 19**, call AARP Tax-Aide (978-760-9146) to arrange an appointment with Bill.

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– **Submit articles for March issue by February 8** –



*Change Service Requested*

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## February 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
					1 9-Fitness w/Holly	2
3	4 9-Fitness w/Holly 1-Movie Monday	5 1-Yoga 10-Book Club	6 9-Fitness w/Holly 2-Crafters Group <i>7P-Mindfulness Workshop</i>	7 9-Line Dance 9:30-Bridge 2-Mah Jongg	8 9-Fitness w/Holly	9
10 2-4-Boxboro Museum	11 9-Fitness w/Holly 1-Movie Monday	12 1-Yoga	13 9-Fitness w/Holly 2- Crafters Group <i>7P-Mindfulness Workshop</i>	14 9-Line Dance 9:30-Bridge 2-Mah Jongg <i>7P-DNA Presentation</i>	15 9-Fitness w/Holly <b>12-Valentine Brain Healthy Luncheon</b> Sponsor: Concord Park	16
17	18 <b>President's Day</b>  <b>Town offices and Library closed</b>	19 1- Yoga	20 9-Fitness w/Holly 2- Crafters Group	21 9-Line Dance 9:30-Bridge 2-Mah Jongg	22 9-Fitness w/Holly	23
24	25 9-Fitness w/Holly 1-Movie Monday	26 10- Wellness Clinic 1-Yoga	27 9-Fitness w/Holly 2- Crafters Group	28 9-Line Dance 9:30-Bridge 2-Mah Jongg	<i>March 1</i> 9-Fitness w/Holly	<i>March 2</i> <i>7P-Contra Dance</i>

<b>Out of Town</b>	<b>Mt. Calvary Church, Acton</b>	Quilting Group, Tue, 9 AM Community Supper, Wed, 5 PM
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## Ongoing Events, Classes

To learn more about any event, call  
Lauren Abraham: 978-264-1717



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

**Bridge** An ongoing group that always welcomes new members. Meets Thursdays, 9:30 AM at 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.

**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.

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

**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 Monday at 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 at 10 AM at Town Hall.

**Yoga for Seniors** A 12-week class of stretching, balance, and strengthening taught by Julia Vighh. 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 \_\_\_\_\_

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In Memory of \_\_\_\_\_