

Boxford's Boomers & Beyond



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

March 2020

We have some very exciting news!
WE HAVE A VAN DRIVER

"Have a look through the bulletin for our van schedule"

**Daylight Saving Begins
Sunday, March 8th**

**Time to change clocks and batteries in your
smoke and carbon monoxide detectors too.**

It's time to change your clocks (spring forward one hour) and replace your smoke and carbon monoxide detector batteries. Speaking of the smoke and carbon monoxide detectors - check the dates of the units. If they are more than 10 years old - they should also be replaced. Testing them only tells you that the batteries are good - not the sensor itself. If unsure - call the Boxford COA and we will work with the Boxford Fire Department for a home inspection on your current units.

The Boxford Fire Department applied, and received another grant allowing them to purchase and install battery operated detectors (at no cost) in the homes of our Boxford seniors. If interested - call the Boxford COA to sign up for an inspection and possible replacement of your battery operated detectors.



**St. Pat's Luncheon
Wednesday, March 11th, Noon
(First Church Family Life Center)**

The Friends of the Boxford Council on Aging cordially invites the Boxford seniors to their annual St. Pat's Luncheon on Wednesday, March 11th. Reservations are required and the COA van will be available to those Boxford seniors who don't wish to drive. The meal will consist of a typical boiled dinner with potatoes, cabbage, carrots, turnips and "grey" corned beef. As an alternative for those who don't care for corned beef - we will also be serving ham.

The Gloucester Hornpipe & Clog Society will be our entertainer this year. They have delighted audiences since 1971 with a lively mix of Celtic jigs and reels, American Colonial-era tunes, sing-along sea chanteys, and original songs of colorful people and places from New England's rich history. From ragtime to old time, the band's rollicking, friendly style is fun for all ages.



REMINDER

The period for filing Real Estate Tax Exemptions for seniors who are eligible for **property tax relief** is currently ongoing.

Some of the programs available include:

- Legally Blind
- Disabled Veterans
- Seniors 65 years +, with low to moderate income
- CPA Surcharge Exemption

Anyone interested in applying for an exemption should contact the Assessors Office @ 978-887-6692, Monday - Thursday 8am to 4:30pm. Applications will be accepted until April 1, 2020 for the current tax year.



Murder Mystery Dinner at Turner Hill

Friday, March 13th from 7 PM - 11 PM

A Dinner Party to Die for...

A spectacular evening hosted by the 10 Elm Foundation.

Murder, Martinis, and Mayhem are on the menu.

At the Mansion on Turner Hill, Ipswich, MA

Gather your friends and join us. There will be a delicious four course meal catered by Vinwood Caterers, cash bar, music and entertainment. The theme of the night is "A Murder at The Mansion on Turner Hill" a 1930's soiree. A few 1930's items for you at the door to help build the mood, dress as you wish, fancy or casual.

\$125.00 Per Person or Purchase a Table for \$1000.00

Tickets go on sale on February 1st! on the website
10elmfoundation.org.

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

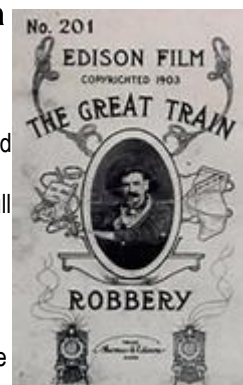
Hollywood Wild West to Movie Mecca Wednesday, March 18th @ 11:00 am

Presented by Historian Anne Barrett

See films from 1894, 1906, 1915 and more! Find out how Hollywood evolved from a small conservative town to a glittering movie mecca full of glamour, movie stars, and scandals. Lunch will be served right after the presentation.

Sponsored by The Friends of the Boxford Council on Aging

Please call the COA at 978-887-3591 to reserve your space.



Masco St. Patrick's Day Dinner Tuesday, March 17th @ 4 PM to 6 PM

Masco Cafeteria. This is a drive yourself event.

Please register @ the COA by
Wednesday March 11th

****SAVE THE DATE****

An Event not to be Missed!

**Spofford Elementary Brunch & Band Concert
Wednesday, April 15th, 9:30AM**

**Delvena Theatre Company Presents
"Meet Julia Childs"
Monday, April 13th, 1:00PM**

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.

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 **March 9th @ 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, starting at 9 AM with Bob Spillman. Unfortunately there will not be a March discussion but will resume in April.

All adults welcome

Cooking With Renee

Our next cooking class will be held on **Monday**, March 9th at 10:30 AM. This Month's Menu: Fish Chowder! 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. Due to the St. Pat's Luncheon, the next meeting will be on Wednesday, March 4th 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**, March 17th 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, which will be on March 12th. 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.

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.



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

Trips with Best of Times Travel

The Home Again Carole King Tribute

May 20th, 2020

(Live @ Danversport Yacht Club - Danvers)

Carole King is arguably the most celebrated and iconic singer/songwriter of all time of the latter half of the 20th century in the US, having written or co-written 118 pop hits on the billboard. Deb De Lucca, joined by her band of seasoned musicians, take the audience on a journey through Carole's impressive & expansive repertoire. **Home Again** is a true celebration of Carole King's anthology and captures the "Beautiful" spirit of a unique time in music history! \$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 Victorian Age Getaway @ The Nonantum Resort (Kennebunk, ME)

May 19th - 20th, 2020

The ambience 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.

Spirit of Boston Tuesday, July 28th, 2020

Come aboard and enjoy the most entertaining experience in Boston featuring a Grand Buffet. With choices such as a harvest salad station, tilapia fillet w/ lobster cream sauce, apricot-glazed pork loin, cakes, pastries and so much more. This two hour cruise on Boston's historic harbor is perfect for an afternoon getaway. One price includes all but

drinks and photos. Stretch your legs topside at the patio deck or dance till you drop with Top 40's hits . After the cruise visit Faneuil Hall and Quincy Market.. Price is \$109pp.

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

Boston to Bermuda

(on Board NCL- Joy)

May 2nd - 9th, 2021

8 Days/7 Night Cruise

The island of Bermuda is closer than you think. Join Best of Times Travel on this exclusive, exciting, sun-filled, pamper me, vacation Featuring The Sicilian Tenors. Discover the quaint neighborhoods and pristine pink beaches of blissful Bermuda. Explore coral bluffs, bike seaside trails or browse duty-free shops in scenic St. George. 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 \$1699pp to \$2399pp/ double occupancy plus \$550 for taxes, transfers & gov't fees. A deposit of \$400 plus an elected insurance premium, is due at booking. Final payment due on December 15th, 2020

Bean Supper St. James Episcopal Church, Groveland Saturday, March 21st 4:00 PM to 6:00 PM

St. James Episcopal Church will be holding a Bean Supper on Saturday, March 21st, 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, March 2nd @ 7:00 PM
at The Barn at Peirce Farm
116 Boston Street, Topsfield**
-Flute of Champagne Bubbles

**On Monday, March 23rd @ 7:00 PM
at The Peabody Institute Library- Sutton Room
82 Main Street, Peabody**
-Toast to Vienna, Hungary & Ireland

**On Monday, March 30th @ 7:00 PM
at The Barn at Peirce Farm
116 Boston Street, Topsfield**
-Toast to Vienna, Hungary & Ireland

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

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.

Caring for your Flock: Chicken Seminar Saturday, March 28th 10 AM to 11 AM (@ The Boxford Town Library)

To Register Contact: Beth Safford at 978-887-7323
Or esafford@boxfordlibrary.org

Sponsored by the Boxford Agricultural Commission in conjunction with the Boxford Library. Registration is appreciated.

DO YOU HAVE MEDICARE AND NEED TO CHANGE PLANS?

Did you change your Medicare or Medicare Advantage plan last fall? Were your prescription costs much higher than expected? Are your bills much higher than anticipated? **Don't be trapped** into paying more than you should! Please know that Medicare has acknowledged that some people may have "made the wrong plan choice because of inaccurate Information from the new Plan Finder website." They advise you to **call (1-800-633-4227)** and explain your situation. The Call Center representative can help you throughout the year with options for **making changes**. If you would like to **research your options** before making that call, you can **talk with a SHINE counselor** by calling **1-800-243-4636** or your town's senior center.

Social Security Phone Scam with a Twist

The inspector General is warning seniors that **scammers are not only calling and pretending to be governments employees...threatening legal action and demanding money or gift cards!!** They are now sending **fake documents by email** to convince you to do what they ask...some documents even look like official Social Security letterhead!

- Social Security does not send official reports by email
- Social Security will never threaten you with arrest or other legal action over a fine or fee
- Social Security will never ask for payment by gift card, cash, or wire transfer

The Social Security Administration will send you a letter by MAIL if there is an issue with your Social Security account. If you get such a call, **hang up or call the police, or Senior Medicare Patrol @ 1-800-243-4636**.

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>

****SAVE THE DATE****

An Event not to be Missed! Spofford Elementary Brunch & Band Concert

Wednesday, April 15th, 9:30 AM

Reservations are required by Wednesday, April 8th. This is a great time where the kids show off their musical talent. If you haven't been to one of their performances, you are really missing out on a great time! The COA Van is available for those who don't wish to drive.

Berry Crisp

1/2 cup Strawberries
1/2 cup Blackberries
1/2 cup Raspberries
1/2 cup Water
1 box Sugar Free Vanilla Pudding Mix

3/4 cup old Fashioned Oats
1 tsp Cinnamon
1/2 cup Splenda
1/3 cup Fat Free Greek Yogurt



- 1.) Heat oven to 350 degrees. Wash berries, quarter strawberries.
- 2.) In a mixing bowl, combine pudding and water with a fork to get all lumps out.
- 3.) Add in berries and cinnamon, mixing well.
- 4.) Pour into greased pie dish.
- 5.) In a separate bowl, mix together oats, sugar and yogurt. Add a little more yogurt if it's too thick.
- 6.) Spread oats over berries, leaving an empty edge.
- 7.) Bake at 350 degrees for 40ish minutes or until top is golden brown.

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. The COA van is available to our Boxford residents, free of charge, to attend the luncheon.

****Van Update****

We have some very good news!! Please help us in welcoming our **NEW VAN Driver**, Cindy Comeau! We are very excited to have her join us. We will be offering rides to our Tuesday and Thursday Congregate Lunches, COA Events and Lectures, Lunch Bunches, Grocery Shopping, and more. There is no charge for events held at the COA. There is a \$3.00 pp charge for Grocery shopping, off site events and lunch bunch (unless noted). Please look through the bulletin for our monthly schedule of events.

Council on Aging Van Schedule

Tuesday, March 3rd	Congregate Lunch
Wednesday, March 4th	Lunch Bunch
Thursday, March 5th	Congregate Lunch
Monday, March 9th	Grocery Shopping
Tuesday, March 10th	Congregate Lunch
Wednesday, March 11th	St. Patrick's Day Luncheon
Thursday, March 12th	Congregate Lunch
Tuesday, March 17th	Congregate Lunch
Wednesday, March 18th	Hollywood Wild West to Movie Mecca
Thursday, March 19th	Congregate Lunch
Monday, March 23rd	Grocery Shopping
Tuesday, March 24th	Congregate Lunch
Wednesday, March 25th	Birthday Lunch
Thursday, March 26th	Lunch Bunch
Tuesday, March 31st	Congregate Lunch



**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.

March 2020 Movies Are:

March 5th: Eat Pray Love
March 12th: The January Man
March 19th: One Flew Over the Cuckoo's Nest

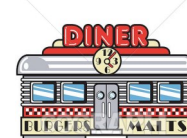


Lunch Bunch Trips

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. Van will be leaving at 11 am. The "Lunch Bunch" is open to all seniors.

**MaryAnn's Diner
Salem, NH
Wednesday, March 4th**

Delicious, Yummy, Lip-Smacking, Melt in your mouth meals...check out this old fashioned diner which serves a variety of breakfast dishes, deserts and Lunches and they are a Gluten Free Restaurant. Call the COA to reserve your space.



**Iron Chef
Danvers, MA
Thursday, March 26th**

Family owned. Serving authentic Chinese and Japanese Cuisine to the Greater North Shore. Call the COA to reserve your space.



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 is Wed., March 4th @ 9:30 am @ the COA.**

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>

Flu Symptoms & Complications

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have the flu often feel some or all these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with the flu will have a fever.

Flu Complications:

Most people who get the flu will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Sinus and ear infections are examples of moderate complications from the flu, while pneumonia is a

serious flu complication that can result from either influenza virus infection alone or from co-infection of the flu virus and bacteria. Other possible serious complications triggered by the flu can include inflammation of the heart (myocarditis), brain (encephalitis) or muscle (myositis, rhabdomyolysis) tissue, and multi-organ failure (for example, respiratory and kidney failure). Flu virus infection of the respiratory tract can trigger an extreme inflammatory response in the body and can lead to sepsis, the body's life-threatening response to infection. Flu also can make chronic medical problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic heart disease may experience a worsening of this condition triggered by the flu.

People at High Risk from the Flu:

Anyone can get sick with the flu (even healthy people), and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes or heart disease), pregnant women and children younger than 5 years, but especially those younger than 2 years old.

What are the emergency warning signs of the flu?

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen
- Persistent dizziness and confusion
- Seizures
- Not urinating
- Severe muscle pain
- Fever or cough that improve but then return or worsen
- Worsening of Chronic medical conditions

Why are frogs so happy?
They eat whatever bugs them!

Why was the little strawberry crying?
His mom was in a jam.

Why did the lion eat the tightrope walker?
He wanted a well - balanced meal.

Can February March?
No, but April May.

An elderly looking gentleman, (mid-nineties) very well dressed, hair well groomed, great looking suit, flower in his lapel, smelling slightly of a good after shave, presenting a well-looked-after image, walks into an upscale cocktail lounge.

Seated at the bar is an elderly looking lady.

The gentleman walks over, sits alongside her, orders a drink, takes a sip, turns to her and says, "So tell me, do I come here often?"

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

After the spring break, a teacher asked her young pupils how they spent the holidays. One youngster offered the following: "We always used to spend the holidays with Grandma and Grandpa.

They used to live in a nice big brick house. But, grandpa got retarded and they moved to Floriduh. Now they live in a place with lots of other Grandmas and Grandpas. They live in a tin box and have rocks painted green to look like grass.

They ride around in huge tricycles and wear name tags because they don't know who they are anymore. They go to a big building called the wrecked center. They must have fixed it because it looks pretty good now.

They play games and do exercises there, but they don't do them very well. There is a swimming pool, too, but they all jump up and down in it with their hats on. I guess they don't know how to swim. At the gate, there is a dollhouse with a little old man who sits in it.

He watches all day so nobody can escape. Sometimes though, they do manage to sneak out. Then they go cruising in their golf carts.

Grandma used to bake cookies and other neat things, but I guess she forgot how. Nobody there cooks, they just eat out. And they eat the same thing every night, "Early Bird," whatever that is. Some of the people can't get past the old man in the dollhouse. So the ones that escape bring food back to the wrecked center and call it a pot-luck.

My Grandma says Grandpa worked all his life to earn his retardment and says that I should work hard so I can also be retarded someday too. When I earn my retardment, I want to be the old man in the dollhouse. Then I'll let people out so they can visit their grandchildren."



"The last thing I remember is being thrown into the dryer."

Boxford Council on Aging
4 Middleton Rd
Boxford, MA 01921
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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
Cynthia Comeau: Van Driver

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 March Birthday Luncheons will be held on Wednesday, March 25th at 11:30 AM. Please call the COA by the end of the day on Monday, March 23rd 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 March Celebrants!*

March Daily Observances

March 3rd - Peach Blossom Day!



March 12th - Popcorn Lovers Day!



March 17th - St. Patrick's Day!

March 19th - First Day of Spring!



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

