



Boxford's Boomers & Beyond



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

September 2016

September 14th — 12:30 to 3 PM

FLU Clinic

and

Pneumonia and/or Shingles Vaccines

At The Boxford COA

Rite-Aid Pharmacy will be at the COA on Wednesday, September 14th to administer the flu, pneumonia and shingles shots. If you are interested in getting either the pneumonia and/or shingles shots — call the COA for more information or continue reading. Flu shots will also be available at Town Hall on Wednesday, September 21st between the hours of 1 to 4 PM.

What do you need:

- **Flu Shot:** Your Medicare card and supplement card. There is a form you will need to fill out before your shot is given. You will also have the option for the higher dose which is recommended for people 65 and over.
- **Pneumonia Shot:** You must pre-register for this shot. The Boxford COA will have the necessary forms which you need to fill out. Rite-Aid will then contact your insurance carrier to determine whether or not there is a co-pay and, if so, how much that co-pay will be. You will be notified after this information is obtained of the amount due (if any) and you can give final authorization.
- **Shingles Shot:** You must pre-register for this shot. The Boxford COA will have the necessary forms which you need to fill out. Rite-Aid will then contact your insurance carrier to determine whether or not there is a co-pay and, if so, how much that co-pay will be. You will be notified after this information is obtained of the amount due (if any) and you can give final authorization.

The clinic is being held right after the last COA BBQ of the 2016 season. If you want to join us for the BBQ first — reservations must be made and the cost is \$3.00/pp. If you need a ride to the COA Flu Clinic — please let us know and we'll see what we can arrange. Necessary forms now available at the COA.

Flu Clinic — Town Hall

September 21st

Between The Hours Of 1 to 4 PM

Apple Festival 2016

Saturday, September 17th

10 AM to 3:30 PM

Rain Date: September 18th

The Friends of the Boxford COA will be participating in the Apple Festival as they have done for many years.

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 16th between the hours of 10 AM to 4 PM to accept all 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 cooks — small items like cookies, brownies, squares, small breads — things that can be put in a small zip-lock bags and sold for nibbles as people wander around the Apple Festival. For those who knit, crochet or sew — mittens, hats, scarves or baby blankets always sell well. And for our crafters — I'm leaving it up to you. If you have any questions or need suggestions — please call us at (978) 887-3591.

Don't forget to stop at our table on September 17th.

Important Upcoming Dates

Open Enrollment Information Notice: If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information regarding your plan by the end of September which will explain upcoming changes in 2017. This information is needed to re-evaluate your current coverage as Medicare Open Enrollment (Oct 15—Dec 7) is when you can make changes to your plan for next year. If you need help understanding the impact of the changes on your coverage — call the Boxford COA for assistance.

Rebuilding Together: Rebuilding Together is now accepting applications for no-cost home repair assistance which will take place on Annual Rebuilding Day — Saturday, April 29, 2017. Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply. Eligibility — own and occupy your home for at least 2 years. Meet Federal HUD low-income guidelines (call for info) and live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury and Plaistow NH). Call (978)467-0800 or email RTHaverhill@outlook.com for more information.

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

TIME CHANGE

Classes are held every Wednesday from 1:30 to 2:30 PM. Classes are \$3.00 per person.

All Ages Welcome

GAME DAY (MAH JONGG)

Thursday 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

The Great Group, sponsored by The Boxford Village Garden Club meets the 3rd Friday of the month at Four Mile Village but not limited to Four Milers. There are openings for seniors 80+ who would like to join the group. Call Doffy Falk at (978) 887-8495 for more information.

All 80+ Seniors Welcome

MIXED BAG ARTS & CRAFTS

Mixed Bag Arts & Crafts will not be scheduled in September because of all the other events happening. We will resume this program either in October or November.

All Are Welcome.

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.

Office of Senator

Bruce E Tarr

Constituent Services

Advisor

Richard Curran's next meeting will be on Tuesday, September 13th between the hours of 12:30 and 1:30 PM. No reservations required.

All Are Welcome

Gerry Maguire

VETERANS SERVICES

Gerry Maguire is our new VA Rep. Gerry will be here on Wednesday, September 7th between the hours of 11 AM to 1 PM. Call the COA to schedule an appointment.

All Vets or families of Vets Welcome

HEALTH BENEFITS

SHINE

If you need to meet with a SHINE Rep — call the COA to set up an appointment. Don't forget — open enrollment starts on October 15th

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

FaceBook Assistance

Now that we've covered the basics (and more) on using Facebook — Maggie will now be available on a one-to-one to help you with your problems. This will be by appointment only. So, if you need help please call the COA to setup your appointment.

All Seniors welcome

CHANGING EVENTS

Acrylic and Watercolor

Art Classes

With Mary Paganelli

Resuming on Monday, 9/12

Both Watercolor and Acrylic Art classes are now held together on Mondays from 9:30 AM to 10:30 AM. 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 is tentatively scheduled for Wednesday, September 14th at 9:30 AM.

All are Welcome

The Wonders of Science

The Wonders of Science is usually the third Tuesday of the month starting at 9 AM. The next meeting is scheduled for Tuesday, October 18th and the subject will be "Water."

All Ages Welcome

FACTS & FIGURES

Facts and Figures is usually the second Tuesday of the month starting at 9 AM. The next meeting will be held on November 15th and the topic will be "After the Election."

All Ages Welcome

Wood Carving Classes

The Wood Carving Class with Fred Arakelian has resumed and is held every Wednesday starting at 9:30 AM. This is a fun class where you take a sorry looking block of wood and create an art object. Please call the COA if you are interested or would like more information.

All Ages Welcome

Boxford COA Trips with Collette Vacation

Discover Tuscany

9 Days, Departing 10/21/16

Highlights of this trip include visits to Montecatini Terme, Florence, Lucca, Gothic Line, Siena, a Winery Tour, Pisa and San Gimignano. Included in price: Roundtrip Airfare, Air Taxes and Hotel Transfers. Not included in price: Travel Insurance of \$280.00. Prices are Double—\$3,299/pp, Single—\$3,469/pp, Triple—\$3,269/pp. Deposit of \$250/pp is due upon reservation and final payment is due on August 14th.. See flyer for more information.

Mackinac Island May 9—16, 2017

Visit America's heartland on a journey through the coastal regions of the Midwest. The tranquil beauty of Mackinac Island and the Great Lakes region comes alive amid old-fashioned traditions. Hi-lites of this trip include Chicago, Millennium Park, Holland Tulip Festival, Grand Rapids, Mackinac Island, The Grand Hotel, Frankenmuth and a choice of Greenfield Village or Henry Ford Museum. Please refer to travel brochure for more information on this trip. Book now and save \$150.00 — double — \$2,999/pp, single — \$3,999 and triple — \$2,494/pp (prices include discount which is available with bookings thru November 9, 2016).

Alaska Discovery Land & Cruise

July 4 thru 16, 2017

Highlights include visits to Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theatre, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Whittier, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan and Inside Passage. Costs varies depending on whether you have an inside cabin, outside cabin or balcony cabin. Please call the COA for more information or stop by for the brochure. A deposit of \$250/pp is due at time of reservation and final payment is due by March 3, 2017.

Boxford COA Trips With Best of Times

Canadian Maritimes

Cruise

**Sept 28th thru Oct 7th,
2016**

**Featuring Montreal, Quebec,
Nova Scotia & More.**

Cruising the shorelines of Canada as the leaves change color. This tour combines a 3 day land package visiting two of Canada's most historic cities with a fabulous Day cruise aboard Norwegian Cruise Line's ship the Dawn. Prices are according to accommodations and vary greatly. If interested — please call for more info or stop by and pick up one of our flyers.

Forever Motown Venus DeMilo, Swansea September 21, 2016

A non-stop, high energy trip down memory lane, featuring the best of Four Tops, Temptations, Supremes, Smokey Robinson, Stevie Wonder, Marvin Gaye and more. Performed by veteran entertainers, including former members of The Spinners and The Marvelettes, peppered with Broadway savvy performers. Price is \$89/pp which includes transportation, lunch (choice of baked schrod or chicken parmesan) and the show. A deposit of \$20/pp is due at time of reservation and balance due on 8/31/16.

Autumn in Vermont Summit Lodge in Killington

Sept 26-27, 2016

Cost is \$229/pp dble or \$259/single. Program includes luxury motorcoach, 3 meals, evening entertainment, Inn-Keepers Cocktail Party and tours in the surrounding area. A deposit of \$50/pp is required upon reservation and final payment is due on 8/15/16. If paying by

credit card, payment in full is due upon registration.

Silver Sizzle Review Luciano's Lake Pearl Wrentham

November 18th, 2016

A splendid mix of dynamic song, thrilling dance performances and gut-busting comedy all performed by an 8 person cast all of whom are age 50 and older. This show features performances by former Radio City Music Hall Rockettes along with Great Comedy. Cost is \$89/pp and includes transportation, a holiday turkey dinner with all the fixings and a fantastic show. A deposit of \$20/pp is due upon reservation, balance due on 10/20/16.

Italian-American Christmas Danversport Yatch Club December 6, 2016

A Very Merry Italian Christmas with the O Sole Trio which is a vibrant musical ensemble featuring the lush voices of soprano Erin Shields, baritone Giuseppe Spoletini along with the versatile and virtuosic David Shenton on piano and violin. The cost if \$65/pp which includes a lunch (Chicken parmesan or baked scrod) and the show — **transportation is not included**. A deposit of \$20/pp is due at time of reservation and final payment is due by 11/17/16.

New Year's Eve Day Danversport Yacht Club Saturday, Dec. 31, 2016

Celebrate New Year's Eve Day at the Danversport Yacht Club featuring award-winning singer Lydia Harrell. Lydia will be performing a fun and fast paced show featuring some of the best songs from the 60's, 70's Motown, Broadway and so much more. Then you can dance your way into the New Year with this exceptional orchestra. Cost if \$75/pp which includes lunch (stuffed breast of chicken or baked scrod), orchestra, party favors and a Champagne Toast. A deposit of \$20/pp is due at time of reservation with balance due on 12/1/16.

Boxford COA Activities

Last of the 2016 Summer BBQ's September 7 and 14, 2016 Wednesday's—Rain or Shine

During the summer, the Boxford COA has BBQ's every Wednesday for our seniors. The cost is \$3.00 per person and is served around noonish. The weekly BBQ menu will always consist of hamburgers and hotdogs with condiments and at least one kind of salad. The rest of the menu will depend on the whim of the COA staff and could include sausage or chicken, roasted potatoes, etc. — as I said earlier, at the whim of the staff.

Reservations are required. Reservations must be made by 9 AM on a working day before the day of the BBQ as we head out early on Tuesday's to do the shopping.

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

Congregate Lunches Tuesday and Thursdays Resuming on Tuesday, September 20th

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 menu can be found on the Town of Boxford's website at www.town.boxford.ma.us. Click on "Departments" and then click on "Council on Aging" in the drop-down menu. There you will find the current month's Menu along with the Van Schedule, Newsletter and Activities Calendar. The September Lunch Menu will not be available on the web site until around September 12th.

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 or is the COA is closed on Monday, then the reservation must be made on Thursday. Ditto with Thursday lunch — by 11 AM on Wednesday unless the COA is closed on Wednesday. I know it's confusing but..... If you cancel your reservation the day of the lunch or after COA hours the working day before the lunch, or just don't show up, you are still responsible for the cost of that lunch.

The COA van is available, at not cost, for those Boxford seniors who need a ride to and from the lunch. Please let us know at time of reservation if you required the COA Van 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.

Lunch Bunch Wednesday, September 21st

Let's see — it's September, weather is still nice so lets head out to The Causeway Restaurant in Gloucester, MA. On Channel 5's Chronicle — they did a piece on this restaurant — looked good. It's a small place, the prices are reasonable, they touted the fish to be fresh daily and the serving plates are overflowing. Oh, they also said the food was delicious. It's a small place so I'm not sure if they take reservations but they do open at 11 AM so if we leave early enough we should be guaranteed seats — but I will check on that.

The van will leave the COA around 10:30 AM. Call the COA at (978) 887-3591 if you are interested in going. The cost of the van is \$3.00/pp

Music at Eden's Edge Concerts First Baptist Church 221 Cabot St Beverly, MA

Free summer concerts for the community. Summer concerts will be held on the following dates:

Tuesday, September 13 at 2 PM

Reservations are not required for the above concerts.

Bean Supper St James Episcopal Church Groveland MA Saturday, Sept. 17 from 4 to 6 PM

St. James Church is holding a Bean Supper on Saturday, September 17th from 4 to 6 PM in the Parish Hall, 119 Washington St., Groveland MA. They will be serving baked beans, hot dogs, potato salad, macaroni and cheese, coleslaw and homemade desserts. Adults—\$8, Children under 12 —\$4.

Betty Shaw's Easy Cole Slaw

At the request of many of our BBQ attendees — here is Betty Shaw's Easy Cole Slaw Recipe

- 1 Bag Shredded Cole Slaw
- 1 small can crushed pineapple, drained
- 1/2 cup dried cranberries
- 1 Bottle Hidden Valley Cole Slaw Dressing

Use 2 cups shredded Cole Slaw and mix with can of drained crushed pineapple and cranberries. Then use enough Cole Slaw dressing to moisten.

That's it..... Then sit down and enjoy. Thank you Betty

Thank You Institutional Savings Bank

At the end of July, The Institutional Savings Bank, located in Boxford Community Store & Eatery — also referred to “Jacks” or “Waynes,” hosted a BBQ at the COA. We, the COA, would like to thank them, on behalf of our attendees for a wonderful and enjoyable BBQ. The COA would like to thank them for taking the reins and helping out in the prepping, cooking and serving — it was our birthday BBQ which tends to be a large crowd.

In keeping with their giving theme — all donations made by our attendees that day was turned over to The Giving Tree to help them in their pursuit of helping others.

It was a great day for all. *Thank you again!*

Thank You Boxford Fire Department

Last month (August), the firefighters of Boxford Fire Department hosted a wonderful BBQ for the Boxford Seniors. It was great to see them in a social atmosphere vs. a medical emergency or fire alarm response. The weather couldn't have been any better after one of those long hot and humid spells. It was on the sunny side but not overly hot and there was a nice breeze to keep us all comfortable.

Donations received that day were turned over to the Fire Department for use in their home detectors and house numbering program.. We love the guys/gals as they do so much for our seniors.

, Changes At The COA

With the end of summer — things will start getting back to nor-

mal at the COA. Many of our activities will be returning either this month or next. The BBQ's will stop — September 14th being our last one of the 2016 season and Congregate Lunches will resume the following Tuesday, September 20th — that's the biggest change in September — at least for the COA staff. Other changes:

- Zumba will change class hours in September. They will now be held from 1:30 to 2:30 PM.
- Art Class with Mary Paganelli will resume on Monday, September 12th.
- Facts and Figures — , Tuesday, November 15th.
- World of Science — Tuesday, October 18th
- Great Group at FMV — 3rd Friday of each month starting in October.
- Movies at the COA will resume on Thursday, October 6th
- Mahjongg will move from Thursdays to Wednesdays effective October 5th.
- In November — the Woodcarving Classes will take a winter hiatus. Please refer to the October or November Newsletter for the actual date.

Thursday, September 8th Boxford COA Volunteer Appreciation Day

Volunteerism: The Boxford COA is lucky to have some of the greatest volunteers around. These are folks who are just there, willing to help in anyway they can and expect nothing in return. Sometimes a “Thank You” just isn't enough. Sometimes you just have to do a little more to show your appreciation.

Well, The Friends of the Boxford COA agree with us and is hosting a Volunteer Appreciation outing on September 8th. Because of limited space — we were unable to invite all our volunteers. Those volunteers who received invitations met the total volunteer hours criteria in selecting those who were invited.

The Boxford COA will be closed that day so, obviously, all activities usually scheduled for that day have been canceled.



WELLNESS CLINIC. The VNACare Network and Elder Services will be holding their free Wellness Clinics on the first and third Wednesday of each month from 9:00 to 11:00 AM at FMV 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 Faith Theokas at 888-663-3688 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 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, September 13th**, 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

7 “Bad Rap” Foods That Are Actually Healthy For You

Many healthy foods have been given a bad rap based on one study whistleblowing. One negative research claim will overshadow five positive findings when it comes to the news. As readers, we naturally hear the bad and forget the rest. Or, the positive findings get left out of the article altogether. Usually when I hear something negative about foods — the first thing that comes to mind is — wait a couple of years and they'll (the researchers) will change the findings and the foods will be OK for you — in moderation. So — lets start:

Potatoes made the bad rap food list years ago. They claimed weight gain and type-2 diabetes and claimed it shouldn't be classified as a veggie. White potatoes prepared healthy is now considered an important part of our diet. They are nutrient dense and high in fiber. Potatoes also contain essential amino acids and considered a source of quality plant protein. They are also high on the glycemic index which is why endurance athletes consume them before workouts.

White Rice has been blacklisted as a bad carbohydrate along with high glycemic values which causes weight gain and risk of type-2 diabetes. The research didn't take into consideration macronutrient needs of athletes and weightlifters. White rice is a great recovery food to restore glycogen levels and enhance muscle growth.

Full-Fat Foods have been shunned for years. Dairy fat in yogurt, milk and cheese are now being shown to potentially reduce the risk of heart disease. Full-fat dairy is also indicated to help people stick to a healthy eating plan and weight loss. Research has also found dairy fat intake to reduce fat around the midsection.

Real butter studies now indicate real butter as a rich source of fat soluble vitamins and helpful for calcium metabolism and reduced risk of cardiovascular heart disease (CHD).

Eggs are now shown to increase high-density lipoprotein (HDL), our good cholesterol. Egg yolks are rich in phospholipids and help maintain healthy cells in our body and whole eggs increases our metabolism.

Red Meat initially indicated it may increase heart disease and weight gain. According to the newer studies, beef can be part of a healthy diet. Lean red meat had favorable effects toward heart disease and considered part of a healthy diet

Chocolate To all you chocolate lovers — you are now safe. New studies are now encouraging dark chocolate as part of a healthy diet. Dark chocolate can increase athletic performance along with reducing the risk of stroke and heart disease.

Peanut Butter originally blacklisted for being fattening is now listed as a food that contributes to weight loss and is full of essential vitamins and minerals.

Chocolate Milk is now considered a superior workout recovery drink even though it was initially banned as unhealthy. Chronic research has shown chocolate milk to improve muscle growth, athletic performance and maintain cellular balance. It is also has the recommended carbohydrate to protein ratio to restore glycogen levels and is shown to keep the body hydrated and in electrolyte balance.

Coffee was labeled unhealthy linking it to caffeine addiction, hypertension, anxiety and links to increased blood sugar. But — we waited and they (coffee research groups) have discovered positive health benefits with coffee intake. According to studies published in the *National Institutes of Health*, coffee may reduce the risk of Parkinson's disease, Alzheimer's and dementia. Further research has indicated coffee consumption lowers the risk of stroke, especially in women.

Coffee is one of the best natural pre-workout drinks according to research. The stimulant effect from caffeine is shown to increase metabolism. Heightened metabolic rate helps with increased fat oxidation (burning).

Additional studies indicate coffee consumption improves our mental focus and performance. It has also been shown to slow age-related mental decline. Drinking coffee prior to exercise can help reduce lactic acid buildup, reduce muscle pain from workouts with increase energy output with less muscle fatigue.

Store Signs

No Senior Citizen Discounts
You have had twice as long to get the money.

NO, we do not have Wi-Fi
Talk to each other

PUSH
If that doesn't work
PULL
If that doesn't work
We Must Be Closed!!

THIS BUSINESS
Guarded By Shotgun 3 Nights a Week
You Guess Which 3

Teach your kids about taxes
Eat 30 percent of their ice cream

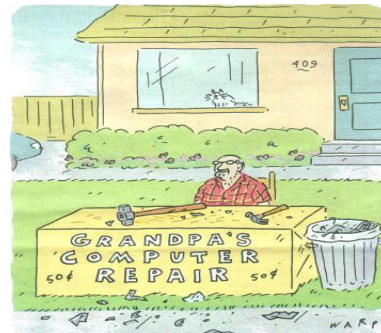
Politics

The word "POLITICS" is derived from the word "poly" meaning
and the work "ticks" meaning "blood sucking parasites."

Computer Funnies



*Stupid computer
keeps saying
"you got mail"*



Ever notice the older we get,
the more we're like computers???

We start out with lots of MEMORY and DRIVE
then we become outdated, and eventually
have to get our parts replaced..... :o)

Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind. But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them.

Boy, oh boy, did we go around!

Just because I'm blonde doesn't mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves. There was silence on the other end of the line, so I just hung up, and he hasn't called back. **Guess he was embarrassed.**

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, did you know you've got a suppository in your left ear?" Mabel answered, "I have a suppository?" She pulled it out and stared at it.

Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where my hearing aid is."

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 BBQ Birthday lunch will be held on Tuesday, September 27th at 11:30 AM. Please call the COA the Monday AM (at the latest) 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 September Seniors!

September Daily Observances Trivia

Trivia Holiday Observances information is taken from the Funky Holiday website at www.brownielocks.com



Sept. 2 — VJ Day 1945



Sept 11—Patriot Day

Sept 16—POW/MIA Recognition Day

Sept 25—Gold Star Mother's Day

September 5
Labor Day



September 30
Ask A Stupid Question
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

*Those we love don't go away,
They walk beside us every day.
Unseen, unheard, but always
near
Still loved, still missed and very
dear.*