

# Boxford's Boomers & Beyond



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

**August 2015**

## **August Mystery Trip Date also a Mystery at this Time**

### **Call COA to have date revealed to you**

The COA Van will leave the COA around 11 AM to destination unknown — if I told you it wouldn't be a Mystery Trip. Seats are limited and reservations are required. A free meal is included in this adventure along with the good company — so don't hesitate in signing up.

### **Notice To Medicare Subscribers Sent to the Boxford COA by Massachusetts Executive Office of Elder Services**

Medicare subscribers may appeal decisions you disagree with, but all steps in the appeal process have specific time frames and other requirements. You must pay close attention to the time limits for appeals!

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription.
- Medicare denies payment for health care you have already received.
- Medicare stops covering services that you are receiving.
- Medicare pays a different amount than you believe it should.
- Medicare drug plan denies coverage of your medication.

The **Medicare Advocacy Project (MAP)** provides free advice, assistance with appeals and legal representation. MAP can help anyone with Original Medicare or a Medicare Advantage Plan regardless of income. To reach MAP, call the Massachusetts Senior Legal Helpline at 1-86-778-0939.

To understand and access Medicare benefits, call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

**Note from the Boxford COA:** Our SHINE Rep, Judy Calnan, is

available on Wednesday mornings by appointment only. If you are interested in talking to her — please call the Boxford COA at (978)887-3591, to schedule an appointment with her.

## **For Your Safety and Well Being We Need Your Help**

The Boxford COA and Police Department are quite concerned about the wellness and safety of our seniors. The Police Department and/or COA will often get calls from a senior's family member or friend asking them to do a wellness check as they haven't heard from them for a while or they can't reach them and are concerned. Other Good Samaritans or neighbors have also contacted the Police voicing safety concern, especially when they see newspapers piled up, mail not being taken from their mailbox or not having seen the senior for a while, etc. We care.

In many of these "missing" senior cases, we usually find that the senior is on vacation or out of town for a while — that's good but there have been instances where that has not been the case and that's bad. The seniors who attend various classes at the COA are required to fill out an "In-Take Form" which includes Emergency Contact information. Having this information on file has proven to be very helpful in the past. But that doesn't cover all our Boxford seniors and we'd like to fix that problem.

Starting this month (August) our Outreach staff will start calling all our Boxford seniors requesting this information. It would also be nice if we had your email address so that will be part of the information we will be asking for. There are a number of Boxford seniors where we do not have a telephone number for — in that case, we will be sending them a letter asking for the information along with their telephone number.

Please note — the information we have on any of our seniors is treated as confidential and is not shared except with the Police or Fire Departments in a real emergency. If a senior or a senior's emergency contact person needs calling — the COA handles it. If a senior wants to send another senior a card but doesn't know their address — the COA will take the stamped card, fill in the address and mail it. If senior-A wants to call senior-B but doesn't have their telephone number we first ask senior-A for permission to give senior-B their telephone and then we'll call the senior-B and ask them to call the senior-A. All the information we have on our seniors is confidential.

## **LINE DANCING With Patty**

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)** **Thursdays 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**

Great Group, sponsored by The Boxford Village Garden Club, is on summer hiatus. 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.

## **Office of Senator**

**Bruce E Tarr**

## **Constituent Services**

### **Advisor**

Will not be here in August but will be here on Tuesday, September 15th at noon.

*All Are Welcome*

## **MIXED BAG (Knitting)**

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

*All Are Welcome.*

## **VETERANS SERVICES**

Our local veteran's agent (Ed Mitchell) will be available at the COA on the first Wednesday of each month. His office hours are from 10 to 2 PM. Appointments are recommended but he will take walk-ins. Call the COA to schedule an appointment.

## **HEALTH BENEFITS**

### **SHINE With Judy Calnan**

Our SHINE Rep. is at the COA on Wednesday's for appointments only, starting at 9:30 (three one hour appointments). If you would like to meet with her, please call the COA to make an appointment.

## **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*

## **CHANGING EVENTS**

### **Acrylic Art Classes**

The Acrylic Art Class has taken a summer hiatus and will resume sometime in September/October..

*All ages welcome*

### **BOOK LOVER'S CLUB**

The Book Lover's Club is on summer hiatus. Please refer to the September Newsletter for when it will start up again.

*All Readers Welcome*

### **COA BOARD MEETING**

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting will be held at the COA on Wednesday, August 12th at 9:30 AM.

*All are Welcome*

### **COOKIN' WITH ANNA**

Cooking' With Anna which was usually scheduled for the 3rd Monday of the month is now on summer hiatus. See you in the fall..

*All Seniors welcome*

### **The Wonders of Science**

The Wonders of Science is on summer hiatus. Please refer to the September Newsletter to see when it will resume.

*All Ages Welcome*

### **FACTS & FIGURES**

Facts & Figures is taking a 6 month hiatus and should return around September 2015.

*All Ages Welcome*

### **Wood Carving Classes**

On Wednesdays from 10 to noon, come and join this wonderful class on carving delicate wood figures with Fred Arakalien. Starting with a sad looking block of wood, you'll end up with a unique figurine — something you can be proud of. The next session will start in September. If interested in joining but unsure whether or not you'd like it — stop by and see him and his students in action. Fred would be more than happy to answer any of your questions. Cost is \$30 for 6 weeks.

*All ages welcome*

## Boxford COA Trips W/Collette Vacation



### Classic Christmas Markets Nov. 29-Dec. 7, 2015

Featuring markets in Strasbourg, Wurzburg, Nuremberg, Munich and Innsbruck. Book now and save: Dbl \$2,999; Single \$3,199; Triple, \$2,969. Regular rates — increase by \$200.00. Trip Cost includes round trip air from Logan, Air taxes and fees/surcharges, hotel transfers. Not included — Cancellation waiver and insurance of \$260/pp. For more info — pick up the brochure at the COA.

### Tropical Costa Rica March 17-25, 2016

Highlights of this trip includes visits to San Jose Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstrations, Cano Negro Refuge, Zarcero and National Theatre. Book now and save \$100/pp. Prices are (including Book now savings) are Double—\$2,479/pp, Single—\$3,029/pp, Triple \$2,449/pp. Deposit of \$250/pp is due upon reservations and final payment on Jan 17, 2016. See flyer or more information.

### Discover Panama: The Land Between the Seas April 21—29, 2016

Highlights of this trip includes visits to Gamboa Rainforest Resort, Embera Indigenous Village, Pacific Queen Panama Canal Cruise, Panama City, Miraflores

Locks, Anton Valley and Playa Blanca. Book now and save \$100/pp. Prices are (including Book now savings) are Double—\$2,649/pp, Single—\$3,299/pp, Triple—\$2,619/pp. Deposit of \$250/pp is due upon reservation and final payment is due on Feb. 21, 2016. See flyer for more information.

More Trips Coming in 2016 so stop by to see the flyers.

## Boxford COA Trips



### with Best of Times

### Holiday Pops Christmas Matinee Show Saturday December 5th

Start out with a wonderful meal at Venezuela Waterfront Restaurant (choice of chix Parm or baked scrod) and then a wonderful matinee show at the historic Symphony Hall. Capture the magic of the Christmas season with the Boston Pops who will perform their signature Sleigh Ride as well as other Holiday classics. Cost is \$129/pp which includes transportation, luncheon and show. A deposit of \$10 is due at reservation and balance on Nov 5th.

### Christmas at the Newport Mansions Thursday, December 10th

Come and see two of Newport's most elegant mansions decorated and on display during this wonderful season. Visits to The Breakers (grandest of Newport's summer "cottages") and The Marble House, decked out in yuletide finery. Lunch will be on your

own at the famous Bowen's Warf area of Newport. The cost is \$69/pp which includes transportation, driving tour of Newport, admission to the Breakers and Marble House. It does not include lunch. A deposit of \$10 is due at time of reservation and balance on Nov 10th.

### Barbara and Frank The Concert That Never Was Thursday November 12th Venus De Milo ,\$89 per person. Call for details

### New York City Cruise to Nowhere December 11-13th , 2015

Trip includes : Motorcoach transportation, 2 night cruise aboard the Norwegian Breakaway, Tickets to the Radio City Rockette's, Admission to the September 11th Museum, All meals on board ship. Prices start at \$469 pp.

### New Year's Eve Day Trip Thursday, December 31st Sheraton 4 Points (Norwood)

Enjoy the sultry, soulful voice of Lydia Harrell, dance to the Lovely Singer Orchestra and have a delicious meal (choice of Prime Rib or Baked Scrod). The cost is \$89/pp and includes transportation, luncheon, show, orchestra, party favors & champagne toast. A \$10/pp deposit is required at time of reservation and balance is due by November 30th.

### Upcoming 2016 Excursions

Young Irelanders March 2016  
At the Venus De Milo's

Tulips and Windmills Cruise  
March 25 - April 4 2016

Romantic Danube River Cruise  
August 9- 19 2016

## 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, August 18th

Sticking with by the sea/water scenario — lets head out to Strippers Grill in Salisbury This is on the water and gives you the option of eating inside or on their large deck where you can watch the boats. The van will be leaving the COA around 11:00 AM. ***Please call the COA if you are interested in going.***

If you find a restaurant that you liked, which is open for lunch — please let us know. We are always open to try new restaurants as long as they are reasonable. Note — still planning on scheduling a trip to Pickity Place early in November.

## Just A Reminder

Reservations are required for the weekly BBQ and are accepted up to Monday afternoon — messages for BBQ reservations left on the answering machine on Monday will be honored. We shop weekly (usually on Tuesday) for the BBQ and the shopping list is based on the number of seniors who sign up. Pre-BBQ preparation is also based on the number of those who made reservations, i.e., table settings, etc

I'm putting this in the newsletter as a reminder for those seniors who just show up at the BBQ without making a reservations. Their justification for doing this — one more at the BBQ won't hurt. But if 20 seniors do the same thing — that's 20 unexpected mouths to feed. Last month we had a number of instances where seniors just showed up. One senior even told me that someone else had canceled their reservation so he was taking their place — nope doesn't work that way — they canceled—you make your own reservation. With the rainy days in July where we ended up eating inside — made things more difficult since we were working off a bad head-count. So — PLEASE — call and make reservations.

## Summer BBQ Lunches Every Wednesday — Noonish

### \$3.00/pp and Reservations Required

Rain or Shine — our volunteer cooks will be manning the grills to cook the hotdogs and hamburgers that are always served at our weekly BBQ's. Other staples on the weekly menu are potato chips and pickles along with various condiments. Varying items served at the BBQ's will be a green salad, potato or pasta salad, an ice cream dessert (compliments of Betty Wright) and whatever. The

whatever could be marinated chicken or sausage or fried zucchini or a ratatouille or stuffed zucchini or sweet & sour meatballs or *it depends*. The whatever or "it depends" will vary week to week on availability of donations from Boxford's veggie gardeners, market prices and the whim of the cooks.

Don't forget — **reservations are required by the end of the preceding Monday.** The Boxford Van is available to those who wish to take advantage of this service.

## Free Fun Fridays

### Supported by Highland St Foundation

Free Fun Fridays offers visitors no cost admission to many of the most treasured cultural venues in Massachusetts. Seven sites open for free each Friday.

#### August 7:

- Boston Harbor Islands National Park
- The Greenway Carousel
- The Old State House
- Concord Museum
- Worcester Historical Museum
- Springfield Museums
- Hancock Shaker Village

#### August 14:

- John F Kennedy Presidential Library & Museum
- USS Constitution Museum
- Cape Cod Children's Museum
- Fuller Craft Museum
- Historic Deerfield
- Mahaiwe Performing Arts Center

#### August 21:

- Franklin Park Zoo
- The Freedom Trail Foundation
- Museum of African American History
- Discovery Museums
- Buttonwood Park Zoo
- Emily Dickinson Museum
- Jacob's Pillow Dance Festival

#### August 28:

- Old Sturbridge Village
- Plimoth Planation
- Clark Art Institute
- Mass MOCA
- Ecotarium
- Griffin Photography Museum
- Cape Cod Museum of Natural History

## Thank You Boxford Firefighters

In July, the Boxford Firefighters hosted a wonderful BBQ for the Boxford Seniors for which we would like to thank them on behalf of the seniors who attended. It was great to see them in a social atmosphere vs a medical emergency or fire. We love the guys/gals as they do so much for our seniors.

## Fruit (Cherry or Blueberry or Mixed) Dump Cake

At the BBQ, we served cherry dump cake and blueberry dump cake for dessert.. This is a really easy cake to make and you can whip it up in no time. The biggest decision you would have to make this cake is what fruit do you want to make it with.

**Ingredients:**

- 1 (20 oz) can crushed pineapple with juice — undrained
- 1 can Cherry or Blueberry or Apple Pie Filling
- 1 package Classic Yellow Cake Mix
- 1 cup chopped pecans or walnuts
- 1 stick butter or margarine

1. Preheat the oven to 350 Degrees F. Grease a 13" x 9" pan
2. Dump pineapple with juice into pan. Spread evenly. Dump in pie filling. Sprinkle cake mix evenly over pie filling layer. Sprinkle pecans over cake mix. Dot with butter.
3. Bake 50 minutes or until top is lightly browned. Serve warm or at room temperature.

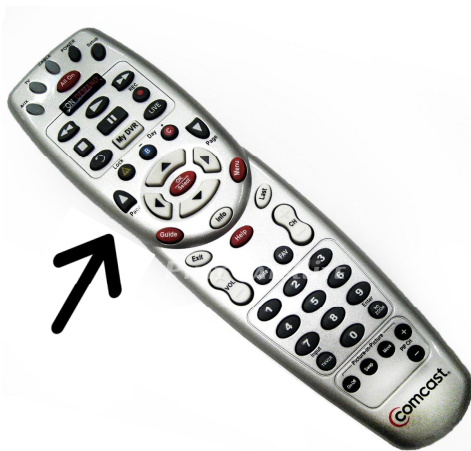
You could also use a package of frozen melody of berries or other frozen fruit. These you would thaw and add enough sugar to taste. Or you could use other pie fillings. Not sure pineapple pie filling would be good but any other fruit pie filling would do.

### Free Summer Concerts Music at Eden's Edge

Enjoy an afternoon listening to various music presentations supported by Music at Eden's Edge Organization. The free concerts are held at First Universalist Church of Essex, 57 Main St., Essex MA 01929 starting at 2 PM Free concerts are as follows:

**August 18:** Whims of Fate. Each work on this program provides a look into each composer's preoccupation with mortality, either directly or indirectly. (Luigi Boccherini, Bohuslav Martinu, Sergei Rachmaninoff and Edward Elgar).

### A Little Cable TV Control Trick



Don't know whether or not this works with Verizon or Dish but it does work with Comcast.

Don't you hate it when you're watching a favorite show and fall asleep just at the end? In order to see how the show ended you have to go to the On Demand section and run the whole show again

as they have now disabled the ability to fast forward. Well — there is a button you can press which will jump in 10 minute increments

saving you from running the show — beginning to end.

Looking at your remote — in the center of your remote on each side there is a page up and page down control. Press the "page up" button (on the left side of the control) and the time bar on the On Demand will jump ahead in 10 minute increments. The "Page Down" button will do it in reverse.

### Household Tips

1. The simplest way to slice a bunch of cherry tomatoes is to sandwich them between two plastic lids and run a long knife through all of them at once!
2. Keep brown sugar soft by storing it with a couple of marshmallows.
3. Install a regular coat rack low down the wall to store shoes safely off the floor. (wish I knew that when my kids were growing up.)
4. Create a thrifty watering can by puncturing holes in the top of a used milk bottle.
5. Remove pet hair from furniture and carpets with a squeegee.
6. Flip a toaster on its side to make grilled cheese.
7. To prevent potatoes budding, add an apple in the bag. (This really does work — I've used it for many years.)
8. Add a half a teaspoon of baking soda to the water when hard-boiling eggs to make the shells incredibly easy to peel off. (Haven't tried this one.)
9. WD40 can be used to remove crayon marks from any surface!
10. To clean a wooden chopping board, sprinkle on a handful of Kosher salt and rub with half a lemon. Rinse with clean water and dry to ensure it is clean and germ-free.



**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 or more info, call Ann Morrison RN, at 888-663-3688 , Ext. 2461. 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, August 5th starting at 9:00 AM The fee is \$30 per session which is payable at time of appointment. 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, September 8th, 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

## Grief and Healing

Grieving can be very painful and overwhelming. Many wonder whether there is a "right way" to grieve and whether the feelings are "normal." Here are some very common feelings that you may encounter during your healing process.

- Feeling emotionally numb.
- Knowing that the death has occurred but having difficulty believing that the death has really happened.
- Feeling tightness in the throat or heaviness in the chest or in the pit of one's stomach.
- Having a loss of appetite or a desire to eat more than usual.
- Having a desire to smoke, drink, or use drugs (especially tranquilizers) in a greater amount than before.
- Feeling restless and looking for activity and finding it difficult to concentrate and complete tasks.
- Having difficulty sleeping, waking in the middle of the night, and often dreaming of your loved one.
- Being overly concerned with your health and even developing symptoms similar to those of your loved one.
- Feeling exhausted and lacking in energy.
- Feeling low at times of birthdays, holidays and special occasions.
- Spending money on things usually not purchased.
- Talking things over with the deceased person.
- Feeling mood changes over the slightest things.
- Feeling guilt for what we had said or not said or for not having done enough for our loved one.
- Being angry or irritated at the wrong person or the wrong circumstance or at the world.
- Feeling intensely angry with your loved one for leaving you.
- Having difficulty making decisions on your own.
- Sensing your loved one's presence, believing you hear his or her voice or expecting him or her to come back.
- Experiencing an intense preoccupation with the life of the deceased.

- Assuming mannerisms or traits of your loved one.
- Crying at unexpected times.
- Difficulty remembering how your loved one looked when she/he was well.

The stages of grief are:

- Shock
- Emotional Release
- Preoccupation with the Deceased or the Crisis
- Symptoms of Some Physical and Emotional Distress
- Hostile Reactions
- Guilt
- Depression
- Withdrawal
- Resolution and Readjustment

These are all natural and normal grief responses. Crying and expressing your feelings to others can be helpful. Often it is hard to live through a grief experience and then adjust to a new life. Above, be *kind and gentle* with yourself.

The work of grief cannot be hurried. It takes a great deal of time, usually a year or more. It may be the purest pain you have ever known.

The above are stages of grief that are commonly experienced after a loss. You may not experience all of them and you may not experience them in this order. It is important to realize, however, that what you are feeling is natural and that, with time, you will heal. Emotional Release is an important part of the healing process along with sharing your feelings with others such as your family and those who were close to your loved one. Beware of anger and hostility toward family members who do not or, for various reasons cannot, provide the emotional support you may expect from them. Everyone deals with grief in their own way. Do not be ashamed or embarrassed to ask for help.

### **Procrastinator's Creed**

You may wish to delay reading this until you have more free time.

1. I believe that if anything is worth doing, it would have been done already.
2. I shall never move quickly, except to avoid more work or find excuses.
3. I will never rush into a job without a lifetime of consideration.
4. I shall meet all of my deadlines directly in proportion to the amount of bodily injury I could expect to receive from missing them.
5. I firmly believe that tomorrow holds the possibility for new technologies, astounding discoveries, and a reprieve from my obligations.
6. I truly believe that all deadlines are unreasonable regardless of the amount of time given.
7. If at first, I don't succeed, there is always next year.
8. I shall always decide not to decide unless, of course, I decide to change my mind.
9. I shall always begin, start, initiate, take the first step, and/or write the first word, when I get around to it.
10. I will never put off tomorrow, what I can forget about forever.

### **The Front Porch**

On the first day, God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years." The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?"

And God saw it was good.

On the second day, God created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span." The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?"

And God, again, saw it was good.

On the third day, God created the cow and said, "you must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years." The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?"

And God agreed it was good.

On the fourth day, God created humans and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty

years." But the human said, "Only twenty years?"

Could you possibly give me twenty, the forty the cow gave back the ten the monkey gave back and the ten the dog gave back; that makes eighty, okay?"

"Okay," said God, "You asked for it."

So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves. For the next forty years, we slave in the sun to support our family. For the next ten years, we do monkey tricks to entertain the grandchildren. And for the last ten years, we sit on the front porch and bark at everyone.

Life has now been explained to you.

There is no need to thank me for this valuable information. I'm doing it as a public service. If you are looking for me, I'll be on the front porch.

### **Men Question and Answers**

Q: What do you call an intelligent, good looking, sensitive man?

A: A Rumor

Q: Why do little boys whine?

A: They are practicing to be men.

Q: What do you call a handcuffed man?

A: Trustworthy....

Q: What does it mean when a man is in your bed gasping for breath and calling your name?

A: You did not hold the pillow down long enough?

Q: How do you keep your husband from reading your e-mail?

A: Rename the email folder "Instruction Manuals."

Q: What do you call a man that lost all of his intelligence?

A: Widow

### **Man Joke**

Once day my housework-challenged husband decided to wash his Sweatshirt. Seconds after he stepped into the laundry room he shouted to me,

"What setting do I use on the washing machine?"

"It depends," I replied — "What does it say on your shirt?"

He yelled back, "Notre Dame!"

And they say blondes are dumb.....

**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 August Birthday BBQ lunch will be held on Wednesday, August 26th around noonish. 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 August Seniors!***

*August Daily Observances Trivia*



*August 6th  
National Root Beer  
Float Day*

*August 10th  
S'mores Day*



*August 21st  
Senior Citizen's Day*

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**

There is always a little truth behind every  
"just kidding"  
a little knowledge behind every  
"I don't know,"  
a little emotion behind every  
"I don't care,"  
And a little pain behind every  
"It's OK."