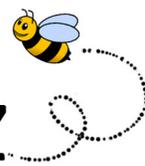


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

May 2016

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 citizens, and advocate on behalf of elders.

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

Friends of the Council on Aging

John Fallon, President
Barbara Birt
Anne Becklean
Lorraine Carvalho
Mary Cobleigh
Patty Gayowski
Loretta Grushecky
Sheila Lloyd
Mary Nadwairski
Astrid Perko
Ginnie Richardson
Alan Rohwer
Peggy Spinner
Shirley Warren
Georgia Winfrey

Buzz Production Team

Tina Bhatia-COA
Anne Canfield
Taryn Light-COA
Liz West-COA

Seniors, Soon-to-Be-Seniors, and Caretakers of a Senior

On Monday evening, May 16, the COA (in collaboration with



the Sargent Memorial Library) will offer a free presentation titled "**Taking Control of Your Future: A Legal Checkup.**" This program is part of the **MBA's 2016 Elder Law Education Program.** The presentation begins at **6:30 PM,** at the **Sargent Memorial Library.**

Attorney James Tabner of Concord will lead the presentation. Invaluable printed guides explaining an array of legal topics published by the **Mass Bar Association** will be available courtesy of the **Whitcomb House Library Fund.** There will be an opportunity to ask questions after the presentation. So, whether you are a senior, a soon-to-be-senior, or the caretaker of a senior, you are invited to join us at this informative program.

Luncheon and Informational Program: Assisted Living

On **Wednesday, May 11,** at **noon,** you are invited to enjoy a delicious luncheon **provided by The Inn at Robbins Brook** in Acton (A Benchmark Senior Living Community). The luncheon will be held at the **Boxborough Community Center;** the menu includes chicken Parmesan served with penne pasta and green beans, garlic bread, salad, and dessert (cookies).

After lunch, Ms. Celeste Lamoureux, the Benchmark Regional Director, will explain the vast array of services that Assisted Living facilities provide in New England from Independent Living to Memory Care Services.

We hope that you will join your friends and neighbors for lunch and to learn more about this important topic. To RSVP, please call Laura: 978-264-1717.

2016 Annual Town Meeting and Town Election

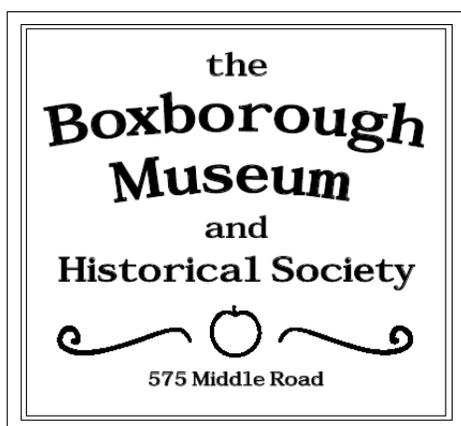
The **2016 Annual Town Meeting (ATM)** begins **Monday, May 9, at 7 PM** in the **Blanchard Memorial School** gymnasium. Please mark your calendar and plan to attend. Remember, this is the opportunity for you to actively participate in Boxborough's governance! The **ATM Warrant will be mailed to your home during the week of April 18**. It is suggested that you read through the Warrant prior to attending the ATM to familiarize yourself with the articles and issues that will be discussed and voted during ATM.

The **Town Election** will be held in the **Grange Room** at **Town Hall** on **Monday, May 16**. Polls will **open at 7 AM** and **close promptly at 8 PM**. You are encouraged to participate in both the ATM and the Town Election.



FCOA Annual Meeting

The 2016 Annual Meeting of the Friends of the Boxborough Council on Aging will take place on **Wednesday, May 18, at 10:15 AM** at the **Community Center**. All are welcome to attend and discuss plans for the coming year.



The Boxborough Museum will be open from **2-4 PM** on **Sunday, May 15**.

Memorial Day Parade

All Boxborough veterans and serving military are invited to take part in the Annual Memorial Day Parade to be held on **Monday, May 30**. Uniforms are not required, although uniform hats are appreciated. Transportation is provided for those who wish to attend but will not be marching.



The parade steps off at **8:30 AM** at the corner of **Hill Road** and **Wetherbee Lane**. The Parade proceeds to **North Cemetery**, down **Middle Road** to **Town Hall**, and then to **South Cemetery**, stopping at each location.

At each stop, tributes will include the following: the reading of names of fallen soldiers; students reading prize-winning original essays relevant to the Memorial Day ceremony; the laying of flowers; and musket salutes by the Boxborough Minutemen. There will also be various speakers, as well as patriotic music provided by local student bands and individuals.

Please join this observance, which is sponsored by the Public Celebrations and Ceremonies Committee, as Boxborough honors those who sacrificed for our country. If you would like to participate, please contact Boxborough Public Celebrations and Ceremonies at ab1712@yahoo.com.

Free Vision Screening and Wellness Clinic



D'Ambrosio Eye Care Center's trained staff members will offer a vision, glaucoma, and cataract screening. This is a drop-in clinic—no appointment needed. This free eye screening will run concurrently with the Wellness Clinic on **Tuesday, May 24**, provided by the Nashoba Associated Boards of Health from **10 AM–noon** at the **Town Hall**.

Summertime Safety for Seniors

As the days grow warmer, most of us look forward to outdoor activities and events. Seniors need to be aware of four summertime safety issues that they might not have worried about when they were younger. Luckily, with a little forethought and planning, they can stay out of trouble.

Dehydration From age 50 on, kidney function changes, and people are less able to conserve fluid. Also, thirst diminishes, and many medications change our need for liquids. For most seniors, drinking frequent small glasses of water is a better solution than a few large glasses. If plain water doesn't appeal to you, drop a slice of citrus into it just before drinking. Also, alternate plain water with juice, lemonade, and other drinks.

Heat Stroke/Heat Exhaustion Seniors don't feel heat the way younger people do. They have less fat beneath the skin, which means they are not as well insulated; they perspire less; and their ability to regulate body temperature lessons over time. Also, many medications make them sensitive to sunlight and heat. Seniors may not even be aware that they are overheating until they are already in trouble. A few simple steps can prevent overheating.

Keep your home as cool as possible. Cover sunny windows with curtains or shades during the hottest part of the day; open windows after the sun goes down. Create cross ventilation by opening windows on different sides of the building. Use air conditioners and fans on hot days. If you lack air-conditioning, visit a cool location (public library, movie, department store) for an hour or two to cool down. If the interior of your home reaches 85 degrees or higher, lower your body temperature by taking a cool shower or bath.

Food poisoning People eat more casually in the summer, and many favorite summertime foods require refrigeration to be safe. Keep cold foods cold (below 40 degrees) until they are ready to be consumed. Wash your hands and utensils frequently. During preparation, separate raw meats, chicken, and fish from other raw foods, and cook them to a safe internal temperature.

Sunburn Stay indoors during peak sunshine hours (10 AM–2 PM) whenever possible. Wear sunscreen SPF 30 or higher when you go outdoors. Cover your head with a hat if you will be in direct sunshine for any length of time. Wear loose, light clothes.

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 Volunteer Drivers if van is unavailable (all area code 978)

Anne Canfield 263-2664 Lorraine Carvalho 263-8060 Rita Grossman 264-4077
Kristen Hilberg 501-2912 Karyn Kealty 635-9133
Anne McNeece 263-9626 Susan Vine 266-1266

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.

Memorial Day: Do You Know That . . .

Memorial Day is when we remember Americans who died while serving in our country's armed forces. But do you know that Memorial Day:

- was established in the late 1860s, when it was known as Decoration Day, the day to put flowers on graves of soldiers who died in the Civil War
- was celebrated for decades on May 30, until 1971, when Congress declared it a federal holiday and set it as the last Monday in May
- is the day many people wear red poppies as a symbol of remembrance? The flower became a symbol because of a poem called "In Flanders Fields." The first lines read, "In Flanders fields the poppies blow/ Between the crosses, row on row...."

—Submit articles for the June-July issue by May 11—



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Boxborough, MA 01719

May 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	9-Fitness w/ Holly 1-Movie Monday	10-Book Group 1-Yoga	9-Fitness w/ Holly 2-Knitting	9-Line Dance 10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg	9-Fitness w/ Holly	9-Fitness w/ Holly
	8	9	10	11	12	13
	9-Fitness w/ Holly 1-Movie Monday 7-Annual Town Meeting	1-Yoga 7-Annual Town Meeting	9-Fitness w/ Holly 12- COA Luncheon Sponsored by: Inn at Robbins Brook 2-Knitting	9-Line Dance 10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg 7-Annual Town Meeting	9-Fitness w/ Holly	9-Fitness w/ Holly
15	16	17	18	19	20	21
2-4 Boxboro Museum	7AM-8PM Town Election 9-Fitness w/ Holly 1-Movie Monday 6:30 - Taking Control of Your Future: A Legal Check up	1-Yoga	9-Fitness w/ Holly 2- Knitting	9-Line Dance 10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg 6:30-Adult Coloring Club	9-Fitness w/ Holly	9-Fitness w/ Holly
22	23	24	25	26	27	28
	9-Fitness w/ Holly 1-Movie Monday	10- Eye Screening & Wellness Clinic 1-Yoga	9-Fitness w/ Holly 2-Knitting	9-Line Dance 10-Bridge 10:15-Water Exercise 1-Yoga 2:15-Mah Jongg	9-Fitness w/ Holly	9-Fitness w/ Holly
29	30	31				
	Memorial Day Library and Town Offices Closed	1-Yoga				

Held at Mt. Calvary Church, Acton

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



Ongoing Events, Classes

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



<p>Adult Coloring Club Held on the third Thursday monthly. 6:30 PM. Sargent Memorial Library.</p> <p>Book Group Meets first Tuesday of every month, Sept-May, 10 AM. Sargent Memorial Library. New members are always welcome.</p> <p>Bridge An ongoing group that always welcomes new members. Meets Thursdays, 10 AM. Town Hall. For more information, call Val at 978-263-8184 or Anne at 978-263-2664.</p> <p>Community Supper in Acton For everyone on every Wednesday at Mt. Calvary Church. No charge. 5 PM.</p> <p>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.</p> <p>Knitting Group A group for those who enjoy knitting or want to learn how to knit. Meets Wednesdays, 2-4 PM. Sargent Memorial Library. Call Anne McNeece for more information: 978-263-9626.</p> <p>Line Dance A 12-week class taught by Sam O'Clair. Meets Thursdays, 9 AM. Community Center.</p>	<p>Mah Jongg Drop in and learn what this ancient game is all about. Thursdays, 2:15 PM. Community Center.</p> <p>Movie Mondays @ Sargent Memorial Library 1 PM every Monday that the Library is open.</p> <p>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.</p> <p>Water Exercise A 6-week class; friendly water exercises taught by Curtis Schulz. Meets Thursdays, 10:15 AM. Swymfit, 90 Swanson Road.</p> <p>Wellness Clinic Held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages. 10 AM. Town Hall.</p> <p>Yoga for Seniors A 12-week class of stretching, balance, and strengthening taught by Julia Viggh. Meets Tuesdays and Thursdays, 1 PM. 25B Stow Road.</p>
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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 _____