



Boxford's Boomers & Beyond



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

September 2015

Apple Festival Time **Saturday, September 19th** **10 AM to 3:30 PM**

The Boxford COA will have a table at the Apple Festival on Saturday, September 19th between the hours of 10 AM to 3:30 PM.

A call to all our seniors for donations, whether it be food items or knitted/crochet/sewn/crafter items. The Boxford COA will be open on Friday, September 18th between the hours of 10 AM to 4 PM to accept your donations. Food will be sold at the Apple Festival and Arts & Crafts items will be sold at the COA during the pre-holiday months.

For our volunteer cooks — small items like cookies, brownies, squares, small breads — things can be put in small zip-lock bags and sold for nibbles as people wander around the Apples Festival. For our other crafters — mittens, hats, scarves, baby blankets/sets always sell well but we'll take anything you make as we know how talented some of our seniors. If you have any questions or need suggestions as what to do — please don't hesitate to call.

Don't forget to stop at our table at the Apple Festival (in front of the COA) to purchase some of the goodies we'll be offering.

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 September:

- **BBQ's:** the last BBQ for 2015 will be on Wednesday, September 9th.
- **Congregate Lunches on Tuesday and Thursday:** will resume on Tuesday, September 22nd.
- **Book Club:** will resume on Monday, September 21st at 1 PM.
- **Cookin' With Anna** will resume on Monday, September 21st at 9:30 AM
- **MahJongg:** will change back to Wednesday afternoons starting on September 23rd.
- **Art Classes:** Will resume on September 14th.

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.

Annual Meeting **The Friends Of The Boxford COA** **September 23rd at 6:30 PM**

All interested residents are invited to attend the annual meeting of The Friends of the Boxford Council on Aging to be held on September 23rd at 6:30 PM. This meeting will be held at the Boxford COA and refreshments will be served. The meeting will cover current expenses, future expenses, future of the Boxford COA and any other relevant issue concerning the COA.

Coming in October **FaceBook Classes**

Doesn't matter if you're 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 in October, schedule yet to be determined, 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.

Art Classes **Starting on September 14th**

Mary Paganelli, from Georgetown, will be teaching our Art Classes which will resume on Monday, September 14th. See Page 2 for detailed information. The 9:30 to 10:30 AM class will be with acrylics and the 11 AM to Noon class will be water colors. The cost is \$80.00 for a 10 week session. The student is responsible for the cost of equipment and paints. If you are interested and want to learn more about these classes — please call the COA at 978-887-3591 for more information.

Watch Out For The School Buses

Schools are opening early this year — Tuesday, September 1st. Please drive careful and watch out for school buses and the Boxford children waiting along the road side for their bus. Traffic will pick up so allow enough driving time in the morning.

LINE DANCING With Patty

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)

1 PM

Thur (9/3, 9/10, 9/17)

Wed (9/23 & 9/30)

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, is expected to resume in October — the 3rd Friday 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

Will not be here in August but will be here on Tuesday, September 15th at noon.

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. is at the COA on Wednesday's for appointments only, starting at 9:30 (three one hour appointments). If you would like to meet with her, please call the COA to make an appointment.

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, September 21st at 1 PM. There is no book of the month — you'll be discussing what books you read over the summer and what books you would like to read (as a group) in the future

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.. Materials needed are the responsibility of the student. 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, August 12th at 9:30 AM.

All are Welcome

COOKIN' WITH ANNA

Cooking' With Anna next gathering will be on Monday, September 21st 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. See the October Newsletter for more details.

All Ages Welcome

FACTS & FIGURES

Facts & Figures is taking 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 October 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 next session will start in September. If interested in joining but unsure whether or not you'd like it — stop by and see him and his students in action. Fred would be more than happy to answer any of your questions. Cost is \$30 for 6 weeks.

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 Venezuela 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

Summer BBQ Lunches — Noonish \$3.00 Per Person

September 2nd and 9th

We're at the end of the 2015 BBQ season at the COA. — two more weeks left. The September 2nd BBQ is a regular BBQ — no restrictions, status quo.

The September 9th BBQ will be hosted by the Boxford Police Relief Association and The Friends of the Boxford COA. Reservations for out-of-towners will be allowed only if seating is available.

Rain or shine — our volunteer cooks will be manning the grills to cook the hotdogs and hamburgers that are always served at our BBQ's. To go along with the hamburgers and hotdogs—we usually serve a green salad, potato or pasta salad, pickles, chips and whatever else we decide to do.

Reservations are required by early Tuesday morning. The cost for the BBQ is \$3.00 per person. The COA van is available to those who wish to take advantage of this service.

COA BBQ Volunteers

Boxford DPW, Fire and Police Depts

You are cordially invited to a BBQ Lunch on Wednesday, September 16th around noonish. This luncheon is to thank you for all you have done for the Boxford COA this past summer. Our volunteer invitation goes out to Bertha Cheren, Bobbi Klein, Betty Wright, Kate Newman, Derek Spiro, Alden Clark, Fe Yako, Betty and Dick Shaw, Shirley Hebb, Carol and Bruce Carter along with our younger helpers — Allison Amodeo, Maria Carr and the Soltys children.

Congregate Lunches Tuesday and Thursdays

The weekly Congregate Lunches at the COA will resume on Tuesday, September 22nd. The cost of the lunch is \$2.00 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 can service.

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.

Tuesday, September 15th

Sticking with by the summer theme — lets head out to Stagecoach Restaurant in Salisbury The food is excellent and the prices are very reasonable. Don't know if you are aware but the owners of this place (Steve and Tina) are the same people who owned Steve's Pizza place in Georgetown located in Crosby's shopping area, first next to the cleaners and then they built a larger place near the bank. We've been there once or twice before so it's time for another visit to have a delicious meal and to say hi to old friends. 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

Tentative—Wednesday, Nov. 11th

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 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.

Do Nothing Cake

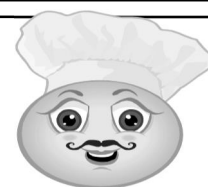
So simple and so good. Tried this and brought it to the COA for testing — it passed with high marks.

Cake:

2 cups sugar	2 cups flour
2 eggs	1 tsp baking soda
1 tsp vanilla	1 16-oz crushed pineapple, undrained

Icing:

1/2 cup butter (1 stick)	1 cup sugar
3/4 cup evaporated milk	1 cup coconut
1 cup nuts	1 tsp vanilla



Preheat oven to 350 degrees. Put all cake ingredients in bowl and mix with spoon until blended. Pour into cake 13x9 pan and bake for 35-40 minutes. Last 5 minutes (or so) start frosting by mixing butter, sugar, evaporated milk together and cook over medium heat until a little thickened. — this usually takes about 5 minutes at a boil. Remove from heat and add remaining ingredients. Pour frosting over **hot** cake..

Cooks Notes — I only had a 20 oz can of crushed pineapple so I added an additional 1/4 cup of sugar and flour to cake mix. I didn't have evaporated milk so I used condensed milk and omitted the sugar when making the frosting. I had chopped walnuts on hand so I used that. Since this was my first try — I don't know what the difference on the frosting is but the cake came out OK. The recipe didn't call for greasing pan but I highly recommend it as it will stick a bit if you don't.

How Long To Keep Important Documents

Managing your important paperwork effectively helps keep you organized and gives you peace of mind when you need to track down information. Some documents need to be retained forever, some for years, and some, such as certain receipts, are disposable almost immediately.

Going paperless can help cut your clutter while storing your information for you. Bills, bank statements and other information can be securely accessed via the Internet. Still — it's nearly impossible to dispense with paper entirely.

Here is a list of important documents with suggestions on how long you should retain them.

- Bank records. Retain info related to your taxes, business expenses, home improvements, and mortgage payments for at least 7 years. In some cases, you may want to retain your annual bank statements permanently.
- Bills — from one year to permanently. Bills for large purchases, including cars, jewelry, appliances, antiques, furniture, electronics, should be kept permanently in an insurance file for proof of their value.
- Birth Certificates — permanently
- Brokerage Statements — until you sell the securities
- Cancelled checks — 7 years
- Credit Card Statements — from 45 days to 7 years. Retain statements for reconciling with your receipts. If the purchase is tax related, keep the statement for 7 years.
- Homeowner/Property Documents — for as long as you own the property. Or in some cases, permanently. Keep all documents pertaining to the purchase of your home and the cost of all permanent improvements. That documentation should also be include legal fees, closing costs and real estate broker commissions. It's vital to keep these records since you will need them if you sell your home.
- Household Inventory — permanently
- Insurance Documents — permanently
- Investment Certificates — for as long as you own the investment.
- IRA Contribution records — permanently
- Loan Documents — Until the loan is paid off.
- Paycheck stubs and W-2 Forms — 1 year.
- Powers of Attorney — Permanently, updating as necessary.
- Receipts used for tax returns (alimony, charitable contributions, mortgage interest, retirement plan contributions) — 7 years.
- Records for tax deductions taken — 7 years.
- Retirement/savings plan statements — Keep quarterly statements from your 401K or other plans until you receive the annual statements. Retain annual statement until you retire or close account.
- Service Contracts and Warranties — for as long as you own the item.
- Social Security Card — permanently
- Social Security Statements — retain until you receive the most recent statement.
- Tax returns — 7 years
- Vehicle Title — for long as you own the vehicle.
- Will — permanently, updating as needed
- Total Control Account (TCA) Statements — retain info related to your taxes, business expenses, home improvements, and mortgage payments for at least 7 years. In some instances you may want to keep your TCA statements permanently or for as long as you have your account.



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, September 2nd 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, September 8th, 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

Grief and Healing

The list below are stages of grief that are commonly experienced after a loss. You may not experience all of them and you may not experience them in this order. It is important to realize, however, that what you are feeling is natural and that, with time, you will heal. Emotional Release is an important part of the healing process along with sharing your feelings with others such as your family and those who were close to your loved one. Beware of anger and hostility toward family members who do not or, for various reasons cannot, provide the emotional support you may expect from them. Everyone deals with grief in their own way. Do not be ashamed or embarrassed to ask for help. Seek out your friends and family as they are probably going thru the same sense of loss as you.

The stages of grief are:

- Shock
- Emotional Release
- Preoccupation with the Deceased or the Crisis
- Symptoms of Some Physical and Emotional Distress
- Hostile Reactions
- Guilt
- Depression
- Withdrawal
- Resolution and Readjustment

These are all natural and normal grief responses. Crying and expressing your feelings to others can be helpful. Often it is hard to live through a grief experience and then adjust to a new life. Above, be kind and gentle with yourself.

The work of grief cannot be hurried. It takes a great deal of time, usually a year or more. It may be the purest pain you have ever known.

Grieving can be very painful and overwhelming. Many wonder whether there is a "right way" to grieve and whether the feelings are

"normal." Here are some very common feelings that you may encounter during your healing process.

- Feeling emotionally numb.
- Knowing that the death has occurred but having difficulty believing that the death has really happened.
- Feeling tightness in the throat or heaviness in the chest or in the pit of one's stomach.
- Having a loss of appetite or a desire to eat more than usual.
- Having a desire to smoke, drink, or use drugs (especially tranquilizers) in a greater amount than before.
- Feeling restless and looking for activity and finding it difficult to concentrate and complete tasks.
- Having difficulty sleeping, waking in the middle of the night, and often dreaming of your loved one.
- Being overly concerned with your health and even developing symptoms similar to those of your loved one.
- Feeling exhausted and lacking in energy.
- Feeling low at times of birthdays, holidays and special occasions.
- Spending money on things usually not purchased.
- Talking things over with the deceased person.
- Feeling mood changes over the slightest things.
- Feeling guilt for what we had said or not said or for not having done enough for our loved one.
- Being angry or irritated at the wrong person or the wrong circumstance or at the world.
- Feeling intensely angry with your loved one for leaving you.
- Having difficulty making decisions on your own.
- Sensing your loved one's presence, believing you hear his or her voice or expecting him or her to come back.
- Experiencing an intense preoccupation with the life of the deceased.
- Assuming mannerisms or traits of your loved one.
- Crying at unexpected times.
- Difficulty remembering how your loved one looked when she/he was well.

Different Definitions**Cigarette:**

A pinch of tobacco rolled in paper
With fire at one end and a fool at the other!

Marriage:

It's an agreement wherein a man loses his bachelors degree and a woman gains her masters.

Lecture:

An art of transmitting information from the notes of the lecturer to the notes of students without passing through the minds of either.

Conference:

The confusion of one man multiplied by the number present.

Compromise:

The art of dividing a cake in such a way that everybody believes he got the biggest piece

Tears:

The hydraulic force by which masculine will power is defeated by feminine water-power.

Conference Room:

A place where everybody talks,
Nobody listens
And everybody disagrees later on.

Classic:

A book which people praise but never read.

Smile:

A curve that can set a lot of things straight!

Yawn:

The only time when some married men ever get to open their mouth.

Experience:

The name men give to their mistakes

Diplomat:

A person who tells you to go to hell in such a way that you actually look forward to the trip.

Optimist:

A person, who while falling from Eiffel Tower says in midway "See, I'm not injured yet!"

Miser:

A person who lives poor so that he can die RICH!

Father:

A banker provided by nature.

Politician:

One who shakes your hand before elections and your confidence later.

Doctor:

A person who kills your ills by pills, and kills you by his bills!

Getting Older

- Old age is when it takes longer to rest than to get tired.
- I don't need drugs anymore, I can get the same effect just by standing up real fast.
- By the time a man finds greener pastures, he's too old to climb the fence.
- There is no cure for the common birthday.
- The greatest problem about old age is the fear that it may go on too long.

And You Are How Old?

She said she was approaching fifty but I couldn't help wondering from what direction.

You Know You Are Drinking Too Much Coffee When:

- You've worn out the handle on your favorite coffee mug.
- You go to AA meetings just for the free coffee.
- You've worn the finish off your coffee table.
- The Taster's Choice couple wants to adopt you.
- You're so wired you pick up FM radio.
- Your life's goal is to "amount to a hill of beans."
- Instant coffee takes too long.
- You want to be cremated just so you can spend eternity in a coffee can.
- You name your cats "Cream" and "Sugar."
- Your lips are permanently stuck in the sipping position.

So What If You're Losing Your Hair?

- Less hair means less dandruff, less blow-drying and less combing over.
- Less hair means less bad-hair days.
- Less hair means less time at the barber shop — if you have to go at all.
- You're beginning to get that cool, bald-headed look of professional athletes. Except you're older and shorter and don't have a multimillion-dollar endorsement deal from Nike.
- For every hair you lose off your head, you gain two more in your ears and nostrils.

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

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 September Birthday lunch will be held on Tuesday, September 29th 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 September Seniors!*

September Daily Observances Trivia

**HAPPY
LABOR
DAY!**

*September 7th
Labor Day*

September 2nd — VJ Day

September 10th — US Naval Sea Cadet Day

September 11th — Patriot's Day

September 17th — US Constitution Signed

September 18th — US Air Force Day

September 29th — VFW Day

*September 23rd
First Day of Fall/Autumn*



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

If you're looking for that one person
who will change your life,

Take a look in the mirror.