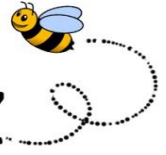


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

March 2020

Council on Aging

Lauren Abraham,
COA Director
978-264-1717
e-mail: labraham@
boxborough-ma.gov
Cindy Regan, Van/Events
978-264-1730
Email: cregan@
boxborough-ma.gov

Council on Aging Board

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

Tina Bhatia
Barbara Birt
Anne Canfield, Vice Chair
Taryn Light
Bill Litant
Barbara Wheeler, Secretary
Karen Whitcomb, Chair
Susan Bak, Select Board
Liaison
John Fallon, FCOA Liaison

Friends of the Council on Aging

John Fallon, President
Barbara Birt, Recording
Secretary
Patty Gayowski, Treasurer
Loretta Grushecky
Lauraine Harding
Mary Nadwairski
Mary Pavlik
Alan Rohwer,
Corresponding Secretary
Shirley Warren
Georgia Winfrey, Vice
President

Buzz Production Team

Tina Bhatia
Barbara Birt
Anne Canfield
Chris Flisher
Taryn Light
Tess Summers

Minutemen Luncheon



Our **Boxborough Minutemen** will host their annual baked ham luncheon at **noon** on **Wednesday, March 11**, in the **Community Center**. Lunch will consist of baked ham, roasted potatoes, vegetables, salad, rolls, a variety of desserts, and apple cider.

The Minutemen Company organizes our Fifer's Day Festival, our Town Fair, which is a major fundraiser to provide scholarships for Boxborough students. The Minutemen also donate time and money to various organizations.

So plan to join your friends, neighbors, and members of the Minutemen Company for this delicious luncheon. There is no charge, but call 978-264-1730 to make your reservation. If possible, please bring an item for donation to the Acton Food Pantry.

Acton Lions Club St. Patrick's Day Dinner

A traditional New England St. Patrick's Day dinner of corned beef and cabbage will be served to Acton and Boxborough seniors on **Sunday, March 15**, at **1 PM**. This special annual event will be held at the **Acton Senior Center, 30 Sudbury Road, Acton**.



Reservations are required. **Starting Monday, March 2**, please call the Acton Senior Center (978-929-6652) to sign up. Seniors must **RSVP by Monday, March 9**.

Boxborough Council on Aging Facebook Page

A new COA Facebook page has been established. You will find it at facebook.com/boxboroughcoa. We invite all to visit our Facebook page who have an interest in events, programs, services, and news for area seniors. Thanks to COA Board member Bill Litant for establishing and maintaining the new addition to the COA's ability to communicate our information to the public.





Spotlight: Liz Markiewicz, Town Clerk

Tucked away in a small office in Town Hall, Liz Markiewicz spends her days performing the duties of our Town Clerk. All citizens of our Town have dealt with the Town Clerk in one form or another over the years. Markiewicz is responsible for a wide array of tasks that touch each of us in some manner.

Whether overseeing the town, state, and federal elections, voter registration, or issuing birth, marriage, and death certificates, Liz is the one who keeps track of many of the Town’s legal and administrative matters. Also, under her auspices are the Town’s census rolls, which will be a predominant theme this year as we approach the 2020 US Census. If that isn’t enough, she serves on the Well-Being Committee and also contributes to the Democratic Town Committee.

In her time as Town Clerk, one of her most unusual yearly tasks involves an extremely competitive dog license issuance. “Not sure why, but some folks really prize that low number for their dogs,” laughs Markiewicz. “In the end, it’s service with a smile.”

The Town Clerk is an elected position that runs for 3 years. Markiewicz, who has held the position for the last 14 years, plans to retire at the end of her current term in 2022.

Podiatry Clinic

It is often hard for seniors to care for their feet. This is a great opportunity to have nails trimmed, treat corns, and calluses, and check foot health. Podiatrist Dr. Ayleen Gregorian will be offering a foot clinic on **Thursday, March 19, from 10 AM to 2 PM** at the **Community Center**. The cost is **\$35** cash or check payable to Dr. Ayleen Gregorian. Reservations are needed, so please call the COA at 978-264-1730 to make an appointment.

2020 Census: Time for You to Be Counted!

Once a decade, the Federal Government conducts a national Census to count every person residing in the U.S. This year, the Census will be conducted a little differently: The Census Bureau wants as many people as possible to respond online or by phone. Census letters will be sent out March 12-20 and will have the website address, a phone number, and instructions for completing the Census electronically. A paper form will be mailed in April for those who want to complete the Census by mail.



It is important to respond promptly to the Census since the numbers of responses by households with seniors are tied directly to the State funding we receive from the Executive Office of Elder Affairs. Some programs affected by an accurate count of all Massachusetts residents are Medicare, Medicaid, state highway funding, and Title 1 grants for local schools.

The 2020 Census has temporary job opportunities for seniors. Census workers will be paid up to \$27/hour. To learn more and apply, visit 2020census.gov/jobs.

If you have any questions, please contact our Town Clerk at 978-264-1727 or at emarkiewicz@boxborough-ma.gov.

Well Adult Clinics

There will be two nurse clinics in March. These clinics will be held at the Community Center. The dates are **March 19, from 12:30 PM to 1:30 PM**, and **March 24, from 11:30 AM to 12:30 PM**. Come and meet your Nashoba Associated Boards of Health (NABH) community nurses. Enjoy individual attention for your health concerns while having your blood pressure and pulse checked. This is a free public health service and no appointment is required. Additional information on the NABH is available on the website www.nashoba.org.

Live Music at the Community Center



Join the COA for two free musical performances at the Community Center in

March. Light refreshments will be served so please RSVP by calling 978-264-1730. Mark your calendars!

Tuesday, March 3, 11 AM, Howie Newman, singer/guitarist, will play the classic hits from yesteryear, including Frank Sinatra, Elvis Presley, Dean Martin, The Beatles, Johnny Cash, and more!

Wednesday, March 18, 11 AM, Steve Hurl and his Jumpin' Juba band will play Blues and Roots-Rock tunes.

These performances are supported in part by a grant from Acton-Boxborough Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Online Safety Workshop

On **Monday, March 9, at 7 PM**, the **Sargent Memorial Library** will host an Online Safety Workshop. Learn how to be safe online when you are on a smartphone, tablet, computer, do online banking, or using social media. The presentation will include an explanation about phishing emails and other scamming methods.



Presenters are Robin Putnam, Research and Special Projects Manager from the Massachusetts Office of

Consumer Affairs and Business Regulation, and Amy Schram, the Community Relations Manager for the Better Business Bureau.

This workshop is free and open to the public. All are welcome!

Boxborough Library Used Book Sale

Due to popular demand, the Friends of the Boxborough Library has expanded its spring used book sale to a 3-day event!



- The weekend will start with a **Preview Sale** for members on **Friday, April 3**, from **5 PM to 7 PM**. (Memberships will be available at the door.)
- The **Main Sale** will be on **Saturday, April 4**, from **9 AM to 2 PM**.
- The **Everything Must Go Sale** will be on **Sunday, April 5**, from **2 PM to 4 PM**. Bring a bag (or bags) on Sunday and only pay \$2 to fill each bag.

The sale will take place in the Meeting Room of the **Sargent Memorial Library**. Proceeds from the sale will go toward additional Library programs and museum passes.

Donate! Please support our book sale by donating your gently used hard covers, paperbacks, and audiovisual items, and by attending this sale. Donations will be accepted from March 30 through April 2 at the Library during regular hours. Please no VCR tapes, magazines, or anything in really poor condition.

Boxborough Grange 134th Anniversary Meeting

The Boxborough Grange #131 was established on March 4, 1886. It will hold its 134th Anniversary Meeting in the **Boxborough Town Hall on Friday, March 13**, starting at **7 PM**. The public is invited to this celebration at which the Grange Community Service Award will be presented. Light refreshments will be served.

COA Van Services

Van Rides available Monday through Thursday, 9:30 AM to 3:30 PM
Call at least 2 days ahead to book your ride: 978-264-1730
Monday morning Market Basket trip: book by Friday 10 AM

The COA van is available to provide local rides to Boxborough residents age 60 or older. The van travels to surrounding towns and may be used for medical appointments, grocery shopping, errands, food pantry trips, attending COA programs, attending local day programs, and more. Rides must be booked in advance. We will do our best to accommodate late requests.

March Out to Lunch!



May the luck of the Irish be with you! Join us for lunch on **St. Patrick's Day, Tuesday, March 17**, at the **Bull Run Restaurant** in Shirley. Lunch items range from **\$9 to \$18**, not including tax or tip. Separate checks will be accommodated if you let the server know upon seating. The van will leave Town Hall promptly at **11 AM** and will cost **\$2** for the round trip. Our reservation is at **11:30 AM** at the Bull Run. You may opt to drive yourself and meet us there. The trip is limited to the first ten (10) people who RSVP the COA at 978-264-1730 by **Tuesday, March 10**. Boxborough seniors have priority.

Miss Saigon Matinee – sign up now!

Join the COA for a matinee performance of the legendary musical, Miss Saigon, on **Thursday, May 28**, at **1 PM** at the **Hanover Theatre** in Worcester. With thanks to the FCOA for sponsoring the bus, we are excited to offer transportation and the cost of the ticket at a great price of only **\$46**. The show with intermission is about 3 hours. Call 978-264-1730 to sign up. Space is limited to 20 people. **Payment is due by Thursday, April 23**, (cash or check made out to Town of Boxborough). Stay tuned for details on when the bus will leave Town Hall, as well as possible options for a pre-show luncheon.



If You Need Durable Medical Equipment . . .

The Acton Public Nursing Service keeps an inventory of commonly needed durable medical equipment, including but not limited to: walkers, canes, bed rails, commodes, raised toilet seats, wheelchairs, transport chairs, and shower and tub benches.



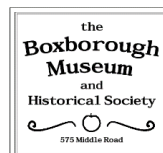
The equipment is available for Acton, Boxborough, and other area residents to borrow. Contact the Nursing Service at 978-929-6650 for information about borrowing or donating equipment.

An Update from Social Work Intern Allie Shaughnessy

As the Council on Aging intern, I have been enjoying meeting with the seniors in Boxborough! Since starting my internship in September, I have assisted more than 100 Boxborough residents, most of them seniors. Many times, people will choose to meet with me to discuss a current concern or challenge in their life. Together, we can work to decide what steps to take to improve their situation. Other times, I meet with people to assist them in filling out confusing applications for SNAP (food stamps), affordable housing, or ongoing assistance programs. If a senior runs into a financial emergency, they can meet with me to problem solve and apply to local charity groups to help pay a bill. If you are trying to decide what home care agency is best for you or a loved one, I am available to go over the details and help you decide which agency can best fit your household's needs.

This is just a small list of things I am available to help with. If you need help with something that is not included in that list, reach out to me anyway and I can try to help! There is no question that is too small or too simple. I am available for just a phone call, or an email if you have a small question that does not need an in-person meeting. If a meeting at Town Hall is not convenient, I am available to do home visits and come right to you!

- Hours: Mon, Tues, Thurs from 8 AM-4 PM
- Phone: 978-264-1734
- Email: Community_Outreach@boxborough-ma.gov



The Museum will be open the following **Sundays, 2-4 PM**
March 8
April 19

Senior Class Annual Community Service Day



Students from ABRHS senior class are holding their Annual Community Service Day on **Friday, May 1**, from **9:45 AM to 12:45 PM**. Teams

of student volunteers will be available to provide **yard-raking service** on this date. If you need help cleaning up your yard after the winter, contact the COA at 978-264-1730 or email cregan@boxborough_ma.gov

This program is limited to five households on a first-come first-served basis, so you'll need to sign up no later than **Monday, March 30** to get your name on the list. To qualify, please provide the following: **home-owner's name, address of property, phone number(s), email address, and size of yard to be raked.**

Around Town

- **Mind-Body Connection** will be held on **Monday, March 16**, at **10 AM** at the **Maynard Elks Club**, 34 Powder Mill Road, Maynard. Dr. Amanda Venti McLain will provide a brief history on stress and its impact on health. Light refreshments will be served. Please **RSVP to Maynard COA** by Monday, March 9, at 978-897-1009. This program is sponsored by the Maynard COA and Emerson Hospital.
- **The Art of Training Bonsai** will be presented at **The Silver Unicorn Bookstore**, 12 Spruce Street, Acton on **Thursday March 19**, from **7 to 9 PM**. Michael Levin, owner of Bonsai West in Littleton, will speak on the art form of bonsai.
- **44th Annual Music Sunday Concert** will be held at Boxborough's **United Church of Christ Church** on **Sunday, March 29**, at **4:30 PM** in the sanctuary. Local talented musicians, including junior and senior choirs will perform both instrumental and choral selections. Light refreshments will follow the program. For more information contact Gloria Roe at 978-502-9625.

- **Senior Bowling** is held at the **Acton Bowladrome** on **Tuesdays thru Thursdays** from **10 AM to 1 PM**. Three games and shoes are **\$6**. This program is not offered during school vacation weeks.
- **Discount Movie Tickets** are \$6 all day on **Tuesdays** at **O'Neil Cinema** at The Point in Littleton. On **Wednesdays**, tickets for seniors age 62 plus are **\$7** all day and senior popcorn/drink combo is **\$4.50**.

The **Sargent Memorial Library** reminds you that with your Library card you can take the internet with you wherever you go in the U.S. with a mobile hotspot. Wi-Fi hotspots are the size of a deck of cards and can link up to 15 devices to the internet. They are simple to use. The mobile hotspot can be borrowed for 2 weeks with no renewals. Checkout is limited to Boxborough residents-one per household-over the age of 18. Overdue fees are \$1 per day. Call the library at 978-263-4680 to reserve up to one month in advance.

Spring Digital Photography Class

The world of photography has changed dramatically. Now that we have digital cameras on our phones, the ability to use this feature to its fullest has become a useful and rewarding skill. The COA and photographer Steve McGrath are considering offering a 5-week digital photography class for **\$25** this April or May, but we need at least 10 sign ups to run the class. Steve McGrath is a seasoned photographer with over 30 years of experience in both digital and traditional analog photography.

If you are interested in learning about the features of your digital camera or phone, contact the COA at 978-264-1730 or cregan@boxborough-ma.gov for more information. Class day and time will be arranged based on public interest.

Answer Key for St. Patrick's Day Trivia (pg 8):
1-F (New York City); 2-T; 3-F (nine); 4-T;
5-T; 6-T.



Ongoing Events, Classes

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



Book Group Meets first Tuesday of the month, September – May at 10 AM at the Library. Contact the Library for more information at 978-486-4680.

Bridge Group An on-going group that meets Fridays, 9:30 AM at Littleton COA. New members welcome. Call Val (978-263-8184) or Anne (978-263-2664) for information.

Chair Yoga A 45-minute class with modified yoga poses performed with a chair for added support. Taught by Rebecca Reber. Meets Tuesdays, 2:15 PM at the Community Center.

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 when the Library is open. Call the Library for more information at 978-263-4680.

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

Game Day Drop in to play mah jongg, board games, cards, and more every week. Make new friends, chat, read a book, or just hang out! Thursdays, 1 PM at the Community Center.

Line Dance A 12-week class taught by Sam O’Clair. Newcomers welcome! Meets Thursdays at 9 AM at the Community Center.

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

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

Stretch & Flex Yoga A 1-hour class for seniors with floor and standing strength-building exercises and yoga poses to stretch muscles. Taught by Rebecca Reber. Meets on Tuesdays at 1 PM at the Community Center.

Tai Chi for Health An evidence-based, mind-body practice that is specially designed for beginners. This is a gentle practice that can be done standing or seated. Join us to find pain relief, reduce stiffness, and build a better quality of life. **Pre-registration is required.** Meets Fridays at the Community Center **March 6-April 24 at 11 AM.**

Weekly Grocery Shopping Trip Monday morning shopping trip. Call by Friday morning to reserve a van seat for Monday’s trip. Cost \$2 for round trip.

Wellness Clinic Held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages from 11:30 AM-12:30 PM.

Note: You can sign up for exercise classes anytime. Fees will be prorated.

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 _____

March 2020

SUN	MON	TUES	WED	THUR	FRI	SAT
<i>1</i>	<i>2</i> 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	<i>3</i> 7 AM-8 PM Presidential Primary and Special State Primary Elections 10-Book Club 11- Music Concert, Howie Newman 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>4</i> 9-Fitness w/Holly 2-Crafters Group	<i>5</i> 9-Line Dance 1-Game Day	<i>6</i> 9-Fitness w/Holly 11-Tai Chi	<i>7</i>
<i>8</i> Daylight Savings Time begins 2-4 PM Boxborough Museum	<i>9</i> 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday 7-Online Safety Workshop	<i>10</i> 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>11</i> 9-Fitness w/Holly 12-COA Luncheon Sponsor: Boxb. Minutemen 2-Crafters Group	<i>12</i> 9-Line Dance 1-Game Day	<i>13</i> 9-Fitness w/Holly 11-Tai Chi 7-Boxborough Grange 134th Anniversary Meeting	<i>14</i>
<i>15</i> 1 PM Lions Club St. Patrick's Day Dinner	<i>16</i> 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	<i>17</i> Lunch trip: Bull Run 11-Van leaves Town Hall 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>18</i> 9-Fitness w/Holly 11-Music Concert, Steve Hurl Band 2-Crafters Group	<i>19</i> 9-Line Dance 10-Podiatry Clinic 12:30-Wellness Clinic 1-Game Day	<i>20</i> 9-Fitness w/Holly 11-Tai Chi	<i>21</i>
<i>22</i>	<i>23</i> 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	<i>24</i> 11:30-Wellness Clinic 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>25</i> 9-Fitness w/Holly 2-Crafters Group	<i>26</i> 9-Line Dance 1-Game Day	<i>27</i> 9-Fitness w/Holly 11-Tai Chi	<i>28</i>
<i>29</i> 4:30-44th Annual Music Sunday Concert	<i>30</i> 9-Fitness w/Holly 9:30- Market Basket Trip 1-Movie Monday	<i>31</i> 7 AM – 8 PM Special State Election 1-Stretch and Flex Yoga 2:15-Chair Yoga			Library Used Book Sale April 3, 4, and 5	

Out of Town

Mt. Calvary Church, Acton

First Parish Church, Stow
Littleton Council on Aging

Quilting Group, Tuesdays, 9 AM
Community Supper, Wednesdays, 5 PM
Community Dinner, first Friday of the month, 5:30 PM
Bridge Group, Fridays, 9:30 AM – 12:30 PM

A reminder that there will be both **Presidential and Special State Primaries** on **March 3** and a **Special State Election** on **March 31** to elect a successor to Jen Benson as State Representative.

St. Patrick's Day Trivia

True? False? Here is some St. Patrick's Day trivia for you to ponder! Write *T* in front each true statement and *F* in front false one.

1. The first St. Patrick's Day Parade was held in Boston.
2. Since 1962, the Chicago River has been dyed green on this day.
3. Over 17 American cities are named *Dublin*.
4. The original color of St. Patrick's vestments was blue.
5. New York City once was the home of more Irish than Dublin, Ireland.
6. Over 94 million people plan to wear green on St. Patrick's Day.

(Answer Key is on Page 6.)

–Submit Items for our April Issue at BoxboroughBuzz@gmail.com by March 9–



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