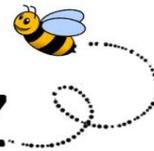


THE BOXBOROUGH BUZZZ



SENIOR NEWS YOU CAN USE

February 2020

Council on Aging

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Council on Aging Board

Identify needs, develop and implement programs and services, educate populace and advocate on behalf of elders.

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Acton Funeral Home Luncheon for Seniors



At noon on **Wednesday, February 12**, a luncheon is being hosted by the **Acton Funeral Home** in the **Community Center**

(Snow date: February 19). Enjoy a hot meal served by Flo's Catering of Maynard. A presentation will be given after the meal, and there will be take-home information provided. This is an opportune time to ask your questions about the last celebration of life.

All Boxborough seniors are welcome and admission is free. Call 978-264-1730 by February 10 to make your reservation. Also, we welcome you to bring an item for donation to the Acton Food Pantry. Lastly, because this luncheon is scheduled to take place 2 days before Valentines Day, wear red to celebrate the day!

Spring Digital Photography Class

The world of photography has changed dramatically. Now that we have digital cameras on our phones, the ability to use this feature to its fullest has become a useful and rewarding skill. The COA and photographer Steve McGrath are offering a 5-week digital photography class for \$25 this April or May. McGrath is a seasoned photographer with over 30 years of experience in both digital and traditional analog photography.

If you are interested in learning about the features of your digital camera or phone, contact the COA at 978-264-1730 or cregan@boxborough-ma.gov for more information. The class will be held based on public interest.

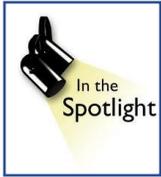


Organizing for Celebration of Life

On **Wednesday, February 5**, beginning at **7 PM**, the COA is hosting a program titled "Organizing for the Last Celebration of Life." The presentation will be given by staff from the Acton Funeral Home. This important discussion will be held at Boxborough's **Sargeant Memorial Library**.

"Organizing is what you do before you do something, so that when you do it, it is not all mixed up," quoted from A.A. Milne, author of *Winnie the Pooh*. It is invaluable to have your wishes known and the details organized ahead of time so your loved ones know exactly what to do.

Please join us to have your questions answered about cremation, burial, and traditional (or not-so-traditional) memorial services. Handouts and generic forms will be provided to take home.



Spotlight: Tyler McElman, Elder Affairs Liaison

Our small Town of Boxborough has a senior residency that accounts for almost 25% of the

entire population! With that in mind, Boxborough Police Officer Tyler McElman has taken on the role of Liaison for the senior community. Officer McElman serves as a trusted contact for seniors and will address issues that are unique to the aging.

Ongoing plans include creating data sheets for people who are at risk for dementia or other limitations. Photos, medical conditions, points of contact, phone numbers, emergency contacts, and other vital information can be kept on file in the event that someone goes missing or has an incident.

Often seniors are fearful or embarrassed to approach the police. Officer McElman plans to change that through community outreach, training seminars, and increased visibility through social media, senior lunches, and Town events. Boxborough is fortunate to have the services of our Police Department to serve in this capacity. Officer McElman designed this role and believes it is a vital service for the community. "For the seniors, this is not a 'need' service," says McElman. "This is a 'must have' service!"

Identity Theft & Fraud Prevention Workshop

On **Tuesday, February 25, at 7 PM**, the **Sargent Memorial Library** will host an Identity Theft & Fraud Prevention Workshop. You will learn how to spot and avoid scams, how to prevent identity theft, and what to do if you become a victim of identity theft. You will meet representatives from the Massachusetts Office of Consumer Affairs and Business Regulation, as well as from the Better Business Bureau, who will explain what they do and how they can be a resource. This workshop is free and open to the public. All are welcome!

Boxborough Fire Department Senior SAFE Program

Boxborough's firefighters will visit a senior's home to:

- Do a home walkthrough to identify hazards
- Test smoke and carbon monoxide detectors
- Replace batteries in detectors
- Identify and install detectors in areas needing additional detection
- Install nightlights in low-lit areas
- Install knox-box for keys to allow emergency access



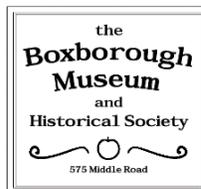
All of these **free services** are part of the Senior SAFE Program Grant sponsored by the Massachusetts Department of Fire Services. Please be aware that this program does not replace a required inspection at the time of a real estate transaction. Also, if a hard wired detector is needed, a licensed electrician must do the installation.

To schedule a home fire-safety inspection, email Lt. Jason Malinowski at jmalinowski@boxborough-ma.gov or call 978-264-1770.

Friendly Driver Volunteers

If you enjoy driving, have a good driving record, and are looking for an opportunity to give back to the community, please consider driving our seniors and disabled residents to their medical appointments. Please call the COA for more details at 978-264-1730.

Friendly Drivers must complete an application and pass a CORI background check.



The Museum will be open the following **Sundays** from **2-4 PM**
February 9
March 8
April 19



COA Drop-in Fun & Games!



Starting **February 6**, we are expanding our Thursday afternoon Mah Jongg game into a full afternoon of drop-in board games, card games, and fun. Join us at the **Community Center, Thursday afternoons from 1- 4 PM**. This will be a wonderful opportunity to gather with your friends, make new connections, and learn new games. Contact Allie, Social Work Intern, at 978-264-1734 with suggestions about activities you would like to see during this event or to donate your gently used games.

Ice Harvesting in New England

On **Sunday, February 23**, at **Town Hall**, beginning at **2 PM**, the Boxborough Historical Society will host Dennis Picard presenting "Ice Harvesting in New England." Are you aware that New England was the center of ice harvesting in the 1800s? Well, it was! Then sailing ships were used to send harvested ice to as far away as India!

Dennis Picard, an expert on historic trades and crafts, a historical re-enactor, and a former museum curator, will talk about the ice harvesting business. He will share his personal experience in harvesting ice and demonstrate the tools of the trade. Come and learn about one of New England's earliest "technological revolutions." Admission is free and all are invited.

Around Town

Senior Bowling - Tuesday-Thursday 10 AM - 1 PM, games and shoes for **\$6**. (Not offered during school vacation weeks.)

Socialize while you exercise! To reserve a lane, call the Acton Bowladrome 978-263-7638.



Discount Movie Tickets - The O'Neil Cinema at The Point in Littleton offers Super Bargain **Tuesdays**. Movie tickets are **\$6** all day. On **Wednesdays**, tickets for seniors age 62 and up are **\$7** all day, and a senior popcorn/drink combo is **\$4.50**. To check movie listings, go to their website: oneilcinemas.com/littleton-ma/movies-tickets/.

Free monthly performances at the **Indian Hill Music School**, 36 King Street, Littleton. The Bach Lunch concert series features Indian Hill faculty and orchestra members performing a variety of musical offerings ranging from classical and jazz to Broadway and folk. Performances are offered once a month (typically the **second Thursday**) at **11 AM** and **1:30 PM**. For information call 978-486-9524.

Wellness Clinic

Come and meet your Nashoba Associated Boards of Health (NABH) community nurses. Enjoy individual attention for your health concerns, while having your blood pressure and pulse checked. The Clinic will be held at the **Community Center on Tuesday, February 25**, from **11:30 AM to 12:30 PM**. This is a **free** public health service and no appointment is required. Additional information on the NABH is available on their website: nashoba.org.

COA Van Services

Van Rides available Monday through Thursday, 9:30 AM to 3:30 PM
Call at least 2 days ahead to book your ride: 978-264-1730
Monday Morning Market Basket Trip: book by Friday 10 AM

The COA van is available to provide local rides to all Boxborough residents age 60+ or ages 18-59 with a disability. Other Boxborough residents may use the van on a space-available basis. The van travels to surrounding towns and may be used for medical appointments, grocery shopping, errands, food pantry trips, attending COA programs, attending local day programs, and more. Rides must be booked in advance.

Live Music at the Community Center

The COA is excited to announce three free musical performances coming to Boxborough to help dance away the winter blues. The performances are supported in part by a grant from Acton-Boxborough Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency. Mark your calendars!

- **Tuesday, February 18, at 11 AM**, Tommy Rull, singer/entertainer, will take us on a Musical Journey Through the Years.
- **Tuesday, March 3, 11 AM**, Howie Newman, singer/guitarist, will play the classic hits from yesteryear, including Frank Sinatra, Elvis Presley, Dean Martin, Beatles, Johnny Cash, and more!
- **Wednesday, March 18, 11 AM**, Steve Hurl and his Jumpin' Juba band will play Blues and Roots-Rock tunes.

Light refreshments will be served. All performances will be held at the **Community Center**. Please call 978-264-1730 to RSVP.

Out to Lunch!

Mangia! Mangia! Join us on **Thursday, February 20**, at **Papa Razzi** in **Concord**. Price range for lunch items is **\$12.99 to \$25.99**, not including tax and tip. Separate checks will be accommodated if you let the server know upon seating. Our reservation is at **11:30 AM**. The van will leave Town Hall promptly at **11:10 AM** and will cost **\$2** roundtrip or you can meet us there. Trip is limited to first 10 people who call the COA at 978-264-1730 by the morning of Friday, February 14. Boxborough seniors have first priority.

2019 Income Tax Preparation Program: A Free Service by AARP

The AARP Tax-Aide Income Tax Preparation Program for low-to-moderate taxpayers is available. Appointments will take place at the **Acton Memorial Library** beginning **February 1**. The program fills quickly and appointments are required. Call the program directly to make an appointment: 978-760-9146.

Additional Tax-Aide sites may be available locally. Call 888-687-2277 to learn more.

Tai Chi for Health



The COA has partnered with Minuteman Senior Services to offer a **free 8-week program** called **Tai Chi for Health**. This gentle, evidence-based and mind-based practice, requires a small range-of-motion ability. It can be done standing or seated and is targeted to beginners.

Beginning **March 6**, the Tai Chi sessions will be held on **Fridays** at the **Community Center** from **11 AM to noon**. Space is limited, so reserve your spot by calling the COA at 978-264-1730.

This program is funded through CHNA 15 DoN funds from Lahey Hospital and Medical Center and the Winchester Hospital.

Winter Safety Tips

As temperatures drop this winter, here are some steps you can take to stay safe during the cold weather.

- **Layer up** Wear layers of lightweight clothing to stay warm. Gloves and a hat help prevent losing your body heat.
- **The three-foot rule** If you are using a space heater, place it on a level, hard surface and keep at least 3 feet away from anything flammable, things such as paper, clothing, bedding, curtains, or rugs.
- **Turn off** Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
- **Take precautions** If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
- **Protect pipes** Run water, even at a trickle, to help prevent your pipes from freezing. Open kitchen and bathroom cabinet doors so warmer air can circulate around the plumbing.
- **Day & Night** Keep the thermostat at the same temperature day and night to avoid a costly repair job if your pipes freeze and burst.
- **For cooking, not heating** Never use a stove or oven to heat your home.
- **Use generators outside** Never operate a generator anywhere inside your home, basement, or garage.

Question-Persuade-Refer: Important training

AB Cares is sponsoring a Question-Persuade-Refer (or QPR) Suicide Prevention Training session at the **Sargent Memorial Library** on **Thursday, February 27, 10 AM to 11:30 AM**. This is an important senior issue because some older adults may be at higher risk of suicide due to age-related changes. QPR is an easy to learn, 3-step method to recognize warning signs of suicide and connect someone to helpful resources. Much like First Aid or CPR training, QPR training is geared toward all community members. No previous mental health training required.

Please join UCC Senior Pastor Reverend Cindy Worthington-Berry and COA Director Lauren Abraham, who will co-facilitate this important training. You have the power to offer hope. No RSVP required. Learn more by following the AB Cares Facebook page.

Miss Saigon Matinee

Join the COA for a matinee performance of the legendary musical, *Miss Saigon*, on **Thursday, May 28, at 1 PM** at the **Hanover Theatre** in Worcester. With thanks to the FCOA for sponsoring the bus, we are excited to offer transportation and the cost of the ticket at a great price of only **\$46**. The show with intermission is about 3 hours. Call 978-264-1730 to sign up beginning **Friday, February 7**. Space is limited to 20 people. **Payment is due by Thursday, April 23**, (cash or check made out to Town of Boxborough). Stay tuned for details on when the bus will leave Town Hall, as well as possible options for a pre-show luncheon.

Bathroom Safety

Bathrooms may be small rooms, but they can also be dangerous. Over 400 people each year drown accidentally in bathrooms; and almost 200,000 people wind up in emergency rooms for bathroom-related injuries.

Falling accidents in bathrooms are common because these rooms have hard surfaces that become slippery when wet. Unfortunately,

(continued in the next column)

seniors are more likely than younger people to have such accidents. This is because seniors often take medications that cause dizziness. Also, balance may decline with age due to several conditions, such as cataracts, neuropathy, and aging of the middle ear.

Luckily, it does not take much effort to lessen your danger. Here are some actions you can take.

- **Make surfaces skid-proof.** Use rubber or plastic mats in the tub and shower and near the toilet. Make sure that floor rugs stick to the floor.
- **Add grab-bars.** Install sturdy grab-bars in the tub and shower and by the toilet.
- **Lower water temperature.** Water temperature should be below 120 degrees since seniors may be slower to identify scalding water because of aging senses.
- **Improve nighttime lighting.** Install nightlights and low-wattage hall lights to make nighttime trips to the bathroom safer. 
- **Check that bathroom locks can be opened from both sides of the door.** If a fall occurs, a helper can then easily enter a locked bathroom.

A Valentine's Day Word Scramble

What words do you associate with Valentine's Day? Below are eight such words that come to mind . . . however, the letters in each word are all scrambled up! Your challenge is to unscramble the letters and write each word correctly on the provided spaces.

Can you complete unscrambling all eight words in 7 minutes or less? If so—WOW! You're a champion un-scrambler!

D C S R A _ _ _ _ _
V O L E R S _ _ _ _ _
R W L O E F S _ _ _ _ _
D Y C N A _ _ _ _ _
C C H O O T L E A S _ _ _ _ _
M P O E S _ _ _ _ _
S T H R E A _ _ _ _ _
M N C O A E R _ _ _ _ _

(Answer Key is found on the back page.)



Ongoing Events, Classes

To learn more about any event,
call the COA: 978-264-1730



Book Group Meets first Tuesday of the month, September – May at 10 AM at the Library. Contact the Library for more information at 978-486-4680.

Bridge Group An on-going group that meets Fridays, 9:30 AM at Littleton COA. New members welcome. Call Val (978-263-8184) or Anne (978-263-2664) for information.

Chair Yoga A 45-minute class with modified yoga poses performed with a chair for added support. Taught by Rebecca Reber. Meets Tuesdays, 2:15 PM at the Community Center.

Crafters Group A group for those who enjoy knitting, crochet, beading, cross-stitch, or any craft at all. Make new friends, and work on your project. Meets Wednesdays, 2–4 PM at the Sargent Memorial Library when the Library is open. Call the Library for more information at 978-263-4680.

Fitness with Holly A 12-week class meets Mondays, Wednesdays, and Fridays at 9 AM at the Community Center. Sign up for one, two, or three days.

Line Dance A 12-week class taught by Sam O'Clair. Newcomers welcome! Meets Thursdays at 9 AM at the Community Center.

Game Day Drop in to play Mah Jongg, board games, cards and more every week. Make new friends, chat, read a book, or just hang out! Thursdays, 1-4 PM at the Community Center.

Movie Monday at the Sargent Memorial Library at 1 PM every Monday that the Library is open.

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

Stretch & Flex Yoga A 1-hour class for seniors with floor and standing strength-building exercises and yoga poses to stretch muscles. Taught by Rebecca Reber. Meets on Tuesdays at 1 PM at the Community Center.

Weekly Grocery Store Trip Monday morning shopping trip. Call by Friday morning to reserve a van seat for Monday's trip. Cost \$2 for round trip.

Wellness Clinic Held on the fourth Tuesday. Nashoba Nursing Service hosts a monthly wellness check for all ages from 11:30 AM-12:30 PM.

Note: You can sign up for exercise classes anytime. Fees will be prorated.

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 _____

February 2020

SUN	MON	TUES	WED	THUR	FRI	SAT
						<i>1</i>
<i>2</i>	<i>3</i> 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	<i>4</i> 10-Book Club 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>5</i> 9-Fitness w/Holly 2-Crafters Group 7 PM Funeral Info. Session (Acton Funeral Home)	<i>6</i> 9-Line Dance 1-Game Day	<i>7</i> 9-Fitness w/Holly	<i>8</i>
<i>9</i> 2-4 PM Boxborough Museum	<i>10</i> 9-Fitness w/Holly 9:30-Market Basket Trip 1-Movie Monday	<i>11</i> 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>12</i> 9-Fitness w/Holly 12-COA Luncheon Sponsor: Acton Funeral Home 2-Crafters Group	<i>13</i> 9-Line Dance 1-Game Day	<i>14</i> 9-Fitness w/Holly	<i>15</i>
<i>16</i>	<i>17</i> Presidents' Day Town offices and Library closed	<i>18</i> 11-Music Concert by Tommy Rull 1-Stretch and Flex Yoga 2:15-Chair Yoga	<i>19</i> 9-Fitness w/Holly 12-Luncheon snow date 2-Crafters Group	<i>20</i> 9-Line Dance Lunch Trip: Papa Razzi 11:10 Van leaves Town Hall 1-Game Day	<i>21</i> 9-Fitness w/Holly	<i>22</i>
<i>23</i> 2 PM Talk Ice Harvesting in New England	<i>24</i> 9-Fitness w/Holly 9:30- Market Basket Trip 1-Movie Monday	<i>25</i> 11:30-Wellness Clinic 1-Stretch and Flex Yoga 2:15-Chair Yoga 7 PM Identity Theft and Fraud Prevention Workshop	<i>26</i> 9-Fitness w/Holly 2-Crafters Group	<i>27</i> 9-Line Dance 10-QPR Training 1-Game Day	<i>28</i> 9-Fitness w/Holly	

Out of Town	Mt. Calvary Church, Acton	Quilting Group, Tuesdays, 9 AM Community Supper, Wednesdays, 5 PM Community Dinner, first Friday of the month, 5:30 PM Bridge Group, Fridays, 9:30 AM – 12:30 PM
	First Parish Church, Stow	
	Littleton Council on Aging	



Daylight Saving Time – Spring Forward!

Remember to set your clocks ahead 1 hour before you go to bed on **Saturday, March 7.**

Be Sure to Vote Primary Elections on Tuesday, March 3 at Town Hall, 7:00 AM to 8:00 PM. Early Voting will be offered at **Town Hall, 29 Middle Road**, from **February 24-28** for the **Presidential Primary** and the **Special State Primary Elections**. Early Voting is open to all registered voters in Boxborough to make it more convenient to participate in the elections.

Hours of Early Voting:

- **Monday, February, 24** through **Thursday, February 27, 8 AM–4 PM**
- **Friday, February 28, 9 AM – noon.**

Word Scramble Answer Key: 1) cards; 2) lovers; 3) flowers; 4) candy; 5) chocolates; 6) poems; 7) hearts; 8) romance.

–Submit Items for our March Issue to BoxboroughBuzz@gmail.com by February 7–



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