



# Boxford's Boomers & Beyond



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

## March 2016

### **Daylight Savings Time Begins Sunday, March 13th**

You know the saying — *spring ahead, fall back*. It's also a good "rule of thumb" to follow, when you change your time — change your batteries in your **smoke and carbon monoxide detectors**. See page 4 for more info on smoke and carbon monoxide detectors.

### **St Pat's Holiday Luncheon Wednesday, March 16th**

#### **First Congregational Church Hall**

It's the wearing of the green and a good time to get your fill of a delicious boiled corned beef and cabbage dinner.

The Friends of the Boxford COA is holding their annual St. Pat's Luncheon on Wednesday, March 16th at noon and all Boxford COA seniors are welcome. Please call to make your reservations by Thursday, March 10th — **reservations are a must**. If you need the COA van for transportation — please let us know at time of reservation.

This year we will be serving the "grey" corned beef along with all the boiled dinner trimmings (cabbage, carrots, potatoes and turnips). We will also be serving ham for those who are not corned beef lovers and don't forget the dessert.

Our friendly Irish crooner, Brian Cochran, will be there to entertain us with Irish ballads and toe tapping Irish folk music.

### **Practicing Good Consumer Health From The MA Attorney General Office Wednesday, March 23rd at 11 AM**

As a savvy consumer, you have a duty to be on alert for potential misleading contractual deals and scams. Please join the Office of Attorney General (AGO) Maura Healey, at the Boxford COA, on Wednesday, 23 to learn more about these important consumer topics and many other resources that the People's Law Firm has to offer! One of the missions of the AGO is to help educate Massachusetts constituents about their rights and about ways to protect themselves and their identities. They will provide information to help you make informed decisions and to offer some tips to help you to avoid deception and fraud. Come hear representatives from the AGO speak about what you may need to know about identity theft, scams and other consumer protections.

Reservations are required. Please call the COA if you are interested in joining us for this presentation. Lunch will be served after the presentation to those who attend.

### **Homestead Seminar April 6th At 11 AM**

Do you have a Homestead on your property? Attend a free Homestead Seminar to learn how to protect your home — your most valuable asset.

Register of Deeds, John O'Brien, will be sending representatives from the Southern Essex District Registry of Deeds to explain the benefits of the Homestead Act, help you fill out and file the Declaration of Homestead and answer questions concerning Homesteads.

If you are interested in attending this seminar — please call the COA to make reservations. If you sign up by March 24th you can receive a complimentary copy of your deed on the day of the seminar. The name on the deed and your address is required for this. Lunch will be served after the seminar to those who attend.

### **Community Pot-Luck and Karaoke Wednesday, April 6th at 6 PM Community Center/COA**

#### ***A great chance to display your talent— or lack of it.***

Join us for an evening of good food and karaoke entertainment. Bring your family and your specialty dish to share. We ask that you bring at least enough food to feed your family.

Call the COA at 978-887-3591 to reserve your space and let us know what you are bringing (i.e.: Main dish, salad, appetizer, dessert)

### **How Safe is Your Home and Family?**

The Council on Aging and the Boxford Fire Department have collaborated on several new programs in an effort to keep both you and your home safe. These programs include File of Life, "Is your Number Up" house numbering, Smoke Alarm and CO2 Detectors check and replacement and the "Remembering When" Fire and Fall Prevention Program.

For more information on these programs see the articles page 4 of this publication or contact the COA at 978-887-3591

## 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](http://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 March 15th and April 19th 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, March 30th 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 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*

### 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*

## CHANGING EVENTS

### BOOK LOVER'S CLUB

Last chance to save the Book Lover's Club. Participation has been very low so unless it improves — we will discontinue having the Book Club due to lack of interest. Next meeting is planned for Monday, March 21st.

*All Readers Welcome*

### 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, March 9th at 9:30 AM

*All are Welcome*

### COOKIN' WITH ANNA

The next cooking class is scheduled to be held on March 21st 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 NOT be skipping March as originally thought. The subject for the March 22nd meeting will be "The story of how mankind transitioned from nomadic existence to home life in villages."

*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 March 15th and the discussion will be "Electing a President." **Do you know who really elects our President?**

*All Ages Welcome*

## Boxford COA Trips

### W/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 or 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 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](http://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.

### Wednesday, March 30

We're headed out to Joseph's Trattoria Bakery/Restaurant in Bradford which is part of Haverhill. We haven't been there before, the prices are a bit on the high side but the food is good. This place ranks as the #1 restaurant in Haverhill. 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.

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

### Oscar Time At The COA Thur. around 12:15 PM Nominated Movies

Mar 3: The Martian  
Mar 10: Bridge of Spies  
Mar 17: The Big Short  
Mar 24: Spotlight  
Mar 31: Sicario

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 March on Tuesdays at 1 PM. Classes will include connecting to and using Facebook on computers, tablets and iPhone. 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 March are the 9th and 30th. 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](http://www.firstchurchboxford.org).

### Thursday, March 17th

#### St Pat's Lunch at Masco

Masco Regional High is inviting our Boxford seniors to a variety of home cooked meals at the Masco small cafeteria on March 17th. Dinner will be served at 4:30 PM. There will be a variety of singing and musical acts from their talented students in the chorus and band programs as well as a number of gift baskets to be raffled off.

If you are interested in attending — please call the COA at 978-887-3591 by March 15th to make your reservations.

### **Help Wanted**

The Boxford Library needs some help and is looking for Boxford seniors (60+) who are interested in taking advantage of Boxford's Tax Work-off Program by filling these positions.

#### **Library Shelving Position**

Looking for two volunteers to assist the Circulation Department. The people would be responsible for shelving books, retrieving items from a list of requested books and to help keep the book shelves in proper order. The positions require that you would need to be able to bend down to shelves which are about 1 foot off the floor and reach shelves 5 1/2 feet high. The volunteer would receive all the necessary training required to shelve books and keep shelves in proper order. The Library has volunteer shifts available on Tuesday and Thursday and the shift can be either in the morning or afternoon.

If you are interested in any of the above Tax Work-off volunteer positions, please call the Boxford COA at (978) 887-3591. Seniors applying these positions with the Library will be required to have a CORI check done by the COA. You will not be able to start working until the CORI is returned clean.

### **2016 Tax Filing Date**

#### **Tuesday, April 19, 2016**

Due to Emancipation Day (Friday 4/15/16) and Patriots Day (Monday 4/18) Massachusetts tax filings (both Federal and State) are due on Tuesday, April 19, 2016.

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 through mid April. MA 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.

### **We Have A New Mardi Gras King**

At our Tuesday, February 9th luncheon, Bobbi Klein (2014 King) gave up her Mardi Gras Reign to Doreen King — our new 2016 Mardi Gras King (no pun intended). Doreen found the little plastic baby in her piece of King Cake and then graciously accepted the Crown and Scepter signifying her 2016 Reign.

### **Speaking of**

#### ***Smoke and Carbon Monoxide Detectors***

The Boxford Fire Department has received another grant to purchase and install both smoke and carbon monoxide detectors in the homes of our Boxford seniors — free of charge. Please note that funds are limited and hardwired detectors will be at the Fire Department's discretion. Hardwired detectors need to be installed by a licensed electrician.

The life of a detector, whether it be smoke or carbon monoxide, is about 10 years at the most. If your detector is up there in age you should consider replacing them. If it passes the "test" button — that only confirms that the battery, electronics and alert system are working; it doesn't mean that the smoke/carbon monoxide sensors are working.

With this grant — the Boxford Fire Department will come out to your home, inspect the locations and age of your current Smoke and Carbon Monoxide Detectors. Make recommendations when necessary and install new detectors where needed.

If you are interested — please call the Boxford COA at (978) 887-3591 to set up an appointment to have your detectors inspected. This is a small thing to do to **keep your home safe**.

### **Is Your Number Up?**

#### **That is your house number**

Is your house properly numbered? Is your house number visible from the street during the summer months when there is much foliage? If you have a street mailbox — is your house number there, and visible? The Town has recommendations as to where house numbers should be visibly displayed — do you comply? The Boxford Fire Department will purchase and install house numbers where they will be properly visible and according to the Town's recommendation as to where they should be put. This will be done free of charge but the purchases of the house numbers will not be done as special purchases to fit the taste of the home owner.

Call the COA if you need house numbers or would just like the Fire Dept. to check their placement.

### **"Remembering When Fire and Fall Prevention Program"**

Pam, Mike Soltys from the Fire Dept. and VNA nurse, Joan Fitzpatrick received a grant from Remembering When to attend a two day conference on Fire and Fall Prevention. Our mission now is to share our vast knowledge on the subject with all of you. Little things in our home that we don't even notice anymore could be jeopardizing our safety. We will be glad to come out and check your home for hidden dangers that could present a problem.

Call the COA if you would like to learn more about possible fire and fall dangers in your home.

### **File of Life**

The goal of the COA and the Boxford Fire Department is to make sure everyone has a File of Life on their refrigerator. This File of Life is a medical record of your medications, medical conditions, allergies and additional medical information.

In the case of an emergency this record of your medical history could mean the difference between life and death.

File of Life is available at the COA or by scheduling a home visit at which time we will assist you in filling it out.

## Lemon Meringue Cupcakes

I saw this on Facebook and it looked interesting. My daughter also saw it and decided to make it and sell it at her restaurant/bakery. Per my daughter — it was easy to make, sold well and delicious. So here is the recipe — it's not as complicated as it looks.

Lemon Filling:	3 egg yolks (whites for meringue)	3/4 cup granulated white sugar	3 tbsp. all purpose flour
	Pinch of salt	3 tbsp. lemon juice	2 tbsp. lemon zest, loosely packed
	1/2 cup water	2 tbsp. unsalted butter, melted	
Cupcakes:	1/2 cup unsalted butter	1 cup sugar	2 eggs
	3 tbsp. lemon juice	2 tsp baking powder	1 tsp salt
	1-1/2 cups all purpose flour		
Meringue:	3 egg whites	pinch of salt	1/4 cup sugar

1. Make lemon filling: In a small saucepan over low heat, whisk egg yolks, sugar flour and salt.' whisk in lemon juice, lemon zest, water and melted butter; increase heat to medium and, whisking constantly, cook until lemon filling is smooth and thick — about 7 minutes. Set aside
2. Preheat oven to 375 degrees
3. Make cupcakes: In medium bowl, beat butter and sugar until light and fluffy; beat in eggs, lemon juice, baking powder and salt; beat in flour until just combined.
4. Divide cupcake batter between 12 cupcake lines in a muffin pan; bake 15-16 minutes until center of cupcakes firms up, remove cupcakes from oven and cool 5-8 minutes. DO NOT TURN OFF OVEN.
5. Meanwhile, make meringue: beat egg whites with salt until mixture begins to stiffen; add sugar and beat until meringue is stiff and forms pretty peaks (don't over do it).
6. With a sharp knife, remove center of each cupcake (about 1" in diameter), leaving a layer of cupcake beneath cutout; discard cupcake core (or treat the weary baker to a tart little snack); fill cupcake centers with lemon filling.
7. Divide dollops of meringue between cupcakes, spreading out to edges and gently tapping with back of spoon to form peaks; return cupcakes to oven and bake an additional 5-6 minutes until meringue peaks are golden brown; remove from oven and let cool 10 minutes; refrigerate an hour or more before serving.

## Social Security Email Scammers

The following information was received by Social Security and posted on January 27, 2016 by Amy Herbert, Consumer Education Specialist, FTC. It is a WARNING — email scam alert. You can read the entire article and helpful hints posted by users by going to the following website:

[Blog.socialsecurity.gov/scammers-fake-social-security-email](http://Blog.socialsecurity.gov/scammers-fake-social-security-email)

The subject line says "Get Protected," and the email talks about new features from the Social Security Administration (SSA) that can help taxpayers monitor their credit reports, and know about unauthorized use of their Social Security number. It even cites the IRS and the official-sounding "S.A.F.E. Act 2015." It sounds real but it's all made up.

It's a phishing email to get you to click on a scammer's link. If you do, a scammer can install malware — like viruses and spyware — on your computer. Or, the link might send you to a spoof site — a look-a-like website set up by a scammer to trick you into entering your personal information.

Not sure if an email is really from the government? Here are a couple of clues. Did the email end up in your junk folder? Email providers use filters to help catch phishing scams and prevent

spam from getting into your inbox. And when you hover your cursor (arrow) over the link, is the web address really a trusted website? In this fake SSA email? Is the web address they are asking you to click on — do you see the link goes to "xxxxx.com" — instead of the Social Security Administrator's socialsecurity.gov or another "xxxxx.gov" site?

If you get a questionable email, don't click on any links, or open any attachments. Report it to the FTC by forwarding the email to [spam@uce.gov](mailto:spam@uce.gov) — and to the real organization impersonated in the email. You also can report it to your email provider. Some email providers let you mark messages as phishing scams. When you're done — delete the email.

If you're unsure about an email that looks like it's from the government, contact the agency directly. As the COA finds out about these email scams along with the telephone scams — we will pass the information on to you thru our Monthly Newsletter.

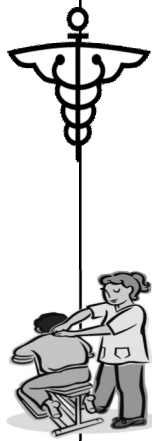
## W. Boxford Improvement Society's 7th Annual Soup & Chowder Fest

Saturday, March 12th 5-7 PM

Adults \$10, Children \$6.

Lincoln Hall \* 563 Main St. \* Boxford

Contact (978)994-0430 for more information.



**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, March 2nd 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

## Prescription Drug Costs Too High?

Are you on a very limited income and paying too much for your prescriptions? Look into the "Extra Help" program for the Social Security Administration! You may be eligible to apply for "Extra Help" in meeting prescription drug costs... and you can be a homeowner and still potentially qualify for this program.

The Medicare Prescription Drug program gives you a choice of prescription plans that offer various types of coverage.

You may be able to get "Extra Help" to pay for the monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program. However, you must be enrolled in a Medicare Prescription Drug plan to get this extra help.

Benefits for 2016 include drug co-pays as low as \$2.96 for generics and \$7.40 for brand name drugs. An "Extra Help" application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/mth	\$13,640
Couple	\$2,011/mth	\$27,250

Social Security contact information: 1-800-772-1213 or apply online at [www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp).

## Bladder Problems

Bladder problems are very common, disrupting day-to-day life for millions of older adults, especially women. Being unable to hold urine is one symptom of a bladder problem, but there are other signs your urinary system may not be working as well as it should which include:

- Inability to hold urine or leaking urine
- Needing to urinate eight or more times in one day
- Waking up many times at night to urinate
- Sudden and urgent need to urinate
- Pain or burning before, during or after urinating
- Cloudy or bloody urine
- Passing only small amounts of urine after strong urges to urinate
- Trouble starting or having a weak stream while urinating
- Trouble emptying the bladder.

As you get older, the bladder changes. The elastic bladder tissue may toughen and become less stretchy. A less stretchy bladder cannot hold as much urine as before and might make you go to the bathroom more often. The bladder wall and pelvic floor muscles may weaken. Weak bladder wall muscles may make it hard to empty the bladder fully. Weak pelvic floor muscles may make it hard to hold urine in the bladder, which may cause urine leak.

Bladder problems are very common and they can really lower a person's quality of life. In fact, people with bladder problems may have a lower quality of life than people with diabetes, heart disease or high blood pressure. Bladder problems can disrupt day-to-day life. When people have bladder problems, they may avoid social settings and family get-togethers. Bladder problems can also make it hard to bet tasks done at home or at work.

Common bladder problems include Lower Urinary Tract Symptoms (LUTS), Bladder Infection (Cystitis) or Bladder Cancer.

Bladder problems occur more often in women but they are also quite common in men. The reasons for the problems can be different in men and women. Men have prostate gland that surround the opening of the bladder. While most tissues get smaller with aging, the prostate gets bigger. When it gets too big, it can restrict the flow of urine through the urethra. This can make it hard to start urinating, cause the urine stream to be slow and prevent men from completely emptying the bladder.

## Lexophilias

- How does Moses make tea? Hebrew it!
- Venison for dinner again? Oh deer!!!
- A cartoonist was found dead in his home. Details are sketchy.
- I used to be a banker, but then I lost interest.
- Haunted French pancakes gives me the crepes.
- England has no kidney bank, but it does have a Liverpool.
- I tried to catch some fog, but I mist.
- They told me I had Type-A blood, but it was a Typo.
- I changed my iPod's name to Titanic. It's syncing now.
- Jokes about German sausages are the wurst.
- I know a guy who's addicted to brake fluid, but he says he can stop anytime.
- I stayed up all night to see where the sun went, and then it dawned on me.
- This girl said she recognized me from the Vegetarian Club, but I'm sure I'd never met herbivore.
- When chemists die, they barium.
- I'm reading a book about antigravity. I just can't put it down.
- I did a theatrical performance about puns. It was a play on words.
- Why were the Indians here first? Because they had reservations!!
- I didn't like my beard at first. Then it grew on me.
- Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- When you get a bladder infection, urine trouble.
- Broken pencils are pointless.
- What do you call a dinosaur with an extensive vocabulary? A Thesaurus.
- I dropped out of communism class because of lousy Marx.
- All the toilets in New York's police stations have been stolen. The police have nothing to go on.
- I got a job at a bakery because I kneaded dough.
- Velcro — what a rip off!
- Don't worry about old age — it doesn't last.

## Dr. Geezer's Clinic

An old geezer became very bored in retirement and decided to open a medical clinic. He put a sign up outside that said: "Dr. Geezer's Clinic. Get your treatment for \$500, if not cured, get back \$1,000."

Dr. Young, who was positive that this old geezer didn't know beans about medicine, thought that this would be a great opportunity to get \$1,000. So he went to Dr. Geezer's clinic.

**Dr. Young:** "Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"

**Dr. Geezer:** "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

**Dr. Young:** Aaagh!! — "This is Gasoline!"

**Dr. Geezer:** "Congratulations! You've got your taste back. That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

**Dr. Young:** "I have lost my memory, I cannot remember anything."

**Dr. Geezer:** "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

**Dr. Young:** "Oh, no you don't — that's Gasoline!"

**Dr. Geezer:** "Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

**Dr. Young:** "My eyesight has become weak — I can hardly see anything!!!"

**Dr. Geezer:** "Well, I don't have any medicine for that so, here's your \$1000 back." (giving him a \$10 bill).

**Dr. Young:** "But this is only \$10!"

**Dr. Geezer:** "Congratulations! You got your vision back! That will be \$500."

Moral of story — just because you're "Young" doesn't mean that you can outsmart an "Old Geezer!"

Remember — Don't make old people mad. We don't like being old in the first place, so it doesn't take much to tick us off.

## How To Stop A Gossip

Mildred, the small town gossip and self-appointed monitor of church morals, was always one to stick her nose into other people's business. Most of the members of the congregation did not approve of her intrusions, but she was feared, so all maintained their silence. She took that fatal step too far one day, when she accused Frank, a new member, of being an alcoholic after she saw his old pickup parked in front of the small town's only bar all afternoon. She emphatically told Frank (in front of several others) that everyone seeing that pickup there would know what he was doing!

Frank, a man of few words, stared at her for a moment, then just turned and walked away. He didn't explain, defend or deny. He said mothering. Later that evening, Frank quietly parked his pickup in front of Mildred's house, walked home.... And left it there all night.

## Phone Calls

The next time you get a call from a blocked or unknown number.... Answer it and whisper.... "It's done, but there's blood everywhere!" Then hand up.

## Senior Car Window Stickers

- Young at heart, slightly older in other places.
- I'm speeding because I have to get there before I forget where I'm going.
- I don't exercise! It makes my coffee spill.
- At my age.... "Getting' Any?" means sleep!

**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 March Birthday lunch will be held on Tuesday, March 29th 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 March Seniors!**

***March Daily Observances Trivia***

*Trivia Holiday Observances information is taken from the Funky Holiday website at [www.brownielocks.com](http://www.brownielocks.com)*



***March 13th***  
***Daylight Savings Begins***

***March 17th***  
***St. Pat's Day***



***March 27th***  
***Easter Sunday***

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**

Show respect even to people who  
don't deserve it;  
not as a reflection of their character,  
but as a reflection of yours.