



Boxford's Boomers & Beyond



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

February 2016

Super Bowl Chili and Chicken Wing Cook Off/Kick Off

Wednesday, February 3rd at the COA

Our Cooks List is still looking for people who have that special touch when making Chili or Chicken Wings and are willing to put their "Best Recipe" reputation on the line.

Think you make the best chicken wings or chili around???? Are you willing to put your favorite recipe to the test by entering the contest??? Get your reservations in early and plan to join us on Wednesday, February 3rd to prove it! As with the Meatball cook-off, we'll have judges and ribbons for the First, Second and Third place contestants in both categories. You can choose to enter your recipe for chicken wings (spicy or not) or chili, or both! Bring your entry(ies), along with several copies of your recipe to the COA by 5 PM on February 3rd. Judging will take place promptly at 5:20 PM and we'll plan on eating all these delicious entries by 6 PM — so please bring enough to share. We suggest a minimum of 3 lbs. chicken wings and a standard crockpot full of chili.

The COA will provide breads, salads, desserts and drinks. The cost is \$5.00/pp, \$3.00 for children under 12 and free for all contest entrants. The public is welcome. Whether you are entering the contest or just coming to sample the goods — please make sure to call the COA at (978)887-3591 to make reservations as space is limited.

Mardi Gras/Chinese New Year Lunch Tuesday, February 9th at 11:30 am

Chinese New Year falls on February 8th and Mardi Gras (Fat Tuesday) falls on February 9th which falls on our usual Tuesday Congregate Lunch. So what better to do than celebrate them both on the same day. The meal itself might prove to be a challenge when we try to combine both Chinese and Cajon foods to make one meal. We will have our King Cake and crown the new 2016 Mardi Gras King. Our last Mardi Gras King was Bobbi Klein who was crowned in 2014. We didn't celebrate Mardi Gras last year because it was February 2015 and all we had was snow, snow and more snow.

To Our Boxford's Veterans A Meet and Greet

Wednesday, February 17th at 11 AM

An invitation to our Boxford's Veterans and their wives to come on down and meet Boxford's new VA Representative, Gerry Maguire. At this Meet & Greet, Gerry would like to discuss his goals in supporting our Boxford Veterans and will then have a Question and Answer period. **Reservations are required as seating is limited.** Lunch will be served following the Question and Answer period to those who attend.

Burning Permits

The 2016 Burning Permit can be purchased from the Boxford Fire Department's web site or in person at the Boxford East Fire Station. The cost for the permit is \$20.00

The Burning Permit is good for the entire 2016 burning season which runs from January 15 thru May 1st, 2016 but must be activated each time you plan to burn. To activate the Burning Permit — call the Boxford Communication Center at (978)887-8137, between the hours of 8 AM and noon on days you plan on burning

This is required to prevent false alarms drawing a large scale response from the Fire Department. If weather conditions change making it unsafe to burn, permits for that day can, and will be, rescinded. Rules and Regulations for the 2016 Burning Season can be found on Boxford's website.

Burning with a permit for following materials is allowed:

- Brush, cane, driftwood and forestry debris from other than commercial or industrial land clearing operations.
- Materials normally associated with the pursuit of agriculture such as fruit tree pruning, dead raspberry stalks, blueberry patches for pruning purposes and infected bee hives for disease control.
- Trees and brush resulting from agricultural land clearing.
- Fungus infected elm wood, if no other acceptable means of disposal is available.

COA Closed on Monday, February 15th

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

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 February 16th between the hours of 12:30 and 1:30 PM 2016.

All Are Welcome

VETERANS SERVICES

Gerry Maguire is our new VA Rep. We haven't set up a schedule yet but the COA will be having a Meet & Greet on Wednesday, February 17th. **Refer to the article on the front page.** 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. 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 either Lisa Rose or Pat Parisi (Elder Svs 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

CHANGING EVENTS

BOOK LOVER'S CLUB

The next Book Lover's Club is tentatively schedule to meet on February 22 at 1 PM. This meeting will depend on the results of January's meeting.

All Readers Welcome

Acrylic and Watercolor

Art Classes

With Mary Paganelli

CHANGES

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, February 10th at 9:30 AM.

All are Welcome

COOKIN' WITH ANNA

The next cooking class is scheduled to be held on February 22nd 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. We will be skipping February and March — check out the April 2016 Newsletter for the planned topic.

All Ages Welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. The group found the January subject so compelling and interesting, it was decided to continue on in February. So, on February 9th, there will be a continuation of ISIL — The Islamic State of Iraq and the Levant. Tentatively planned for March will be upcoming Presidential Election — not the candidates but the election process used to elect a President.

All Ages Welcome

Wood Carving Classes

The Wood Carving Class is now on winter hiatus. Fred Arakelian will return in the spring — sometime in April.

All Ages Welcome

Boxford COA Trips W/Collette Vacation

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 Indigenus 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.

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.) 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.

Thursday, Feb 18th

Bradford Tavern is the place for February. It's located in Rowley and we have been there a number of times. 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.

In March — I'm thinking of sending you folks to Joseph's Trattoria Bakery/ Restaurant. This place is located in Bradford (Haverhill) and serves Italian foods — there is also the bakery which, if they haven't changed the place, is open to the restaurant. The prices are a bit on the high side but the food is good. It ranks #1 in Haverhill.

We are open to try new restaurants. If

you have a favorite restaurant, which is open for lunches — let us know.

Movie Time At The COA Thur. around 12:15 PM

- Feb 4: Never Wave at a WAC (Roselind Russell)
- Feb 11: Valentine's Day (All Star Cast)
- Feb 18: Road to Bali (Bob Hope & Bing Crosby)
- Feb 25: Old Dogs (Travolta & Robin Williams)

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.

FaceBook Classes With Maggie

On Tuesday's At 1 PM

We will be continuing our FaceBook Classes with Maggie in February on Tuesdays at 1 PM. Classes will include connecting to and using FaceBook on computers, tablets and iPhones. The COA has a 6 laptops with Windows XP which you can use. If you want to borrow one of our laptops — please call to reserve one for your use.

Wednesday Church Dinners at 6:15 PM At First Congregational Church

Dates for the upcoming First Congregation Church Wednesday Night Dinners in February are the 10th and 24th. 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.

March Event St. Pat's Lunch Wednesday, Mar 16th

Tips for Using Credit Bureaus To Help Protect Your Financial Accounts

Excerpts from IRS Bulletin received in Dec. 2015

If you believe you are a victim of identity theft, you should contact one of the three major credit bureaus to place a "fraud alert" on your credit account.

This critically important step makes it harder for identity thieves to open additional financial accounts, such as bank accounts, in your name. It also helps prevent identity thieves from directing fraudulent tax refunds into bank accounts they created or opening additional credit cards in your name.

The IRS has teamed up with state revenue departments and the tax industry to make sure you understand the dangers to your personal and financial data.

Contacting a credit bureau if you think you are an identity theft victim can help you in many ways, including helping protect your tax information.

There are three main credit bureaus:

- www.Equifax.com/CreditReportAssistance; (888)766-0008
- www.Experian.com/fraudalert; (800)680-7289
- www.TransUnion.com/fraud; (800)680-7289

If you are an identity theft victim, you need contact only one of the three to request a fraud alert. One bureau must notify the others when a fraud alert is required. You'll get a letter from each credit bureau. It will confirm that they placed a fraud alert on your file.

A fraud alert is free and it lasts for 90 days but you can renew it. It provides a red flag to other businesses where they thieves may be trying to open accounts and legitimate businesses may take additional steps to verify identities.

Three types of fraud alerts are available.

1. **Initial Fraud Alert.** If you're concerned about identity theft, but haven't yet become a victim, this fraud alert will protect your credit from unverified access for at least 90 days. You may want to place a fraud alert on your file if your wallet, Social Security card or other personal, financial or account information are lost or stolen.
2. **Extended Fraud Alert.** For victims of identity theft, an extended fraud alert will protect your credit for seven years.
3. **Active Duty Military Alert.** For those in the military who want to protect their credit while deployed, this fraud alert lasts for one year.

Also, you should get your free credit report right away to ensure identity thieves have not opened additional accounts. Go to annualcreditreport.com which is operated by the three major bureaus or call (877) 322-8228.

Obtaining free yearly credit reports is something you should be doing now. Spread out your requests from the three main credit bureaus so you get one every 4 months. This will also ensure identity thieves have not opened additional accounts.

If you want even stronger protections or if you were part of a large-scale data breach, you might consider a "credit freeze" which applies even stronger protections but often times for a fee that varies by state.

A credit freeze, also known as a security freeze, lets you restrict access to your credit report, which in turn makes it difficult for identity thieves to open new accounts in your name. You must contact each of the three credit bureaus to establish a credit freeze.

What's the difference between a credit freeze and a fraud alert? A credit freeze locks down your credit. A fraud alert allows creditors to get a copy of your credit report as long as they take steps to verify your identity.

After receiving your freeze request, each credit reporting company will send you a confirmation letter containing a unique PIN (Personal Identification Number) or password. Keep the PIN or password in a safe place. You will need it if you choose to lift the freeze.

If you apply for credit, a home mortgage or a job, you will have to temporarily lift the freeze so that the businesses may confirm your credit report. There is a fee for lifting a freeze as well.

Home Made Ice Melt

"For icy steps and sidewalks in freezing temperatures, mix 1 teaspoon of Dawn dishwashing liquid, 1 tablespoon of rubbing alcohol and 1/2 gallon hot/warm water. Pour over ice on walkways/steps. Ice will melt (hot/warm water) and won't freeze (alcohol content)."

I got this recipe from my daughter who got it on FaceBook. We have both tried it and it works. BUT BEWARE — there are some websites that say it doesn't work.

My daughter didn't measure when mixing — she gave it a squirt of Dawn, a pour of rubbing alcohol (probably around 1/2 cup) and hot water — at least one gallon. The recipe also calls for "Blue" Dawn — she used the pink colored Dawn and I used the blue.

For your auto windshield — use 1/3 parts water to 2/3 parts rubbing alcohol. Put in a spray bottle and spray your windshield when there is frost on it. Bottle can be kept in vehicle as rubbing alcohol has a freezing point of minus 123 degrees. DO NOT USE HOT WATER WHEN MAKING/USING THIS SOLUTION AS THE HOT WATER CAN CRACK YOUR WINDSHIELD.

Cranberry Shortbread Drops

This recipe is untried but it looks good and sounds easy. Per the website where I got this recipe, these cookies are melt-in-your-mouth delicious. Pop one of these Cranberry Shortbread Drops into your mouth and experience everything a buttery shortbread cookie should be with the added bonus of creamy white chocolate.

What you'll need:

- | | |
|---------------------------|-----------------------------|
| 2 sticks butter, softened | 1/2 cup sugar |
| 1 egg yolk | 1 1/2 tsp vanilla extract |
| 1/4 tsp salt | 2 cups all-purpose flour |
| 1 cup dried cranberries | 1 cup white chocolate chips |
| 1/2 cup chopped walnuts | |

What to do:

1. Preheat oven to 400 degrees F. Coat 2 baking sheets with cooking spray
2. In a large bowl, cream butter and sugar. Beat in egg yolk, vanilla and salt. Add flour, mix well.
3. Stir in dried cranberries, white chocolate chips and walnuts.
4. Drop by small teaspoonful's onto baking sheets.
5. Bake 10 to 12 minutes, or until lightly browned on the bottom.

Makes about 3 dozen and cooking time is 10 minutes.

Bean Supper!**Saturday, Feb 20—4 to 6 PM****St. James Episcopal Church Groveland**

All are welcome. The St. James Episcopal Church, at 119 Washington St., Groveland MA, will be serving hot dogs, potato salad, cole slaw, Macaroni & Cheese along with homemade desserts. No — I didn't forget the beans — they will be serving both pea and kidney beans. The cost is \$8 for an adult and \$4 for children under 12. For more information, please call Carol Moulton at (978) 372-5531.

It's Tax Time!!!!

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 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 .

CAI cannot prepare your return if any of the following tax issues apply to you.

- If you receive any income from rental property
- Health Savings Accounts (Forms 5498-SA, 1099SA or have a W2 with code W in box 12
- Sale of stock or other investment property (any income reported on a 1099S or 1099B; any capital gains and losses not reported on 1099 DIV)
- Cancellation of debt or debt forgiveness including bankruptcy, foreclosure, settlement of credit card debt for less than the whole balance (you would receive a 1099C or 1099A)
- Military income or benefits
- Early withdrawal of a retirement plan



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, January 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, March 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

Low Vision?



As you age, it's normal to experience some change in your vision, such as difficulty adjusting to glare, and distinguishing some colors, particularly shades of blue and green. However, these changes do not usually lead to loss of vision. If you're finding everyday tasks like reading more difficult to do — even with regular glasses, contact lenses, medicine, or surgery — you may have low vision.

What is Low Vision?

Low vision means that even with regular glasses, contact lenses, medicine, or surgery, people find everyday tasks difficult to do. Reading the mail, shopping, cooking, seeing the TV, and writing can seem challenging.

Millions of Americans lose some of their vision every year. Irreversible vision loss is most common among people over the age of 65.

Not a Normal Part of Aging

Losing vision is not just part of getting older. Some normal changes occur as we get older. However, these changes usually don't lead to low vision.

What are the signs of low vision?

There are many signs that can signal vision loss. For example, even with your regular glasses, do you have difficulty:

- Recognizing faces of friends and relatives?
- Doing things that require you to see well up close, such as reading, cooking, sewing, fixing things around the house or picking out and matching the color of your clothes?
- Doing things at work or home because lights seem dimmer than they used to be?

- Reading street and bus signs or the names of stores?

Early Diagnosis Is Important

Vision changes like these could be early warning signs of eye disease. People over age 60 should have an eye exam through dilated pupils at least once a year. Usually, the earlier your problem is diagnosed, the better your chances of undergoing successful treatment and keeping your remaining vision.

Regular dilated eye exams should be part of your routine health care. However, if you think your vision has recently changed, you should see your eye care professional as soon as possible.

Causes and Risk Factors

Eye Diseases and Health Conditions

Many people develop low vision because of eye diseases and health conditions like macular degeneration, cataracts, glaucoma , and diabetes.

Your eye care professional can tell the difference between normal changes in the aging eye and those caused by eye diseases.

Injuries and Birth Defects

A few people develop vision loss after eye injuries or from birth defects. Although vision that is lost usually cannot be restored, many people can make the most of the vision they have.

What can I do?

- See an eye care professional.
- Learn about vision rehabilitation.
- Get a good support team — You, your primary eye care professional, a specialist in low vision, and your rehabilitation specialists.

Golf

Wife to husband

- I get it. "Golf" is an acronym for Go Out Looking Funny.
- I'm sorry dear, I lost the ball in the little hole again
- As husband is sawing golf clubs in half — wife asks "Did you win?"

Two buddies golfing — First buddy "My old eyes aren't what they used to be. Did you see where my ball went? Second buddy "Yep.... But I can't remember"

Golf — the adult version of an Easter egg hunt.

"The reason the pro tells you to keep your head down is so you can't see him laughing." (Phyllis Diller)

Maxine

Don't get all weird about getting older. Our age is merely the number of years the world has been enjoying us!!!!

Exercise Is Good For You

The doctor told me "Physical exercise is good for you." I know that I should do it, but my body is out of shape, so I have worked out this easy daily program I can do anywhere.

- Mon: Beat around the bush. Jump to conclusions, climb the walls and wade through paperwork.
- Tu: Drag my heels, push my luck, make mountains out of mole hills and hit the nail on the head.
- Wed: Bend over backwards, jump on the band wagon, balance the books and run around in circles.
- Thur: Toot my own horn, climb the ladder of success, pull out the stops and add fuel to the fire.
- Fri: Open a can of worms, put my foot in my mouth, start the ball rolling and go over the edge.
- Sat: Pick up the pieces. WHEW!!! What a workout. You are invited to use my program without charge!!!!

Who Says Men Don't Remember!

A couple were out Christmas shopping. The shopping centre was packed and as the wife walked around she was surprised to discover that her husband was nowhere to be seen.

She was quite upset because they had a lot to do and hence, she became so worried that she called him on her mobile phone to ask him where he was.

In a quiet voice he said: "Do you remember the jewelers we went into about five years ago, where you fell in love with that diamond necklace that we couldn't afford, and I told you that I would get it for you one day?"

The wife choked up and started to cry and said: "Yes, I do remember that shop."

He replied: "Well, I'm in the pub next door!"

Senior Computer Skills

Customer: Good afternoon, this is Martha, I can't print. Every time I try, it says it "can't find the printer.: I've even lifted the printer and placed it in front of the monitor, but the computer still can't find it.

Customer: My keyboard is not working anymore.

Tech Support: Are you sure it's plugged into the computer?

Customer: No, I can't get behind the computer.

Tech Support: Pick up your keyboard and walk 10 paces back.

Customer: OK

Tech Support: Did the keyboard come with you?

Customer: Yes

Tech Support: That means the keyboard is not plugged in.

Customer: I can't get on the Internet.

Tech Support: Are you sure you used the right password?

Customer: Yes, I'm sure. I saw my colleague do it.

Tech Support: Can you tell me what the password was?

Customer: Five dots.

Tech Support: What anti-virus program do you use?

Customer: Netscape.

Tech Support: That's not an anti-virus program.

Customer: On, sorry.... Internet Explorer....

Customer: I have a huge problem. A friend has placed a screen saver on my computer, but every time I move the mouse, it disappears.

Tech Support: How may I help you?

Customer: I'm writing my first email.

Tech Support: OK — what seems to be the problem?

Customer: Well, I have the letter 'a' in the address, but how do I get the little circle around it?

A woman customer called the Canon help desk with a problem with her printer.

Tech Support: Are you running it under windows?

Customer: No, my desk is next to the door, but that is a good point. The man sitting in the cubicle next to me is under a window, and his printer is working fine.

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.

The February Birthday lunch will be held on Tuesday, February 23rd 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 February Seniors!

February Daily Observances Trivia

Trivia Holiday Observances information is taken from the Funky Holiday website at www.brownielocks.com



February 1st
Spunky Old BROADs Day

Feb 7: Super Bowl

Feb 8: Chinese New Year

Feb 9: Mardi Gras



Feb 14: Valentine's Day

Feb 15: President's Day

Feb 29: Leap Year Day



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

Your muscles are sore but they work. You didn't sleep last night but you woke up. Your wallet is not full but your belly is. You may not have all I want but you have all you need. Your life is not perfect but your loved ones are. You are truly blessed.