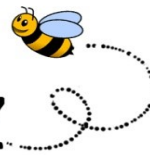


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

October 2019

Council on Aging

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COA 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

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Barbara Birt, Recording
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Mary Pavlik
Alan Rohwer,
Corresponding Secretary
Shirley Warren
Georgia Winfrey, Vice
President

Buzz Production Team

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

Police Officers Luncheon for Seniors

Wednesday, October 9, our Boxborough Police Officers will provide a free luncheon for seniors. The event begins at **noon** at the **Community Center**, to be followed by a brief presentation regarding safety and scam issues that target seniors.

So, mark your calendar and plan to socialize with your friends, enjoy lunch, and learn about precautionary measures you can take to protect yourself. To RSVP for this luncheon, call the COA at 978-264-1730.

Please bring a donation for the Acton Food Pantry.

New Van Service on Mondays

Beginning on **Mondays in October**, the COA Van will provide grocery shopping trips to **Market Basket** (The Pointe) in Littleton. One hour will be allowed for shopping. If interested, please sign up no later than 11:30 AM on the Friday before shopping. Home pickup will be between **9:30 AM** and **9:45 AM** on Mondays. Please call the Van Dispatch at 978-264-1730 to schedule pickup. There will be no service on the Columbus Day holiday, October 14.



Methuen Music Hall Trip



Join us for "A Merry Music Hall Christmas" concert at the **Methuen Music Hall** on **Sunday, December 1**, at **3 PM**. The Hall was built specifically to house its grand organ. Ray Cornils, an amazing organist, along with Robinson Pyle and Greg Gettel, two very talented trumpeters, will provide an outstanding performance. The COA has 20 tickets available. The cost of the trip and each ticket is **\$20**; this includes the transportation, thanks to the generosity of the FCOA. We will leave from Town Hall parking lot **promptly at 1:30 PM**. This concert sells out fast, so call 978-264-1730 **before November 1** to make your reservation.



Spotlight: James MacRae

Boxborough veterans are now able to work with the local Veterans Service Director under a new ruling by the state that allows Acton and Boxborough to

share the services. These are important services that are available to any veteran. James MacRae is now the Veterans' Agent for Boxborough, as well as for Acton.

After finding little direction in his career pursuit, James decided to join the United States Army at the age of 24. Years of working in the restaurant business left MacRae disillusioned and in need of direction. The Army provided just that. After serving two tours of duty in Mosul in northern Iraq, MacRae returned to the community with a desire to help other veterans. "It is great to be able to work locally," says MacRae, a recent recipient of Acton's Joseph A. Lalli Merit Award.

As the Acton-Boxborough Veterans Service Officer, MacRae provides an important service for local veterans. Those services are part of a state-sponsored benefits package called Chapter 115, which offers medical reimbursement assistance to local veterans. His office is located at the Acton Senior Center, 30 Sudbury Road, Acton. MacRae is available 5 days a week to help all service members and their spouses. To make an appointment, call 978-929-6614 or email at VSO@acton-ma.gov. For more information, go the Veteran Services page on either Acton or Boxborough town websites.

Affordable Senior Housing Forum

Metro West Collaborative Development will present a 55+ Housing Forum on **Thursday, October 17 at 10 AM** at the **Sargent Memorial Library**. The collaborative's mission is to organize residents, mobilize resources, and identify ideas to improve the quality of life for residents of Metro West neighborhoods. Topics to be discussed at the forum include Aging in Place, Downsizing, and Decluttering; Finances, Current Housing Costs, and Targeted Housing Costs; Affordable Housing and the Application Process; plus 55+ Communities and Supportive Services. Please call 978-264-1730 to RSVP.

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 thanks to the good efforts of Lauren Abraham, the Town's new COA Director.

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

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

Thanks to all the FCOA Board members who give of their time and labor for our efforts on behalf of the seniors. Special thanks to Astrid Perko who stepped down from the FCOA Board this year after many years of good and faithful service including a long stint as president.

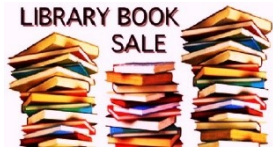
Thank you, one and all, for all you do for our seniors!

John Fallon, President

Dementia 101

Memory loss can be a symptom of early Alzheimer's or other forms of dementia. While many of us may occasionally forget names or conversations, it helps to know if this is a cause for worry or simply the result of a busy life with lots of distractions. Alzheimer's is a disease of the brain that causes a slow decline in the ability to remember, make decisions, and execute reasoning. Come and join Whitney Rohrer MS, OTR/L, on **Thursday, October 10 at 11 AM** in the **Community Center** to learn more. This is a free community health program offered by Nashoba Nursing Service and Hospice, a not-for-profit Home, Health, Palliative, and Hospice Agency serving central Massachusetts. The agency is a Medicare/Medicaid certified agency and accepts most insurance plans. Handouts will be available, and light refreshments will be served. For further information, contact the agency at 978-425-6675 or at www.nashoba.org.

Library Used Book Sale

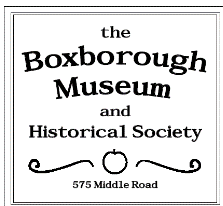


Due to popular demand, the Friends of the Boxborough Library has expanded its fall used book sale to a 3-day

event. The weekend will start with a Preview Sale for members on **Friday, November 1**, from **5 PM to 7 PM**. (Memberships will be available at the door.) The main Book Sale is on **Saturday, November 2**, from **9 AM to 2 PM**. An "Everything Must Go" sale is on **Sunday, November 3**, from **2 PM to 4 PM**. Bring a bag (or bags) to the Sunday book sale and only pay \$2 to fill each bag however you like.

Proceeds from the sale will go toward additional Library programs and museum passes. Please support this event by donating your gently used hard covers, paperbacks, and audiovisual items — and by attending the sale. Books will be accepted **Monday, October 28**, through **Thursday, October 31**, at the Library during its regular hours. *(Please: no VCR tapes, magazines, or any material in really poor condition!)*

If any senior needs help taking books to the library, please call the COA office at 978-264-1730.



The Museum will be open **Sunday 2-4 PM**

- **October 13**
- **November 10**

New England's General Stores

Sunday, October 20, Boxborough's Historical Society will present Ted Reinstein of Channel 5's "Chronicle" team. Ted will speak about his book "*New England's General Stores: Exploring an American Classic*", written in collaboration with his wife, Anne-Marie Dorning. This presentation begins at **2 PM** in the **Grange Room** at Town Hall. Admission is free and all are welcome.

The general store is literally as old as America itself. It was real-life Norman Rockwell—deeply woven into America's cultural identity and an integral part of our country from its earliest days. However, over the past 50 years, many of these stores have disappeared. Ted has been a reporter for the WCVB TV's "Chronicle" team for almost 25 years, during which he has garnered many national awards, including an Emmy in 2018. On October 20, he will share the colorful history of general stores, how they figured in the rise of early American commerce, why they began to fade, and why they have begun to come back, re-imagined, for a new era. There will be a Q&A session, book purchase, and signing opportunities after the program.

Time to Get Your Flu Shot

On **Thursday, October 3**, a Flu Clinic will be held at the **Blanchard Memorial School** from **3 PM to 6 PM**. The Nashoba Associated Boards of Health will provide the vaccinations. Please bring insurance cards with you. If you do not have insurance and are able to pay, a **\$20** fee will be collected to cover costs. A second Flu Clinic will be held at the **Town Hall** on **Tuesday, October 22** from **10 AM to 12 PM**. Please call the Community Health Nurse, Tamara Bedard, at 978-772-3335 (Ext 340) for additional information.

COA Transportation Services

The COA van is available Monday noon to 5 PM, Tuesday, Wednesday, and Thursday, 9 AM to 4 PM. Call 978-264-1730 at least 2 weeks in advance to book rides to medical appointments and 1 week in advance to book other rides.

Cancer Patient Transportation Services

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 COA office at 978-264-1730 to see if Lending Hand can help.

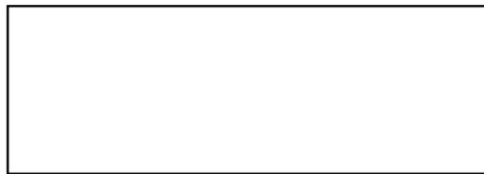
Medicare Open Enrollment

Open enrollment for Medicare is from October 15 through December 7. On **Wednesday, October 23**, at **10:30 AM**, at the **Community Center**, Terry Morton will give a presentation about what's new with Medicare and what has changed over the past year. Our SHINE counselor, Clyde Kessel, will also be available to answer your questions. SHINE is an acronym for Service Health Insurance Needs of Elders. To make an appointment with Clyde, call 978-264-1730.

Senior Class Community Service Day

ABRHS senior class is holding its annual **Community Service Day** on **Tuesday, November 5**. Teams of student volunteers will be available to provide yard-raking service. If you require help with cleaning up your yard, please contact Lauren by phone (978-264-1717) or email (labraham@boxborough-ma.gov). This program is limited to five households on a first-come first-served basis. You'll need to **sign up no later than Thursday, October 17**, to get your name on the list.

–Submit Items for November Issue by October 7–



Change Service Requested

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October 2019

SUN	MON	TUES	WED	THUR	FRI	SAT
		<i>1</i> 10-Book Group 10:30-Brains & Balance 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>2</i> 2-Crafters Group	<i>3</i> 9-Line Dance 2-Mah Jongg 3-6-Flu Clinic at the Blanchard School	<i>4</i> 9-Fitness w/Holly 9:30-Bridge	<i>5</i>
<i>6</i>	<i>7</i> 9-Fitness w/Holly 1-Movie Monday	<i>8</i> 10:30-Brains & Balance 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>9</i> 9-Fitness w/Holly 12-COA Luncheon Sponsor: Box. Police 2-Crafters Group	<i>10</i> 9-Line Dance 10-Dementia 101 2-Mah Jongg	<i>11</i> 9-Fitness w/Holly 9:30-Bridge	<i>12</i>
<i>13</i> 2PM-4PM Boxborough Museum	<i>14</i> Columbus Day Town Hall and Library closed	<i>15</i> 10:30-Brains & Balance 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>16</i> 9-Fitness w/Holly 2-Crafters Group	<i>17</i> 9-Line Dance 10-Affordable Housing 2-Mah Jongg	<i>18</i> 9-Fitness w/Holly 9:30-Bridge	<i>19</i>
<i>20</i> 2 PM New England's General Store Presentation	<i>21</i> 9-Fitness w/Holly 1-Movie Monday	<i>22</i> 10-12-Flu Clinic at Town Hall 10:30-Brains & Balance 1- Stretch and Flex Yoga 2:15-Chair Yoga	<i>23</i> 9-Fitness w/Holly 10:30-SHINE Presentation 2-Crafters Group	<i>24</i> 9-Line Dance 2-Mah Jongg	<i>25</i> 9-Fitness w/Holly 9:30-Bridge	<i>26</i>
<i>27</i>	<i>28</i> 9-Fitness w/Holly	<i>29</i> 10:30-Brains & Balance 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>30</i> 9-Fitness w/Holly 2-Crafters Group	<i>31</i> 9-Line Dance 2-Mah Jongg	<i>Nov. 1</i> 9:30-Bridge 5 PM-7 PM Library Preview Book Sale for members	<i>2</i> 9-2 Library Book Sale

<p>Out of Town</p>	<p>Mt. Calvary Church, Acton</p> <p>First Parish Church, Stow</p> <p>Littleton Council on Aging</p>	<p>Quilting Group, Tuesdays, 9 AM</p> <p>Community Supper, Wednesdays, 5 PM</p> <p>Community Dinner, first Friday of the month, 5:30 PM</p> <p>Bridge Group, Fridays, 9:30 AM – 12:30 PM</p>
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Ongoing Events, Classes

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



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

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

Bridge Group An ongoing group that meets Fridays, 9:30 at Littleton COA. New members welcome. Cal Val (978-263-8181) 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. Call the Library for more information: 978-263-4680.

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.

Line Dance A 12-week class taught by Sam O'Clair. Newcomers welcome! Meets Thursdays, at 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. Call Astrid Perko at 978-263-7016.

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.

Wellness Clinic Held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages. 10:30 AM-12:30 PM
No Wellness Clinic this month because of the Flu Clinic 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 _____

Name _____

Address _____

In Memory of _____