



# Bolton Senior Newsletter

October 2010  
Volume 1  
Issue 9

The Bolton Senior Center  
600 Main Street (Rt 117)  
Bolton, MA

Mailing address:  
P.O. box 342  
Bolton, MA 01740

Director of the Senior Center:  
*Sheila Chmielowski*

**Phone: 978-779-3313**

*Hours: Tuesday, Wednesday, and Thursday from 9am to 2pm*

## ***Volunteers Wanted, Needed and Loved!***



FOBS is pleased to announce the addition of a Coordinator of Volunteers member, Mary Boyd, who will schedule and work with volunteers. If you can volunteer for an hour or two a month, you will be truly valued. Contact Mary Boyd by telephone at 978-779-2940.

If you have a few hours to spare at any time, we have some rewarding volunteer work that you could do. If your cooking isn't appreciated at home, it surely will be at the senior center. If you

have craft skills, organization, project management skills, or could write Thank-you letters for us, we really need you. There is great camaraderie in being a volunteer and a good feeling at the end of the day that you have made a difference. Please call Mary Boyd, our new Coordinator of Volunteers 978-779-2740. Volunteers are also needed to assist with public relations, the FOBS website, fund-raising, and buddy phone calls for seniors living alone. Also on the wish list is a local activities ideas member who could establish links with school and drama programs.

Effective September 1, Brenda Evans became president of the Friends, and is pleased to announce both the appointment of Mary and the formation of a Board of Directors. Brenda notes how volunteers make a significant difference in the lives of Americans, and urges Boltonians of all ages to consider becoming members of FOBS. Studies have shown that people who volunteer are more satisfied with their lives than those who don't. And contrary to some opinions, more people nationwide are now volunteering than a few years ago. FOBS meets monthly to plan activities and discuss senior needs. The group has been most recently guided by the results of a summer 2009 questionnaire, returned by 325 seniors, that indicated an interest in additional activities and services. To meet those needs and requests, FOBS needs more volunteers.

Editor's .note: Is there something that's been niggling at you in the back of your mind that you would like to do? For me it was writing on a newspaper and here I am writing a newsletter. Call Mary and let her fit you to a long time desire. Are you shy and want to meet people? Volunteer to be a greeter at the senior center door. The work is easy and you will meet lots of people in a non-threatening environment. Think about it.

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## Center Activities

For information or to sign up for activities please contact Sheila at the senior center at 978-779-3313.

**Tamara Bedard, town nurse**, will be at the senior center on the 3rd Thursday of the month from 9:30-11:30. This month it is October 21. If you need immediate assistance, she can be reached by phone at 978-772-3335 x 340. All town residents regardless of age are welcome.

**Elder Keep Well Program** is sponsored by WHEAT. The VNA Care Network nurse will be at the senior center on Thursday, October 14 from 12 noon to 2. She will discuss health issues and assist you with physician referrals.

**Wheat Food Bank** delivers USDA food to eligible residents on the 2nd Tuesday of the month. This month we are back to normal. The food will be delivered and distributed out of the town hall on October 12 between 11:30 and 12:30.

**Any Kind of Needlework Club** meets at the Bolton Country Manor on Thursdays at 2 pm. All are welcome. For more information contact Flo at 779-2928.

**Cribbage or Scrabble?** Interested contact Flo at 779-2928.

**In Home Fix-it Program** sponsored by the Bolton Lions Club will assist elders with small jobs in your home. The labor is free - you only pay for needed supplies. COA thanks the Lions Club for this service.

**Yoga For Health** sponsored by the FOBS is held on Wednesdays from 10:15-11:00. Cost is \$3.00 per class. Wear loose comfortable clothing. The class is suitable for all fitness levels. New students welcome - just show up.

## Woodcarving anyone?

The senior center has an opportunity to schedule wood carving classes at no charge. Please call the center if you are interested in joining this class.

## Center Activities cont.

**Lawyer For A Day** is by appointment only. For an appointment call Sheila at 779-3313. Attorney Dan M. Tremblay will be at the senior center on the 3rd Tuesday of the month from 10 - 12 noon. His next visit is October 19. This is a FREE PRIVATE ½ hour consultation. You can discuss any questions or concerns regarding Elder Law, Collaborative Law, Mediation, Estate Planning, Guardianship, Probate, etc. This is a private one-on-one visit.

**Mart Van** is available to seniors and handicap residents on Tuesdays, Wednesdays and Thursdays from 9:30 - 3. Call 779-3313 at least 24 hours in advance of a requested trip for a required reservation. Cost is minimal.



**Relax with Reiki:** Reiki is a system of hands-on healing that allows you to feel relaxed, calm, and peaceful. Linda, your Reiki practitioner will be focusing on the head and shoulders only. Each individual session will last about 15 minutes. Linda will be here on Wednesday, October 6 from 1-2 p.m. Come Experience and enjoy the Reiki energy! **FREE** class.

**Genealogy Class:** Wednesday, October 20, Roger Breeze will hold a genealogy class at 12:30 pm at the **Bolton Public Library**. If you are interested in looking up your "Family Tree" then Roger will help you. This is a **FREE** class.

**Shine:** Health Information: for an appointment call Sheila at 779-3313.

The senior center provides speakers and professionals to help inform us regarding current senior issues. At no time is this to be construed as an endorsement from the Council on Aging.

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## Center Activities cont.



### NEW Basic Computer Skills Class



Do you want to learn about using a computer? The Bolton Senior Center will be offering a four week Basic Computer Skills course that will start with how to turn on a computer. You do not have to own a computer to participate. The class will offer an overview of what you can do on a computer, using simple practice exercises. We will be surfing the Internet before you know it. The fee is \$40. for four one-hour classes. They will be held on Tuesdays from 1-2 p.m. Contact Sheila at the senior center at 779-3313 for further details and to sign up if interested. Classes will be limited to four students.

### Trip Policies

Trips require a minimum of 30 to 45 seniors to operate. Tour companies cancel trips if minimum is not met. In most cases, the trip money is due one month prior to the trip to guarantee your seat on the bus. Payments are needed in advance to reserve the trip with the tour company. There are no refunds to "No Shows" on the day of the trip. Cancellations, depending on how far in advance they are given, may incur a penalty or loss of your total payment unless we can fill the seat from a waiting list or the trip is cancelled. All checks should be made payable to (please note the change) **Senior Citizens Association**. Our neighboring town seniors are always welcome on our trips if there are seats available on the bus. The town of Bolton subsidizes the bus cost, therefore, Bolton seniors have precedence over neighboring town residents. Our senior neighbors due to budget restraints will be charged an additional \$5.00 on all trips.

### North Shore Music Theater – Dirty Rotten Scoundrels

If you have signed up and paid for our trip to North Shore Music Theatre to see "Dirty Rotten Scoundrels", the bus will be leaving the Trinity Church at 11:00 a.m. sharp, Wednesday, October 6<sup>th</sup>. **Please be at the church no later than 10:45 a.m.** Don't forget that lunch is on your own, therefore, we are suggesting that lunch be brown bag or you can purchase food at the theatre. There are picnic tables available. Approximate time back to Bolton is 6:00 p.m.

**Senior Newsletter** is available through email and around town at the Town Hall, senior center, Great Brook Farms, Plantasia, Bolton Orchard, library, Clinton Bank, Country Cupboard and Quality Dry Cleaners as well as through the town website: [townofbolton.com/Council on Aging/ Senior Citizens Newsletter Archives](http://townofbolton.com/Council on Aging/ Senior Citizens Newsletter Archives). You may also find it at [www.seniorpublishing.com](http://www.seniorpublishing.com). Lower left of home page put in Bolton and hit search. For email send address to [susanetripp@gmail.com](mailto:susanetripp@gmail.com)



# OCTOBER



Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
3	4	5 10 am COA meeting 10-2 Bridge/Skip-O	6 10:15 yoga 10:45 meet Trinity Church for theater trip 11:30 scrabble 1pm Reiki class	7 10 am Art class 10-2 Bridge/Skip-0	8	9
10	11	12 10-2 Bridge/Skip-O 11:30 - 12:30 am Food Distribution at Town Hall	13 10:15 yoga 11:30 scrabble	14 12 noon VNA nurse 10 am Art class 10-2 Bridge/Skip-0	15	16
17	18	19 10-2 Bridge/Skip-0 10 Legal Advice 11 Tuesdays Connection	20 10:15 yoga 11:30 scrabble 12:30 Genealogy class at library	21 9:30 Town Nurse 10-2 Bridge/Skip-0	22	23
24/ 31	25	26 10-2 Bridge/Skip-0	27 10:15 yoga 11:30 scrabble 12:30 Genealogy class	28 10 am Art class 10-2 Bridge/Skip-0	29	30


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## Outreach Corner

**Kathryn Becker, Outreach Coordinator**

**Telephone:** (978) 779-3313     **Email:** BoltonOutreach@gmail.com

*The mission of the Outreach Program is to make contact with senior citizens, determine their needs and interests, and to meet those needs and interests through appropriate referrals, program development and advocacy.*

Kathryn can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate and support for elders in need. If you or someone you know has questions or needs help, please call Kathryn at the Council on Aging office at **978-779-3313**. She is available at the Senior Center at 600 Main St. on Thursdays 9 a.m. - 3 p.m. All information shared is confidential.

## Apply for Fuel Assistance



After the warm summer we experienced, it's finally starting to cool down and the heating season is just around the corner.

The Fuel Assistance program runs from Nov. 1 to Apr. 30, but applications are being accepted *now*. If you have been on Fuel Assistance before, you should have already received your renewal application. If you need any help filling it out or making copies of the documents that you need to attach, please contact Kathryn.

If you are new to Fuel Assistance and would like to apply, eligibility is based on the size of the household and the combined gross income. The income eligibility requirements are: For an individual—\$30,751; for two persons—\$40,213; for three persons—\$49,675.

Please call Kathryn at the COA office at 978-779-3313 if you are interested in applying for Fuel Assistance. You will be given a list of documents that you will need for the appointment. You may also call New England Farm Workers' Council in Fitchburg at 978-342-4520 to apply.

## Alzheimer's Caregiver Support Group

Meets on the first and third Fridays of each month from **10-11:30 a.m.** at **Clinton Hospital**, Conference Room A. For more information call facilitators Kristi Mendoza (978) 365-4537 or Erin Flowers (978) 368-3831.

## Cleaning for a Reason

Do you know a woman who is currently undergoing cancer treatment?



There is a **FREE** housecleaning service that is available one time per month for 4 months while she is in

treatment. Register on-line at: **www.cleaningforareason.org** or call **877-337-3348**. The woman's doctor must fax a note confirming treatment.

### Applications/Information Available at the COA Office

- Food Stamps
- RMV Disabled Placard app.
- Circuit Breaker Tax Credit
- Caregiver info. packet
- Fuel Assistance
- File of Life
- Lifeline
- Free Cell Phones

**REPRESENTATIVE KATE HOGAN'S  
NOTES FROM BEACON HILL**

### Senior Area Speed Limits

**House Bill 543: Legislation to provide for the establishment of senior citizen safety zones in cities and towns** was recently reported out favorably by the Committee on Steering and has been ordered to a Third Reading. This bill would lower speed limits near senior facilities across the state. If passed, this law will allow our towns to create 'senior safety zones' and reduce the speed limit to 20 mph in these designated areas. The zones include senior housing, hospitals, nursing homes, assisted living facilities, and senior centers. The intent of this legislation is to decrease the number of accidents and injuries that occur, every year, because current posted speed limits do not alert drivers to community facilities that require caution. This bill will protect seniors having to cross streets in busy traffic and will alert drivers – through signage - that they are in a senior citizen safety zone.

### Second Annual Senior Town Meeting needs your ideas

After the great success of last year's First Annual Senior Town Meeting, I look forward to holding our second annual meeting in the spring. The event is a great opportunity to bring townfolk together and is informative for both the seniors who attend and the presenters who hear what's on your mind. Last year seniors from Bolton, Hudson, Maynard, and Stow discussed both the upcoming safe driving bill (as it was still in committee) and the details of the federal health care reform legislation and its impact on seniors. State Rep Kay Kahn and Mass Home Care's Al Norman took questions as well. We are still in the planning stages for this spring event and I would appreciate hearing from you about issues of concern. Your input is important to me. Please call 617-722-2060 or email my office [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov) with any thoughts, ideas or suggestions you might have.

### Fall Hours for District Office

My new aide, Scott Kjellberg, will be in the district office on Thursdays starting in September. The office is located in the basement of the Maynard Town Hall and will be open from 10am to 4pm. Feel free to drop by on Thursday or schedule an appointment with Rep Hogan by calling 617-722-2060 or email at [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov).

*Kate Hogan*

- **State House**, Room 33, Boston, MA, 02133
- **District Office**: Maynard Town Hall, 195 Main St.
- **Phone & Email**: 617-722-2060 or email [Rep.katehogan@hou.state.ma.us](mailto:Rep.katehogan@hou.state.ma.us)

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## Bolton Council on Aging EMERGENCY CALL LIST

- Do you live alone?
- Do you have difficulty with mobility?
- Do you live some distance from any neighbors?
- Do you have serious health problems?

If you answered YES to any of these questions, the Bolton Council on Aging extends an invitation to you to register for our Emergency Call program. *All information is confidential and will be shared only with emergency personnel.* It will be used only in times of emergencies— such as during severe weather, or lengthy power outages. During such emergencies we would use this information to conduct a telephone check on you. If you needed assistance or if we couldn't reach either you or one of your emergency contacts to verify your safety, the proper authorities would be notified.

**\_\_\_ YES, I want to be checked on by telephone during times of emergency.**

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Do you have a cell phone? \_\_\_\_\_ Cell phone number \_\_\_\_\_

Address \_\_\_\_\_ Number in Household \_\_\_\_\_

Friend or neighbor we can call to check on you in case of emergency:

Name \_\_\_\_\_ Telephone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Family member we can call to check on you in case of emergency:

Name \_\_\_\_\_ Telephone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Are you: \_\_\_ Legally Blind \_\_\_ Deaf \_\_\_ Insulin Diabetic \_\_\_ Speech Impaired \_\_\_ Other

Are you confined to: \_\_\_ Bed \_\_\_ Wheelchair \_\_\_ Walker/Cane \_\_\_ Crutches

Do you use a Life Support System? \_\_\_ Yes \_\_\_ No

Oxygen \_\_\_ Respirator \_\_\_ Dialysis \_\_\_

Are you receiving home care? \_\_\_ Yes \_\_\_ No Name of Agency \_\_\_\_\_

*I certify that all the information listed here is correct. I understand that I am responsible if there are any medical expenses associated with emergency evacuation and shelter. I give permission for the Town of Bolton and it's public safety agents to use this information in the event of an emergency to insure my safety.*

Signature \_\_\_\_\_

\_\_\_\_\_ Date

**Please return form to Kathryn Becker, Bolton Council on Aging, 600 Main St., Bolton, MA 01740**



**Friends of the Bolton Seniors (FOBS) Corner**  
**A non-profit 501 (C)(3) corporation**



**Saturday Morning Get-Togethers.** Beginning on October 23<sup>rd</sup>, 10:30 a.m. to 12:30 a.m. at the Florence Sawyer School, all seniors are invited to get together, bring games, bring crafts, just connect with fellow seniors, enjoy 2 hours with friends.

**Tuesday Connections.** October 19<sup>th</sup>, We have three speakers with energy saving tips in time for the winter season. Margaret Campbell of Easy Energy (discount electricity), Montachusett Opportunity Council and Bolton Local.

**Yoga for Health.** Two choices:

**With Marg Takarabe at the Senior Center, 660 Main St.** every Wednesday morning from 10:15 a.m. to 11:00 a.m. The FOBS subsidized fee is \$3.00, the Yoga is gentle and can be done sitting on a chair.

**With Kathy Breen at Davis Hall, First Parish Church of Bolton,** main street next to the town hall. Mondays and Thursdays Vigorous Flow 6:30 PM; Tuesdays 5:15 Gentle; Tuesdays 2PM-Gentle-Moderate. The FOBS subsidized fee for seniors is \$3.00. Non-seniors welcomed. Kathy Breen's website:  
<http://jinpametokyogastudio.vpweb.com/AboutUs.html>

**Book Club** continues on the first Thursday of each month at 6:30 at the Senior Center, 600 Main St. at 6:30 pm. Please contact Shirley Sefton at 978-779-2216 or [susanetripp@gmail.com](mailto:susanetripp@gmail.com) for more information or to join.

**Fuel Assistance.** With winter coming, if you need help paying for oil, or know someone who does, Please call Terry Abdalian at 978-635-1025. All calls are kept confidential.

**Zumba Gold** Monday night classes will begin on September 27, from 7:30 to 8:30 in the Sawyer School gymnasium. The fall session includes 8 classes between Sept. 27 and Nov. 29, excluding Oct. 11. Wednesday afternoon classes will run from September 29 to November 19, from 4:00 to 5:00 p.m., also in the Sawyer School gymnasium, also for 8 classes. Zumba combines exercise, simple dance moves and Latin music for an overall happy, fun experience. Zumba Gold is designed for people over 50. Our instructor is Terry Myers Coney ([terrypains@comcast.net](mailto:terrypains@comcast.net)). She will combine some of the songs you learned last spring with a couple of new numbers. Cost for seniors (60+) is just \$3.00.

**Bolton Historical Afghans** are available in cranberry and black and will provide warmth for the fall and winter seasons. They make very special presents. We are offering a special price for seniors of \$30.(regularly \$40). Please call Terry at 978-635-1025.

## **NEWS FROM SHINE OCTOBER 2010**

### **This is an Important Time of Year for Those on Medicare**

During the month of October if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information about your plan changes for next year. **It is extremely important that you OPEN, READ and SAVE ALL LETTERS YOU RECEIVE FROM YOUR PLANS!**

During the annual Medicare Open Enrollment (November 15<sup>th</sup> thru December 31<sup>st</sup>), our SHINE (Medicare) Counselors can help you understand your plan changes, as well as other options you may have. If you want a different plan for next year, you will have a chance to CHANGE your Prescription Plan or Medicare Advantage Plan at this time.

**During October and November, the SHINE Program will be speaking at Senior Centers throughout the region about the New Health Care Reform Law (Affordable Care Act), and changes to Medicare and Medicare Plans for 2011. You are welcome to attend any presentation. Call your local Senior Center for date and time of the presentation. You may also call the SHINE Regional Office at 508-422-9931, for the date and time of a presentation near you.**

**You can now access our monthly SHINE chat line, sponsored by the Central Massachusetts Agency Aging, on the second Tuesday of each month. To attend the SHINE Session, go to [www.SeniorConnection.org](http://www.SeniorConnection.org) and click on Connection for Caregiver button. Then click on the Support Groups and Chats button. Create a username and password, log in and click on SHINE.**

*If you need help on 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.*

#### **AFFORDABLE CARE ACT (HEALTH CARE REFORM) PROGRAM**

The SHINE (Serving the Health Information Needs of Elders) Program will conduct a presentation at Bolton Senior Center on Tuesday, November 23<sup>rd</sup> at 10:00 a.m. The program will provide seniors and their caregivers with the latest information about the Affordable Care Act, and how it will affect Medicare benefits. Some of the issues discussed will be how the Affordable Care Act will continue to close the MEDICARE Part D "Donut Hole", provision for a free annual wellness visit, eliminate co-pays for most Part B preventative care tests, and changes to the Medicare Advantage Plans, HMO's, PPO's, and PFFS plans that seniors may subscribe to, that are available in Worcester County. Finally, they will be discussing MEDICARE Part D Plan changes and how they may impact beneficiaries, and various programs that will help low income beneficiaries with their premiums and co-pays. These meetings are very important! Please plan on attending!

## **Short Survey on the Mart Van**

The COA asks that you take a minute to answer this short questionnaire about the Mart Van for Seniors. Your comments will be kept confidential.

1. Have you ever used the Mart van? Yes No
2. If so, how often do you use it per month? 1-3 time 4-7 times more than 7 times
3. Please tell us what you like and dislike about the van.
4. If you do not used it, please tell why?

Please either Email your answers to Susan Tripp at [susanetripp@gmail.com](mailto:susanetripp@gmail.com) OR Mail to the Council on Aging, 600 Main St., Bolton, MA 01740 - please add your address OR Call Margaret Nangle at 978-634-1710.

We appreciate your taking the time to let us know your feelings about the Mart Van.

Thanks

The Bolton Council on Aging

## ***Bolton Library News***

There's truly something for everyone at the Bolton Public Library. Check our website (<http://www.boltonpubliclibrary.org>) for a full calendar including programs for children and teens, museum passes, and more.

Open Mike for musicians and poets returns on Wednesday, October 27 . Sign-up starts at 6:30 and performances at 7. Past open mikes have featured a wide variety of musical styles, from folk and country to rock and jazz. Anyone with musical talent is welcome to participate, and appreciative audience members are encouraged to attend.

More dates to remember in October:

- \* **October 2:** begin America Craft Week with demos and make & takes from Bolton Artisans Guild
- \* **October 6:** Bolton resident, attorney, and author David Wylie discusses his new book
- \* **October 7:** author Jeff Belanger discusses weird Massachusetts!
- \* **October 13:** the Gravestone Girls show and discuss the art in Bolton's old cemeteries
- \* **October 14:** motivational speaker Rita Schiano on recapturing your spirit
- \* **October 20:** author Nicholas Basbanes on the gentle madness that is book collecting

## MARY, QUEEN OF SCOTS PRESENTATION



Come join Mary, Queen of Scots on Wednesday, November 10<sup>th</sup> at 1:00 p.m. as she shares her fascinating life as infant Queen of Scotland, teenage Queen of France, and cousin/rival of Elizabeth I. Often described as one of the most tragic Queens in history, see why ruling with your heart can sometimes lead to losing your head.

Muriel Dyas began sharing her passion for history years ago with various homeschooling affiliations. She is back by popular demand to bring her performance of Mary, Queen of Scots to our seniors. Her prior presentation of Anne Boleyn was enjoyed immensely by all. She hopes that each performance brings knowledge, empathy and a bit of humor to the lives of the women she portrays. Please mark your calendars accordingly and do not miss this excellent program at the senior center in November.

*Distribution of this newsletter is made possible in whole or in part by a grant from the Massachusetts Office of Elder Affairs*

### Bolton Council on Aging Board

Chairman:	Doris Ettinger .....	779-2717
Vice-Chair/Police Liaison:	Barbara Brown.....	779-6472
Treasurer:	Flora Wilson .....	779-2928
Secretary:	Margaret Nangle.....	634-1710
Meals on Wheels:	Shirley Sefton .....	779-2216
Honorary Member/Outreach:	Irene Spencer.....	368-0740
Legal Advisor:	Daniel Tremblay .....	779-2236
Bolton Country Manor Liaison:	Jean Cahill .....	634-1032
Regency Liaison:	Emma Herbison.....	634-1679
Newsletter Editor:	Susan Tripp.....	634-1716

All programs/  
activities are held at  
the Bolton Senior  
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otherwise noted.

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only. Please respect  
“resident only”  
parking. Additional  
parking is available  
in the lot the left of  
the Manor

#### Mailing address:

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