



Boxford's Boomers & Beyond



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

June 2016

June 8th — 10:30 AM Mystery Trip

Yep — another one of those trips where you won't know where you're going until you get there. The COA van will leave the COA and head out to *somewhere*. After you get to *somewhere* you will be met by *someone*. Before returning to the COA you will be served a lunch — menu unknown. Reservations are required and seating is limited — the van only has 16 seats and you **must** take the van. Please call the COA if you are interested.

Community Beach Party Stiles Pond June 8th 5PM

Don your best beach party or luau garb and join us for an evening of fun at the beach. In addition to A great BBQ there will be music, karaoke and games.



Tickets must be purchased in advance and are for sale at the Council on Aging and the Boxford Community Store. Tickets are \$5 for adults and \$3 for children under 12.

Sponsored by the Boxford Council on Aging

The Village Shoppe Grand Opening June 15th

The Council on Aging new gift shop will be up and running for business on June 15th. Looking for a unique handmade gift or last minute hostess present? Stop by and check us out. Store hours are 9-3 Monday thru Thursday.

Annual BBQ June 22nd—noonish



It's time for our Annual BBQ, which is also the harbinger of our weekly BBQ's. The yearly Annual BBQ is sponsored by The Friends of the Boxford COA and is our biggest event of the year.

The Annual BBQ is open to all the Boxford COA seniors, the Boxford Town Employees and the Boxford volunteers. The menu will probably consist of hamburgers, hotdogs and sausages. To go along with that, we will be serving various salads (potato salad, green salad and, probably a pasta salad, home made baked beans, cooked pepper and onions to go with the sausages and the usual condiments. I stated "probably" because everything except the hamburgers, hotdogs and sausages are at the mercy of the planners and cooks. There will be desert but you'll have to wait for the day of the cookout to find out what it will be.

Boomer will be out entertainer for this event. Boomer (Bob) has a wide assortment of music he plays/sing which will set your toes to tapping and bring a smile to your face.

Reservations are a must (so we can plan on how many to feed) and the COA van will be available to those who wish to take advantage of this service.

Hope you can make it — remember, call in your reservation.

First Annual Trot Trot Race and Bring a Friend Night

**Thursday, June 16th At 6:30
Windrush Farms**

This non-profit provides equine assisted activities and therapies to children and adults with special needs, veterans, youths at risk, survivors of human trafficking and others. Entry fee is \$45 (before June 1) \$50 after June. More info: www.windrushfarm.org

**School will be out the end of June so
enjoy the absence of school buses but
please drive carefully.**

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)

Wednesday 6/1, 6/8, 6/15

Thursday—6/23 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 be at the COA on Tuesday, June 14th 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, June 22nd 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.

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, June 1st 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.

Boxford COA Trips with Collette Vacation

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

Highlights of this trip includes 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 includes 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

The Superstars of Country Music Thursday, June 23rd At Venus De Milo in Swansea, MA

A tribute to the superstars of country music including Reba McEntire, Willie Nelson, Waylon Jennings, Johnny Cash and Dolly Parton put on by the Highwaymen and the Queens

of Country. Price only \$89/pp which includes transportation, lunch and show. For more info — please call the COA.

Red Sox Play Yankees In New York July 16th –17th

Main Level reserved seats at Yankee Stadium

Day 1

Depart mid-morning and arrive at Yankee Stadium in time for pre-game warm-up before the 4 o'clock game. After the game head to the Tarrytown Sheraton to relax, unwind and get a good night's rest.

Day 2

Head to New York City after an included breakfast where the Best of Times tour director points out some of the great sights NY is known for and then time to enjoy the city at your own pace. Per Person: \$269 Double \$349 Single A deposit of \$50 is due with reservation.

Hey Day of the Big Bands & Pop Goes the Fourth With Roy Scott Big Band Tuesday, July 19th

Best of Times presents Pop Goes the Fourth and a return of the Hey Days of the Big Band era. The repertoire of the Ray Scott Big Band covers over 60 years of great music from the original classics of the Swing Era to the current hits of the Swing Revival. The summer concert features a wide range of favorites — swing, jazz, rock, pop, "cool" jazz, funk, bebop, blues and Latin. Price is \$79/pp which includes transportation, luncheon and show at Luciano's Lake Pearl in Wrentham MA. The luncheon menu gives you a choice of boneless breast of chicken or fresh

baked scrod. If you are interested — please call the COA for more information

A LobsterBake and Lighthouse Lovers Harbor Cruise Thursday, August 25, 2016

The day begins with a bountiful Lobster-bake 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.

Boxford COA

Activities

Weekly BBQ's

Wednesday's—Rain or Shine

During the summer, the Boxford COA has weekly BBQ's for our seniors every Wednesday. 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 Wednesday, June 14

Now that we have no chance of snow we can spread our wings to restaurants outside the Boxford area. So let's head out to Warren Lobster House — a big favorite of our seniors. 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 \$3.00/pp.

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

June 2: Cheaper by the Dozen (1950 movie)
June 7: 13 Hours: The Secret Soldiers of Benghazi

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.

Wednesday Church

Dinners at 6:15 PM

At First Congregational Church

Date for the upcoming First Congregational Church Wednesday Night Dinner in June — is June 8th. The cost is \$10.00/pp but with a dollar cap of \$20.00 for families. If you have any questions, please visit their web site at www.firstchurchboxford.org.

Activity Changes At The COA During The Summer

There are various changes to the activities at the COA this summer. New activities are added and other activities are on summer hiatus. They are:

- Tuesday and Thursday **Congregate Lunches** will stop on June 9th and resume around September 13th or 20th.
- **Wonderful World of Science** — will take a summer hiatus and resume either in September or October.
- **Movie Time at the COA** will stop on June 7th and resume on October 6th.
- **MahJongg/Game Day** will move from Wednesday's to Thursday's starting on June 23rd. It will move back to Wednesday's in September.
- **Facts & Figures:** Is on summer hiatus and will resume in August.
- **BBQ's:** Regular Wednesday weekly BBQ's will resume on June 29th and continue to sometime in September. But don't forget the Annual BBQ which is on June 22nd.
- **COA Board Meetings:** During the summer months, the COA Board Meetings will only be held if needed. No pre-scheduled meetings.
- **First Congregational Church Wednesday Suppers:** Will stop on June 9th and resume sometime in September/October.
- **Great Group:** Will be on summer hiatus and resume in October. For more information — please call Doffy Falk.
- **Cookin' With Anna:** Is on summer hiatus and resume in October.

For those activities where we do not have a definite start date — please refer to the September Newsletter for more information.

St. James Episcopal Church Bean Supper

June 18, 4 to 6 PM

Parish Hall

119 Washington St, Groveland

Meal includes baked beans, hotdogs, potato salad, macaroni and cheese, coleslaw and homemade desserts. Cost is Adults—\$8.00/pp, Children under 12—\$4.00/pp. For more info — please call (978)372-5531

Carmel Apple Dump Cake

Delicious!!!! I got this on FaceBook — looked interesting so I decided to try it. My son and grandson loved it so much so that I had verrrry little left (they also took some home). It takes longer for the oven to heat up then to put it together. So here we go.

2 cans apple pie filling	1/4 cup caramel sauce (the kind you use on ice cream)
1 box yellow cake mix	1/2 tsp cinnamon (optional)
2 sticks melted butter	1/2 cup chopped pecans (optional)

1. Grease 9x13 pan and pre-heat oven to 350 degrees.
2. Mix apple pie filling with caramel sauce and optional cinnamon. Suggest that you mix cinnamon with caramel sauce.
3. Pour mixture in pan and spread out evenly.
4. Sprinkle dried cake mix over apples evenly.
5. Pour melted butter over cake mix.
6. Sprinkle (optional) pecan bits. I didn't have pecan bits so I used crushed walnuts.

Bake approximately 40 to 45 minutes or until top is golden brown and caramel is bubbly around the edges.

The recipe called for whipped cream and to serve it either warm or cold. I did the warm and used the whipped cream but ice cream would have been better. Also — this is a dessert that you would spoon out and serve in a bowl.

Free

Depends and/or Bed Pads

The COA has a large inventory of Depends and Bed Pads which are up for grabs. If you have a family member who uses either one of these items — please call the COA or stop by and take what you need. Unfortunately, it's unclear on what sizes we have since not all the packages are marked. I do know we have large but not sure if we have anything smaller.

Generic Drugs vs. Branded Drugs

From an article written by "Trisha Torrey at VeryWell"

A generic drug is simply a branded drug that uses a different name. You'll recognize many of the names. The brand Tylenol has a generic called acetaminophen, Prilosec is the brand name for generic omeprazole, which helps people with reflux disease, Metformin, used by diabetes patients, is the generic name for the brand Glucophage.

The US Food and Drug Administration (FDA) considers a generic drug to be "identical, or bioequivalent, to a brand name drug in dosage form, safety, strength, quality, performance, characteristics and intended use.

Generic drugs cost less than their branded counterparts and with the skyrocketing costs of healthcare, choosing generic drugs may be one way to keep costs lower.

What Are the Difference Between Generic and Branded Drugs?

Beyond the pricing, there are at least two other differences. First, not all innovator drugs have a generic version. Those that were

recently developed are probably still patented; therefore a generic does not exist. To get the benefits of those drugs, you'll need to use the branded versions.

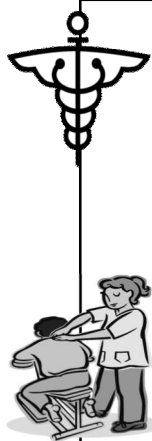
Also, "bio-equivalent" means only that the active ingredients need to be the same. US Trademark laws require the drugs to look different, so the generic version may be a different color, a different shape, have a different taste, or contain inactive ingredients that are different.

Why Do Generic Drugs Cost Less?

When a pharmaceutical manufacturer develops a new drug, it obtains a patent for that drug. The patent protects the developer's investment in developing the drug, and no else can legally sell the exact same drug for a period of time. It will be protected for up to 17 years. When we purchase a patent-protected drug, we are paying for the research costs, the costs incurred in proving it safe, the costs to market and transport the drug, etc.

Once that patent-protected time has passed, any other company can manufacture and sell a drug with the same ingredients as the branded one. However, the FDA insists that a generic drug must be given a new name. Since the company that manufactures the generic didn't incur the costs of the original research, testing or marketing, the cost is lower.

If you have an insurance plan that covers prescription drugs, you may be surprised to know that some branded drugs will actually cost you less from your pocket than generics do. Health insurance companies negotiate pricing with drug manufacturers and drug sellers, occasionally resulting in more favorable pricing for their insured customers for branded drugs.



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, **June 1st** 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

2016 Tick Season

Mosquitoes and ticks are the down side of summer. This month, we are focusing on ticks as this year will be a bad year for ticks — pay-back for such a mild winter.

A bit of added incentive this year to take preventive measures: scary new statistics and some smart new tips. We cannot know whether this will be a particularly heavy tick year, but Dr. Catherine Brown, of the MA Dept. of Public Health said, "We haven't seen any weather in the last couple of years that is particularly bad for ticks and so her suspicion is that there's quite a few of them out there."

The scary new statistics come from the CDC (Center for Disease Control). Last summer, it adjusted upward its estimates of Lyme disease prevalence by a factor of 10, to about 300,000 American cases a year. Most are easily resolved with prompt antibiotic treatment but some, as estimated 10 to 20 percent, are not, and once you've heard a few of the lingering Lyme horror stories, you should resolve to do all you can do to protect yourself and your loved ones.

Here are five new tips:

1. **Spray your shoes** with repellent containing Permethrin. Treating your shoes is a good idea because the nymphal-stage deer ticks are in *leaf litter*, and so as your shoes move through the leaf litter, that's where those ticks take hold. They're going to latch onto your shoes and crawl up, and they can crawl up pretty fast.
2. **Pants.** You want to create a barrier by your lower clothes, like pants legs. You should be treating the inside as well as the outside, or buy commercially treated clothes that are treated both inside and outside.
3. **The dryer:** Just strip your clothes off as soon as you come inside and throw them in the dryer for 10 minutes on high heat and that will pretty much desiccate any ticks you might carry in.
4. **Can't put your dog** in the dryer: So you want to make sure that your dog has effective quick kill product on it like Advantix II. Seresto collars are also very good.
5. **Yard:** Pre-treating your yard will help immensely by hiring a pro-

fessional pest applicator that knows what they're doing about killing black-legged ticks. That means they should be offering a program of one to two sprays with a synthetic pyrethroid. They've shown in their studies that that's very effective.

Dryness can help beat ticks down. A recent paper Dr. Mather co-authored, building on about 14 years of observations, found that extended episodes of low humidity in June dramatically affected the population of nymphal ticks — those likeliest to transmit Lyme disease. Specifically, it took more than 8 hours of humidity below 82% in the shady leaf borders where ticks live for them to start to die off.

One of the most important things you can do is check yourself for ticks once a day. Favorite places ticks like to go on you are toes, back of the knees, groin, armpits and neck (along the hairline and behind the ears). Remember to check your youngsters and pets as soon as possible after they come inside from romping in the yard.

You should not apply kerosene, petroleum jelly, nail polish or a hot match tip to remove the tick.. These measures are not effective and may result in injury. If you find a tick attached to your skin, don't panic. Use a pair of fine point tweezers to grip the tick as close to the skin as possible and pull straight out with steady pressure. Circle the calendar date and note where on the body the tick was removed. You may want to save the tick for identifications.

When going outside to an area likely to have ticks, stick to main pathways and the center of trails when hiking. Wear a light-colored long-sleeved shirt with long pants and tuck your pants into your socks. This will keep ticks away from your skin and make it easier to spot on your clothing. Use bug repellents on your clothing. Talk to your veterinarian about the best ways to protect your pets and livestock from ticks.

If you are bitten by a tick and uncertain — see your doctor and have the necessary tests done for Lyme disease.

A Blonde's Year In Review

January: Took new scarf back to store because it was too tight.
February: Fired from pharmacy job for failing to print labels....
Hellllloooooo!!!!..... Bottles won't fit in printer!!!!
March: Got really excited.... Finished jigsaw puzzle in 6 months.
Box said "2 – 4 years!"
April: Trapped on an escalator for hours.... Power went out!!
May: Tried to make Kool-Aid.... Wrong instructions..... 8 cups of
water won't fit into those little packets!!!!
June: Tried to go water skiing.... Couldn't find a lake with a
slope.
July: Lost breast stroke swimming competition.... Learned later,
the other swimmers cheated, they used their arms!!!!
August: Got locked out of my car in rain storm. Car swamped
because soft-top was open.
September: The capital of California is "C".... Isn't it????
October: Hate M&M's..... They are so hard to peel.
November: Baked turkey for 4 1/2 days.... Instructions said 1
hour per pound and I weigh 108!!!
December: Couldn't call 911. "Duh".... There's no "eleven" but-
ton on the stupid phone.

Cute

- Here is your nose. I found it in my business.
- I was just wondering — does anyone else get road rage from pushing a cart through WalMart.... Or is it just ME?
- Men say that women should come with instructions....
What's the point of that? Have you ever seen a man actually read instructions?
- Husbands are the best people to share secrets with. They'll never tell anyone because they aren't even listening.
- I'm not short, I'm just more down to earth than other people.
- Our phones fall — we panic. Our friends fall — we laugh.
- Exercise? I thought you said "Extra Fries."
- So you mean to tell me a Stress Ball isn't for throwing at people who stress you out?
- Snaughling: Laughing so hard you snort, then laugh because you snorted, then snort because you laughed.
- Instead of cleaning house — I just watch an episode of Hoarders and think — Wow — my house looks great!!

Why People Don't Trust Senior Citizens

The other day I went over to a nearby Pharmacy.

When I got there, I went straight to the back of the store to where the Pharmacists' Counter is located.

I took out my little brown bottle along with a teaspoon and laid them both onto the counter.

The Pharmacist came over, smiled and asked if he could help me.

I said, "Yes! Could you please taste this for me?"

Being I'm a Senior Citizen — I guess the Pharmacist just went along with me.

He picked up the spoon and put a tiny bit of the liquid on his tongue and swilled it around.

Then with a stomach-churning look on his face, he spit it out on the floor and began coughing.

When he was finally finished, I looked him right in the eye and asked, "Now, does that taste sweet to you?"

The Pharmacist, shaking his head back and forth, with a venomous look in his eyes, yelled, "HELL NO!!!!"

So I said, "Oh thank God! That's such a relief! My Doctor told me to get a Pharmacist to test my urine for sugar!"

Well, I can never go back to that Pharmacy, but I really don't care though, because; they aren't very friendly there anyway!!!!

Nutrition and Health

For those of you who watch what you eat — here's the final word on nutrition and health. It's a relief to know the truth after those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

Conclusion: Eat and drink what you like. Speaking English is apparently what kills you!.

Van Gogh's Family Tree

His dizzy Aunt.....Verti Gogh

The brother who ate prunes.....Gotta Gogh

The brother who worked at the convenience store.....Stop N Gogh

The cousin from Illinois.....Chi-ca Gogh

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 June Birthday lunch will be held on Tuesday, June 7th 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 June Seniors!

June Daily Observances Trivia

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



June 6th—D-Day
June 14th—Army's Birthday
and Flag Day

June 19th
Father's Day



June 22nd
Baby Boomer's
Recognition 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

In the blink of an eye, everything can change. So forgive often and love with all your heart.

You may never know when you may not have that chance again.