



Bolton Senior Newsletter

March
2013
Issue 3

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
Tuesday, Wednesday,
Thursday

JOIN US ON A PLAY DATE!!!

Thoroughly Modern Millie tells the story of a small town girl who comes to New York City to marry for money instead of love – a thoroughly modern aim in 1922. It's a New York full of intrigue and jazz – a time when women were entering the workforce and the rules of love and social behavior were changing forever. ***Thoroughly Modern Millie*** is a big, fun-filled show with energetic dance numbers, fabulous flappers, and the spectacle of 1920s New York. Winner of six Tony® Awards, including Best Musical.

We have space on the vans for 28 lucky Bolton seniors, who will have the opportunity to see Stoneham Theatre's production of ***Thoroughly Modern Millie*** on Wednesday, May 1, 2013 at 2:00 in the afternoon **FOR ONLY \$5.00 PER PERSON (a \$25 savings!)**. This wonderful event is being made possible thanks to generous donations from the Bolton Garden Club and the Friends of Bolton Seniors. The COA through the MART program is providing transportation at no charge.

Please call Sheila at the Senior Center (978-779-3313) beginning Tuesday, March 4th, to reserve a spot. The deadline for signing up is April 5, 2012. It is guaranteed you will have a great time and leave the show happy!



RORY RAVEN, Mentalist

On Thursday, March 7 at 7 p.m., mentalist Rory Raven will present **BRAINSTORMING**, an interactive mind-reading show at which minds will be read, spoons bent, and volunteers will test their own powers. Location is the Bolton Public Library, 738 Main St., Bolton. He is neither a psychic nor a magician, and he offers a new and compelling experience unlike anything you've ever seen. He will read your mind, bend your spoon, and leave you talking about it for the rest of your life. The show is free and open to everyone. However, please note that the subject matter is best suited to older teens and adults, not children, and is potentially hazardous to cutlery.

Springtime, one of the most popular musicals ever and Nashoba Drama, combine in a perfect match when ***Hello, Dolly!*** returns to the stage at Nashoba Regional High School on March 24 at 2 p.m. Mary Boyd is organizing a group of Bolton Seniors, and excellent seats will be reserved for the group. There is an intermission, and complimentary refreshments are provided. Contact Mary at 779-2740, if you want to attend or have questions.

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

NEWPORT PLAYHOUSE

On Wednesday, April 3rd, your COA is sponsoring a trip to the Newport Playhouse & Cabaret Restaurant for a great buffet and a wonderful play. **"Spreading it Around"** is about a wealthy widow in a retirement community who is tired of handing out money to her unappreciative children. So she starts the S.I.N. (Spending It Now) Foundation to give to those truly in need. Her greedy son and his shopaholic wife, fearing they will lose their incompetence, devise a plan to have her committed! Of course, Mama will have none of that! The cost of this trip is \$54.00 which includes the show, cabaret after the show, bus, luncheon, and all tips. **The deadline to sign up is March 19** and as always make your check payable to "Senior Citizen Association". This is a popular trip and the bus does fill up fast. Out of towners are welcomed on a space available status being assigned seats on a first come first served basis. There will be an additional \$5.00 charge for our out of town friends. Call 779-3313 for more information. There are no refunds to "No Show" on the day of the trip. Cancellations may be refunded or incur a penalty depending on if the seat is filled or if the trip is cancelled for all.

TOWN NURSE: Tamara will be at the senior center on the third Thursday of the month, March 21st 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, March 14 at 12 noon.

PODIATRIST: Dr. Lavenda will be at the senior center on March 21 at 9:00 a.m.

BOLTON'S SHINE COUNSELOR: Marianne Winsser, our Counselor, will be at the Bolton Senior Center on March 19th by appointment only from 10-12 noon in the upstairs medical room. She will extend her hours as needed to accommodate all. **To make an appointment call Sheila at 978-779-3313 at the senior center or Sally Steele, 779-3314.** Both are available to answer questions.

OUTREACH: Sally Steele will be at the Senior Center on Tuesdays 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.

MEDICAL EQUIPMENT AVAILABLE:

Before you go to the expense of purchasing needed 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, depends, etc. They are all available to be loaned out to any senior until no longer

CENTER CLOSING: If Nashoba Regional closes the schools due to inclement weather, then the senior center is also closed.

SENIOR ACTIVITIES CONTINUED

RELAX WITH REIKI: Linda will be here on Wednesday, March 6 at 1 pm. Reiki is a system of hands-on healing that allows you to feel relaxed, calm, and peaceful.

LAWYER FOR A DAY: Attorney Chris Borzumato will meet with seniors this month on Wednesday, March 20 from 10:00 to 12 noon. Please contact Sheila at 3313 to make an appointment for this free legal advice. Conferences are free with appointment and as always confidential.

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.

ZUMBA GOLD: Zumba combines exercise, simple dance moves, and Latin music for a fun experience. Subsidized by FOBS the cost is \$3.00 for seniors over 60 or \$5.00 for the 50 to 60 crowd. Zumba is held off campus at The First Parish Church, 673 Main Street in Davis Hall on Monday mornings at 9:30. For more information contact Mary Ciummo at 779-5145 or email her at maryciummo@gmail.com.

YOGA FOR HEALTH: Yoga is held on Wednesdays at 10:15 to 11 am at the senior center. Marg, an experienced yoga instructor, accepts new clients, just show up wearing comfortable loose clothing. Subsidized by FOBS the cost is only \$3.00.

IN-HOME FIX-IT PROGRAM: Volunteer handy-people will assist elders at home with small jobs ie removing or installing air conditioners, fixing dripping faucets etc. This service is free (you pay for supplies) for seniors whom do not have access to financial or manpower resources to meet said need. Call Sheila at 779-3313 for appointment.

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 the 4th Thursday of the month, March 28 at 7pm. The book for this month is **Killing Lincoln** by Bill O'Reilly and Martin Dugard. Call Shirley Sefton for more information at 779-2216. All are welcome, just show up whether or not you have read the book.

PARKING: When you come to the Senior Center, PLEASE respect the rights of the residents and park in visitor designated places only or in the parking lot to the left of the building. Do not park in front of the dumpster. There is a sizeable fine if the truck comes and cannot get to the dumpster.

News from SHINE March 2013

SPECIAL SHINE NEWSLETTER

RELIANT MEDICAL GROUP WILL NO LONGER BE A FALLON SENIOR PLAN PROVIDER EFFECTIVE JANUARY 1, 2014

On Friday, February 15th, members of the Fallon Senior Plan received a letter from Fallon notifying them that as of January 1, 2014 Reliant Medical Group will no longer be a provider for Fallon Senior Plan. This means that as of that date members of the Fallon Senior Plan who see Reliant physicians will have to get different providers if they want to keep there Fallon Senior Plan. If Reliant patients want to continue to see their Reliant doctors, they will have to change their Health Plan during the Medicare Open Enrollment Period from October 15, 2013 thru December 7, 2013.

Reliant Medical Group has announced that as of January 1, 2014, Tufts Medicare Preferred Health Plan will be the sole Medicare Advantage Plan that Reliant contracts with.

In plain language all this means is that folks who received this letter will continue to get their Health Care at Reliant for the rest of this year. During the Open Enrollment Period folks will be able to change their plan to Tufts Medicare Preferred Health Plan or a Medicare Supplement Plan offered by several insurers including Fallon, if they want to continue to see their current doctors at Reliant. If not they can change to another Fallon Provider. Also if someone has retiree Fallon Senior Plan coverage supplied by their former employer, they should check with their plan administrator at the time of their plans open enrollment.

If you need help with any aspect of your health insurance, SHINE offers free counseling at your local Senior Center or Council on Aging. Call your Senior Center or COA and ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636) If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.

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; and *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, or 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. For more information contact Tamara, our town nurse at (978) 772-3335x340 or at the senior center on March 21.

FRIENDS OF THE BOLTON SENIORS - FOBS

Tuesday Connections. Please mark your calendars for the following upcoming events:

March 19: Deb Elliot, Speech & Language Pathologist for Emerson Hospital & Home Care, will be leading us in a talk entitled “Mind Games.” This talk gives an overview of symptoms of memory impairments as we age and provides techniques to help improve memory as well as tools to deal with these lifestyle changes. Join us for an informative as well as a fun program, as we practice new exercises to help us keep our minds sharp!

April 16: Because we are fortunate that Tuesday Connections again falls during school vacation week, Bolton’s girl scouts will host a program at the senior center this month.

Programs begin at 11:00 a.m. Lunch made by FOBS volunteers will follow these programs.

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. Please just drop in to give this gentle fitness program a try.

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.

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 Passes. Swymfit in Boxborough offers seniors discounted passes for their swimming pool located at 90 Swanson Road. A book of 10 passes is only \$50 (which is half-price). Swimming is wonderful exercise and especially valuable in winter when it is difficult to get outside. 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.

Fuel Assistance. Last winter, FOBS provided 20 seniors with 100 gallons of oil to help keep them warm. Help us continue to provide this much needed assistance — contribute today or contact Terry at 978-634-1025 for more information.

Become a FOBS Volunteer. Through generous donations from the Bolton community, FOBS has been able to help increase the services and programs provided to Bolton Seniors. Please join us in fulfilling our mission by becoming a member and/or volunteering. Volunteer opportunities can be found at our website -- fobsbolton.wordpress.com -- or by calling Mary Boyd at 978-779-2740. We appreciate all who have volunteered over the years. The programs and services FOBS provides would not be possible without your support.

Rep. Kate Hogan's Senior News

State House, Room 544, Boston, MA, 02133 / phone 617-722-2637 [Call for appointment]

District Office: Maynard Town Hall, 195 Main Street Email Kate.Hogan@mahouse.gov

Committee Assignment for the 188th Session

As many of you know, the 188th Session of the Massachusetts General Court has begun. Representatives and Senators have filed legislation and we have received our Committee Assignments. I am honored that the Speaker of the House has chosen me to serve as ***Vice-Chair*** of the ***House Committee on Rules***. This committee oversees the day-to-day operations of the House of Representatives. Every bill that is filed in the House starts with the Committee on Rules.

I am also honored to be appointed as a member of the Joint Committee on Community Development and Small Business and as a member of the Joint Committee on Revenue. I am looking forward to continue working to best serve the Commonwealth and especially the people of the Third Middlesex District.

Legislation for Seniors

This session I have filed five bills that aim to help seniors who face health, financial and housing issues. The title and summary of each bill is below:

An Act to Establish Criteria for MassHealth Hardship Waivers: This bill ensures that seniors cannot be denied MassHealth - if refusal is going to cause serious harm. MassHealth can currently look back 5 years and deny nursing home care if seniors transferred goods for less than fair market value. If the MassHealth refusal causes a serious hardship, then the senior must receive MassHealth.

An Act to Increase the Property Tax Deferrals for Seniors: This legislation would create a concrete limit on income of seniors who are eligible to defer their property taxes. The current limit is set by Commissioner of Revenue and fluctuates yearly. The new limit would allow seniors over 65 to defer their property tax if their annual income is under \$65,000.

An Act Relative to a Certificate of Need for Home Health Agencies: In recent years the Commonwealth has experienced rapid growth in the number of certified home health agencies. This proposal is in response to that growth and would institute many of the standards applied by the federal government in order to control MassHealth spending and retain a tradition of quality home care.

An Act Relative to Reserving Beds in Nursing Homes for Residents During Certain Leaves of Absence: When a nursing facility resident, who receives MassHealth benefits, enters a hospital, the division will pay to preserve his or her bed in the nursing home facility for a period of up to and including 10 days. MassHealth recipients will also be able to keep their bed in the nursing facility if they leave for a non-medical reason for up to and including 15 days.

An Act Relative to Senior Hoarding: This legislation would include hoarding within the definition of abuse in protective services statutes in order to provide Elder Service agencies with a clear mandate to investigate elders at risk due to hoarding.

Proudly represents Bolton, Hudson, Maynard, and Stow

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



March



MON	TUESDAY	WEDNESDAY	THURSDAY	FRI
	5			1
4 9:30 Zumba Davis Hall	5 9:30 am Outreach 10-2 Bridge/Skip-Bo 10 am COA meeting	6 10:15 Yoga Class 11:30 Tai-Chi 1 pm Reiki	7 10-2 Bridge/Skip-Bo 10 am Painting Class	8
11 9:30 Zumba Davis Hall	12 9:30 am Outreach 10-2 Bridge/Skip-Bo	13 10:15 Yoga Class 11:30 Tai-Chi	14 12 noon VNA nurse 10-2 Bridge/Skip-Bo 10 am Painting Class	15
18 9:30 Zumba Davis Hall	19 9:30 am Outreach 10-2 Bridge/Skip-Bo 10 am SHINE 11 am Tuesdays Connection Deadline Newport trip	20 10 am Lawyer for a Day 10:15 Yoga Class 11:30 Tai-Chi	21 9 am Podiatrist 9:30 am Town Nurse 10-2 Bridge/Skip-Bo 10 am Painting Class	22
25 9:30 Zumba Davis Hall	26 9:30 am Outreach 10-2 Bridge/Skip-Bo	27 10:15 Yoga Class 11:30 Tai-Chi	28 10-2 Bridge/Skip-Bo 10 am Painting Class	29



TAI CHI: Bolton Council on Aging with a back up from FOBS 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.

THANK YOU Peter Kaufman for your weekly donation of groceries from the Stop & Shop in Wayland. They are well received and enjoyed immensely by everyone at Bolton Country Manor and our senior center!!

THANK YOU D. Francis Murphy Insurance Agency for your generous donation to the Senior Citizen Association. It was received just in the nick of time as our senior center's old and out-dated coffee maker is not working properly and your donation will assist us in purchasing a new one. Thank you again!!

ARTIST NIGHT OUT: Meeting at the Bolton Public Library at 5:30 on the second Tuesday of the month local artists meet to work on projects of their own choice and chat. Art is a solitary albeit addictive occupation and it is good to periodically have companionship. For more information please call the library or Susan Tripp at 634-1716.

Sounds of Stow Orchestra and Chorus Presents Handel's "Jephtha" on March 24

Sounds of Stow's 34th Winter Concert, under the direction of Barbara Jones, will be held at 3:00 pm on Sunday, March 24. It features Handel's last and most profound oratorio, "Jephtha". Many listeners know and love Handel's earlier oratorio, "Messiah". This later work has all the energy, beauty and poignancy of that familiar masterpiece, in addition to great emotional depth and poignancy.

The fantastic line-up of soloists includes both new and familiar faces. Soprano Teresa Wakim, mezzo-soprano Deborah Rentz-Moore and counter-tenor Reginald Mobeley will join audience favorites tenor Richard Monroe, baritone John Whittlesley and soprano Margot Law.

The concert is **Sunday, March 24 at 3:00 PM** in Hale School auditorium, 55 Hartley Rd, in Stow (junction of Rte.117/62). Tickets are \$25 general admission and \$20 for seniors and students. Concert tickets are available at Serendipity (63 main Street, Hudson), and Sunrise Boutique (62 High Street, Clinton) as well as at the door. Introduce your children and grandchildren to classical music by bringing them to the OPEN REHEARSAL on Saturday, March 23rd at 1:30 p.m. A donation of \$5.00/person is requested. Hale School is fully handicapped accessible.

For more information visit [www. soundsofstow.com](http://www.soundsofstow.com) or call 978 562-0302. Sounds of Stow is supported in part by the Massachusetts Cultural Council as administered by the local cultural councils of Stow, Acton-Boxborough, Bolton and Hudson.