



Boxford's Boomers & Beyond



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

Spring 2021

COA Happenings:

Although the COA building is **CLOSED** to the public per town's guidance, there are some limited services that are available. Take a look at page 2 to see what services are available.

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 if by any chance you may lose the original. Just give us a call and we will set up a time to bring it over.

Annual Town Meeting & Town Election

Town Meeting will be held on Saturday, June 26th @ 10:00 am, outdoors under the tent at Masconomet Regional High School. Town Election will be held on Wednesday, June 29th from 7:00 am to 8:00 pm at Spofford Pond School.

Boxford Housing Partnership Warrant Article at Spring Town Meeting!

The Boxford Housing Partnership (BHP) will have two articles on the spring town warrant. The first is to create a Housing Trust the second is to authorize the transfer of \$147k from the general fund to the newly created Housing Trust. If the Housing Trust passes, it will allow the formation of a Small Grant Program awarding up to \$7500 to assist our seniors to "age in place" with modifications to their home. BHP has reviewed similar programs already in existence in towns like Concord, Needham, Sudbury and Weston to name a few. These articles will help the BHP to continue its charge to assist our seniors to stay in their homes and their community. We ask that you tell your friends, neighbors and family about these articles. We will be holding an informational meeting a month before town meeting to answer your questions and receive feedback on the articles. If you would like additional information please contact Joe Hill (Chair) of BHP on the town website.

Looking for some Music Entertainment?

Join retired Spofford Pond music teacher Andrea Monty and the Tri-Town Rock Band, Wednesdays at 3:00 pm in front of the Boxford Council on Aging, weather permitting. This band is an inclusive performing pop-rock ensemble. It is comprised of Tri-Town students with disabilities in grade 6 - 12 who are interested in learning and playing pop and rock music appropriate for advancing musical skills.

Bingo



Join us in playing outdoors **Bingo!** Held weekly on **Thursdays at 10:00 am** out on the picnic tables. We are playing solely for fun. No reserved seats needed. We will provide the weekly bingo cards and a complimentary one time dabber. 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.

A Note from the Director!

Thankfully the warmer months are upon us. We can resume our outside activities. While we look forward to returning to the use of our building, that time has not yet been determined.

In this issue I want to thank those who have helped us get through the past fourteen months, first and foremost my incredible staff who made sure that all were well and cared for.

To the COA Board who continuously supported us through these challenging times, we thank you. To the many volunteers who shopped, delivered, cooked and called our residents our heartfelt gratitude. To all that donated to the Covid Relief fund, we are very grateful. And lastly, many thanks to this amazing community of people who care for and about each other. They say it takes a village and this village certainly stepped up to the plate!

Hope to see you all soon.

Pam Blaquiére/ Director Boxford Council on Aging

**The COA will be closed,
Monday, May 31st for Memorial
Day.**



Stay safe! We are one step closer to getting back to normal!

FITNESS CLASSES & More!

Per the Board of Health, the COA building is closed to the public but we will be holding classes and other programs outside by the picnic tables. Masks must be worn at all times. Weather Permitting.

CHAIR YOGA With Mary

Classes held on **Tuesdays** at 9:00 to 10:00 am. Classes are \$3.00 per person. **No class held on Tuesday, 05/11.**

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. **No class held on Tuesday, 05/11.**

Strength Training Complexity Classes W/ Leah Miller

(Will begin sometime in July. Stay posted for more details!)

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.

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. Weather permitting. Call ahead to see if the group is being held. **All are welcome**

Services

Grief and Loss Support Group

Join us on the 3rd **Thursday** of the month @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 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 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. 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.

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. Only 3 people can ride on the van along with the driver. The cost for this service is \$3.00 pp. One must be able to get on and off the bus on their own with no assistance, a mask must be worn and you must be able to carry your own groceries. Please call the COA to reserve your seat no later than noon on the day before shopping.



Transportation

As of right now the COA van is only available for 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 new 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 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!



COA BOARD MEETING

The COA Board meetings are tentatively held on the **Second Wednesday** of each month at 9:30 AM via Zoom. To get the link, log onto the Town of Boxford's web page and you will find it under the "Calendar" tab.

Bingo

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



For the latest Boxford info on COVID-19 visit www.town.boxford.ma.us website and click on the Board of Health update link.

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 any donations and class fees.

Virtual Museum/Gallery Tours and other On-Line Activities

- Peabody Essex Museum in Salem by visiting pem.org
- Addison Gallery of American Art in Andover: <https://addison.andover.edu>
- Isabella Stewart Gardner Museum: <https://artsandculture.google.com/partner/isabella-stewart-gardner-museum>
- Museum of Fine Arts in Boston: <http://artsandculture.google.com/partner/museum-of-fine-arts-boston>
- Creativebug.com includes creative doodling, sewing, knitting and other activities.
- The Memorial Hall Library (mhl.org) in Andover offers links through websites to comic strips, film and TV comedians, joke collections, laughter yoga and strange stories on NPR.
- Boston Symphony Orchestra at Home: bso.org
- Trustees of Reservation. Virtual fun for all ages including virtual tours of historic homes/properties, selected readings, art, garden tours & information: www.thetrustees.org

Medicare Wellness Webinars

Wednesday, May 5th
2:00 pm to 2:30 pm
Immunity Boosters and Busters
Register Now @ bcbsma.info/May5

Thursday, May 27th
2:00 pm to 2:30 pm
Meditation for Busy Minds
Register Now @ bcbsma.info/May27

Tuesday, June 8th
10:00 am to 10:30 am
Eight Happiness Boosting Strategies
Register Now @ bcbsma.info/June8

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

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 about these programs.

YMCA360.org offers free Health & Fitness videos for active older adults focusing on cardio dance, chair yoga, strength training, fall prevention & core & balance. All you need to do is access the website. Click browse; click Active Older Adults.



Boxford COA w/ Collette Vacation

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

Trips with Best of Times Travel

Lake Winnepesaukee Cruise & Castle in the Clouds Wednesday, July 21, 2021

Day trip includes, A cruise on Lake Winnepesaukee. While sailing aboard the Doris E, you will enjoy a scenic Tour out of Weirs Beach. Followed by Lunch at Harts Turkey Farm, Meredith, NH. Enjoy a delicious full course luncheon at one of NH's landmark restaurants in the Lakes Region. Famous and renowned for their delicious turkey dinners you are sure to enjoy your bountiful luncheon and then a **Visit to Castle in the Clouds**. Enjoy truly breathtaking views from this spectacular turn-of-the-century sixteen room Arts & Crafts mansion perched high on a pristine 5500-acre mountaintop estate. Luncheon Meal Choice: Turkey dinner w/the fixings, Broiled Haddock or Sirloin of Beef. **Price: \$149pp**

Spirit of Boston Tuesday, July 27th, 2021

Come aboard and enjoy the most entertaining experience in Boston featuring a Grand Buffet! With choices such as a harvest salad station, tilapia fillet w/ lobster cream sauce, apricot-glazed pork loin, cakes, pastries and so much more. This two hour cruise on Boston's historic harbor is perfect for an afternoon getaway. One price includes all but drinks and photos. Stretch your legs topside at the patio deck or dance till you drop with Top 40's hits. After the cruise visit Faneuil Hall and Quincy Market. **Price is \$109pp**. Includes Transportation, Cruise, Luncheon, Entertainment & Dancing. There are no refunds for cancellations received after 07/19/21.

Gloucester Harbor Cruise (Lobsterbake Cruise) Tuesday, July 27th, 2021

Berthed at Cruiseport Gloucester, where the world's top cruise ships come when they visit

Boston's north shore, the Beauport Princess is the main destination for the day. When onboard, you'll cruise historic Gloucester harbor, full of fishing boats and schooners and witness extraordinary views, the city's historic skyline, working waterfront, iconic Man at the Wheel statue, Rocky Neck Art Colony and much more. During the cruise dance the music of Nat'l recording stars on the Beauport stage. The Beauport has 2 dance floors, three full size bars, an open deck and indoor seating as well. Enjoy the Lobsterbake buffet which includes New England clam chowder, a steamed lobster, bbq chicken breast, corn on the cob and much more. **Price \$135pp**. Includes Transportation, Cruise, Luncheon, Entertainment & Dancing. There are no refunds for cancellations received after 07/19/21.

Strawberry Banke / Winery & Portsmouth City Tour Thursday, August 26th, 2021

Strawberry Banke is a 10-acre living history museum that has preserved the lifestyle and traditions of four centuries of New Englanders. Here you can see 40 buildings - most on their original sites - spanning from late 1600s to the mid 1950s. From the sparse storefronts of colonial merchants to the elegant Georgian-style mansion of Governor Goodwin, from the humble dwellings of early Jewish immigrants to the penny candy counter of the WWII-era Abbott Store, Strawberry Banke tells the stories of a neighborhood over time. A great meal at the Portsmouth Gas Light Company where you will enjoy a unique wood-fired bistro cuisine. Onto the Flag Hill Winery where they don't just make wines from French-American, and Minnesota hybrid grapes, they also produce excellent fruit wines. Luncheon Meal Choice: Chicken Cordon Blue, Baked Haddock or Grilled Boneless Pork Chop. **Price: \$135pp**. There are no refunds for cancellations received after 08/18/21.



Maine Escapes Bar Harbor, Boothbay Harbor, & Acadia National Park 3 Days/2 Nights

September 19th - 21st, 2021

Join us on this amazing adventure featuring some of Maine's most highly acclaimed and picturesque areas. Be sure to take your camera as this trip provides some of the most spectacular views of nature to be found anywhere. Enjoy accommodations at the Boothbay Harbor Inn located on the water replete with amazing views of the harbor and village of Boothbay Harbor the "Boating Capital of New England". Absorb the sights and sounds of the forest, fill your lungs with the aroma of evergreen and salt air, revel in the panoramic views from atop Cadillac Mountain, and renew your spirit and appreciation of the world around us as we visit Acadia National Park. Enjoy some time browsing and shopping in the downtown waterfronts. Evening entertainment includes two nights at the Boothbay Harbor Inn. Included: roundtrip motorcoach transportation, 2 nights waterfront lodging @ Boothbay Harbor Inn, 4 Meals: 2 Deluxe Breakfasts, 2 Dinners, 2 evening entertainment, touring of Bar Harbor & Acadia National Park, luggage handling & taxes, tour director & step-on-guide gratuities. **Price: \$499pp Double, \$649pp Single Occupancy.**

Other Upcoming Trips With Best of Times

The Home Again Carole King Tribute
Wednesday, September 22nd, 2021

Simon Pearce Glassblowing & King Arthur Fall Foliage Trip
Thursday, October 7th, 2021

A Country Christmas in Nashville, TN
December 10th-13th, 2021

An American Bandstand New Year's Eve Day Featuring the Tom LaMark Orchestra
Friday, December 31st, 2021

An American Bandstand
Tuesday, December 31st, 2021

Orlando Transit Authority A Chicago Tribute Band
Wednesday, May 25th, 2022

Niagara Falls
June 14th - 16th, 2022

Shades of Buble` A Three Man Tribute to Michael Buble`
Tuesday, September 20th, 2022

More Things To Do

Virtual Museum/Gallery Tours and other On-Line Activities

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

Medicare Wellness Webinars

Wednesday, November 18th
10:00 am to 10:30 am
Nutrition and Sleep: Fascinating Connections
Register Now @ bcbsma.info/Nov18

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

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.

Rebuilding Together Greater Haverhill

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

Application eligibility:

- Own and occupy your home for at least 2 years
 - Meet Federal HUD low-income guidelines
 - Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimack West Newbury, and Plaistow, NH)
- Priority is given to homes that need safety and accessibility modifications.
Other restrictions may apply.

Check out their website at www.rebuildingtogetherhaverhill.org

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

**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 home-bound 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.

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>

Protect Yourself - Avoid COVID-19 Vaccine Scams

As COVID-19 vaccine distribution continues, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.

Protect Yourself. Do not give out your personal information to unknown sources.

! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: 1-800-HHS-TIPS | tips.hhs.gov
- FBI Hotline: 1-800-CALL-FBI | ic3.gov
- CMS/Medicare Hotline: 1-800-MEDICARE

Boxford Cable Access Television (BCATv)

Watch them LIVE or On Demand - Anytime & Anywhere

Comcast: Verizon:

- | | | | |
|----------------------------|-------|-------|-----------------------|
| - Public Access | Ch 8 | Ch 45 | BCATv TV Schedules |
| - Government Access | Ch 22 | Ch 39 | Report a Cable Outage |
| - Educational Access | Ch 99 | Ch 40 | Government Mtgs |
| - Community Bulletin Board | | | Watch Live! |

The COA has been providing programs to BCATv (such as pre-taped classes and more), so go check it out at:

www.boxfordcabletv.com

Videos on demand can be searched once on the main page, click on the 1) BCATv Videos on Demand icon, 2) under the black screen, there is a search box you can type in a class that was previously recorded (such as "yoga", and "strength"- for strength training) and the videos will appear in the black box.

Volunteers Wanted

In anticipation of the building opening up again ,we are 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.

Reminder

The deadline to file your 2020 income taxes has been extended to May 17, 2021

IRS Stimulus check scams aim to snatch your payment!

Once again, scammers are using the third stimulus check as a lure to try to steal your money and personal information. The Better Business Bureau has already received reports from people contacted through text messages, email and phone calls about the new stimulus checks. Urgent emails, text messages and phone calls that instruct you to click a link to confirm your payment or enter more information are **FAKE**, and you should never click the link, enter or tell anyone your bank or personal information. Scammers will promise faster stimulus payment but be aware that this is not real. No one will ever be contacted by email, text message or phone to receive the stimulus payment. So please, **DO NOT GIVE ANYONE ANY INFO** (Social Security Number, bank info or any personal information) over the phone, through email or text.

Rest Stop Ranch

**202 Haverhill Rd (Rt 97) Topsfield, MA
978-887-4202 / Rest-Stop-Ranch.org**

What: They offer 28 outdoor events **free-of-charge**. (April-July over 14 weeks), for guests of all abilities to enjoy our wheelchair-accessible flowers: bulbs lilacs & roses.

Saturday, 05/08 10am - 12pm

Memory Café in the Garden: Lilacs!

Happy Mother's Day Weekend! See and smell the 60 lilac plants - 45 are wheelchair accessible...meet new friends, and share stories.

Pre-registration limited to 6 cars.

Sunday, 05/09, 10am - 2pm

Sunday Stroll: Lilacs!

Happy Mother's Day Weekend! Friends with wheelchairs, walkers, canes and care-partners: Enjoy our wheelchair-accessible gardens. 3 Tickets/3 cars/parking spots available, per hour, 10 am - 2 pm.

Saturday, 05/19, 10am - 12pm

Memory Café in the Garden: Roses!

Happy Father's Day Weekend! Enjoy there wheelchair-accessible gardens and many picnic areas, as you see and smell the 100 wheelchair accessible roses...meet new friends and share stories.

Pre-registration limited to 6 cars.

Sunday, 05/20, 10am - 2pm

Sunday Stroll: Roses!

Happy Father's Day Weekend! Friends with wheelchairs, walkers, canes and care-partners: Enjoy our wheelchair-accessible gardens. 3 Tickets/3 cars/ parking spots available, per hour, 10 am - 2 pm.

Reserve online (rest-stop-ranch.org/events) or call 978-887-4202

Masks must be worn and Parking is limited.

Become a Friend of the Council on Aging

The Friend 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



WELLNESS CLINIC: The VNA Care 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 and the second Tuesday of each month from 11:00-1:00 PM at the COA. 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 **\$15**. Renee is available most **Monday mornings**, by appointment only. To make an appointment, please call Renee at (508) 335-1675..

Monthly Grief and Loss Support Group:

Join our Social Worker, Lisa Waxman, on the first Thursday of every month at 12:30 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

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.

Cold Weather Safety!

Just a reminder to make sure you have your **Cell Phones Fully Charged** with all your chargers accessible at all

times, replace your flashlight batteries and have any necessary blankets and clothing available in case of an Emergency. If you have not yet signed your cell phone up with the town's Emergency Telephone Notification System, please do so for your safety. The link can be found at:

<https://www.town.boxford.ma.us/sites/boxfordma/files/uploads/telephone.pdf>

Flu Symptoms & Complications

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have the flu often feel some or all these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with the flu will have a fever.

Flu Complications:

Most people who get the flu will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Sinus and ear infections are examples of moderate complications from the flu, while pneumonia is a

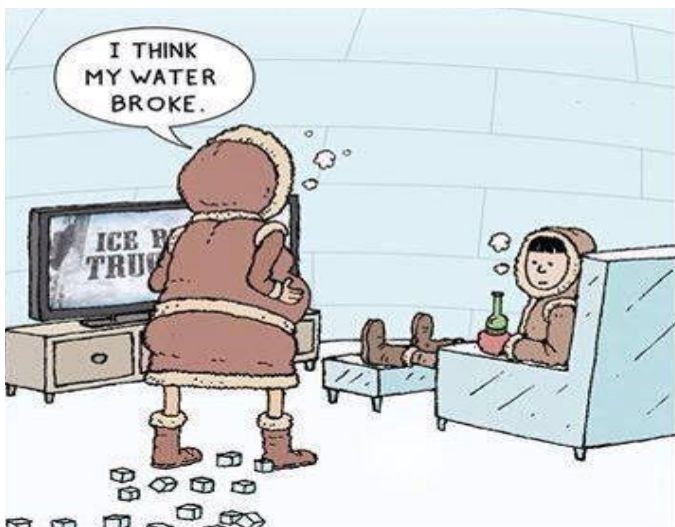
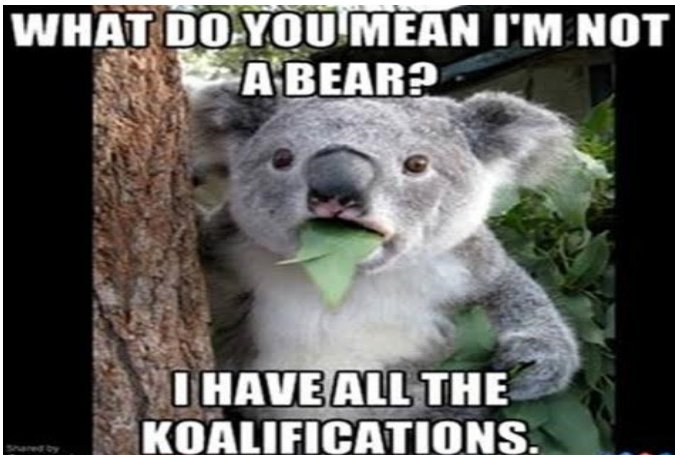
serious flu complication that can result from either influenza virus infection alone or from co-infection of the flu virus and bacteria. Other possible serious complications triggered by the flu can include inflammation of the heart (myocarditis), brain (encephalitis) or muscle (myositis, rhabdomyolysis) tissue, and multi-organ failure (for example, respiratory and kidney failure). Flu virus infection of the respiratory tract can trigger an extreme inflammatory response in the body and can lead to sepsis, the body's life-threatening response to infection. Flu also can make chronic medical problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic heart disease may experience a worsening of this condition triggered by the flu.

People at High Risk from the Flu:

Anyone can get sick with the flu (even healthy people), and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes or heart disease), pregnant women and children younger than 5 years, but especially those younger than 2 years old.

What are the emergency warning signs of the flu?

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen
- Persistent dizziness and confusion
- Seizures
- Not urinating
- Severe muscle pain
- Fever or cough that improve but then return or worsen
- Worsening of Chronic medical conditions



AMERICAN STATES



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

ALABAMA
 ARKANSAS
 CALIFORNIA
 COLORADO
 CONNECTICUT
 DELAWARE
 FLORIDA
 GEORGIA
 HAWAII
 IDAHO
 ILLINOIS
 INDIANA
 IOWA
 KANSAS
 KENTUCKY
 LOUISIANA
 MAINE
 MARYLAND
 MASSACHUSETTS
 MICHIGAN
 MINNESOTA
 MISSISSIPPI
 MISSOURI
 MONTANA
 NEBRASKA

NEVADA
 NEW HAMPSHIRE
 NEW JERSEY
 NEW MEXICO
 NEW YORK
 NORTH CAROLINA
 NORTH DAKOTA
 OHIO
 OKLAHOMA
 OREGON
 PENNSYLVANIA
 RHODE ISLAND
 SOUTH CAROLINA
 SOUTH DAKOTA
 TENNESSEE
 TEXAS
 UTAH
 VERMONT
 VIRGINIA
 WASHINGTON
 WEST VIRGINIA
 WISCONSIN
 WYOMING

WHAT'S YOUR SNOWMAN NAME?

cinchshare.com

YOUR FIRST INITIAL

a - jingle	k - candy	u - teddy
b - merry	l - magic	v - jolly
c - bells	m - sparkle	w - cosy
d - tinkle	n - sugarplum	x - sherry
e - angel	o - joy	y - eve
f - twinkle	p - tinsel	z - pinky
g - rosie	q - robin	
h - holly	r - cookie	
i - berry	s - hope	
j - festive	t - sweetie	



YOUR BIRTH MONTH

jan - mcsnowy	july - mcglisten
feb - mcfreeze	aug - mcblizzard
march - mcslushy	sept - mcsparkle
april - mcsnowball	oct - mccoal
may - mcchilly	nov - mcfrosty
june - mcicicle	dec - mcsnowflake

What did the grape say when the elephant sat on it?

Nothing, it just gave a little whine.

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



BULK RATE
PRE-SORT
U.S. POSTAGE
PAID
Boxford MA 01921
PERMIT No. 123

Our mission is to improve the quality of life and encourage maximum independence for older adults by meeting their health, economic, social and cultural needs.

COA Board Members

Liz Murphy: Chairperson
Suzanne Cox: Vice-Chairperson
Judy Andersen: Secretary

Members:

Richard Shaw
Steve Harvey
Christina Eckert
John Stanley

COA Staff

Pam 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 Spring Birthday's, 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!

Shine like the stars!



A friend had his second dose of the vaccination after which he began to have blurred vision on the way home. When he got home, he called the vaccination center for advice and asked if he should see a doctor or be hospitalized. He was told not to go to a doctor or a hospital but return to the vaccination center immediately and pick up his glasses.

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

Points To Ponder

Life is like a camera...

Focus on what's important,
Capture the good times,
Develop from the negatives,

And if things don't work out,

Take another shot.