

THE

BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

Council on Aging

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COA Board Members

*identify needs, develop
and implement programs
and services, educate
citizens and advocate on
behalf of elders.*

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Tina Bhatia
Susan Fredrickson
Lauraine Harding
Frank Sibley
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October 2012

Looking for a Knight in Shining Armor?



Well, we may not be able to help you find a knight, but we know where you can find the armor! A trip to the Higgins Armory in Worcester is scheduled for **Friday, October 19**. This museum, the only one of its kind in the western hemisphere, will take you back to the days of chivalry, jousting, deadly combat, and courtly behavior.

If your interest is military, you will want to see the historic collection of weapons and armor going back to the Bronze Age. If your interest is more domestic, you can discover what life was like in a medieval castle. Everyone will enjoy the spectacular Great Hall, adorned with suits of armor, shields, swords, and a few surprises.

The van will leave Town Hall at 10 AM, and the cost for the Armory and transportation is \$15.00. After our visit to the Armory, we'll stop for lunch at The Olive Garden restaurant in Shrewsbury. The folks there will be happy to take individual orders, so plan to order lunch from the menu. To reserve your place, please call Marcia at the COA office. 978-263-1116, ext. 118.

COA Wellness Clinic & Flu Shots Wednesday, October 10

The Nashoba Nursing Service will offer Flu Shots to all Boxborough residents from 10:00 AM-12:00 PM at the Community Center on Wednesday, October 10th. If you are not able to come to the Center, a home visit may be arranged. Please bring your insurance card with you. For more information please call Nashoba Nursing Service at 978-772-3335 X340.

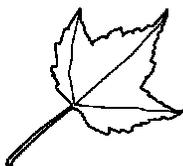
COA Café Monday and SHINE Presentation

On Monday, October 22, the October COA Café will open at 10 AM at the Community Center with coffee and breakfast treats followed by the SHINE presentation. Please mark your calendar to save the date.

Medicare open enrollment comes earlier this year! It starts on October 15 and ends December 7, 2012. Medicare plans change every year. The SHINE Program can help you review your options now:

- What are the changes to your prescription drug plan?
- What are your options for Medicare coverage?
- How does your particular health insurance plan work, and how does it compare to others?

A representative from the SHINE program at Minuteman Senior Services will present all the Medicare changes for this year and answer your questions. SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and confidential counseling. You will also have the opportunity to schedule a private session with the Boxborough SHINE Counselor.



ABRHS Community Service Day Tuesday, November 6th

Students from the junior class of Acton-Boxborough Regional High School are having the annual fall community service day on Tuesday, November 6th. The students work in teams and are available to do raking and other tasks around the yard. There is no charge for this service, but you will need to provide water and a snack. If you would like to sign up please call Laura at the COA Office, 978-263-1116 ext. 106.

FCOA Luncheon & Legal Seminar Wednesday, October 31

The Boxborough Friends of the Council on Aging will hold its next speaker's lunch on Wednesday, October 31st at 12:00 noon in the Boxborough Community Center.

In today's uncertain times, the value of planning ahead cannot be overstated, especially when it comes to dealing with issues concerning our health and financial decision making. Understanding the basics of estate planning —Health Care Proxy, Living Will, Durable Power of Attorney, and Wills will allow you to clearly state your wishes and ensure that you have control over who would be in charge of decisions if you are unable. The speaker, Cathleen Summers, will also answer questions about estate planning, asset protection, and Medicaid.

Cathleen Summers is an elder law attorney with Summers, Summers & Associates located in Acton, MA. She has over twenty years experience in providing legal planning services to seniors and their families. Cathleen is also a Registered Nurse and has extensive experience with health care advocacy and senior benefits.

All seniors are welcome and admission is free so please join us for good food and a stimulating program. We anticipate a large crowd so reserve your seat by calling Marcia at the Council on Aging Office: 978-263-1116 extension #118.

By the way, the Boxborough FCOA would like to say thanks to the bakers and buyers who stopped by the FCOA table at the Harvest Fair. Thanks to their generosity, we netted \$350 in support of our classes and programs.

Calling All Lunch-Bunchers!

Mark Tuesday, **October 18**, on your calendar! At **noon at the Senior Center**, Life Care Center of Acton will be providing lunch to Boxborough seniors. The menu for October is shrimp scampi and fettuccini—YUM! The food and company will be great, so plan to join us! Please call Marcia at the COA office, 978-263-1116, Ext. 118, to make a reservation.



Thank You, Holiday Inn

The Boxborough Holiday Inn hosted a special COA Café last month in the Community Center, with food prepared by their own Executive Chef, Chef Joe Occhipinti, who is usually called Chef Joe. Besides being treated to a variety of fresh scones and assorted sandwiches, attendees were also given an overview of the Inn's new menu and philosophy, as well as coupons to use at the Minuteman Grille.

The atmosphere was festive, and many neighbors had a chance to discuss local news while enjoying some splendid food. We want to thank the Holiday Inn for this generous gift, which resulted in an unusually large turnout.

COA Transportation Service

The COA van is available at a nominal fee from 9:00 AM to 3:30 PM Monday through Thursday for Boxborough seniors and residents with disabilities. The van is available for medical appointments, food shopping, and most local programs. To schedule a ride, call Van Dispatcher Marcia McNeil at 978-263-1116, ext. 118, between 9:00 AM and 1:00 PM at least two days in advance to discuss the details of your ride.

Conquering Clutter Creep

Seniors may have a lifetime's accumulation of possessions that can easily turn into clutter: papers, books, photos, bank statements, and insurance papers. Clutter can be more than a nuisance; it can also pose a safety hazard. You may not be able to find medicines or keys when you need them. Fighting clutter is an ongoing process. These tips may help.

- **FIND A PLACE FOR EVERY ITEM:** storing items in the room where they are used helps ensure they get put away when you are done.
 - **PLAY CLUTTER COP:** always look for ways to block unneeded items before they cross your threshold.
 - **DO SOME DETECTIVE WORK:** periodically scan your home for clutter hot spots and spend some time figuring out why stuff accumulates there.
 - **HOLD OFF ON CONTAINER SHOPPING:** make sure you need to keep these things before putting it in a storage box.
 - **DUMP DUPLICATES:** why have six hairbrushes or thirty coffee mugs?
 - **BEWARE NOSTALGIA:** do you really need that keepsake?
 - **WEED OUT YOUR WARDROBE:** do you really wear all these clothes?
 - **LOOK FOR SIMPLE SOLUTIONS:** hang your keys near the front door; open mail near the trash.
 - **THINK HOME ORGANIZATION "KITS":** organize your bills in a clear plastic shoebox-sized container.
 - **STICK TO A SCHEDULE:** some spaces, like kitchen counters, need daily de-cluttering, while others can be tackled weekly or monthly.
- For more ideas, visit www.cluttercreep.com

Volunteer Driver Transportation

If the COA van is not available, you may directly call a volunteer who has offered to drive Boxborough Seniors for local trips. There is no charge. Names and numbers are listed in the COA S.O.S. Brochure, or call Laura 978-263-1116, ext. 106 for details.

Note: Road to Recovery at 1-800-227-2345 provides free transportation and information services for cancer patients.



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 at UCC. Food is provided on a rotating basis by local Boxborough Organizations. Call Mary Larson to sign up: 978-263-7632.

Book Group Meets first Tuesday of the month at 10:00 AM. Library. New members are always welcome.

COA Wellness Clinic Second Wednesday of the month. Nashoba Nursing Service hosts a monthly wellness check for all ages. 10:00 AM-noon. Community Center.

COA Cafe Enjoy coffee, tea, snacks, and conversation. Once every month (check calendar), 10 AM drop-in. Community Center.

Community Supper in Acton for everyone on every Wed. at Mt. Calvary Church. No Charge. 5 PM

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. 9 AM.

Game Day Come and play popular board games with others, every Thursday, 1 PM at the Community Center. All are welcome.

Gentle Fitness with Phyllis A 12-week class for all fitness levels Meets Tues. at Town Hall & Thurs. at Community Center 11 AM. \$36 for once a week class

Line Dancing A 12-week class taught by Sam O'Clair. Meets Thursdays at 9 AM. Community Center. \$36

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

Quilting Group An ongoing group that makes quilts for the needy worldwide. Meets Tuesdays 9 AM-noon. Mt. Calvary 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 for Beginners Learn to speak Spanish. Ongoing classes meet every Tuesday at 1 PM. Community Center.

Tai Chi A 12-week class taught by Jeff Cote and staff. Meets every Tuesday at 10:30—11:30 AM. Community Center. \$36.

Yoga for Seniors A 12-week class of stretching, balance, and yoga taught by Julia Viggh. Meets Thursday, at 1 PM. 25B Stow Road. \$48

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 _____



Shaker Cat Head Basket Workshop

Students will learn how to make a simple Shaker Cat Head Basket, distinguished by its simple weave. It has a pointed base that resembles an upside-down cat's head. There will be three 2-hour morning sessions. Each session builds on previous sessions, so plan to attend all classes to ensure that you can complete the project. No weaving or basket-making experience is needed.

The workshop is taught by basket-maker Robin Bobzin, a specialist in Shaker and Native American baskets and a historian who works as an interpreter at Fruitlands Museum. Classes will meet from 9:30 AM to 11:30 PM on three Wednesdays: October 31, November 7, and November 14. The \$20 cost covers three sessions plus materials. Class limit is eight students. Call Laura Arsenault at (978) 263-1116, X106 early to reserve a space in this fantastic program.

PLEASE NOTE: The October 31 session will be held at the UCC Church. The next two sessions will be at the Community Center. This program is being offered with funding from the Friends of the Council on Aging.

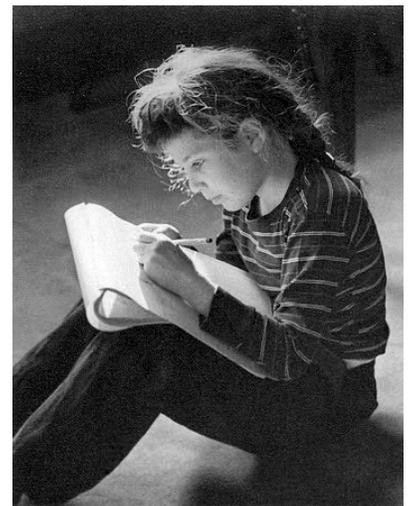
Writing About Your Life

Do you know that all of us have life stories to share? Well, we do! Has anyone ever asked you how you met your spouse, or why you're laughing so hard in an old photograph? Perhaps there are childhood pastimes and pleasures that you want to describe to a family member or to a friend. Well, here's your chance to begin writing about those special times in your life!

For three Friday afternoons in October (October 12, 19, & 26) from 1 to 3 PM, writer Liz West will help you get events from your life on paper. Liz will provide tips for finding good topics, shaping memories into readable prose, and sharing your writing with others. You will learn rules of thumb that will help you create vivid, interesting stories from your life. By the end of the class, you will be delighted with how easily you can record your memories on paper. There is no charge. Call Laura Arsenault at (978) 263-1116, X106 to sign up.

Liz West has been a professional writer for more than 40 years. She has written fiction, non-fiction, restaurant reviews, technical works, and advertising. She has taught writing skills to all ages and has had fun doing so.

Liz West



START SOME ART!

Draw big! Draw bold! Discover Drawing!

Can't draw a straight line? Most people can't, but they still can learn how to create beautiful, expressive drawings. Every Wednesday from 1-2:30 PM, beginning October 17, artist Janet Wolahan will use a variety of techniques to explore the fascinating art of drawing. Her new 8-week class is called **Draw Big! Draw Bold! Discover Drawing!** The cost is \$24 for the series. To register, call Laura at the COA Office: 978-263-1116, ext. 106.

During the first few weeks we will experiment with various ways of mark-making and work to develop a broad range of drawing skills. We will use these skills to create beautiful, expressive drawings of still life, portrait, and landscape subjects.

- Week 1 Gesture Drawing & Making Marks with Personality!**
(a fun way to loosen up and free ourselves to learn new ways to draw. What can your pencil do?)
- Week 2 Line Drawing/Contour Drawing/Direct Line**
(exploring the linear nature of objects)
- Week 3 Positive/Negative Space**
(There's more to the background than you thought!)
- Week 4 Light & Shade**
(Create wonderful 3-D effects using black and white and shades of gray)
- Week 5 Portrait**
(We'll make portraits using black & white photographs of people or pets. Draw from life using - each other!)
- Week 6 Still Life**
(Learn to create a dramatic composition using simple objects you bring in.)
- Week 7 Landscape**
(elements of landscape: foreground, middle ground, horizon, perspective)
- Week 8 Out the Window**
(Pick your view - see what you can do.)

Janet Wolahan

Janet Wolahan is an experienced artist with a BA of Fine Arts in Painting from the Massachusetts College of Art in Boston. She studied portrait painting for six years at the Edina Art Center with teachers Cyd Wicker and Linda Glewwe of the Atelier Lack School of Classical Realism in Minneapolis, Minnesota, before coming to live in Boxborough with her husband and three daughters. Janet has taught several drawing classes to adults through Acton's Community Education program. She also taught K-6 art for McCarthy-Towne School's "Sloyd" art program in Acton for two years. Since then Janet has been painting in oils in her lovely studio at *Western Avenue Studios*, a thriving artist community located in one of the old mill buildings in Lowell, Massachusetts.



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

Tue, Oct 2 **Quilting**, 9 AM
Book Club, 10 AM
Tai Chi, 10:30 AM
Gentle Fitness, at Town Hall, 11 AM
Begin. Spanish, 1 PM
Yoga, 1 PM

Wed, Oct 3 **Fitness with Holly**, 9 AM
Comm. Supper, Mt. Cal. Church, 5 PM

Thur, Oct 4 **Line Dancing**, 9 AM
Gentle Fitness, at Comm. Ctr. 11 AM
Game Day, 1 PM

Fri, Oct 5 **Fitness with Holly**, 9 AM

Mon, Oct 8 **Fitness with Holly**, 9 AM

Tues, Oct 9 **Quilting**, 9 AM
Tai Chi, 10:30 AM
Gentle Fitness, at Town Hall, 11 AM
Begin. Spanish, 1 PM
Yoga, 1 PM

Wed, Oct 10 **Fitness with Holly**, 9 AM
* **Wellness Clinic & Flu Shots**
at Comm. Ctr., 10 AM -12 noon
Box. Neighbors Lunch, noon
Sponsored by Garden Club, at UCC
Comm. Supper, Mt. Cal. Church, 5 PM
* **Dress Rehearsal *Brigadoon***, 7:30 PM,
Theatre III.

Thur, Oct 11 **Line Dancing**, 9 AM
Gentle Fitness, at Comm.Ctr,11 AM
Game Day, 1 PM
COA Board Meeting, 3 PM

Fri, Oct 12 **Fitness with Holly**, 9 AM
* **Personal Writing Class**,
at Comm.Ctr.,1-3 PM

Sun, Oct 14 **Boxborough Museum**, 2-4 PM

Mon, Oct 15 **Fitness with Holly**, 9 AM
Movie Monday, 1 PM

Tues, Oct 16 **Quilting**, 9 AM
Tai Chi, 10:30 AM
Gentle Fitness, at Town Hall, 11 AM
Begin. Spanish, 1 PM
Yoga, 1 PM

* Special this month

Wed, Oct 17 **Fitness with Holly**, 9 AM
* **Draw Big!**, Comm. Ctr., 1-2:30 PM
Comm. Supper, Mt. Cal. Church, 5 PM

Thur, Oct 18 **Line Dancing**, 9 AM
Gentle Fitness at Comm. Ctr,11 AM
* **Lunch-Bunch**, RSVP required
at Comm. Ctr., noon
* **Bach's Lunch**, at Indian Hill,11 & 1:30
Game Day, 1 PM

Fri, Oct 19 **Fitness with Holly**, 9 AM
* **Trip to Higgins Armory**,
Van leaves Town Hall at 10 AM
* **Personal Writing Class**,
at Comm. Ctr. 1-3 PM

Mon, Oct 22 **Fitness with Holly**, 9 AM
Movie Monday, 1 PM
* **COA café & SHINE Presentation**,
Comm. Ctr. 10 & 11 AM

Tues, Oct 23 **Quilting**, 9 AM
Tai Chi, 10:30 AM
Gentle Fitness, at Town Hall, 11 AM
Yoga, 1 PM
Begin. Spanish, 1 PM

Wed, Oct 24 **Fitness with Holly**, 9 AM
* **Draw Big!**, Comm. Ctr., 1-2:30 PM
Comm. Supper, Mt. Cal. Church, 5 PM

Thur, Oct 25 **Line Dancing**, 9 AM
Gentle Fitness at Comm. Ctr,11 PM
Senior Lunch Acton, 12:15 PM
Game Day, 1 PM

Fri, Oct 26 **Fitness with Holly**, 9 AM
* **Personal Writing class**,
at Comm. Ctr., 1-3 PM

Mon, Oct 29 **Fitness with Holly**, 9 AM
Movie Monday, 1 PM

Tues, Oct 30 **Quilting**, 9 AM
Tai Chi, 10:30 AM
Gentle Fitness, at Town Hall, 11 AM
Begin. Spanish, 1 PM
Yoga, 1 PM

Wed, Oct 31 **Fitness with Holly**, 9 AM
* **Basket Workshop**,
at UCC, 9:30-11:30 AM
* **FCOA Lunch & Legal Seminar**,
at Comm. Ctr., noon
* **Draw Big!**, Town Hall, 1-2:30 PM
* **Comm. Supper**, Mt. Cal. Church, 5 PM