



Boxford's Boomers & Beyond



Boxford Council on Aging * 10 Elm St * Boxford, MA 01921 * (978) 887-3591

April 2024



Nun of This and Nun of That! (Presented by The Delvena Theatre Company)

Tuesday, April 2nd @ 1:00 pm

Now is the time for the 50th Class Reunion of St. Bartholomew's Parochial School. The "sisters" are excited to meet with their former students from the Class of 1957. The audience members, of course, are the reunion attendees. A good time will be had by all reminiscing about the old days and catching up with everyone. A fun, light-hearted comedy! Funded by the Boxford Cultural Council.

All are welcome! Call the COA to sign up.

Poet's Inn Restaurant and Café (Whittier Regional Vocational High School) **Tuesday, April 9th at 11:00 am**

The Poets' Inn is a full-service restaurant which provides "real-world" experiences to Culinary Arts students training for careers as chefs, bakers, restaurant managers and related food service industry jobs. Menu choices are: Baked Haddock or Chicken Parmesan. Cost is \$15.00pp whic. We have a reservation for 25 people and the COA van is available with limited seating. The cost of the van is \$3.00pp. Please call the COA asap to make your reservation. We will be collecting the cost of lunch when boarding the bus and we ask that it be in cash. If you are driving yourself please stop by the COA and see Lisa to make your payment. Seating is promptly at 11:00 am. Van will leave the COA at 10:30 am.

New Town Librarian **Wednesday, April 10th @ 11:00 am**

Come meet & greet with our new Town Librarian, Angelina Miller. Lunch will be served to those attending. Please call the COA to sign up @ 978-887-3591.

Mini Spring Oasis **Tuesday, April 16th @ 11:30 am**

If you liked Sue's flower cupcakes that she made for the Valentine's arrangements class, come join her on the 16th to make a Mini Spring Oasis. Cost is \$10.00pp. Please call the COA to sign up @ 978-887-3591.

Scam's Presentation **Wednesday, April 17th @ 11:00 am**

Join Maurice "Moe" Pratt from the Essex County Sheriff's Department for a presentation on "Scams". Lunch to follow for those who attend. Please call the COA @ 978-887-3591 to reserve your spot.

The Silver Fountain Tea Parlor (Dover, NH)

Tuesday, April 30th at 11:30 am

Join us on April 30th for a "Titanic Themed Tea". Feel free to dress either casual or fancy with hats & boas or even dress the theme! Menu consists of: Irish Ham & Cheddar Sandwich, Smoked Salmon w/ Lemon Pepper Butter, Beef w/Horseradish Cream, Raisin & Fruit Scones w/ Cream and Strawberry Preserves, Lemon Meringue Tartlet, Chocolate & Vanilla Éclair, Rum Fruit Cake, Coconut Macaroon & of course various Teas. Cost of the tea is \$46.00 which includes tax and tip. We have a reservation of 15 attendees. The cost of the van is \$3.00pp. So call the Boxford COA as soon as possible to make your reservation. The reservation is for 2 hours: 11:30am to 1:30pm. Van will depart the COA @ 10:20 am with pick up at FMV @ 10:30 am.



Willie Nelson's 90th Birthday Bash **Friday, April 19th** **7:00 - 9:00 pm**

Longtime singer/song writer Matt York will be at the Boxford COA on Friday, April 19th from 7:00 to 9:00 pm to Celebrate Willie Nelson's 90th Birthday. He will be performing songs and telling stories of Willie. This event is Free and is Sponsored by the Boxford Cultural Council.



"NEW" **Studio Art Class** **Tuesdays Beginning April 16th** **From 1:00 - 2:30 pm**

Join Linda Balek for our new Art class beginning Tuesday, April 16th. She will be giving you guidance while you paint. Instruction will be given for composition, color theory, color mixing and more. Pick the artist medium that you wish to use. You chose your subject to paint/draw. Bring your own supplies. All levels of experience are welcome! Fee is \$10.00/class.

Boxford's Boomers and Beyond Bulletin

Due to unforeseen circumstances, beginning April 2024, we no longer will be mailing out our monthly newsletter. Please contact the COA @ 978-887-3591 to give us your email address if you would like to get it emailed to you. The bulletin will also be available to see on the Town of Boxford's website and also on our Facebook page.

The COA will be Closed Monday, 04/15 Patriot's Day!

FITNESS CLASSES & More!

CHAIR YOGA

W/ Mary Van Abs

Classes held on **Tuesdays** from **9:00 to 10:00 am**. Classes are \$3.00/pp
All ages welcome!

YOGA CLASSES

W/ Mary Van Abs

Classes are held on **Tuesdays** from **10:00 to 11:00 am** and **Thursdays** from **12:30 to 1:30 pm**. Classes are \$3.00/pp
All ages welcome!

Strength Training

W/ Pam Myers-Kinney

Classes are held on **Wednesdays** from **9:00 to 10:00 am**. Classes are \$3.00/pp.
All ages welcome!

CHAIR YOGA

W/ Mary Hargraves

Classes held on **Thursdays** from **11:00 am to 12:00 pm**. Classes are \$3.00/pp
All ages welcome!

Qigong

W/ Mary Hargraves

Classes held on **Wednesdays** from **3:00 to 4:00 pm**. A system of coordinated body-posture and movement, breathing and meditation used for the purposes of health, spirituality, and martial-arts training. Classes are \$3.00/pp
All ages welcome!

NEWS AND VIEWS

News and Views meets **Tuesdays** (except the 2nd Tuesday of the month) at **9:00 am**. Meet with your peers to discuss current events, town issues and whatever else is put on the table. It's a fun time and many different topics are discussed.
All are welcome!

The Wonders of Science

Wonders of Science will be held on **Tuesday, April 9th** beginning at **9:00 am** with Bob Spillman. Topic: "Coffee Table Science" (A look at some of the more wild and interesting stories about what science is telling us). All adults welcome!

Book Club

Mystery Book discussion club is back. This club meets on the **4th Monday** of the month at **1:00 pm**. Next book is: A Killing in the Hills by Julia Keller.

Intergenerational Play Group

Our goal is to bring young children and seniors together for social gatherings, to build self-esteem and to have mental and physical fun and laughter! Run by Laurie Rowen and Denise Andrus - retired teachers of young children. This Group will be held on **April 24th @ 10:15 am**. Please call the COA to reserve your spot.

Watercolor Class

Classes will be held on the 2nd & 4th Wednesday of the month. Come join Brenda Sloane from **9:30 to 11:30 am**. The cost is **\$10.00 per class**. Materials needed are the responsibility of the student. Contact the COA for the suggested supplies list.

Grief Support Group

Held on the **2nd Tuesday of every month from 1:00 to 2:00 pm**. We will be offering a monthly grief support group to provide support and education to those experiencing or have experienced a loss. Anyone is welcome to join us.

Studio Art Class

Classes are held on **Tuesdays**. Come join Linda Balek from **1:00 to 2:30 pm**. The cost is **\$10.00 per class**. She will guide you while you paint. You chose your subject to paint or draw. Bring your own supplies.

GAME DAY

Bridge

Come along on **Mondays** from **1:00 to 4:00 pm**. **Beginners class will start @ 12:30**. Come and enjoy some hands with a group of friendly enthusiasts who are still finding new aspects to the game. The group is diverse enough to cater to more experienced players, while classes are run for those new to the game, as needed. All are welcome!

MAHJONGG

Come play Mahjongg on **Wednesdays** at **1:00 pm**.

Afternoon Meet-Up

Tuesday, Wednesday & Thursdays 3:00 pm to 4:15 pm

Drop in, meet new friends or catch up with old ones. Offering a number of activities (pool, board games, card games or even a puzzle), have a snack, a cup of coffee and have a conversation with one another.

Services

VETERANS SERVICES:

Joe LeBlanc, our VA Rep is available at the COA on the **1st Thursday** of each month and at **Town Hall** on the **3rd Thursday** of the month from **9:00 am - 11:00 am**. Appointments can be made, but walk-ins are also welcomed. He can be reached at (978) 688-9525.

All Vets and/or families of Vets Welcome.

Health Benefits Shine Rep:

Our **SHINE Rep** is Marylou Fierro. She is available on the **2nd Thursday** of every month, except during open enrollment. If you need to speak with a Shine Rep -

please call the COA to set up a phone or email appointment with Marylou. We will relay the message to her and she will contact you at your designated time.

Grocery Shopping

Grocery Shopping is available on the **2nd and 4th Tuesday** of every month. Pick-up starts at **9:15 am** and you will have 1 hour to shop. The cost for this service is \$3.00/pp. One must be able to get on and off the bus on their own with no assistance, and you must be able to carry your own groceries. Please call the COA to reserve your seat no later than noon on the day before shopping.

COA Van

The van is available for rides to the COA for our classes and presentations. These rides are at no cost. Rides for Lunch Bunch, grocery shopping and handicap medical rides have a fee involved. Handicap medical rides must be accompanied by a companion.

Phone Pals

Are you bored staring at the same four walls, feeling alone, sad to not be able to get out and see anyone? Call the Boxford Council on Aging to request a Phone Pal. A friendly voice on the other end of the line can make a world of difference.

HANDY MAN

Our handyman is willing to help with small jobs around the house - fixing light switches or changing locks. If handyman needs to replace an item, you will be responsible for the cost of the replacement and travel time. Please call the COA for info.

COA BOARD MEETING

The COA Board meetings are tentatively held on the **1st Monday** of each month at **4:00 pm @ the COA**.

Constituent Services Mary Ann Nay, Aide to Senator Bruce E Tarr

Tuesday, April 16th 9:00 to 10:00 am to voice your concerns and opinions and hear what's going on at the State House. No reservations required.

All Are Welcome

State Rep. Tram Nguyen Virtual Office Hours

State Rep. Tram Nguyen is holding office hours every month, on the first Friday from **10:00 - 11:00 am**, and the third Tuesday from **5:00 - 6:00 pm**, via Zoom. **April's office hours** will be **Friday, April 5th and Tuesday, April 23rd**. You can sign up for the office hours at: <https://calendly.com/teamtram/officehours>. If you have trouble with zoom, please call Rep. Nguyen's Legislative Director at 617-722-2680

Social Days

Please Call the COA if you would like to sign up for any of these Events @ 978-887-3591

Mocktail Monday

Join us on **Monday, April 8th at 3:00 pm** for Mocktail Monday! A mocktail is a flavorful non-alcoholic drink, typically comprised of imaginative ingredients – shaken, stirred, or blended, just like their boozy counterparts. Closely mimicking a cocktail without the alcohol, a mocktail comes with several benefits.

Taco Tuesday

Join us on **Tuesday, April 23rd @ Noon** for Taco Tuesday. Make your own taco's. We will have all the fixings along with chicken and beef.

Help Needed at the COA

Have a few extra hours in you week? Would you like to help out and volunteer for a good cause? Call the COA @ 978-887-3591 for more information.

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**"Stepping into Spring" on exhibit March thru May viewing at The Center at 10 Elm. Whether it be a picture, painting, quilt, they will exhibit it. Hosted by the Boxford Cultural Council. If you have any questions, you can email Sue at boxford.lcc@gmail.**  
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The Wonders of Science

Wonders of Science will be held on

Tuesday, April 9th beginning at **9:00 am** with Bob Spillman. Topic: "Coffee Table Science" (A look at some of the more wild and interesting stories about what science is telling us). Bob is such an intelligent, creative, enthusiastic person who has such interest in almost anything. His talks are so interesting that everyone looks forward to the next one. Come join Bob and listen to his next presentation.



Spring is Here! Volunteer!

Become a volunteer driver and help seniors in your community.

You decide when and where to drive.
Mileage reimbursement provided.



Call NEET at 978-388-7474 or visit www.driveformeet.org/volunteer to learn more.

More Services

SHINE

Need assistance with Medicare?
SHINE (Serving Health Insurance Needs of Everyone)

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist if you find yourself enrolled in a plan that is not in your best interest by reviewing your coverage with you and helping to determine if you are qualified to make a change at this time of year.

To schedule a SHINE appointment, call the COA @ **(978-887-3591)**.

NEET

Northern Essex Elder Transportation, Inc. This program provides rides for elders to medical appointments. Arrangements should be made 3 to 4 working business days prior to your appointment so that we have time to accommodate your ride. We ask that you provide 5 to 7 working business days for Boston and beyond rides. Registration is required by NEET for rides. We ask that if you are not registered with us. Please contact us @ 978-887-3591 as soon as you can to fill out the necessary paperwork. Our business hours are Monday thru Thursday, 8:30 am to 4:30 pm.

Meals on Wheels

Meals on Wheels (MOW), a federally funded nutrition program for eligible adults who are at least 60 years old, are unable to leave their homes without assistance, and cannot meet their daily nutritional needs. Available to eligible seniors by calling AgeSpan at 1-800-892-0890.

MOW Inclement Weather Cancellation

Meals on Wheels delivery may be canceled due to inclement weather or conditions when it may not be safe to be on the roads. Local television stations will announce delivery cancellations. You are always welcome to call the COA office to confirm cancellation of meals upon inclement weather @ 978-887-3591.

Equipment Lending Program

The COA has medical equipment for long - or short - term lending. Give us a call to see what's available to lend.

Ring & Ride

Ring & Ride is a free shared van service available to Boxford residents. It requires 24-hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical & shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury/Byfield, North Andover, West Newbury, & Rowley Train Station & Rowley Market Basket. For a brochure, contact the COA @ 978-887-3591.

Important Documents

Handicap Placards

The COA has applications for handicap placards available from Mass.gov.

File of Life Program

File of Life provides a health history document to be used by emergency personnel in case of illness or injury.

The File

A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Health Care Proxies

COA has fact sheets & Health Care Proxy forms available upon request.

Five Wishes

My Wish for: This packet is for the person you want to make care decisions for you when you can not. "The kind of medical treatment you want and don't want. How comfortable you want to be. How you want people to treat you. What you want your loved ones to know."

Trips with Best of Times Travel

The Jewels of the Med

The Ultimate European Vacation
Visiting Spain, France, Italy & Greece
(All Inclusive Package On Board the
Norwegian Escape)

May 3rd - 17th, 2024

15 Days / 14 Nights

This is an unforgettable cruise, aboard a fantastic cruise ship sailing the Med, to some of the world's great cities. Hear echoes of ancient gladiators and relive the days of the Romans in the eternal cities of Florence and Rome. Visit one of the medieval wonders of the world – the leaning tower of Pisa. Visit the cathedrals and castles of Naples, or see life frozen exactly as it was – thousands of years ago at the Pompeii ruins. Gaze up at the awe-inspiring spires of Gaudi's Sagrada Familia in Barcelona, and take in a romantic ride along the canals of Venice Italy.

Prices Starting at \$5399pp / Double Occupancy.

The Biltmore Estate & The Blue Ridge/Smoky Mountains

May 12th - 17th, 2024

7 Days / 6 Nights

Welcome to America's Largest Home – The Biltmore Estate. A power-packed program taking in the Blue Ridge Mountains of North Carolina, The Infamous Biltmore Estate with incredible commentary, the Biltmore winery, Touring of the Penn Dutch Country, an incredible Show at Sight and Sound Theatre, and so much more. This is a value packed program that will provide you memories of a lifetime!

Prices Starting at \$2049pp



Ricky Nelson Remembered

Performed by his identical twin boys:

Matthew & Gunner Nelson

May 23rd, 2024

@ Danversport Yacht Club,
Danvers, MA

"Rickey Nelson Remembered" is a unique multi media entertainment event featuring the live music of his hit songs performed by Ricky's own identical twin sons and includes never before seen big screen video footage of the NELSON family. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod. **Price: \$89pp.**

**This is a drive yourself event.
Doors Open @ 11:30 am**

Rolling Stones

(Tribute Show)

June 20th, 2024

@ Danversport Yacht Club,
Danvers, MA

A Billboard ranked production with over 4,000 performances worldwide to it's credit. They bring an energetic and authentic performance to all the classic eras of the Rolling Stones, like no other show. This incredible show has been featured in dozens of national magazines, newspapers, and television shows. Don't miss out, this is a rare opportunity to see an amazing show.

Includes: plated luncheon, meal tax, gratuity & show ticket. Meal Choice: Chicken Parmesan or Baked Schrod. **Price: \$89pp.**

**This is a drive yourself event.
Doors Open @ 11:30 am**

The Ultimate Jimmy Buffett Tribute

July 16th, 2024

@ Foster's Clambake Restaurant
(York, ME)

Grab your virtual "beach chair, your suntan oil, and your favorite drink", and get ready for a trip to the islands! They are the most requested Jimmy Buffett Tribute band in the country and perform not only all the great Buffett songs you love, they also play our favorite songs by Beach Boys, Paul Simon, Harry Belafonte and much more. Includes: transportation, plated luncheon, meal tax, gratuity & show ticket. Meal Choice: Whole boiled 1 1/4 lb. Lobster, Clam Chowder, Fresh

Steamed Mussels, Fresh Maine Clams, Corn-on-the-Cob, Potatoes & Onions, Blueberry Cake, Rolls & Butter & Beverage or a 1/2 BBQ Chicken Dinner. **Price: \$135pp.**

The Common Man - NH Getaway

2 Days / 1 Night

July 23rd - 24th, 2024

Head into the heart of New Hampshire and the heart of the White Mountains. Enjoy a visit to historic Canterbury Shaker Village, take a train ride in the heart of the White Mountains, and experience breathtaking views from atop Loon Mountain via the enclosed Gondola ride to the top. Your taste buds will come to life on this fun-filled journey as we tour one of NH's great wineries and enjoy an included wine tasting. Food is abound as you experience fantastic dining at the Common Man Inn ordering off the menu and enjoying a complimentary glass of wine with your dinner. Included: Roundtrip transportation, 1 night lodging, 3 Meals: 1 dinner, 1 lunch and 1 breakfast, tour and wine tasting, tour of Canterbury Shaker Village, train ride on the Hobo Railroad in Lincoln, NH, gondola ride to the top of Loon Mountain, gratuity and tour manager are included.

Price: \$579pp Double, \$699 Single Occupancy

Stay Tuned for More Fun Adventures!!

Steely Dan Ultimate Tribute Show
August 22nd, 2024

Happy 2 Gather Band
Featuring songs from the 60's
September 19th, 2024

Lake George Balloon Festival 2024
September 20th - 22nd, 2024

Fall Foliage Day Trip
September 25th, 2024

Rod Stewart
The Ultimate Tribute Show
October 24th, 2024

The Sicilian Tenors
Downtown Abbey Special Live Concert
November 14th, 2024

Kenny & Dolly
A Smoky Mountain Christmas
December 5th, 2024

More trips/brochures are available at the COA.

Lunch Bunch Trips

See below for our Lunch Bunch Trips for the month of April. Call us to reserve your spot. We will make a reservation for those who are going. Van cost is \$3.00pp and you are responsible to pay for your own meals.

Mexicali Cantina Grill
29 Andover St., Danvers, MA
Thursday, April 11th
Meet @ COA 11:30 am
Pick up @ FMV 11:45 am

A family oriented restaurant. Known for their generous portions, authentic foods and their famous guacamole dip.

Fusilli's Cucina
107 Main St., Reading, MA
Thursday, April 18th
Meet @ COA 11:00 am
Pick up @ FMV 11:15 am

The Cucina presents a menu of simple Italian cuisine. Fusilli's Cucina provides a clean and elegant environment for all of its guests to enjoy.

**Grocery Shopping:**

Tuesday, April 9th
&
Tuesday, April 23rd

The Town of Boxford Announces New Small Repair Grant Program

The Town of Boxford's Small Repair Grants Trust is introducing the Small Repair Grant Program to provide up to \$7500 in grant funding to help qualifying seniors and residents with permanent disabilities make essential repairs and modifications to their homes for health and safety reasons and enable them to continue to age in place. This program will also help maintain the quality of Boxford's housing stock and enhance our community. Applicants must meet requirements to be eligible.

An application and detailed program information are available on the Town's webpage at www.town.boxford.ma.us/small-repairs-grant-trust. On Boxford 2.0, at the Boxford Town Hall and the Council On Aging at 10 Elm St.

Boxford Small Repair Grant Program
The Town Administrator's office
Boxford Town Hall
7A Spofford Rd,
Boxford, MA 01921

Recipe Corner**Scallop Provencal**

Total Prep: 5 Minutes
Cook Time: 10 Minutes

Ingredients:

1 pound fresh bay or sea scallops
Kosher salt and freshly ground black pepper
1/2 cup chopped shallots (2 large)
1 garlic clove, minced
1/3 cup dry white wine
1 lemon, cut in 1/2

All-purpose flour, for dredging
4 tablespoon (1/2 stick) unsalted butter, divided
1/4 cup chopped fresh flat-leaf parsley leaves

- 1.) If you're using bay scallops, keep them whole. If you're using sea scallops, cut each 1 in half horizontally. Sprinkle with salt and pepper, toss with flour, and shake off the excess.
- 2.) In a very large sauté pan, heat 2 tablespoons of the butter over high heat until sizzling and add the scallops in 1 layer. Lower the heat to medium and allow the scallops to brown lightly on 1 side without moving them, then turn and brown lightly on the other side. This should take 3 to 4 minutes, total. Melt the rest of the butter in the pan with the scallops, then add the shallots, garlic, and parsley and sauté for 2 more minutes, tossing the seasonings with the scallops. Add the wine, cook for 1 minute, and taste for seasoning. Serve hot with a squeeze of lemon juice.



WELLNESS CLINIC: The VNA Care Network and Elder Services will be holding their free Wellness Clinic on the **2nd Wednesday** of the month from **9:00 to 11:00 am** at the COA.



PODIATRY: Dr. Bonni Berkowitz, DPM will be here at the COA on the **First Wednesday** of every month, 04/03/24 from 9:00 - 11:00 am. We will be scheduling routine foot care appointments in 15 minute increments till filled up. It cost \$45.00 per session. Please call the COA @ 978-887-3591. She is also available for house visits. Please call the COA for further notice.

Tri-Town Public Health Nurse: Tri-Town Public Health Nurse - Julia Lobel, BSN, RN will have regular office hours **Thursdays 9:00 am - 2:00 pm** at the new Boxford COA/Community Center. Lobel was hired through the public health excellence grant shared between the three towns and will offer community members outreach and education on a variety of health and wellness topics as well as looking to expand the FLU/COVID vaccination outreach that has been offered throughout the Tri-Town during the past several years. Do you have a medication question or other health related question? Stop by and check in with our nurse.

Stress Awareness

Stress awareness doesn't mean that we should wallow in stress and feel bad. It means that we should be aware of the health consequences of stress so we can make good choices for ourselves and our families.

We might even choose to work with others to change the circumstances that lead to excess stress, or to help others in our community to build their own awareness.

Many people don't know that stress has serious health consequences. Here are just some of the potential long-term consequences of stress:

- depression
- Anxiety
- Memory problems
- Poor judgement
- Insomnia
- High blood pressure
- Abnormal heart rhythms
- Heart attack
- Stroke
- Obesity
- Aches and pains and so much more.

In addition to these problems, stress can lead to poor choices in response to the stressors, such as excessive use of alcohol and drugs, or unhealthy lifestyle choices.

What is Stress Management?

It may seem like there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your work and family responsibilities will always be demanding. But you have a lot more control than you might think.

If you're living with high levels of stress, you're putting your entire well-being at risk. Stress wreaks havoc on your emotional equilibrium, as well as your overall physical and mental health. It narrows your ability to think clearly, function effectively, and enjoy life.

Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the [resilience](#) to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for you. The following stress management tips can help you do that.

Tip 1: Identify the sources of stress in your life:

Stress management starts with identifying the sources of stress in your life. This isn't as straightforward as it sounds. While it's easy to identify major stressors such as changing jobs, moving, or going through a divorce, pinpointing the sources of chronic stress can be more complicated. It's all too easy to overlook how your own thoughts, feelings, and behaviors contribute to your everyday stress levels.

Tip 2: Cut out unhealthy ways of dealing with stress:

Many of us feel so stressed out, we resort to unhealthy and unproductive ways to cope. A lot of these unhelpful strategies can temporarily reduce stress, but in the long run, they actually cause even more damage:

- Smoking, drinking too much or using drugs to relax
- Bingeing on junk and comfort food
- Withdrawing from friends, family, and social activities
- Sleeping too much
- Filling up every minute of your day to avoid facing problems

If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones that leave you feeling calm and in control.

Tip 3: Practice the 4 A's of stress management:

- *Avoid* unnecessary stress
- *Alter* the situation
- *Adapt* to the stressor
- *Accept* the things you can't change

Tip 4: Get moving:

- Put some music on and dance around
- Take your dog for a walk
- Park your car in the farthest spot in the lot and walk the rest of the way
- Pair up with an exercise partner and encourage each other as you work out

Tip 4: Learn to relieve stress in the moment:

The fastest way to reduce stress is by taking a deep breath and using your senses—what you see, hear, taste, and touch—or through a soothing movement. By viewing a favorite photo, smelling a specific scent, listening to a favorite piece of music, tasting a piece of gum, or hugging a pet, for example, you can quickly relax and focus yourself.

A Well Planned Life????

Two women met for the first time since graduating from high school.

One asked the other, "You were always so organized in school, Did you manage to live a well planned life?"

"Yes," said her friend.

"My first marriage was to a millionaire;

My second marriage was to an actor;

My third was to a preacher;

And now I'm married to an undertaker."

Her friend asked,

"What do those marriage have to do with a well planned life?"

Her reply was — oh, that's easy:

"One for the money,

Two for the show,

Three to get ready,

And four to go."

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**Teacher's Questions  
And  
Student's Answers (Indented)**

Maria, go to the map and find North America.

Here it is!

Now class, who discovered America?

Maria

Greg, how would you spell "crocodile"?

K-R-O-K-O-D-I-A-L

No Greg, that's wrong.

Maybe it's wrong, but you asked how I spell it.

Ryan, what is the chemical formula for water?

HIJKLMNO

What are you talking about?

Well, yesterday, you said it was H to O.

Hunter, name one important thing we have today that we didn't have 10 years ago?

Me.

Macy, tell me, do you say prayers before eating?

No Ma'am, I don't have to; my Mom is a good cook.

Parker, what do you call a person who keeps on talking to people who are no longer interested?

A teacher.

**Speedy Comeback**

The police officer got out of his car and the kid, that was stopped for speeding, rolled down his window.

"I've been waiting for you all day," the officer said. The kid replied, "Well, I got here as fast as I could." When the officer finally stopped laughing, he sent the kid on his way without a ticket.

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Horse Ride

You are on a horse, galloping at a constant speed. On your right side is a sharp drop off and on your left side is an elephant traveling at the same speed as you. Directly in front of you is a galloping kangaroo and your horse is unable to overtake it. Behind you is a lion running at the same speed as you and the Kangaroo. What must you do to safely get out of this highly dangerous situation?

If you don't know, see below

Get your drunk ass off the merry-go-round.

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A 98-year old Mother Superior from Ireland was dying.

The nuns gathered around her bed trying to make her last journey comfortable.

They gave her some warm milk to drink but she refused.

Then one of the nuns took the glass back to the kitchen, remembering a bottle of Irish Whiskey received as a gift the previous Christmas, she opened and poured a generous amount into the warm milk.

Back at Mother superior's bed, she held the glass to her lips.

The Mother Superior drank a little, then a little more and before they knew it, she had drunk the whole glass down to the last drop.

"Mother", the nuns asked earnestly, "Please give us some wisdom before you pass on."

The Mother Superior responded: "Don't sell that cow"



**Boxford Council on Aging**  
**10 Elm St**  
**Boxford, MA 01921**  
**Phone: (978) 887-3591**

BULK RATE  
PRE-SORT  
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Boxford MA 01921  
PERMIT No. 123

*Our mission is to improve the quality of life and encourage maximum independence for older adults by meeting their health, economic, social and cultural needs.*

**COA Board Members**

John Shirley & Alicia Caron: Co-Chairperson  
Judy Andersen: Secretary  
Members:  
Liz Murphy  
Richard Shaw  
Christina Eckert  
Susan Arsenault

**COA Staff**

Pam Blaquiere: COA Director  
Lisa Giugliano: Secretary  
Kelly Trolander: Social Worker  
Cynthia Comeau: Van Driver

**The Friends of the Boxford COA, Inc.**

**Current Resident or**



*This newsletter was made possible by a grant from the Executive Office of Elder Affairs.*

**The April Birthday Luncheon will be held on Thursday, April 25th at Noon. Please call the COA, no later than the end of the day on Monday, April 22nd to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday that month.**

***Happy Birthday to our April Seniors!***



Past Monthly Newsletters are posted on the Town web. To access these Newsletters — go to [www.town.boxford.ma.us](http://www.town.boxford.ma.us). Click on Departments and select Council On Aging from the dropdown menu. The current Newsletter is listed on the front page but you can access the older ones by clicking on "Monthly Newsletters."

**April Facts:**

- \* April 1st: April Fools Day
- April 15th: Patriot's Day
- April 22nd: Earth Day
- Flower: Daisy and Sweet Pea
- Birthstone: Diamond
- Zodiac signs:
  - Aries - March 21 to April 19
  - Taurus - April 20 - May 20

