

# Boxford's Boomers & Beyond



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

**October 2020**

As Winter approaches, we are frequently hoping for the best, while preparing for the worst. Activities under the tent will continue for as long as the weather permits. Looking forward, many activities will be in participation via zoom and others viewed on Boxford Cable TV.

You will all be receiving a COA survey mailed to you in the near future. Your responses will be viewed only by the Director and outreach worker. Compiled data may be shared with the COA Board in order to best serve our Boxford residents through the Covid-19 crisis.

We know that many of you are managing just fine through this. Though you do not require any assistance from us, we ask that you fill out the information that pertains to you. You may even have ideas and/or a talent you would like to share.

The Boxford Council on Aging is committed to reopening our offices and programs in a way that promotes the health and safety of our residents, staff, volunteers and instructors. This includes the enforcement of "social distancing", the wearing of face masks, access to hand sanitizer and the following of all State Travel Orders. Please note that we miss all of you and know that many of you are really feeling isolated. While our building remains closed to the public, we are here most days and frequently check our messages. If you need a friendly voice to chat with, do not hesitate to call.

## Flu Clinic

Tuesday, October 13th @ Town Hall  
From 10:00 am to Noon.

To register please call the Board of Health  
@ 978-887-2875



## 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!



## Voting!

We have the option of voting in person or by mail. We hope that voting by mail will reduce lines on election day. To request a mail in ballot for the November election you should visit <https://www.sec.state.ma.us/ele/elepdf/2020-Vote-by-Mail-Application.pdf> before October 24th. In-person voting for the State Election is November 3rd. Early voting will take place over 14 days (10/17 - 10/30.)



## COA Happenings:

If you have driven by the COA, you may have seen a big white tent out by the picnic tables. We have started up some outdoor classes and slowly adding more. Classes are listed on page 2.

### Registration is a MUST!!

Due to the high interest in classes, we anticipate that classes will fill quickly. If you are seriously interested in a class, we suggest you call the COA as soon as possible. No later than noon on the day before the class. **No walk-ins allowed!** If you have signed up for a class and you do not show up, you will be responsible for the cost. Please call us by noon on the day before the class to cancel. All equipment used during classes will be sanitized after each use. Our building is **CLOSED** but the bathrooms will be available with a pass and will be sanitized after each use.

**These classes are held rain or shine.**

## 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.



## FITNESS CLASSES

There are only 12 people allowed per class due to State and Town guidance.

- **Registration is a Must! No walk-ins allowed.**
- **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 **Tuesdays** from 1:00 to 2:00 pm and **Thursdays** from 10:00 to 11:00 am. Classes are \$3.00 per person.



### ZUMBA With Kym

Classes are held every **Wednesday** from 1:00 to 2:00 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**

## \*Other activities to be announced as permitted\*

### Transportation



We are excited to announce that our van driver is back from medical leave. We are offering grocery shopping. The dates are listed under services. More good news is that NEET services is starting back up on Oct. 1st with mandated rules! (See below) If NEET cannot accommodate you there is a secondary source that you may want to look into. The Merrimack Valley via Ring & Ride. They can be reached @ 978-469-6878 (Option# 3). You can also view their services online at: [www.MVRTA.com](http://www.MVRTA.com)

### NEET

Beginning October 1st, NEET (Northern Essex Elder Transportation) will resume rides with new mandated precautions. Everyone must pre-register. One

must fill out a one time rider waiver and a registration form and mail them back to NEET. Once the documents are received by NEET, you will be able to schedule your rides. It is mandated that you follow rider guidelines. These guidelines and release forms should have already been sent to you if you have used NEET in the past. If you have not, please call the COA to request them. We are not allowed to schedule any appointments unless we have all paperwork in hand so please allocate timing for all this to happen. You only need to provide this to use once. If the COA does not have this paperwork, we will not be allowed to schedule the ride. You **MUST** plan ahead if a ride is needed. If you have any questions or concerns, please call the COA @ 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](http://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.

## Services

### Grief and Loss Support Group



Join us on Thursday, October 15th @ 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** October 13th 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 Wednesdays October 14th and October 28th. 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.



# More Things To Do

## Virtual Museum/Gallery Tours and other On-Line Activities

- Peabody Essex Museum in Salem by visiting [pem.org](http://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](http://Creativebug.com) includes creative doodling, sewing, knitting and other activities.
- The Memorial Hall Library ([mhl.org](http://mhl.org)) in Andover offers links through websites to comic strips, film and TV comedians, joke collections, laughter yoga and strange stories on NPR.

## Medicare Wellness Webinars

Monday, October 5th  
10:30 am to 11:00 am  
Calming Anxiety in Times of Uncertainty  
Register Now @ [bcbsma.info/Oct5](http://bcbsma.info/Oct5)

Tuesday, October 20th  
11:00 am to 11:30 am  
Yoga Chair Stretches and Guided Relaxation  
Register Now @ [bcbsma.info/Oct20](http://bcbsma.info/Oct20)

Thursday, November 5th  
2:00 pm to 2:30 pm  
Nutrition Do's and Don'ts During Uncertain Times  
Register Now @ [bcbsma.info/Nov5](http://bcbsma.info/Nov5)

Open to all!  
Sponsored By Blue Cross Blue Shields of  
Massachusetts

## Estate Planning On-line Zoom Seminar

Tuesday, October 6th  
@ 11:30 am  
<https://attendee.gotowebinar.com/register/6746141962690173968>



You will learn:

- What is an Estate Plan?
- Can I Benefit from an Estate Plan?
- How Do I Control my Assets and Pass Them On Per My Wishes?

Sponsored by North Shore Bank

## The Masconomet Music Parents Association's Annual Electronics Recycling Fundraiser

Saturday, October 17th from 9:00 am to Noon  
Held at the new location: **Trinity Episcopal Church Parking Lot**  
**124 River Road, Topsfield, MA.**

Please visit the MMPA website ([www.mascomusic.org](http://www.mascomusic.org)) for the pricelist that will help you to determine your tax deductible disposal fee donation at the event.  
If you have any questions, feel free to contact them at [mascomusic@gmail.com](mailto:mascomusic@gmail.com).

## "TRAILS LESS TRAVELED"

Virtual Boxford Trail Running Festival  
Saturday, Oct. 17 - Sunday, Oct. 25, 2020  
1K Run/Walk \* 5K Run/Walk \* 10K Run/Walk \* 20K Run/Walk  
Free Raffle Prizes \* Event finisher medals to children 12 and under \*  
Photo contest with prizes.  
For more info: [tbolt.org](mailto:tbolt.org) Registration: [northshoretiming.com](http://northshoretiming.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.

## 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>

## 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.

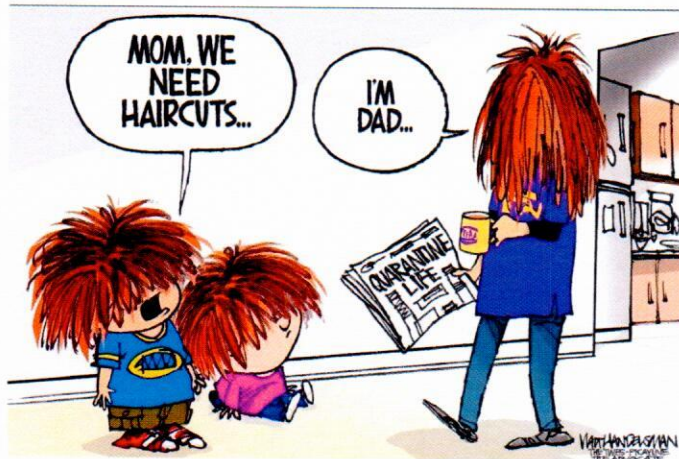


**Meals on Wheels (MOW)** is a crucial service that enables homebound seniors to receive nutritious meals. Meals are delivered Monday-Friday. Right now we need more substitute drivers to fill in occasionally for our regularly scheduled drivers. Spend a couple hours of your day driving through our scenic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

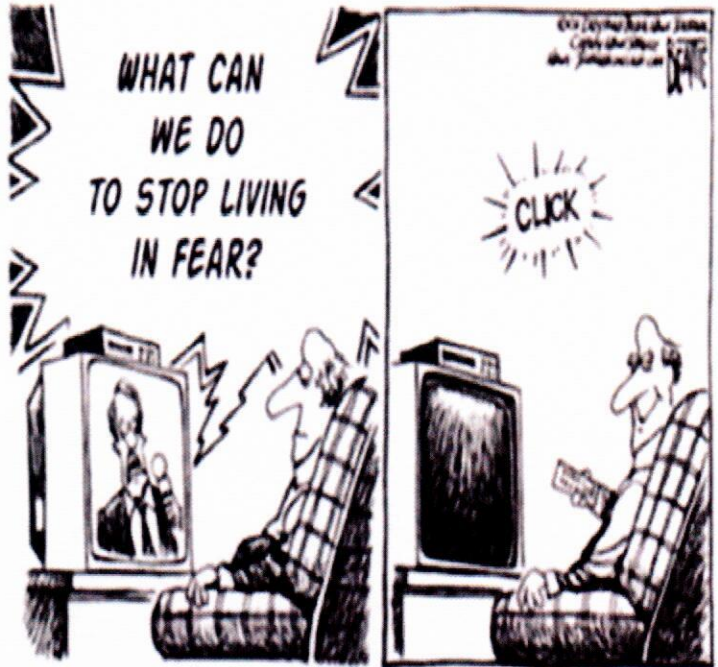


Got a call on my cell phone today from a man who asked if I wanted to buy a burglar alarm. I told him no to which he replied, "Are you sure? I'm calling from your living room."



Some times I like to mess with my husband and hide his stuff where he can't find it.

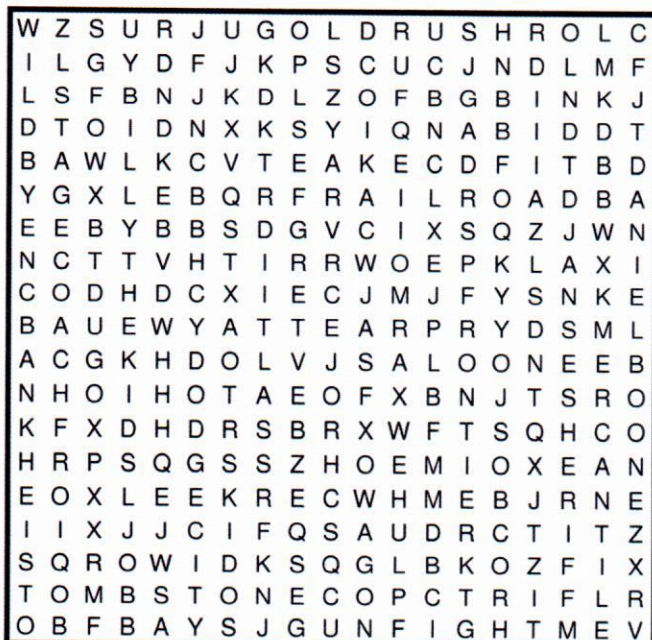
Like I put his shoes in the shoe closet, his jacket on the hanger and his keys on the key hook.



My wife got stung by a bee on the forehead, she's at the ER now, her face is all swollen and bruised, she almost died.

Luckily I was close enough to hit the bee with my shovel!

## WILD WEST WORD SEARCH PUZZLE



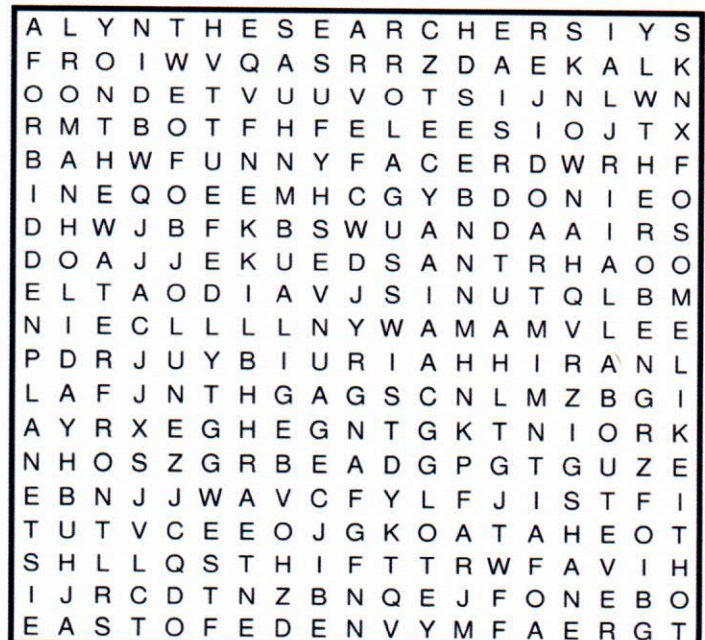
BANK HEIST  
BILLY THE KID  
COWBOYS  
DANIEL BOONE  
DODGE CITY

FRONTIER  
GOLD RUSH  
GUNFIGHT  
HORSES  
JESSE JAMES

MERCANTILE  
RAILROAD  
SALOON  
SHERIFF  
SIX-SHOOTER

STAGECOACH  
TOMBSTONE  
WAGON  
WILD BILL  
WYATT EARP

## 1950'S MOVIES WORD SEARCH PUZZLE



ALL ABOUT EVE  
BEN-HUR  
EAST OF EDEN  
FORBIDDEN PLANET  
FUNNY FACE

GIANT  
GUYS AND DOLLS  
JULIUS CAESAR  
ON THE WATERFRONT  
REAR WINDOW

ROMAN HOLIDAY  
SABRINA  
SEVEN SAMURAI  
SHANE  
SOME LIKE IT HOT

SUNSET BLVD  
THE ROBE  
THE SEARCHERS  
TO CATCH A THIEF  
VERTIGO



**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  
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.*



**We would like to wish everyone who is celebrating their October 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!**

***October Daily Observances***

**October 9th - Fire  
Prevention Day!**  
**October 12th -  
Columbus Day!**



**October 17th - Nat'l  
Pasta Day!**

**October 31st -  
Halloween Day!**



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**

**DIFFICULT ROADS  
OFTEN LEAD TO  
BEAUTIFUL  
DESTINATIONS.**