



Bolton Senior Newsletter

July,
2013
Issue 7

Bolton Senior center
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

To everyone that sent cards, called, attended the service and reception and supported us before and after the loss of Ken, THANK YOU.

Barbara Houghton and Family

Donations can be made to The Senior Citizens Association in the memory of a loved one, to honor someone or in celebration. These gifts will enhance Bolton Senior Services in the community. We appreciate your support with these contributions. Please make the checks payable to: The Senior Citizens Association. Individuals and families so honored will be notified of your generosity and thoughtfulness.

Thank you

Spring, 2013 in pictures



A trip to the Newport Playhouse for a wonderful buffet, hilarious play and even funnier cabaret.



Waiting in line at the Stoneham Theater for another wonderfully delightful play.



Our oldest resident, Myrtle Wood, her daughter and son-in-law, Sallyann and Bruce King with Terry Abdalian



Thank you to the First Parish Church for a wonderful luncheon of fish chowder and fixings.



A fun day celebrating Bolton's 275th birthday.

SENIOR ACTIVITIES

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

TAILS N' TUNES, YORK, ME

On Wednesday, July 24, we will head to York, ME for a "Tails N' Tunes" meal (Double Lobster Bake with a Show by Don Who?). Our visit will start with a stop at Stonewall Kitchen and end with a visit to When Pigs Fly Bakery. At The Lobster Barn your main course will start with clam chowder to be served with steamers, rolls, potatoes, corn on the cob, as well as beer, wine or soda to go along with your tasty choice of either 2 One Pound Lobsters **OR** a ½ Baked Chicken. The finish is watermelon and coffee. Then it's time to get ready for a memorable performance held right in the Lobster Barn's own Lobster in the Rough! Sit back and relax as you enjoy the mellow sounds of Don Who? as he croons all of the old favorites. Only \$56.00 per senior, which includes the bus, double lobster bake or chicken with unlimited beer, wine, or soda, driver's and wait staff gratuities, taxes, and live show. Out-of-Towners are welcome for an additional \$5.00. **A DEAL YOU WON'T WANT TO PASS UP!!!** Departure will be from the Trinity Church, on Wattaquodock Hill Rd at 9pm. Please arrive no later than 8:30 to board the bus. Thank you.

If you have information deemed to be of benefit to town seniors please submit it to both of the newsletter co-editors by the 3rd Thursday of the month. When considering whether your announcement or article will be timely, keep in mind that newsletters are sent out on the 1st of each month. Inclusion of items/announcements is always at the discretion of the COA board and editors. Digital images may be included with a contact for additional information.

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.

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.

Parking: Please respect the residents of the Manor and not park in their numbered spaces. Parking is available in the guest parking on either side of the building **facing away from the building** and in the parking lot to the left of the building. Just take your first right **AFTER** the driveway. It is just a short walk over the grass from there. **Do Not Park in front of the dumpsters.** There is a hefty fine for that as the dump trucks have to make a second trip.

SENIOR ACTIVITIES CONTINUED

RELAX WITH REIKI: There will be no Reiki classes during the months of July and August. Classes will resume in September.

LAWYER FOR A DAY: Attorney Chris Borzumato will meet with seniors this month on Wednesday, July 17 from 10:00 to 12 noon. Contact Sheila at 779-3313 to make a needed appointment for this free confidential legal advice.

ANY KIND OF NEEDLEWORK CLUB

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.

YOGA FOR HEALTH: Yoga is held on Wednesdays at 10:15 to 11 am at the senior center. Subsidized by FOBS the cost is only \$3.00 per session. **NOTE: Yoga will not be held on July 24th or 31st.** Marg is taking a well-deserved vacation.

IN-HOME FIX-IT PROGRAM: Volunteer handy-people will assist elders at home with small chores such as fixing a dripping faucet or turning a mattress etc. This service is free (you pay for supplies) for seniors who do not have the financial or manpower resources to accomplish the job. Call Sheila at 779-3313 for an appointment.

TOWN NURSE: Tamara will be at the senior center on the third Thursday of the month, July 18 from 9:30 to 11:30 a.m. For immediate assistance, she can be reached at (978) 772-3335x340.

ELDER KEEP WELL CLINIC: Judy Manning sponsored by the VNA offers a clinic at the senior center on Thursday, July 11 at 12 noon.

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.

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

SENIOR BOOK CLUB: meets at the Bolton Public Library on July 25 at 7pm. The book for this month is "The Tragedy Paper" by Elizabeth Lahan. Call Shirley Sefton for more information at 779-2216. All are welcome.

OUTREACH: Sally Steele will be at the Senior Center on Thursdays from 9:30 to 3:30 p.m. She can be reached at (978) 779-3314 or her cell (978) 870-8002 to make an appointment or to request a home visit.

BOLTON'S SHINE COUNSELOR: Marianne Winsser will be at the Bolton Senior Center on July 16 by appointment only from 10-12 noon in the upstairs medical room. Call Sheila at 779-3313 or Sally Steele at 3314 for appointment.

News from SHINE July, 2013

New Medicare Program for Durable Medical Equipment And Diabetic Testing Supplies

Effective July 1, Medicare will have a new program for Durable Medical Equipment in our area. There will also be a new National Mail-Order Program for diabetic testing supplies. If you have **Original Medicare** (not a Medicare Advantage HMO or PPO plan), these changes will apply to you.

Some of the items covered under this new Durable Medical Equipment program are:

- Oxygen and oxygen equipment
- Standard (power and manual) wheelchairs and scooters
- Hospital beds
- Walkers

If you are already renting certain medical equipment or receiving oxygen, you may have to switch your supplier. In certain circumstances you may be able to keep your supplier. **Make sure Medicare will continue to pay for your item to avoid any disruption of service!**

To have Medicare pay for **diabetic testing supplies** delivered to your home, you will need to use a Medicare national mail-order supplier. If you don't want to use mail-order, you can go to a local pharmacy or storefront **that accepts Medicare assignment** and you will get the same low mail-order cost.

To find a Durable Medical Equipment or National Mail-Order Program supplier, you can go to www.medicare.gov/supplier or call 1-800-MEDICARE (1-800-633-4227).

Trained SHINE (Serving Health Information Needs of Elders) 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, as soon as possible.

Fuel Assistance sponsored by FOBS (Friends of Bolton Seniors) Even though this winter is over, our Fuel Assistance Program continues. In 2013, FOBS supplied over 15 seniors with 150 gallons of oil at no charge through generous donations from the Bolton community. Help us continue to provide this much needed assistance — contribute today or contact Terry at 978-634-1025 for more information.

275th calendar



Friday, August 30, 2013, 2:00 to 7:00 p.m.

Saturday, October 26, 2013, 3:00 p.m.

7:00 p.m.

Sunday, November 10, 2013, 10:00 a.m.

Farmer's Market

Halloween Parade and Party

Lantern light tour of South Cemetery

Veterans Day Celebration; procession
and brunch

FRIENDS OF THE BOLTON SENIORS (FOBS) CORNER

Senior Picnic. Please join the Friends of Bolton Seniors on **Tuesday, August 20** for the 12th annual FOBS Senior Picnic. **This year the cookout will be held from noon to 2:00 at Davis Hall (First Parish Church) 673 Main Street** and will feature hamburgers, cheeseburgers, kielbasa, salads homemade by town residents, ice cream, and last, but certainly not least, delicious deserts generously contributed by our own Bolton seniors.

We are thrilled this year that Hooper and Beckwith will be returning to provide our musical entertainment. Steve Beckwith, who is from Bolton, and Don Hooper from Shrewsbury specialize in folk and country music. Additionally, we will have Bingo and card games for those who wish to play.

Please call Sheila at 978-779-3313 to reserve the MART van if you need transportation to the picnic.

Heat Tips for the Elderly. People aged 65 years and older are more prone to heat stress than younger people. If you have elderly relatives or neighbors, or are older yourself, the following can help avoid heat-related stress:

- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Recommend that they visit (or take them if they have transportation problems) to air-conditioned locations – such as the Senior Center or Bolton Public Library.
- Make sure older adults have access to an electric fan whenever possible.

In order to make sure Bolton seniors are safe, FOBS is looking for donations of fans and air conditioners in good working order, which can be given to Bolton seniors in need. Please contact Mary Boyd at 978-779-2740 or Terry Abdalian at or 978-634-1025 if you have a donation **OR** would like a fan to keep you cool this summer.

Tuesday Connections is on hiatus until September 17, 2013.

Zumba Gold is held at Davis Hall Monday mornings at 9:30 a.m. Zumba combines exercise, simple dance moves, and Latin music for an overall happy experience. The fee is \$3.00 for people age 60 and over and \$5.00 for 50 to 60 year olds. If you are interested, please call Mary Ciummo at 978-779-5145 or email her at maryciummo@gmail.com.

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.

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.

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



Excerpted from Rep. Hogan's 2013 Memorial Day Remarks

This is the 5th Memorial Day I have been asked to honor and remember all military heroes who have made the ultimate sacrifice for our country. And, over the years, I have come to learn that it is a very personal day of remembrance for many: a day to remember those lost on battlefields of

Europe, over the Pacific, and on the Korean Peninsula, in Vietnam, Afghanistan and Iraq. Your lost heroes are grandfathers, husbands, daughters— loved ones who answered the call to duty and placed themselves willingly in harm's way.

And this year should be no different, but it is. This year, terrorists struck the city of Boston – OUR CITY. Bombs went off at the end of a race that draws runners and visitors from around the world. The attack claimed three lives: 8-year-old Martin Richard, college student Lingzi Lu, and 29-year-old Krystle Campbell and injured scores of innocent bystanders including Bill, Mary Jo and Kevin White of Bolton. And, during the ensuing capture, we lost MIT Officer Sean Collier.

This year, on Patriots Day, we watched our first responders, local and state police, EMTs, medical personnel, and our fellow citizens rush into harm's way to do what they could to save lives at the finish line.

Those who intended to instill terror did not succeed in their perverse goals. For, what we will remember is not fear. What we will remember are those men and women who selflessly cared for victims without regard to their own well-being. We will never forget the loss of life. We will never forget the day terrorists attacked our city. And, we will never forget how swiftly justice was served.

We are a strong people: We are Boston Strong!

For, while there was pain and suffering there was also teamwork, compassion, determination, and pride. Our medical professionals and public safety personnel joined forces to bring a quick and definitive end to what could have been a far more catastrophic attack.

To those who have made the ultimate sacrifice, survivors who endure life-long wounds of war, and their families who mourn and support them – THANK YOU.

Let us give thanks to all veterans. We salute you who serve in the cause of protecting freedom, justice, and liberty.

Yes, Memorial Day is personal. **This year, we all felt the loss** of Sean Collier, Martin Richard, Lingzi Lu, and Krystle Campbell, **personally**. And, together, we remember those, like The White Family of Bolton, who face a tough road to recovery.


So, today, on Memorial Day, the day set aside to remember all those who have made the ultimate sacrifice to democracy, let us commit to a town, a state, and a country worthy of our heroes.

God Bless Boston and God Bless America.

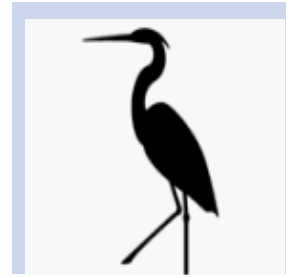
Office Hours will be by appointment only for July and August.



July

MON	TUESDAY	WEDNESDAY	THURSDAY	FRI
1 9:30 Zumba Davis Hall	2 10-2 Bridge/Skip-Bo 10 am COA meeting	3 10:15 Yoga Class 11:30 Tai-Chi	4 Senior Center closed Happy Holiday 	5
8 9:30 Zumba Davis Hall	9 10-2 Bridge/Skip-Bo	10 10:15 Yoga Class 11:30 Tai-Chi	11 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class 12 noon VNA nurse	12
15 9:30 Zumba Davis Hall	16 10-2 Bridge/Skip-Bo 10 am SHINE	17 10 am Lawyer for a Day 10:15 Yoga Class 11:30 Tai-Chi	18 9:30 Outreach 9:30 Town Nurse 10-2 Bridge/Skip-Bo 10 am Painting Class	19
22 9:30 Zumba Davis Hall	23 10-2 Bridge/Skip-Bo	24 Double Lobster trip 10:15 Yoga Class	25 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	26
29 9:30 Zumba Davis Hall	30 10-2 Bridge/Skip-Bo	31 10:15 Yoga Class 11:30 Tai-Chi		

TAI CHI: Bolton Council on Aging is sponsoring Tai Chi lessons at the senior center on Wednesdays at 11:30 to 12:30. Each session will run for 6 weeks and cost \$23.00 per senior. Out of Towners are welcomed at the cost of \$6.00 per session. This class is geared toward seniors who are capable of standing for 1 hour, and who want to improve their balance and strength. **New participants are always welcomed, just show up.**



WATER!! IT'S GOOD FOR YOU!!

Water helps your body to function. It helps to:

- *Keep your body temperature normal
- *lubricate and cushion your joints
- *protect your spinal cord (back) and other sensitive tissues
- *get rid of wastes through urination, perspiration, and bowel movements

Best sources of water are:

- *drinking water from the tap or bottled
- *soup, milk, juices, jello, oranges, melons, tomatoes

Your body needs more water when you:

- *are in hot weather
- *running a fever
- *having diarrhea or vomiting
- *are physically active

If adequate water is not consumed on a daily basis the body fluids will be out of balance, causing dehydration.

Some people may have fluid restrictions because of a health problem. If your healthcare provider has told you to restrict your fluid intake, be sure to follow that advice.

Come to the well adult clinic and visit with the town nurse!!

(reference: cdc and nlm.nih.gov/medlineplus)

Tamara Bedard, BSN, RN

Public Health Nurse

Nashoba Associated Boards of Health

978-772-3335 ext 340

tamarabedard@nashoba.org

At Fruitland in Harvard

The Concord Band Welcomes Summer Thursday Night

Every Thursday, June 20 - July 25, 7:15PM

Admission per car: Members \$10, Nonmembers \$15