



Bolton Senior Newsletter

December
2013
Issue 12

Bolton Senior center
600 Main St (Rt 117)
PO Box 342
Bolton, MA 01740

Center Director
Sheila Chmielowski
Phone: 978-779-3313

Hours: 9am-2pm 600 600
Tuesday, Wednesday,
Thursday

MANAGING STRESS DURING THE HOLIDAYS

Michelle Jones, Program Director from Corcoran House will offer a program "Managing Stress During the Holidays". Michelle will be at the senior center on Tuesday, December 10th at 10:00 a.m. with the presentation which includes handout, a 15 minute relaxation exercise, refreshments and a door prize. Please plan on attending this enjoyable program just in time for the Holidays!



QIGONG/TAI-CHI CLASSES



Beginning in January the Bolton Council on Aging will sponsor Qigong combined with Tai Chi Lessons at the senior center on Wednesdays at 11:45 to 12:45. Each session will run for 6 weeks and cost \$23.00 per senior per session. Individual classes cost \$5.00 each. Out of Towners are welcomed at the cost of \$6.00 per class. What is Qigong? **Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.** The slow gentle movements of Qigong can be easily adapted, even for the physically challenged and can be practiced by all age groups and levels of physical ability. It is certainly a highly effective health care practice. **People do Qigong to maintain health, heal their bodies, calm their minds, and reconnect with their spirit.** If interested, the first introductory class will be free. The free class will be posted in your January edition of the Bolton Senior Newsletter. Tai-Chi classes are subsidized by the Executive Office of Elder Affairs.

SUBSCRIPTIONS

If you would like to receive the Council on Aging Newsletter, please contact Sheila Chmielowski. The newsletter is free if sent by email (contact either co-editors: susantripp@comcast.net or tiktok@verizon.net) or \$5 per year if snail mailed.

SENIOR ACTIVITES

COUNCIL ON AGEING BOARD

Chairman: Doris Ettinger 779-2717

Barbara Brown	Shirley Sefton
Emma Herbison	Panny Gerken
Margaret Nagle	Brooke James
Flora Wilson	Irene Spencer
Susan Tripp	

Meals on Wheels: Shirley Sefton 779-2216

Newsletter Co-editors:

Susan Tripp	susantripp@comcast.net
Tom Byron	tiktok@verizon.net

TRIPS

Trip Policies: In most cases money is due 1 month prior to guarantee your seat on the bus. Make checks payable to **Senior Citizens Assoc.** There are no refunds to "No Shows" on the day of the trip. Cancellations may incur a penalty or refunded. Call 779-3313 for definitive information. Out of Towners are welcomed on a first come first served basis. Since the Town of Bolton subsidizes our trips Bolton residents do get priority on seats.

Relax with Reiki: Reiki classes will be held on Wednesday, December 11th at 1:00 p.m.

In-home Fix-it Program: Volunteer handy-people will assist elders at home. This service is free (you pay for supplies) for seniors who do not have access to financial or manpower resources to meet said need. Call Sheila at 779-3313 for appointment.

Any Kind of Needlework: Come join us for conversation and companionship on Thursday afternoons at the senior center at 2pm. Bring your current project and enjoy working with others. Beginners welcome.

Town Nurse: Tamara will be at the senior center on the third Thursday of the month, December 19 from 9:30 to 11:30 a.m. For immediate assistance, she can be reached at (978) 772-3335x340.

Elder Keep Well Clinic: Elder Keep Well Clinic sponsored by VNA offers a clinic at the senior center on Thursday, December 12 at 12 noon. Nurse Judy Manning on call.

Yoga for Health: This yoga for seniors is held on Wednesdays from 10:15 to 11 am at the senior center. If interested just show up wearing comfortable loose clothing. Subsidized by FOBS the cost is only \$3.00 per session. The class can be done from a chair.

Tai Chi: Bolton Council on Aging is sponsoring Tai Chi lessons at the senior center again in January combined with Qigong. Each session will run for 6 weeks and cost \$23.00 per senior per session. Individual classes cost \$5.00 each. Out of Towners are welcomed at the cost of \$6.00 per class. Master Jeff Cote, Traditional Arts Institute, is our instructor who gears the class toward seniors who are capable of standing for 1 hour, and who want to improve their balance and strength. Tai-Chi classes are subsidized by the Executive Office of Elder Affairs.



Lawyer for a Day: Attorney Chris Borzumato will meet with seniors this month on Wednesday, December 18 from 10:00 a.m. to 12 noon. Please contact Sheila at (978) 779-3313 to make an appointment for this free legal advice. Conferences are free with appointment and as always confidential.

SENIOR ACTIVITIES CONTINUED

Wheat Food Bank: The WHEAT food bank sign-up forms are available at the senior center. Wednesdays are designated senior's day at the WHEAT facility, which is located on the second floor at 500 Main St, Clinton. Drive to the back of the building as that is where the elevator is located. The hours are 10 a.m. to 4 p.m. For Mart van transportation or questions please contact Sheila at 779-3313.

Wheat Community Cafe: The Community Café is located at 242 High Street, Clinton. It offers a nutritious meal six nights weekly free of charge, and is open from 4:30 to 6:30 every night with the exception of Saturdays. Dinner is served at 5:00 p.m.

Podiatrist: Dr. Lavenda will be at the senior center on December 19th at 9:00 a.m. Mark your calendars accordingly.

Medical Equipment: Before you go to the expense of purchasing medical equipment, please contact your senior center as we may have what you need!!! Our medical supply room has an abundant supply of walkers, toilet commodes, wheel chairs, etc. They are all available to be loaned out to any senior until no longer needed. Contact Sheila at the center or just drop in to take a look.

Free Cell Phones. Qualified seniors may enroll for free cell phones from Safelink Wireless at 800-977-3768 or Assurance Wireless at 888-898-4888. If you have any questions about either plan, please call Terry Abdalian at 978-634-1025.

Parking at the senior center is in designated **visitors parking only** or in the parking lot to the left of the building. Please respect resident's rights to their assigned parking spots.

Mart Van: Just a reminder that the van service is available to seniors and handicap persons on Tuesdays, Wednesdays and Thursdays from 9:30 a.m. to 3:00 p.m. For reservations, call (978) 779-3313 at least 24 hours in advance of the requested trip. The van is available for appointments, shopping, or meals, etc.



Senior Book Club: at the Bolton Public Library on Thursday, December 18 at 7 pm. The book: "In the Shadow of the Banyon Tree" by Vaddey Ratner. For more information call Shirley Sefton at 779-2216. All are welcome.

Bolton Shine Counselor: Bolton seniors will now have our own SHINE Counselor!! She will provide health insurance counseling and information about Medicare, Medicaid/Mass Health, Medicare Prescription Drug Coverage, Medicare Supplemental Insurance and Medicare Advantage plans; claims processing and public benefit program applications in order to secure coverage under health programs available to limited income people.

Please note that Marianne Winsser will be at the senior center on Tuesday, December 17th by appointment only from 10-12 noon in the upstairs medical room. She will extend her hours as needed to accommodate all. Please sign up with Sheila (978) 779-3313 for an appointment. If you have any questions, please feel free to ask Sheila at the COA office.

Bolton Celebrates 275: Sunday December 1 Candlelight Christmas Tour of Historic Homes; Historical Society Festival and Auction; Tree lighting on the Old Town Common with music, Refreshments and visit from Santa.



FRIENDS OF THE BOLTON SENIORS (FOBS) CORNER

Tuesday Connections. On the third Tuesday of each month, FOBS arranges for individuals and groups to present a program at the Senior Center. The following upcoming programs begin at 11:00 and are followed by lunch at noon, which is prepared by FOBS members:

- **December 17th** – Join the First Parish Church choir for our annual Christmas Program. After you have worked up an appetite singing, FOBS will be serving a delicious meal of pasta, salad and Holiday cookies. Join in on the fun!
- **January 21st** – WBZ radio talk show host Jordan Rich, will present a discussion he calls “Who Said That?” We will have the opportunity to identify familiar voices and audio clips, win a prize, and reminisce about famous events and personalities. This program is being funded by the Bolton Cultural Council.
- **February 18th** – We will have a group of young Irish Step Dancers to entertain us. Even though this is a month before St. Patrick’s Day, it is never too early to be Irish!

Yoga for Health. Chair Yoga is held on Wednesday mornings at the Manor from 10:15 a.m. to 11:00 a.m. The fee is \$3.00 and yoga mats are provided. Just drop in to give this gentle fitness program a try.

Zumba Gold is no longer being held at Davis Hall on Monday mornings. For those interested in participating in this Latin music exercise program, our instructor, Terry Meyers, also has classes in Lancaster and Stow. We thank Terry for many years of fun beneficial exercise. The programs are held:

- In Lancaster at the Lancaster Community Center (39 Harvard Road behind the library) - Wednesday mornings at 9:30 - \$25 buys a 6-class punch card. Call 978 733-1249 for more information.
- In Stow at St. Isidore's Church (429 Great Road) - Tuesday and Thursday mornings at 10.00 - \$2.00 per class. For more information call 978 897-1880.

Books to Go. This is a new service for homebound Bolton residents. On the first Friday of each month, a selection of books or audiobooks tailored to your tastes and preferences will be delivered to your door. In a month, they will be picked up and a fresh batch will be left. If you or someone you know would benefit from this free service, please call Kelly at the Bolton Public Library -- 978-779-2839. Forms are available at the library, or online at www.BoltonPublicLibrary.org or fobsboltonlwordpress.com. Sponsored by FOBS and the Friends of the Bolton Public Library.

Fuel Assistance. FOBS provides an additional 100 gallons of fuel oil or the equivalent in natural gas or wood for qualified seniors at no cost. Please call Terry Abdalian at 978-634-1025 if you need help or know someone who does.

2013 Membership Drive. Through generous donations from the Bolton community, FOBS has been able to help with services and programs for Bolton Seniors. Of course many seniors stay active; but others need our help. Please join us in fulfilling our mission by becoming a member.

News from SHINE December, 2013

Medicare Open Enrollment ends on December 7th!
Don't wait until it's too late!

Every Year, Medicare Part D and Medicare Advantage (HMO, PPO) plans change their premiums, co-pays, deductibles and formularies (lists of drugs covered). It's important to review your options EVERY year to make sure you have the plan that works best for you. Assistance is available from the SHINE program. Call the center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, within 2 days.

Free Cell Phones. Qualified seniors may enroll for free cell phones from Safelink Wireless at www.safelinkwireless.com (800-977-3768) or Assurance Wireless at 888-898-4888. If you have any questions about either plan, please call Terry Abdalian at 978-634-1025.

Swim/Exercise Passes. Swymfit in Boxborough offers seniors discounted passes for their swimming pool and gym located at 90 Swanson Road. A book of 10 passes is only \$50 (which is half-price). Please make your checks out to Friends of Bolton Seniors and mail them to 62 Vaughn Hill Road, Bolton, and we will secure a pass for you. For more information contact Swymfit at www.swymfit.com or call (978) 635-0500.

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Massachusetts State House: Legislative Update

This year I have had the opportunity to work with my colleagues on various pieces of legislation to benefit seniors in Massachusetts. **An Act Relative to a Certificate of Need for Home Health Agencies** would institute many of the standards applied by the federal government in order to control MassHealth spending in response to the rapid growth in the number of certified home health agencies. **An Act Regarding Spouses as Caregivers** would allow spouses to be included as paid caregivers in the MassHealth program. **An Act Relative to the Calculation of Income for Spouses of Nursing Home Residents** would correct an unrealistically high interest rate that is used by MassHealth to evaluate investment income to the community spouse of a nursing home resident. I will continue to track the progress of these bills closely as we continue to fine-tune their goals and messages. If you have any questions or comments concerning this legislation please contact my office at (617) 722 – 2692.

Kate Hogan Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 166, Boston, MA, 02133 / phone 617-722-2692

District Office: Maynard Town Hall, 195 Main Street

By appointment: Call 617-722-2692 or email Kate.Hogan@mahouse.gov

Rep. Kate Hogan's Senior News

State House, Room 166, Boston, MA, 02133 / phone 617-722-2692 [Call for appointment]
District Office: Maynard Town Hall, 195 Main Street Email Kate.Hogan@mahouse.gov

Home Care in the Commonwealth



I would like to take this opportunity to promote National Home Care Month and let residents know how easily they can access services for themselves, a friend or a loved one.

Home care is an often invisible, but an essential and cost effective service allowing people in our communities to manage a chronic disease such as diabetes or COPD. Home health services help people recover in their own home following a hospitalization and retain their independence for as long as possible.

For people seeking services in their home, the Commonwealth has a web-based directory called MADIL, short for Massachusetts Aging and Disability Information Locator, which is available at www.MADIL.org. The site encompasses the state's elder services organizations that can connect people with Meals on Wheels, transportation to medical appointments, and homemaking services, among other things.

For those needing a higher level of care, MADIL also includes information from the non-profit Home Care Alliance of Massachusetts, including data on 200 home care agencies that provide a broad range of services, from skilled nursing or therapy care to aide and companion services. Many of these home care agencies are certified to provide Medicare and Medicaid-reimbursed care when called for while others offer privately-paid services that can help someone prepare a meal, take a bath or shower, or even get to an important medical appointment. All kinds of information on home care, including information on how to find a job in home care, is available on www.thinkhomecare.org.

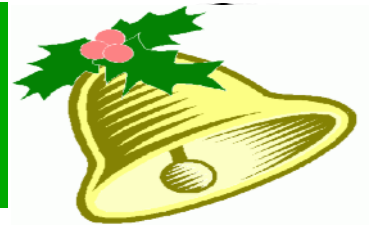
For those eligible for MassHealth, a number of other service options are available from home health care and adult day health, to personal care attendants and durable medical equipment. More information on that can be accessed by calling 1-800-841-2900 (TTY: 1-800-497-4648 for people with partial or total hearing loss). The Executive Office of Elder Affairs can be reached at 617-727-7750 and at 1-800-AGE-INFO. Their website, <http://www.mass.gov/elders/>, is a great resource for information on the home care services provided through their 27 local Aging Services Access Points (ASAPs), eligibility criteria and payment information.

I encourage elders and their families who may be struggling not to "go it alone." Seek out home services and support through these state resources. For any additional information, please do not hesitate to contact my office.

—> continued on page 5



December



MON	TUESDAY	WEDNESDAY	THURSDAY	FRI
	3 10 am COA Meeting 10-2 Bridge/Skip-Bo	4 10:15 Yoga Class 12-2 HOLIDAY LUNCHEON!	5 10-2 Bridge/Skip-Bo 10 am Painting Class	6 
9 	10 10-12 Bridge/Skip-Bo 10 Holiday stress program	11 10:15 Yoga Class 1 pm Reiki	12 10-2 Bridge/Skip-Bo 10 am Painting Class 12 noon VNA nurse	13 
16 	17 10-12 Bridge/Skip-Bo 10 Shine 11 Tuesday's Connections	18 10 Lawyer 10:15 Yoga Class	19 9 Podiatrist 9:30 Town Nurse 10-2 Bridge/Skip-Bo 10 am Painting Class	20 
23 	24 10-2 Bridge/Skip-Bo	25 MERRY CHRISTMAS! Senior Center Closed	26 10-2 Bridge/Skip-Bo 10 am Painting Class	27 
30 	31 10-2 Bridge/Skip-o	HAPPY NEW YEAR!	2 0 1 4	



DEAR EDITOR: I am 8 years old.
Some of my little friends say there is no Santa Claus.
Papa says, 'If you see it in THE SUN it's so.'
Please tell me the truth; is there a Santa Claus?

VIRGINIA O'HANLON
115 WEST NINETY-FIFTH STREET



VIRGINIA, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours man is a mere insect, an ant, in his intellect, as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, VIRGINIA, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus. It would be as dreary as if there were no VIRGINIAS. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You may tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united strength of all the strongest men that ever lived, could tear apart. Only faith, fancy, poetry, love, romance, can push aside that curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, VIRGINIA, in all this world there is nothing else real and abiding.

No Santa Claus! Thank God! he lives, and he lives forever. A thousand years from now, Virginia, nay, ten times ten thousand years from now, he will continue to make glad the heart of childhood.

