



Boxford's Boomers & Beyond



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

February 2020

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>

Open Position on the COA Board

There is an open seat available on the COA Board. Come to our next board meeting if you are interested in joining our group of individuals who want to take the time to serve the social and support needs of our older residents, their families and their caregivers. Please contact the COA at 978-887-3591 if interested or would like more information.

The next board meeting will be held on Wednesday, February 12th @ 9:30 am @ the COA.

Nordic Pole Walking Beginners Intro Class Monday, February 10th @ 10:00 am

Join Instructor Nancy Taylor and some of her students for step by step instruction in Nordic Pole Walking. COA has the equipment necessary for this class.

**"A New Way to Walking"
Improve your posture,
Strengthen your mobility,
Reduce stress and make new friends!**

Hospice Care vs. Palliative Care Wednesday, February 12th @ 11:00

Do you know the difference between Hospice Care and Palliative Care? Join us for this informative presentation. You will learn from our speakers on when to make that call to see if and when help is needed and which one is best for our loved ones.

Come join Kerry O'Connor, NP and Manager of Palliative Program at VNA Care. Please call the COA to make your reservation.

Refreshments will be served.

**COA/Senior Center will be closed
Presidents' Day
Monday, February 17th**

Valentine's Luncheon Thursday, February 13th @ 11:30 am

As Valentine's Day falls on Friday, February 14th this year, we will be celebrating our festivities on Thursday, February 13th. If you would like to join us, please call the COA @ (978) 887-3591 **before** noon on Wednesday, February 12th to make your reservations. The cost is **\$3.00pp** and the meals will be served at 11:30 am. At this time, we do not have a menu of what will be served.

Mardi Gras/Birthday Luncheon Tuesday, February 25th at 11:30 am

Mardi Gras (Fat Tuesday) falls on February 25th which is also our usual Tuesday Congregate Lunch and Birthday lunch is usually the last Wednesday of the month. So what better to do than celebrate them both on the same day! We will celebrate with a festive luncheon along with our grand cake and crown our Mardi Gras/Birthday King and Queens. The cost for our birthday celebrants is free and **\$3.00pp** for all others. Please call the COA to make your reservation no later than February 20th.



"Early Voting for The Presidential Primary Election in Massachusetts"

Early voting will take place at Town Hall from Monday, February 24th through Friday, February 28th. The last day to register to participate in the Primary or to change your party affiliation for the Primary is Wednesday, February 12th. The Presidential Primary Election in Massachusetts takes place on Tuesday, March 3rd. If you have any questions, please call the Town Clerk's office at 978-887-0710 or email rphelan@town.boxford.ma.us

"Save the Date" Wednesday, March 11th @ 12:00 pm Boxford's COA's Annual St. Patrick's Day Celebration

Sponsored by The Friends of the COA with entertainment provided by a grant from the Cultural Council



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.

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

Combined Ultimate Walking Meditation/Tai Chi With Kampa

Wednesday mornings at 9:00. This is an indoor class. Cost per session is \$3.00/pp.

All Ages and walk-ins welcome

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

Come try out this "New Way" of walking! Indoor Nordic Walking will be held on **Mondays** from 10:00 am to 11:00 AM. Poles available.

Intro Class will be held on 02/10

All Ages and Walk-ins Welcome

BOOK CLUB

Tea and Mystery, Book Discussion Group will be held on the **Second Monday** of the month which is **February 10th @ 1:00 PM**.

All are welcome

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

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.

GREAT GROUP

The Great Group, sponsored by The Boxford Village Garden Club meets the **Third 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 **Fourth Tuesday** of the month, which is **February 25th** starting at 9 AM with Bob Spillman. Topic: "The Most Interesting Science and Technology Events of 2019"

All adults welcome

Cooking With Renee

Our next cooking class will be held on **Monday**, **February 10th** at 10:30 AM. This Month's Menu: Gluten Free Roasted Chicken! The cost to attend the cooking class is \$3.00.

If interested — ***we ask that you signup for the class ahead of time so our cook can prepare enough food for all to enjoy after the class. If by any chance you are signed up but can not make the class, you will be responsible for the class fee.***

COA BOARD MEETING

The COA Board meetings are usually held on the **Second Wednesday** of each month. The next meeting will be on **Wednesday, February 12th** at 9:30 AM.

All are welcome

Constituent Services Senator Bruce E Tarr Advisor, Mary Ann Nay

Mary Ann Nay's next meeting will be on **Tuesday**, **February 18th** 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.

Joe can be reached at (978) 688-9525.

All Vets and/or families of Vets 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.

Unfortunately she is not available for the month of February but her next appointments will be on March 12. This is by appointment only. Please call the COA to get an available time slot.

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.

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.



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 your time is priceless. Over the past year COA volunteers have been working on the third Thursday of each month from 9 – 11.



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 of tours 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

Other Upcoming 2020 Events:

Irish Tenor, Emmet Cahill

Thursday, March 12th

Carole King Tribute

Wednesday, May 20th

Spirit of Boston

Tuesday, July 28th

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 Victorian Age Getaway @ The Nonantum Resort

(Kennebunk, ME)

May 19th - 20th, 2020

The ambiance of a Bygone Era...The Nonantum Resort offers one of the premier waterfront locations on the Southern Maine coastline. This beautiful resort features elegant appointed rooms, private baths, dining overlooking Kennebunkport harbor and so much more. Victorian Charm w/ Contemporary Amenities.

Included: Travel via Amtrak, Roundtrip Motorcoach Transportation, 1 Night Lodging, 3 Meals : Buffet Breakfast, Dinner, Lunch, Vineyard Tour w/Wine Tasting, Evening Entertainment at the Resort and more. \$389pp double occupancy, \$489pp single occupancy. A deposit of \$50.00pp is due at signing plus insurance fee of \$33pp if selected. Final payment due by 04/03/20.

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!**

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.

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.

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

Bean Supper
St. James Episcopal Church, Groveland
Saturday, February 15th
4:00 PM to 6:00 PM

St. James Episcopal Church will be holding a Bean Supper on Saturday, February 15th, 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 home-made desserts. Cost is \$10/pp, children under 12 - free. Credit Cards are accepted! For more information, please visit their website: www.saintjamesgroveland.org.

Music at Eden's Edge
 (Live music in an intimate setting)
On Monday, February 10th @ 7:00 PM
at The Barn at Peirce Farm
116 Boston Street, Topsfield
 -Vision 2020: Pairing & Sides
 (Suite of Small Plates)

On Monday, February 24th @ 7:00 PM
at The Peabody Institute Library- Sutton Room
82 Main Street, Peabody
 -Vision 2020: Pairing & Sides
 (Flute of Champagne Bubbles)



This is a Free event, but Reservations are required.
 Call: 978-531-0100 Ext: 10 or visit: EDENSEDGE.ORG/CONCERTS



"The Times of Our Lives"

Boxford Town Library
Saturday, February 8th
1:00 PM -2:00 PM

To register;: contact Beth Safford at 978-8878-7323

Readings from "The Times of Our Lives" a book published by the 10 Elm Foundation as a means to generate funds for a new Senior/ Community Center at 10 Elm Street.

The book features stories and poetry written by
 Boxford Seniors.

Books will be available for purchase and refreshments will be served.

West Boxford Improvement Society's
11th Annual Soup and Chowder Fest
Saturday, March 14th, 2020
5 pm -7 pm

Various New England chowders, soups and stews will be served. Tickets may be purchased at the door. Tickets are \$12 for adults and \$6 for children.

The West Boxford Improvement Society is a volunteer organization devoted to community betterment projects and helping Boxford neighbors in need.

Topsfield Historical Society
Presents
Manzanar Japanese Encampment: One
Woman's Story
Gould Barn Sunday, February 9th at 3 PM

Joyce Fukasawa will relate her experience as a child at Manzanar -Japanese- American War Relocation Center During World War II. In 1942 , the United States government ordered more than 110,000 men, women, and children to leave Their homes and detained them in remote, military-style camps, Including Joyce and her family.

Merrimack River Eagle Festival 2020
Special Event February 15, 2020
Presented by Mass Audubon's Joppa Flats Education Center
and Parker River National Wildlife Rescue
 Come to Newburyport and Amesbury on Saturday, February 15,th for a full day of fun indoor and outdoor activities celebrating the Return of our Bald Eagles!

Learn more about these magnificent birds—as well raptors such as Snowy Owls—and why our local habitat is so important to them.

At Newburyport City Hall from 10-11 see a raptor show with MaryBeth Kaeser of Horizon wings .

At the Parker River National Wildlife Refuge Visitor Center from 10-3 there will be family activities , crafts and more. Featuring owls From Drumlin Farm.

At Mass Audubon's Joppa Flats from 10—3 will be family Activities arts and crafts and more. Featuring Live hawks from Drumlin Farm.

Mardi Gras Celebration
Hosted by Veasey Memorial Park
Saturday, February 22nd from 4-8 PM



Admission is 12 for adults with children under 12 free



Murder Mystery Dinner
at Turner Hill
Friday, March 13th
7 PM - 11 PM

Sponsored by the 10 Elm Foundation / Council on Aging
Join us for an evening of fun with a murder set in the
"Roaring Twenties".

Tickets go on sale soon so watch for them on Facebook and
10elmfoundation.org.

Proceeds go toward the building of the new Center at 10 Elm.

Cheesy Chicken Alfredo Soup

2 tbsp. butter	1/4 c. all-purpose flour
1 lb. chicken breast	4 c. low-sodium chicken broth
Kosher salt	1 c. half and half
Freshly ground black pepper	9 oz. tortellini
1 large onion, diced	2 tsp. crushed red pepper flakes
3 cloves garlic, minced	Fresh basil, for garnish



- 1.) In a large pot over medium-high heat, melt butter. Cook chicken until cooked through and golden, 6 minutes per side, then season with salt and pepper and set aside. Once cool, dice.
- 2.) Add onion to pot and cook until soft and golden, 6 minutes, then add garlic and cook until fragrant, 1 minute. Add flour and whisk until golden, 2 to 3 minutes, then add chicken broth and half and half and simmer until thickened, 15 minutes.
- 3.) Add tortellini to pot and cook until al dente, 10 minutes. Add diced chicken and season with crushed red pepper flakes, salt, and pepper.
- 4.) Ladle into bowls and garnish with basil.

Congregate Lunches

Congregate Lunches are served Tuesdays and Thursdays 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.

Boxford Burning Permits—2020

Burning permits are now on sale. The burning season is January 15th thru May 1st. Permits can be purchased online or at the East Fire Station — the cost is \$20.00. Rules and regulations for the 2020 season are as follows:

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, 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. Please contact Pam @ the COA

If you wish to attend our Congregate meals we will provide you with a ride

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 due to inclement weather** there are no classes, lunches, or activities at the Boxford COA.

**Movie Time at the COA
(movies subject to change)**

Movies are shown immediately following the Thursday Congregate Lunch. If you wish to join us for lunch - reservations are required and the cost is \$2/pp. If you only wish to see the movie - there is no cost but you should call before to make sure we are definitely showing the movie advertised that day. Most of the movies shown at the COA are available for our seniors to borrow and watch in the comfort of your own home.

February 2020 Movies Are:

February 6th:	Fried Green Tomatoes
February 13th:	Manchester by the Sea
February 20th:	Saving Mr. Banks
February 27th:	Under the Tuscan Sun

1. Burning is allowed only on the property designated on the permit.
2. All permits must be activated between 10AM and 12PM (noon) prior to burning. To activate your permit:
 - A. Call the Communication Department (978-887-8137). OR
 - B. Activate online by clicking on "\$PAY ONLINE" which is located on the Town's website just below the "Town of Boxford" header. From there — on "Select Bill Type" click on "Activate Burn."
3. Participant's are prohibited from burning before 10AM. All fires must be started between 10AM and 12 Noon.
4. Fires must be extinguished by 4PM. Burning after 4PM is prohibited.
5. Participants shall completely extinguish their fires, which include pulling the pile apart and extinguishing the coals.
6. Participants must make available a water supply such as a pressurized water pump can, a garden hose, and shovels or rakes nearby for controlling the fire.
7. Fires must be at least 75 ft. from any structure including sheds.
8. Fires must be attended at all times.
9. Participants may burn brush, cane, driftwood and forestry debris.
10. At no time are you allowed to burn grass, hay, leaves, stumps, construction materials, trash or other related items.
11. In case of high winds or otherwise dangerous conditions, this permit is invalid as provided by law.
12. This permit does not release party from liability for damages.



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 **\$15**. Renee is available most **Monday mornings**, by appointment only. To make an appointment, please call Renee at (508) 335-1675..

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 may help
To register, please call the COA

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.

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. If you have not yet signed your cell phone up with the town's Emergency Telephone Notification System, please do so for your safety. The link can be found at:

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

Feeling Sleepy All the Time?

It can be miserable to feel too sleepy. If you have trouble staying awake during the day, you may wonder "Why do I feel sleepy all the time?" Discover some of the common symptoms of excessive sleepiness and potential health consequences, and then dive into seven reasons that sleep disorders may lead to feeling sleepy all the time.

Red Flags for Sleep Disorders:

- Taking more than 20 to 30 minutes to fall asleep initially or to get back to sleep after waking.
- Light fragmented sleep with frequent awakenings that does not feel refreshing.
- Disturbed breathing during sleep including snoring, gasping, choking, and witnessed pauses.
- Other symptoms of sleep apnea such as frequent urination at night, bruxism (teeth grinding), morning headaches, heart palpitations, and heartburn at night.
- Narcolepsy: the least specific being excessive sleepiness. This sleep disorder occurs when there is a problem with the regulation of sleep and wakefulness. Characteristics of sleep may suddenly occur while awake (such as paralysis) and elements of wakefulness may intrude upon sleep.
- Chronic Fatigue Syndrome is a condition that might make you feel tired, exhausted, or sleepy. It is characterized by worsened fatigue that occurs after exertion. It is also associated with less refreshing sleep and frequent joint and

muscle spasm.

- Restless legs syndrome is characterized by an uncomfortable sensation in the legs associated with an urge to move. It often develops in the evening as you are lying down to rest and is relieved by movement.

Medicare Savings Programs

A new state law in Massachusetts is expanding several Medicare Savings Program (also known as "MassHealth Buy-in programs). These programs help older residents and people living with disabilities save money on their Medicare coverage, If you are a Massachusetts resident with limited income and assets you may qualify for a Medicare Savings Program that will pay your monthly Part B premium, which is currently deducted from your Social Security benefit. In certain cases, a Medicare Savings Program may also pay your out-of-pocket Medicare Part A and B costs and your Part A premium (if you have one). Starting January 1, 2020 the income and asset limits for the Medicare Savings Plan are increasing meaning more people will be able to get help paying for their Medicare. If you qualify for a Medicare Savings Program, you will automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.

3 Easy Steps to See If You Qualify

1.

Learn about the new income and asset limits:

If your income and assets are at or below the amounts listed here, you may qualify for help from one of several Medicare savings Programs.

<u>You are</u>	<u>Income at or Below</u>	<u>Assets at or below</u>
Single individual	\$1,738/month	\$15,720
Married Couple	\$2,346/month	\$23,600

2. Call

MassHealth's Customer service Center by phone at 1-800-841-2900 or TTY at 1-800-497-4648, and request a simple 2 page "MassHealth Buy-In" application, or download one from: <https://tinyurl.com/MassMSP>

3. Apply:

On or after January 1, 2020 submit your completed application to MassHealth to see if you qualify.

What keys can't open locks?
Monkeys, Donkeys, Turkeys

The next time your wife gets angry, drape a towel over her shoulders (like a cape) and say, "now your SUPER ANGRY!"
Maybe she'll laugh.
Maybe you'll die.

My pregnant wife sent me a selfie in a new dress and asked, "Does my behind look big?" I texted back "Noo!" My phone autocorrected my response to "Moo!"

Please send help!

Nothing says "I'm confused" like me trying to sleep in the winter.
Heat on, fan blowing, window cracked, under 13 blankets with one foot out.

Why is no one friends with Dracula?
Because he's a pain in the neck.

What did one toilet say to the other?
You look flushed.

I couldn't figure out why the basketball kept getting bigger?
Then it hit me.

What happens to a frog's car when it break's down?
It get's toad away.

What is worse than raining cats and dogs?
Hailing taxis!

"Lexophile" describes those that have a love for words, such as:

"You can tune a piano, but you can't tuna fish"

"To write with a broken pencil is pointless"

"The roundest knight at King Arthur's round table was Sir Cumference"

"When fish are in schools they sometimes take debate"

"The short fortune teller who escaped from prison was a small medium at large"

"A thief who stole a calendar... got twelve months"

"Police were called to a day care, where a three-year-old was resisting a rest"

"The math professor went crazy with the blackboard. He did a number on it"

"If you take a laptop computer for a run you could jog your memory"

"A bicycle can't stand alone; it is two tired"

"You are stuck with your debt if you can't budge it"

"He broke into song because he couldn't find the key"

"A boiled egg is hard to beat"

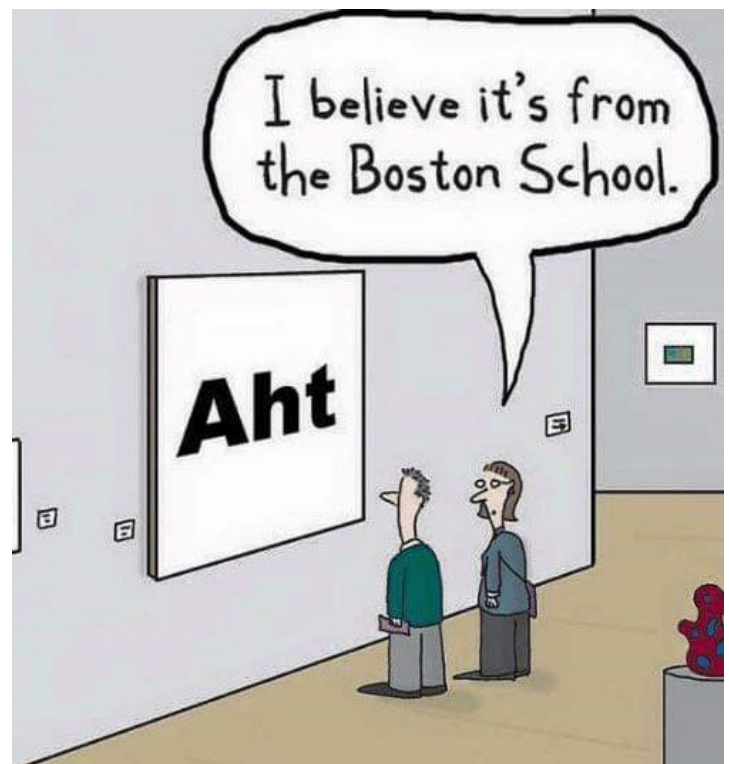
"When you've seen one shopping center you've seen a mall"

"Bakers trade bread recipes on a knead to know basis"

"With her marriage she got a new name and a dress"

"A dentist and a manicurist fought tooth and nail"

"The professor discovered that his theory of earthquakes was on shaky ground"



"Like" when you get 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 Blaquiére: 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 February Birthday Luncheons will be held on Tuesday, February 25th at 11:30 AM. Please call the COA by the end of the day on Monday, February 24th 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 February Celebrants!*

February Daily Observances

February 2nd - Ground Hog Day!

February 7th - Nat'l Wear Red Day!

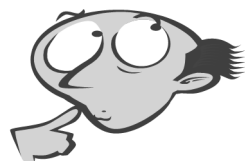


February 20th—Nat'l Love Your Pet Day!

February 22nd - Nat'l Margarita 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

Live your truth.

Express your love.

Share your enthusiasm.

Take action towards your dreams.

walk your talk.

Dance and sing to your music.

Embrace your blessings.

Make today worth remembering!