



Boxford's Boomers & Beyond



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

November 2015

Holiday Craft Classes

Starting on Tuesday, November 3rd at 9 AM and continuing every Tuesday morning throughout the month of November, the Boxford COA will be holding classes/gatherings to make Holiday items which the COA will be selling at the our Holiday Boutique. There is no cost associated with these classes but we do need people who will come and help make holiday items to be sold at the Holiday Boutique. If you are interested — please call the COA at (978) 887-3591. Hope you can join us.

Continuing FaceBook Classes

With Maggie Rapti

The COA held two classes in October and the request was to continue the classes into November. We will be holding classes on the following Tuesdays — 11/3, 11/10 and 11/17 — time is 1 to 3 PM.

The COA has a small number of laptops which you can use or, if you have your own laptop, Ipad or Tablet — please bring them. The laptops are slow but we are working increasing the speed. The class is full if you don't have your own laptop, Ipad or Tablet.

The COA has ordered a book recommended by Maggie which will be available to borrow. If you wish to order your own — Amazon has it for \$19.07 (Kindle \$9.99) or Barnes & Noble for \$19.54 (Nook \$11.99). On Amazon — you can get it for less but there is shipping charges involved so check out all prices before you order.

Congregate Lunch with Al Vaz and Bill Cargill Tuesday, November 17th

At our regularly scheduled Congregate Lunch on Tuesday, November 17th, Al Vaz and Bill Cargill, two of Boxford's Selectmen, will be here to discuss various topics concerning Boxford issues and their impact on our seniors. Signup for this lunch is as usual — if you would like to come to lunch that Tuesday, please call the COA before 11 AM on Monday, November 16th. Cost is \$2.00 per person. The COA van will be available, at no cost, to Boxford seniors.

Topsfield/Boxford Village Gardeners Fresh/Dry Flower Arrangement Wednesday, November 18th at 1 PM

The Topsfield/Boxford Village Gardeners will be holding a class on Wednesday, November 18th at 1 PM. This cost of this class is only \$5.00 per person, the balance being subsidized by The Friends Of The Boxford COA.

Join us for a fun afternoon as you learn a new but easy technique while creating a fresh/dry flower arrangement. A clear, round glass vase with deco marbles at the base will enhance your lovely Thanksgiving Centerpiece.

Registration is required as class is limited so decide and call early. Please, please — if you sign up and find you can't make it — call to cancel as we expect to have a waiting list for this class.

Wednesday, November 11th

Veterans Day

The COA will be closed

Thursday, November 26th

Happy Thanksgiving

The COA will be closed

Holiday Luncheon

Wednesday, December 9th

My how time flies — it's time to think about the Annual Holiday Luncheon on Wednesday, December 9th which is hosted by The Friends of the Boxford Council on Aging. The luncheon will be held at the First Congregational Church of Boxford's hall and we will start serving the meal around noonish. Reservations are required and the COA van is available for those who do not wish to drive. This is one of the well attended events and we usually end up with a waiting list. So — if you make a reservation and find you can't attend — please call to cancel so we can offer your seat to someone else. Knowing days in advance you can't make it and canceling the morning of the luncheon doesn't cut it — it's just like not showing up at all.

As usual, we will be serving roast turkey with all the trimmings. Ham will also be served for those who are tired of turkey. Entertainment this year will be the Essex County 4, acappella quartet specializing in the barbershop style.

LINE DANCING With Patty or Bertha

Classes are held on Monday and Thursday morning between the hours of 10:00 – 11:00 AM. The cost is \$3.00 per class.

All Ages Welcome

CHAIR YOGA With Lisa

Classes are held on Wednesdays at 9 AM. The cost is \$3.00 per person. Please call the COA for more information.

All ages 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 Welcome

ZUMBA With Kym

Classes are held every Wednesday at 10:30 AM. Classes are \$3.00 per person.

All Ages Welcome

HIKING

Tuesday, hikers will meet Steve Davis at trail-head, at 9:15 AM to explore local trails. For more information, please call BTA/BOLT at (978) 887-7031 or visit their web site at www.btabolt.org

All Ages Welcome

GAME DAY (MAH JONGG)

Wednesday's at 1 PM

We have Rummikub, Scrabble, Yahtzee, Monopoly, Checkers, Cribbage, Mah Jongg and much more. Video games — we have Wii.

All Ages Welcome

GREAT GROUP

Great Group, sponsored by The Boxford Village Garden Club, resumes in October — the 3rd Friday of the month at Four Mile Village. Call Doffy Falk at (978) 887-8495 for more information.

HANDY MAN

Our handyman is willing to help with small jobs around the house — fixing light switches or changing locks. Please call the COA for info.

MIXED BAG (Knitting)

Every Tuesday at 9:30 AM is the COA's Mixed Bag Day.

All Are Welcome.

Office of Senator Bruce E Tarr **Constituent Services**

Advisor

Richard Curran will be at the COA on Tuesday, November 17th from 12:30 to 1:30 pm. If interested in talking to him — please stop by.

All Are Welcome

VETERANS SERVICES

Our local veteran's agent (Ed Mitchell) will be available at the COA on the first Wednesday of each month. His office hours are from 10 to 2 PM. Appointments are recommended but he will take walk-ins. Call the COA to schedule an appointment.

HEALTH BENEFITS

SHINE With Judy Calnan

Our SHINE Rep. Judy Calnan, is currently unavailable due to family illness. If you need to meet with a SHINE Rep — please call the COA and we'll see what we can do. This is a busy time for the SHINE Counselors so don't put off until the last minute to get help before December 7th.

NEWS AND VIEWS

News and Views meets every Tuesday 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

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

CHANGING EVENTS

BOOK LOVER'S CLUB

The Book Lover's Club next meeting will be on Monday, November 16th at 1 PM. Book of the month is either a biography or classic — your choice.

All Readers Welcome

Acrylic and Watercolor Art Classes

With Mary Paganelli

Both classes are held on Mondays. Acrylic classes — 9:30 to 10:30 AM and Watercolor — 11 AM to noon. The cost is \$8.00 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

All ages welcome

COA BOARD MEETING

The COA Board meetings are usually held on the second Wednesday of each month. The next meeting will be held at the COA on Wednesday, November 11th at 9:30 AM.

All are Welcome

COOKIN' WITH ANNA

Cooking' With Anna's next gathering will be on Monday, November 16th at 9:30 AM. Please call if you plan to attend.

All Seniors welcome

The Wonders of Science

The Wonders of Science will be meeting on Tuesday, November 24th at 9:00 AM. Topic — Our Future in Space. Since Sept. 2013, man has landed a spacecraft (Rosetta) on a comet, sent a satellite (Voyager 1) outside the solar system, took close-up photos of Pluto (New Horizons), developed a new industry of private space flight development (Space X), and released movies such as Martian and Gravity. Where are we headed? Private flights to the moon might sound like fun, but let's consider the rationale, costs and next events for all this activity.

All Ages Welcome

FACTS & FIGURES

Facts & Figures will return on November 10th. Topic of discussion will be the Department of Veterans Affairs. We hope to have someone from the VA to join us and contribute to your discussion.

All Ages Welcome

Wood Carving Classes

On Wednesdays from 10 to noon, come and join this wonderful class on carving delicate wood figures with Fred Arakalien. Starting with a sad looking block of wood, you'll end up with a unique figurine — something you can be proud of. The last class will be on November 18th but will resume in the spring.

All ages welcome

Boxford COA Trips W/Collette Vacation



Classic Christmas Markets Nov. 29-Dec. 7, 2015

Featuring markets in Strasbourg, Wurzburg, Nuremberg, Munich and Innsbruck. Book now and save: Dbl \$2,999; Single \$3,199; Triple, \$2,969. Regular rates — increase by \$200.00. Trip Cost includes round trip air from Logan, Air taxes and fees/surcharges, hotel transfers. Not included — Cancellation waiver and insurance of \$260/pp. For more info — pick up the brochure at the COA.

Tropical Costa Rica March 17-25, 2016

Highlights of this trip includes visits to San Jose Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstrations, Cano Negro Refuge, Zarcero and National Theatre. Book now and save \$100/pp. Prices are (including Book now savings) are Double—\$2,479/pp, Single—\$3,029/pp, Triple \$2,449/pp. Deposit of \$250/pp is due upon reservations and final payment on Jan 17, 2016. See flyer or more information.

Discover Panama: The Land Between the Seas April 21—29, 2016

Highlights of this trip includes visits to Gamboa Rainforest Resort, Embera Indigenous Village, Pacific Queen Panama Canal Cruise, Panama City, Miraflores

Locks, Anton Valley and Playa Blanca. Book now and save \$100/pp. Prices are (including Book now savings) are Double—\$2,649/pp, Single—\$3,299/pp, Triple—\$2,619/pp. Deposit of \$250/pp is due upon reservation and final payment is due on Feb. 21, 2016. See flyer for more information.

More Trips Coming in 2016 so stop by to see the flyers.

Boxford COA Trips



with Best of Times

Holiday Pops Christmas Matinee Show Saturday December 5th

Start out with a wonderful meal at Venezia Waterfront Restaurant (choice of chix Parm or baked scrod) and then a wonderful matinee show at the historic Symphony Hall. Capture the magic of the Christmas season with the Boston Pops who will perform their signature Sleigh Ride as well as other Holiday classics. Cost is \$129/pp which includes transportation, luncheon and show. A deposit of \$10 is due at reservation and balance on Nov 5th.

Christmas at the Newport Mansions Thursday, December 10th

Come and see two of Newport's most elegant mansions decorated and on display during this wonderful season. Visits to The Breakers (grandest of Newport's summer "cottages") and The Marble House, decked out in yuletide finery. Lunch will be on your

own at the famous Bowen's Warf area of Newport. The cost is \$69/pp which includes transportation, driving tour of Newport, admission to the Breakers and Marble House. It does not include lunch. A deposit of \$10 is due at time of reservation and balance on Nov 10th.

Barbara and Frank The Concert That Never Was Thursday November 12th Venus De Milo

, \$89 per person. Call for details

New York City Cruise to Nowhere December 11-13th, 2015

Trip includes : Motorcoach transportation, 2 night cruise aboard the Norwegian Breakaway, Tickets to the Radio City Rockette's, Admission to the September 11th Museum, All meals on board ship. Prices start at \$469 pp.

New Year's Eve Day Trip Thursday, December 31st Sheraton 4 Points (Norwood)

Enjoy the sultry, soulful voice of Lydia Harrell, dance to the Lovely Singer Orchestra and have a delicious meal (choice of Prime Rib or Baked Scrod). The cost is \$89/pp and includes transportation, luncheon, show, orchestra, party favors & champagne toast. A \$10/pp deposit is required at time of reservation and balance is due by November 30th.

Upcoming 2016 Excursions

Young Irelanders March 2016
At the Venus De Milo's

Tulips and Windmills Cruise
March 25 - April 4 2016

Romantic Danube River Cruise
August 9- 19 2016

Congregate Lunches Tuesday and Thursdays

The Boxford COA serves Congregate Lunches on most Tuesdays and Thursdays throughout the school calendar year. The cost of the lunch is \$2.00 per person and luncheon is served at 11:30 AM. The monthly lunch menus can be found on the Town of Boxford's website. Go to the town's website (www.town.boxford.ma.us) click on "Departments" and then click on "Council on Aging" in the drop-down menu.

Reservations are required. Reservations must be made by 11 AM on a working day before the day of the lunch, i.e., Tuesday lunch — on Monday by 11 AM or if the COA is closed on the Monday before the lunch, then reservations must be made by 11 AM on the Thursday before the Tuesday lunch. Ditto with the Thursday lunch — by 11 AM on Wednesday. I know it's confusing but.....

The COA van is available, at no cost, for those Boxford seniors who needs a ride to and from the lunch. Please let us know at time of reservation if you require the COA Van service.

Movie Time At The COA Thursdays around 12:15 PM

Nov 5: Cinderella — 2015 movie
Nov 12: Ghost & Mrs. Muir with Gene Tierney & Rex Harrison
Nov 19: The Philadelphia Story with Cary Grant, Katherine Hepburn, Jimmy Stewart

These movies are free to watch at the COA and, if owned by the COA, to borrow after it is shown where you can then watch it in the comfort of your own home. If you would like to see a specific movie — we are open to suggestions so call us and we'll see what we can do.

Lunch Bunch Trips (Seating Limited)

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 to 16 (unless you plan on using your own vehicle) and reservations are required. ***Trips may be canceled due to lack of interest or inclement weather.*** Call the COA to make your reservations. The "Lunch Bunch" is open to all seniors so don't hesitate to call.

Pickity Place Wednesday, November 11th

- Sorry Trip is Sold Out

Wednesday Church Dinners at 6:15 PM At First Congregational Church

The First Congregational Church Wednesday Dinners have re-

sumed. They are now scheduled for every other week. The dinner schedule for the remainder of this year is as follows:

November — 11th,
December 2nd and 16th

The cost per person is \$10.00, there is also a dollar cap for families of \$20.00. If you have any questions, please visit their web site at www.firstchurchboxford.org or call Nancy at 978-887-5841 for more information.

Maple St. Bistro Tuesday, December 1st

Time for an outing at the Maple St. Bistro in Danvers, MA. We went there last year and the meal was absolutely fabulous. The meal is prepared and served by students of Essex Technical High School on Route 62 on the Danvers/Middleton line. Their bus will pick us up at the COA around 10:45 AM and the meal sitting is scheduled for 11:15 AM. The cost is \$11.00 person which includes meal and tips. This is due by November 24th. Reservations are required and seating is limited — so call early if you plan on attending. We will also keep a waiting list just in case of cancellations.

10th Annual Wine and Art Reception Veasey Memorial Park Groveland Saturday, Nov. 7th 6PM-9PM

Art from the regions most talented artist. Great food from local vendors. Great wines to be tasted. Live entertainment. Tickets \$20 in advance
\$25 at the door

More info visit www.veaseypark.org

St. James Church Bean Supper Saturday, November 21st 4PM-6PM

Serving both pea and kidney beans, hot dogs, potato salad, macaroni and cheese, coleslaw and homemade desserts.

Adults \$8 Children under 12 \$\$

Italian-American Meatball Cook-off Results

It was a nice turnout for our first Italian-American Meatball Cook-off. We would like to thank Judi Stickney for all her help in getting this organized, running around shopping for the food and prepping the day of the Cook-off. Judi also make the delicious apple dessert.

The Winners of the Meatball Cook-Off are Rita Scarfo (First Place), Chris Cable (Second Place) and James Rybicki (Third Place). Rita and Chris are both seniors of Boxford and active members of the COA, James, also a Boxford resident, is in training to becoming a senior and we hope, when he meets that magic age, will also be an active member.

Pineapple Freezer Cake

Haven't tried this but sounds and looks interesting. Of course, this is a perfect summer dessert but we might have some warmer days left before the cold sets in.



Ingredients:

- 2 (3-ounce) packages lady fingers, split in half (see note)
- 1 (20-ounce) can crushed pineapple, drained
- 1 (4-1/2 serving-size) package instant vanilla pudding and pie filling
- 1 (8-ounce) container frozen shipped topping, thawed

1. Line a 9x5 inch loaf pan with plastic wrap. Then line the bottom and sides of the pan with ladyfingers.
2. In a large bowl, combine pineapple and pudding mix, mix well then fold in the whipped topping. Spread one-third of the mixture over the bottom layer of ladyfingers, then repeat layers 2 more times with pineapple mixture and ladyfingers, ending with a layer of ladyfingers.
3. Cover and freeze at least 6 hours or overnight.
4. To serve, invert over a serving platter, remove pan and plastic wrap.
5. You can garnish with dollops of whipped cream and maraschino cherries (or not), then slice.

Notes: Make sure to use the plain soft, spongy ladyfingers, not the hard biscuit type. If lady fingers are unavailable, you can substitute cut-up pound cake.

More HELP!!!!

The Cole School Elementary is looking for seniors to assist younger children during their lunch period. This would include opening milk cartons, chip bags, etc. It is estimated about 1 to 1-1/2 hours per school day when lunches are served. This position would be on the Boxford Tax Work-off Program. We can have it so different seniors cover different days during a weeks period or one senior does it for the full school week and stops when they reach their plateau on hours allowed and we get another seniors to cover or they can continue working as strictly a volunteer — minor details to be worked out later. If you are interested — please call the COA so we can discuss this further.

Thank You To Those Who Responded

We would like to thank those who responded to our earlier request for "HELP." The M.O.W.'s program is very important to our seniors who are home bound or are recovering from surgery. It not only supplies them with a hot meal, 5 days a week, but also works in such a way where they are seen each of those days, by the drivers, who will contact the COA if things don't seem right.

If anyone is still interested in volunteering for this — you can put your name in as a substitute driver to cover for our regular drivers when they are ill, have prior commitments or going away on vacation.

I Just Don't Believe It!!!!

At times, I'm really taken aback when talking to some of our seniors regarding some of the programs the COA supports. This time, I'm referring to the File Of Life Program. It's almost like they have never heard of it before — sometimes I wonder if they ever heard of us before or read anything in the newsletter besides the joke page.

Don't stop reading yet — this is important. We will admit that the

COA hasn't really been pushing it lately BUT we did have an article in a recent newsletter talking about this program along with the smoke detectors so.....

File of Life — do you know what it is? It is something that every Senior or anyone with a medical issue should have. This is a program the COA has been supporting and promoting for close to 14 years. File of Life is a powerful tool which just might save your life. It lets emergency personnel know what medications you are on and makes them aware of any allergies or conditions so you can receive the proper treatment. Both the Boxford Police and Fire Departments fully support this program. It is a life saving program.

How does it work? The File of Life consists of two forms — a small one to carry on you and a larger one that goes on your refrigerator. You would also apply a sticker on your entrance door to let the EMT's know that you have a File of Life on your refrigerator.

Don't forget, in cases of emergency you and/or family members are not exactly calm and can forget important things like what meds you take or if you are allergic to certain things. The omission of this type of information can be life threatening.

The Council on Aging has these forms available and replacement cards for those whose meds have change to the point their cards are no longer legible.

To those who have returned the intake forms without checking the File of Life box we will be in touch.

Over the next few month the Council on Aging and the Boxford Fire Department will be holding File of Life sessions where we will assist you in filling out File of Life cards.



WELLNESS CLINIC. The VNACare Network and Elder Services will be holding their free Wellness Clinics on the first and third Wednesdays of each month from 9:00 to 11:00 AM at FMV and the fourth Wednesday from 11:00-1:00 PM at the COA. For an appointment at the COA, call Joan Fitzpatrick RN, at 888-663-3688, Ext. 1326 or Ann Morrison at 888-663-3688, Ext 2461 for the Four Mile Village appointment. 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: Dr. Richard Manolian will be here, by appointment only, on Wednesday, November 4th starting at 9:00 AM. The fee is \$30 per session which is payable at time of appointment. Checks should be made out to Dr. Manolian — no credit cards. Dr. Manolian is available at the COA on a monthly basis. Call the COA at (978)887-3591 to make an appointment or call Dr. Manolian's office for an office appointment at (978)887-8686.



HEARING CLINIC: Tuesday, November 10th, starting at 9:30 AM, Nicole Kalukiewicz, from Rogers Hearing Solutions, will be here to give FREE hearing tests. Please call the COA to make an appointment.

Don't Drag Your Feet Medicare Open Enrollment October 15 thru December 7th

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO) you should receive a notice from your plan by the end of September outlining changes being made to your plan for 2016. *It is important to review, understand and save this information!*

During the Medicare Open Enrollment, from October 15th thru December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer counseling on Medicare and related health insurance programs. Unfortunately, our regular SHINE Rep, Judy Calnan, is unavailable at this time. In the interim, Elder Services of Merrimack Valley (Lisa Rose) has recommended that our seniors contact them directly at (978) 946-1374. They will do what they can over the phone and try to handle things that go beyond a phone call. **DO NOT WAIT UNTIL THE LAST MINUTE IF YOU PLAN ON MAKING CHANGES OR NEED SOME SERIOUS HELP.**

Our Director (Pam Blaquiére), who was once a certified SHINE Rep., will be available to run your meds if you plan on changing your medication coverage. Other changes/questions should be directed to the Elder Services of Merrimack Valley's office.

Hypothermia and Older Adults



Winter is almost "Officially" here and you should be concerned with the cold weather's impact on your body. Hypothermia, when the body gets too cold during cold weather, is one of the things you should be aware of.

Hypothermia is generally defined as having a

core body temperature of 95 degrees F or lower and can occur when the outside environment gets too cold or the body's heat production decreases. Older adults are especially vulnerable to hypothermia because their bodies' response to cold can be diminished by underlying medical conditions such as diabetes and by use of some medicines, including over-the-counter cold remedies. Hypothermia can develop in older adults after relatively short exposure to cold weather or even in small drop in temperature.

Someone may suffer from hypothermia if he/she has been exposed to cool temperatures and shows one or more of the following signs:

- slowed or slurred speech;
- sleepiness or confusion;
- shivering or stiffness in the arms and legs;
- poor control over body movements; slow reactions, or a weak pulse.

A few good tips to help older people avoid hypothermia:

- Make sure your home is warm enough. Set the thermostat to at least 68 to 70 degrees. Even mildly cool homes with temperatures from 60 to 65 degrees can lead to hypothermia in older people.
- To stay warm at home, wear long underwear under your clothes, along with socks and slippers. Use a blanket or afghan to keep your legs and shoulders warm and wear a hat or cap indoors.
- When going outside in the cold, it is important to wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. A hat is particularly important because a large portion of heat can be lost through the head. Wear several layers of warm loose clothing to help trap warm air between the layers.
- Check with your doctor to see if any prescription or over-the-counter medications you are taking may increase your risk for hypothermia.

More on Getting Mature

1. Your address book has mostly names that start with Dr.
2. You sit in a rocking chair and can't get it going.
3. The pharmacist has become your new best friend.
4. Getting "lucky" means you found your car in the parking lot.
5. The twinkle in your eye is merely a reflection from the sun on your bifocals.
6. It takes twice as long — to look half as good.
7. Everything hurts, and what doesn't hurt — doesn't work.
8. You look for your glasses for half an hour and they were on your head the whole time.
9. You sink your teeth into a steak — and they stay there.
10. You give up all your bad habits and still don't feel good.
11. You have more patience, but it is actually that you just don't care anymore.
12. You finally get your head together and your body starts falling apart.
13. You wonder how you could be over the hill when you don't even remember being on top of it.

Never Squat With Your Spurs On

Will Rogers, who died in a 1935 plane crash, was one of the greatest political sages this country has ever known. Here are a few of his sayings:

1. Never slap a man who's chewing tobacco.
2. Never kick a cow chip on a hot day.
3. There are two theories to arguing with a woman. Neither works.
4. Never miss a good chance to shut up.
5. Always drink upstream from the herd.
6. If you find yourself in a hole, stop digging.
7. The quickest way to double your money is to fold it and put it back into your pocket.
8. There are three kinds of men: The ones that learn by reading. The few who learn by observation. The rest of them have to pee on the electric fence and find out for themselves.
9. Good judgment comes from experience, and a lot of that comes from bad judgment.
10. If you're riding ahead of the herd, take a look back every now and then to make sure it's still there.
11. Lettin' the cat outta the bag is a whole lot easier'n putting' it back.
12. After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral: *When you're full of bull, keep your mouth shut!!*

Things My Mother Taught Me

1. To appreciate a job well done. *"If you're going to kill each*

other, do it outside. I just finished cleaning the house!"

2. Religion: *"You better pray that will come out of the carpet."*
3. Time Travel: *"If you don't straighten up, I'm going to knock you into the middle of next week!"*
4. Logic: *"Because I said so, THAT's why!"*
5. More Logic: *"If you fall out of that swing and break your neck, you're not going to the store with me."*
6. Foresight: *"Make sure you wear clean underwear, in case you're in an accident."*
7. Irony: *"Keep crying, and I'll give you something to cry about."*
8. Osmosis: *"Shut your mouth and eat your supper."*
9. Hypocrisy: *"If I told you once, I've told you a million times — DON'T exaggerate."*
10. Wisdom: *"When you get to be my age — you'll understand."*
11. Roots: *"Shut the door behind you. Do you think you were born in a barn?"*
12. Justice: *"One day you'll have kids and I hope they turn out JUST like you!"*

To Avoid The Flu

1. Eat right... Make sure you get your daily dose of fruit and veggies,
2. Take your vitamins and bump up your vitamin C.
3. Get plenty of exercise because it builds your immune system.
4. Walk for at least an hour a day or go for a swim.
5. Take the stairs instead of the lift, etc.
6. Wash your hands often. If you can't keep a bottle of antibacterial stuff around.
7. Get lots of fresh air. Open doors & windows whenever possible.
8. Try to eliminate as much stress from your life as you can.

OR

Take the doctor's approach. Think about it.....

When you go for a flu jab, what do they do first? They clean your arm with alcohol..... Why? Because it KILLS GERMS.

SO.....

1. Walk to the pub (**exercise**)
2. Put lime in your vodka (**fruit**)
3. Celery in your Bloody Mary (**veggies**)
4. Drink outdoors on the patio (**fresh air**)
5. Tell jokes and laugh (**eliminate stress**)
6. Then pass out (**rest**)

The way we see it....

If you keep your alcohol levels up. Flu germs can't get you!!!!

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

BULK RATE
PRE-SORT
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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

Dick Taylor: *Chairperson*
Richard Shaw: *Vice-Chairperson*
Judy Andersen: *Secretary*

Members:
Suzanne Cox
Steve Harvey
Liz Murphy
Joan Tarleton

COA Staff

Pam Blaquiére: *COA Director*
Elaine Spiro: *Secretary*
Anna Barbieri: *Outreach Worker*
Jack Hawxwell: *Van Driver*

The Board usually meets at 9:30 on the second Wednesday of each month (see Page 2 for actual dates). All seniors and interested parties are welcome to attend. Only emergency meetings are held during the summer.

Current Resident or

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

The November Birthday lunch will be held on Tuesday, November 24th at 11:30 AM. Please call the COA the Monday (at the latest) before the lunch to sign up for the birthday lunch. The lunch is free to our Boxford seniors who will be celebrating their birthday this 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 November Seniors!

November Daily Observances Trivia



November 10th
Marine Corps Birthday

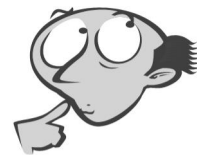
November 11th
Veteran's Day



November 26th
Thanksgiving Day



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."



Things To Ponder

Life is like a camera. Just focus on what's important and capture the good times, develop from the negatives and if things don't work out, just take another shot.