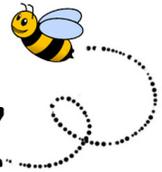


THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Council on Aging

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Peggy Spinner
Shirley Warren

March 2012

The "Singing Trooper" Comes to Boxborough

On Tuesday, March 27, the Friends of the Boxborough Council on Aging will present Daniel Clark, the "Singing Trooper," at the Boxborough Community Center, 30 Middle Road, starting at 2:00 PM. During and after his 20-year career in the Massachusetts State Police, Mr. Clark has sung with the Boston Pops and many other local and national venues, including leading the National Anthem for the Boston Bruins, Celtics, Patriots, and Red Sox. Admission is free and light refreshments will be served. Please call Marcia McNeil (978) 263-1116 ext. 118 at the COA office to make a reservation. Join us in what should be a very special afternoon.



Tax-Time Help

The AARP Foundation Beginning in February and continuing through mid-April, the AARP Foundation will sponsor a free tax preparation service for low- and moderate-income taxpayers. During this time period, all appointments will be held on Thursdays at the Sargent Library; please call the COA office at 978-263-1116 Ext. 106 to schedule an appointment.

At your appointment, a trained preparer will answer tax questions and provide assistance in preparing most tax returns. This service does not include preparing business returns, giving investment advice, or calculating asset basis or complex Schedule D calculations. Please bring a copy of last year's Federal and State returns and all 2011 tax forms, such as W2, 1099, Social Security, and IRA, pension, and annuities distributions.

(cont. page 3)

Dee Lee Financial Program at Sargent Memorial Library

Local author and Certified Financial Planner Dee Lee will present a program on **Thursday, March 22, at 7:00 PM**, at the Sargent Memorial Library. Dee Lee is the weekday afternoon host of the WBZ radio news show, *Money Matters*. She has been featured in *The New York Sunday Times* and quoted as a resource in *USA Today*, *Fortune*, *Money*, *Kiplinger's Personal Finance*, *Fidelity Focus*, and numerous other financial publications. Dee has also authored several books, including *Money*, *Financial Freedom*, *Women and Money*, *The Complete Idiot's Guide to Retiring Early*, and *Let's Talk Money: Your Complete Personal Finance Guide*.

Dee is a dynamic speaker, experienced in motivating, entertaining, and educating financial consumers who possess differing degrees of financial sophistication. She designs her talks to meet the needs of her audience. She will give a presentation and answer questions on topics ranging from college funding, 401(K) plans, women and money, and planning for retirement. Everyone is welcome to attend this timely program sponsored by the Friends of the Boxborough Library.

Podiatry Clinic March 8th



Dr. Ayleen Gregorian

Services provided by at the clinic include: Trimming of nails, treatment of corns and calluses and screening. A \$25.00 fee payable to Dr. Gregorian is required at the clinic. The clinic begins at 9:30 AM. It will take

place at the Boxborough Community Center. Please call Laura Arsenault at ext. 106 to reserve a space.

Presidential Primary March 6

The Presidential Primary will be held Tuesday, March 6. The polls, at Boxborough Town Hall, 29 Middle Road, will open at 7:00 AM and close promptly at 8:00 PM. If you need assistance in getting to the polls, please contact Laura Arsenault at 978-263-1116 x106.

If you will be out of town on that day or are unable to get to the polls, you can apply for an absentee ballot in person at the town clerk's office, or by downloading an absentee ballot application from the Boxborough town website www.town.boxborough.ma.us and mailing it to the Town Clerk at 29 Middle Road. The deadline to apply for an absentee ballot is Monday, March 5, at noon. Questions? Please contact Liz Markiewicz at 978-263-1116 x117.

Beware of Telephone Scams –This happened in Boxborough!

Family Member in Trouble This scam targets the elderly. The caller pretends to be in law enforcement and explains that a grandchild or other relative is in jail. They will state that cash is needed to post bail and it has to be a money wire payment. When someone you don't know requests a money wire payment, it is a dead giveaway for a scam. If you receive a call, *hang up* and call a family member who can tell you that your loved one is all right and then notify the police department.

Boxborough Grange 126th Anniversary Meeting

Boxborough Grange #131 was organized on March 4, 1886. It will hold its 126th anniversary meeting in the Grange Room, Boxborough Town Hall, on Friday, March 9, at 7:30 p.m.

The meeting is open to the public and will feature presentation of the annual Grange Community Service Award, presented to a deserving citizen or group in Boxborough. Additional service awards will be presented to Grange members. Entertainment will follow. All are welcome, and admission is free. Please RSVP to 978-263-2241.

The Acton Lions Club Annual New England Boiled Dinner

You do not have to be Irish to enjoy the Lions Club's Annual St. Patrick's Day dinner at the Acton Senior Center on Sunday, March 18th, at 1:00 PM. A traditional New England boiled dinner will be served to Acton and Boxborough seniors, followed by entertainment.



Parking is limited, so please carpool or request a ride from the Boxborough Council on Aging. Please call the Acton COA at 978-929-6652 by Friday, March 9th, to make a reservation. Thank you to the Lions Club for providing great food, company, and entertainment for seniors again this year.

Medical News You Can Use

You've learned that you're about to be discharged from the hospital. You are heading home at last! This is welcome news, but it is vital for you to know what kind of medical and support care you will need at home.

The federal government has prepared a "Discharge Planning Checklist" to help patients and caregivers ask vital questions before leaving a hospital or nursing home. Both patient and caregiver should be part of the discharge planning team. Ask questions until you get useful answers.

1. What's Ahead?

- Where will I get care after discharge? Do I have options? (Be sure to tell the staff what you prefer.)
- Which family member or friend will be helping me after discharge? (Write down the name and phone number.)

2. My Condition

- What is my health condition? How can I help myself get better?
- Write down a list of all your prescriptions, over-the-counter drugs, and vitamins. Tell the hospital staff what drugs you took before you were admitted. Ask what each new drug is for.

3. Recovery and Support

- Will I need medical equipment? Who will arrange for it?
- Will I need help with bathing, dressing, using the toilet, climbing stairs, cooking, grocery shopping, house cleaning, paying bills, getting to appointments or the drug store?
- What tasks will require special skills, such as changing a bandage or giving a shot? Can I be trained to do this?
- Is there a counselor or support group in my area for people dealing with my illness?
- Can I get help to pay for care I need? Whom can I talk to about my insurance coverage? How much I will have to pay?
- Will the facility provide written discharge instructions and a summary of my health status?
- Will the facility list all the appointments or tests I need in the next few weeks?

4. Questions to Ask the Caregiver

- Do you have any questions about items on this checklist? What items on this list can you help with?
- Can you pick up my prescriptions and any special diet needs prior to my homecoming?

If you feel you are being rushed out of the hospital too soon, ask the staff for your "notice of non-coverage," and once you have that, call 1-800-252-5533 to make an appeal with the MassPRO.



Tax Time Help (cont.)

Massachusetts Circuit Breaker Tax Credit

If you are applying for the CB Credit, the trained tax preparer will answer any questions you have about qualifying for this credit. You, or your spouse if married filing jointly, must be at least 65 years of age before January 1, 2012, to qualify for this credit. Also, you must file as single, married jointly or head of household to qualify. If married filing separately, you do not qualify for this credit. Please bring your Real Estate Tax bill for 2011 or a copy of your rental contract to your appointment.

March

The Golden Ticket

Schedule of Events

2012

Thur, Mar 1 **Line Dancing,** 9 AM
Yoga, 1 PM

Fri, Mar 2 **Fitness with Holly,** 9 AM
Adv. Beg. Spanish, 10 AM

Mon, Mar 5 **Fitness with Holly,** 9 AM
Movie Monday, 1 PM

Tues, Mar 6 * **Presidential Primary,** 7 AM,
Town Hall
Quilting, 9 AM
Tai Chi, 10:30 AM
Gentle Fitness, 11:45 AM
Beginning Spanish, 1 PM

Wed, Mar 7 **Fitness with Holly,** 9 AM
Watercolor, 1:30 PM

Thur, Mar 8 **Line Dancing,** 9 AM
*** Podiatry Clinic,** 9:30 AM
Yoga, 1 PM

Fri, Mar 9 **Fitness with Holly,** 9 AM
Adv. Beg. Spanish, 10 AM
*** Grange Anniv. Meeting,** 7:30
PM, Town Hall

Sun, Mar 11 **Boxborough Museum.** 2 PM

Mon, Mar 12 **Fitness with Holly,** 9 AM
Movie Monday, 1 PM

Tues, Mar 13 **Quilting,** 9 AM
Tai Chi, 10:30 AM
Gentle Fitness, 11:45 AM
Beginning Spanish, 1 PM

Wed, Mar 14 **Fitness with Holly,** 9 AM
Wellness Clinic, 11 AM
Box. Neighbors Lunch, noon
Sponsored by Boxborough
employees.
Watercolor, 1:30 PM

Thur, Mar 15 **Line Dancing,** 9 AM
Yoga, 1 PM

Fri, Mar 16 **Fitness with Holly,** 9 AM
Adv. Beg. Spanish, 10 AM

Sun, Mar 18 **Acton Lion's Club Dinner,**
* 1 PM, Acton Senior Center

Mon, Mar 19 **Fitness with Holly,** 9 AM
Movie Monday, 1 PM

Tues, Mar 20 **Quilting,** 9 AM
Tai Chi, 10:30 AM
Gentle Fitness, 11:45 AM
Beginning Spanish, 1 PM

Wed, Mar 21 **Fitness with Holly,** 9 AM
COA Café, drop-in 9:30 AM
Watercolor, 1:30 PM

Thur, Mar 22 **Line Dancing,** 9 AM
Senior Lunch Acton, 12:15 PM
Yoga, 1 PM
*** Dee Lee Financial Program,**
7 PM, Sargent Library

Fri, Mar 23 **Fitness with Holly,** 9 AM
Adv. Beg. Spanish, 10 AM

Mon, Mar 26 **Fitness with Holly,** 9 AM
Movie Monday, 1 PM

Tue, Mar 27 **Quilting,** 9 AM
Tai Chi, 10:30 AM
Gentle Fitness 11:45 AM
*** Singing Trooper,** 2 PM,
Community Center

Wed, Mar 28 **Fitness with Holly,** 9 AM
Game Day, 1 PM
Watercolor, 1:30 PM

Thur, Mar 29 **Line Dancing,** 9 AM
Yoga, 1 PM

Fri, Mar 30 **Fitness with Holly,** 9 AM



* special this month



Ongoing Events, Classes



To learn more about any event, call Laura Arsenault: 978-263-1116 ext. 106

Boxborough Neighbors Luncheon Meets the 2nd Wednesday of the month. Food is provided on a rotating basis by local Boxborough Organizations. Call Mary Larson to sign up: 978-263-7632. U.C.C. Church.

Bridge at Town Hall An ongoing group that always welcomes new members. Meets every Thursday at 10:00 AM. Call Dean Machamer at 978-263-2976.

COA Wellness Clinic Second Wednesday of the month. Nashoba Nursing Service hosts a monthly wellness check for all ages. 11:00 AM-noon. U.C.C. Church

COA Cafe Enjoy coffee, tea, snacks, and conversation. No charge. 9:30 AM drop-in. Community Center.

Fitness Class with Holly A 12-week class meets Mon, Wed, Fri. at 629 Mass. Ave. Sign up for one, two, or three days. \$36/\$72/\$108. Next session starts Monday, March 5.

Game Day Come and play popular board games with others 1-3 PM at the Community Center. Fourth Wednesday of the month. All are welcome.

Gentle Fitness for Seniors A 12-week class for all fitness levels taught by Phillis Kennedy. Meets once a week. 11:45 AM. Community Center. \$36. Next session starts Tuesday, March 27.

Line Dancing A 12-week class taught by Sam O'Clair. Meets Thursdays at 9 AM. Community Center. \$36/ New Session starts Thur. March 1.

Movie Mondays @Sargent Memorial Library 1:00 PM every Monday the library is open.

Podiatry Clinic Nail trimming, treatment of corns and calluses. Screening for overall foot health \$25 fee collected at clinic. 9:30 AM. Community Center.

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

Senior Luncheon in Acton An ongoing group that meets on the fourth Thursday of the month at Mt. Calvary Church. 12:15 in the Great Hall.

Spanish Lessons Learn to speak Spanish. Ongoing. Two classes, beginner and advanced beginners. Tue. 1-3:30 PM and Fri. 10 AM-noon. Community Center.

Tai Chi A 12-week class of taught by Jeff Cote and staff. Meets once a week at 10:30—11:30. Community Center. \$36. Next session starts Tuesday, March 6.

Watercolor Workshop A 6-week class taught by Cynthia Durost. New painters welcome. Meets once a week at 1:30—3:00 PM. Community Center. \$36. Next session starts Wednesday, March 7.

Yoga for Seniors A 12-week class of stretching, balance, and yoga taught by Julia Vigg. Meets once a week at Yoga Studio. \$48 for 12 weeks. Next session starts Thursday, March 22.

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 _____