



# Boxford's Boomers & Beyond



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

**October 2021**

## **EMERGENCY ORDER! BOARD OF HEALTH**

**Effective 09/02/21, all persons entering any town, government, or commercial building, including but not limited to town offices, COA, post offices, stores, and restaurants MUST wear a face mask and adhere to social distancing at least six feet apart. Violators of this order are subject to a fine of up to \$300 per violation.**

## **Inaugural October Fun Fest!**

**(Presented by the Community Giving Tree)**

**Saturday, October 2nd**

**1:00 - 5:00 pm**

**@ the Boxford Gazebo**

**188 Washington St., Boxford, MA**



They are very excited to announce a fund-raising event featuring the True North Ales beer truck, Sorelli's Ice Cream Novelty Truck, Pizza from the Urban Epicurean, and live music from RevelUp!

Bring a chair or picnic blanket and enjoy the festivities!

Admission is free, donations are welcome!

## **On the Farm**

**(A presentation by Charles Killam)**

**At Lincoln Hall**

**563 Main Street, Boxford**

**Thursday, October 21st @ 7:00 pm**

A presentation about growing up on one of Boxford's last big family farms in the 1940s. Presented by the Boxford Historic Document Center.

Attendance is free, donations are gladly accepted!

## **BBQ & Flu Clinic**

**(Flu Vaccinations Available)**

**Wednesday, October 27th**

**8:00-12:00**

Join us for our last BBQ of the season along with your opportunity to receive a flu shot. Which will be held on Wednesday, October 27th BBQ at noon.

- **Flu Shot:** Bring your Medical Card, Medicare Card and Supplement insurance Card with you on that day.

If you decide you want to combine the two events — you **must** make reservations for the BBQ. The cost is \$5.00/pp and we start serving around noonish.

Forms for the shot are available at the COA.

## **Medicare Open Enrollment**

**October 15 thru December 7th**

It's that time of year again! Your health insurance needs are as unique as you. Because Medicare plans change every year, Medicare Open Enrollment period is the annual opportunity to review your Medicare insurance plan to ensure it is the most cost-effective plan for **YOU**. Each year plans can change in many ways, such as the list of medications that are covered on the plan, prescription co-pays, preferred pharmacies, provider networks, and other benefit co-pays. A certified SHINE counselor can assist you with understanding the various plan options for 2022. SHINE counselors provide individual-based, unbiased assistance to Medicare beneficiaries and their families about all Medicare options. By reviewing your coverage during Open Enrollment, you may find that your plan will still be most cost-effective for next year, or you may find a plan that helps to put money back in your pocket where it belongs! Our SHINE Representative is available on 10/21, 10/28, 11/4, 11/10, 11/18, 11/24 & 12/2. During this period — her calendar fills up quickly so don't wait until the last minute to make an appointment. Some questions can be answered over the phone or via email but then there are the other questions which are more difficult and might require more than one meeting. **DON'T DELAY** in making your appointment.

Call the COA @ 978-887-3591 to book your appointment.

## **\*\*SAVE THE DATE\*\***

**Boxford's 12th Annual**

**Winter Fest**

**Saturday, December 4th**

**9:00 am to 3:00 pm**

Where: West Boxford Center; Rt. 133 and Main Street



**The COA will be closed Monday, October 11th to observe Columbus Day!**

## FITNESS CLASSES & More!

### CHAIR YOGA With Mary

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

### Strength Training Complexity Classes W/ Leah Miller

Classes are held on **Mondays & Thursdays** from 10:00 to 11:00 am. Classes are \$3.00/pp

### 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/pp

## NEWS AND VIEWS

News and Views meets **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

Welcome back! The Wonders of Science will be held on Tuesday, October 12th beginning at 9 am with Bob Spillman. Topic: Famous women who you haven't heard of!

*All adults welcome*

## GAME DAY

### MAHJONGG

Come play Mahjongg on **Wednesdays** @ 1:00 pm.

### Bingo

Join us in playing **Bingo!** Held weekly on **Thursdays** at 10:00 am. We are playing solely for fun. No reserved seats needed. We will provide the weekly bingo cards. You only need to bring any other supplies you use (dabber, pens, scotch tape, etc.) If you are interested in playing with us, please call the COA to sign up.

## Services

### Grief and Loss Support Group

Join us on the 3rd **Thursday** of the month @1:00 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 the 2nd

**Tuesday** of the month 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 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.**

## HEALTH BENEFITS SHINE REP

Our **SHINE Rep** is Marylou Fierro. She is available on the 2nd **Thursday** of every month. 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 at your designated time.

## Grocery Shopping

Grocery Shopping is available on the 2nd and 4th **Tuesday** of every month. Pick up starts at 9:00 am and you will have 1 hour to shop. 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 shopping.

## Transportation



The COA van is available for rides to the COA for our classes and presentations, luncheons (BBQ's), rides to go grocery shopping and for handicap medical rides (must be accompanied by a companion).

## NEET

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

## Phone Pals



Are you bored staring at the same four walls, feeling alone, 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 to request a Phone Pal. A friendly voice on the other end of the line can make a world of difference.



## COA BOARD MEETING

The COA Board meetings are tentatively held on the **Second Wednesday** of each month at 9:30 am @ the COA.

## Constituent Services Senator Bruce E Tarr Advisor, Mary Ann Nay

Mary Ann Nay's next meeting will be on Tuesday, October 19th from 9:00 am to 10:00 am. No reservations required.  
*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.

## \*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 write **Council on Aging** per the request of our bank. This is for all donations and class fees.

## Help Needed at the COA

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

## Volunteers Wanted

The COA is looking for volunteers interested in offering classes or groups to meet weekly, monthly or even a one time presentation. We would like to offer craft classes, knitting, walking and biking groups. If you have a talent or expertise you would like to share give us call.

**It's not a trick - driving others is a treat!**

It's a treat for you and the person who needs your assistance.



Learn more about volunteer driver opportunities at [www.driveformeet.org](http://www.driveformeet.org), call 978-388-7474 or ask the volunteer coordinator at your Council on Aging.

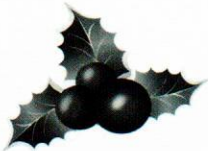




**Boxford COA w/  
Collette Vacation**

As of right now we have not scheduled any trips with Collette.

**Trips with Best of  
Times Travel**



**A Country Christmas in  
Nashville, TN  
@ The Gaylord Opryland Hotel  
December 10th - 13th, 2021  
(4 Days/3 Nights)**

Stay at the splendid Gaylord Opryland Hotel which is transformed into a winter wonderland like nothing you have seen before. The Opryland hotel is decorated with more than Three Million lights inside and out creating a magical holiday wonderland. Experience the Grand Ole Opry and a fabulous holiday show at the mother church of Country music, The Ryman Auditorium. Round trip air from Logan and roundtrip transport provided. Package includes 3 nights lodging, 7 Meals - 3 Dinner, 2 Breakfast, 1 Sunday Brunch, Gaylord Opryland Dinner Show, ticket for the Holiday show at Ryman, 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.

**Price: \$1999 Double**



**An American Bandstand  
New Year's Eve Day  
Featuring the Tom LaMark  
Orchestra  
Friday, December 31st, 2021  
(@ Danversport Yacht Club - Danvers)**

Our entertainment ringing in the New Year is the incredibly dynamic Tom LaMark Orchestra which covers over 60 years of great music from the original classics of the swing era, the Best in Ballroom Dancing, our favorite Line Dances, to the best of American Bandstand from the 50's, 60's, 70's and 80's. 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. Luncheon Choice: Baked Stuffed Chicken Breast or Baked Scrod.

**Price: \$105pp**

**\*This is a drive yourself event\***

**Orlando Transit Authority  
A Chicago Tribute Band!  
The Music of Chicago Lives on!  
May 25th, 2022**

**@ 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**. Orlando Transit Authority presents a flawless replication of three decades of inspired music in a show that includes nearly every charted song that captures the hearts of traditionalist **Chicago** fans. Includes: plated luncheon, meal tax, gratuity & show ticket. Meal choice: Stuffed Breast of Chicken or Baked Scrod.

**Price: \$74pp.**

**This is a drive yourself event.**

**Niagara Falls**

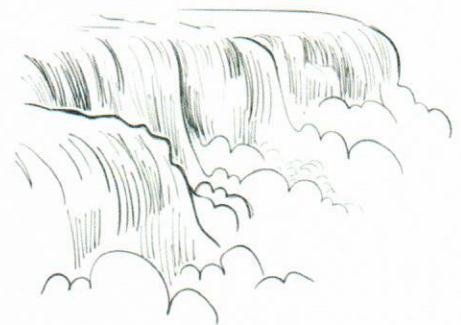
**With Niagara-On-The-Lake, Winery Tour  
and Tasting & Baseball Hall of Fame!  
June 14th-16th, 2022**

**(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 at the indoor pool or visit the area before our evening activity. Enjoy a true Canadian treasure dinner & show at The Greg Frewin Dinner & Magic show. On Day 2 visit one of the area's great wineries complete with a tour and tasting. On Day 2 Visit Cooperstown/Baseball hall of Fame and so much more. Also included: Best of Times Travel professional tour director, all touring, luggage handling, taxes and gratuities.

**Price: \$539/Double; \$669/Single.**

**Passport or Passport Card is Required for  
this trip!**



**Stay tuned for  
more fun  
adventures!!**



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



### Transportation

The COA van is available for rides to a COA class, discussion group, event, grocery shopping, lunch bunches, our bi-weekly BBQ's and for anyone looking for a handicap medical ride. (The medical handicap rider must be accompanied by a companion.)

### NEET Rides

NEET (Northern Essex Elder Transportation) has resumed its rides with mandated precautions. Everyone must have completed a pre-registration form with NEET before booking a ride. Contact the COA for info @ 978-887-3591.



### Become a Friend of the Council on Aging

The Friends of the Council on Aging are actively seeking new members. The Friends are not only the fundraisers for the COA but they are responsible for numerous social and educational programs. Want to know more - Call Pam at 978-887-3591

### Borrowed Equipment:

We are now taking back any equipment that anyone has borrowed from us if you are no longer in need of it. We are very low on wheel chairs as well as transport chairs. We thank you for holding onto these borrowed items during the pandemic and we are now allowed to accept anything back.

### Vaccination Cards:

Once you have been fully vaccinated, we at the COA are more than happy to make a copy of your card and hold it on file for you for if by any chance you may lose the original. Just stop on by at any time!

### Bean Supper

**St. James Episcopal Church, Groveland**  
**Saturday, October 16th**  
**4:00 pm to 6:00 pm**

St. James Episcopal Church will be holding a Bean Supper on Saturday, September 18th, 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 12 eat free. Credit Cards are accepted! For more information, please visit their website: [www.saintjamesgroveland.org](http://www.saintjamesgroveland.org).



**\*\*SAVE THE DATE\*\***  
**Delvena Theatre**  
**Company**  
**"Meet Julia Child!"**

**Wednesday, November 10th @ 1:00 pm**

### Asking for a COA member...

We are looking for donations from anyone that may have any diabetic test strips that they are no longer needed. Please drop them off at the COA anytime during business hours. Thank you!  
Any donations are greatly appreciated.



### 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 and mask MUST be worn at all times while in the van.** Reservations are required. ***Trips may be canceled due to lack of interest or inclement weather.*** Call the COA to make your reservations.

#### Salem Lowe

**Thursday, October 14th**

**Meet @ COA 10:15, Van Departs @10:30**

A historic landmark located at the Salem Willows. Fancy Chinese food...known for their famous Chop Suey.

#### Osteria Peppino Pizzeria

**Thursday, October 21st**

**Meet @ COA 10:15, Van Departs @10:45**

Located in Topsfield, MA. Known for their wood brick oven pizza. Their menu also includes pasta dishes, BBQ dishes, salads and subs.

#### Majestic Dragon

**Thursday, October 28th**

**Meet @ COA 11:00, Van Departs @ 11:15**

Located in Ipswich, MA. Known for their generous portions of authentic Chinese food.

### Topsfield Fair 2021

**October 1st thru October 11th**  
**Senior Day—Monday, October 4th**



The Topsfield Fair is once again upon us. Senior Day is Monday, October 4th and the tickets for seniors 60 and over are \$10/pp and can only be purchased on that day @ the window. Tickets are \$15/pp. Weekend, 2nd Friday and Columbus Day tickets are \$20/pp.

The following is a sample of some of the special events throughout the week:

- The 37th Annual All New England Giant Pumpkin Weigh off - Friday, October 1st @ 4:00pm - Free Event
- The Reminisants - Monday, Oct. 4th 2pm & 7pm - @ the Grandstand - Free Shows
- Arnie Williams Steel Band - Tuesday, Oct. 5th 2pm & 7pm @ the Grandstand - Free Shows
- Frankie Avalon - Wednesday, Oct. 6th 7pm @ the Grandstand - Free Show
- 38 Special - Thursday, Oct. 7th 7pm @ the Grandstand - Free Show
- Phil Vassar - Friday, Oct. 8th 7pm @ the Grandstand - Free Show
- Tony Orlando - Saturday, Oct. 9th 7pm @ the Grandstand - Free Show
- Andrew Marshall - Sunday, Oct. 10th 2pm & 7pm @ the Grandstand - Free Shows
- Colin Jamieson - Monday, Oct. 11th 12pm & 5pm @ the Grandstand - Free Shows
- Double Figure "8" Race - Monday, Oct. 11th 3:30 - 5:00pm & Demolition Derby at 7pm - Free Events

## Pfizer COVID-19 Booster Information

The Centers for Disease Control and Prevention (CDC) and the federal Food and Drug Administration (FDA), as well as the Advisory Committee on Immunization Practices (ACIP) have authorized the Pfizer COVID-19 Booster for individuals 65 years of age and older, individuals 18-64 years of age at risk for severe COVID-19 due to underlying medical conditions, and individuals 18-64 years of age who are at increased risk for COVID-19 because of occupational or institutional settings who have previously received the Pfizer vaccine. These residents are eligible to receive their booster shot at least 6 months after their second dose of the Pfizer COVID-19 vaccine.

Massachusetts leads the nation in vaccine administration. The COVID-19 vaccines are safe and effective in reducing the risk of severe disease, hospitalization, and death, including against the widely circulating Delta variant. The CDC recommends that protection from COVID-19 is improved with the addition of a booster shot, especially for individuals at higher risk. The Administration has worked with health care providers, retail pharmacies and community partners to ensure the availability of hundreds of locations for eligible residents to receive the authorized Pfizer COVID-19 booster.

Similar to the COVID-19 vaccine rollout, Massachusetts residents will have a range of options to receive Pfizer COVID-19 booster doses, including more than 460 retail pharmacies. The Administration will continue to make vaccines widely available. The first priority is to increase administration of first and second doses in residents not yet vaccinated. Getting vaccinated remains the most important thing individuals can do to protect themselves, their families, and their community. Second, fully vaccinated residents should receive a COVID-19 booster shot when they are eligible and as authorized by the CDC. At this time, only the Pfizer COVID-19 vaccine has been authorized as a booster.

### **In order to locate a convenient location for getting a Pfizer COVID-19 Booster:**

1. Visit [vaxfinder.mass.gov](https://vaxfinder.mass.gov) for a full list of hundreds of locations to receive a booster.
  - a. Select a location and schedule an appointment online
2. Individuals who are unable to use vaxfinder, or have difficulty accessing the internet, please contact the COVID-19 Vaccine Resource Line (Monday through Friday from 8:30 AM to 6:00 PM, Saturday and Sunday 9AM-2PM) by calling **2-1-1** and following the prompts. The COVID-19 Vaccine Resource Line is available in English and Spanish and has translators available in approximately 100 additional languages.

The COVID-19 booster is safe, effective, and free. You do not need an ID or health insurance to access a booster. Additional information on the COVID-booster, including FAQs, can be found at [mass.gov/COVID19booster](https://mass.gov/COVID19booster)

**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  
Judy Andersen: Secretary

##### *Members:*

Richard Shaw  
Steve Harvey  
Christina Eckert  
John Shirley

#### **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 October Birthdays, a very Happy Birthday!**



HAPPY HALLOWEEN

# October

October

Be present.

Let the day flow with grace.

Expect joy. Be positive.

Serve with compassion.

Speak only kindness.

Impart only love.

Never forget you're not alone.

Give thanks for everything.

See goodness in others.

mary  
davis

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**

THE SMALLEST ACT OF KINDNESS  
*is worth more*  
THAN THE  
*Grandest*  
*intention.*