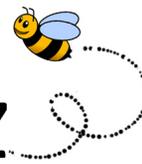


THE

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.*

Barb Wheeler, President
Dave Birt
Tina Bhatia
Susan Fredrickson
Lauraine Harding
Frank Sibley
Liz West
Frank Powers, Liaison
with Board of Selectmen

Friends of the Council on Aging

John Fallon, President
Barbara Birt
Anne Becklean
Lorraine Carvalho
Mary Cobleigh
Patty Gayowski
Lauraine Harding
Eunice Hinckley
Sheila Lloyd
Astrid Perko
Ginnie Richardson
Alan Rohwer
Peggy Spinner
Shirley Warren

Buzz Production Team

Tina Bhatia-COA
Anne Canfield
Susan Page
Liz West-COA

March 2013



View of Boston by Thomas Cole

Pastoral Landscape Painting in America—The Hudson River School (Presented by the Fruitlands Education Department) Wednesday, March 20, 2:00 PM

This presentation offers an opportunity to see paintings illustrating the majesty of our country in the 19th Century. Images from the Fruitlands collection of Hudson River School landscape painting will be used to present a program on the history of pastoral landscape painting in America. This program will reflect the culture of the 19th century and introduce you to many of the artists of the time. The artist Thomas Cole started the Hudson River School in New York State in 1825. Landscapes composed in this tradition depict some of the vast and untamed wilderness of our country, showing a reverence for the beauty of nature. This delightful program is being sponsored by the Friends of the Boxborough Council on Aging; they will be providing an assortment of baked goods and beverages. This event coincides with the first day of spring and we hope you will enjoy this day with others. Please call Marcia at 978-263-1116 ext.118 so we will have enough food for all.

Program Following the Boxborough Neighbors Luncheon

There will be an important and informative program, following the Boxborough Neighbors Luncheon on Wednesday, March 13. Boxborough resident Cheryl Dipaolo, R.N., M.H.A., will make a presentation titled "**Senior Care Transitions and Remaining Independent.**" Cheryl is the Director of Care Management at Emerson Hospital. You will have an opportunity to ask questions of Cheryl at the end of the program.

The Acton Lions Club Annual New England Boiled Dinner Sunday, March 17, 1 PM

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 17th, at 1PM. 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. To make a reservation for the dinner please call the Acton COA at 978-929-6652. Thank you to the Lions Club for providing great food, company, and entertainment for seniors.



The Real Deal: Drawing What You See Still Life Drawing with Janet Wolahan

Drawing is seeing! Working from a different still life set-up each week, we will explore various techniques to "see" more effectively and create sensitive, interesting and realistic drawings. Students will be encouraged to bring in an object each week to include in the still life set-up. All levels welcome, with individual instruction tailored to each student's level of experience.



Emphasis will be on progress toward technical proficiency while at the same time valuing each student's unique, personal "voice."

Join this 6-week course held Wednesdays, 2-3:30PM, starting on March 27 at the Boxborough Community Center. The cost is \$18.00 for the series. To register, call Laura at the COA : 978-263-1116 ext.106.

Indoors or out, no one relaxes in March, that month of wind and taxes, the wind will presently disappear, the taxes will last all year.~ Ogden Nash

Help Preparing 2012 Tax Returns Is Available

Help preparing your 2012 taxes is available now through mid April. The AARP Foundation is sponsoring a free tax preparation service for low and moderate -income tax payers. If you haven't signed up yet, help preparing your 2012 taxes is available now, continuing through mid April. All appointments during this period will be held on Thursdays at the Sargent Memorial Library; please call the COA at 978-263-1116 at 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 State and Federal returns and all 2012 tax forms, such as W2, 1099, Social Security and IRA, pension, annuities and any miscellaneous income earned during 2012.



Many thanks to Life Care Center of Acton for providing the delicious food for our recent Valentine's Day Party. Admissions Director Jackie Wasmer and Interfaith Pastor Jane Brigham did a great job serving food with a smile! And kudos to the Blanchard School students who made such adorable cards for us all. We are already reserved for February 14, 2014.

All You Have to Do Is Ask!

Have you ever wondered if it pays to be a senior? Well, here's some good news . . . it does! Many restaurants, retail stores, cell phone providers, hotels, airlines, and other business offer "Senior Discounts." These discounts can range from 5% to 30%; and while most business start offering senior discounts between ages 60 and 65, a few begin offering them as early as age 50! Other businesses choose a particular day of the week to offer a discount to their senior customers.



Since there are so many different policies when it comes to senior discounts, how can you find out which businesses offer what to their senior customers? Here's the very simple answer—**ASK** the person who's helping you with your purchase what the policy is regarding senior discounts. Often, you may be pleased to discover that indeed, it does pay to be a senior!

Creating an Online "My Social Security Account"

If you're one of the more than 60 million people receiving Social Security or Supplemental Security Income (SSI), you may want to visit the following website: www.socialsecurity.gov/myaccount. At this site, you'll learn how to create an online "My Social Security Account" that will allow you to (1) get your benefit verification letter; (2) check your benefit and payment information and your earnings record; (3) change your address and phone number; and (4) start or change direct deposit of your benefit payment.

Even if you're not receiving Social Security benefits yet, consider visiting this website. By creating an online account, you'll be able to review (1) estimates of your retirement, disability, and survivors benefits; (2) your earnings record; and (3) the estimated Social Security and Medicare taxes you've paid.

Should you decide to create an online "My Social Security Account," you'll have to provide some personal information (including a valid e-mail address) about yourself and give answers to some questions that only you are likely to know. Lastly, you'll create a username and password to use when you want to access your online account; this process protects you and keeps your personal Social Security information private.

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.

Volunteer Driver Transportation

Boxborough Volunteer Drivers if van is unavailable. (All area code 978)

Swan Anderson 263-0272 • Rita Grossman 264-4077 • Ann McNeece 263-9626
Anne Canfield 263-2664 • Kristen Hilberg 501-2912 • Karen Kealty 635-9133
Lorraine Carvalho 263-8060 • Susan Vine 266-1266 • Jini Vockel 929-9050

Also: Road to Recovery 1-800-227-2345 transportation & information for cancer patients.

March

The Golden Ticket
Schedule of Events

2013

Fri, Mar 1 **Fitness with Holly**, 9 AM
Memoir Group, 1 PM

Mon, Mar 4 **Fitness with Holly**, 9 AM
Movie Monday, 1 PM

Tue, Mar 5 **Quilting**, 9 AM
Book Club, 10 AM
Tai Chi, 10:30 AM
Beg. Spanish, 1 PM
Yoga, 1 PM

Wed, Mar 6 **Fitness with Holly**, 9 AM
Comm. Supper, Mt. Cal. Church, 5 PM

Thu, Mar 7 **Line Dancing**, 9 AM
Bridge, 10 AM
Gentle Fitness, 11 AM
Game Day, 1 PM

Fri, Mar 8 **Fitness with Holly**, 9 AM
Memoir Group, 1 PM

Sun, Mar 10 **Boxborough Museum**, 2-4 PM

Mon, Mar 11 **Fitness with Holly**, 9 AM
Movie Monday, 1 PM

Tue, Mar 12 **Quilting**, 9 AM
Tai Chi, 10:30 AM
Beg. Spanish, 1 PM
Yoga, 1 PM

Wed, Mar 13 **Fitness with Holly**, 9 AM
Wellness Clinic
UCC, 10 - noon
Box. Neighbors Lunch, noon
Sponsored by Boxboro Police & Fire
Department and Library Staff, UCC
* **FCOA Board**, Comm. Ctr. 3 PM
Comm. Supper, Mt. Cal. Church, 5 PM

Thu, Mar 14 **Line Dancing**, 9 AM
Bridge, 10 AM
Gentle Fitness, 11 AM
Game Day, 1 PM
COA Board Meeting, Town Hall, 3 PM

Fri, Mar 15 **Fitness with Holly**, 9 AM
Memoir Group, 1 PM

Sun, Mar 17 * **St. Patrick's Day Dinner**, Acton Senior
Center, 1 PM

Mon, Mar 18 **Fitness with Holly**, 9 AM
Movie Monday, 1 PM

Tue, Mar 19 **Quilting**, 9 AM
Tai Chi, 10:30 AM
Beg. Spanish, 1 PM
Yoga, 1 PM

Wed, Mar 20 **Fitness with Holly**, 9 AM
* **Pastoral Landscape Painting in America**
Comm. Ctr. 2 PM
Comm. Supper, Mt. Cal. Church, 5 PM

Thu, Mar 21 **Line Dancing**, 9 AM
Bridge, 10 AM
Gentle Fitness, 11 AM
Bach's Lunch, *From Renaissance to Jazz:*
Songs, Duets & Original Music
Indian Hill, 11 AM & 1:30 PM
Senior Lunch, Acton, 12:15 PM
Game Day, 1 PM

Fri, Mar 22 **Fitness with Holly**, 9 AM
Memoir Group, 1 PM

Sun, Mar 24 **Boxborough Historical Society Pot Luck**
* **Supper**, Town Hall 5 PM

Mon, Mar 25 **Fitness with Holly**, 9 AM
Movie Monday, 1 PM

Tue, Mar 26 **Quilting**, 9 AM
Tai Chi, 10:30 AM
Beg. Spanish, 1 PM
Yoga, 1 PM

Wed, Mar 27 **Fitness with Holly**, 9 AM
Drawing Class, 2 PM
Comm. Supper, Mt. Cal. Church, 5 PM

Thu, Mar 28 **Line Dancing**, 9 AM
Bridge, 10 AM
Gentle Fitness, 11 AM
Game Day, 1 PM

Fri, Mar 29 **Fitness with Holly**, 9 AM
Memoir Group, 1 PM

* **Special this month**