

# Boxford's Boomers & Beyond



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

**September 2019**

**Flu Clinic  
(Flu Vaccinations Available)  
Wednesday, September 11th  
12:30 to 2:30 PM**

CVS will be at the Boxford COA on Wednesday, September 11th to administer Flu Vaccinations. Forms available at the COA. See below for more instructions.

- **Flu Shot:** Bring your Medical Card, Medicare Card and Supplement Card. Available for all ages.

The last BBQ of the season is also on the same day. If you decide you want to combine the two events — you **must** make reservations for the BBQ. The cost is \$3/pp and we start serving around noonish.

**Massachusetts Office of Disability  
Wednesday, September 18th  
From 10:00 am to 12:00 pm**

The purpose of this meeting is to explore how to ensure that seniors & people with disabilities have the assistance they need in times of emergency, such as an ice storm leaves the region without electricity or a train jumps the tracks releasing a cloud of toxic chemicals. Communities across the Commonwealth are planning for emergency situations like these. Seniors & members of the disability community will learn about the emergency response resources and procedures within their local communities and the steps that can be taken to prepare for emergency situations. Seniors & persons with disabilities will also receive an "Emergency Go Pack" with essential items that might be needed during an emergency. If you would like to attend this great event, please call the COA to register. Please register no later than Monday, September 16th! All are welcome!

**Apple Festival  
Saturday, September 21st, 2019  
(rain date: Sunday, September 22nd)**

The Boxford Apple Festival will be held on Saturday, September 21st from 10 AM to 3:30 PM. As usual, the Boxford COA will have their table in front of our building at the Apple Festival. This year, we will be selling handmade craft items along with our regular food contributions.

So - for our craft donors, it's time to put your thinking caps on and decide what you would like to make/donate to the COA table.

Need help? Well for those who knit/crochet - baby items always sell extremely well. Mittens are another good selling item - both adults and children. If you are uncertain - just give us a call.

The COA will be open on Friday, September 20th from 10 AM to 4 PM to receive donations. Arts and crafts donations can be dropped off earlier at your convenience.

Come on down, and take a look! Items displayed this year for purchase are beautifully handmade craft items and delicious homemade desserts. Any monetary donations are greatly appreciated as well.

**"Don't Buy that Hearing Aid Yet"  
Wednesday, September 25th  
@ 10:30 AM  
(New England Hearing Care)**

All you want to know about hearing aids. Plus, which hearing aid is best for YOU? WHY? The importance of diagnosis and service. Why are hearing aids so expensive? How hearing is related to other health issues. The importance of annual hearing tests. Final Test! (Were you really listening?)

Lunch will be served following the presentation.  
Please call the COA to sign up.

**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)

**The COA will be closed Monday, September 2nd!**

## **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. Reservations are not required. Walk-ins welcomed.

*All are welcome*

### **Strength Training Class Thursday at 9 AM**

Our licensed instructor, Leah Miller will be here for the strength fitness classes. Cost is \$3.00/pp. Reservations are not required. Walk-ins welcomed.

*All are welcome*

### **NORDIC WALKING Class**

*\*Nordic Pole Walking will resume on Monday, September 9th!*

Indoor Nordic Walking will be held on Mondays from 9:30 am to 10:30 AM. Poles available.

*All Ages and Walk-ins Welcome*

### **Acrylic and Watercolor Art Classes W/ Mary Paganelli**

*\*Art Class will resume on Monday, September 9th!*

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 resume in October. Please refer to the October Newsletter for more information.

*All adults welcome*

### **Cooking With Renee**

Our next cooking class will be held on Monday, September 16th at 10:30 AM, Menu: Italian. 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.***



### **Book Club**

*Tea and Mystery, Book Discussion Group Held on the 2nd Monday of every month @ 1:00 PM.*

### **COA BOARD MEETING**

The COA Board meetings are usually held on the second Wednesday of each month. The next meetings will be on Wednesday, September 11th 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, September 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. 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. Her next appointments are on September 19th (which is the 3rd Thursday of this month, next month will be back on schedule). This is by appointment only.



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

### **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, air taxes and fees/surcharges, hotel transfer.

Not included in price: Cancellation waiver and insurance of \$275 per person.

Triple: \$2,919, Double: \$2,949; Single: \$3,849

### **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, air taxes and fees/surcharges, hotel transfers. Not included in price: Cancellation waiver and insurance of \$315 per person.

Triple: \$3,669, Double: \$3,699, Single: \$4,449

### **Atlantic City Boys "Live Concert"**

**Wednesday, September  
18th**

### **Danversport Yacht Club**

Featuring music of The Beach Boys, The Drifters, The Bee Gees and of course Frankie Vallie and the Four Seasons...plus more! . This is a drive on your own event. Choice of Stuffed Breast of Chicken or Baked Scrod. Cost is \$69. \$20 due at Booking.

### **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 "sweet 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 on 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.

### **Other Upcoming Trips Southern Caribbean Cruise From New York**

February 14-24 2020

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

**Volunteer Opportunity  
Community Giving Tree**

The Community Giving Tree was started back in 2002. They provide low income families with basic necessities such as clothing for babies, children and teens, diapers, toys, and baby equipment.

Your donations help children grow and thrive. This will be a monthly voluntary event that the COA will be doing. This will be held the third Thursday of every month.

Please Call the COA at 978-887-3591 to sign up to help.

**Delvena Theatre Company  
"Isabella"****Wednesday, September 18th  
6:30 PM to 8:00 PM****(@ The Boxford Town Library)**

Step back in time and meet Isabella Stewart Gardner, the famed founder of the eponymous Museum in Boston. Learn about her life, charm, friends and acquaintances, travels, stylish taste and unconventional behavior. An informative, yet entertaining presentation. Register with the library.



**\*\*Just a quick note—Congregate Lunches will resume on Tuesday, September 17th, and will be held on Tuesday's and Thursday's @ 11:30 AM. Please make your reservation's on the prior business day no later than 11:00 AM. Cost is \$2.00pp\*\***

**Last BBQ of the Season  
Wednesday, September 11th**

The weekly BBQ season is coming to an end, and we wanted to remind you all that the last BBQ of the season will be held on Wednesday, September 11th. We had a great summer seeing all of our friends! We will sadly miss the wonderful time spent outside, but keep in mind that the Tuesday and Thursday Congregate Lunches will begin on September 17th. Please call to sign up. Reservations must be made by 11:00 AM on the business day prior to the luncheon. Hope you all had a great summer!

**Resuming Activities  
In September**

In September we will be resuming the Tuesday and Thursday Congregate Lunches (which will begin on Tuesday, September 17th), Art Classes (which will begin on Monday, September 9th) and Nordic Pole Walking (which will begin on Monday, September 9th). In October we have World of Science held on the 3rd Tuesday of the month, Thursday movies, and The Great Group - at Four Mile Village held on the third Friday of each month.

**Climbing Mt. Everest  
Saturday, September 14th  
1:00 pm to 3:00 PM  
(@ The Boxford Town Library)**

Groton resident, Craig John, will present a multi media program on his ascents of Mt. Everest. Craig first climbed Everest in 1998 by the North Ridge on the Tibetan side of the mountain. Recently he returned to Everest to make an ascent by the Southeast Ridge in Nepal. Craig has been a professional Mountain Guide for 32 years and guides for International Mountain Guides based in Washington state just outside of Mt. Rainier National Park. He has led over 65 high altitude expeditions world wide. Register with the Library.

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

St. James Episcopal Church will be holding a Bean Supper on Saturday, September 21st, 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).

**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 day's are over.

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

- The 35th Annual All New England Giant Pumpkin Weigh off - Friday, October 4th @ 4:00 PM - Free Show
- Tommy James & The Shondells LIVE! - Wednesday, October 9th from 7:00 PM to 9:00 PM - Free Show
- Monster Trucks - Saturday, October 5th @ 4:00 PM & 7:00 PM \$15.00; \$20.00 w/Pit Party
- New England Rodeo - Wednesday, October 9th and Thursday, October 10th both @ 6:00 PM - Free Show
- 38 Special - Southern Rock Band - Thursday, October 10th @ 7:00 PM to 9:00 PM - Free Show
- Dock Dogs - Saturday, October 12th thru Monday, October 14th - Free Show
- Nitty Gritty Dirt Band - Friday, October 11th @ 7:00 PM to 10:00 PM - Free Show
- Creedence Clearwater Revisited - Saturday, October 12th from 7:00 PM to 10:00 PM - \$25.00 Concert Ticket; \$30.00 Concert Pit Ticket

**Simple Salisbury Steak**

**Patties:**

1 lb Lean Ground Beef  
1/3 cup Bread Crumbs  
2 teaspoon Ketchup  
1 teaspoon Mustard  
1 teaspoon Worcestershire  
1/2 teaspoon Garlic Powder  
1/2 teaspoon Onion Powder

1 tablespoon Olive Oil

**Gravy:**

2 packets Brown Gravy Mix  
2 cups Hot Water  
1 tsp Ketchup  
1/2 tsp Worcestershire



- 1.) Combine all patty ingredients in a large bowl and massage with your hands until ingredients are incorporated.
- 2.) Heat 1 tablespoon of olive oil in a large skillet over medium heat.
- 3.) Cook patties on both sides until no longer pink.
- 4.) Lower temperature to low.
- 5.) Whisk together gravy mix and water until well blended.
- 6.) Whisk in ketchup and Worcestershire and pour over patties in skillet.
- 7.) Allow to simmer until gravy warms and thickens.

**Boxford COA Activities  
Congregate Lunches  
Resuming on Tuesday, Sept. 17th**

The Congregate Lunches will resume on Tuesday, September 17th. The cost is still \$2.00/pp and reservations are required by 11:00 AM on the business day before the day of the lunch. Lunch is served at 11:30 AM.

**Last BBQ of the Season  
Wednesday, September 11th**

We had a good BBQ season! Many thanks to our many grillers, Peter Perkins, Greg Johanson, Fe Yako, Bev Perkins, Alden Clark and Logan Hill. A special thank you to our younger volunteers who helped out prepping, cleaning and serving our wonderful attendees. Leah and Emily Giugliano, Julianna & Kayleigh Curran. And an extra special thank you to our Summer van driver Joan Rollins.

**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. 978-887-3591

**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.

**Catching Up**

**Annual BBQ:** It was great, and we couldn't have asked for better weather. We're guesstimating we had somewhere between 150 attendees. Thanks to the Friends for hosting such a wonderful event, thanks to the DPW for all their help in setting up and tearing down the tables and chairs, and thanks to all our wonderful volunteers who worked behind the scene in prepping, cooking, serving and cleaning. Hope to see you next year.

**Help Wanted at the COA  
NEET Driver's Needed**

The COA is looking for NEET (Northern Essex Elder Transport) drivers to take our seniors to any local doctor appointments. We are also looking for Boston drivers. Currently we only have 2 who will drive to Boston and would love to have a few more to add to our list. Please contact us @ 978-887-3591 if you are interested. We would greatly appreciate any volunteers.

**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 Wednesday, September 4th 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.

## People 65 Years and Older & Influenza

It has been recognized for many years that people 65 and older are at greater risk of serious complications from the flu compared with young, healthy adults because human immune defenses become weaker with age. While flu season can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, it's estimated that between 70 to 90 percent of seasonal flu-related deaths have occurred in people 65 and older and between 50 to 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group. So, influenza is often quite serious for people 65 and older. The best way to protect against flu and its potentially serious complications, is that CDC recommends that everyone 65 and older get a seasonal flu vaccine each year by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later. Older people with weaker immune systems often have a lower protective immune response after flu vaccination compared to younger, healthier people. This can make them more susceptible to the flu. Although immune responses may be lower in the elderly, vaccine effectiveness has been similar in most flu seasons among older adults and those with chronic health conditions compared to younger, healthy adults. People 65 and older should get a flu shot not a nasal spray vaccine. They can get any flu vaccine approved for use in that age group with no preference for any one vaccine over another. There are regular flu shots that are approved for use in people 65 and older and there also are two vaccines designed specifically for people 65 or older.

### What are the emergency signs of flu?

- Difficulty breathing or shortness of breath
- Persistent dizziness, confusion, inability to arouse
- Persistent pain or pressure in the chest or abdomen
- Seizure
- Not urinating
- Severe muscle pain
- Severe weakness or unsteadiness
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

Consult your medical provider for any other symptoms that are severe or concerning.

## Blood Pressure!

More than 100 million U.S. adults have high blood pressure, according to the new statistics from the American Heart Assoc. Many people with high blood pressure aren't aware that they have it, and even in those cases that they are aware, their condition isn't well controlled. You are considered to have hypertension if you have blood pressure of at least 130 for the systolic [top] number or 80 for the diastolic [bottom] number. Experts note there is a solid scientific basis and a real need for the lower thresholds: if all American adults over age 45 were able to keep their blood pressure below the new standard of 130/80, it would prevent 3 million strokes and heart attacks over the next decade. Risk factors include: health condition, your lifestyle, and your family history which can increase your risk for high blood pressure. Some of the risk factors for high blood pressure cannot be controlled, but you can take steps to lower your risk by changing the factors you **can** control. Learn more about high blood pressure risk factors:

### Conditions:

- **Prehypertension:** is blood pressure that is slightly higher than normal.
- **Diabetes:** causes sugars to build up in the blood. About 60% of people with diabetes also have high blood pressure.

### Behaviors:

- **Unhealthy Diet:** A diet that is high in sodium and too low in potassium puts you at a high risk.
- **Physical Inactivity:** Not getting enough physical activity can make you gain weight.
- **Obesity:** Is excess body fat that is linked to higher "bad" cholesterol and triglyceride levels and to lower the "good" cholesterol levels. In addition to high blood pressure, obesity can also lead to heart attack.

### Family History:

- **Family:** Family members share genes, behaviors, lifestyles and environments that can influence their health and their risk for disease. High blood pressure can run in the family.

Why do we tell actors "to break a leg"?  
Because every play has a cast!

Once my dog ate all the scrabble letters. For days  
he kept leaving little messages around the house.

I've reached that age where my brain went from  
"You probably shouldn't say that"  
.....to.....  
"What the heck, let's see what happens"

Bob forgot his wedding anniversary. His wife was mad. She told him "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in 6 seconds AND IT BETTER BE THERE!!!" The next morning when his wife woke up, she looked out the window to find a box...gift-wrapped in the middle of the driveway. She opened it and found a brand new bathroom scale...Bob has been missing since Friday!

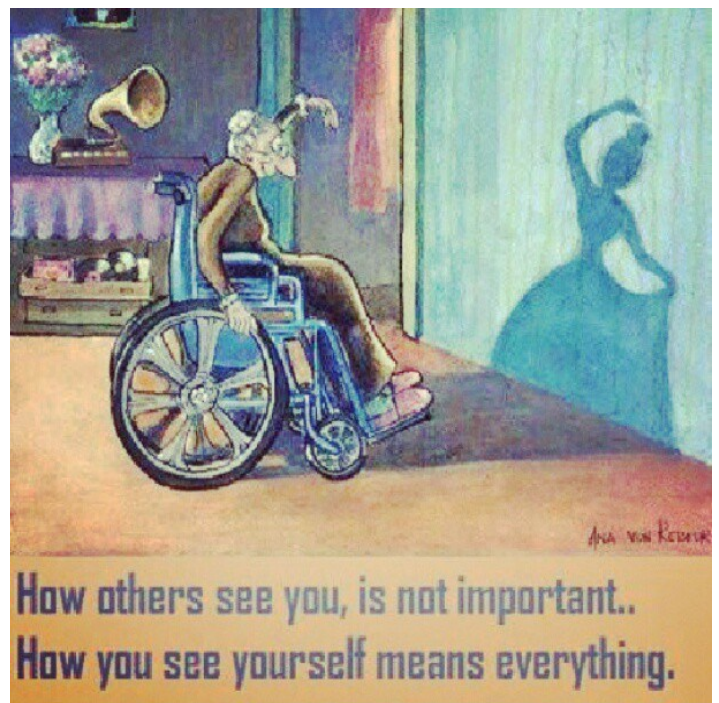


"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

Then	NOW
Long hair	Longing for hair
Disco	Costco
Crop Top	Muffin Top
Going to a new "hip joint"	Getting a new "hip joint"
Passing the drivers test	Passing a vision test
KEG	EKG
Hot guys	Hot flashes



After being married for thirty years, a wife asked her husband to describe her. He looked at her for a while, then said, "You're A,B,C,D,E,F,G,H,I,J,K." She asks, "What does that mean?" He Said, "Adorable, Beautiful, Cute, Delightful, Elegant, Foxy, Gorgeous, Hot." She smiled happily and said..."Oh that's so lovely ...What about I,J,K?" He said , "I'm Just Kidding!" The swelling in his eye is going down and the doctor is fairly optimistic about saving his family jewels.



**Boxford Council on Aging**  
**4 Middleton Rd**  
**Boxford, MA 01921**  
**Phone: (978) 887-3591**  
**Your Address Line 4**

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

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

**September Daily Observances**

*September 2nd - Labor Day!*  
*September 8th - Grandparent's Day!*

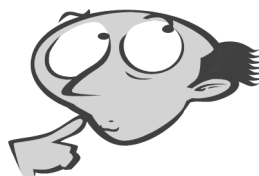


*September 11th - Patriot's Day!*

*September 21st- Nat'l Clean Up 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**

**MIRROR MIRROR  
ON THE WALL,  
I'LL ALWAYS GET UP  
AFTER I FALL.  
AND WHETHER I RUN,  
WALK OR HAVE TO CRAWL,  
I'LL SET MY GOALS AND  
ACHIEVE THEM ALL.**