



Boxford's Boomers & Beyond



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

February 2015

Burning Permits

Burning in Boxford started on January 15, 2015 and will end on May 1st, 2015. To burn, you do need to purchase a Burning Permit from the Boxford Fire Department at a cost of \$20.00 for the season. To obtain a form — you can either go to the East Fire Station or obtain one online at the Town Of Boxford web site (www.Boxford.town.ma.us). At the Town's website, click on Departments and move your pointer to Fire/Rescue/EMS. From there — follow the directions to pull up the Rules and Regulations for the 2015 Season and to apply for the Burning Permit online.

Carbon Monoxide and Smoke Detectors

It is a law that each residence have both Carbon Monoxide and Smoke Detectors installed in their home. Do you have them? If the answer is NO — it's time to do something about it. If your answer is YES BUT your units are 10 years or older — it's time for them to be replaced. Detectors have a life of 8-10 years. Your alarm might go off if you test it but that is only telling you that your batteries are good — not that the components are working properly. Unsure just how old your unit is? Look on the label, on the back of the unit, for a manufacturing date. Your life and the lives of your loved ones may depend on you having working detectors in your home.

The Boxford Fire Department applied for and received a Grant which would allow them to give free Carbon Monoxide and Smoke Detectors to our Boxford seniors. Call the Boxford COA at (978) 887-3591 if you are interested. The COA will work with setting up appointments where someone from the Fire Department will visit your home and assess your detector needs. In some cases, they will install the detectors but in others, like the hardwired units, they will recommend an electrician to install them.

UGH — It's Tax Time Again

Community Action Inc. (CAI) 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 and below). IRS certified volunteers receive training to help prepare basic and intermediate tax returns for those unable to do so themselves.

CAI's VITA site is located at 3 Washington Sq in Haverhill. Free

tax preparation for those who qualify is available starting immediately through mid April. Massachusetts 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. Documentation required for your meeting:

- Proof of Identification (Picture ID)
- Social Security Cards for you, your spouse and dependents or a Social Security Number verification letter issued by the Social Security Administration
- Individual Taxpayer ID Number (ITIN) assignment letter for you, your spouse and dependents. Proof of foreign status is applying for an ITIN.
- Birth dates for you, your spouse and dependents on the tax return.
- Wage and earning statement(s) Form W-2, W-2G, 1099-R, 1099-Misc from all employers.
- Interest and dividend statements from banks (Forms 1099)
- Proof of bank account routing numbers and account numbers for Direct Deposit, such as a blank check.
- Total paid for daycare provider and the daycare provider's tax identifying number (the provider's Social Security Number or the provider's business Employee ID Number (if appropriate).

They don't ask for it but it might be wise to bring copies of prior year tax filings.

To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.

Mark Your Calendar

St. Pat's Luncheon March 11th

**COA's Antique Appraisal Day
Sunday May 3rd**

More to come in the March & April Newsletters

Monday, February 16th President's Day

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

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

All Ages Welcome

GAME DAY (MAH JONGG)

Wednesdays 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, meets at FMV on the 3rd Friday of the month. Call Doffy Falk at (978) 887-8495 for more information.

MIXED BAG (Knitting)

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

All Are Welcome.

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

Dick Curren, a Service Advisor from Senator Bruce Tarr's office will be at the Boxford COA on Tuesday, February 17th and Tuesday, March 17th between the hours of 11 AM to 12:30 PM. He will be here to listen to your problems or concerns and, either immediately, answer your questions or get back to you at a later date with the answers.

All seniors 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

Electronic Gadget

Assistance

Until the Library issues are resolved, the COA is uncertain whether or not the Electronic Gadget Assistance will be available. So — in case it is — every Wednesday (appointment only) from 1 to 3 PM, Natalie Harty will be available to help you with some of your electronic gadgets. This includes computers, e-readers, I-pads, smart phones and various apps.

All are welcome

CHANGING EVENTS

NEW—Acrylic Art Classes

Classes 4 thru 6, from 10 to noon, will run in February. A new 6-week session will start in March. The art teacher is Peter Grimshaw. The cost is \$30.00 for a 6 week course. Some art supplies will be provided — call the Boxford COA for more information.

All ages welcome

BOOK LOVER'S CLUB

The Book Lover's Club usually meet on the 3rd Monday of the month. The next meeting will be held on February 23rd. Due to the confusing status of the Library, it has been decided to make the book of the month the selection of each member. The book of choice will be discussed and either recommend to other mem-

bers of the Book Club or panned. If you have any questions, please call the COA.

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 Thursday, February 12th at 9:30 AM.

All Seniors Welcome

COOKIN' WITH ANNA

Cooking' With Anna is scheduled for the 3rd Monday of the month. The next class will be held on Monday, February 23rd at 9:30 AM. Please call the COA if you plan on attending.

All Seniors welcome

The Wonders of Science

Stuff Matters

Tuesday, February 17h at 9 AM. Cancer has proven to be a persistent foe even in the light of dramatic discoveries and pharmaceutical developments. We all know someone who either has or has had cancer. They are either currently being treated in one form or another, has beaten it or, sadly, succumbed to it. At this presentation you'll explore new ideas and approaches to treatment and the reasons behind cancer's intransience. Modern treatment ideas involve creative molecules and reams of data developed from rapidly expanding DNA testing, biomarker analyses and large scale data processing.

All Ages Welcome

FACTS & FIGURES

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

All Ages Welcome

IMPORTANT INFORMATION

CHAIR YOGA With Lisa

Classes are held on Wednesdays at 9 AM. The cost is \$3.00 per person. Lisa will be going in for an operation and will be unavailable to teach for the next couple of months. At press time, we have been unable to find a replacement teacher for February and March. Please call the COA for more information.

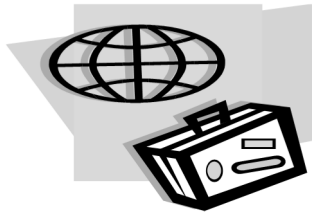
All ages welcome

Wood Carving Classes

Woodcarving is on winter hiatus and will resume in March or April 2015.

All ages welcome

Boxford COA Trips With Collette Vacation



Heart of the South April 19—26, 2015

Book now and save — Dbl \$2,179, Single, \$2,679, Triple \$2,149. Regular rates: Dbl \$2,279, Single, \$2,779, Triple \$2,249.. Cost includes round trip air from Logan, air taxes and fees/surcharges and hotel transfers. Not included — cancellation Waiver and Insurance of \$205.00/pp. Highlights of the trip include a journey through New Orleans, Baton Rouge, Natchez and Lafayette. In New Orleans you will visit the French Quarters, the Court of Two Sisters, the St. Louis Cemetery and much more. In Baton Rouge you will tour the State Capitol Building and learn about Governor Huey Long. Then off to Natchez where you'll go on a captivating tour of this pre-Civil War town. For more info — call the COA.

Alaska Adventure June 2—12, 2015

Fly out of Logan International Airport to Seattle Washington where you will spend a couple of days before boarding the Celebrity Solstice for your trip to Alaska. In Seattle, your sightseeing tour includes an elevator ride to the observation deck of the Seattle Space Needle, a duck boat tour, historic Pioneer Square, Pike Place Market and the restored waterfront area. The next step of your trip will be aboard the cruise ship. Your port of calls will include stops at Ketchikan, Tracy Arm Fjord, Juneau, Skagway and then Victoria, British Columbia. Book early and save \$100./pp. Prices range from around \$3900 to

\$3400/pp—double occupancy. Singles range from \$5500 to \$4850—single occupancy. Prices vary on your choice of cabins (Inside, Outside, Balcony). For more information, please call the COA or stop in for the brochure.

Mackinac Island Sept. 5—12, 2015

Featuring Greenfield Village & Henry Ford Museum, Edsel and Eleanor Ford House, Mackinac Island, The Grand Hotel, Chicago and Millennium Park. Rates are \$2,949/dbl occup, \$3,949/single occup or \$2,919/triple occup. Book now and save \$100. Trip includes round trip air from Logan Int'l Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price — Cancellation Waiver and Insurance of \$205/pp.

Northern National Parks October 2-9, 2015

Featuring Yellowstone National Park and Grand Teton National Park. Your tour begins in Salt Lake City Utah and progresses to Jackson Hole Wyoming. Book now and save \$100/pp. Discount prices (at savings price) are \$2349/pp dbl, \$3049/pp single, \$2319/pp triple.

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.

Europe River Cruises



Springtime Tulip Cruise 3/27/15 Departure, 9 days

Experience the color and glory of spring on this leisurely river cruise through the Netherlands and Belgium. Cost is \$2549.00/pp.

Classic Danube Cruise 4/20/15 Departure, 11 Days

Begin by spending two nights in a riverfront hotel in Wurzburg, an ancient Franconian wine town, before departing on a relaxing cruise along the Danube River. Float along the river through the Wachau Valley and small riverside towns on a seven-night cruise. Cost is \$3349.00/pp.

Rhine River Cruise 4/26/15 Departure, 9 days

Enjoy Holland and the Rhine Valley on this relaxing cruise and land tour. In Amsterdam, enjoy a city tour and canal cruise. Next, board your 4-star river cruise, your home for the next six nights. Cost is \$2849.00/pp.

Legendary Waterways of Europe 5/1/15 Departure, 16 Days

Cruise through five countries in the heart of Europe on this relaxing 14-night cruise. Let the waters of the Rhine, Moselle, Main and Danube carry you gently through Holland, Germany, Austria, Slovakia and Hungary, exploring striking vistas rich with history, culture, lore and traditions. Cost is \$5049.00/pp.

Boxford/Topsfield Village Gardeners

Wednesday, February 4th at 1 PM

Ivy-Heart Shaped Topiary

The Boxford/Topsfield Village Gardeners will be holding a class on Wednesday, February 4th at 1 PM where the attendees will be tasked to making an Ivy-heart shaped topiary. Call the Boxford COA at (978) 887-3591 to sign up for this class. The major cost to make this is subsidized by The Friends of the Boxford COA. The cost to the attendees, is \$5.00/pp and seating is limited.

Arts & Crafts With Chris

Valentine Heart Pocket

Monday, February 9th at 10 AM

Come join this fun class where you'll be making decorative Valentine Heart Pockets. Chris Cable, who is teaching this class, will prepare all the materials so all you have to do is use a glue gun and weave some of the material strips. Signups for this class is a must and class size is limited. Cost for making these ornaments is \$4.00 per person and all materials will be supplied by the COA.

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.

Bradford Inn, Rowley, is our choice for February 19th. We've been there before and it's always been a hit. Prices are reasonable and they have a variety of meals to choose. The van will be leaving the COA around 11:00 AM.

Congregate Lunches

Tuesdays and Thursdays

Lunches are served at the COA every Tuesday and Thursdays at 11:30 AM. The cost of the lunch is \$2.00 per person. Monthly lunch menus can be found on the Town of Boxford's web site. Reservations **are required** and must be received by 11 AM of the preceding work day.

Movie Time at the COA

Thursday, 12:15 PM

The COA has a large selection of DVD's and VHS tapes you can borrow to view at your leisure. If interested — just stop by the COA and sign out the movies you would like to borrow — no charge.

We've shown a lot of good movies this year which we hope you

enjoyed. Planned movies for February:

Feb 5: Equalizer (Denzel Washington)

Feb 12: Fury (Brad Pitt)

Feb 19: No Movie

Feb 26: The Judge (Robert Downey Jr & Robert Duval)

The movies start immediately after the Congregate Lunch — roughly 12:15 PM. If you wish to join us for lunch — see Congregate Lunches article above.

These movies will be made available to borrow after they are shown at the COA.

Wednesday Night Dinners

First Congregational Church

Boxford MA

The First Congregational Church of Boxford serves dinners every Wednesday at 6:30 PM. The menu varies — you never know what they are serving until you get there — but the meals are delicious and well worth it. Cost per person is \$7.00 and no reservations are required — just show up.

Free Tickets

To Mistral Concert Of Your Choice

Sunday, February 8th at 3 PM

Andover: West Parish Church

From Russia with Love Valentine Concert: Russian husband and wife duo Tamara Volskaya and Anatoly Trofimov play Russian love ballads on the authentic domra and bayan (think Dr. Zhivago)! Followed by chamber works by beloved Russian composers Arenksy, Tchaikovsky and Rachmaninoff.

Sunday, April 12th at 3 PM

Andover: South Church

The Gypsy Spirit: The merging of the melancholy, passion and abandon of Romany Folk tunes with the Classical traditions in major works of chamber music.

MONTI

HAYDN

RAVEL

BRAHMS

Czardas for flute & strings

Piano Trio No. 39, "Gypsy"

Tzigane (Gypsy) for violin & Piano

Hungarian Dances for four hands

Piano Quartet in G minor

If you are interested — please call the Boxford COA at (978) 887-3591 to reserve your ticket. Each ticket coupon entitles you & guest (2 per ticket) to Mistral concert of your choice.

Cinnamon Pecan French Toast Casserole

This is not a tried recipe but it looked interesting and sounded good. Who wouldn't love waking up to the sweet smell of cinnamon wafting through their home? This recipe will definitely get any sleepy house guests up and moving.

Ingredients:

1/4 c butter or margarine, melted	24 slices of thick bread
6 eggs	1/2 C heavy whipping cream
2 tsp ground cinnamon	2 tsp vanilla
1 C chopped pecans	1 C maple syrup

Garnish:

Powdered sugar	1/2 C Maple syrup
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Directions:

- Heat oven to 375 degrees. Pour melted butter into ungreased 12x9-inch (3-quart glass baking dish).
- Place a sliced piece of bread over the butter in the dish. In medium bowl, beat eggs. Beat in cream, cinnamon and vanilla until well blended; gently pour over bread. Sprinkle with pecans; drizzle with 1 C syrup.
- Bake at 375 degrees for 20-28 minutes or until golden brown. Cool 15 minutes. Drizzle syrup over top; sprinkle with powdered sugar.

Conquer The Paper Piles

Bank Records: Keep deposit and ATM receipts until you reconcile them with your monthly statements. File your monthly checking and savings account statements. After you do your taxes, file any statements needed to prove deductions with your tax records, the rest can be shredded. BUT, whether you've gone *Paperless* or not, you can download your monthly bank statements and keep them indefinitely. Most banks (I can only verify the banks I do service with hence the "most" statement) include copies of your handwritten checks as part of your statements instead of the actual canceled check(s).

Credit Card Bills: You don't need to keep them after you've checked and paid them, unless you need a bill to support a deduction you'll be taking on your taxes, such as for a charitable donation (in which case you'll need to file the bill with your current-year tax records). If an item you've charged is under warranty, keep the bill until the warranty expires. Staple the credit-card bill to the warranty document and put it in a file with other warranties; you may need the bill as proof of purchase if the item needs repair. BUT, whether you've gone *Paperless* or not, you can download your monthly credit-card statements and keep them indefinitely.

Insurance Policies: Keep policies that you renew each year, such as those for your home, apartment or car until you get new policies, then shred the old ones.

Current-year Tax Records: Keeping your records organized can save you headaches and money at tax time. Tax preparers charge more if you give them a disorganized shoe box full of papers.

Place documents you'll need for your next return in a file. If you need to save a lot of receipts and bills — use a standing accordion file.

Pay Stubs: Keep the calendar year's records until you reconcile them with your annual W-2 form, then shred them. But if your company is on a fiscal year — you should probably keep the stubs thru the fiscal year for vacation and other benefit deductions.

Receipts: If you're not doing anything with your receipts — like tracking your spending, itemizing tax deductions, or using them to return purchases — you can get rid of most of those little scraps of paper immediately. If you need to keep them on hand so you can verify amounts against your credit-card bills or bank statements, create a folder labeled "receipts" and keep it with your bills-to-pay folder. That way, you'll have your receipts handy when you pay your credit-card bills. If you think you might return something, ask the sales-person what their return policy is and how long will you have to return something.

In General: If you have access to a computer and are comfortable using one — consider going paperless on some, or all, of your monthly statements/bills. Most banks, credit-card companies, store credit-cards and utilities offer online and downloadable monthly statements — you just have to remember when the statements becomes available. If that's a problem — check out the "Preferences" offered on their websites. Most banks/companies will give you the option of them sending you an email notifying you that your monthly statement is available for viewing. That takes care of remembering your statement date.



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 Faith Theokas RN, at 888-663-3688 , Ext. 1372. 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, call Renee at (508) 335-1675.



PODIATRY. Dr. Skinner will be here on **Wednesday, February 11th** starting at 9:00 am, the fee is \$30 per session. Dr. Skinner is available at the COA on a monthly basis. He is also available to provide routine foot care to homebound seniors in the area. The cost for a home visit is \$50.00 and is payable at the time of the visit. Please call the COA, at 978-887-3591 to schedule an appointment at the COA. For home visits ONLY, call his office at (781) 944-6024



HEARING CLINIC On Tuesday, March 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 appt.

10 Things To Stop Doing If You Want To Live Longer

1. Stop eating mainly processed foods

One of the major dietary changes that's taken place in many countries over the last 30 years has been a shift to consuming more processed foods. Along with processing comes an increase in added sodium — more saturated fat, more sugar and less fiber. The result? More cardiovascular disease, hypertension

2. Stop smoking

If you're a smoker, you know how hard quitting can be, but here's some inspiration. The NIH (National Institute of Health) says tobacco use remains the most preventable cause of death. Whether you quit cold-turkey or phase out your habit, your body is surprisingly forgiving, blood pressure and circulation improve soon after quitting and your risk of getting cancer decreases every year thereafter.

3. Stop sitting still

If you don't feel you have time to exercise consider this. You may not need to hit the minimum recommendations of 30 minutes a day, five or more times per week, to extend your life. A huge study found that getting just 15 minutes of moderate-intensity exercise each day helped subjects live three extra years. The longevity boost went up to four years of longer life for people achieving the threshold of 30 minutes a day. Brisk walking was one of the "moderate intensity" exercises cited in the research.

4. Stop holding a grudge

Anger can be a tough emotion to release, especially if you feel justified in your outrage. Maybe the best question to ask yourself is this — is it worth the cortisol? Levels of this stress hormone goes up when you're stressed or angry with negative effects on your heart, metabolism and immune systems. High cortisol has been associated with greater mortality in a number of studies.

5. Stop keeping to yourself

Staying social can be a good longevity booster, mostly by helping you manage stress and to strengthening your immune system. Good relationships keep you strong, while bad relationships can have you in a negative frame of mind.

6. Stop thinking that only big changes count

Sweeping radical changes in lifestyle might be inspiring, but they can also be too daunting — therefore, short-lived — for ordinary mortals. The next time you resolve to eat healthier or exercise more, try aiming low!

7. Stop letting fear (or denial) keep you from being healthy

Of all the personality traits that could affect your longevity, conscientiousness consistently ranks as an important one, perhaps the most important one. Conscientious people tend to engage in healthy behaviors like eating well, exercising and following their doctors' advice, while avoiding risky behaviors like smoking and driving fast.

8. Stop cheating your night's sleep

The amount of sleep you get can affect your lifespan and not just because a sleepy driver is at risk of a car accident. In a study — sleeping too little (fewer than 6 hours) or substantially more (over 9 hours) has been shown to put people at greater risk of death. Quality of life is also on the line.

9. Stop stressing

Like anger, stress takes its toll on your body and may actually shorten your life. By trying to reduce stress, you can improve your health in the long-term.

10. Stop relying on (or blaming) your genes

Having parents, grandparents, or other family members live into their nineties and beyond might suggest that you will too, but don't rely too heavily on that family history. Studies conducted on twins suggest that genetics may be responsible for only about a third of your longevity potential.

Punography

- I tried to catch some fog — I mist.
- When chemists die — they barium
- Jokes about German sausage are the wurst.
- I know a guy who's addicted to brake fluid. He says he can stop any time.
- How does Moses make his tea? Hebrews it.
- I stayed up all night to see where the sun went . Then it dawned on me.
- I'm reading a book about anti-gravity. I can't put it down.
- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- I did a theatrical performance about puns. It was a play on words.
- They told me I had type A blood, but it was a type-O.
- Why were the Indians here first? They had reservations.
- The Energizer bunny arrested and charged with battery.
- The old man didn't like his beard at first. Then it grew on him.
- Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- When you get a bladder infection, urine trouble.
- What does a clock do when it's hungry? It goes back four seconds.
- I wondered why the baseball was getting bigger. Then it hit me!
- Broken pencils are pointless.
- What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- England has no kidney bank, but it does have a Liverpool.
- I used to be a banker, but then I lost interest.
- All the toilets in New York's police stations have been stolen. Police have nothing to go on.
- I got a job at a bakery because I kneaded dough.
- Velcro — what a rip off!!!!
- Cartoonist found dead in home. Details are sketchy.
- Venison for dinner? Oh deer!
- Earthquake in Washington DC — obviously government's fault.
- I used to think I was indecisive, but now I'm not sure.

Redneck Humor

What's the difference between a good ol' boy and a redneck?
The good ol' boy raises livestock.
The redneck gets emotionally involved.

What's the most popular pick up line in Tennessee?
Nice tooth!

How do you know when you're staying in an Arkansas Hotel?
When you call the front desk and say "I've gotta leak in my sink"
and the person at the front desk says "go ahead."

How can you tell if a redneck is married?

There are tobacco spit stains on both sides of his pickup truck.

What's the difference between Virginia and West Virginia?
In Virginia, Moosehead is a beer. In West Virginia it's a misde-meanor.

What do they call "Hee Haw" in Arkansas?
A documentary.
What do they call it in Kentucky?
"Life Styles of the Rich and Famous."

Senior's Question and Answer

Questions	Answers
Where can men over the age of 60 find younger women who are interested in them?	Try a bookstore under fiction
What can a man do while his wife is going through menopause?	Keep busy. If you're handy with tools, you can finish the basement. When you're done you'll have a place to live.
How can you increase the heart rate of your 60-plus year old husband?	Tell him you're pregnant.
How can you avoid that terrible curse of elderly wrinkles?	Take off your glasses
Why should 60-plus year old people use valet parking?	Valets don't forget where they park your car.
What is the most common remake made by 60-plus year olds when they enter antique stores?	"Gosh, I remember these!"
Is it common for 60-plus year olds to have problems with short term memory storage?	Storing memory is not a problem; retrieving it is the problem.

Senior Medicine Cabinet

Diarrhea	Beaujolais Nouveau	4 glasses
Fever	Champagne sec	1 bottle
Heart	Burgundy Santenay Rouge	2 glasses
Uric acid gout	Sancerre, Pouilly Funje	4 glasses
Hypertension	Alsace	4 glasses
Depression	Rhine	4 glasses
Obesity	Burgundy	4 glasses
Rheumatism	Champagne	4 glasses

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 Blaquiére: *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.

Happy Birthday to our February Seniors. The February Birthday lunch will be held on Tuesday, February 24th at 11:30 AM. Please call the COA the Thursday 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!*

February Daily Observances Trivia



February 1
Spunky Old Broads Day

February 14th
Valentine's Day



Feb 16—President's Day
Feb 17—Mardi Gras
Feb 19—Chinese New Year

Past Monthly Newsletters are posted on the Town web. To access these Newsletters — go to 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

You've already made the choice,
now you just have to understand
why you made it!