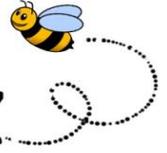


THE BOXBOROUGH BUZZ



SENIOR NEWS YOU CAN USE

October 2020

Council on Aging

Cindy Regan, Van/Events
978-264-1730
email:cregan@
boxborough-ma.gov

Council on Aging Board

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

Tina Bhatia
Barbara Birt
Anne Canfield, Vice Chair
Taryn Light
Bill Litant, Chair
Barbara Wheeler, Secretary
Karen Whitcomb
John Markiewicz, Select Board Liaison
John Fallon, FCOA Liaison

Friends of the Council on Aging

John Fallon, President
Susan Bak
Barbara Birt, Recording Secretary
Patty Gayowski, Treasurer
Loretta Grushecky
Lauraine Harding
Mary Nadwairski
Mary Pavlik
Alan Rohwer, Corresponding Secretary
Shirley Warren
Georgia Winfrey, Vice President

Buzz Production Team

Tina Bhatia
Barbara Birt
Anne Canfield
Taryn Light
Tess Summer

Hear Ye! Hear Ye! Hear Ye!

There are several ways and dates to vote in **November's 2020 Election**. Listed below are voting options available to Boxborough's citizens.

Option 1: Voting by Mail

As a registered voter in Boxborough, you already have received a notice from our Town Clerk informing you how to request a mail-in ballot. (*If you did not previously request one, you may do so by contacting our Town Clerk no later than October 28.*) Once your mail-in ballot arrives at your home, fill it out and **mail it or bring it to Town Hall**. If you mail your ballot, **it must be postmarked by November 3, and received by the Town Clerk by November 6.**

Option 2: Early Voting

Any Boxborough voter who has not already cast a ballot by mail can vote early and in-person. **All early voting will take place in Town Hall's Grange Room**. The early voting period begins **Saturday, October 17**, and **ends Friday, October 30**. Days and hours are:

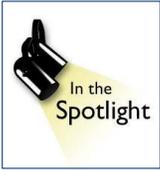
- **Saturdays and Sundays: 8 AM – noon**
- **Mondays – Thursdays: 8 AM – 4 PM**
- **Fridays: 8 AM – noon**

Option 3: Election Day, November 3

Voting on Election Day will take place at **Blanchard School**. **Polls open at 7 AM** and **close promptly at 8 PM**.

Lastly, please remember that whichever voting option you choose, **you must be registered to vote in Massachusetts by October 24, 2020.**





SPOTLIGHT: Kirby Dolak, Littleton Cable TV & BXB-TV

Kirby is the Video Production Supervisor for the Town of Littleton, but in Boxborough he is a department of one. He provides

video services for Boxborough’s government and Town meetings. Kirby describes himself as a “Tech Geek.” His background is in micro and mini computers having worked for Stratus, Wellfleet, and Nortel. His experience is in networking, video, and internet. Kirby started working for Littleton as a volunteer and became a contractor, a part-time employee, and is now full-time. He has also previously owned and operated Architectural Woodworks, a construction firm.

In 2015, Boxborough and Littleton formed an Inter-Municipal Agreement to provide station management and video services for BXB-TV’s government meetings. Kirby works with a team of individuals in Boxborough to broadcast Select Board meetings and other community events. He enjoys working on various projects with Town officials, Fire, and Police Departments. Last year he provided coverage of the Fifers Day festivities and the Annual Tree Lighting.

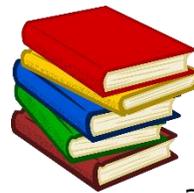
Kirby and other staff operate the state-of-the-art equipment in the Grange Hall to live broadcast meetings and presentations. Kirby trains volunteers to use the video equipment and notes that there are video kits that can be signed out for community events. He reminds us that meetings are broadcast on Channel 9 (Comcast), Channel 39 (Verizon), and on demand at <http://boxborough.vod.castus.tv>.

Kirby is considered the underpinning of all that happens with our government BXB-TV broadcasts. He makes it all happen!



Sargent Memorial Library

Library Director Peishan Bartley advises the library is still closed, but staff have been working hard to fulfill your requests. They put out 30-50 pickups every day and continue working within the healthcare guidelines. Bookmarks with reading suggestions are given out, and they are creating personalized book



bundles. Peishan is pleased to tell us they are working on a plan to cautiously reopen soon on a limited, appointment-only basis.

Keep an eye out for official announcements on the Library website and on social media channels. In the meantime, keep requesting books and checking out electronic resources.

A Free Program for You!

In these days of Covid-19, are you looking for things to do while staying safe? Well, if you are, here is a suggestion for you to consider!

A 6-week Zoom program, *Mindfulness and Meditation Classes with Liz Paley*, is being held **Tuesdays**, beginning **October 6** and ending **November 10**. This program is offered free to participants through the CHNA Grant.

For more information and to register for this program, please email sball@actonma.gov or call 978-929-6453.

Caring for Persons with Dementia

On **Saturday, October 17**, from **10 AM to noon**, a Zoom webinar will be presented by Mal Allard, the Founder of Their Real World.

Mal is an Alzheimer’s and Dementia consultant and educator. She will discuss the continuing and remaining “normal” aspects of those with memory-impairing disorders and ways to assist their caregivers. The program is free. To register email: boxborochurch@verizon.net by October 12.

FCOA President's Annual Update: 2020

This first half of the last 12 months was an active year for Boxborough seniors at the Community Center.

The Friends contributed by entertaining more than 100 guests at our two luncheons last year and supporting other endeavors. Special thanks go to the DPW who help us set up tables and chairs, to those who decorated the room and our tables, and to everyone who brought food and helped with set up and clean up afterwards.

The world changed on March 13 as we all moved into "COVID reality" and the world as we knew it came to a screeching halt.

Many, many, many thanks to everyone in the Police, Fire, Dispatch, DPW and Town Hall departments for all their efforts to keep the seniors of Boxborough safe and well during a most difficult time.

Once again, the Friends are grateful to the COA Board for its constant support, and to donors who provide us with funds for our programs.

It is with sadness that I thank Lauren Abraham for the last time for everything she has done for the seniors of Boxborough. She will be missed.

John Fallon, President



Be ready for Halloween this year.

Little Free Library at Flerra Field

The Friends of the Boxborough Library are excited to be the stewards for a new Little Free Library for our community! The way it works is simple.



- We initially stock the LFL with a variety of quality books we hope will interest you.
- You take whatever book catches your fancy.
- You bring books to contribute.
- LFL books are always a gift—never for sale!

Little Free Library is a movement started in 2010 and has grown to include little libraries in most states and dozens of countries. Little Free Library's mission is to:

- Promote literacy and the love of reading by building free book exchanges worldwide.
- Foster a sense of community and connection as we share skills, creativity, and wisdom across generations.
- Build more than 2,510 libraries around the world (the number of "real" libraries built by Andrew Carnegie)!



The Museum will be open
**2-4 PM, Sunday,
October 18, and
Sunday, November 8.**

COA Van Services

**Van Rides available Tuesday through Thursday, 9:30 AM to 3:30 PM
Call at least 2 days ahead to book your ride: 978-264-1730**

**The van is sanitized between passengers to reduce the risk of COVID-19.
All drivers and passengers must wear a mask or other face covering.**

The COA van is available to provide local rides for Boxborough residents age 60 or older. The van travels to surrounding towns and may be used for medical appointments, grocery shopping, errands, food pantry trips, and more. Rides must be booked in advance. We will do our best to accommodate late requests.

Become a Senior Trailblazer!

If you've ever wanted to be a trailblazer, here's your chance! Four trails in Acton have been identified as being particularly suitable for seniors. (You might need your GPS to find them.) All four are rated Level 1 (EASY) and have designated ADA parking spots. They are:

1. Acton Arboretum. Parking address: 2 Taylor Road. Sights: gardens, trees, boardwalks, bridges.
2. Assabet River Rail Trail. Parking address: 20 Maple Street. Sights: Fort Pond Brook, historic information panel, woodlands, a lovely millpond.
3. Bruce Freeman Rail Trail. Parking address: 120 Concord Road (at the Ice House Pond). *Access the paved trail from the sidewalk.* Sights: woodlands, Nashoba Brook.
4. NARA Park. Parking address: 25 Ledge Rock Way. Sights: loop around beautiful pond.

Helpful Hints:

- Tell someone where you are going and when you expect to be back.
- Bring drinking water.
- Bring your cell phone in case of emergency.

REMINDER: Observe all Covid-19 protocols: mask or other face covering, social distancing, wash and sanitize hands. Keep right on each trail to let others pass.



SHINE Counseling

The Annual Medicare Open Enrollment is from **October 15 through December 7**. This is the best time to compare plans, costs, and new benefits. Call the COA at 978-264-1730 to schedule a free virtual or telephone SHINE counseling session with a state certified counselor. Due to COVID-19 there will be no in-person SHINE counseling sessions.



Home Safety Checklist

1. Do you have emergency numbers next to your phone or on your cell phone?
2. Are electrical outlets exposed? They should be covered if unused.
3. Do you know how to turn off the electricity, gas, and water in an emergency?
4. Do you have fresh batteries in the smoke detector and the carbon monoxide detector?
5. Is your fire extinguisher ready to use?
6. Are your floors non-skid?
7. Are your floor coverings and rugs secure?
8. Do you have protective screens in front of fireplaces?
9. Are candles kept away from walls and curtains?
10. Do interior doors have safety release locks so they can open from either side?
11. If there are small children in your home, are windows and screens secure?
12. Are furnaces and flues regularly inspected and cleaned?
13. Are plastic dry cleaner's plastic bags destroyed or kept out of children's reach?
14. Do tubs and showers have non-skid surfaces or mats?
15. Have grab bars been securely installed alongside the bathtub, shower, and toilet especially if someone is elderly or disabled?
16. Are all electrical appliances kept away from water and unplugged after use?
17. Are all medicines (including vitamins) kept in locked cabinets out of children's reach?
18. Can the bathroom door be unlocked from inside and out?
19. Are your steps and sidewalks clear and free from toys, tools, ice, and snow?
20. Do you check play equipment and lawn furniture for safe use?
21. Are gas and charcoal grills kept clean, kept 10 feet away from any building, not located under hanging branches or near dry leaves, and lit carefully?



2020-2021 Flu Insurance Information Form

The completion of this form is necessary for every vaccine recipient. If no insurance information is available, please fill out as much as possible using existing information.

Information about the person to receive vaccine (please print): *Required Fields

Name: (Last, First, MI) *	Date of birth: *	Age*	Sex: (Circle)*						
	<table style="margin: auto; border: none;"> <tr> <td style="border: none;">_____</td> <td style="border: none;">_____</td> <td style="border: none;">_____</td> </tr> <tr> <td style="border: none; font-size: small;">Month</td> <td style="border: none; font-size: small;">Day</td> <td style="border: none; font-size: small;">Year</td> </tr> </table>	_____	_____	_____	Month	Day	Year		Male Female
_____	_____	_____							
Month	Day	Year							
Street Address: *									
City: *	State: *	Zip: *	Phone: *						
			()						

For children 18 years of age and younger:

Is Vaccine for Children (VFC) Program eligible:

Is enrolled in Medicaid (includes MassHealth and HMOs etc. if enrolled through Medicaid)

Does not have health insurance

Is American Indian (Native American) or Alaska Native

Is not VFC-eligible:

Has health insurance and is not American Indian (Native American) or Alaska Native

Insurance Information: *Include the whole member ID number and any letters that are part of that number*

Name of Insurance Company: *	Member ID Number: *	Group ID Number: (if available)
Medicare Number:	Is Medicare Primary? Yes No	Is Subscriber Retired? Yes No

If person getting vaccinated is not the insurance subscriber/policy holder, please complete the following:

Subscriber's Name: (Last, First, MI) *	Subscriber's Date of Birth: *	Sex: (Circle)*						
	<table style="margin: auto; border: none;"> <tr> <td style="border: none;">_____</td> <td style="border: none;">_____</td> <td style="border: none;">_____</td> </tr> <tr> <td style="border: none; font-size: small;">Month</td> <td style="border: none; font-size: small;">Day</td> <td style="border: none; font-size: small;">Year</td> </tr> </table>	_____	_____	_____	Month	Day	Year	Male Female
_____	_____	_____						
Month	Day	Year						
Subscriber's Street Address: * (If different from address above)								
City: *	State: *	Zip: *						
		()						
Patient Relationship to Subscriber: (Circle)* Spouse Child Other								

I have been given a copy and have read, or had explained to me, the Vaccine Information Statement for the Seasonal Influenza Vaccine and understand the risks and benefits. I understand that children younger than 9 years of age may need 2 doses of vaccine. I voluntarily give consent for the person named above to be vaccinated. I give permission to bill my/his/her health insurance.

X _____ Date: _____
 (Signature of patient, parent or legal guardian)

For Clinic/Office Use Only:

Date of Service/Date VIS Given	Date on VIS	Vax Type	Vaccine Manufacturer	Lot Number & Exp Date	State Supplied (Circle)	Preservative Free* (Circle)	Dose (mL)	Injection Route	Injection Site (Circle)
	08/15/19				Yes	Yes	0.5	IM	R Arm L Arm
					No	No	0.7		R Leg L Leg

Signature of Vaccine Administrator: _____

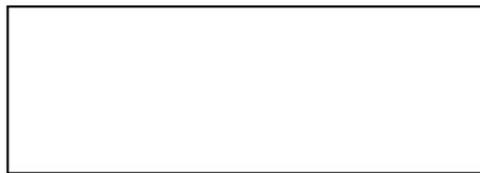
Flu Clinic to Be Held in Boxborough

The Nashoba Board of Health will hold a **Flu Clinic** at the **Boxboro Regency, 242 Adams Place, Boxborough on Tuesday, October 27**. The hours from **2-4 PM** will be for **ages 60+**; **all ages** can receive a flu shot from **4-6 PM**. Due to the COVID-19 pandemic, medical professionals are stressing that it is very important to receive a flu shot this year. Please fill out the form on the back of this page and bring with you.



Like us on Facebook at facebook.com/boxboroughcoa

–Submit Items for November Issue by October 7–



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