



# Boxford's Boomers & Beyond



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

**May 2015**

## **COA's Antique Appraisal Day Sunday May 3rd, 11AM to 5 PM**

What treasures do you have in the attic? Find out at the 1st Annual Antiques Appraisal Fair. Appraisers are from Kaminsky Auction House. Registration forms enclosed in this issue and will be available at The COA, Town Hall and the Boxford COA website.

**Walk-ins Welcome**

## **Candidate's Forum Monday, May 4th, 11:30 AM At The Boxford COA**

Our annual Candidates Forum will be held on Monday May 4th at 11:30 upstairs at the COA.. ***Lunch will be served following the forum so reservations for lunch is required.*** Now is the time to ask your questions. Were you displeased with some of the voting/ findings the incumbents made? For those running for office for the first time — where do they stand on issues important to you? Bring your questions for the candidates and get answers to those items.

## **Another Candidate's Forum Thursday, May 7th, 7:00 PM Town Hall (Meeting Room #1)**

If you missed the one on Tuesday at the COA — you can attend the one at Town Hall. Reservations are not required.

## **Boxford Town Meeting Tuesday, May 12th at 7PM At Masco**

Please refer to your Town Meeting Warrant for more information.

## **Annual Town Election Tuesday, May 19th**

The following positions will be voted upon at this election:  
Board of Assessors — 1 seat; Board of Commissioners of Trust Funds — 1 seat, Board of Health — 2 seats, Board of Library of

Trustees — 1 seat (2 yrs) 3 seats (3 yrs), Masco School Committee — 1 seat, Planning board — 2 seats, Boxford School Committee — 2 seats, Board of Selectmen — 2 seats.

## **VNA Care Network presents..... Fewer Falls, Safer Seniors Program A 6 Week Program at the COA Starting Wednesday, May 6th at 1 PM**

This is a free program, thanks to a grant from The Tufts Health Plan Foundation. The program consists of talks, screenings and more over a 6 week period. For those who attend all sessions — your name will be entered into a raffle for an American Express gift card and other prizes. The sessions will be as follows:

- May 6: Falls & Your Risks Talk — 1 -2 PM
  - May 13: Balance screenings — 1 -3 PM. Appointment necessary.
  - May 13: Orthostatic BP Screening—1 -3 PM. Appointment necessary.
  - May 20: Osteoporosis Screening: 1-3 PM. Appointment necessary.
  - May 27: Exercise—1-2 PM. Wear slacks & comfortable shoes.
  - June 3: Medication Review—1-3 PM. Appointment necessary.
  - June 10: Making Fall Prevention Work For You—1-2 PM
- Raffles will be drawn on this day.

Information and appointments for Screenings:

- Boxford COA — 978-887-3591
- Maureen Sendrowski, RN, MPH (VNA) 888-663-3688, ext 5603.

## **COA Closed Monday, May 25th Memorial Day**

## **June 2015 Upcoming Events**

- June 3rd: Mystery Trip — Signup's required — limited number.
- June 16th: June Birthday Lunch—Reservations required.
- June 24th: Annual BBQ — Reservations required.

## **LINE DANCING With Patty**

Classes are held on Monday and Thursday morning between the hours of 10:00 – 11:00 AM. The cost is \$3.00 per class.

*All Ages Welcome*

## **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 trailhead, at 9:15 AM to explore local trails. For more information, please call BTA/BOLT at (978) 887-7031 or visit their web site at [www.btabolt.org](http://www.btabolt.org)

*All Ages Welcome*

## **GAME DAY (MAH JONGG)**

### **Wednesdays at 1 PM**

We have Rummikub, Scrabble, Yahtzee, Monopoly, Checkers, Cribbage, Mah Jongg and much more. Video games — we have Wii.

*All Ages Welcome*

## **GREAT GROUP**

Great Group, sponsored by The Boxford Village Garden Club, meets at FMV on the 3rd Friday of the month. Call Doffy Falk at (978) 887-8495 for more information.

## **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.

## **Office of Senator**

### **Bruce E Tarr**

## **Constituent Services**

### **Advisor**

Tuesday, May 19th, from 10:30 to 11:30 AM

*All Are Welcome*

## **MIXED BAG (Knitting)**

Every Tuesday at 9:30 AM is the COA's Mixed Bag Day.

*All Are Welcome.*

## **VETERANS SERVICES**

Our local veteran's agent (Ed Mitchell) will be available at the COA on the first Wednesday of each month. His office hours are from 10 to 2 PM. Appointments are recommended but he will take walk-ins. Call the COA to schedule an appointment.

## **HEALTH BENEFITS**

### **SHINE With Judy Calnan**

Our SHINE Rep. is at the COA on Wednesday's for appointments only, starting at 9:30 (three one hour appointments). If you would like to meet with her, please call the COA to make an appointment.

## **NEWS AND VIEWS**

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

*All are welcome*

## **PC Assistance**

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

*All are welcome*

## **CHANGING EVENTS**

### **Acrylic Art Classes**

A new 6-week session will start on May 11th, 10 AM to 12:30 PM. The art teacher is Peter Grimshaw. The cost is \$30.00 for a 6 week course. Some art supplies will be provided — call the Boxford COA for more information.

*All ages welcome*

## **BOOK LOVER'S CLUB**

The Book Lover's Club usually meets on the 3rd Monday of the month. The next meeting will be held on May 18th at 1 PM Due to the confusing status of the Library, it has been decided to make the book of the month the selection of each member. The book of choice

will be discussed and either recommended to other members of the Book Club or panned. If you have any questions, please call the COA.

*All Readers Welcome*

## **COA BOARD MEETING**

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting will be held at the COA on Wednesday, May 13th at 9:30 AM.

*All are Welcome*

## **COOKIN' WITH ANNA**

Cooking' With Anna is scheduled for the 3rd Monday of the month. The next class will be held on Monday, May 18th at 9:30 AM. Please call the COA if you plan on attending.

*All Seniors welcome*

## **The Wonders of Science**

### **The Maker Movement**

#### **Tuesday, May 19th at 9 AM**

The maker movement is a trend in which individuals or groups create and market products that are recreated and assembled using unused, discarded or broken electronic, plastic, silicon or virtually any raw material and/or product from a computer related device. Most of the products created under the maker movement are open source, as anyone can access and create them using available documentation and manuals.

*All Ages Welcome*

## **FACTS & FIGURES**

Facts & Figures is taking a 6 month hiatus and should return around September 2015.

*All Ages Welcome*

## **Wood Carving Classes**

Fred Arakalien is back. Come and join this wonderful class on carving delicate wood figures. Starting with a sad looking block of wood, you'll end up with a unique figurine — something you can be proud of. The next session will start on May 27th. If interested in joining but unsure whether or not you'd like it — stop by and see him and his students in action. Fred would be more than happy to answer any of your questions. Cost is \$30 for 6 weeks.

*All ages welcome*

## **Boxford COA Trips W/Collette Vacation**

### **Mackinac Island Sept. 5—12, 2015**

Featuring Greenfield Village & Henry Ford Museum, Edsel and Eleanor Ford House, Mackinac Island, The Grand Hotel, Chicago and Millennium Park. Rates are \$2,949/dble occup, \$3,949/single occup or \$2,919/triple occup. Book now and save \$100. Trip includes round trip air from Logan Int'l Airport, Air Taxes and Fees/ Surcharges, Hotel Transfers. *Not included in price — Cancellation Waiver and Insurance of \$205/pp*

### **Northern National Parks October 2-9, 2015**

Featuring Yellowstone National Park and Grand Teton National Park. Your tour begins in Salt Lake City Utah and progresses to Jackson Hole Wyoming. Book now and save \$100/pp. Discount prices (at savings price) are \$2349/pp dble, \$3049/pp single, \$2319/pp triple.

### **Classic Christmas Markets**

#### **Nov. 29-Dec. 7, 2015**

Featuring markets in Strasbourg, Wurzburg, Nuremberg, Munich and Innsbruck. Book now and save: Dbl \$2,999; Single \$3,199; Triple, \$2,969. Regular rates — increase by \$200.00. Trip Cost includes round trip air from Logan, Air taxes and fees/surcharges, hotel transfers. Not included — Cancellation waiver and insurance of \$260/pp. For more info — pick up the brochure at the COA.

## **Boxford COA Trips with Best of Times The Pops At Tanglewood With Keith Lockhart & Bernadette Peters Sunday, July 5th 2015**

Enjoy a matinee of wonderful music with the Boston Pops, lead by Keith Lockhart. Special Lunch at HuKeLau

is your choice of Prime Rib or Stuffed chicken. The cost is \$139/pp and includes the motor-coach transportation, the cost of your lunch and reserved ticket/seat under the Koussevitsky Shed at Tanglewood. A \$10 deposit is at time of reservation with balance on June 5th.

### **Isle of Shoals, Lighthouse & Portsmouth Harbor Cruise**

#### **Tuesday, July 21st**

Board the Victorian style M/V Thomas Loughton and experience the fascinating legends of the New Hampshire and Main seacoast. A great meal at the Portsmouth Gas Light Company with a little history to boot. Cost is \$99/pp which includes transportation, lunch and the harbor cruise. Down payment of \$10 at time of reservation and balance on June 22nd.

### **Gloucester Harbor Cruise Lobster Bake Cruise**

#### **Wednesday, August 19th**

Cruise Gloucester Harbor aboard the beautiful Beauport Princess. And enjoy the views of the city's historic skyline, working waterfront, Rocky Neck Art Colony and the famous Greasy Pole, America's first lighthouses and more. During the cruise, dance to the music of national recording stars. Then top this cruise off enjoy the famous Lobster-bake. Buffet Menu. Enjoy such items as clam chowder, steamed lobster (1 per person) with drawn butter, BBQ chix breast, corn on the cob, red bliss potatoes, coleslaw and dessert. The cost is \$89/pp and includes transportation, cruise, luncheon, entertainment & dancing. A deposit of \$10 is due at reservation with balance on July 19th.

### **Holiday Pops Christmas Matinee Show**

#### **Saturday December 5th**

Start out with a wonderful meal at Venezia Waterfront Restaurant (choice of chix Parm or baked scrod) and then

a wonderful matinee show at the historic Symphony Hall. Capture the magic of the Christmas season with the Boston Pops who will perform their signature Sleigh Ride as well as other Holiday classics. Cost is \$129/pp which includes transportation, luncheon and show. A deposit of \$10 is due at reservation and balance on Nov 5th.

### **Christmas at the Newport Mansions Thursday, December 10th**

Come and see two of Newport's most elegant mansions decorated and on display during this wonderful season. Visits to The Breakers (grandest of Newport's summer "cottages") and The Marble House, decked out in yuletide finery. Lunch will be on your own at the famous Bowen's Warf area of Newport. The cost is \$69/pp which includes transportation, driving tour of Newport, admission to the Breakers and Marble House. It does not include lunch. A deposit of \$10 is due at time of reservation and balance on Nov 10th.

### **New York City Cruise to Nowhere**

#### **December 11-13th, 2015**

Trip includes : Motorcoach transportation, 2 night cruise aboard the Norwegian Breakaway, Tickets to the Radio City Rockette's, Admission to the September 11th Museum, All meals on board ship. Prices start at \$469 pp.

### **New Year's Eve Day Trip Thursday, December 31st Sheraton 4 Points (Norwood)**

Enjoy the sultry, soulful voice of Lydia Harrell, dance to the Lovely Singer Orchestra and have a delicious meal (choice of Prime Rib or Baked Scrod). The cost is \$89/pp and includes transportation, luncheon, show, orchestra, party favors & champagne toast. A \$10/pp deposit is required at time of reservation and balance is due by November 30th.

**More Trips Coming in 2016  
so stop by to see the flyers.**

## 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, May 20th**

How about the Cracker Barrel? We haven't been there for a while and it would be a nice change. The prices are reasonable, the food is good and they have a very nice Country Store to browse in. The van will be leaving the COA around 11:00 AM. ***Please call the COA if you are interested in going.***

## Congregate Lunches Tuesdays and Thursdays

Lunches are served at the COA every Tuesday and Thursdays at 11:30 AM. The cost of the lunch is \$2.00 per person. Monthly lunch menus can be found on the Town of Boxford's web site or at the COA. Reservations **are required** and must be received by 11 AM of the preceding work day.

## Movie Time at the COA Thursdays around 12:15 PM

The COA has a large selection of DVD's and VHS tapes you can borrow to view at your leisure. If interested — just stop by the COA and sign out the movies you would like to borrow — no charge.

We've shown a lot of good movies this year which we hope you enjoyed. Planned movies for the month:

- May 7: The Imitation Game
- May 14: Taken 3
- May 21: Selma
- May 28: American Sniper

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

Movies/DVD's will be available to borrow after they are shown at the COA.

## Wednesday Night Dinners First Congregational Church Boxford MA

The First Congregational Church of Boxford serves dinners every Wednesday at 6:30 PM. The menu varies — you never know what

they are serving until you get there — but the meals are delicious and well worth it. Cost per person is \$7.00 and no reservations are required—just show up.

## After The Annual BBQ

On June 24th, we will be holding our Annual BBQ. Reservations are required, all Boxford COA Seniors are welcome, along with Boxford Town Employees and Boxford COA Volunteers. This is our biggest event of the year, compliments of The Friends of the Boxford COA. Our favorite entertainer, Boomer, will be here to play those tunes we all love to hear. More information concerning this will be in our June Newsletter.

***But — after the Annual BBQ*** — it kicks off our weekly Wednesday BBQ's. — the first one being July 1. Reservations are also required for this and the cost is \$3.00 per person. You will always find hotdogs and hamburgers on the menu (hot off the grill) — the rest of the foods served will be at the whim of the COA staff/cooks and will vary weekly.

## Mystery Trip Wednesday, June 3rd

Every so often, the COA will offer a Mystery Trip to somewhere. Well — it's that time again. Are you willing to take a risk and sign up for the Mystery Trip? Since it's in June — the chance of snow that day shouldn't be an issue.

On Wednesday, June 3rd, around 11:15 AM — the COA Van will leave the COA to a destination unknown to the passengers. . Since it's a Mystery Trip — you must take the van and seating is limited. If you are interested — please call the COA at (978) 887-3591 to sign up.

## St. James Episcopal Church Bean Supper

**Saturday, May 16, 2015  
4 to 6 PM**

St. James is having a Bean Supper on Saturday, May 16th, from 4 to 6 PM in the Parish Hall at 119 Washington St., Graveland, MA.

They will be serving baked beans (both pea and kidney) hot dogs, potato salad, macaroni & cheese, coleslaw and home made desserts.

Spear the word and bring a friend! For more information, contact Carol Moulton at (978) 372-5531.

The cost is \$8—adults, \$4—children under 12.

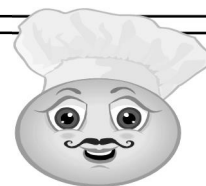
# Mississippi Mud Pie

This Mississippi Mud Pie is gooey, rich and fudgy. Looks good but the recipe is untried.

## Ingredients:

4 oz 60% bittersweet Chocolate, chopped  
1 oz unsweetened chocolate, chopped  
7 Tbsp unsalted butter  
1 Cup sugar  
4 large eggs  
1 tsp pure vanilla extract  
1/4 tsp salt

2/3 Cup all-purpose flour  
3/4 Cup milk-chocolate morsels  
1 premade chocolate cookie pie crust (unbaked)  
Whipped cream, chocolate shavings & mini semisweet chocolate for garnish



Preheat oven to 350 degrees. In the top of a double boiler, over simmering water, melt together the bittersweet chocolate, unsweetened chocolate and butter. Remove from heat.

Place sugar in a bowl and, using a spatula, add the melted chocolate mixture and mix well. Mix in the eggs, one at a time, making sure each egg is well combined before adding the next one. Stir in the vanilla and salt. Gradually mix in the flour, a little at a time, until well combined. Fold in the milk chocolate morsel. Pour filling into crust.

Bake 30 to 35 minutes, or until a toothpick inserted in the center comes out almost clean. Let pie cool completely on a wire rack. Garnish with whipped cream, chocolate shavings and mini-chocolate chips.0

## Memorial Day

**Monday — May 25th**



Memorial Day is a Federal Holiday where we honor those who died while serving in the country's armed forces. This holiday was originally called Decoration Day and originated after the American Civil War to commemorate the Union and Confederate soldiers who died in that war.

The traditional observance of this holiday includes the flag of the United States being raised briskly to the top of the staff and then solemnly lowered to the half-staff position where it remains only until noon. Then it is raised to full-staff for the remainder of the day. The half-staff position remembers the more than one million men and women who gave their lives in service of their country. At noon, their memory is raised by the living, who resolve not to let their sacrifice be in vain, but to rise up in their stead and continue the fight for liberty and justice for all.

Other traditions observed on Memorial Day is the Laying of the Wreath at The Tomb of the Unknown Soldier along with various organizations who volunteer and decorate the graves of fallen soldiers by placing flags on them to honor them. Towns/cities may also have a Memorial Day Parade along with other associated activities.

For those of you who lost a loved one while they were serving in the country's armed forces — we honor their memory. For those of you who have loved ones currently serving in the armed forces — we salute them.

## IMPORTANT

### New Mass. State Headlights Law

If you haven't heard — effective April 7th, 2015, there was a new driving law put into place which requires Massachusetts drivers to use their headlights and tail lights when your windshield wipers are in use. Headlights must also be on a half-hour after sunset and a half-0hour before sunrise. It also requires drivers to use their headlights and tail lights whenever the visibility is less than 500 feet.

If you do not comply — the fine for violating the new law is only \$5.00, but a driver who gets ticketed for a headlights offense will also face an insurance surcharge.

Some vehicles have what is referred to as daylight running lights. If you do have this in your vehicle — please check to see if your taillights are also on when using that feature. Both headlights and tail lights must be on and that is not always the case with the daylight running lights.

The COA has always been a proponent of using your headlights during the day — whether it's raining/snowing or not. It is a good safety habit. Having your lights on during the day does nothing to improve your driving vision BUT it does help other vehicles on the road see you.



**WELLNESS CLINIC.** The VNACare Network and Elder Services will be holding their free Wellness Clinics on the first and third Wednesdays of each month from 9:00 to 11:00 AM at FMV and the fourth Wednesday from 11:00-1:00 PM at the COA. For an appointment or more info, call Maureen Sendrowski RN, at 888-663-3688 , Ext. 5603. 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, call Renee at (508) 335-1675.



## PODIATRY:

It is with sadness to inform you that Dr. Kirk Skinner suddenly passed on April 7th. Although he wasn't with us for many months — he was well liked. We are currently looking for a replacement who will fill our needs at a reasonable cost. We hope to have a replacement by June. Please refer to our June Newsletter for more info.



## HEARING CLINIC:

**Tuesday, May 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

## What To Do After A Tick Bite To Prevent Lyme Disease

There are many different types of ticks in the US, some of which are capable of transmitting infections. The risk of developing these infections depends upon the geographic location, season of the year, type of tick, and, for Lyme disease, how long the tick was attached to the skin.

The deer that transmits Lyme disease must feed at least 36 hours before transmission of the spirochete germ. If a person is bitten by a deer tick, a healthcare provider will likely advise one of two approaches.

- Observe and treat if signs or symptoms of infection develop.
- Treat with a preventive antibiotic immediately.

There is usually no benefit of blood testing for Lyme disease at the time of the tick bite, even people who become infected will not have a positive blood test until approximately two to six weeks after the infection develops.

### How To Remove A Tick:

The proper way to remove a tick is to use a set of fine tweezers and grip the tick as close to the skin as is possible. Do not use a smoldering match or cigarette, nail polish, petroleum jelly, liquid soap, or kerosene because they may irritate the tick and cause it to behave like a syringe, injecting bodily fluids into the wound.

- Use fine tweezers to grasp the tick as close to the skin surface as possible.
- Pull backwards gently but firmly, using an even, steady pressure. Do not jerk or twist.
- Do not squeeze crush or puncture the body of the tick, since its bodily fluids may contain infection-causing organisms.

- After removing the tick, wash the skin and hands thoroughly with soap and water.
- If any mouth parts of the tick remain in the skin, these should be left alone. They will be expelled on their own. Attempts to remove these parts may result in significant skin trauma.

### After The Tick Is Removed:

It is helpful if the person can provide information about the size of the tick, whether it was actually attached to the skin, and how long it was attached.

- The size and color of the tick help to determine what kind it was.
- Ticks that are brown and approx. the size of a poppy seed or pencil point are deer ticks. These are your Lyme carrying ticks.
- Ticks that are brown with a white color and about the size of a pencil eraser are more likely to be dog ticks. These ticks do not carry Lyme disease.
- A brown to black tick with a white splotch on its back is likely a female "Lone Star tick." This tick causes a rash similar but without the other features of Lyme disease.
- A tick that was not attached, was easy to remove or just walking on the skin, and was still flat and tiny and not full of blood when it was removed could not have transmitted Lyme disease or any other infection since it had not yet taken a blood meal.
- Only ticks that are attached and have finished feeding or are near the end of their meal can transmit Lyme disease. After arriving on the skin, the tick that spreads Lyme disease usually takes 24 hours before feeding begins.
- Even if a tick is attached, it must have taken a blood meal to transmit Lyme disease. At least 36 to 48 hours of feeding is required for a tick to have fed and then transmit the bacterium that causes Lyme Disease. After this amount of time — the tick will be engorged (full of blood). An engorged tick has a globular shape and is larger than an unengorged one.

## Beware

In a dark and hazy room, peering into a crystal ball, the fortune teller delivered grave news: "There's no easy way to tell you this, so I'll just be blunt. Prepare yourself to be a widow. Your husband will die a violent and horrible death this year."

Visibly shaken, the young woman stared back at the old woman's lined face, then at a single flickering candle, then down at her shaking hands. She took a few deep breaths to compose herself. A question forced its way out.... She simply had to know... She met the Fortune Teller's gaze, tried to steady her voice and asked....

"Will I be acquitted?"

## As I Age, I Realize that:

- Old age is coming at a really bad time!
- I don't trip over things, I do random gravity checks!
- I don't need anger management. I need people to stop pissing me off!
- My people skills are just fine. It's my tolerance of idiots that needs work.
- The biggest lie I tell myself is "I don't need to write that down, I'll remember it."
- I talk to myself because sometimes I need expert advice.
- Sometimes I roll my eyes out loud!
- When I was a child I thought nap time was punishment. Now it's like a mini vacation!
- I don't have gray hair. I have "wisdom highlights." I'm just very wise
- I've lost my mind and I'm pretty sure my kids took it!
- Even duct tape can't fix stupid, but it can muffle the sound!
- Wouldn't it be great if we could put ourselves in the dryer for 10 minutes and come out wrinkle-free and three sizes smaller!
- Last year I joined a support group for procrastinators. We haven't met yet!
- Lord, grant me the strength to accept the things I cannot change, the courage to change the things I can and the friends to post my bail when I finally snap.

## Senior Computer Skills

*(Do you see yourself here?)*

Tech Support: What kind of computer do you have?  
 Customer: A white one....  
 Tech Support: Click on the "my computer" icon on the left side of the screen.  
 Customer: Your left or my left?  
 \*\*\*\*\*  
 Customer: My keyboard is not working anymore.  
 Tech Support: Are you sure it's plugged into the computer?  
 Customer: No, I can't get behind the computer.  
 Tech Support: Pick up your keyboard and walk 10 paces back.  
 Customer: OK

Tech Support: Did the keyboard come with you?  
 Customer: Yes.  
 Tech Support: That means the keyboard is not plugged in.  
 \*\*\*\*\*

Customer: I can't get on the Internet.  
 Tech Support: Are you sure you used the right password?  
 Customer: Yes, I'm sure. I saw my colleague do it.  
 Tech Support: Can you tell me what the password was?  
 Customer: Five dots.  
 \*\*\*\*\*

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

Tech Support: How may I help you?  
 Customer: I'm writing my first email.  
 Tech Support: OK, and what seems to be the problem?  
 Customer: Well, I have the letter "a" in the address but how do I get the little circle around it?  
 \*\*\*\*\*

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

Tech Support: Are you running it under windows?  
 Customer: No, my desk is next to the door, but that is a good point. The man sitting in the cubicle next to me is under a window and his printer is working fine.  
 \*\*\*\*\*

Tech Support: "OK Bob, let's press the control and escape keys at the same time. That brings up a task list in the middle of your screen. Now type the letter 'P' to bring up the Program Manager."

Customer: I don't have a P.  
 Tech Support: On your keyboard, Bob.  
 Customer: What do you mean?  
 Tech Support: "P"..... On your keyboard. Bob.  
 Customer: I'M NOT GOING TO DO THAT.  
 \*\*\*\*\*

## Children Writing About The Ocean

1. If you are surrounded by ocean, you are an island. If you don't have ocean all round you, you are incontinent (Mike, age 7)
2. Some fish are dangerous. Jeffyfish can sting, Electric eels can give you a shock. They have to live in caves under the sea where I think they have to plug themselves in to charges (Christopher, age 7).
3. The ocean is made up of water and fish. Why the fish don't drown — I don't know. (Bobby, age 6)
4. Oysters' balls are called pearls. (Jerry, age 6)
5. This is a picture of an octopus. It has eight testicles. (Kelly,

**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.*

**Happy Birthday to our May Seniors. The May Birthday lunch will be held on Tuesday, May 19th at 11:30 AM. Please call the COA the Thursday before the lunch to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday this month, compliments of The Friends of the Boxford COA. Guests are welcome but will be responsible for paying the nominal cost of their lunch. *Happy Birthday!***

*May Daily Observances Trivia*



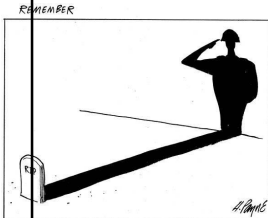
*May 8th  
V-E Day Declared*

*May 10th  
Mother's Day*



shutterstock - 163274903

*May 25th  
Memorial Day*



Past Monthly Newsletters are posted on the Town web. To access these Newsletters — go to [www.town.boxford.ma.us](http://www.town.boxford.ma.us). Click on Departments and select Council On Aging from the dropdown menu. The current Newsletter is listed on the front page but you can access the older ones by clicking on "Monthly Newsletters."



**Things To Ponder**

***First thing I do when I wake up in the morning is to breath on a mirror and hope it fogs.***

*Earl Wand*