



# Bolton Senior Newsletter

April 2011  
Volume 2  
Issue 4

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

**We say good-bye once again. Out oldest resident, Phyllis Stephenson has passed.** Phyllis was 104 at her death. Her friend, Nella Perkins is remembering some good times. She and Phyllis would go to the First Parish Church fair and every year Nella would just get them both corn chowder, tea and apple crisp. One year Nella thought to ask Phyllis ...by the way is there something you would like besides corn chowder? and Phyllis immediately said a tuna sandwich. She was like that - never complaining, grateful to her friends for their consideration and not putting her own wants forward. Phyllis immigrated from England and was a nurse at NE Baptist Hospital. She and her husband Howard founded the Bolton Spring Farm.

Our condolences to her family and her many friends.

**PONDEMONIUM!!** Join us for a **POND PARTY** on **Saturday, April 2 from 11am to 1pm at Davis Hall**, First Parish Church, 673 Main St., Bolton. Rona Balco, a talented artist and naturalist, will be exhibiting her many animal sculptures. She will give a talk on pond life using a slide show of the many seasons of Fyfeshire pond. You can taste "pond punch" and critter cookies and test your knowledge of skat. There will be many activities fit for adults and children. Sponsored by the Group for the Preservation of Fyfeshire

On Thursday, April 28 starting at 7 p.m., the Bolton Historical Society and Bolton Public Library will welcome Katherine Houston, speaking on the subject of painted porcelain. Emma Whitney, one of the Library's founders, was a talented painter and many of her works are in the Bolton Historical Society's collections. A representative selection will be available for viewing at this event.

Ms. Houston describes herself as "a living artist working in an 18<sup>th</sup> century technique." Her works are in museums and private collections worldwide, and have been sold at notable establishments such as Saks Fifth Avenue, Neiman Marcus, and Bergdorf Goodman. For more on Ms. Houston, see her website at <http://www.katherinehouston.com>



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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

### ***Trips***

#### ***Foster's Downeast Clambake***

This year's Maine Clambake will take place at Foster's Downeast Clambake in York Harbor, Maine on Wednesday, May 4th. It's Lobster "in the rough" featuring Maine hospitality and live entertainment. You may choose 1 or 2 lobsters. With your lobster there are steamed clams, cultivated mussels, vegetables and blueberry cake. The cost is \$38.00 for 1 lobster or \$48.00 for 2 lobsters. Payment is due no later than April 13th. Further details will follow as to departure time and arrival back to Bolton.

#### ***Block Island, R.I.***

The Bolton Council on Aging presents a trip to Block Island on Wednesday, June 15th. Trip includes a round trip to Block Island on the Block Island Ferry, one hour site-seeing bus trip around the Island, and a box lunch (ham or turkey) with chips, soft drink and dessert. The maximum number of passengers that we can book for this trip is 41, therefore, please book and pay for your trip as soon as possible to prevent being shut out. Cost is \$51.00 per senior. Please remember to add an additional \$5.00 for out-of-towners. Deadline for payment is May 25th.

#### ***Trip Policies***

- \***Payment is needed in advance to reserve your seat.**
- \*There are no refunds to "No Shows" on the day of the trip.
- \***Early cancellations may be refunded. Contact Sheila as soon as possible at 779-3313.**
- \*Bolton seniors have precedence over neighboring towns whom are welcomed but put on a wait list on a first come first served basis. Upon cut-off this list will be used to fill available seats. Out of towners will be charged an additional \$5.00 to offset costs to the Town of Bolton.
- \* **All checks should be made payable to Senior Citizens Association.**

## Center Activities

### **Wanted Compact Freezer**

The Council on Aging is in need of a good operating compact freezer. If anyone has one that they are not using please contact the senior center at 779-3313.

**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. The Council On Aging and those who have used this service thank the Lions Club.

**Elder Keep Well Program** is sponsored by WHEAT. The VNA nurse will be at the Senior Center on Thursday, April 14 at 12 noon.

**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 April 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.

**Relax with Reiki** is a system of hands-on healing that allows you to feel relaxed, calm and peaceful. Linda is available for 15 minute appts on Wednesday, April 6 from 1-2 pm. Call 779-3313 to reserve your time slot.

**Wheat Food Bank** delivers food to eligible residents on the 2nd Tuesday of the month. This month the date is April 12 between 11:30 and 12:30 at the Town Hall.

**Any Kind of Needlework Club** meets at the Bolton Country Manor, 600 Main St. on Thursdays at 2 pm. All are welcome. For more information contact Flo at 779-2928.

**Cribbage or Scrabble?** Contact Flo at 779-2928.

**Shine for appt call 978-779-3313**

### **Mart Van**



Just a reminder that the van service is available to seniors and handicap persons on Tuesdays, Wednesdays and Thursdays from 9:30 am to 3:00 pm. For reservations, call 779-3313 at least 24 hours in advance of the requested trip.

### **Basic Computer Skills Class**

The Bolton senior Center is offering a four week basic computer skills course. The fee is \$40 for 4 one-hour classes and is limited to 4 students. Classes will be held on Tuesdays from 2 to 3 pm. Sign up at 779-3313.

**Lawyer For A Day** is by appointment only. Attorney Dan M. Tremblay's next availability is April 19. This service is free. Call 779-3313 for appointment.

**Yoga For Health** sponsored by FOBS is held on Wednesdays at the senior center from 10:15-11:00. The cost is \$3.00 per class. Marg, our leader, gears the class to seniors and is suitable for all fitness and age levels. New students are welcome - just show up.

**Wood Carving** is available. If interested call 779-3313 to sign up.

**Medical Equipment** is available at the Senior Center for loan as long as you need it. Before you buy contact Sheila at 779-3313, we may have what you need.

Please note that the senior center occasionally provides speakers and professionals to help inform seniors regarding current issues. This service is educational and allows seniors to ask questions for themselves. This is not an endorsement from the COA.

## News from Shine April, 2011

### Can You Lower Your Medicare Drug Costs?

You may be able to lower your drug costs if you qualify for "Extra Help." This federal program helps pay for the costs of the Medicare Part D prescription drug plans for people with limited income and assets.

If you are an individual with income below \$16,575 and assets below \$12,640 or a married couple living together with income below \$22,305 and assets below \$25,260, you may be eligible for this Extra Help. For more information about this program, visit [www.socialsecurity.gov](http://www.socialsecurity.gov) or call Social Security at 1-800-772-1213.

There is also a state program, Prescription Advantage, which may help to lower your drug costs. This program allows a higher income level and has no asset limit. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

For help applying for either of these programs, call your senior center and ask for a SHINE appointment or call 1-800-243-4636, leave your name and phone number and they will get back to you.

### **Smoking Cessation for Veterans**

Gov. Patrick has announced a new statewide **smoking-cessation program for veterans**. This program offers free support to veterans who are trying to quit smoking. Veterans and their family members can now call the Massachusetts Smokers Helpline at **1-800-QUIT NOW (1-800-784-8669)** or go to [www.makesmokinghistory.org/veterans](http://www.makesmokinghistory.org/veterans) to receive free telephone support and a 2-week supply of nicotine patches to help quit smoking.

**District Office:** Maynard Town Hall, 195 Main By  
appointment call 617-722-2637 or email  
[Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)

## Kate Hogan's Notes from Beacon Hill

By appointment call 617-722-2060 or email

### *State Budget Priorities for Fiscal Year 2012*

As we, in state government, begin the 2012 budget cycle we face the harsh reality of a \$1.5 billion structural deficit. This deficit means that we have \$1.5 billion more in projected budget spending than we have in expected revenue. As Co-Chair of the Elder Caucus, I worked with Rep. Jen Benson, as well as other legislators and advocates to present the four most important budgetary priorities for seniors to the chair of the House Committee on Ways and Means. I will work to keep line items as closely aligned with last year's numbers as is possible:

**Adult Day Health Programs:** Adult Day Health Programs are designed to meet the physical and social needs of elderly and disabled adults by providing nursing care in community settings. ADHP is vital in keeping seniors, and the disabled, out of nursing homes. ADHP's save money: nursing home care costs upwards of \$60,000 per person annually, while Adult Day Health Programs cost \$15,000 per person a year. *(As we were going to press the Department of Elder Affairs announced an indefinite delay to previously announced plans for cuts to Adult Day Health Programs!)*

**Home Health Care:** The home care purchased services and home care management help seniors avoid premature institutionalization. Keeping elders in their own homes is both morally and fiscally responsible.

**Elder Protective Services:** Elder abuse has increased 31% since 2008. Our state budget for elder protective services has declined by 9% in the same period. The Aging Service Access Points offer needed assistance for vulnerable seniors who are victims of mental and physical abuse, neglect, intimidation, or financial exploitation.

**Local Aid to Councils on Aging:** Local COA's serve as community centers for seniors, opportunities for service and provide invaluable resources on a daily basis.

*(If you have any questions or concerns regarding the budget- feel free to call the office number below and to the left to speak with Rep Hogan.)*

**State House,** Room 544, Boston, MA, 02133 / phone  
617-722-2637



## ***Outreach Corner***

***Kathryn Becker, Outreach Coordinator***

Tel.: (978) 779-3313 /Email:

BoltonOutreach@gmail.com

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. Please call **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.

### **\*\* FREE ! Introduction to the Internet \*\***

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Call to schedule your first appointment now!

Bigelow Free Public Library, 54 Walnut St., Clinton, MA

**(978) 365-4160**



### ***Meals on Wheels Program***

The Bolton Council on Aging through Montachusett Opportunity Council (MOC) provides meals to elders who are unable to attend a congregate meal site and require assistance with meal preparation. Hot noon time meals are delivered to an individual's home on Tuesdays and Thursdays. Upon advance request, frozen meals for other weekdays, evenings and weekends are also available for delivery with the noon meal. Each meal meets one-third of the Recommended Daily Allowances for adults, and is appropriate for a 'no added salt' diet. Therapeutic diet meals are available with a physician's prescription.

**Eligibility:** Must be at least 60 years of age and homebound. Requested donation is \$2.00 per meal. Call Shirley Sefton at 978-779-2216 if you think that you need Meals on Wheels.

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



- ☛ **FOBS FUEL ASSISTANCE PROGRAM:** If you need help paying for oil, or know someone who does, please call Terry Abdalian at 978-634-1025. This program is additional to state programs and has fewer restrictions.
- ☛ **YOGA AND ZUMBA GOLD DANCING** - FOBS subsidized fee \$3.00
- ☛ **SENIOR CENTER YOGA** with Marg Takarabe is Wednesday 10:15 a.m. to 11:00 a.m. The Yoga is gentle chair yoga.
- ☛ **DAVIS HALL, FIRST PARISH CHURCH YOGA** (Kathy Breen)  
<http://www.kathybreenyoga.com> Tuesdays 5:15pm Gentle; Tuesdays 3:30 pm.- Gentle-Moderate. ZUMBA GOLD Dancing for April through June is being discussed. Details to follow.
- ☛ **TUESDAY CONNECTIONS:** April 19<sup>th</sup> from 11-1 pm at the Bolton Senior Center, 600 Main Street, Bolton. Lunch and entertainment provided by 4H. We are hoping to see some furry bunnies from the Bunny Club.
- ☛ **SENIOR APPRECIATION MONTH:** FOBS first Senior Breakfast has been rescheduled to May and will be part of Senior Appreciation Month. A full program of events is being planned for Senior Appreciation Month which will include Wine Tasting and a raffle, a Tuesday Connection with the Gardening Club, a lunch, May baskets, a field trip to see Model Airplanes fly.
- ☛ **AFGHANS:** Bolton Historical Afghans are available in cranberry and black for \$30.

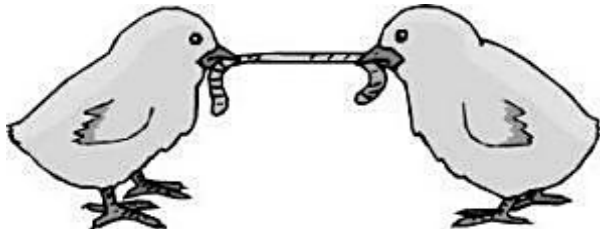
### ***Marie Antoinette***

The Council on Aging presents a visit from Marie Antoinette on Wednesday, May 25th at 12:30 p.m. We have asked Muriel Dyas back by popular demand to entertain us with another presentation of scandalous, interesting, historical women. Ms Dyas gave us a wonderful presentation of Alexandra, The Last Czarina which was so entertaining that all present have asked for another performance.

An Austrian archduchess, Marie Antoinette was born at the very apex of the European social pyramid. By the age of 21, she was Queen of France, the most prestigious throne of all. Come hear Marie tell her story of a decadent lifestyle with little known facts and her personal stories. The royal lifestyle led to her unpopularity and eventually the French Revolution.

### **Tax Season Scam**

Scammers are using scare tactics (threat of audit) or promise of reward (large refunds) to capture personal and sensitive information. The IRS **does not ask** for personal information over the phone. The IRS still corresponds through paper. Do not be intimidated, call 911.



# April, 2011

hours: Tuesday, Wednesday, Thursday 9am-2pm

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
3	4	5 10am COA meeting 10-2 Bridge/Skip-O	6 10:15 yoga 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 Food Distribution	13 10:15 yoga 11:30 scrabble payment due for Foster's trip	14 10 am Art class 10-2 Bridge/Skip-0 12 noon VNA nurse	15	16
17	18	19 10-2 Bridge/Skip-0 10 am Lawyer for a Day 11 am Tuesdays Connections	20 10:15 yoga 11:30 scrabble	21 9:30 Town Nurse 10 am Art class 10-2 Bridge/Skip-0	22	23
24	25	26 10-2 Bridge/Skip-O	27 10:15 yoga 11:30 scrabble	28 10 am Art class 10-2 Bridge/Skip-0	29	30

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Come to the Bolton Town Library on 4/23/11 to celebrate William Shakespeare's 447<sup>th</sup> birthday. We're planning a party for him. The guest of honor will be Queen Elizabeth I, who will arrive at 11 a.m. and talk to partygoers about her times and her connection to the Bard. (Queen Elizabeth will be portrayed by Muriel Dyas, whose repertoire includes Mary Queen of Scots, Anne Boleyn, and Czarina Alexandra of Russia.) There will be more events for adults and lots to do for children. For more information please contact the library at 978-779-2839.

## Cleaning for a Reason

If you know any woman currently undergoing chemotherapy, please pass the word to her that there is a cleaning service that provides FREE housecleaning - once per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.

<http://www.cleaningforareason.org/>

## HAPPY EASTER

*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  
Center unless  
otherwise noted.

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parking. Additional  
parking is available  
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the Manor

#### Mailing address:

P.O. Box 342 • Bolton, MA 01740

Newsletter email address: [susantripp@comcast.net](mailto:susantripp@comcast.net)