



Bolton Senior Newsletter

August 2011
Volume 2
Issue 8

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

TAKE A TRIP WITH US SPONSORED BY THE COUNCIL ON AGING

NEWPORT PLAYHOUSE & CABARET RESTAURANT

On **Wednesday, August 31** we will be heading back to Newport Playhouse for another wonderful play "*Let's Murder Marsha*". Marsha is a happy housewife who loves reading murder mysteries. She mistakenly overhears her husband planning her murder, when in fact he is planning her birthday surprise and creating a terrific nonstop comedy! First enjoy a great all-you-can eat buffet in the dining room. Then enjoy the play, and finally your dinner table awaits you for cabaret. All this for only \$51.00 per person, which includes the tour guide and bus driver's tips. **Deadline to sign up and pay is August 17th.** Hurry, this will be great fun.

PUTTING ON THE RITZ & MOHEGAN SUN CASINO

Join your friends on a trip to Mohegan Sun Casino and Cornerstone's Playhouse on **Wednesday, September 28th**. It's not often that a show comes along that promises to rekindle wonderful memories. Reminiscent of the golden age of Hollywood, *Putting on the Ritz* will take you back to a magical time when unforgettable show tunes filled the airways, and sizzling tap routines graced the hottest stages on Broadway. When you combine this show with the dazzling foliage colors in southeastern CT, shopping at Olde Mistick Village, and a visit to Mohegan Sun, 2 \$10.00 meal credits and \$20.00 free bet for the low price of only \$38.00 you can't go wrong.

TRIP POLICIES

Trip money is due one month prior departure to guarantee your seat. Payments are needed in advance to reserve the trip. There are no refunds to "No Shows" on the day of the trip. Cancellations, depending on how far in advance may incur a penalty or loss of your total payment unless we can fill the seat from a waiting list. All payment is refunded if the trip is cancelled. Make all checks payable to **Senior Citizens Association**. Due to the town of Bolton subsidizing the bus our neighboring town seniors are always welcome on a space available status. We will be charging you an additional \$5.00 on our trips. .



- > Visiting nurses
- > Home health aides
- > Rehabilitation therapists
- > Medical social workers

Medicare certified. For a referral or evaluation, call **978-287-8300** or **1-888-220-5343**.



Family & Cosmetic Dentistry New Patients Welcome

Preventative Care • Laser Whitening • Cosmetic Dentistry
Veneers • Crowns • Root Canals • Implants • Lumineers by Cerinate
Mercury-Free Fillings • Dentures • General Dentistry for the Entire Family
Amparo David D.M.D. • 563 Main Street, Bolton, MA 01740
Located at the Clinton Savings Bank Building • **978 779 2888**
www.boltondental.com

ADVERTISE HERE!

It makes sense to concentrate your advertising where it does most good - right in your neighborhood! You pay only the advertising cost.

Public relations and good will values are free.

This newsletter is kept at home a full month.

It is regularly referred to for important dates, times, events and meetings.

Call 800-732-8070

Center Activities

For information or to sign up for activities call Sheila at the senior center at 779-3313

Town Nurse, Tamara will be at the senior center, town nurse office, on the third Thursday of the month, August 18 from 9:30 to 11:30 am. All are welcome!!! If you need immediate assistance, she can be reached at 978-772-3335 x 340.

WHEAT Community Services offers a **Keep Well Clinic** at the senior center on Thursday, August 11 at 12 noon.

Attorney Daniel M. Tremblay our **Lawyer for a Day** will be at the senior center on August 16 from 10 to 12 noon. This is a FREE one half hour consultation. For **NEEDED RESERVATION**, call 779-3313.

Wheat Food Delivery will be available at the Bolton Town Hall on **Tuesday, August 9**. We are back to Tuesdays. Distribution will be from 11:30 to 12:30 and is for eligible residents only.

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. Class geared to seniors and is suitable for all fitness and age levels. New students should just show up.

Relax with Reiki a system of hands-on healing that allows you to feel relaxed, calm and peaceful focusing on head and shoulder. Call 779-3313 to reserve a 15 minute appointment on **Tuesday, July 5** available from 1-2 pm. **Please note change in day of week.**

Mart Van is available to seniors and handicap persons on Tuesdays, Wednesdays and Thursdays from 9:30 am to 3:00 pm. For **NEEDED RESERVATION**, call 779-3313 at least 24 hours in advance of the requested trip.

Shine (Serving the Health Information Needs of Elders) If you would like to talk to a representative, please contact the senior center to set up an appointment. 779-3313

Woodcarving - call 978-779-3313

Center Activities

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.

FALL PREVENTION PROGRAM

The VNA Care Network & Hospice will offer a free educational program on **Six Smart Steps to Prevent Falls** on Tuesday, August 16 from 10:00 to 11:00 a.m. **Please note the change in date.** Get your questions answered by an experienced nurse. Free give-aways!!

UPCOMING PROGRAM ON EYE CARE

D'Ambrosio Eye Care Center and Bolton Board of Health will offer a FREE vision & glaucoma screening as well as one-on-one consultation with an eye doctor on Thursday, August 18th from 9:30 to 11:30 a.m. at the senior center. No appointment is necessary. Call (978) 772-3335 x 333 with any questions.

Basic Computer Class - The Senior Center is offering a four week Basic Computer skills course that will start you off right with your computer. You do not have to own a computer to participate. The class offers an overview using simple practice exercises. Classes will be held on Tuesdays from 2-3 on our computers at the senior center. The cost is \$40.00 for all 4 classes. To enroll, call 978-779-3313.

Any Kind of Needlework Club meets at the senior center on Thursdays at 2 pm. All are welcome. For information call Flo at 779-2928.

Cribbage or Scrabble? Contact Flo at 779-2928.

Free 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 for information on current issues. This service is educational and allows seniors to ask questions for themselves. This is not an endorsement from the COA.

Nashoba Nursing Service & Hospice

*A community partnership
established in 1931 under
the auspices of Nashoba
Associated Boards of Health*

Providing Home Health
Care, Hospice and
Public Health Services

2010 Home Care Elite Award Recipient



Tel: (978) 425-6675

(800) 698-3307

www.nashoba.org

Ashby • Ashburnham • Ayer • Berlin • Bolton
Boxborough • Dunstable • Groton • Harvard • Lancaster
Littleton • Lunenburg • Pepperell • Shirley • Townsend

SPONSOR THIS NEWSLETTER!!!

It makes sense to concentrate your advertising where it does most good - right in your neighborhood!

You pay only the advertising cost. Public relations and good will values are free.

This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

Convenient Budget Payment Terms!!!!

800-732-8070

SHOW YOUR SUPPORT

sponsor your
local newsletter

Call 800**7328070**



Rep. Hogan's Senior News

THE FY12 MA STATE BUDGET & SENIORS

As Co-Chair of the Elder Caucus, I am proud of the work done by House and Senate Members to protect services for seniors in these most difficult economic times. A special thanks to Elder Affairs Chairs Alice Wolf and Pat Jehlen for their inspired efforts on behalf of seniors in the Commonwealth.

Adult Day Health: The FY'12 budget will maintain ADH rates at current levels and requires clients continue to be served. The budget also establishes a short-term moratorium on new or expansions of ADH programs until a study of ADH can be completed by December 2011. The amendment also requires that the Administration collect all cost reports and review the ADH rate structure in an effort to determine if the current structure is appropriate and eliminates the HPP level of ADH. Additionally, the amendment added \$10M to the bottom line.

The Adult Day Health programs assist 11,500 seniors and disabled individuals in Massachusetts. These programs serve a vital role in the continuum of care for seniors and the disabled. Adult Day Health Centers often make it possible for an individual to remain at home rather than having to enter a nursing home.

Councils on Aging : The budget includes an additional \$350,000 for Councils on Aging over the level funding of \$7.9M. There are 348 Councils on Aging (COAs) in Massachusetts that provide more than 440,000 elders and their families and caregivers with direct services annually. While each COA is unique to its community, most Councils offer information and referral, transportation, outreach, meals, health screening, and fitness and recreation programs.

Protective Services: The budget includes an additional \$1M for protective services over level funding of \$15.2M. This vital program investigates and resolves elder abuse, neglect, and volatile family situations. For all types of elder abuse, there are 23.5 unreported cases for every one case that is reported to an agency.

Personal Needs Allowance: The budget maintains the Personal Needs Allowance at \$72.80. This is very important to MassHealth members who reside in nursing homes and rest homes.

Senior Care Options (SCO): This budget includes language that directs MassHealth to provide information on SCOs to seniors at various stages. SCOs are managed care health organizations that serve persons eligible for both Medicaid and Medicare. The member's primary care physician and a team of nurses, specialists, and a geriatric support services coordinator, will work with the member to develop a plan of care to address the specific needs of the member. As of 2010, approximately 95,000 individuals were eligible.

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

District Office: Maynard Town Hall, 195 Main Street

By appointment: Call 617-722-2637 or email Kate.Hogan@mahouse.gov

NEWS FROM SHINE-July 2011

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. 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

It is with great sadness that we say good-bye to Mary Vespa who died this week due to a fall. She served her country as a nurse and more recently she attended the Senior Center where she was an avid bridge player. She will be sorely missed.

☛ Senior Book Club ☚

The book for August is "The Hare With the Amber Eyes" by Edmund de Waal. We normally meet at the Bolton Public Library on the second Thursday of the month at 6:15 in the evening but this month we will meet on August 20. We have lively conversations and all opinions are taken seriously. Come to join or just listen - all are welcome!

Announcing a new way to attend Selectman meetings. These can be found **LIVE** on www.TownHallStreamS.com. This is Live Streaming and Video On Demand (VOD) of BatCo Presentations accessed via the internet. Put in www.TownHallStreamS.com (put the last S in caps) and when you get to the web page just plug in our zip code to get the the Bolton site. You will be able to access various meetings as they happen. Check the town web for times.

- Very Easy Reese's cup cookies from the kitchen of Chris Sterling**
- 1 roll Pillsbury slice-and-bake sugar cookies**
- 1 bag mini Reese's cups**

Slice sugar cookie roll into 1/2 inch slices. Cut slice in half. Roll each half into a ball and place in a greased mini muffin pan. Bake in oven according to directions on the package. When cookies are beginning to get firm, but not done yet (a couple of minutes before they should be done) remove muffin pan and place one mini Reese cup in the middle of each cookie and push down. Put cookies back in oven until golden brown. If you have greased the pan then they should be easy to pop out once cooled.

— ELDER LAW —
DANIEL M. TREMBLAY
 ATTORNEY AT LAW

Protect Your Savings and Residence
 Avoid Probate
 Minimize Estate Taxes
 Gain Peace of Mind • Wills • Trusts

FREE CONSULTATION **978-779-2236**
 Rte. 117
 236 Main Street, Bolton

An experience you can bank on

Clinton Savings Bank
MEMBER FDIC MEMBER OF CUNA

888-744-4272(4CSB)
www.ClintonSavings.com

It makes sense to concentrate your advertising where it does most good

- right in your neighborhood!
- You pay only the advertising cost.
- Public relations and good will values are free.

This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings. Convenient Budget Payment Terms

Call
800-732-8010

FRIENDS OF BOLTON SENIORS (FOBS)

The **Senior Picnic** is this month! Join your friends on **Tuesday, August 23 from noon to 2:00 at Great Brook Farm, 356 Great Road (Route 117)**. The cookout will feature hamburgers, cheeseburgers, kielbasa, homemade salads, ice cream and **YOUR** delicious deserts. Join us in one or more of the following activities: a sing-along, Bocce ball, horse shoes, Bingo, and bridge. 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.
- Take them to air-conditioned locations if they have transportation problems.
- 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 window air conditioners in good working order to be given to Bolton seniors in need. Please contact Terry Abdalian at tcabdalian@comcast.net or 978-634-1025.

Yoga for Health. 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.

Yoga with Kathy Breen. Kathy is conducting several programs for both seniors and non-seniors at Davis Hall, First Parish Church. Please check Kathy's website for times and more information: www.kathybreenyoga.com.

Zumba Gold is continuing throughout the summer 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. Please call Mary Ciummo at 978-779-5145 or email her at mary@ciummo.com.

Free Cell Phones. Free cell phones are available through Safelink Wireless. You may enroll on the web at www.safelinkwireless.com, by phone at 800-977-3768, or by calling Terry Abdalian at 978-634-1025.

Tuesday Connections will be on break until September.

August, 2011 Hours: 9 am to 2 pm
 Tuesday, Wednesday, Thursday

Sun	Mon	Tuesday	Wednesday	Thursday	Fri	Sat
	1	2 10 am COA meeting 10 - 2 pm bridge/Skip-o	3 10:15 Yoga class 1 pm Reiki 11:15 Scrabble	4 10 am Painting class 10 - 2 pm bridge/Skip-o	5	6
7	8	9 10 - 2 pm bridge/Skip-o 11:30 am Food distribu- tion at Town Hall	10 10:15 Yoga class 11:15 Scrabble	11 10 - 2 pm bridge/Skip-o 10 am Painting Class 12 noon VNA nurse	12	13
14	15	16 10 - 2 pm bridge/Skip-o 10 am Lawyer for a Day 10 am Falling Prevention Program	17 10:15 Yoga class DEADLINE TO PAY FOR NEWPORT TRIP	18 9:30 am Town Nurse/ Eye Care Program 10 am Painting Class 10 - 2 pm bridge/Skip-o	19	20
21	22	23 9 am Senior Center open 12 noon Senior Picnic	24 10:15 Yoga class 11:15 Scrabble	25 10 - 2 pm bridge/Skip-o 10 am Painting Class	26	27
28	29	30 9:30 BINGO 10 - 2 pm bridge/Skip-o	31 9 am Senior Center open 9am Trinity Church for Newport trip			



WE'VE GOT THE AUDIENCE!
 ARE YOU IN THE SPOTLIGHT?
 Call Today
 800-732-8070

*Chances are with just ONE AD,
 you'll get MORE THAN
 ONE new customer!*

Bolton Police to Hold Domestic Violence Resource Forum

The Bolton Police are sponsoring a Forum on Domestic Violence Resources on Saturday, September 17th, 2011 from 10:30 to 12 at the Bolton Public Safety Center, 15 Wattaquodock Hill Road in Bolton. According to Police Chief Vincent Alfano “Domestic violence is a cancer that cuts across all levels of society, and negatively affects the safety and quality of life of thousands daily. Awareness and education are the most effective tools in combating this crime.” “Often, victims do not have the information they need to effectively and safely remove themselves from a potentially dangerous relationship. Fortunately, many resources are available from both government and private groups to assist victims.” continued the Chief.

In order to publicize these resources, the Bolton Police Department will host an informational forum for the public focusing on area assistance groups. The format for this meeting will allow several resource groups time for a short presentation. There will also be presentations by the Bolton Police and the Worcester County District Attorney’s Office. These groups will have space to set up information tables for literature and questions. “Our intent is to expose the public to the myriad of available resources, and enable them to make their own choices as to which groups they feel comfortable with, or are best qualified to assist them with their particular concerns.” said Chief Alfano recently. All are encouraged to come to the forum. The forum is not limited just to victims of abuse but also for those who need information so that they can help the victims.

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
Bolton Country Manor Liaison:	Jean Cahill	634-1032
Regency Liaison:	Emma Herbison	634-1679
Information Liaison:	Susan Tripp.....	634-1716

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

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

Mailing address:
P.O. Box 342 • Bolton, MA 01740
Newsletter email address: susantripp@comcast.net