

# Boxford's Boomers & Beyond



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

**October 2019**

## **Boxford Property Tax Relief Seminar Wednesday, October 16th at 11 AM**

On Wednesday, October 16th, Kristin Hanlon from our Assessor's Office will be here to talk about the Boxford Property Tax Relief Program available to Boxford senior home owners. Reservations are required and lunch will follow for those who attend this seminar. You may be eligible for an exemption if you fall into any of the following categories:

- Legally Blind
- Veteran with a service-connected disability
- Surviving spouse of a service member or national guard who died in combat or from combat injury or disease
- Surviving spouse
- Senior Deferral
- Senior citizen — age 70
- Circuit Breaker
- CPA

**Four Mile Residents:** Four Milers are now eligible for Property Tax Relief Program. If you qualify — you will receive credit thru your tax contribution.

## **Fire Prevention 101—Session 3 Wednesday, October 23rd at 11:00 AM**

The Boxford Fire Departments liaison to the Boxford COA, Tyler Brown, will be here to speak on what to do/expect during Cold Weather/Winter Emergencies. Following the presentation, the fire department will be hosting a lunch.

Please call the COA to sign up.

## **Service Dog Project, Inc. (Training Dogs for the Mobility Impaired) Monday, October 21st @ 12:00 PM**

Judy Collins will be visiting to speak about the Service Dog Project, the training of the animals, and fundraising. She also shares her humorous stories and insights. She will be bringing one of her dogs to socialize and put "Smiles" on the faces of those they meet. She will give a brief presentation on the training of these fabulous dogs and what they offer to the disabled population. Root Beer floats will follow the presentation. Please call the COA to sign up.

## **Come on by and Welcome our New Social Worker: Lisa Waxman**

A little note from Lisa!

Fall is my favorite time of year. For me it is a time of new beginnings. A time to set new goals and try something different. With that in mind, I am delighted to begin my new position as the COA Social Worker. During May's Town Meeting, Boxford residents approved this position to serve the unmet wellness, social and emotional needs of Boxford seniors. I am not only available to visit with you at the COA but I am available to visit with you, and if you wish, your family in the privacy of your own home. We can discuss areas of concern that you may be dealing with such as health care concerns, caregiving stress, loneliness, and grief. Maybe you would like to try a new activity or wellness program but you aren't sure how to get started. Maybe you are interested in making some changes and need some support in putting together a plan. My approach is person centered. That means that you set the agenda for our visits. I take your privacy very seriously and keep all of our talks confidential. No one will even know that I am coming to visit with you unless you share that information yourself. I come to Boxford with over 20 years of experience working with seniors and their families as a community social worker. I also have experience in long-term care and end of life care. My hours @ the COA are Mondays, Wednesdays and Thursdays 8:30-2:30. Please call or stop by to see me. I look forward to meeting you.

Happy Fall,  
Lisa Waxman, LICSW

## **Halloween Luncheon Wednesday, October 30th at 12:00 PM**

Join us on Wednesday, October 30th for an afternoon filled with lots of Spooktacular fun. The menu has not yet been determined but it will be interesting. There will also be Trick n' Treat bags for everyone with possibly other surprises. Come in **Full Costume** and lunch is **FREE!** If not, it's \$3.00 per person. Reservations are required and seating is limited so call to sign up ASAP.

**The COA will be closed Monday, October 14th!**

**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*

**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*

**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 Class Tuesday at 1 PM**

Our licensed instructor, Donna Bonin will be here for the strength fitness classes. Cost is \$3.00/pp.

*All Ages and Walk-ins Welcome*

**Strength Training Class Thursday at 9 AM**

Our licensed instructor, Leah Miller will be here for the strength fitness class. Cost is \$3.00/pp.

*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 1st Monday of the month during Oct. and Nov. @ 1:00 PM and resuming back to the 2nd Monday in December.*

**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 next Wonders of Science will be on Tuesday, 10/15. Topic: The Moon!

*All adults welcome*

**Cooking With Renee**

There will be NO October Cooking Class. Renee is taking the month off. Class will resume back in November. The cost to attend this 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.***

**COA BOARD MEETING**

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting will be on Wednesday, October 9th 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, October 15th 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 October, her next appointments will be on October 24th. This is by appointment only.

**Community Giving Tree****Coffee & Donut Information**

**Session at The Community Giving Tree on Thursday, October 17th @ 9:00 AM!** Come learn how this local nonprofit supports children in low-income families throughout our region & how YOU can help! Reservations are **required** so please call the COA @ (978) 887-3591 by Monday, October 14th to sign up! 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. Join us and make a Difference!





## **Boxford COA w/ Collette Vacation**

### **New Hampshire's Turkey Train Thursday, October 10th**

Travel to central New Hampshire and Lake Winnepesaukee on board our deluxe motor coach for a day of fun and to view the wonderful sights of Fall Foliage. Enjoy seeing the season changing and the magnificent fall foliage. Arriving at Meredith, NH on the shores of Lake Winnepesaukee for the **Turkey Train**. ALL ABOARD the dining car to enjoy the Turkey luncheon. Meal included, roast turkey, whipped potatoes, butternut squash, beverage and dessert. During your adventure they will make a mystery stop to "sweeten your day". Price is \$99.95pp. \$20 deposit due at signing. Final payment due September 26th.

### **Ricky Nelson Remembered "Live Concert" Thursday, November 14, 2019 Venus De Milo - Swansea, MA**

"Ricky Nelson Remembered" is a unique multi media entertainment event featuring the live music of Ricky Nelson's hit songs (including "Hello Mary Lou", "Travelin' Man", "Garden Party") performed by Ricky's own identical twin sons Matthew & Gunner Nelson and includes never before seen video footage of the NELSON family with interviews from celebrities influenced by Ricky Nelson. Plated Luncheon Meal Choice: Chicken Parm or Baked Schrod which includes salad, potato, vegetables, breads, dessert, coffee and tea. Cost is: \$95.00pp - Includes transportation, lunch, show, tax & gratuity. \$20.00 deposit due at booking.

### **Johnny Mathis Christmas "The Ultimate Tribute Star- ring David Robbins" Wednesday, December 4th Danversport Yacht Club**

Enjoy some of Johnny's biggest hits such as: It's not for me to say, Misty, Chances are and

much more. Come experience a "Mirror of Mathis" starring David Robbins. David has been thrilling audiences all over the country with his incredible tribute show of Johnny Mathis. You'll be in complete awe, as soon as he hits center stage. His remarkable resemblance and vocal abilities that emulate the great artistry of Mathis will leave you speechless. This is a drive on your own event. Choice of Stuffed Breast of Chicken or Baked Scrod. Cost is \$69. \$20 due at Booking.

### **White Mountain Christmas "The White Mountain Christmas Hotel" December 9th - 11th**

(3 Days, 2 Nights 5 Meals: 2 Breakfasts, 1 Luncheon & 2 Dinners)

The White Mountain Hotel & Resort located in North Conway, NH welcomes you to enjoy a resort destination called the "Best in the Valley" by Ski Magazine. The hotel will be completely decorated in the Colonial style Christmas reminiscent of the famous décor of Colonial Williamsburg. Relax in a beautifully appointed mountain accommodation while experiencing splendid cuisine and a boundless range of amenities. Unwind with a soothing soak in the year-round, outdoor heated pool and jacuzzi. From the moment the aroma of our complimentary full breakfast draws you out of your bed until you drift off to sleep each evening. The resort offers accommodations featuring breathtaking views of the surrounding cliffs and mountains of NH. Includes: Roundtrip deluxe motor coach transportation, 2 Nights deluxe accommodations at the White Mountain Resort, 3 different Christmas Shows, A guided sight-seeing tour of the Mount Washington Valley, Shopping at the tax-free outlets in Tilton, NH, Roundtrip baggage handling - all room and meal taxes/gratuities. \$529pp Double, \$679 Single Occupancy. \$100pp deposit due @ registration. Payment in full due by October 28th. There is also a \$52pp Travelers Insurance available due to any cancellation.

### **An American Bandstand New Year's Eve Day Featuring the Tom LaMark Orchestra Tuesday, December 31, 2019 Lake Pearl - Wrentham, MA**

Our entertainment ringing in the New Year is the incredibly dynamic Tom LaMark Orchestra. Sing along, dance along, and party strong to our live band. Their program will showcase some of the great songs from groups such as The Four Tops, The Beatles, Elvis, Patsy Cline and much, much more. So bring your dancing shoes and get ready to experience an American Bandstand's New Year's. Choice: Sliced Sirloin Steak, Baked Stuffed Chicken Breast or Baked Schrod Which includes: salad, roasted red bliss potato, vegetables, NY style cheesecake, rolls, coffee & tea. Cost: \$89.00pp - includes transportation, lunch, tax, gratuity, entertainment, party favors & champagne toast. \$20.00 deposit due at booking.

### **Iceland's Magical Northern Lights March 9-15, 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, taxes, fees and surcharges, hotel transfers. Not included in price: Cancellation waiver and insurance of \$315 per person. Triple: \$3,669, Double: \$3,699, Single: \$4,449

### **Bluegrass Country & Smoky Mountains September 17-25, 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

### **Other Upcoming Trips Southern Caribbean Cruise From New York February 14-24 2020**

**More trips/brochures are available at the COA.**

**Topsfield Fair 2019  
October 4th thru October 14th  
Senior Day—Monday, October 7th**

The Topsfield Fair is once again upon us. Senior Day is Monday, October 7th and the tickets for seniors 60 and over are \$10/pp and can only be purchased on that day @ the window. Pre - season tickets are \$12/pp. Weekday Tickets and Columbus Day tickets are \$15/pp if purchased after pre - sale days are over.

**Tea Tasting  
Saturday, October 5th  
1:00 to 2:30 PM**

**(@ The Boxford Town Library)**

Get to know tea's delightful flavors and aromas, as well as its fascinating history, how it's made, where it's from, and what it can do for you. You'll learn how to steep tea for best flavor, and sample several varieties. Led by tea sommelier and owner of Boston's Tea Oasis, Hillel Bromberg. Register with the Library.

**Annual Masco Music Parents  
Electronics (& More) Recycling Fundraiser  
Saturday, October 19th  
9:00 AM - 12:00 PM**

Located at the Masconomet High School Parking Lot. (20 Endicott Rd, Boxford) Accepting: old computers, broken electronics, cables, chargers, small microwaves, lawnmowers (drained), and so much more. For more info please visit: [www.mascomusic.org](http://www.mascomusic.org)

**Bean Supper  
St. James Episcopal Church, Groveland  
Saturday, October 19th  
4:00PM to 6:00 PM**

St. James Episcopal Church will be holding a Bean Supper on Saturday, October 19th, 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 10 - free. Credit Cards are accepted! For more information, please visit their website: [www.saintjamesgroveland.org](http://www.saintjamesgroveland.org).

**Winchester School of Chinese Culture  
Presents:  
Enrich Your Mind with Shen Yun's  
Classical Music  
Saturday, October 19th  
1:00 to 2:00 PM  
(@ The Boxford Town Library)**

Enrich your mind with Shen Yun's Classical Music. Join the library for a relaxed afternoon exploring the history of Chinese music and experience the traditional Chinese musical instruments complete with tea and other light refreshments. Register with the Library.

**Boxford Trail Running Festival  
Sunday, October 20th  
665 Main Street, West Boxford, MA**

1K Fun Run (ages 5-10), 5K walk, 5K Run & 10K Run  
Cookout, Awards Ceremony, Free Raffle, Music & Ipswich Ale's "Tap Mobile"

Hosted by BTA/BOLT, Inc. Boxford Trails Association/Boxford Open Land Trust. For more info: [pwelch@danforthcarey.com](mailto:pwelch@danforthcarey.com)  
To register go to: [northshoretiming.com](http://northshoretiming.com)

**The Topsfield – Boxford Community Club  
invites you to attend the ...  
Fall Fashion Show**

**Monday, October 21st @ 1:00PM  
(featuring clothing from the Box Top  
Consignment and Thrift shop)  
Hosted @ the Family Life Center  
First Congregational Church  
4 Georgetown Rd  
Boxford, Ma**

Celebrating 100 years of Fashion and Services, 1919-2019  
Ample Free parking, light refreshments.

**BTA/BOLT's Great Pumpkin Hunt!  
Cargill Field (Corner of Main St. and  
Middleton Rd.)**

**Sunday, October 27th  
Festivities start @ 10:45 AM, and Pumpkin  
Hunting begins promptly @ 11:00 AM.**

Cider doughnuts, hayrides and refreshments served. Take home what you find! FREE! FREE! FREE!

**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](mailto:RTHaverhill@outlook.com)

**Thank You Volunteers**

**Apple Festival:** Thank you to all our wonderful volunteers who donated home baked goods, craft items and especially their time to the Boxford COA tables. We had a great time and turnout. We were very fortunate for the beautiful weather. Hope to see you all next year!



**Crispy Crab Cakes**

1 tablespoon plus 2 teaspoon extra virgin olive oil	2 teaspoons dijon mustard
2 scallions, thinly sliced	1 tablespoon fresh lemon juice, plus
1/2 cup finely chopped red bell pepper	lemon wedges for serving
1 cup panko (Japanese breadcrumbs)	1/2 teaspoon Old Bay Seasoning
1 large egg, lightly beaten	Dash of hot sauce
2 tablespoons nonfat milk	1 pound lump crab or crab claw
1 teaspoon Worcestershire sauce	meat, picked over
Kosher salt and freshly ground pepper	Olive oil cooking spray

Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat. Add the scallions and bell pepper and cook until they begin to soften, about 2 minutes. Cool slightly. Mix 1/2 cup panko, the egg and milk in a small bowl. In a medium bowl, whisk the Worcestershire sauce, mustard, lemon juice, Old Bay seasoning and hot sauce; fold in the crabmeat, panko mixture, scallion/bell pepper mixture, 1/4 teaspoon salt and a pinch of pepper. Shape into 8 patties and refrigerate for 30 minutes. Coat the crab cakes with the remaining 1/2 cup panko. Heat the remaining 1 tablespoon olive oil in the skillet over medium-high heat. Mist the crab cakes with cooking spray and cook, sprayed-side down, 3 to 4 minutes. Spray the tops, flip and cook 3 to 4 more minutes. Serve with a lemon wedge.



**Help Needed at the COA**



**We need drivers for two vital programs!** Can you help make the difference in the lives of Boxford seniors?

Call the COA @ (978) 887-3591 for more information about these programs.

**Meals on Wheels (MOW)** is a crucial service that enables homebound seniors to receive nutritious meals. Meals are delivered Monday-Friday. Right now we need more substitute drivers to fill in occasionally for our regularly scheduled drivers. Spend a couple hours of your day driving through our scenic town to bring smiles and meals to grateful seniors. A stipend is provided for your mileage.



**Northern Essex Elder Transport (NEET)** is an important service that provides rides to medical appointments for our seniors. Can you donate your time to offer two rides a month?

The average ride is less than 30 miles round trip. You will receive mileage reimbursement and supplement automobile liability insurance. We need drivers who will drive to surrounding communities as well as those willing to drive to Boston.

Upcoming events are posted on our Facebook page: Boxford Ma Council on Aging. Click **Like** to enable postings to show up in your feed. We'll keep you up-to-date on the great programs offered at the COA & check out the photos to see your friends.



**Movie Time at the COA**

(Movies subject to change)

Most of the movies shown at the COA are available for our seniors to borrow and watch in the comfort of your own home. The "Thursday Movies" will return in October. If you have a specific movie you would like to see or borrow and we don't have it in our collection - please let us know and we'll see what we can do.

**Van Update:**

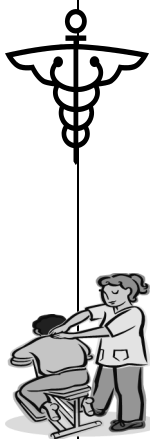
We apologize for any inconvenience, but as of right now we are still looking for a van driver. Please inquire at the COA if you are interested in this position. All activities that involve a ride (Grocery Shopping, Congregate Lunches and Lunch Bunch) are on a temporary hold and we hope that this position 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

**Take Control of Your Health Care Information!**

This site allows you to review your own health care visit information, payments and claims, view preventive benefits. You can print your health information and drug lists and have that drug list handy for Medicare Advantage and Drug Plan. Open Enrollment (October 15th - December 7th) In the meantime, you can go to <https://www.medicare.gov/> to access information regarding the upcoming open enrollment.

**WELLNESS CLINIC.** The VNACare 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. At the COA, the nurse will be available on Tuesday, October 8th beginning around 11:00 AM. 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.



**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.



**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.

## The Healing Power of Friendship Grows with Age!

Having a few good friends, or many, has always been golden. And as you age, those friendships may become even more important. If you're in your sixties or beyond, friendships aren't just the social glue and glitz of life: As you get older, good friendships can dispel loneliness, improve your health, boost your sense of well-being, and even add to your years.

**Friends Aren't Just for Fun: They can be Lifesaving, Too!** Loneliness stemming from having too few friends doesn't just potentially spiral you into a state of depression: It could even shorten your lifespan. For adults over 60, loneliness seems to increase the risk of dying earlier, according to a study that followed more than 1,600 men and women enrolled in the Univ. of Michigan Health and Retirement Study. Researchers defined loneliness as lacking companionship and having feelings of isolation or not belonging. Those who reported loneliness were nearly one and a half times more likely to die during the six year follow-up. In addition, people who were lonely were less likely to be able to do simple daily tasks and activities, such as walking around the block, dressing and showering, and carrying objects as light as 10 pounds. If you're not the type to have many friends, be assured the quality, may be more important than quantity.

### Friendships May Change with Age

As the years go by, not everything stays the same. These three facts about friendships, and how they (and you) may change with age, can be helpful in navigating twists and turns along the way.

- **You may become more tolerant of quirks.** If you've got long-time friends, you're likely to hang onto them. "Older people seem to be more tolerant of idiosyncrasies". Suppose a friend has an annoying habit, like talking with their mouth full. Younger people might ditch that friend quickly, but older adults may be more likely to look at the whole picture, reasoning that that friend has many redeeming qualities, too.
- **You can expect to be dumped, or to dump.** Older adults should be aware that the friends who met your needs in your thirties, forties or fifties may have different interests and needs

now. The other person may outgrow you. After all, you can draw on your by-now honed skills at developing friends. "You don't necessarily have to have all-lifetime friendships.

- **Friendship is a two-way street.** It's important to maintain friends, but it doesn't have to be equal all the time. It's crucial not to lean too much on one friend. Warning against becoming overly invested without getting enough in return is a concern. A big difference in the balance of give-and-take in the friendship is not ideal. You can't be waiting for the other person to call you and then they don't. Have a scope of friends. Don't depend on just one or two.

## The Best Essential Oils for Dry Skin

Essential oils are plant extracts made from flowers, leaves and seeds. Some may have properties that can treat certain skin conditions. If you're interested in trying essential oils specific for your skin concerns, consider talking to your dermatologist about the following options.

**Essential oils for dry skin:** Dry skin can occur during certain times of the year, as well as in desert-like climates. You may even have dry skin naturally from age or reduced activity in the sebaceous (oil) glands in your pores. Dry skin is often remedied with creams and moisturizers, but some essential oils could provide relief.

- **Lavender:** You may have heard about using Lavender for sleep and relaxation, but this multipurpose oil may also help balance out moisture levels in your skin. It's an anti-inflammatory that can reduce redness and a natural hydrator that can repair dry skin without making it too greasy.
- **Sandalwood:** Sandalwood contains compounds known for reducing inflammation while promoting moisture in the skin.
- **Chamomile:** Chamomile oil contains azulene, known for increasing moisture and reducing inflammation. However, you may want to avoid it if you have ragweed allergies, as chamomile may be a trigger.



One day my mother was out and my dad was in charge of me.

I was maybe 2 1/2 year old and had just recovered from an accident.

Someone had given me a little "tea set" as a get well gift and it was one of my favorite toys. Daddy was in the living room engrossed in the evening news when I brought Daddy a little cup of 'tea'. Which was just water.

After several cups of tea and lots of praise for such a yummy tea, my mom came home.

My Dad made her wait in the living room to watch me bring him a cup of tea, because it was 'just the cutest thing'!

My Mom waited, and sure enough, I walked down the hall with a cup of tea for Daddy and she watched him drink it up.

Then she says, (as only a mother would know...) "Did it ever occur to you that the only place that your daughter can reach to get water is the toilet?"

I decided to go on a road trip and not come back until I ran out of money...Walked to the end of the drive way and back!

I don't feel like I'm getting older...It's more like my warranty has expired and my parts are wearing out.

As the judge sentenced me to death, I tried to offer him a high five. But he left me hanging.

A guy stood over his tee shot for what seemed an eternity; looking up, looking down, measuring the distance, figuring the wind direction and speed and driving his partner crazy.

Finally his exasperated partner says, "What's taking so long? Hit the ball." The guy answers, "My wife is up there watching me from the clubhouse. I want to make this a perfect shot."

Why do bananas have to put on sunscreen before they go to the beach?

Because they might peel.

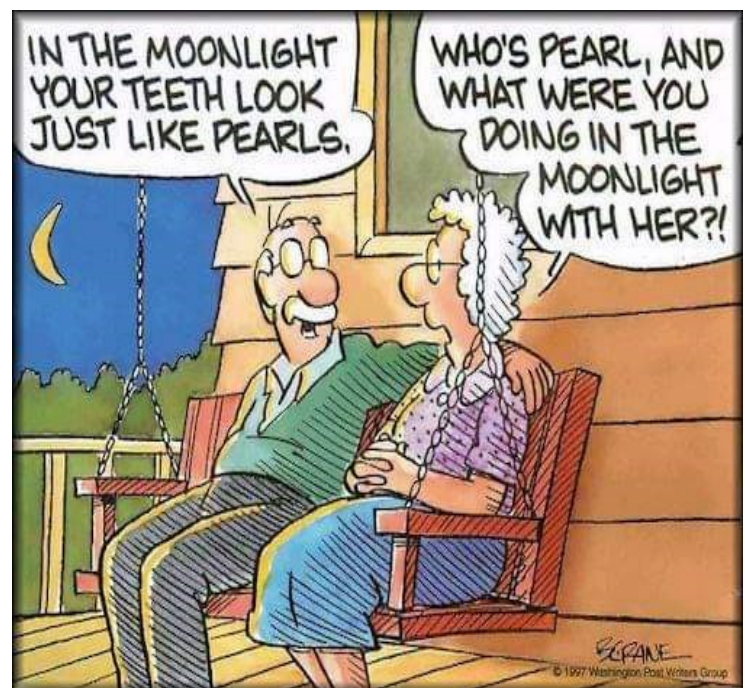
Little Johnny and his family were having Sunday dinner at his Grandmother's house. Everyone was seated around the table as the food was being served. When Little Johnny received his plate, he started eating right away.

"Johnny! Please wait until we say our prayer," said his mother.

"I don't need to," the boy replied.

"Of course, you do," his mother insisted. "We always say a prayer before eating at our house."

"That's at our house," Johnny explained. "But this is Grandma's house and she actually knows how to cook!"





**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>**

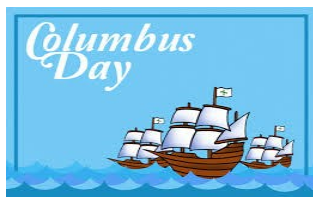
**Current Resident or**

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

The October Birthday Luncheon will be held on Wednesday, October 30th at 12:00 PM. Please call the COA by the end of the day on Monday, October 28th 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 October Celebrants!*

**October Daily Observances**

*October 1st - Nat'l Coffee Day!*  
*October 9th - Fire Prevention Day!*

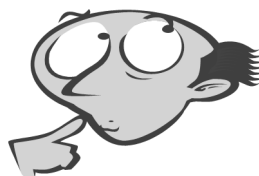


*October 14th - Columbus Day!*

*October 31st— Happy Halloweenie!*



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



**Points To Ponder**

A teacher takes  
a Hand, opens  
a Mind and  
touches a Heart

