

# Boxford's Boomers & Beyond



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

**January 2015**

*Happy New Year To All*



Keep the smile,  
Leave the tear,  
Hold the laugh,  
And forget the fear,  
because it is a Happy New Year.  
Wishing you a Rockin' Year!!!  
Welcome 2015

## **Hospital Survival**

### **Wednesday, January 21st at 11 AM**

On Wednesday, January 21st at 11 AM, Jo-Ann Thibault from The Elder Insider will be here to discuss Hospital Survival. With the ever changing healthcare systems, you need to be aware of your rights as a patient and how to make the best of your situation during your stay in the hospital or ongoing medical treatments.

We all need to be our own advocate in this ever changing healthcare system, including Hospital stays and discharges. Learn about what to expect, quality assurance and proper navigation during your hospital stay. A must attend seminar for all of us!

If you are interested in attending this seminar — please call the COA to make your reservation by January 15th. Lunch will be served after the presentation to those who attend.

## **You Have Until March 31st To**

### **Apply For Boxford Property Tax Relief**

The period for filing Real Estate Tax Exemptions for seniors who are in need of Property Tax relief is currently ongoing. Some of the programs available include:

- Legally blind
- Disabled Veterans
- Seniors 65 years plus, with low to moderate income
- CPA surcharge Exemption

Anyone interested in applying for an exemption should contact the Assessors Office at (978)887-6000, extension 504, Monday thru Thursday, 8AM to 4:30PM. Applications will be accepted until March 31, 2015 for the current tax year (July 2014 thru June 2015).

## **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 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.

Guiseppe's Italian Restaurant in Newburyport on Wednesday, January 14th. This is a new place recommended by the Red Hats of Georgetown. I checked out their web site but the menu page was under construction so I have no idea of what they serve or the cost of the meals. The van will be leaving the COA around 10:45 AM.

## **Congregate Lunches Tuesday 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 January.

- Jan 8: The Monuments Men
- Jan 15: The Fault In Our Stars
- Jan 22: 3 Days To Kill
- Jan 29: Divergent

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

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

## **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*

## **CHAIR YOGA With Lisa**

Classes are held on Wednesdays at 9 AM. The cost is \$3.00 per person.

*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)**

### **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.

## **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 (3—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*

## **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 in January but the actual date and time is currently not available. He will be here to listen to your problems or concerns and, either immediately, answer your questions or to get back to you at a later date with the answers.

*All seniors welcome*

## **CHANGING EVENTS**

### **NEW—Acrylic Art Classes**

Starting January 5th, from 10 to noon, the COA will resume having Acrylic Art Classes. The art teacher is Peter Grimshaw. The cost is \$30.00 for a 6 week course. Some supplies will be

provided — call the Boxford COA for more information.

## **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 January 12, 2015. During your 2 month hiatus —please read:

A Novel of your Choice

**By Jodi Picoult**

*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, January 14th 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, January 26th at 9:30 AM. Please call the COA if you plan on attending.

*All Seniors welcome*

## **The Wonders of Science**

### **Stuff Matters**

Tuesday, January 20th at 9 AM. This meeting will cover the book "Stuff Matters," by Mark Miodorni. The author sheds light on the cultural and scientific history of the things around us, such as glass, paper, concrete, chocolate, plastics and steel. Learn how one element, carbon, takes on different forms to become pencil lead, coal, diamonds and carbon nanotubes. This amazing element is highly versatile, going from the mundane to the exotic, with simple changes in its structure. You'll develop a new appreciation for the "stuff" we take for granted, plus learn what makes a good chocolate candy.

*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**

Woodcarving, which is held every Wednesday morning between the hours of 10AM and noon, will be on winter hiatus and resume March or April 2015.

*All ages welcome*

## **Boxford COA Trips With Collette Vacation**



### **Shades of Ireland April 16—25, 2015**

Book now and save — Dbl \$2,949/pp; Single \$3,349/pp; Triple \$2,919/pp. Regular rates: Dbl \$3,299/pp; Single \$3,699/pp, Triple \$3,269/pp. Cost includes round trip air from Logan, air taxes and fees/surcharges and hotel transfers. Not included — cancellation Waiver and Insurance of \$260.00/pp. Highlights of this trip includes Dublin, Irish Evening, Kilkenny, Waterford Crystal, Blarney Castle, Ring of Kerry, Killarney, Limerick Cliffs of Moher and more. If interested — stop by the COA to pick up one of their brochures on this trip.

### **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.

### **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.



**Mixed Berry Cobbler w/Cornmeal Crust**

This is an untried recipe and comes to us from the Diabetes Diet Cookbook. If you decide to try it — please let us know how it came out.

Prep time: 10 minutes \* Baking time: 40 minutes \* Standing time: 10 Minutes

**Berries**

1/4 cup brown sugar  
1-1/2 Tbsp. cornstarch  
4 cups (about 1-1/4 lbs frozen mixed Berries, thawed)

**Crust**

1/2 cup stone-ground cornmeal  
2 Tbsp. whole wheat pastry flour  
1-1/2 Tbsp. brown sugar  
1-1/2 tsp baking powder  
Pinch of salt  
2-1/2 Tbsp trans-fat free spread (cut into chunks)  
1/3 cup fat-free milk



1. Preheat the oven to 350 degrees F. Coat an 8x8 baking dish with veggie oil spray. Set aside.
2. To prepare berries: In a mixing bowl, combine the sugar and cornstarch. Stir to mix. Add berries and toss to combine. Transfer to the baking dish.
3. To prepare the crust: In a bowl, combine the cornmeal, flour, sugar, baking powder and salt. Stir with a fork or pastry blender. Add the spread, cut into the dry ingredients until the pieces are the size of peas. Add milk and stir quickly just to moisten. Dollop over the berries, leaving some bare patches.
4. Bake about 40 minutes or until the topping is golden and the fruit is bubbling. Let stand for 10 minutes before serving. Enjoy!

**Thank You Everyone  
But..... Glad It's Over!!!!**



We (the COA Staff, The Friends of the Boxford COA and our fabulous volunteers) survived — barely. If something was going to go wrong — this was the year it happened. First of all — our volunteer base was low because of prior commitments and/or losses, so any of our seniors who innocently asked if they could helped were immediately recruited. The Cole Elementary School kitchen staff, who usually prepares the potatoes, stuffing and gravy, had a half-day so the kitchen was closed which meant we had to plan on squeezing that chore into our preparation schedule — like we had nothing else to do. Our turkey cooks were low and the van broke down on Thursday, the week before the Holiday Luncheon which took a bit of scrambling and a lot pleading on Pam's part to get it fixed in time. To add frosting to the cake — on Tuesday, December 9th, I took a header down my front stairs dislocating my shoulder along with a total body bruise. Needless to say, I didn't make it to the Holiday Lunch and, again, Pam took the brunt of my absence by handling the kitchen activities/volunteers along with the dining area. The weather wasn't the greatest but — it was better than having snow as we were having a wet Nor'easter storm. Otherwise everything went smoothly. Normally, I would list our volunteers but since I wasn't there — I'm not sure who we were able to con into helping so — Thanks to all our volunteers who helped out that day. I would also like to thank those who donated the items we raffled off. So — Thank You to Leona Gormley who make the beautiful table wreath/candle — Thank You; To Liz Murphy who made the

beautiful gift basket — Thank You to Ardythe Fasano who made the beautiful lap throw. A Thank You also to The Friends Of The Boxford COA for hosting this event.

I've said it before and will continue to say it — we have the greatest volunteers at the Boxford COA.

For those of you who joined us that day — we hope you enjoyed yourselves.

**Illumination Night Thank You**

A thank you to all those who contributed hand made items which were sold during the day. A thank you to Liz Murphy and her family for all their help. A thank you to Betty Bolen, Lee McMahan, Joan Tarleton and Dick Taylor who helped in serving refreshments and the selling of the donated items. And, a Thank You to all Boxford residents who stopped in.

Overall — it was a good day.

**First Congregational Church**

The First Congregational Church serves dinners on Wednesdays, starting at 6:30 PM and price is \$7.00 per person — the increase due to the cost of food. No reservations are required — just show up and enjoy the wonderful meals.



**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.



**PODIATRY.** Dr. Skinner will be here on **Wednesday, January 14th** 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



**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.



**HEARING CLINIC On Tuesday, January 13th** 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.

## Useful Massachusetts State Websites

[www.medicare.gov/homehealthcompare](http://www.medicare.gov/homehealthcompare)

Executive Office of Elder Affairs  
(617) 737-7750

[www.800ageinfo.com](http://www.800ageinfo.com)

Home Care Alliance of Massachusetts  
(617) 558-0202

[www.maseniorcare.org](http://www.maseniorcare.org)

Massachusetts Aging and Disability Information Locator  
(617) 573-1600

[www.madil.org](http://www.madil.org)

Massachusetts Council for Home Care Aide Services  
(781) 693-5719

[www.mahomecareaiders.com](http://www.mahomecareaiders.com)

Massachusetts Council On Aging  
(413) 527-6462

[www.mcoonline.com](http://www.mcoonline.com)

Massachusetts Dept. of Public Health  
(617) 624-6000

[www.mass.gov/dph](http://www.mass.gov/dph)

Massachusetts Health and Human Services  
(617) 573-1600

[www.mass.gov](http://www.mass.gov)  
(search EOHHS)

Medicare—Official Gov't Site  
1-800-633-4227

[www.medicare.gov](http://www.medicare.gov)

Nursing Home Compare  
[www.medicare.gov/NHCompare](http://www.medicare.gov/NHCompare)

Reverse Mortgage—Learn More  
[www.hud.gov](http://www.hud.gov)

US Dept of Veterans' Affairs  
1-800-827-1000

[www.va.gov](http://www.va.gov)

## NATIONAL:

Geriatric Care Managers  
1-520-881-8008

National Assoc. of Elder Law Attorneys  
[www.naela.org](http://www.naela.org)

National Health Information Center (NHIC)  
[www.health.gov](http://www.health.gov)

## Useful Federal/National Websites

## Useful Local Websites

### FEDERAL:

Administration on Aging  
1-800-677-1116

[www.aoa.gov](http://www.aoa.gov)

Eldercare  
1-800-677-1116

[www.eldercare.gov/eldercare](http://www.eldercare.gov/eldercare)

Government Made Easy  
[www.usa.gov/Topics/Seniors](http://www.usa.gov/Topics/Seniors)

Home Health Compare

Boxford COA  
(978) 887-3591

[www.town.boxford.ma.us](http://www.town.boxford.ma.us)

Ring & Ride  
(978) 469-6878 (option 3)

VNACare Network  
1-888-663-3688, ext. 1372

Podiatry (Home Visits) — Dr. Skinner  
(781) 944-6024

**Youth**

Youth is a wonderful things.  
What a crime to waste it on children.

The young are always ready to give to those who are older than  
themselves the full benefits of their inexperience.

You are only young once, but you can stay immature indefinitely.

When I was young, the Dead Sea was alive.

I'm not young enough to know everything.

Life would be infinitely happier if we could only be born at the age  
of eighty and gradually approach eighteen.

**Middle Age**

Middle age is when your classmates are so gray and wrinkled and  
bald they don't recognize you.

A man has reached middle age when he is warned to slow down  
by his doctor instead of the police.

Middle age is the time a guy starts turning out lights for economic  
rather than romantic reasons.

Middle age is when you're faced with two temptations and you  
choose the one that will get you home by 9 o'clock.

Middle age is when you still believe you'll feel better in the  
morning.

Middle age is when you know all the answers and nobody asks  
you the questions.

Middle age is when a woman's hair starts turning from gray to  
black.

Middle age is when a narrow waist and a broad mind begin to  
change places.

The really frightening thing about middle age is the knowledge that  
you'll grow out of it.

**Grandchildren**

If I had known how wonderful it would be to have grandchildren,  
I'd have had them first.

The good news is that grandchildren keep you young. The bad  
news is that after you spend time with them you feel your age.

**Life**

Life is what happens to you while you are making other plans.

Every time I try to take out a new lease on life, the landlord raises  
the rent.

Life is like a dog sled team. If you ain't the lead dog, the scenery  
never changes.

The longer I live, the less future there is to worry about.

**Experience**

Experience is the name everyone gives to their mistakes.

Good judgment comes from experience, and experience comes  
from bad judgment.

Experience teaches you to recognize a mistake when you've made  
it again.

Hope for the best.  
Expect the worst.  
Life is a play.  
We're unrehearsed.

The trouble is, by the time you can read a girl like a book, your  
library card has expired.

By the time we've made it, we've had it.

By the time a man is wise enough to watch his step, he's too old to  
go anywhere.

**Looks**

The face I see is furrowed now.  
In fact, it's rather ruddy  
Revlon and Clinique just won't do.  
I need a can of putty.

I feel so bad for Uncle Ted.  
There's not much hair upon his head.  
And, what is worse, he barely hears.  
There's too much hair inside his ears.

As you get older, the pickings get slimmer, but the people don't.

You're at the age when everything Mother Nature gave you,  
Father Time is taking away

I don't plan to grow old gracefully.  
I plan to have face-lifts until my ears meet.

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

BULK RATE  
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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*

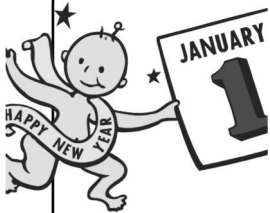
The Board usually meets at 9:30 on the second Wednesday of each month (see Page 2 for actual dates). All seniors and interested parties are welcome to attend. Only emergency meetings are held during the summer.

**Current Resident or**

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

**Happy Birthday to our January Seniors. The January Birthday lunch will be held on Tuesday, January 20th 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!***

*January Daily Observances Trivia*



*January 1st  
Happy New Year*

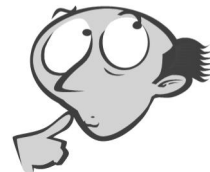
*January 13th  
Rubber Ducky Day*



*January 21st  
National Hugging 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**

Ask....Will this matter to me in 5 years?  
If so, think about it more.....  
If not — move on.