



Boxford's Boomers & Beyond



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

July 2016

WingMasters—Presentation July 13th—1 to 2 PM



On Wednesday, July 13th, the "WingMasters" will be at the COA (upstairs) for a presentation on North American Birds of Prey. The presentation will start around 1 PM and last about an hour. Reservations are required. If you wish to also attend the COA's weekly Wednesday BBQ on that day — make your reservations at the same time. The COA van will be available for the BBQ and Presentation.

A little more information on this presentation:

North American Birds of Prey

Birds of prey are also known as raptors and they are hunting birds characterized by hooked beaks and powerful grabbing feet armed with sharp talons — the word raptor comes from a Latin word that means "to seize."

Raptors can also boast the best eyesight and the sharpest hearing in the animal kingdom. Raptors include hawks, falcons and owls. This presentation, which incorporates 5—live birds of prey gives an overview of these different categories. The program is designed to explain predation, the birds' place at the top of the food web, their different hunting adaptations and their status in a rapidly changing world. Because many birds of prey are declining in number, this presentation also features one or more of the endangered raptors that WingMasters cares for, and explains why these species face an uncertain future.

Scam Alert Fraudulent Letters from MA State Treasure's Office

Illegitimate letters from a Massachusetts address are being sent to the state's citizens claiming "unclaimed property winnings." According to Treasurer Goldberg, these letters are not being sent by either the MA office of the State Treasurer or the National Association of Unclaimed Property Administrators (NAUPA).

It has come to their attention that fraudulent letters, using their address and likeness, have been sent to residents across the state. Official unclaimed property notices will never direct owners to pay money, whether for processing fees, tax payments, or otherwise, when searching unclaimed property or filing a claim. The official Massachusetts Treasury website for unclaimed property is www.findmassmoney.com.

If you have any questions regarding unclaimed property, please visit the Treasury's official website at www.findmassmoney.com or call 888-344-MASS (6277). You can view an example of a fraudulent letter at the following website: www.mass.gov/treasury/scamletter.

Boxford COA Shop in the Village Is Now Open for Business!



\$20.00. We have jewelry, knitted and crochet goods, aprons, totes, home décor and more. Some items on the shelves will be gently used goods. We will also take special orders.

Money earned from the Gift Shop will be used in various ways by The Friends of the Boxford COA which will help support the Boxford COA. ***So, come in and show your support!***

The Boxford COA Shop in the Village is officially open. Come and shop during regular office hours which are Monday thru Thursday, 9 AM to 3 PM. We are selling beautiful hand-made items in our convenient East Village location and nothing costs more than

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 from 10:30 to 11:30 AM. Classes are \$3.00 per person.

All Ages Welcome

GAME DAY (MAH JONGG)

Thursday 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.

All 80+ Seniors 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.

NEW ACTIVITY

MIXED BAG ARTS & CRAFTS

Every Tuesday at 12:30 PM is the COA's Mixed Bag Day. We will be working various Arts & Crafts projects which will include jewelry, solariums, knitting, crocheting — whatever. Some projects will be a one day class where others might take multiple days to complete.

All Are Welcome.

Office of Senator

Bruce E Tarr

Constituent Services

Advisor

Richard Curran will not have a scheduled meeting in July. The next meeting will be on Tuesday, August 16th between the hours of 12:30 and 1:30 PM. No reservations required.

All Are Welcome

Gerry Maguire

VETERANS SERVICES

Gerry Maguire is our new VA Rep. Gerry will be here on Wednesday, July 20th between the hours of 11 AM to 2 PM. Call the COA to schedule an appointment.

HEALTH BENEFITS

SHINE With Judy Calnan

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

NEWS AND VIEWS

News and Views meets every Tuesday at 9:00 AM. Come and meet with your peers to discuss current events, town issues and whatever else is put on the table.. It's a fun time and many different topics are discussed.

All are welcome

PC Assistance

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

All are welcome

FaceBook Assistance

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

All Seniors welcome

CHANGING EVENTS

Acrylic and Watercolor

Art Classes

With Mary Paganelli

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

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, July 6 st at 9:30 AM.

All are Welcome

COOKIN' WITH ANNA

Cookin' With Anna will be on summer hiatus and resume in October.

All Seniors welcome

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM. This group will be taking a summer hiatus. Please see the October Newsletter for more information.

All Ages Welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. The next meeting will be held on August 9th and the discussion will be a follow-up on the Presidential Conventions.

All Ages Welcome

Wood Carving Classes

The Wood Carving Class with Fred Arakelian has resumed and is held every Wednesday starting at 9:30 AM. This is a fun class where you take a sorry looking block of wood and create an art object. Please call the COA if you are interested or would like more information.

All Ages Welcome

Boxford COA Trips with Collette Vacation

Spotlight on New Orleans 5 Days, Departing 10/3/16

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

Discover Tuscany

9 Days, Departing 10/21/16

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

Boxford COA Trips With Best of Times

A Lobster Bake and Lighthouse Lovers Harbor Cruise

Thursday, August 25, 2016

The day begins with a bountiful Lobsterbake at the Clambake Seafood Restaurant in Scarborough ME. The menu consists of a whole boiled lobster, freshly dug steamed clams or baked haddock with homemade seafood stuffing and crumbs on top. Plus clam chowda, Caesar salad, baked potato, rolls & butter, beverage & dessert. The cost is \$99/pp which includes transportation, lunch and cruise.

The cruise is a 90-minute, narrated, scenic cruise through the busy harbor and innermost islands to see lighthouses, forts, lobster boats, seals and sea birds.

Autumn in Vermont Summit Lodge in Killington

Sept 26-27, 2016

Cost is \$229/pp dble or \$259/single. Program includes luxury motorcoach, 3 meals, evening entertainment, Inn-Keepers Cocktail Party and tours in the surrounding area. A deposit of \$50/pp is required upon reservation and final payment is due on 8/15/16. If paying by credit card, payment in full is due upon registration.

Canadian Maritimes Cruise

Sept 28th thru Oct 7th, 2016

Featuring Montreal, Quebec, Nova Scotia & More.

Cruising the shorelines of Canada as the leaves change color. This tour combines a 3 day land package visiting two of Canada's most historic cities with a fabulous Day cruise aboard Norwegian Cruise Line's ship the Dawn. Prices are according to accommodations and vary greatly. If interested — please call for more info or stop by and pick up one of our flyers.

In General Park & Beach Passes

In the past — some of our beach and park passes were free for seniors but things change and now it costs, even the seniors, money to get in. Some are life time passes, i.e., you pay the fee and it's good for the senior's lifetime. So — if you are interested — here's how we stand today.

Stiles Pond, Boxford MA

Stiles Pond opened in June and will be open thru the end of August. The beach is open Monday thru Saturday, 9 AM to 8 PM and Sunday — 10 AM to 8

PM. The beach closing hours change in August (around the 10th) to 7 PM. Cost — seniors 62 years of age and older are offered a reduced membership fee of \$15/pp with up to two per family. Members of a senior's household under 62 years of age must purchase a membership. Seniors may also bring along guests for a small fee of \$3 to enjoy a day at the beach.

Massachusetts State Parks

Senior MassParks Pass

Massachusetts has a new, one-time fee of \$10 for a lifetime Senior MassParks Pass for Massachusetts residents 62 years or older. The Department of Conservation & Recreation will continue to honor Senior MassParks Passes previously issued by the agency.

The passes can be purchased at all parks that charge a parking fee during the period that parking fees are charged. You can also obtain these passes by writing to: DCR MassParks, 251 Causeway Street, Boston, MA 02114, Attn: Senior MassParks Pass Coordinator. A copy of your MA driver's license or other official proof of MA residency and age are required. Payment must be made either by cash — at the parks entrance only or check — payable to the Commonwealth of Massachusetts for requests made by mail. No credit cards are accepted.

Federal Parks

U.S. citizens or permanent residents who are at least 62 years old can purchase a Senior Pass for a one-time processing fee of \$10. This Senior Pass to national parks and lands offers benefits to you and your traveling companions. This pass also gives seniors a 50% discount on federal use fees charged for camping, swimming, boat launching, parking and tours.

To purchase a National Parks Lifetime Senior Pass — it must be purchased at a federal area where entrance fees are charged or at regional offices of the National Park Service. Proof of age, such as a valid driver's license is required at time of purchase.

Boxford COA

Activities

Weekly BBQ's

Wednesday's—Rain or Shine

During the summer, the Boxford COA has BBQ's every Wednesday for our seniors. The cost is \$3.00 per person and is served around noonish. The weekly BBQ menu will always consist of hamburgers and hotdogs with condiments and at least one kind of salad. The rest of the menu will depend on the whim of the COA staff and could include sausage or chicken, roasted potatoes, etc. — as I said earlier, at the whim of the staff.

Reservations are required. Reservations must be made by 9 AM on a working day before the day of the BBQ as we head out early on Tuesday's to do the shopping.

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.

Lunch Bunch Monday, July 18th

Headed out to the Maine Diner in Wells ME this month. We went there before — about 6 years ago and the place is remembered as excellent. Along with a good looking menu they have a gift shop for browsing. The van will leave the COA around 10:00 AM. Call the COA at (978) 887-3591 if you are interested in going. The cost of the van is **\$4.00/pp**.

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

Music at Eden's Edge Concerts First Baptist Church 221 Cabot St Beverly, MA

Free summer concerts for the community. Summer concerts will be held on the following dates:

Tuesday, July 12 at 2 PM
Tuesday, August 16 at 2 PM
Tuesday, September 13 at 2 PM

Reservations are not required for the above concerts.

Free Fun Fridays Sponsored by the

Highland Street Foundation

The Highland Street Foundation has partnered with various cultural institutions to provide free admission to some wonderful treasures. Friday's in July:

- July 1: Boston Children's Museum
The Sports Museum
Heritage Museums & Gardens
Falmouth Museum on the Green
Cap Cod Maritime Museum
Amelia Park Children's Museum
Jacob's Pillow Dance Festival
Wenham Museum
- July 8: Museum of Fine Arts, Boston
Plimoth Plantation
Peabody Essex Museum
Cap Ann Museum
Buttonwood Park Zoo
Children's Museum in Easton
The Hall at Patriot Place
Provincetown Art Association
- July 15: Edward M. Kennedy Institute
Boston Athenaeum
Larz Anderson Museum
Cape Cod Children's Museum
Edward Gorey House
Danforth Art Museum/School
Spellman Museum of Stamps & Postal History
Fitchburg Art Museum
- July 22: Boston Harbor Islands National & State Park
Arnold Arboretum of Harvard University
New Bedford Whaling Museum
Cape Cod Museum of Art
Pilgrim Hall Museum
The Eric Carle Museum
Fruitland's Museum
Museum of Russian Icons
- July 29: John F. Kennedy Presidential Library & Museum
Commonwealth Museum
Battleship Cove
Marine Museum at Fall River
Sandwich Glass Museum
Nantucket Whaling Museum
Tower Hill Botanic Garden
Commonwealth Shakespeare Company

No Recipe This Month

Thank You BBQ Volunteers

Another year, another Annual BBQ and another large crowd enjoying the food and company. We had a couple of brief showers but that didn't seem to put a damper on the activities or appetites. The trees did their job of protecting the diners who were lucky enough to be under them during the rain — others stood under the trees until the rain stopped. As for us, the COA staff is glad that it's over and done with. I don't know whether or not you folks know how much energy and time goes into putting the Annual BBQ together — it's a lot. But, as long as people had a good time and enjoyed themselves — we consider it time well spent.

A thanks to The Friends of the Boxford COA. Without the support of The Friends — there probably wouldn't be an Annual BBQ. It's quite a hefty bill to feed around 250/275 people — always difficult to get an accurate headcount.

A thanks to the Boxford Selectpeople. As usual — they showed up ready to work and were either manning the grills or serving drinks/food.

A thanks to the Boxford COA Board Members. This year, we were a little light on our Board Members participating in the Annual BBQ, but those who could come — they were here to help.

A thanks to our many Friendly Volunteers. These are the folks (both seniors and non-seniors) who are always ready, willing and able to help do whatever needs doing. If it wasn't for these folks — we, the COA staff, would be up the creek without a paddle. We couldn't do it without them.

A thanks to our DPW crew. This is another crew who are always there for us seniors. They are another group who does a lot for the COA and community but don't get the recognition and praise they deserve. We, at the COA, know their worth and appreciate every little thing they do for us. Thanks guys — we love ya.

Stiles Pond Schedule

Stiles Pond, Boxford MA, officially opened on June 11th. Senior rates to join are \$15/single and \$30/couple for the summer. The guest fee is \$5/pp per day and the guest must be accompanied by a member.

Stiles Pond hours are June 18th thru August 14th are Monday thru Saturday 9 AM to 8 PM, Sundays 10 AM to 7 PM. September 5 the pond will close for the season

Boxford COA and FaceBook Unite



Find us on:
facebook®

The Boxford COA finally took the big leap and did it — we are now on Facebook. Thanks to Maggie Rapti, we now have our own account on FaceBook and are working feverously at getting it up and running so it's useful to all. Don't be too critical as this will be a work-in-progress site until we (the COA staff) feels comfortable on how and what to put on our FaceBook page.

If you are interested in joining us on FaceBook — you know the routine. FaceBook name: Boxford MA Council on Aging.

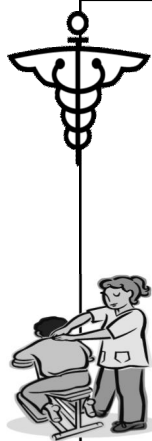
We Have Freebee's

It's yours for the taking!!! We have plenty of Depends, sizes range from small to large. We also have a lot of bed pads. The COA is open Monday thru Thursday, 9 AM to 3 PM. Stop by and take what you need.

Being Safe

Schools out, days are longer and more people are out walking or bicycling. It's great that we don't have the school buses out there but we now have the pedestrian and bicycle traffic along the bright sun glare on your windshield if you are driving.

There are things you can do to protect both yourself and others. If you are driving — put on your headlights regardless whether it's day or night. If you are walking or bicycling — wear bright clothes/ vest similar to those who have traffic duty. During the summer, it's not always easy to see pedestrians who are not wearing bright clothes as they seem to blend in with the shaded areas as they walk along the side of the road. Ditto for bicyclists. If you are out walking or on a bicycle — keep in a single line. The roads in Boxford are not exceptionally wide, they are winding so there are a lot of blind spots for drivers to see oncoming traffic. Also — make sure you use appropriate sun block. Now this goes for whether you are driving, walking or on a bicycle. The sun does penetrate the windshields so you are at risk for skin cancer whenever you are outside. Bottom line — keep safe.



WELLNESS CLINIC. The VNACare Network and Elder Services will be holding their free Wellness Clinics on the first and third Wednesday 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, **July 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, July 12th**, 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

Way to Protect Your Skin This Summer

It's summertime! Protect your skin and keep it healthy this summer with these 4 tips!

1. **Limit time in the sun.** Try to avoid being in the sun during peak times when the sun's rays are strongest (10 am to 4 pm) — even if it's cloudy out.
2. **Use sunscreen.** Look for sunscreen with an SPF (sun protection factor) of 30 or higher. It's best to choose sunscreens with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside and reapply often.
3. **Wear protective clothing.** A hat with a side brim can shade your neck, ears, eyes and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun — wear loose, lightweight, long-sleeved shirts and long pants or long skirts.
4. **Avoid tanning.** Don't use sunlamps or tanning beds. Tanning pills are not approved by the Food and Drug Administration (FDA) and might not be safe.

Skin Care and Aging

Dry Skin and Itching: Many older people suffer from dry spots on their skin, often on their lower legs, elbows and lower arms. Dry skin patches feel rough and scaly. There are many possible reasons for dry skin such as not drinking enough liquids, spending too much time in the sun, being in very dry air, smoking, stress and losing sweat and oil glands which is common with age.

Dry skin also can be caused by health problems, such as diabetes or kidney disease. Using too much soap, antiperspirant or perfume and taking hot baths/shower can make dry skin worse.

Some medicines can make skin itch. Because older people have thinner skin, scratching can cause bleeding that may lead to infection.

Here are some ways to help dry, itchy skin:

- Use moisturizers, like lotions, creams or ointments every day.
- Take fewer baths and use milder soap. Warm water is less drying than hot water. Don't add bath oil to your water — it can make the tub too slippery.

- Try using a humidifier — an appliance that adds moisture to a room.

Bruises: Older people may bruise more easily than younger people. It can take longer for these bruises to heal. Some medicines or illnesses may also cause bruising.

Wrinkles: Over time, skin begins to wrinkle. Things in the environment, like ultraviolet (UV) light from the sun, can make the skin less elastic. Gravity can cause skin to sag and wrinkle. Certain habits, like smoking can also wrinkle the skin. A lot of claims are made about how to make wrinkles go away — many of them don't work.

Age Spots and Skin Tags: Age spots, once called "liver spots," are flat brown spots often caused by years in the sun. They are bigger than freckles and commonly show up on areas like the face, hands, arms, back and feet. Using a broad-spectrum sunscreen that helps protect against two types of the sun's rays may prevent more age spots. Skin tags are small, usually flesh-colored growths of skin that have a raised surface. They are common as people age — especially for women. Age spots and skin tags are harmless, although sometimes skin tags can become irritated.

Skin Cancer: Skin cancer is a very common type of cancer in the U.S. The main cause of skin cancer is the sun. Anyone, of any skin color, can get skin cancer. People with fair skin that freckles easily are at greatest risk. Skin cancer may be cured if it is found before it spreads to other parts of the body.

There are 3 types of skin cancers. Two types — basal cell carcinoma and squamous cell carcinoma, grow slowly and rarely spread to other parts of the body. These types are found mostly on parts of the skin exposed to the sun but they can happen anywhere on your body. The third and most dangerous type of skin cancer is melanoma. It is rarer than the other types but it can spread to other organs and be deadly.

Check your skin once a month for things that may be cancer. Skin cancer is rarely painful. Look for changes such as a new growth, a sore that doesn't heal, or a bleeding mole.

If in doubt or you have questions — see your doctor!!!!

Something For Everyone

- Why did the cows return to the marijuana field? It was the pot calling the cattle back!
- Dad, Did you know in other countries you don't know who your wife is until you get married? It's like that everywhere son!!!
- Yeah — I've got O.C.D. *Old, Cranky and Dangerous.*
- There are times when my greatest accomplishment is just keeping my mouth shut.
- No matter how big a hammer you use — you can't pound common sense into stupid people.
- Of course size matters. No one wants a small glass of wine.
- Camping where you spend a small fortune to live like a homeless person.
- When you are dead, you don't know that you are dead. It's difficult only for the others. It's the same when you are stupid.
- What's the difference between bird flu and swine flu? One requires tweetment and the other required oinkment.
- I have so many problems that if a new one comes along today, it will be at least two weeks before I can worry about it.
- I don't understand how I can remember every word of a song from 1964 but I can't remember why I walked into the kitchen.
- I have come to the conclusion that dryer lint is the cremated remains of all my missing socks.
- Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; You are the one who gets burned.
- Did you know? Line dancing was started by women waiting to use the bathroom!!!!
- Every day, thousands of innocent plants are killed by vegetarians. Help end the violence — eat bacon.
- The fact that there's a "Highway to Hell" and only a "Stairway to Heaven" says a lot about anticipated traffic numbers.
- My people skills are just fine. It's my tolerance to IDIOTS that's needs work.
- I'm only responsible for what I say — not for what you understand.
- So — when is this "Old enough to know better" supposed to kick in?
- Have you ever listened to someone for a while and wondered.... "who ties your shoelaces for you?"
- I prefer not to think before speaking. I like being just as surprised as everyone else by what comes out of my mouth.
- Be careful when you follow the masses.... Sometimes the "M" is silent!
- I can explain it to you but I can't understand it for you.
- I hate it when the voices in my head go silent.... I never know what they are planning.
- I'm not LAZY — I just really enjoy doing nothing.
- If people could read my mind.... I'd get punched in the face a lot.
- Calm Down — Take a deep breath and hold it for about 20 minutes.
- I never argue. I just explain why I'm right.
- I speak my mind because it hurts to bite my tongue all the time.
- Don't confuse my personality with my attitude.... My personality is who I am. My attitude depends on who you are!!!!
- Sometimes I sit quietly and wonder why I'm not in a mental asylum. Then I take a look around and realize — maybe I already am.

To Do List

1. Buy four pigs.
2. Paint numbers 1, 2, 3 & 5 on their backs
3. Release them in Wal-Mart
4. Sit back and watch security search for number 4.

Words of Wisdom

- Lead me not into temptation..... Oh, who am I kidding! Follow me — I know a shortcut.
- Geology: Name the three types of rock.
 1. Classic
 2. Punk
 3. Hard
- When I was a kid — I wanted to be older.... This garbage is not what I expected.

Food for Thought

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 July BBQ Birthday lunch will be held on Wednesday, July 27th at 11:30 AM. Please call the COA the Monday (at the latest) before the BBQ 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 July Seniors!

July Daily Observances Trivia

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



*July 4th
Independence Day*

*July 23rd
Gorgeous Grandma Day*



*July 30th
Health Care Now!
Medicare's Birthday*



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

Love isn't what you say.

Love is what you do.