



# Boxford's Boomers & Beyond



**Boxford Council on Aging \* 4 Middleton Rd \* Boxford, MA 01921 \* (978) 887-3591**

**April 2016**

## **Homestead Seminar April 6th At 11 AM**

Do you have a Homestead on your property? Attend a free Homestead Seminar to learn how to protect your home — your most valuable asset.

Register of Deeds, John O'Brien, will be sending representatives from the Southern Essex District Registry of Deeds to explain the benefits of the Homestead Act, help you fill out and file the Declaration of Homestead and answer questions concerning Homesteads.

If you are interested in attending this seminar — please call the COA to make reservations. Lunch will be served after the seminar to those who attend.

## **Community Pot-Luck and Karaoke Wednesday, April 6th at 6 PM Community Center/COA *A great chance to display your talent – or lack of it.***

Join us for an evening of good food and karaoke entertainment. Bring your family and your specialty dish to share. We ask that you bring at least enough food to feed your family.

Call the COA at 978-887-3591 to reserve your space and let us know what you are bringing (i.e.: Main dish, salad, appetizer, dessert). Those who contribute to the food table will eat free, those who don't — the cost will be \$5.00 for adults and \$3.00 for children under 10. If you would like to contribute food but don't want to cook — you can always throw together a salad or purchase a dessert.

**Don't forget, when you call to sign up — please let us know what you're planning on bringing, i.e., mail dish, salad, appetizer or dessert.**

## **Annual Spofford Band Concert Thursday, April 14th at 9:30 AM**

The Boxford seniors are cordially invited to attend the Spofford Elementary School's free concert and luncheon on Thursday, April

14th. The concert will start at 9:30 AM and, immediately following the concert, lunch will be served. Reservations are required by April 4th. The Boxford COA van will be available to those who wish to use this service. Please let us know at time of reservations if you want to use the COA van.

This is a wonderful yearly event put on by the 6th Grade Bands and Chorus students. Past events have brought high praise for the 6th grade students by those who attended so I'm sure this will be an event you will thoroughly enjoy.

## **Captain Mike's Presentation on Schooners Wednesday, April 20th at 11 AM**

Captain Michael Rutstein, a Boxford resident, is the owner and operator of the schooner FAME of Salem. FAME was built in Essex by National Heritage Fellow Harold Burnham in 2003. For the last 13 years, she (FAME) has conducted public sails, private charters, and a summer day camp from her dock next to the Victoria Station restaurant at Salem's Pickering Wharf.

Capt. Mike will talk about the history of the original FAME and the trials and tribulations of building this replica.

If you are interested — please call the COA for reservations. Lunch will be served following the presentation for those who attend. There is no cost to attend this event as it is being funded by The Friends of the Boxford COA.

## **Still Time To Sign Up For "How Safe Is Your Home & Family?"**

You still have time to signup. The Boxford COA and Fire Department have collaborated on several programs in an effort to keep both you and your home safe. These programs include File of Life, "Is Your Number Up" house numbering, Smoke Alarm and CO2 Detector check and replacement and the "Remembering When" Fire and Fall Prevention Program.

For more information on these programs and for the safety of your home and family, please contact the COA at (978) 887-3591.

## LINE DANCING

### With Patty or Bertha

Classes are held on Monday and Thursday morning between the hours of 10:00 – 11:00 AM. The cost is \$3.00 per class.

*All Ages Welcome*

### CHAIR YOGA With Lisa

Classes are held on Wednesdays at 9 AM. The cost is \$3.00 per person. Please call the COA for more information.

*All Ages Welcome*

### YOGA CLASSES With Mary

Classes are held on Tuesday from 10 to 11 AM and Thursday from 12:30 to 1:30 PM. The cost is \$3.00 per class.

*All Ages Welcome*

### ZUMBA With Kym

Classes are held every Wednesday at 10:30 AM. Classes are \$3.00 per person.

*All Ages Welcome*

## HIKING

Tuesday, hikers will meet Steve Davis at trail-head, at 9:15 AM to explore local trails. For more information, please call BTA/BOLT at (978) 887-7031 or visit their web site at [www.btabolt.org](http://www.btabolt.org)

*All Ages Welcome*

### GAME DAY (MAH JONGG)

#### Wednesday's at 1 PM

We have Rummikub, Scrabble, Yahtzee, Monopoly, Checkers, Cribbage, Mah Jongg and much more. Video games — we have Wii.

*All Ages Welcome*

## GREAT GROUP

The Great Group, sponsored by The Boxford Village Garden Club meets the 3rd Friday of the month at Four Mile Village but not limited to Four Milers. There are openings for seniors 80+ who would like to join the group. Call Doffy Falk at (978) 887-8495 for more information.

## HANDY MAN

Our handyman is willing to help with small jobs around the house — fixing light switches or changing locks. Please call the COA for info.

### MIXED BAG (Knitting)

Every Tuesday at 9:30 AM is the COA's Mixed Bag Day.

*All Are Welcome.*

## Office of Senator

### Bruce E Tarr

### Constituent Services

#### Advisor

Richard Curran will be at the COA on April 19th between the hours of 12:30 and 1:30 PM. No reservations required.

*All Are Welcome*

### Gerry Maguire

### VETERANS SERVICES

Gerry Maguire is our new VA Rep. Gerry will be here on Wednesday, April 13th between the hours of 11 AM to 2 PM. Call the COA to schedule an appointment.

## HEALTH BENEFITS

### SHINE With Judy Calnan

Our SHINE Rep. Judy Calnan, is currently unavailable due to family illness. If you need to meet with a SHINE Rep — please call the COA and we'll see what we can do. Or you can call Lisa Rose or Pat Parisi (Elder Services Merrimack Valley) at (978) 946-1374

## NEWS AND VIEWS

News and Views meets every Tuesday at 9:00 AM. Come and 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*

## PC Assistance

The Boxford COA has a volunteer who can help you with your PC woes — whether it be hardware or some various types of software. If you need help and would like to set up an appointment — please call the COA.

*All are welcome*

## FaceBook Assistance

Now that we've covered the basics (and more) on using Facebook — Maggie will now be available on a one-to-one bases to help you with your problems. This will be by appointment only. So, if you need help please call the COA to setup your appointment.

*All Seniors welcome*

## CHANGING EVENTS

### BOOK LOVER'S CLUB

We regret to say that the lack of interest from our seniors on attending/joining the Book Lover's Club has forced the COA to discontinue this activity. If any of our seniors would like to take the "bull by the horns" and start up this activity again — the COA will support you.

*All Readers Welcome*

### Acrylic and Watercolor

#### Art Classes

#### With Mary Paganelli

Both Watercolor and Acrylic Art classes are now held together on Mondays from 9:30 AM to 10:30 AM. The cost is \$8.00 per class. Materials needed are the responsibility of the student — we have a list of suggested supplies. If you have any questions, please call the COA

*All Ages Welcome*

### COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting is tentatively scheduled for Wednesday, April 13th at 9:30 AM

*All are Welcome*

### COOKIN' WITH ANNA

The next cooking class is scheduled to be held on April 18th at 9:30 AM. Please call the COA if you plan on attending.

*All Seniors welcome*

### The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM. The subject for the April 19th meeting will be a continuation of last months subject — An understanding of metals, alloys, plastics and composites in our everyday life.

*All Ages Welcome*

### FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. The next meeting will be held on April 12th and the discussion will be a continuation of last months subject — Electing a President in 2016.

*All Ages Welcome*

### Wood Carving Classes

The Wood Carving Class with Fred Arakelian, is resuming on Wednesday, April 27th at 9:30 AM. Please call the Boxford COA if you are interested.

*All Ages Welcome*

## Boxford COA Trips

### W/Collette Vacation

#### Spotlight on New Orleans

#### 5 Days, Departing 10/3/16

Highlights of this trip includes visits to the French Quarter, New Orleans School of Cooking, a Swamp Tour and the Court of Two Sisters. Prices are Double—\$2,049/pp, Single—\$2,449/pp, Triple \$2,019/pp. Included in price — Roundtrip Airfare, Air Taxes and Hotel Transfers. Not included in price — Travel Insurance of \$100.00. Deposit of \$250/pp is due upon reservations and final payment on August 4, 2016. See flyer for more information.

### Discover Tuscany

#### 9 Days, Departing 10/21/16

Highlights of this trip includes visits to Montecatini Terme, Florence, Lucca, Gothic Line, Siena, a Winery Tour, Pisa and San Gimignano. Included in price: Roundtrip Airfare, Air Taxes and Hotel Transfers. Not included in price: Travel Insurance of \$280.00. Prices are Double—\$3,299/pp, Single—\$3,469/pp, Triple—\$3,269/pp. Deposit of \$250/pp is due upon reservation and final payment is due on August 14th.. See flyer for more information.

## Boxford COA Activities

### Congregate Lunches

#### Tuesday and Thursdays

The Boxford COA serves Congregate Lunches on most Tuesdays and Thursdays throughout the school calendar year. The cost of the lunch is \$2.00 per person and luncheon is served at 11:30 AM. The monthly lunch menus can be found on the Town of Boxford's website. Go to the town's website ([www.town.boxford.ma.us](http://www.town.boxford.ma.us)) click on "Departments" and then click on "Council on Aging" in the drop-down menu.

**Reservations are required.** Reservations must be made by 11 AM on a working day before the day of the lunch, i.e., Tuesday lunch — on Monday by 11 AM or if the COA is closed on the Monday before the lunch, then reservations must be made by 11 AM

on the Thursday before the Tuesday lunch. Ditto with the Thursday lunch — by 11 AM on Wednesday. I know it's confusing but.....

The COA van is available, at no cost, for those Boxford seniors who need a ride to and from the lunch. Please let us know at time of reservation if you require the COA Van service.

### Lunch Bunch Trips (Seating Limited)

Unless otherwise noted, \$3.00 per person covers the cost of taking the van. The cost of the meal or event is your responsibility. Seating is limited to 16 (unless you plan on using your own vehicle) and reservations are required. ***Trips may be canceled due to lack of interest or inclement weather. Call the COA to make your reservations.*** The "Lunch Bunch" is open to all seniors so don't hesitate to call.

#### Tuesday, April 19th

We're headed out to another place in Haverhill — it was once Ralph's but is now called Duffy's Diner — right across the street from where you went last month. The van will leave the COA around 11:15 AM. Call the COA at (978) 887-3591 if you are interested in going. The cost of the van is \$3.00/pp.

We are open to try new restaurants. If you have a favorite restaurant, which is open for lunches — let us know.

### Oscar Time At The COA

#### Thur. around 12:15 PM

#### Nominated Movies

- April 7: Hunger Games: Mockingjay Part 2
- April 14: Room
- April 21: In the Heart of the Sea (not an Oscar nominated film)
- April 28: The Revenant (tentative)

The Finest Hour and 13 Hours: The Secret Soldiers of Benghazi movies are on re-order and as soon as we get a release date we'll schedule them —

probably in May. These movies are free to watch at the COA and, if owned by the COA, to borrow after it is shown where you can then watch it in the comfort of your own home. If you would like to see a specific movie — we are open to suggestions so call us and we'll see what we can do.

### Wednesday Church

#### Dinners at 6:15 PM

#### At First Congregational Church

Dates for the upcoming First Congregation Church Wednesday Night Dinners in April are on the 13th and 27th. The cost per person is \$10.00, there is also a dollar cap of \$20.00 for families. If you have any questions, please visit their web site at [www.firstchurchboxford.org](http://www.firstchurchboxford.org).

### Boxford Library

#### Tuesday, April 12th

#### 7 to 8:30 PM

#### Lincoln Hall

#### 516 Main St.

Robert Frost

Light and Dark

By: Award Winning actor, J.T. Turner

A one-man show that has sold-out performances all over the North Shore. Registration is required. Call 978-887-7323 or visit them online at their web site ([www.boxfordlibrary.org](http://www.boxfordlibrary.org)) for more information.

This program is supported in part by a grant from the Boxford Cultural Council.



### St. James Episcopal Church

#### Church

#### Bean Supper

#### Sat., Apr. 16—4-6 PM

Cost is adults—\$8, children under 12—\$4. They will be serving baked beans (both pea and kidney, hotdogs, potato salad, macaroni & cheese, coleslaw and homemade desserts.

## Have You Filed Your 2015 Taxes Yet? Tuesday, April 19, 2016 Not Much Time Left!!!!

Due to Emancipation Day (Friday 4/15/16) and Patriots Day (Monday 4/18) Massachusetts tax filings (both Federal and State) are due on Tuesday, April 19, 2016. You got an extension because of the holidays but there's not much time left so you better stop procrastinating!

Community Action, Inc. (CAI), located at 3 Washington Sq., Haverhill, participates in the IRS sponsored VITA (Volunteer Income Tax Assistance) Program which offers free tax help to low-to-moderate income people (generally \$53,000 or less). IRS certified volunteers receive training to help prepare basic and intermediate tax returns for those unable to do so themselves.

Free tax preparation for those who qualify is available through mid April. MA and Federal Tax returns are prepared simultaneously. Returns are reviewed by a qualified coordinator and electronically filed. To make an appointment, please call (978)373-1971.

## Conscious Aging Workshop at the COA 8 Week Course Starting Friday, April 29th

You are invited to attend a Conscious Aging Workshop at the Boxford COA. This is an 8 week course, starting on Friday, April 29, from 1 to 3 PM. Signups are a must for this workshop as there is a minimum of 6 and a maximum 16 seat requirement for this course. If we do not fill the minimum, the workshop will be canceled. The Friends of the Boxford COA will supply the reading material.

At this workshop you will learn how to:

- Explore unexamined, self-limiting beliefs, stereotypes and assumptions about aging and make better, more conscious choices about our worldviews on aging;
- Develop self-compassion to cope more effectively with change, worry and stresses associated with aging;
- Discover and reflect on what has given heart and meaning to our lives and how that informs our intentions for our aging process;
- Enhance connection and reduce isolation from others and the web of life by understanding our shared humanity in the aging process.
- Reduce fear and increase acceptance in the presence of death and dying for ourselves and for our loved ones.

The workshop will focus on listening to our own inner wisdom and guidance, integrating Talking Points and best practices, sharing in intimate conversation circles, and listening to the collective wisdom of the group.

### Session Topics:

- Introduction to Conscious Aging
- Self-Compassion
- Forgiveness
- Life Review
- Transformative Practices
- Death Makes Life Possible
- Surrender — Letting Go
- Creating a New Vision of Aging

The Conscious Aging Workshop is based on a study guide developed by Kathleen Erickson-Freeman, Elder Education Program Manager, at the Institute of Noetic Sciences. The Study Guide is based on IONS Conscious Aging education programs and the research and practices described in two of IONS' seminal books:

- Consciousness and Healing: Integral Approaches to Mind-Body Medicine
- Living Deeply: The Art and Science of Transformation in Everyday Life.

*"Aging is not merely about the body losing its poise, strength and self-trust. Aging also invites you to become aware of the sacred circle that shelters your life."*

## Computer Scam Warning

Forewarned — they are in the general area. I got hit, one of our seniors got hit and a neighbor of the senior got hit. A flashing notice comes up on the computer telling you that your computer has become infected and to call a certain telephone number. Not sure of the steps or what happens next as I ignored my warning but I was told that the senior did call the number and gave them access and their login password and they took over the computer. Bad move as there's no way of telling how much personal information was on the computer.

These types of scams have been around for a while. The scammers could be requesting money to fix your computer which wasn't infected to begin with. They could be stealing personal information from your computer which could turn into identity theft. Or, the newest one scam is to hijack the computer and hold it for ransom, i.e., you give us money or we'll wipe out your computer.

The one I love is when they call you on the phone, saying they are from Microsoft, to tell you there is an internet problem and they want to take over my computer. I usually tell them that I don't have an internet connection or I don't have a computer — that confuses them. Then I hang up.

Bottom line — never, never, never give out your password to anyone and don't make your password too easy. Hints — use 3 for e, use ! for l, use \$ for s and don't forget a mixture of upper and lower case letters. This way you can use a phrase easy for your to remember but with these little changes.

## The Wonderful Use of Baking Soda

Most people know that baking soda is great in the frig to deter odors and on the carpet (before vacuuming) to eliminate odor and germs. But did you know:

1. Clean stoves & Ovens: Place one cup of ammonia in the oven, close the door and allow to sit overnight. The ammonia will loosen the baked on food particles allowing you to easily wipe them away. Finish the job by wiping the inside surfaces of the oven with baking soda.
2. Beverage stains: Fill dirty percolators or teapots with a couple tablespoons of baking soda dissolved in water. Heat the water and allow it to boil for approx. 10 minutes. When pot has cooled down, scrub with a sponge and rinse. Stains from teacups and coffee mugs — sprinkle some baking soda on a damp sponge and wipe them away. If stubborn stains — add a small amount of salt.
3. Removing grease and baked on foods from cookware: To clean a roasting pan, rinse it in hot water and sprinkle liberally with baking soda. Allow it to soak for one hour before sponging clean.
4. Stained rubber and plastic cooking utensils: Instead of discarding these items —prepare a paste combining baking soda and lemon juice and use a sponge or scouring pad to remove the stains. You can also revive scrub brushes, nylon scrubbers and kitchen sponges by allowing them to soak overnight in a bucket containing 1 quart of water and four tablespoons of baking soda.
5. Mixing a General Purpose Cleaning Solution. You can prepare an all-purpose cleaner with a handful of common ingredients found in most households. Simply combine one-half teaspoon each of baking soda and borax to one teaspoon of lemon juice or vinegar, one-half teaspoon of ordinary liquid dish detergent and one cup of hot water. Pour the mixture into a plastic spray bottle for storage and easy application to any surface. It is important to wear rubber gloves when using this cleaner to avoid skin damage.

### Thank You

A thanks to all those who assisted in helping us at the St. Pat's Luncheon last month.

We were a little short handed on volunteer help as our leaders from The Friends of the Boxford COA were unable to help this year. Marianne Quirk (President of the Friends of the COA) is still incapacitated from her broken leg but she did manage to make her famous Irish Soda Breads and Judy Granahan (The Friends Secretary) is in the middle of tax season. Bill Quirk, Marianne's husband, did a lot of running around helping out delivering things around and being Marianne's "gofer" in making the Soda Bread. Alden Clark and Lee McMahon did the slicing of the meats, the Cole Elementary School kitchen steam cooked the potatoes, turnips and carrots and we had Liz Murphy and a few of the staff cook the cabbage. The cost of the entertainment (Brian Cochran) was partially supplemented by a grant given to us by the Boxford Cultural Council.



Setup, serving and clean up was done by a number of volunteers. They were (in alphabetical order) Bill Cargill, Bertha Cheren, Alden Clark, Officer Rob Corlis, Steve Harvey, Carol Johnson, Lee McMahon, Linda & Harry Martin, Liz Murphy, Mary Ann and Ralph Nay, Renee Parent, Phyllis Raimo, Maggie Rapti, Judi Stickney, Mike Rioux, Dick Taylor, Betty Wright, Fe Yako, Al Vaz, and anyone else who I forgot for which I apologize.

### Wood Carving Classes Resuming

Fred Arakelian will be resuming his Wood Carving Classes beginning on Wednesday, April 27th starting at 9:30 AM. His classes run a 6 week course at the cost of \$30.00 for the course.

You'll start with a sad looking block of wood and end up with a

unique figurine — something that you can be proud of. If interested in joining but not sure — stop by and see him and his students at work. Fred would be more than happy to answer any of your questions concerning the class to help you make your decision.

This is a fun class and is doable for beginners along with experienced seniors.

### 2016 Presidential Election

The United States presidential election of 2016, scheduled for Tuesday, November 8, 2016 will be the 58th quadrennial U.S. presidential election. Voters will select presidential electors who in turn will elect a new president and vice president through the Electoral College. As we approach this date, we are being bombarded with political ads and phone calls.

The Boxford COA's Facts and Figures group will be continuing the discussion on the upcoming 2016 Presidential Election on Tuesday, April 12th, starting at 9 AM at the COA. The discussion, titled "Electing a President," started in March but with everything going on and things changing almost daily, it was decided to continue this discussion in April.

Do you know who really elects our President? Would you like to join other Boxford COA and John Plate, who presides over Facts and Figures, along with other seniors in this discussion? No reservation is required — just show up. These discussions can be very lively at times and quite informative. Hope you can make it.

### Positions Filled

The two positions at the Town Library, which we advertised for last month, have been filled. For those who applied — thank you.



**WELLNESS CLINIC.** The VNACare Network and Elder Services will be holding their free Wellness Clinics on the first and third Wednesdays of each month from 9:00 to 11:00 AM at FMV and the fourth Wednesday from 11:00-1:00 PM at the COA. For an appointment at the COA, call Joan Fitzpatrick RN, at 888-663-3688, Ext. 1326 or Faith Theokas at 888-663-3688 for the Four Mile Village appointment. Walk-ins are welcome.

**SEATED MASSAGE.** Renee Parent, a licensed massage therapist, has offered her gentle hands to relieve the stress and tension of any senior interested. Sessions are 20 minutes of relaxation in her massage chair for \$10. Renee is available most **Monday mornings**, by appointment only. To make an appointment, please call Renee at (508) 335-1675.



**PODIATRY:** Dr. Richard Manolian will be here, by appointment only, on Wednesday, April 6th starting at 9:00 AM. The fee is \$30 per session which is payable at time of appointment. Checks should be made out to Dr. Manolian — no credit cards. Dr. Manolian is available at the COA on a monthly basis. Call the COA at (978)887-3591 to make an appointment or call Dr. Manolian's office for an office appointment at (978)887-8686.



**HEARING CLINIC:** Tuesday, May 10th, starting at 9:30 AM, Nicole Kalukiewicz, from Rogers Hearing Solutions, will be here to give FREE hearing tests. Please call the COA to make an appointment.

## Alzheimer's Caregiving Bathing, Dressing, Grooming

At some point, people with Alzheimer's disease will need help with bathing, dressing and grooming. Because these are private activities, people may not want help. They may feel embarrassed about being naked in front of caregivers. They also may feel angry about not being able to care for themselves.

### Bathing

The person with Alzheimer's may be afraid. To reduce these fears, follow the person's lifelong bathing habits, such as doing the bath or shower in the morning or before going to bed. Here are some other tips for bathing.

#### Bathing Safety Tips:

- Never leave a confused or frail person alone in the tub or shower.
- Always check the water temperature before he or she gets in the tub or shower.
- Use plastic containers for shampoo or soap to prevent them from breaking.
- Use a hand-held showerhead.
- Use a rubber bath mat and put safety bars in the tub.
- Use a sturdy shower chair in the tub or shower. This will support a person who is unsteady and it could prevent falls. You can get shower chairs at drug stores, medical supply stores, Wal-Mart, or borrow one from the COA.
- Don't use bath oil. It can make the tub slippery and may cause urinary tract infections.

#### Preparing for a Bath or Shower:

- Get the soap, washcloth, towels and shampoo ready.
- Make sure the bathroom is warm and well lighted. Play soft music if it helps to relax the person.
- Be matter-of-fact about bathing. Say, "It's time for a bath now." Don't argue about the need for a bath or shower.
- Be gentle and respectful. Tell the person what you are going to

do, step-by-step.

- Make sure the water temperature in the bath or shower is comfortable.

#### During the Bath or Shower

- Allow the person with Alzheimer's to do as much as possible. This protects his or her dignity and helps the person feel more in control.
- Put a towel over the person's shoulders or lap. This helps him/her feel less exposed. Then use a sponge or washcloth to clean under the towel.
- Distract the person by talking about something else if he/she becomes upset.
- Give him/her a washcloth to hold. This makes it less likely that the person will try to hit you.

#### After a Bath or Shower:

- Prevent rashes or infections by patting the person's skin with a towel. Make sure the person is completely dry. Be sure to dry between folds of skin.
- If the person has trouble with incontinence, use a protective ointment, such as Vaseline, around the rectum, vagina or penis.
- If the person with Alzheimer's has trouble getting in and out of the bathtub, do a sponge bath instead.

### Dressing

People with Alzheimer's often need more time to dress. It can be hard for them to choose their clothes. They might wear the wrong clothing for the season. They also might wear colors that don't go together or forget to put on a piece of clothing. Allow the person to dress on his/her own for as long as possible.

### Grooming

For the most part, when people feel good about how they look they feel better. Helping people with Alzheimer's brush their teeth, shave or put on makeup often means they can feel more like themselves.



**Senior's Car Window Stickers**

- The only trouble with retirement — you never get a day off.
- Live each day as your last. One of these days you'll get it right.
- Goodbye Tension — Hello Pension.
- I'm retired. I was tired yesterday and I'm tired again today.
- At my age, Happy Hour is a nap!!
- I'm going to retire and live off my savings. What I'll do the second day — I have no idea

**Profound Philosophy 101**

- The Hokey Pokey Clinic — A place to turn yourself around.
- You can tell a lot about a woman's mood just by her hands. For instance, if they are holding a gun — she's probably angry.
- Some days, the best thing about my job is that the chair spins!!!
- You know that tingly little feeling you get when you like someone? That's common sense leaving your body.
- I've got to stop saying "How stupid can you be?" Too many people are taking it as a challenge.
- Sometimes you have to burn a few bridges to keep the crazies from following you.
- Those who say "there is no such thing as a stupid question" have never worked in Customer Service!

**Just Larry**

The math teacher saw that Larry wasn't paying attention in class. She called on him and said, "Larry! What are 2 and 4 and 28 and 44?" Larry quickly replied, "NBC, FOX, ESPN and the Cartoon Network!"

**Nine Important Facts To Remember As We Grow Older**

- #9 Death is the number 1 killer in the world.
- #8 Life is sexually transmitted.
- #7 Good health is merely the slowest possible rate at which one can die.
- #6 Men have 2 motivations: hunger and hanky panky and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- #5 Give a person a fish and you feed them for a day. Teach a person to use the internet and they won't bother you for week, months, maybe years.
- #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- #3 All of us could take a lesson from the weather. It pays no

attention to criticism.

- #2 In the 60's — people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.
- #1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

**This Made Us Feel Better  
So We're Sharing It!**

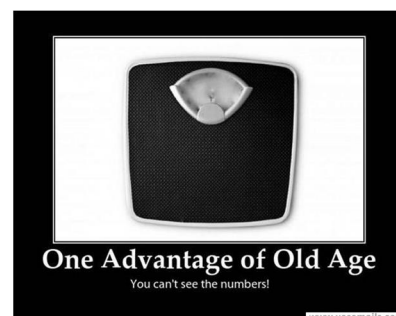
Brains of older people are slow because they know so much. People do not decline mentally with age — it just takes them longer to recall facts because they have more information in their brains — at least that's what scientists believe.

Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It's NOT a memory problem, it's nature's way of making older people do more exercise. SO THERE.

Now, when I reach for a word or a name, I won't excuse myself by saying "I'm having a senior moment." Now, I'll say, "My disk is full!"

**Cartoons for Seniors**

**Boxford Council on Aging**  
**4 Middleton Rd**  
**Boxford, MA 01921**  
**Phone: (978) 887-3591**

BULK RATE  
PRE-SORT  
U.S. POSTAGE  
**PAID**  
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**

Dick Taylor: *Chairperson*  
Richard Shaw: *Vice-Chairperson*  
Judy Andersen: *Secretary*

*Members:*  
Suzanne Cox  
Steve Harvey  
Liz Murphy  
Joan Tarleton

**COA Staff**

Pam Blaquiere: *COA Director*  
Elaine Spiro: *Secretary*  
Anna Barbieri: *Outreach Worker*  
Jack Hawxwell: *Van Driver*

The Board usually meets at 9:30 on the second Wednesday of each month (see Page 2 for actual dates). All seniors and interested parties are welcome to attend. Only emergency meetings are held during the summer.

**Current Resident or**

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

**The April Birthday lunch will be held on Tuesday, April 26th at 11:30 AM. Please call the COA the Monday (at the latest) before the lunch to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday this month, compliments of The Friends of the Boxford COA. Guests are welcome but will be responsible for paying the nominal cost of their lunch. Happy Birthday to our April Seniors!**

*April Daily Observances Trivia*

*Trivia Holiday Observances information is taken from the Funky Holiday website at [www.brownielocks.com](http://www.brownielocks.com)*



*April 1st*  
*April Fool's Day*

*April 19th*

*Income Tax Filing Day*

*This is not a typo — 4/15 is Emancipation Day and 4/18 is Patriot's Day (Holidays)*



*Passover*

*Apr. 22nd (sunset) thru*  
*Apr. 30th (nightfall)*



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."



**Things To Ponder**

**Worrying won't stop the bad things from happening. It just stops you from enjoying the good things.**