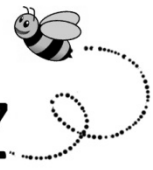


# THE BOXBOROUGH BUZZ



## SENIOR NEWS YOU CAN USE

October 2017

### 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 populace and advocate on behalf of elders.*

Frank Powers, President  
Tina Bhatia  
Barbara Birt  
Taryn Light  
Frank Sibley  
Barb Wheeler  
Les Fox, Liaison with Board  
of Selectmen

### Friends of the Council on Aging

John Fallon, President  
Barbara Birt  
Patty Gayowski  
Loretta Grushecky  
Lauraine Harding  
Mary Nadwairski  
Astrid Perko  
Ginnie Richardson  
Alan Rohwer  
Shirley Warren  
Georgia Winfrey

### Buzz Production Team

Tina Bhatia-COA  
Barbara Birt-COA  
Anne Canfield  
Taryn Light-COA  
Tess Summers

### Don't Miss the Boat!

On **Friday, October 13**, you are invited to enjoy a unique experience aboard a pontoon boat. As you dine on lunch while cruising on the Concord and Sudbury rivers, you'll be able to view homes that have graced these waterways since the 1800s.



The boat will travel to Fairhaven Bay, where Thoreau and Hawthorne each spent time writing some of their well-known works. You'll also view the Old North Bridge, where "the shot heard 'round the world" was fired. Additionally, you'll have the opportunity to watch nature at its very best. Examples of the wildlife you may see on the rivers' banks include blue herons, geese, ducks, and turtles. (All this—minus mosquitoes!)

The cost of the cruise and lunch is **\$36 per person**. The **van will leave Town Hall promptly at 12:15 PM**. Seats are limited, so please call Laura (978-264-1717) ASAP to reserve a space on this wonder-filled, historic trip!

### Thank You, Middlesex Savings Bank!

The Boxborough Council on Aging would like to give a special shout of thanks to the Boxborough and West Acton branches of Middlesex Savings Bank! In 2010, the COA became one of the Middlesex Savings Bank's community partners, and as a result of the continuing support of the Bank, the COA has been able to print a quality newsletter (*The Boxborough BUZZ*) for our Town's seniors.

Nine issues of the BUZZ are mailed to the 600 homes of seniors in Boxborough each year. The newsletter provides a valuable service to our seniors and is a vehicle for them to learn about various events and programs that will be taking place each month.

In closing, the Boxborough COA thanks the Middlesex Savings Bank, and particularly the West Acton and Boxborough branches, for their continued support. Seven years—WOW!

## FCOA Lunch



The Boxborough Friends of the Council on Aging will host its next luncheon on **Wednesday, October 11**, at **noon** in the **Community Center**. Come and meet friends and enjoy the fun. All Boxborough seniors are welcome and admission is free. To make a reservation, call Laura 978-264-1717.

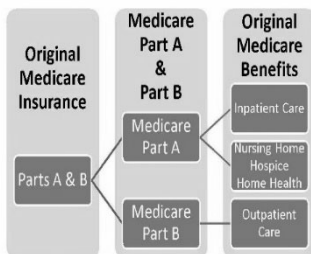
## Is Your Medicare Plan Right for You?

Medicare plans can change every year. Your health can too. Prior to Open Enrollment (October 15 – December 7), you will receive an Annual Notice of Change from your current plan. This is important information, so please read it!



Come to a free presentation on **Wednesday, October 25**, at **1 PM**, at the Community Center to learn how to review your options regarding affordability, prescription coverage, and other benefits. This presentation is sponsored by the SHINE program of Minuteman Senior Services. For more information, call Laura at 978-264-1717, or go to [www.minutemansenior.org](http://www.minutemansenior.org), or call toll free 888-222-6171.

## SHINE Counselor Appointments



The Boxborough SHINE Counselor is **available from 1 – 4 PM, by appointment only, every Monday** (except Columbus Day, October 9) at Town Hall. To make an appointment

with the Counselor, please call Laura at 978-264-1717.

## Boxborough Flu Clinic

Thursday, **October 5**, at **Blanchard Elementary School**, from **3 PM to 6 PM**, the Nashoba Associated Boards of Health will provide **flu vaccinations**. Please bring your insurance card and information. **If you don't have your card, a fee of \$20 will be collected**. There will be some **High Dose Flu Vaccine available for those over 65**. Call Tamara Bedard (978-772-3335, ext. 340) for more information.

## When to Call the Town Nurse

Tamara Bedard, RN, is our Community Health Manager. Tamara has been a public health nurse with NABH for 13 years and enjoys working with Boxborough to promote health and wellness.

Contact Tamara when you or someone you know has a concern about:

- Any at risk or underserved resident of any age
- A frail elder who may need additional services
- Support and assistance with coordinating care and services for those in need
- Possible hoarding and clutter issues
- Communicable disease investigation and follow-up
- Questions regarding upcoming clinics and events
- General health information

There are two services available for you—monthly drop-in well adult clinics at Town Hall and home visits. (NOTE: The monthly drop-in adult clinic, which is normally held on the fourth Tuesday of the month from 10 AM to noon, will not be held in October because of the Flu Clinic.) Tamara is available for home visits by referral/request to make general assessments, assist with coordinating care and services, provide teaching, and make referrals to other local community resources. She can be reached at 978-772-3335, ext. 340.

## FCOA President's Annual Update

This has been an active year for Boxborough seniors at the Community Center as a full program of classes continue to be held.

Once again, we are grateful for the support of the Acton Boxborough United Way through a grant to the FCOA for the needs of Boxborough seniors and to the COA Board for their constant support.

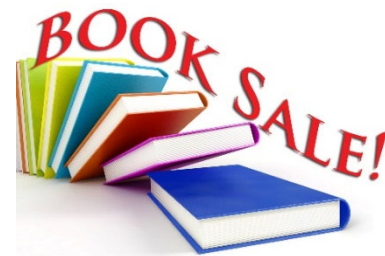
We entertained an average of over 50 guests at our three luncheons this year. Special thanks go to the DPW who helped us set up tables and chairs, to Lorraine Carvalho who decorated the room and our tables, and to everyone who brought food and helped with set up and clean up.

Thanks to all the FCOA Board members who give of their time and labor for our efforts on behalf of the seniors. A particular thank you and hearty best wishes to Lorraine Carvalho, who is moving out of town. Thanks to our departing vice president and bake sale coordinator, Peggy Spinner, who moved to Maine. And a special thanks to Sheila Lloyd, our past president and chair, who has stepped off the board. Sheila will be staying in Town so we will still have the pleasure of her company. Thanks also to Laura Arsenault, the COA Coordinator, who is always willing to assist with contacts and planning for events and programs.

Thank you, one and all!

John Fallon, President

**Book Sale at Sargent Memorial Library**  
**Saturday, November 4, from 9 AM to 2 PM,** the Friends of the Boxborough Library will hold a book sale in the Library meeting room. A preview sale for members of the Friends will take place **Friday, November 3, from 5 PM to 8 PM.**



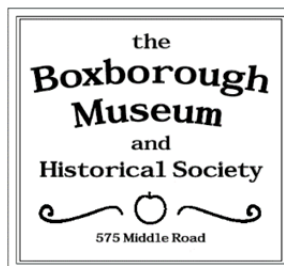
*(Membership will be available at the*

*door.)* Proceeds from the sale go toward additional Library programs and museum passes.

Please support this sale by donating your gently used hardcover books, paperbacks, and audiovisual items, and by attending this sale.

**Books will be accepted from October 30 to November 2** at the Library during regular hours. Please—no VCR tapes, magazines, or books in really poor condition. If a Boxborough senior needs help donating books, please call the COA office at 978-264-1717.

## The Boxborough Museum



The Museum will be open **2-4 PM, Sunday, October 8.**

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

**Thank you! Thank you! Thank you!**

The FCOA would like to thank all those who participated in our very successful Bake Sale at the Annual Harvest Fair. We had an excellent response from many individuals who provided us with delicious home-baked goodies to sell. We couldn't have done it without your support and contributions!

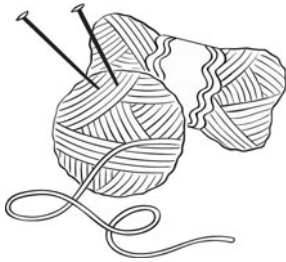
**Next Podiatry Clinic – Friday, November 3**



*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



## Ongoing Events, Classes

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



**Brains and Balance** A fun class for body balance training together with brain drills that "train your brain." Meets Tuesdays, 10:30 AM. Community Center.

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

**Bridge** An ongoing group that always welcomes new members. Meets Thursdays, 9:15 AM. 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 Community Center. Sign up for one, two or three days. 9 AM.

**Crafters Group** A group for those who enjoy knitting, crocheting, beading, cross-stitching, any craft at all, make new friends, and work on your project. Meets Wednesdays, 2-4 PM. Sargent Memorial Library. Call 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 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, 10AM. Town Hall. Note: There will be no Wellness Clinic this month because of the Flu Clinic.

**Yoga for Seniors** A 12-week class of stretching, balance, and strengthening taught by Julia Vighh. Meets Tuesdays and Thursdays, 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 (\$ \_\_\_\_\_)

\$10 \_\_\_\_\_ \$25 \_\_\_\_\_ Other \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

# October 2017

SUN	MON	TUE	WED	THU	FRI	SAT	
	1 9-Fitness w/ Holly 1-Movie Monday	2 10:30-Brains and Balance 1-Yoga	3 9-Fitness w/ Holly 2-Crafters Group	4 9-Line Dance 9:15-Bridge 1-Yoga 2-Mah Jongg <b>3-6 Flu Clinic</b>	5 9-Fitness w/ Holly	6 9-Fitness w/ Holly	7
8 2-4 Boxboro Museum	9 <b>Columbus Day</b> Town offices and Library closed.	10 10-Book Group 10:30-Brains and Balance 1-Yoga	11 9-Fitness w/ Holly <b>12-FCOA Luncheon</b> 2-Crafters Group	12 9-Line Dance 9:15-Bridge 1-Yoga 2-Mah Jongg	13 9-Fitness w/ Holly <b>12:15-Concord Boat Trip</b>	14	
15	16 9-Fitness w/ Holly 1-Movie Monday	17 10:30-Brains and Balance 1-Yoga	18 9-Fitness w/ Holly 2-Crafters Group	19 9-Line Dance 9:15-Bridge 1-Yoga 2-Mah Jongg	20 9-Fitness w/ Holly	21	
22	23 9-Fitness w/ Holly 1-Movie Monday	24 10:30-Brains and Balance 1-Yoga	25 9-Fitness w/ Holly <b>1-SHINE Presentation</b> 2-Crafters Group	26 9-Line Dance 9:15-Bridge 1-Yoga 2-Mah Jongg	27 9-Fitness w/ Holly	28	
29	30 9-Fitness w/ Holly 1-Movie Monday	31 10:30-Brains and Balance 1-Yoga					

**Out of Town**

**Mt. Calvary Church, Acton**

Quilting Group, Tue, 9 AM  
Comm. Supper, Wed, 5 PM