

Boxford's Boomers & Beyond



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

December 2019 / January 2020

Holiday Luncheon

Wednesday, December 11th @ 12:00 PM

The Friends of the Boxford Council on Aging cordially invite the seniors of the Boxford COA to their Annual Holiday Luncheon on Wednesday, December 11th. The luncheon will be held at the First Church Congregational @ the Family Life Center and we will start serving the meal around noonish. This year the Singing Grandpa's will be providing us with holiday classics. This is a well attended function so **reservations are definitely required. There will be no other activities held at the COA on that day.**



**The Northeast Youth Ballet
Performing
"The Nutcracker"
Thursday, December 12th
at 10:00 AM**

**Hosted at the J. Everett Collins Center for the Performing Arts
100 Shawsheen Rd., Andover, MA.**

The Northeast School of Ballet will be performing "The Nutcracker". The Boxford COA has been given 20 free tickets for this event, so call early if you are interested. There is no onsite parking due to school being in session on this day. We have chartered a bus for this event and the cost for transportation is \$5.00pp. The difference of the bus cost will be picked up by the Boxford COA. **Space is limited, so call the COA to make your reservation.**

**When you have a free moment take a look at
what's happening at the Boxford Council on
Aging and The Center at 10 Elm!
Here are the links to reach us:**

- <https://www.10ElmFoundation.org/>
- Instagram: @10ElmFoundation
- Facebook Page: [Boxford Ma Council on Aging, & The 10 Elm Foundation](#), don't forget to like our page to see what's happening at the COA.
- <https://www.ouractivecommunity.com/> Type in Boxford down at the bottom of the page where it says "Find Your Community"
- <https://www.town.boxford.ma.us/council-aging>

Boxford's Grand Illumination Sunday, December 15th

The Boxford Historical Society has scheduled their annual Grand Illumination. Plans include a bonfire around 4:00 PM at the Pony Field. The lighting of the tree will be at 5:00 PM followed by caroling and hot apple cider at the Holyoke French House. From 3:00 - 5:00 PM, come on over to the Boxford COA, 4 Middleton Rd. for a spaghetti & meatball dinner, hosted by the 10 Elm Foundation/Boxford Community Store. \$8.00 Adults; \$4.00 Under 10. Check Facebook for more info.

Masco Holiday Concert Thursday, December 19th 11:30 AM to 1:00 PM

You, along with our Seniors from the Tri-Town community, are cordially invited to attend a Holiday Concert at Masconomet Regional High School on Thursday, December 19th. The event will begin at 11:30 AM, which starts with a boxed lunch, followed by the music program which is expected to conclude around 1:00 PM. Reservations must be received by Thursday, December 12th along with your choice of meal. Please call the Boxford COA at (978) 887-3591 to make your reservation.



Leaving the State for a while? What you need to know about the U.S. 2020 Census:

**Do you live or sleep at more than one address?
Are you a "snowbird" who seasonally lives at another address?
If yes, did you know that your information should be counted at the
address where you live and sleep the most?**

- If you live in Massachusetts for most of the year, you need to fill out the census form for your Massachusetts address.
- The U.S. Census data is for statistical purposes only.
- Your responses on the U.S. Census will not affect your property tax or insurance premiums.
- You will be able to fill out the U.S. Census online, over the phone, or the traditional paper form.
- This information is used for data for the next 10 years, money for state and federal programs, and your political representation.
- This information is **strictly confidential** and will not be shared with any federal or state agency under Title 13 of the U.S. Code.

Let's Talk About Balance Wednesday, December 18th @ 11:00 AM @ the Boxford COA

Speaker: Joan Fitzpatrick, RN, BSN. Community event plus balance assessments. This is an informative and interactive event! She will discuss the importance of balance, plus share tips for how to best keep on your feet, especially with winter approaching.

Please call the COA for your reservation.

Fire Prevention 101—Session 4 Monday, January 13th, 2020 at 12:00 PM

The Boxford Fire Departments liaison to the Boxford COA, Tyler Brown, will be here to speak about "Don't wait to call", basic first aid and what to do as you wait for the ambulance. Also, the importance of having a File of Life.

Following the presentation, lunch will be provided.

Please call the COA to sign up.

**The COA will be Closed Wednesday, December 25th 2019,
Wednesday, January 1st & Monday January 20th, 2020!**

FITNESS CLASSES**LINE DANCING With Bertha**

Classes are held on Thursday mornings between the hours of 10:00 – 11:00 AM. The cost is \$3.00 per class. Will be in hiatus for the Month of December. Returning in January 2020!

All Ages and Walk-ins Welcome

CHAIR YOGA With Mary

Classes held on Tuesdays at 9:00 to 10:00 AM. The cost is \$3.00/pp.

All Ages and Walk-ins 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 and Walk-ins Welcome

Ultimate Walking Meditation With Kampa

Wednesday mornings at 9:15. This is an indoor class. Cost per session is \$3.00/pp.

All Ages and walk-ins welcome

Tai Chi With Kampa

Classes are held on Wednesdays at 10:15 AM. The cost is \$3.00 per person. Please call the COA for more information.

All Ages and Walk-ins Welcome

As of January these two classes taught by Kampa will be combined @ 9:00 AM

ZUMBA With Kym

Classes are held every Wednesday from 1:00 to 2:00 PM. Classes are \$3.00 per person.

All Ages and Walk-ins Welcome

Strength Training Complexity Classes W/ Leah Miller

Classes are held on Tuesday from 1PM to 2 PM and Thursday from 9 AM to 10AM. The cost is \$3.00 per class.

All Ages and Walk-ins Welcome

NORDIC WALKING Class

Indoor Nordic Walking will be held on Mondays from 9:30 am to 10:30 AM. Poles available.

All Ages and Walk-ins Welcome

BOOK CLUB

Tea and Mystery, Book Discussion Group will be held on the 2nd Monday of the month which is December 9th & January 13th, 2020 @ 1:00 PM.

All are welcome

Acrylic and Watercolor Art Classes W/ Mary Paganelli

Both Watercolor and Acrylic Art classes are held together on Mondays from 10 AM to around Noon. The cost is \$10.00 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.

GAME DAY Wednesday 1 PM (MAHJONGG)

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

All Ages and Walk-ins 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. The group is active October thru June. Call Doffy Falk at (978) 887-8495 for more information.

All 80+ Seniors Welcome

NEWS AND VIEWS

News and Views meets most Tuesdays 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

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM with Bob Spillman. The Wonders of Science is cancelled for December and resuming in January on Tuesday, January 21st, 2020. Topic: Water!

All adults welcome

Cooking With Renee

Our next 2 cooking classes will be held at 10:30 AM on Monday, December 16th, Menu: Food as Gifts and Monday, January 13th, 2020, Menu: Healthy Alternatives. The cost to attend this cooking class is \$3.00. If interested—we ask that you sign up for the class ahead of time so our cook can prepare enough food for all to enjoy after the class.

COA BOARD MEETING

The COA Board meetings are usually held on

the second Wednesday of each month. The next 2 meeting's will be on Wednesday, December 18th & Wednesday, January 8th, 2020 at 9:30 AM.

All are welcome

HANDY MAN

Our handyman is willing to help with small jobs around the house — fixing light switches or changing locks. If handyman needs to replace an item, you will be responsible for the cost of the replacement and travel time. Please call the COA for info.

Constituent Services Senator Bruce E Tarr Advisor, Mary Ann Nay

Mary Ann Nay's next meeting will be on Tuesday, December 17th & January 14th, 2020 from 9:00 to 10:00 am. No reservations required.

All are welcome

VETERANS SERVICES

Joe LeBlanc, our VA Rep is here on the first and third Thursday of each month. Appointments can be made, but walk-ins are also welcomed. He can be reached at (978) 688-9525.

All Vets and/or families of Vets 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

HEALTH BENEFITS SHINE REP

Our SHINE Rep is Marylou Fierro. If you need to meet with a SHINE Rep - call the COA to set up an appointment. Marylou will be available @ the COA on the second Thursday of every month, but for the month of December her appointment will be on 12/5 and resuming back to the 2nd Thursday in January 2020, which is on January 9th, 2020. This is by appointment only. Please call the COA to get an available time slot.

**Community Giving Tree**

Come learn how this local nonprofit supports children in low-income families throughout our region & how YOU can help! Donations and hand made items are greatly appreciated but most importantly donating our time is priceless. Reservations are required so please call the COA @ (978) 887-3591. Over the past year COA volunteers have been working with The Community Giving Tree on the 3rd Thursday of each month from 9:00 AM - 11:00 AM.



Boxford COA w/ Collette Vacation

Bluegrass Country & Smoky Mountains

September 17th - 25th, 2020

(9 Days-12 Meals: 8 Breakfast, 1 Lunch, 3 Dinners)

Highlights: Churchill Downs, Kentucky Derby Museum, Old Louisville Walking Tour, Choice on Tour, Buffalo Trace Bourbon Distillery, Lexington Horse Farms, Great Smoky Mountains Nat'l Park, Dolly Parton's Stampede and Dinner Show, Asheville, Biltmore Estate. Included in price: Round trip air from Logan Int'l Airport, taxes, fees and surcharges, hotel transfer. Not included in price:

Cancellation waiver and insurance of \$275 per person. Triple: \$2,919, Double: \$2,949; Single: \$3,849

Iceland's Magical Northern Lights

March 9th - 15th, 2020

(7 Days-10 Meals: 5 Breakfast, 5 Dinners)

Highlights: Reykjavik, Northern Lights Cruise, Golden Circle, Thingvellir Nat'l Park, Geyser, Gullfoss, Lava Exhibition Ctr, Vik, Seljalandsfoss, Skogar Museum, Skogafoss, Jokulsarlon Glacial Lagoon, Skaftafell Nat'l Park, Vatnajokull Glacier, Blue Lagoon.

Included in price: Round Trip Air from Logan Int'l Airport, Air Taxes and Fees/Surcharges, Hotel Transfers.

Not included in price: Cancellation Waiver and Insurance of \$315.00 pp. Triple: \$3,669, Double: \$3,699, Single: \$4,449. A deposit of \$500.00 pp is due at signing. Final payment due by 01/09/20.

Trips with Best of Times Travel

Boston to Bermuda (on Board NCL GEM)

**May 15th - 22nd, 2020
8 Days/7 Night Cruise**

Discover the quaint neighborhoods and pristine pink beaches of beautiful Bermuda on an unforgettable cruise. Explore coral bluffs, bike seaside trails or browse duty-free shops in scenic St. George's. As Mark Twain often said, "Sometimes a dose of Bermuda is just what the doctor ordered." It's the most relaxing of all the foreign islands or have a lively conversation with the locals. Back on board, indulge in all the freedom and flexibility of NCL's exclusive Freestyle Cruising, offering you more choices in dining, attire, activities and more. Many exclusive additions added by Best of Times. Come take a look at the brochure. Prices range from \$1199pp to \$1999pp/double occupancy plus \$400 for taxes, transfers & gov't fees. A deposit of \$400 plus an elected insurance premium, is due at booking. Final payment due on December 20th, 2019

A Country Christmas @ the Gaylord Opryland Hotel December 4th - 7th, 2020 In Nashville Tennessee

Stay at the splendid Gaylord Opryland Hotel. Round Trip Air from Logan and Roundtrip Transport to Logan Provided.

Package Includes: 3 Nights Lodging, 7 Meals, Gaylord Opryland Dinner Show, Ticket for the Holiday Show at the Opry House, Ticket to Show at Grand Ole Opry, Tour of the Ryman and the Grand Ole Opry, Admission to the Country Music Hall of Fame, Guided Tour of Nashville, General Jackson Showboat River Cruise and more.
\$1949/Double; \$2349/Single

A Chicago Celebration! Presented by Beginnings! The Music of Chicago Lives on! September 16, 2020

@ Danversport Yacht Club, Danvers, MA

The music of 2016 Rock 'n' Roll Hall of Fame inductees **Chicago** spans more than four decades and includes **Five #1 Albums** and **20 Top-Ten Hits**. **Beginnings** presents a

flawless replication of three decades of inspired music in a show that includes nearly every chartered song that captures the hearts of traditionalist **Chicago** fans. \$72pp. Includes: plated luncheon, meal tax, gratuity, & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod.

This is a drive yourself event.

Jimmy and the Parrots The Ultimate Jimmy Buffett Tribute Show July 14, 2020

Cruise & Luncheon on the M/S Mount Washington Followed by the Show @ the Flying Monkey, Plymouth, NH

This is like a 2-1 offering opportunity. Experience a 2.5 hour Luncheon cruise. Grab your beach chair, your suntan oil and your favorite drink and get ready for a virtual trip to the islands! Price: \$89pp. Price with transportation \$109pp. Includes: Cruise, Buffet, Luncheon & Show

Niagara Falls With Niagara-On-The-Lake, Winery Tour and Tasting & Baseball Hall of Fame! June 16th - 18th, 2020 (3 Days / 2 nights)

Head out to Niagara Falls, Canada, arriving that evening at the Hilton Niagara Falls Fallsview. Enjoy some free time the first afternoon to enjoy the indoor pool or visit the area before our evening activity. Enjoy a true treasure dinner & show at O' Canada Eh Dinner Theatre, Scrumptious & fun! Visit one of the area's great wineries complete with a tour and tasting. Visit Cooperstown/ Baseball hall of Fame and so much more. \$519/Double; \$649/Single. Also included: Best of Times Travel professional tour director, all touring, luggage handling, taxes and gratuities.

Passport or Passport Card is Required for this trip!

Other Upcoming 2020 Events:

Irish Tenor, Emmet Cahill
Thursday, March 12th

Carole King Tribute
Wednesday, May 20th

Spirit of Boston
Tuesday, July 28th

More trips/brochures are available at the COA.

Bean Supper

St. James Episcopal Church, Groveland
Saturday, December 21st & January 18th
4:00 PM to 6:00 PM

St. James Episcopal Church will be holding a Bean Supper on Saturday, December 21st & January 18th 2020, from 4 to 6 PM in the Parish Hall at 119 Washington St., Groveland, MA. They will be serving baked beans, hot dogs, potato salad, macaroni and cheese, coleslaw and wonderful homemade desserts. Cost is \$10/pp, children under 12 - free. Credit Cards are accepted! For more information, please visit their website: www.saintjamesgroveland.org.

Boxford's 12th Annual Winter Festival 2019
Saturday, December 7th
10:00 AM - 3:00 PM
West Boxford Center



This year's Winter Fest, sponsored by the West Boxford Improvement Society. Shop local for the holidays & discover all kinds of treasures. Hop on a hayride to take you around the West Village where you'll find craft vendors at the Yuletide Market place, raffles, letter's to Santa at Lincoln Hall, free ice cream cones from Benson's, ornament making for kids & gift shopping at Paisley's, pet photos with Santa at the Boxford Animal Hospital, gifts and more at West Village Provisions, Christmas Bazaar, great food at Rudolph's Luncheonette and Santa at the Second Congregational Church, holiday shopping at B Cheeky, tour of Historic Document Center, explore our Fire Department's Rescue Truck, visit the Community Giving Tree and so much more!



Holiday Fair
Saturday, December 7th, 2019
9:00 AM to 2:00 PM
Trinity Episcopal Church
124 River Rd
Topsfield, MA

First Church Christmas Carol Sing-Along
Sunday, December 8th @ 4:30 PM
@ the First Church Congregational
4 Georgetown Rd., Boxford

The Groveland Historical Society
Presents
A Festival of Trees

@ Washington Hall (101 Washington St., Groveland, MA)
December 6th thru 8th from 1:00 - 8:00 PM
Admissions: \$5.00, Children under 5 are Free
Each tree has a different theme. Check it out and pick your favorite!

Rolling on the River
Thursday, December 12th
6:30 to 7:30 PM
(@ The Boxford Town Library)

Join the speaker from the Buttonwoods Museum for Rolling on the River, a great overarching look at the history of human industry along the Merrimack River all the way up to present-day conservation efforts.
Register with the Library.

A Celtic Christmas Concert

@ Georgetown Peabody Library 2 Maple St., Georgetown, MA.
December 16th from 6:30 - 8:00 PM

This concert will be a combination of The Softer Side with Celtic flavored Christmas and Holiday music mixed in. There will be plenty of laughing, singing and clapping. The concert will be interactive: questions and input from the audience are encouraged and become part of the event. This is a free concert!

Medicare Open Enrollment
Ends December 7th

The deadline for open enrollment is approaching quickly. If you need help and want an appointment with our SHINE Rep - please call us ASAP as there are only 2 appointment slots left for Thursday, December 5th. Those who have an appointment should bring with them their Medicare Card, current insurance cards (if any) and a current list of medications w/ dosage of medication.

Rebuilding Together
Greater Haverhill

Is now accepting applications for No-Cost home repair assistance on

Annual Rebuilding Day
on **Saturday, April 26, 2020**
Application Deadline is December 31, 2019

Applicant eligibility:

- Own and occupy your home for at least 2 years
- Meet Federal HUD low-income guidelines (Call for info)
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimack, West Newbury, and Plaistow, NH)

Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply. If you or someone you know needs help with home repairs, modifications (such as grab bars or a wheelchair ramp), energy efficiency projects, please ask for an application by calling: 978-469-0800 or email RTHaverhill@outlook.com

Dementia Communication Strategies
Saturday, January 11th, 2020
1:00 to 2:30 PM
(@ The Boxford Town Library)

Dementia Communication Strategies: Using Art and Images to Enrich Conversation. Tips for caregivers and anyone who cares about being dementia friendly. Register with the Library.

The Festival of Trees @ the Buttonwoods Museum
240 Water St., Haverhill, MA
December 1st to December 15th

The Festival of Trees is an annual fundraiser. Admire all the different selection of trees, wreaths and centerpieces that are donated by generous individuals and companies that are raffled off at the end of the Festival. It's such a warm and inviting atmosphere that feels more like the holiday. Each tree, wreath and centerpiece are raffled off at the end of the Festival on December 15th. Raffle tickets are sold at the entrance of the Festival. There will also be a silent auction with some amazing items that are generously donated by individuals and companies in the area. Cost: Adults \$7.00, Seniors \$5.00, Children ages 6-17 \$3.00, Children 5 and under are FREE! Please check the website for the daily hours of operation. FOT@buttonwoods.org

Holiday Eggnog

2 cups milk
1/2 tsp. ground cinnamon, plus more for garnish
1/2 tsp. ground nutmeg
1/2 tsp. vanilla extract
6 large egg yolks

1/2 cup granulated sugar
1 cup heavy cream
1/3 cup bourbon or rum (optional)
whipping cream, for serving



- 1.) In a small saucepan over low heat, combine milk, cinnamon, nutmeg, and vanilla and slowly bring mixture to a low boil.
- 2.) Meanwhile, in a large bowl, whisk egg yolks with sugar until yolks are pale in color. Slowly add hot milk mixture to egg yolks in batches to temper the eggs and whisk until combined.
- 3.) Return mixture to saucepan and cook over medium heat until slightly thick (and coats the back of a spoon) but does not boil. (if using a candy thermometer, mixture should reach 160°F.)
- 4.) Remove from heat and stir in heavy cream and, if using, booze.
- 5.) Refrigerate until chilled.
- 6.) When ready to serve, garnish with whipped cream and cinnamon.

Congregate Lunches

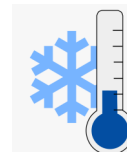
Congregate Lunches are served every Tuesday and Thursday at 11:30 AM. The cost is still \$2.00/pp and reservations are required by 11 AM of the business day before the day of the lunch. Rule of thumb: If Boxford schools are closed on either day - No Lunch will be served.

Van Update:

We apologize for any inconvenience, but as of right now we are still looking for a van driver. Please inquire at the COA if you are interested in this position. All activities that involve a ride (Grocery Shopping, Congregate Lunches and Lunch Bunch) are on a temporary hold and we hope that this position is filled quickly. So, if you know anyone that has a CDL License with passenger endorsement and is interested, send them our way. (This does not include NEET rides) Please contact Pam @ the COA

Council on Aging Winter Policy

In most instances the Council on Aging offices will be open during inclement weather and power failures to handle the phones and any emergencies that arise. If Boxford Schools are closed there are no classes, lunches, or activities at the Boxford COA.



Holiday Greetings To All

The Boxford COA Staff, Boxford COA Board and The Friends of the Boxford COA would like to wish all our seniors a wonderful, happy and safe holiday be it Hanukkah, Christmas, Kwanzaa, Boxing Day (Canada), New Year's Eve and any others that I might have missed. This is the time of giving and one of the most precious gifts we can give is the giving of ourselves.

For some of our older residents, this could be a lonely, sad and/or trying period of their lives due to a loss of a loved one, be it family, friend or pet. For others, it could be that they can not be with their family during this festive time. This is a good time for those more fortunate to reach out and touch those who fall into one of these categories. The "Giving of Yourself" to those in need can be one of the most precious gifts you'll ever receive in your lifetime.


NEW! Friendly Visiting and Telephone Reassurance Programs




We are pleased to offer a new Friendly Visiting program in which volunteer visitors are trained to make regular confidential visits to seniors who feel isolated or are missing companionship. We hear from a lot of folks that they find it difficult to get out to social activities or that they just aren't "joiners". If this describes you then you are likely to benefit from a Friendly Visitor. A visit can include sharing stories, making crafts, cooking, watching movies or just relaxing together. Another option for regular contact is our Telephone Reassurance program in which a volunteer or staff member makes regular calls to you to check on your wellbeing and offer ongoing support. If you or someone you know is interested in having a Friendly Visitor or Telephone Reassurance, please call the COA. We are looking forward to making some matches come to life!

We are also seeking Friendly Visitor volunteers so please let us know if you are interested and we will train you!






WELLNESS CLINIC: The VNA Care 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 second Tuesday of each month from 11:00-1:00 PM at the COA. For an appointment, please call Joan Fitzpatrick RN, at 888-663-3688, Ext. 1326. 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.




HAIR APPOINTMENT: We have found a hair dresser who will make in home appointments. If you are interested, please call the COA for more information.

Monthly Grief and Loss Support Group:

Join our Social Worker, Lisa Waxman, on the first Thursday of every month at 12:30 PM. Everyone experiences grief and loss in their own unique way. Attending this warm and confidential group of people, can lead you to a new understanding and connection that can help lessen the pain. To register, please call the COA.



PODIATRY: Unfortunately, we haven't had any luck in locating a podiatrist. Please be patient and we'll let you know when this slot has been filled. It will be front page news. Thank you for your patience in this matter.



HEARING CLINIC: Unfortunately, we haven't had any luck in locating a hearing test technician. Please be patient and we'll let you know when this slot has been filled. It will be front page news. Thank you for your patience in this matter.

Cold Weather Safety!



Just a reminder to make sure you have your **Cell Phones Fully Charged** with all your chargers accessible at all times, replace your flashlight batteries and have any necessary blankets and clothing available in case of an Emergency. You should have already signed up with the town's emergency Telephone Notification System. If you have not, it can be found at:

<https://www.town.boxford.ma.us/sites/boxfordma/files/uploads/telephone.pdf>

Some symptoms are:

- **Swollen Fingers and Toes:** psoriatic arthritis can cause a painful, sausage-like swelling of your fingers and toes. You may also develop swelling and deformities in your hands and feet before having significant joint symptoms.
- **Foot Pain:** psoriatic arthritis can also cause pain at the points where tendons and ligaments attach to your bones - especially at the back of your heel (Achilles Tendinitis) or in the sole of your foot (Planter Fasciitis).
- **Lower Back Pain:** some people develop a condition called spondylitis as a result of psoriatic arthritis. Spondylitis mainly causes inflammation of the joints between the vertebrae of your spine and in the joints between your spine and pelvis (sacroiliitis)

Living with Psoriatic Arthritis

Psoriatic arthritis is a form of arthritis that affects some people who have psoriasis - a condition that features red patches of skin topped with silvery scales. Most people develop psoriasis first and are later diagnosed with psoriatic arthritis, but the joint problems can sometimes begin before skin patches appear.

Joint pain, stiffness and swelling are the main signs and symptoms of psoriatic arthritis. They can affect any part of your body, including your fingertips and spine, and can range from relatively mild to severe. In both psoriasis and psoriatic arthritis, disease flares may alternate with periods of remission.

No cure for psoriatic arthritis exists, so the focus is on controlling symptoms and preventing damage to your joints. With out treatment, psoriatic arthritis may be disabling.

When to see a doctor: If you have psoriasis, be sure to tell your doctor if you develop joint pain. Psoriatic arthritis can severely damage your joints if left intreated.

Causes: Psoriatic arthritis occurs when your body's immune system begins to attack healthy cells and tissue. The abnormal immune response causes inflammation in your joints as well as overproduction of skin cells. It's not entirely clear why the immune system attacks healthy tissue, but it seems likely that both genetic and environmental factors play a role. Many people with psoriatic arthritis have a family history of either psoriasis. Researchers have discovered certain genetic markers that appear to be associated with psoriatic arthritis.



"DON'T WORRY ABOUT WHAT THE TEACHER SAYS. SHE'S BEEN IN KINDERGARTEN FOR 15 YEARS."

I was at a museum, and I asked a worker there, if we were allowed to take pictures.

He told me no, as they have to stay on the walls.

His request approved, the news photographer quickly used a cell phone to call the local airport to charter a flight. He was told a twin-engine plane would be waiting for him at the airport. Arriving at the airfield, he spotted a plane warming up outside a hanger. He jumped in with his bag, slammed the door shut, and shouted 'Let's Go'. The pilot taxied out, swung the plane into the wind and took off.

Once in the air, the photographer instructed the pilot, 'Fly over the valley and make low passes so I can take pictures of the fires in the hillsides.'

'Why?', asked the pilot.

'Because I'm a photographer for cable news,' he responded. 'And I need to get some close up shots.'

The pilot was strangely silent for a moment, finally he stammered, 'So, what you're telling me, is... you're NOT my flight instructor?'

To the person who stole my glasses

I will find you I have contacts!

A little girl went up to her mother one day while holding her stomach saying, "Mommy, my stomach hurts."

Her mother replied, "That's because it's empty. You have to put something into it!"

She then prepared a bowl of soup. Later that day the pastor and his wife came over for dinner.

The pastor began to feel bad. Holding his head he said, "I have such a terrible headache!"

The little girl looked up at him, giving him the sweetest smile that any little child could give. The she said:

"That's because it's empty. You have to put something in it!"



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

Liz Murphy: Chairperson
Suzanne Cox: Vice-Chairperson
Judy Andersen: Secretary
Members:
Richard Shaw
Steve Harvey
Christina Eckert

COA Staff

Pam Blaquiere: COA Director
Lisa Giugliano: Secretary
Lisa Waxman: Social Worker
Elaine Gould: Outreach Worker

The Friends of the Boxford COA, Inc.
You can access their website @:
<https://www.ouractivecommunity.com/boxford-ma.html>

Current Resident or

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

The December and January Birthday Luncheons will be held on Wednesday, December 18th & Wednesday, January 29th at 11:30 AM. Please call the COA by the end of the day on Monday, December 16th & January 27th to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday that 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 December and January Celebrants!*

December / January Daily Observances

December 22nd - Happy Hanukkah!

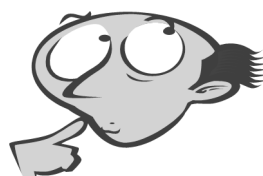


December 25th - Merry Christmas!



January 1st - New Year's 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



Points To Ponder

*May Each day of the coming year
Be vibrant, joyful and loving
Many reasons for celebrations &
rejoices.*

Happy New Year!