

Boxford's Boomers & Beyond



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

November 2020

Effective Immediately

ALL checks for the Council on Aging MUST now be made out to the Town of Boxford and on the memo line please print Council on Aging per the request of our bank. This is for any donations and class fees.

COA Happenings:

Our building is still **CLOSED** to the public per the state and town's guidance. As you know, we have added some classes and activities that are held weekly outside under the white tent. There are also some limited transportation services available. (See next page.)

Medicare Open Enrollment October 15th - December 7th

Need assistance with Medicare? Shine can help! This is your opportunity to review your Medicare plans with a Shine counselor to see what you can expect with your current plan in 2021, or to see if there is another plan that may be more cost-effective for you. Your health insurance costs are an important part of your budget, and Shine is available all year to help you review your plans and costs. Call the COA to schedule a phone appointment.

Massachusetts Registry of Motor Vehicles

The RMV is announcing that it is extending designated Wednesday appointment hours for customers 75 or older through December. Services include driver's license or ID card renewals. Reservations are a must and be made online at any designated areas. You may make this reservation at: <https://www.mass.gov/info-details/older-drivers>. If you are a AAA member, you may make a reservation at one of their locations by visiting aaa.com/appointments to schedule your visit.

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>

Rebuilding Together Greater Haverhill

Is Now accepting applications for no-cost home repair assistance on Annual Rebuilding Day on **Saturday, April 24, 2021**
Depending on Covid19 regulations
Application deadline is January 31st.

Application eligibility:

- Own and occupy your home for at least 2 years
- Meet Federal HUD low-income guidelines
- 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.

Check out their website at www.rebuildingtogetherhaverhill.org

Tel: 978-469-0800 or email RTHaverhill@outlook.com

Boxford Property Tax Relief

The Board of Assessors would like to remind senior homeowners (including Four Mile Village residents) that they may be eligible for an exemption of their real estate taxes if they fall into any of the following categories:

- Legally Blind
- Surviving spouse of Disabled Veterans
- Seniors with low to moderate income and assets
- Surviving spouses with low to moderate assets



Please contact the Assessor's Office @ 978-887-6692 to discuss your eligibility.

Applications will be accepted until April 1, 2021 for the current tax year.

Help Needed at the COA

We need drivers for two vital programs! MOW and NEET. Can you help make the difference in the lives of Boxford seniors? Call the COA @ 978-887-3591 for more information about these programs.



**The COA will be Closed Wednesday, November 11th,
Thursday, November 26th and Closing at Noon on November 25th!**

FITNESS CLASSES

There are only 12 people allowed per class due to State and Town guidance. Classes are held rain or shine.

- **Registration is a Must! No walk-ins allowed. Sign-up or cancellation of registration must be made no later than noon on the day before class.**
- **Masks must be worn at all times.**
- **The cost of each class is \$3.00 and should be placed in a sealed envelope with your name on it.**
- **Arrive 5 minutes before class to answer a brief questionnaire and to have your temperature taken.**
- **And lastly, please bring your own beverage.**



CHAIR YOGA With Mary

Classes held on **Tuesdays** at 9:00 to 10:00 am.
Classes are \$3.00 per person.

YOGA CLASSES With Mary

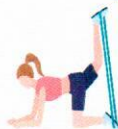
Classes are held on **Tuesdays** from 10:00 to 11:00 am and **Thursdays** from 12:30 to 1:30 pm.
Classes are \$3.00 per person.



Strength Training Complexity Classes W/ Leah Miller

(These classes are held per the instructors schedule)

Classes are held on **Thursdays** from 10:00 to 11:00 am. Classes are \$3.00 per person. Her November classes are on Thursday 11/5, 11/12 & 11/19.



ZUMBA With Kym

Classes are held every **Wednesday** from 12:30 to 1:30 pm.
Classes are \$3.00 per person.



NEWS AND VIEWS

News and Views meets on **Thursdays** at 11:00 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

Transportation



Our van is available rides to the Senior Center (tent) and also to go grocery shopping.

NEET

NEET (Northern Essex Elder Transportation) has resumed its rides with new mandated precautions. Everyone must pre-register! Contact the COA for info @ 978-887-3591.

The Department of Public Health:

The DPH is conducting a survey and is asking the question "How has COVID-19 Impacted You"? The details around the survey are found below as directly pulled from the DPH website. They have partnered with DPH and shared the survey with the AAA Planners as part of the wider effort to conduct the FFY2021 Needs Assessment Project. Anyone 14 and older are allowed to take this survey.

The survey is offered online at: www.mass.gov/COVIDsurvey by computer, phone or tablet. It will take around 10 to 15 minutes to complete. All survey responses will be anonymous.

Virtual Museum/Gallery Tours and other On-Line Activities

- Peabody Essex Museum in Salem by visiting pem.org
- Addison Gallery of American Art in Andover: <https://addison.andover.edu>
- Isabella Stewart Gardner Museum: <https://artsandculture.google.com/partner/isabella-stewart-gardner-museum>
- Museum of Fine Arts in Boston: <http://artsandculture.google.com/partner/museum-of-fine-arts-boston>
- Creativebug.com includes creative doodling, sewing, knitting and other activities.
- The Memorial Hall Library (mhl.org) in Andover offers links through websites to comic strips, film and TV comedians, joke collections, laughter yoga and strange stories on NPR.

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.

Medicare Wellness Webinars

Wednesday, November 18th
10:00 am to 10:30 am

Nutrition and Sleep: Fascinating Connections
Register Now @ bcbsma.info/Nov18

Open to all!

Sponsored By Blue Cross Blue Shields of Massachusetts

Services

Grief and Loss Support Group



Join us on **Thursday**, November 12th @ 1:30 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.

WELLNESS CLINIC:

The VNA Care Network and Elder Services will be holding their free Wellness Clinic on **Tuesday** November 10th from 11:00 am to 1:00 pm at the COA. Appointments are held every 15 minute so please call the COA to schedule your appointment.



VETERANS SERVICES

Joe LeBlanc, our VA Rep is available to answer any questions and concerns that you may have. His office is working remotely and can be reached at (978) 807-7286.

All Vets and/or families of Vets Welcome

HEALTH BENEFITS SHINE REP

Our **SHINE Rep** is Marylou Fierro. If you need to speak with a Shine Rep - please call the COA to set up a phone or email appointment with Marylou. We will relay the message to her and she will contact you.

Grocery Shopping

Grocery Shopping is resuming and are scheduled for **Tuesdays** November 10th and November 24th. Pick up starts at 9:00 am and you will have 1 hour to shop. Only 3 people can ride on the van along with the driver. The cost for this service is \$3.00 pp. One must be able to get on and off the bus on their own with no assistance, a mask must be worn and you must be able to carry your own groceries. Please call the COA to reserve your seat no later than noon on the day before.

Phone Pals

Are you bored staring at the same four walls, feeling alone in this COVID era, sad to not be able to get out and see anyone? Sign up for the COA's new program Phone Pals! Call the Boxford Council on Aging at (978) 887-3591 to request a Phone Pal. A friendly voice on the other end of the line can make a world of difference!



I was walking home last night and decided to take a short cut through the cemetery...3 girls walked up to me and explained that they were scared to walk past the cemetery at night, so I agreed to let them walk along with me. I told them "I understand...I used to get freaked out too when I was alive."

A guy walked into a crowded bar, waving his unholstered pistol and yelled, "I have a 45 caliber colt 1911 with a seven round magazine plus one in the chamber and I want to know who's been sleeping with my wife."

A voice from the back of the room called out,
"YOU NEED MORE AMMO!"



WEATHER

B R A I N B O W N O B W E E G J L K T D
M A S S O S L E E T E L T P A A L Q E H
S Q R Y J A R F S C H A I S P W U N M U
U H R O D T L A R T M E M Z P R O G P M
E Y C D M K H O V I R R R G Z I N R E I
E G O Z E E F U L A O A C M T A I R R D
C R N P T H T C N T T C T A O Z R V A I
U O D R E A W E S D W M T O C M E D T T
M M E E O I A C R E E I O W S I E V U Y
U E N S R L T Y N I P R N S D P R T R C
L T S S O N E C V I H D T D P V H R E M
O E A U L W R L C W S U N N Y H G E U R
N R T R O Y E E W V K Z R J A N E X R S
I E I E G R R P F O G G Y R I A W R V E
M S O L Y P R C L O U D Y N I Q N R E Q
B M N S T R A T U S L L T E B C O Q V G
U O V E R C A S T B X H M F R P A X W T
S G Z Y N C L K W G G Q Y Z A V M N A A
M E V A P O R A T I O N K V O S U E E O
K Q E N E R G Y L T R O P O S P H E R E

AIR
ATMOSPHERE
BAROMETER
BLIZZARD
CIRRUS
CLIMATE
CLOUDY
CONDENSATION
CUMULONIMBUS
CYCLE

ENERGY
EVAPORATION
FOGGY
FORCE
GAUGE
HAIL
HEAT
HUMIDITY
HURRICANE
HYGROMETER

LIGHTNING
MASS
METEOROLOGY
OVERCAST
PRECIPITATION
PRESSURE
RAINBOW
SLEET
SMOG
STORM

STRATOSPHERE
STRATUS
SUNNY
TEMPERATURE
THERMOMETER
THUNDER
TROPOSPHERE
VAPOR
WATER
WIND



Thanksgiving Word Search

Challenging

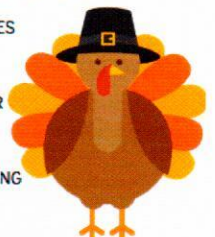


H L E A V E S O X A W T L I O X N Z P K
V J W L F E A S T M C E D Q T L A E F L
Y H O O E Z N P Z E D T N I H Y C I E Y
C A N K D D N Z L N R K Y I A E E P S C
L S D S Z Q U E J A H Y C E N X P J R X
S O B I D F B T D W V L I Y K T R X E Q
I Q T W L R A I I V O Y M R F R B U B V
K R E H A O T L N T Y B H O U C U Y M M
D E I T A I H O L U A G T F L Y I T E Y
S W I B O N Q V E P G R V K N N J S V C
A O H N R Y K N R H E Y G E E D U V O Q
N L W Z S J O S E P L O M A S S T R N Y
K F T E F B G L G I M J Y I S I N V F M
P Y G F H Y B N M I N Q Y H O M E U O M
L A N S I B I A S T V O R A C L D Y E I
H M I G O F F O G Y X I J C V R Z M Q R
X W Y G F C Q W S D W E N I X B J T G G
F M T U Z H T U O M Y L P G G B R X J L
Z C T E L I S E I R R E B N A R C R M I
R S L W V T H G D X U A N I K P M U P P

CELEBRATION
FALL
GOBBLE
HOME
NOVEMBER
PILGRIM
STUFFING
TRADITION
WISHBONE

CORN
FAMILY
GRATITUDE
LEAVES
PECAN
PLYMOUTH
THANKFULNESS
TURKEY

CRANBERRIES
FEAST
HOLIDAY
MAYFLOWER
PIE
PUMPKIN
THANKSGIVING
VOYAGE



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
John Stanley

COA Staff

Pam Blaquiere: COA Director
Lisa Giugliano: Secretary
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>



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

Current Resident or



We would like to wish everyone who is celebrating their November Birthday, a very Happy Birthday!

And also,

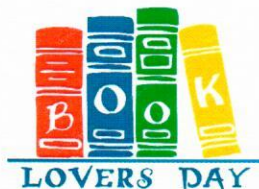
Thanks to all of our wonderful volunteers that helped the COA during these difficult Covid times. We deeply appreciate all the time that you have graciously given to help keep Boxford seniors safe!



November Daily Observances

November 7th - Book Lovers Day!

November 11th - Veterans Day!



November 21st - Nat'l Gingerbread Day!

November 26th - Thanksgiving 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 can access the older ones by clicking on "Monthly Newsletters."

Points To Ponder

Life is all about balance.

You don't always need to be getting stuff done. Sometimes it's perfectly okay, and absolutely necessary, to shut down, kick back, and do nothing.

LORI DESCHENE

