

Boxford's Boomers & Beyond



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

October 2015

SHINE Presentation

On Thursday, October 29th, SHINE (Serving the Health Insurance Needs of Elders) representative will be at the COA to discuss changes in 2016 medical insurances and Medicare. The meeting will end up with a "Question and Answer" period. Don't forget, we are currently in the "Open Enrollment" period so it is very important that you know what the changes are and what impact they will have on you and your finances next year. Reservations are required. As of now — we do not have a time scheduled for this Presentation. Please call the COA for more information.

The Boxford COA SHINE Rep. Judy Calnan is unavailable to us during this critical period due to family matters. The COA will try it's best to set you up with a SHINE Representative but they are quite busy with handling their own work responsibilities so don't put off trying to meet with a SHINE Rep. until the last moment because the likelihood of finding a one to help you will be next to nil.

FaceBook Classes With Maggie Rapti Starting Tuesday Oct. 20th, 1-3 PM

Doesn't matter if you've computer savvy or not — everybody probably knows something about FaceBook, whether it be that you already have a FaceBook account or your children or grandchildren have accounts and have tried to get you to sign up or you've just heard/read something about it in the news. Starting on Tuesday October 20th from 1 to 3 PM, we will be holding classes on how to use FaceBook, to protect your privacy, etc. The COA has a small number of laptops which we will be using for these classes. If you're interested — please call the COA as the classes will be limited to the number of laptops available and we expect it to fill quickly. If you don't require the use of a COA laptop in these classes — please let us know at signup. The COA laptops have Windows XP which shouldn't have any impact on the FaceBook classes. Maggie will also review FaceBook on Ipads, smart phones, and androids as the workings are slightly different then using FaceBook on a computer. At this time, we are only scheduling 2 weeks in October but expect to extend the classes into November and possibly December — this will depend on the students.

Italian-American Meatball Cook-Off Wednesday, Oct. 21st, 5 PM at the COA (Open To All)

October is Italian-American Heritage month and what better way to celebrate it then to have a meatball cook-off and then enjoying the

spoils with a big spaghetti feast afterwards.

The COA will provide the spaghetti, you bring your own meatballs in sauce to share. There will be judging and prizes for the best meatballs (we're still seeking judges!). Meatballs can be made of meat, chicken, meatless, rice or whatever. Just bring them along with a couple of copies of your recipe. In addition to meatballs and spaghetti, we will have salad, garlic bread, dessert and coffee or tea.

The judging will begin at 5 PM for those who wish to participate and then, open to the public at \$5.00/per adult, \$3.00/per child, it's time to dig in and enjoy a spaghetti and meatball feast. We expect to start serving the meal around 5:30 PM. **Those participating in the contest and bring meatballs and sauce to share will not be charged for their meal.**

Please call the COA to make reservations and let us know if you will be entering your wonderful meatballs in the contest.

Flu Shots

Town Hall, October 21st, 1-4 PM

At the Boxford Town Hall — Rite Aid Pharmacy will there to dispense the flu shots to the Boxford residents. No appointment is required, just show up with your Medicare card and supplement insurance card. There is a form that you will need to fill out before your shot. The difference from prior years — you will have the option to get the high dose which is recommended for people 65 and over. The reason for the high dose is that as you get older, your immune system weakens. Therefore, you don't have as high an antibody response after receiving the traditional flu vaccine to help your body fight off the flu. Fluzone High-Dose vaccine is made for people 65+ to help promote a stronger immune response to the flu than a regular flu shot.

COA Office is closed Columbus Day, Monday October 12th

Daylight Savings Time Ends Sunday, November 1st.

It's time to "Fall Back!" Daylight Savings Time ends Sunday at 2 AM. So don't forget to turn you clock back either on Saturday night before you go to bed or first thing Sunday morning.

**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, October 13th and Tuesday, November 17th between the hours of 12:30 PM and 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 help — please contact the COA. This is a busy time for the SHINE Councilors so don't wait until the last minute to ask for help before the December 7th deadline. The COA will do it's best to get you help.

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, October 19th at 1 PM. Book of the month is either a biography or classic of choice.

All Readers Welcome

**Acrylic and Watercolor
Art Classes****With Mary Paganelli**

The weekly Acrylic Art is resuming on Monday, September 14th with a new art teacher. Her name is Mary Paganelli and comes to us from Georgetown. Acrylic classes — 9:30 to 10:30 AM and Watercolor — 11 AM to noon every Monday. The cost for a 10 week course is \$80.00 or \$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, October 14th at 9:30 AM.

All are Welcome

COOKIN' WITH ANNA

Cooking' With Anna next gathering will be on Monday, October 19th 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, October 20th at 9:00 AM. Topic is "A Glimpse into Particle Physics."

All Ages Welcome

FACTS & FIGURES

Facts & Figures took a 6 month hiatus and will return on November 10th. At the moment, we are looking at the possibly of discussing the Department of Veterans Affairs. Please see the November Newsletter for more information on the discussion topic.

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 6 week session start on October 14th, ending in November and resuming in the Spring. Cost is \$30 for 6 weeks.

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 monthly lunch menus can be found on the Town of Boxford's website at www.town.boxford.ma.us, click on "Departments" and then on the drop-down menu click on "Council on Aging. The cost of the lunch is \$2.00 person and luncheon is served at 11:30 AM. And **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 can service.

Movie Time At The COA Thursdays around 12:15 PM

Oct 1: The Best Of Me
Oct 8: The Things About My Folks
Oct 15: What Dreams May Come
Oct 22: I Love Trouble
Oct 29: No Movie

These movies are free to watch at the COA and, if owned by the COA, to borrow after it is shown to watch 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.

Wednesday, October 7th

We're headed to a restaurant recommended by one of our seniors — Windward Grille in Essex MA. She was there recently and said the food was good. I looked up the place online and they have a large selection of entrée's and the prices are OK. (see www.windwardgrille.com) The van will be leaving the COA around 11:00 AM. ***Please call the COA if you are interested in going.***

If you find a restaurant that you liked, which is open for lunch — please let us know. We are always open to try new restaurants as

long as they are reasonable.

Pickity Place Wednesday, November 4th

OK seniors — I've been asked a number of times whether or not we'll be going to Pickity Place this year — so here we go. If you are interested — it's time to make your reservation and give us your deposit of \$10.00/pp. The total cost is \$34.00 per person which includes van, meal, tax, and tip. The van will leave the COA at 9:30 which will give you plenty of time to get there and to shop before your 11:30 seating. So, once you have paid the COA — all you have to do is bring your appetite. Final payment is due by October 22, 2015.

The menu for November is:

Dip: Caramelized Onion and Shallot with Port
Soup: Roasted Butternut Squash with Toasted Pumpkin Seeds
Salad: Shaved Kohlrabi with Apples and Hazelnuts
Bread: Herbed Focaccia
Entrée: Southwest Pork in a Poblano Pepper
Or
Marinated Veggie Primavera
Side: Ask Ray
Dessert: Peanut Butter Pie with Oreo Crust

HELP!!!!

The Boxford COA is looking for a Meals-On-Wheels (Mow) driver to deliver meals on Tuesdays. This task involves picking up meals in Georgetown and delivering them to a number of Boxford seniors who are in need of home delivered meals. Right now — there are only 5 stops on this list which equates to around 2 to 2-1/2 hours (at the most). You will receive a small stipend for this volunteer work. Please call the COA if you are interested.

Wednesday Church Dinners At First Congregational Church

the First Congregational Church Dinners resumed on Wednesday, September 30th. I've been told that they will now be serving Wednesday Dinners every other week — price per person unknown at this time. If you have any questions, please visit their web site at www.firstchurchboxford.org or call Nancy at 978-887-5481 for more information.

A Presentation on Africa

Wednesday, October 28th—10:30 AM

Grid Losee, a Boxford senior, recently took a trip to Africa which he would like to share with other interested seniors or non-seniors. The presentation will start at 10:30 AM and last approximately 1-1/2 hours. Grid has many pictures to share along with interesting stories. He also will show his collection of articles of interest he purchased while there. Please call if you are interested in joining us.

Page 5 is the COA Activities Calendar

Page 6 is the Van Schedule Calendar

COA Fall Changes

Now that the summer months are over, it's time to get back to our old schedule on most of the weekly activities that took a summer hiatus.

Activity Changes in October:

- **Great Group:** will resume — 3rd Friday of the month at FMV
- **COA Movies:** will resume on Thursday, October 1st, right after the Congregate Lunch and continue throughout the school year.
- **Wonders of Science:** will resume the 3rd Tuesday of the month at 9 AM.

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Activity Changes in November — Facts & Figures:

- Second Tuesday of the month starting with Dept of VA Affairs.

Your Safety and Well Being

In our August 2015 Newsletter (front page) we had an article asking for your help and notifying you that someone from the COA would possibly be contacting you for information such as who to contact in case of emergency, etc.

Well, that project didn't get off as soon as we expected but it is still in the que to get it done. To help us achieve our goal of getting the necessary info from most, if not all, of our seniors we are grabbing those who visit the COA as they come in for an event or lunch or help. That still leaves a number of seniors out there whom we have never met and those are the ones who are giving us problems.

We are asking politely if you haven't heard from us please, please, please — fill in the form (see page 8) and mail it to us. As I mentioned in the August Newsletter — any information we have on file is strictly confidential and we would only share it with the Boxford Police or Boxford EMT's in cases of emergency only. The information shared with either group would probably only be who to call in cases of emergency.

If you have any questions concerning this form — please don't hesitate to contact us at (978) 887-3591.

Rebuilding Together

Rebuilding Together is a non-profit organization which helps seniors, disabled, veterans or families with young children make no-cost home repairs to their homes. The Annual Re-

building Day is scheduled for the last Saturday in April 2016. Rebuilding Together is now accepting applications for the no-cost home repair assistance on the Annual Rebuilding Day — Saturday, April 30, 2016. The application deadline is Thursday, December 31, 2015. You can call Rebuilding Together at (978)469-0800 to get a copy of the application and then mail to:

Rebuilding Together Greater Haverhill
10 Phoenix Row
Haverhill, MA 01832

Thank You Apple Festival Donors

It was a comfortable day for the Apple Festival — not too hot, not too cold and dry. The COA has a nice turnout and we sold most of the food donations. Some of the Art and Crafts were sold in-house and we plan on continuing to sell them at our Boutique located at the COA thru to the holidays — great holiday gifts.

The COA would like to thank all those who donated their time and culinary/artistic talents in making this another great year. A thanks to those who donated their time on either Friday or Saturday (or both) to accept the donations and then sell them at the booths. Couldn't have done it without you.

Thank You Boxford Police Relief Assoc.

On September 9th, the Boxford Police Relief Association hosted a BBQ luncheon for our seniors. It was a nice day, we had a great turnout and the Boxford Police were there in full force — cooking and serving our seniors. Thanks again guys/gals for all you do for our Boxford seniors and for the wonderful BBQ lunch.

Are You Interested?

The COA is looking into have Rite Aid Pharmacy come in to give Shingle Shots, Pneumonia or Pneumonia Booster Shots and possibly another round of Flu Shots.

The Pneumonia and Flu shots are a piece of cake but the Shingle shots is another story. Rite Aid Pharmacy has to know BEFORE hand who is interested in getting the Shingles Shot. The plan would be to have the request for a Shingles Shot filled out about a week before schedule. Then Rite Aid would check your health insurance to find out how much is covered under your policy — it can run from zero dollars and up. They will then contact you to inform you of the cost and to reconfirm your desire to get the Shingles Shot. This is all in the works and, mostly, will depend on how many seniors are interested. So — if you are interested — please call.

Page 8 is the Input Form included in the October Newsletter

S'Mores Ice Box Cake

Haven't tried this but it looked good so what the heck.

Ingredients:

- 1 (14.4 ounce) box honey graham crackers
- 2 (4-serving) packages chocolate instant pudding mix
- 3 cups of milk
- 2 1/4 cups (mini-marshmallows, divided
- 1 (6-ounce) container frozen whipped topping, thawed
- Chocolate shavings for garnish

**What to do:**

- Line bottom of an ungreased 9x13 baking dish with one-third of the graham crackers.
- In a large bowl, whisk together pudding mix and milk stirring until mixture thickens. Stir in 2 cups marshmallows
- Spread half of pudding mixture over graham crackers in baking dish. Repeat layers with one-third of graham crackers and remaining pudding mixture. Top with remaining graham crackers.
- Spread with whipped topping. Sprinkle with chocolate shavings and remaining marshmallows. Cover and chill for 4 to 6 hours.

Operation Concern

The Boxford COA has worked with the Boxford Police Department for a number of years in promoting this unique and wonderful program to our seniors. Operation Concern is a joint effort by the police and elderly resident to ensure the well being of those participating in the program.

It's quite easy to join and participate in this program and could potentially be life saving. Here's how it works — each senior participating enters into an agreement with the police department to call the Boxford Communications Center on a daily basis between the hours of 8 AM and 10 AM where they'll receive a warm hello — what a way to start the day. By receiving the call, the Communications Center knows the senior participating has started their day safely. If the senior forgets, neglects, or for whatever reason does not call — the police will respond, first by calling the person listed as the "Emergency Contact," and then sending an Police Officer to the residence to investigate. In some cases when the senior forgot to call and a police car was dispatched to do a "wellness check," the COA, hearing the dispatch on our scanner, was able to cancel the dispatch because the senior happened to be at the COA.

Some seniors may not have the luxury of having family, friends or loved ones nearby to check in on them on a daily basis. This program has proven to be successful and beneficial to the residents of Boxford. The Boxford Police Department and COA encourage any senior who thinks they would benefit from this program to participate. Please note — this program is not only for those who are house bound but also to our active healthy seniors.

This program is a great way to interact with the Police Department on a daily basis. Operation Concern has developed some great relationships between the police and seniors.

To enroll into this program — simply call the Boxford Communications Center at 978-887-8137 and speak to the Communication dispatcher who'll ask you the required questions.

SCAM Alert

The Executive Office of Elder Affairs has uncovered a new scam targeting elders. This scam is aimed at getting personal medical information to falsely bill the government (Medicare).

The impersonator uses the name of the local COA director and proceeds to ask "a few questions" (i.e., doctor's name; meds; Medicare number). Please note that no one would ever call and ask for your Medicare number! Just hang up.

If possible, get their phone number from the caller ID and contact your local police. Never give personal information to someone unless you initiate the call and know to whom you are speaking.

Topsfield Fair 2015**Senior Day — Monday, October 5th**

Monday, October 5th is "Senior Day" at the Topsfield Fair. Tickets for seniors (60 and over) will cost \$8.00/pp. Featured events for that day includes "Strictly Sinatra Now" on the Grandstand (free) — 2 shows, one at 1 PM and the second show is at 7 PM. There is horse pulling in the arena (all day) and Essex County Farmyard Farm Animals on Display (all day).

If there is enough interest, the COA van will be available to take seniors to the Fair, leaving the COA at **noon and returning around 3 PM** for a cost of \$3.00/pp (van only). If not enough interested is shown in taking advantage of the van service — we will cancel the trip.



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, October 7th 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

Medicare Open Enrollment October 15 thru December 7th

And we're off — again! 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. Call the Boxford COA to set up your appointment with our SHINE Counselor.

Session on Neuropathy Wednesday, October 14th, 11 AM

Neuropathy is the term used to describe a problem with the nerves, usually the peripheral nerves' as opposed to the "central nervous system" (the brain and spinal cords).

Here are some points about neuropathy. Neuropathy

- is a common condition,
- Is a complication of a number of different medical conditions
- Three types of nerve can be involved , automatic nerves, motor nerves and sensory nerves.
- Sometimes single nerves, or reserve sets are affected. Bell's Palsy is a specific example of a neuropathy of the facial nerve, affecting the muscles and skin of the face.

Lunch will be served after the presentation to those who attended. Please call the COA to make your reservation if you are interested in attending.

Being Prepared For Winter

The summer was fairly nice, not too many hot/humid days but the summer is now over and we have to think ahead to the *winter*. There

are a number of things you can do now so you're not caught short when we get our first cold spell or snow.

Home: Have you scheduled to have your furnace checked and cleaned? If you use your fireplace — when was the last time you had the chimney swept? Do you need to replace any of your storm windows? Does your house tend to be drafty — if so, what needs to be done to fix this problem? A reminder, the COA has a Handyman who will come out to your house to fix minor problems free of charge if you have the necessary replacement parts or, unless the handyman has to go to a hardware store to purchase the part for you — you will be responsible for the cost of the part and mileage if this happens. If you need the Handyman — call the COA. Remember — this is for minor fixes only. Is your snow blower ready to go or does it need service? Have you the necessary fuel on hand to run your snow blower? If you have someone who plows for you — have you renewed your yearly contract with them? Do you need someone to plow for you? The COA has a number of names and telephone numbers of people who plow driveways in Boxford. Where are your gloves, boots, scarves, etc., do you need to get new ones? How is your supply of ice melt? Do you need to winterize your garden? Please don't wait until the last minute.

Automobile: Where are your ice scrapers and/or snow brush? Have you had your car winterized? Have you checked out the condition of your windshield blades? What about windshield cleaner — they sell windshield cleaner which you can use on a cold car and will clear your windshield of frost — not add to it as the regular stuff does.

Getting ready for winter is not fun but necessary. So — make out a to-do-list and check items off as you complete them **"Before winter actually sets in"** and you have to go scrambling to get things done or buy things at the local hardware stores. Snow blower and ice melt went flying off the shelves last year and if you waited too long — they were sold out and you were up the proverbial creek without a paddle. Let's not have that happen this year..

Politically Correct Statements

- Your bedroom isn't cluttered, it's just "passage restrictive."
- Kid's don't get grounded anymore. They merely hit "social speed bumps."
- You're not late, you just have a "rescheduled arrival time."
- You're not having a bad hair day, you're suffering from "rebellious follicle syndrome."
- No one's tall anymore. He's "vertically enhanced."
- You're not shy. You're "conversationally selective."
- You don't talk a lot. You're just "abundantly verbal."
- It's not called gossip anymore. It's "the speedy transmission of near-factual information."

You Can Go To Florida A Lot

- You can get a discount on your airfare just for being old.
- When you get there, you can eat early-bird specials.
- You can complain about how hot it is to your friends up north who are digging out of a blizzard.
- You can wear loud shorts and knee socks and T-shirts that say things like:
 1. I'm not old, I just have a very full resume.
 2. I'm not old. But I do answer to the name Fuddy Duddy.
 3. You're only as old as you feel. Come here and let me feel you.
 4. I'm not old. I'mwhat was I saying?

Police Situation

A police officer called the station on his radio.

"I have an interesting case here. An old lady shot her husband for stepping on the floor she just mopped."

"Have you arrested the women?" the dispatcher asked.

The office replied — "Not yet. The floor's still wet."

Potential California Drivers

The following are samples of REAL answers received on exams given by the California Department of Transportation's driving school.

- Q: Do you yield when a blind pedestrian is crossing the road?
A: What for? He can't see my license plate.
- Q: Who has the right-of-way when four cars approach a four-way stop at the same time?
A: The pickup truck with the gun rack, and the bumper sticker saying, "Guns don't kill people. I do."
- Q: What problems would you face if you were arrested for drunk driving?
A: I'd probably lose my buzz a lot faster.

Q: What changes would occur in your lifestyle if you could no longer drive lawfully?

A: I would be forced to drive unlawfully.

Q: What is the difference between a flashing red traffic light and a flashing yellow traffic light?

A: The color!

Q: What are some points to remember when passing or being passed?

A: Make eye contact and wave "hello," if he/she is cute.

Phyllis Dillerisms

- Whatever you look like, marry a man your own age. As your beauty fades — so will his eyesight.
- Housework can't kill you — but why take a chance?
- Cleaning your house while your kids are still growing up is like shoveling the sidewalk before it stops snowing.
- The reason women don't play football is because 11 of them would never wear the same outfit in public.
- Best way to get rid of kitchen odors — Eat Out!
- A bachelor is a guy who never made the same mistake once.
- I want my children to have all the things I couldn't afford. Then I want to move in with them.
- Any time three New Yorkers get into a cab without an argument, a bank has just been robbed.
- We spend the first twelve months of our children's lives teaching them to walk and talk and the next twelve years telling them to sit down and shut up.
- Burt Reynolds asked me out. I was in his room.
- What I don't like about office Christmas parties is looking for a job the next day.
- His finest hour lasted a minute and a half.
- My photographs don't do me justice — they just look like me.
- Tranquillizers work only if you follow the advice on the bottle — Keep away from children!!!!
- The reason the golf pro tells you to keep your head down is so you can't see him laughing at you.

The Catholic Vocabulary

Amen: The only part of a prayer that everyone knows.

Bulletin: Your receipt for attending Mass.

Choir: A group of people whose singing allows the rest of the Parish to lip-sync.

Incense: Holy Smoke!

Jonah: The original "Jaws" story.

Justice: When kids have kids of their own.

Manger: Where Mary gave birth to Jesus because Joseph wasn't covered by an HMO. (The Bible's way of showing us that holiday travel has always been rough.)

Pew: A medieval torture device still found in Catholic churches.

Relics: People who have been going to Mass for so long, they actually know when to sit, kneel or stand.

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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.

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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 October Birthday lunch will be held on Tuesday, October 27th 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 October Seniors!*

October Daily Observances Trivia



October 6th
American Libraries' Day

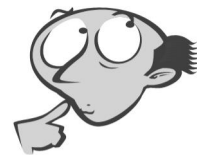
October 12th
Columbus Day



October 31st
Halloween



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

You don't have to be a special person to do something special.