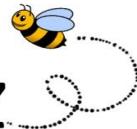


THE

BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

March 2021

Council on Aging

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Grab n' Go Hot Lunch

May the luck of the Irish be with you! **Life Care Center of Acton** will be sponsoring a drive-by lunch on Wednesday March 17 (snow date March 18) from 11:30 AM to 12:30 PM at the Boxboro Regency. This event is for residents age 60 and above. Lunch includes corned beef with potatoes, cabbage, carrots; along with Irish soda bread, a roll and bread pudding. A gluten-free and vegetarian option will be available.

Please RSVP to the COA by calling 978-264-1730 by 10 AM on March 12. Limit is 50 people. Arrival times are by last name: A thru D pickup is at 11:30 AM; E thru K is at 11:45 AM; L thru R is at noon; and S thru Z is at 12:15 PM. When you arrive, stay in your car and wear a mask. Lunches will be brought to you.

Turn Your Castoffs into Cash for Boxborough

When cleaning out your closets, bring your old clothes, shoes, and household linens to the new **Bay State Textile containers** located at the **Sargent Memorial Library** and the **Transfer Station**. Bay State Textiles is partnering with Boxborough to rescue these resources from the trash and will pay the Town \$100 for every ton of no longer wanted sweaters, pants, stuffed animals, and other household textiles. Sheets, towels, coats, purses, belts, small toys—Bay State Textile wants them all! They only ask that items be dry and reasonably clean. Place your unwanted items in plastic bags, to keep them dry during their journey to a “second life” as various refurbished items. If the container is full, please do not leave your bags on the ground, but come back later. Keep our Library parking lot clean!

The material placed in a Bay State Textile container, rather than in our landfill, will bring revenue to the Town and reduce our costs to process solid waste. Your old clothes, shoes, and household items are too good for the trash, so bring them to a local Bay State Textile container for a second chance!



SPOTLIGHT:

Courtney Panaro

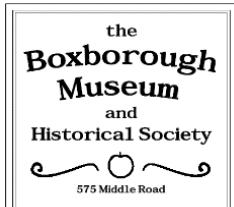
Courtney is Boxborough's first female full-time firefighter/EMT. For a year

and a half, she was on a per-diem basis with the Department, and prior to coming to Boxborough she worked with the Groveland Fire Department in the same capacity. She also serves as an EMT for Lawrence General Hospital.

Courtney graduated from Essex North Shore Agricultural and Technical School where she studied land design and natural resources. She also studied fire protection and safety tech at North Shore Community College.

Courtney finds her job both challenging and rewarding. She enjoys being engaged with the public and is dedicated to her job. She serves as the Fire Department liaison to the COA. Her work schedule involves two 24-hour shifts separated by two to four days off each week.

Courtney notes there are increased medical calls, especially with accidents on Route 495. Courtney is happy to be here and to engage with our seniors and the public. She is a real asset to the Boxborough community.



The Museum will be open 2-4 PM on Sundays
■ March 14
■ April 11
■ May 16

Masks must be worn, and capacity limits and social distancing will be in force. For more information, or if you wish to arrange a private tour for a small group at a different time, call John Fallon at 978-264-0069.

Brains and Balance with Holly

Discover how much fun balance training can be while you exercise your brain with drills

that "train your brain." This exercise class will help you prevent falls and keep you mentally sharp. The exercises are designed to improve memory, reasoning, problem-solving, and conceptualization skills.

Class meets, **via zoom**, on **Mondays** at **1 PM**, from **March 29** through **May 24**. (*No class on Patriot's Day, April 19.*) The 8-week session costs **\$45** and includes class materials for you to keep. Registration is from March 1 to March 22, or until the class is full. A minimum of eight Boxborough residents is required to run the class, which is limited to 15 participants.

Registration forms will be on the Town website. If you have questions, please call the COA at 978-264-1730.

COA Email List

At the end of December 2020, The Council on Aging's email list was moved from MailChimp to the Boxborough town website's Alert Center. Subscribers received an email from Listserv@CivicPlus.com, which was not spam. It was just an indication that the platforms changed.

If you are interested in joining the COA's email list, go to our webpage at boxborough-ma.gov/286/Council-on-Aging and click on the link for email list. You will also be able to join other Town subscription lists. If you have any questions regarding this change, please contact Cindy Regan, at 978-264-1730 or email cregan@boxborough-ma.gov

March Library News

The Sargent Memorial Library is offering a series of Armchair Travelers presentations beginning in March. Watch the series on U.S. National Parks. Register for the Zoom presentations at <http://bigelowlibrary.org/calendar>. More information is available on the library's website (www.boxlib.org).

Boxborough Historical Society New Website

Learn about Boxborough's past and continuing history from the Boxborough Historical Society's new website at www.boxboroughhistoricalsociety.org. You'll see many historic photos, find out when the Museum is open, and see our events and programs. During 2020, the pandemic made us suspend or cancel all of those—but 2021 promises renewed activity. There are many historic articles on the website, from our one-room schoolhouses, to our historic populations, to Thoreau's Boxborough visits. The history of Route 495 is there, and our 1968 and 2002 House Tours. You can even become a member of the Historical Society! When friends, neighbors, or relatives move, downsize, or just clean house, *please* ask them to think of the Boxborough Historical Society before they discard any old books, pictures, postcards, letters, or ephemera of Boxborough. Call 978-264-0069 or email: boxboroughhistoricalsociety@gmail.com

SHINE Counseling: Medicare plan changes that you made during the recent Open Enrollment period will have taken effect on January 1, 2021. However, from now until March 31, 2021, people who are enrolled in the **Medicare Advantage (MA) Plan** may make one further change.

If you have a Medicare Advantage plan, you may do any of the following: change your Medicare Advantage plan, cancel it, join a Medigap Plan, or sign up for a separate Stand-Alone Part D Plan (PDP). You may NOT switch from one Part D Plan to another, or leave a Part D Plan and join a Medicare Advantage Plan. If you are considering changes during Medicare Advantage Open Enrollment, it is recommended you talk to a SHINE counselor to

(continued in next column)

discuss your options. Contact the COA at 978-264-1730 or cregan@boxborough-ma.org to schedule a telephone SHINE counseling session with a state certified counselor.

CHNA: FREE March Zoom Programs

These Zoom programs are sponsored by CHNA, the Collaborative Grant in which the COAs of Acton, Boxborough, and Littleton participate.

- **Creating Your Psychological Kit for Surviving the Coronavirus** by Henry Quinlan, **March 9, 11 AM**
The program includes taking care of yourself from head to toe! Whether you live alone or with others, this discussion will help you set priorities, build hope and resiliency in your life, and stay connected.
To register:
https://actonma.zoom.us/webinar/WN_jgXV3wcuTIO-KjQTJYAvuQ
- **Promote Safety and Wellbeing for Seniors** by District Attorney Marian Ryan, **March 16, 11 AM.**
Discussion includes the impacts of the COVID-19 pandemic, including increases in scams that target seniors and others. Discussion also will focus on mitigating feelings of loneliness and isolation. To register:
https://actonma.zoom.us/webinar/register/WN_hdCeL3tLT9KfKhpT0L7DvQ
- **The New Normal: New England Road Trip, No Mask or Gas Required** by Ted Reinstein, **March 30, 7 PM**
Join Ted during a challenging time when most people are limiting travel. The program takes you on a rollicking ride around New England—all in one hour, from the comfort of your home. To register:
<https://actonma.zoom.us/j/98770766306?pwd=VVHQ0oxOGJSmgyaEhaZVAvM2hndz09>

For more information, contact Sheryl Ball at sball@acton-ma.gov or 978-929-6453.

COA Van Services

COA van services are available to all Boxborough residents age 60 or older, and to adults with disabilities. Rides are available Tuesday, Wednesday, and Thursday, 9:30 AM to 3:30 PM. The van travels to surrounding towns and may be used for grocery shopping, medical appointments, the pharmacy and more. It is sanitized between trips to reduce the risk of COVID-19. Drivers and passengers must wear a mask or other face covering. To book a ride, call 978-264-1730, preferably two days in advance. Current fare is \$1 each way for local trips.

Daylight Saving Time – Spring Ahead!

Remember to set your clocks ahead 1 hour before you go to bed on Saturday, March 13!



Like us on Facebook at [facebook.com/boxboroughcoa](https://www.facebook.com/boxboroughcoa)

- **Submit Items for April issue by March 8 – to boxboroughbuzz@gmail.com**



Change Service Requested

PRE-SORT
Standardized
U.S. Postage Paid
Acton, MA
Permit No. 26

Boxborough Council on Aging
Boxborough Town Hall
29 Middle Road
Boxborough, MA 01719
Change Service Requested