



Bolton Senior Newsletter

May
2013
Issue 5

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
Tuesday, Wednesday,
Thursday

Senior Appreciation Month 2013 **Unleash the Power of Age!**

Every year since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. Over the past 5 years the Friends of Bolton Seniors (FOBS), the Board of Selectmen, and the Council on Aging (COA) have sponsored Senior Appreciation Month with the support of Bolton residents.

This year's theme – “Unleash the Power of Age” – emphasizes the important role of older adults and highlights their significant contributions. Senior Appreciation Month celebrations will acknowledge the value that older adults continue to bring to our communities by applauding their recent achievements and inviting them to share the activities they do to unleash the power of age. This year's activities include:

- **May 1: May Baskets**—made by Florence Sawyer second graders—delivered to all Bolton seniors age 85 and older (60+ residents)
- **May 1: Trip to see Thoroughly Modern Millie** at the Stoneham Theatre sponsored by the Bolton Garden Club, FOBS, and COA; this event is fully booked
- **May 21 from 11 a.m. to 2 p.m.: Tuesday Connections** celebrating seniors' occupations, hobbies, and contributions by playing “What's My Line” followed by lunch – COME EARLY SO YOU DON'T MISS OUT ON THE FUN AND STAY LATE TO ENJOY THE RAFFLE
- **May 21: Raffle** of items contributed by Bolton businesses and residents; all seniors attending Tuesday Connection will receive a prize.
- **May 28 from noon to 2 p.m.:** First Parish Church Luncheon (673 Main Street) celebrating Bolton Seniors. Bring your appetites, laughter, and friendship. Sign up sheets at senior center or call Shiela (779-3313) or Shirley (779-2216). Parking in back of church -- bridge to Davis Hall.
- **May 23, 1:00 p.m.:** Bolton Public Library will be hosting an entertaining program, which includes games, prizes, and refreshments. Those who attended this event last year know what fun it was. Those who missed last year's Library program will want to be there this year. Join in on the fun!

Thank you to everyone who is working so hard to make this a memorable and fun May.

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

LOBSTER ROLL CRUISE

On Wednesday, June 26th we will be heading south to Dennis (Cape Cod), MA for a fabulous Lobster Roll Cruise. Meal choices are as follows: (1) The Lobster Roll: A sandwich so good that they named a boat after it! A grilled roll with lettuce and tomato stuffed with fresh native lobster meat with a hint of celery and mayo. (2) Roast Beef Rollup made with Certified Black Angus prime rib served on whole wheat with light mayo. (3) Vegetarian Rollup made with a fresh medley of summer vegetables on whole wheat with a hint of mayo. The above selections are served with potato chips and cole slaw. **OR IF YOU WANT** a Chicken Caesar Salad with chicken breast, romaine lettuce, Caesar dressing, parmesan cheese and croutons.

Our lunch cruise is one hour and thirty minutes long. We start boarding the boat at 11:30 a.m., lunch is served at 12:00 noon and the cruise ends at 1:30 p.m. The cost is \$36.00 per senior which includes, as usual, all tips incurred. Check in time at the Trinity Church will be 8:15 a.m. sharp for an 8:30 departure. Approximate time of arrival back to Bolton is 6:00 p.m.

TOWN NURSE: Tamara will be at the senior center on the third Thursday of the month, May 16 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, May 9th at 12 noon.

BOLTON'S SHINE COUNSELOR: Marianne Winsser, our Counselor, will be at the Bolton Senior Center on May 21st 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: Please note the change in date and time for our Outreach Worker. 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.

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.

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, May 1 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, May 15 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 i.e. 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, May 23 at 7pm. The book for this month is Les Miserables by Victor Hugo. Call Shirley Sefton for more information at 779-2216. All are welcome, just show up whether or not you have read the book.

Bingo: On Tuesday, May 14 at 9:30 a.m. Michelle Jones from the Corcoran House will hold a bingo game at our center. **No Charge.**

PARKING: 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 May 2013

Prescription Advantage SEP

As you may know if you are a member of Prescription Advantage you are entitled to ONE Special Enrollment Period during each plan year. The SEP can be used to either change your drug plan mid-year or you can even change your Health Plan if a problem arises with your Health Plan or Drug Plan. Problems may arise if your doctor prescribes a new drug that is not covered on your current drug plans formulary. You could call SHINE or Medicare to see if there would be another plan that would cover your new drug. You can also use this SEP if for some reason you are dis-enrolled from your present plan in most cases this is when you mistakenly miss a payment or something of that nature. Remember you must be a member of Prescription Advantage to take advantage of this Special Enrollment Period. A Special Enrollment is an important benefit and should not be used unnecessarily to change health or drug plans unless there is a GOOD reason. You should speak with a SHINE Counselor about this Special Enrollment prior to utilizing it.

Staying Healthy with Medicare

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

Even with insurance, prescription drugs can still be unaffordable!

High co-payments and gaps in coverage can make paying for prescription drugs very difficult. This is where **Prescription Advantage** can help. Prescription Advantage is a state-sponsored pharmacy assistance program available to Massachusetts residents age 65 and over and under 65 with disabilities. Prescription Advantage does not replace your insurance; it supplements your coverage to help lower your out-of-pocket costs. Prescription Advantage will supplement all insurances including Medicare Part D, Medicare Advantage plans and drug coverage you may receive from a former employer. Prescription Advantage also has benefits for seniors and disabled persons not eligible for Medicare. To learn more about how you can lower your medication costs call Prescription Advantage today at: 1-800-AGE-INFO (1-800-243-4636) press 2. TTY 1-877-610-0241 WWW.Mass.Gov/Elders

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

FRIENDS OF THE BOLTON SENIORS (FOBS) CORNER

Tuesday Connections.

May 21: May is Senior Appreciation Month. Please join us for this fun-filled day! **PLAN TO COME EARLY TO PLAY “WHAT’S MY LINE” AND STAY THROUGH THE RAFFLE, WHICH WILL END ABOUT 2:00 P.M.**

June 8: Information of this month’s program is forthcoming.

FOBS will have a table at Slaters for Bolton’s Townwide Yard Sale on May 4th, from 9 a.m. to 1 p.m. Contribute your recyclable treasures to the **FOBS Table**. This is the perfect time to do your “spring cleaning.” Please contact Mary Kate if you would like us to pick up your donations – telephone: 978-779-0070; email: mkmcgilvray@comcast.net. All monies we receive will be used to support senior programs and services.

Shredding Party Fundraiser – June 8th from 10 to 2 at Firewater and Wine. Bring your papers and documents that you would like to dispose of safely and securely. There is a charge of \$5 per “Bankers Box.” All proceeds will be used to support programs and services for Bolton Seniors. If you want to find out more about the service please check out the company’s website at www.pellegrinotrucking.com.

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 to give this gentle fitness program.

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). 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. 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.

Fuel Assistance. 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.

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

The Massachusetts Homestead Protection Act

The Massachusetts Homestead Protection Act of 2010 is a very important law that can help everyone in the Commonwealth, but is especially important to seniors. This law prevents homeowners from having their property sold to pay off unsecured debts. Every homeowner in the Commonwealth has an automatic protection for up to \$125,000 on their home. For most homeowners, that does not protect the full value of a home, which is why I would like to encourage everyone to file a *Declaration of Homestead* with the Registry of Deeds. Declaring homestead with the Registry of Deeds will protect up to \$500,000 in the equity of your home.

The protection applies to all debts, including pre-existing debts, except:

- × Federal, state, and local taxes and liens
- × Liens on the property that existed before the homestead protection went into effect
- × Mortgages on the home
- × Court orders for spousal support or child support
- × Attachments to land not owned by the owner of the homestead
- × Court-ordered judgments based on "fraud, mistake, duress, undue influence or lack of capacity"

There are additional benefits for seniors as well:

- × If both homeowners are over the age of 62, they can each file for homestead protection and qualify for up to \$1,000,000 in protection
- × Protects against seizure of a home against Medicare claims, but does not protect against Medicaid claims- Under current Massachusetts regulations the state will not look to the residence to cover Medicaid reimbursements until after the recipient has died

For more information, please contact the Secretary of the Commonwealth's Office at **1-800-392-6090**. Also, please do not hesitate to contact Scott in my office at **(617) 722-2692** for additional information and a printout of Homestead Protection Act Materials

May is Older Americans Month!

On April 18, 1963, President John F. Kennedy signed Proclamation 3527, which declared May as Senior Citizens Month. In 1980, President Jimmy Carter designated that Senior Citizen Month would from that point forward be known as Older Americans Month.

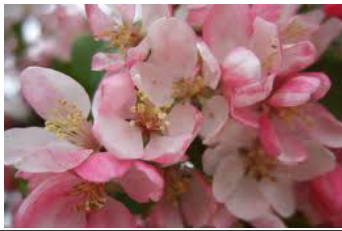
Older Americans Month is a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country.

May Office Hours

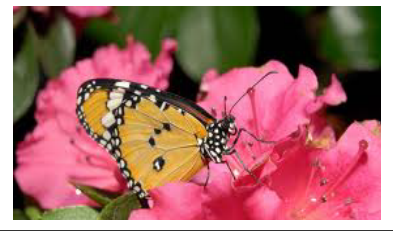
Everyone is invited to come to my Office Hours in Bolton during the Town Wide Yard Sale on Saturday, **May 4th from 10-11am** at the **Bolton Public Library**. Please bring any questions, ideas or concerns you may have.

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

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



MAY



MON	TUESDAY	WEDNESDAY	THURSDAY	FRI
		1 10:15 Yoga Class 11:30 Tai-Chi 1 pm Reiki	2 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	3
6 9:30 Zumba Davis Hall	7 10-2 Bridge/Skip-Bo 10 am COA meeting	8 10:15 Yoga Class 11:30 Tai-Chi	9 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class 12 noon VNA nurse	10
13 9:30 Zumba Davis Hall	14 9:30 Bingo 10-2 Bridge/Skip-Bo	15 10 am Lawyer for a Day 10:15 Yoga Class 11:30 Tai-Chi	16 9:30 Outreach 9:30 Town Nurse 10-2 Bridge/Skip-Bo 10 am Painting Class	17
20 9:30 Zumba Davis Hall	21 10-2 Bridge/Skip-Bo 10 am SHINE 11 am Tuesdays Connection	22 10:15 Yoga Class 11:30 Tai-Chi	23 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	24
27 9:30 Zumba Davis Hall	28 10-2 Bridge/Skip-Bo	29 10:15 Yoga Class 11:30 Tai-Chi	30 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	31

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.



Outreach Coordinator - Sally Steele

Five Wishes lets your family and doctors know:

- Who you want to make health care decisions for you when you can't make them.
- The kind of medical treatment you want or don't want.
- How comfortable you want to be.
- How you want people to treat you.
- What you want your loved ones to know.

Five Wishes is written in everyday language and helps start and structure important conversations about care in times of serious illness. Five Wishes meets the legal requirements in 42 states (Massachusetts included).

It is very simple to complete and print, online, at <https://fivewishesonline.agingwithdignity.org>. Or, come to my office on a Thursday and we can do it together online. Additionally, I have copies you can take and fill out with a relative, friend, doctor, etc. Once it is signed and witnessed, your **Five Wishes** is a legal document.

Sally Steele, Outreach Coordinator
978-779-3314 or 978-870-8002

Bolton Public Library, 738 Main Street

The Friends of the Bolton Library will hold their semi-annual Used Book Sale at 697 Main Street in Bolton (The Houghton Building). The preview sale for the Friends of the Library will be on May 3rd, from 6:30 – 8 pm. The public sale will be held on May 4th, from 9:00 am – 1:00 pm. We have a wide variety of paperback and hardcover books, perfect to stock up for your summer reading. Pricing: Paperbacks – \$1.00, Hardcover books – \$2.00, specialty pricing on some children's books and paperbacks.

Open mike is on the third Tuesday of each month.

Local History Discussion Group with Roger Breeze meets on the first and second Wednesday of each month at 1 p.m. Next meeting dates: May 1, May 8.

Genealogy instruction is the third Wednesday of each month, also at 1 p.m. Next meeting date: May 15

From the mouth of Will Rogers who died in 1935.

“Income tax has made more liars out of the American people, than golf has.”

“Baseball is a skilled game. It's America's game--it; and high taxes.”

“It ain't taxes that's hurting the country, it's interest.”