

# Boxford's Boomers & Beyond



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

**May 2024**

## **Boxford's Annual Town Meeting and Election**

**Tuesday, May 7th:** Moderator's Forum will take place at 7pm at Town Hall.

**Tuesday, May 14th:** The Annual Town Meeting will take place at 7pm at the Masconomet Auditorium.

**Tuesday, May 21st:** The Annual Town Election will take place at Town Hall from 7:00 am until 8:00 pm. The COA Van will be available to take seniors to and from the polls from 11:00 am to 1:00 pm.

**If requesting a ride to Town Election please call the COA no later than Wednesday May 8th.**



## **Mother's Day Flower Arrangement Tuesday, May 7th @ 11:30 am**

Join us in making a beautiful/romantic/elegant Mother's Day arrangement. Filled with an array of flowers. Bring your own shears & 5" compote/ pedestal to class. If you are in need of a compote, see Sue to purchase one for \$10.00. Cost of the arrangement \$15.00. Max class is 12 people.

Please call the COA to sign up @ 978-887-3591.

## **Mother's Day Tea! Wednesday, May 8th @ 1:00 pm**

Join us for a Mother's Day Tea at the COA! What a perfect time to enjoy a spring time tea. Wear your favorite hat and tea party attire. We will be serving a variety of teas along with some light finger sandwiches and dainty desserts. Call the COA to make your reservation @ 978-887-3591.



## **Masco Intergenerational Trivia Tuesday, May 14th @ 10:45 am**

Join our Tri-Town Council on Aging along with the 7th Grade children to play some non competitive (well maybe) trivia. The teams will be mixed between the students and seniors. Lunch will be served at 11:00 and trivia will begin at 12:30. Prizes will be given to the winning teams! The COA van is available to and from this event. Seating is limited so please call the COA as soon as possible to reserve your spot. Van will leave promptly at 10:45 am from the COA.



## **Lunch and Learn: Online Safety Presentation**

**Wednesday, May 15th @ 11:00 am**

Scammers are everywhere, especially online. Do you know how to keep your smart device protected, how to navigate social media? Does online shopping or banking make you nervous?

The Office of Consumer Affairs will be at the Boxford Council on Aging for a lunch and learn to answer your questions, give you tips for safely navigating the web, and suggestions to keep you protected from online scams. Registration is a must. Please call the COA at 978-887-3591 to reserve your spot.

## **Frugal Fannies and Lunch Thursday, May 16th @ 9:00 am**

Join us for a special shopping trip to Frugal Fannies in Westwood, MA with lunch to follow. Our van will depart from the COA promptly at 9:00 am to head out to Frugal Fannies, family owned fashion warehouse for women. Known for their top labels and famous name-brand clothing. We will be making a short stop for lunch on the way home. (Participants are responsible for the \$3.00 van fee and their own meals.) Space is limited so please sign up early.

## **Stars & Stripes Wooden Frame Monday, May 20th @ 9:30 am**

Join us in creating your very own, one of a kind, hand painted, "STARS & STRIPES" wooden sign to celebrate Memorial Day. We will provide you with a wooden sign, stencils and chalk paint. Though we have various paint brushes please feel free to bring some of your own. We will be using chalk paint. Please sign up by Thursday May 16th for this class, so that we can ensure we have enough wooden signs and stencils for everyone. Cost for this class will be \$10.00.



**We at the COA are in need of a couple tax work off individuals to care for our outdoors gardens and for a Friday receptionist. If you are interested, please either call the COA or come in person and ask for Pam.**

**The COA will be Closed Monday, 05/27 Memorial 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, May 14th** beginning at 9:00 am with Bob Spillman. Topic: "Interesting Engineering" (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. There will not be a May Meet Up.

## **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 **May 15th @ 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.

**This month's Grief Support will be on 05/21 @ 1:00 pm.**

Anyone is welcome!

## **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, May 21st 9:00 to 10:00 am** to voice your concerns and opinions and hear what's going on at the State House. No sign up 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. **May's office hours** will be **Friday, May 5th and Tuesday, May 16th**. 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, May 13th 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, May 28th @ Noon** for Taco Tuesday. Make your own taco's. We will have all the fixings along with chicken and beef.

**"All Things Abstract" on exhibit May 15 thru June 15 viewing at The Center at 10 Elm. Non representational exhibit in all mediums. Hosted by the Boxford Cultural Council. If you have any questions, you can email Sue at [boxford.lcc@gmail.com](mailto:boxford.lcc@gmail.com)**



### **Boxford Village Garden Club**

#### **Annual Plant Sale Saturday, May 11th**

**8:30 am - 1:00 pm  
10 Elm St., Boxford, MA  
(@ The Pony Field)**

Stop on over and take a look at the locally grown perennials, herbs & Annuals.

### **A Town - Wide Yard Sale! (to benefit the Little Red Schoolhouse!)**

**Saturday, May 11th  
8:30 am - 1:00 pm  
Located at the Picnic Area  
4 Middleton Rd.**

Tables can be reserved for \$20.00/table. This is a perfect opportunity for you to declutter your home/garage/office. They also will be selling home made pies to support the Schoolhouse. If you would like to donate a pie or reserve a table, please call Laurie Rowen at **978-609-1328** or you could email her @ [rowen.laurie@gmail.com](mailto:rowen.laurie@gmail.com). This is a great fundraiser to support the Little Red Schoolhouse.

Rain Date: Saturday, May 18th

## 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

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**

### **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**

### **Steely Dan Ultimate Tribute Show**

Featuring - No Static

**August 22nd, 2024**

@ Castleton Windham, NH

Re-creating that incredible blues/jazz/rock sound that sprung from the fertile imaginations of Donald Fagen and Walter Becker of Steely Dan is no small feat. Based in Boston, MA, No Static is one of the top Steely Dan tribute bands in the country, and is made up of 10 of the top musicians from around the Boston area. Relive the hits "Do it again", "reelin in the years", and much more. Includes: luncheon, meal tax, gratuity & show ticket. Meal Choice: Pan Seared Pork Tenderloin w/ Apple Mustard Demi Glaze or Vegetarian Lasagna.

**Price: \$75pp.**

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

### **Happy 2 Gather**

Peace \* Love \* Music

**September 19th, 2024**

@ Castleton Banquet Center -  
Windham, NH

The biggest hits from Simon & Garfunkel - The Mamas & the Papas - The Turtles - Roy Orbison - The Doors - The Hollies and many more!! A 60's Flashback is a show not to be missed. A live concert event featuring one of the cruise industries most requested acts, Jozay and Patti to the stage. This show promises to be a trip to that decade of LOVE, leaving you feeling

GROOVY. Includes: Plated luncheon, meal tax, gratuity & show ticket. Meal Choice: Apple Cranberry Stuffed Chicken or Vegetarian Lasagna.

**Price: \$89pp.**

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

### **Lake George Balloon Festival 2024**

3 Days / 2 Nights

**September 20th - 22nd, 2024**

This 3 Day program is the perfect way to explore the festival in earnest. Accommodations are in the Lake George area - the perfect spot to truly enjoy the activities of the weekend. First stop is the Norman Rockwell Museum in Stockbridge, MA. Enjoy free time to have lunch on your own in historic downtown. An evening experience of Lake George's majestic scenery on a wonderful dinner cruise complete with entertainment on board the Lac Du Sacrement. You will have 3 opportunities to see the balloons lift off for the skies. And so much more. Program Includes: Luxury Motorcoach Transportation, Three (3) Meals (2 Breakfasts, 1 Dinner), Dinner Cruise on Lake George complete with onboard entertainment, access to the Balloon Festival, Touring as Described, and professional Tour Manager throughout your trip.

**Price: \$699pp Double, \$899 Single Occupancy**

### **Stay Tuned for More Fun Adventures!!**

**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**





## Lunch Bunch Trips

See below for our Lunch Bunch Trips for the month of May. 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.

**The Century House Restaurant**  
**235 Andover St., Peabody, MA**

**Thursday, May 9th**

**Pick up @ FMV 11:00 am,**

**Meet @ COA 11:15 am**

Historic American eatery with a homey setup plus an on-site tavern & shop with prepared food & wine.

**Black Cow Restaurant**  
**40 Merrimac St., Newburyport, MA**

**Thursday, May 30th**

**Pick up @ FMV 11:00 am,**

**Meet @ COA 11:15 am**

The Black Cow in Newburyport Mass is situated along the Merrimack River with nice Harbor Views. Reasonably priced and quality food in a relaxed atmosphere.

## Grocery Shopping:

**Tuesday, May 14th**

**&**

**Tuesday, May 28th**



## Boxford Community Electricity Launching June 2024

The Town of Boxford is pleased to announce that it will launch its electricity supply program, [Boxford Community Electricity](https://www.town.boxford.ma.us/home/news/boxford-community-electricity-launching-June-2024), in June 2024. The program is a municipal aggregation, which is already offered by nearly 170 cities and towns in the State.

Boxford Community Electricity will offer three new electricity supply options to all Boxford residents and businesses. The Town is offering, Boxford Standard, Boxford 100 and Boxford Basic.

To get more information you can visit:

<https://www.town.boxford.ma.us/home/news/boxford-community-electricity-launching-June-2024>

## 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.

## Recipe Corner

**Total Prep: 15 Minutes**

**Cook Time: 3 hours**

## Guinness Braised Short Ribs



### **Ingredients:**

4 whole beef short ribs  
 2 cups white chopped onions  
 1 cup chopped celery  
 1 12 ounce can Guinness beer  
 4 sprigs fresh thyme  
 3 cups beef stock or as needed to cover

Salt and freshly ground black pepper to taste  
 1 cup chopped carrots  
 2 cloves minced garlic  
 1/4 cup tomato paste  
 1 teaspoon white sugar  
 Freshly chopped parsley

- 1.) Preheat oven to 325°
- 2.) Season beef short ribs with salt and black pepper to taste.
- 3.) In a large Dutch oven, sear short ribs on all sides until browned. Set aside.
- 4.) Remove excess fat, then add chopped onions, carrots, celery, and minced garlic. Sauté until vegetables are softened.
- 5.) Pour in Guinness beer to deglaze the pot, scraping up any browned bits.
- 6.) Add tomato paste, fresh thyme sprigs, white sugar, and beef stock. Season with more salt and pepper. Stir to combine.
- 7.) Bring the mixture to a simmer. Cover the pot with the lid and transfer it to the oven.
- 8.) Braise for about 2.5 to 3 hours or until the short ribs are fork tender.
- 9.) Remove from the oven, discard thyme sprigs, and skim off any excess fat. Serve the Guinness Braised Short Ribs over mashed potatoes, pour a little bit of the sauce on top and garnish with freshly chopped parsley.





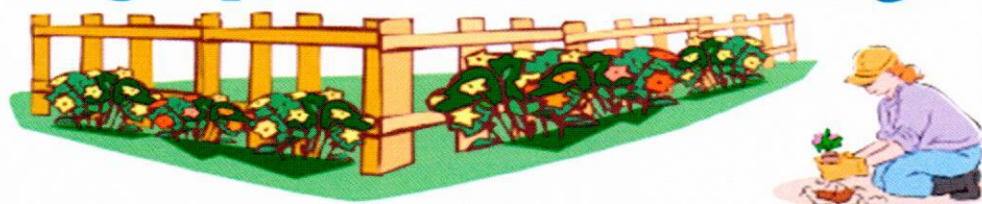
**WELLNESS CLINIC:** The VNA Care Network and Elder Services will be holding their free Wellness Clinic on the **2nd Wednesday** of the month from **9:00 to 11:00 am** at the COA.



**PODIATRY:** Dr. Bonni Berkowitz, DPM will be here at the COA on the **First Wednesday** of every month, 05/01/24 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.

## Gardening Tips — Don't let the bugs bite!



Gardening is enjoyable and there are many benefits to this outdoor activity. But, both ticks and mosquitoes are often found around vegetation and both may spread disease if they bite you.

**In Massachusetts, the diseases that may be spread by ticks and mosquitoes are:**



### How to Avoid Bites

#### Be Aware of Peak Activity Times.

The hours from dusk to dawn are peak biting times for many mosquitoes. Gardening during the middle of the day may decrease your chance of getting bitten.

Ticks seeking a host to feed on are most active April through October.

#### Clothing Can Help Reduce Bites.

Wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes and ticks away from your skin. Making the long-sleeves, pants and socks light-colored will help you spot a tick on them more easily.

#### Use Insect Repellent.

Use a repellent with DEET (N, N-diethyl-m-toluamide), or permethrin, according to the instructions on the product label. DEET is designed to be applied directly to your skin while permethrin is applied to your clothing. Products containing other active ingredients such as oil of lemon eucalyptus, picaradin or IR 3535 are also effective against mosquitoes and ticks.

#### Do a Tick Check Daily.

Finding and removing ticks promptly will help prevent them from spreading disease to you. Check yourself all over for ticks in a well-lit room. They like to hide in warm, dark areas like between the toes, in back of the knees, groin, armpits, and neck, along the hairline, and behind the ears. Some of them are as small as poppy seeds, so use a magnifying glass if you have to. Remove any attached ticks using a pair of fine-tipped tweezers. Grasp the tick as close to the skin as possible and pull gently but firmly, straight outwards.



### **Married Four Times**

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

#### **(Wait for it...)**

- She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

**Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind.** But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them.

Boy, oh boy, did we go around! Just because I'm blonde doesn't mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves. There was silence on the other end of the line, so I just hung up, and he hasn't called back. Guess he was embarrassed.

**A man buys a parrot and brings him home.** But the parrot starts insulting him and gets really nasty, so the man picks up the parrot and tosses him into the freezer to teach him a lesson. He hears the bird squawking for a few minutes, but all of a sudden the parrot is quiet. The man opens the freezer door, the parrot walks out, looks up at him and says, "I apologize for offending you, and I humbly ask your forgiveness."

The man says, "Well, thank you. I forgive you."

The parrot then says, "If you don't mind my asking, what did the chicken do?"

### **A Perfect Marriage?**

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box.

She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."

**Hospital regulations require a wheelchair for patients being discharged.** However, while working as a student nurse, I found one elderly gentleman--already dressed and sitting on the bed with a suitcase at his feet--who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."





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

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*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  
Nikki Meader - Outreach 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 May Birthday Luncheon will be held on Thursday, May 23rd at Noon. Please call the COA, no later than the end of the day on Monday, May 20th 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 May Seniors!***



**May Facts:**

- May 12th: Mother's Day
- May 27th: Memorial Day
- May 6-12th: Nat'l Nurses Week
- Flower: Lily of the valley
- Birthstone: Emerald
- Zodiac signs:  
Taurus - April 21 - May 20  
Gemini - May 21 - June 21

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."

**Life is better  
when you  
cry a little,  
laugh a lot, and  
are **thankful**  
for everything  
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