



# Bolton Senior Newsletter

February 2011  
Volume 2  
Issue 2

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**

## ***WAYS TO STOP SPAM, TELEMARETERS and JUNK MAIL***

1) Any time you see an email that says "forward this on to '10' (or however many) of your friends", "sign this petition", or "you'll get bad luck" or "you'll get good luck" or "you'll see something funny on your screen after you send it" or whatever --- it almost always has an email tracker program attached that tracks the cookies and emails of those folks you forward to. The host sender is getting a copy each time it gets forwarded and then is able to get lists of 'active' email addresses to use in SPAM emails or sell to other spammers. Even when you get emails that demand you send the email on if you're not ashamed of God/Jesus --- that is email tracking, and they are playing on our conscience. These people don't care how they get your email addresses - just as long as they get them. Also, emails that talk about a missing child or a child with an incurable disease "how would you feel if that was your child" --- email tracking. Ignore them and don't participate!

2) Almost all emails that ask you to add your name and forward on to others are a way to get names and 'cookie' tracking information for telemarketers and spammers. **ALSO: Email petitions are NOT acceptable to Congress** or any other organization - i.e. social security, etc. To be acceptable, petitions must have a "signed signature" and full address of the person signing the petition, so this is a waste of time.

### ***Tips for Handling Telemarketers***

(1) Three Little Words That Work are '**Hold On, Please...**' Saying this, while putting down your phone and walking off (instead of hanging-up immediately) would make each telemarketing call so much more time-consuming that boiler room sales would grind to a halt. Then when you eventually hear the phone company's 'beep-beep-beep' tone, you know it's time to go back and hang up your handset, which has efficiently completed its task.

(2) When you receive those annoying phone calls with no one on the other end immediately start hitting your # button on the phone, 6 or 7 times as quickly as possible. This confuses the machine that dialed the call, and it kicks your number out of their system. What a shame not to have your name in their system any longer!!!

### ***Tips from Andy Rooney on junk mail.***

When you receive junk mail - whatever- with a prepaid return stamp fill it with other junk mail and return it to them. Let them pay the postage, dispose of litter and keep the post office busy.



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

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**Call 800-732-8070**

### **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 February 17. 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 will be at the Senior Center on Thursday, February 10 at 12 noon.

**Wheat Food Bank** delivers food to eligible residents on the 2nd Tuesday of the month. This month the date is February 8 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.

**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.

**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.

**Lawyer For A Day** is by appointment only. Attorney Dan M. Tremblay will not be available this month. His next availability is March 15.

### **Relax with Reiki**

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, February 2 from 1-2 pm. Call 779-3313

## Trips

### ***Live From Ireland***

The Bolton Council on Aging presents A Day Trip Live from Ireland on Wednesday, March 9<sup>th</sup>, 2011 at the Venus De Milo, Swansea, MA. Join us for a magical celebration of Irish Music, Comedy, and Song, Dance, and Laughter. Performers include Tony Kenny, Joe Cuddy, Victoria, Sarah Rogers and The Celtic Dancers from Ireland's most prestigious dance companies. Meal Choice is Corned Beef and Cabbage or Baked Haddock. Also included: Venus De Milo's Famous Minestrone Soup, Vegetable, Breads, Dessert, Coffee/Tea. Price is \$45.00 per senior which includes the bus driver's and tour guide's tip. Dead line to sign up and pay is Tuesday, February 22<sup>nd</sup>.



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

The Council on Aging is looking into a June trip to Block Island, R.I. Further details will be forthcoming in future senior newsletters. Stay Tuned!

### ***Trip Policies***

**\*Payment is needed in advance to reserve your seat.**

\*There are no refunds to "No Shows" on the day of the trip.

**\*Cancellations may be refunded. Contact Shiela 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.**

**Please be reminded** that the Senior Center has medical equipment from wheel chairs to bathtub seats plus much more. This equipment is available for loan for as long as it is needed. Before buying contact Sheila, we may have it.

## Center Activities continued

### ***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 that will start with how to turn on a computer. You do not have to own a computer to participate. If you do have a laptop, please bring it with you to class. 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. Contact Sheila at the senior center for further details and to sign up if interested. This course commences this month.

### ***SENIOR TAX REBATE PROGRAM***

The Senior Tax Rebate Program is a way for seniors to work at various jobs throughout the town to earn up to \$750.00 off of their property tax bill. Applicants must reapply on an annual basis by March 1<sup>st</sup>, 2011. In order to participate, you must be over 60 years of age and have owned and resided in your Bolton home for at least one year prior to the fiscal year. There is one abatement allowed per property.

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

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 January 2011

### Certified SHINE (Medicare) Counselors Needed

- \*Are you looking for a challenging volunteer opportunity?
- \*Do you enjoy learning about complex topics?
- \*Are you good at analyzing and solving problems?
- \*Do you like to work with people?

The SHINE program may be just what you are looking for! The SHINE program helps seniors and people with disabilities on Medicare to understand the many and increasingly complex insurance options available to them. The need for certified volunteers to educate and provide unbiased information has never been greater.

Through an intensive training program, SHINE (Serving Health Information Need of Elders) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income health programs. SHINE Counselors also attend monthly meetings where they receive on-going training, support, and opportunities to share their experiences and concerns with other counselors.

SHINE Counselors are expected to work an average of 5-6 hours per week meeting with clients and doing necessary follow-up work. They generally counsel in Senior Centers or other public settings that have a private meeting space. Some computer experience is required.

SHINE Counselors are intelligent and dedicated individuals, who are truly making a difference in many people's lives. This is a unique and wonderful volunteer opportunity for the right person. Please consider joining our dedicated team.

The spring SHINE training will begin in April and run for two days per week over a six-week period at the Milford Senior Center in Milford. For more information about becoming a SHINE Counselor, call Ed Roth, Central Mass Regional SHINE Director at (508) 422-9931

Bilingual, bicultural and minority individuals are encouraged to apply.

## Outreach Corner

**Kathryn Becker, Coordinator**

978-779-3313/BoltonOutreach@gmail.com

Kathryn will 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 have questions or need help, please call 978-779-3313.

### Fuel Assistance Agencies

**LIHEAP:** Eligibility based on size of household and gross income. Requirements are: 1 person - \$30,751; 2 persons - \$40,213; 3 persons - \$49,675. To apply, call New England Farm Workers at 978-342-4520 or call Kathryn to help you apply.

**GOOD NEIGHBOR ENERGY FUND** is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for LIHEAP. Income for either the prior 12 months or the past month (x 12 for a total annual figure) must be within 200-275% of the Federal Poverty Income Guidelines. Call the Salvation Army at 800-334-3047 or Kathryn for help.

**CITIZENS ENERGY CORP** in partnership with Citgo, the Citizens Energy works with thousands of oil heat dealers and local fuel assistance agencies in 23 states to provide deliveries of 100 gallons of home heating oil for free to those in need. Please call 877-563-4645 to apply.

### Homeowner Options for Mass.

#### Elders (HOME)

Are you having difficulty making mortgage payments or real estate tax payments? If you are considering refinancing or obtaining a reverse mortgage, please call H.O.M.E. **before** you sign on the dotted line. There is a lot of misinformation out there, so please seek homeowner counseling with a professional to assess your options before you sign. Call 800-583-5337. There is no fee for seniors with low or moderate incomes.

## ***Kate Hogan's Notes from Beacon Hill***

By appointment call 617-722-2060 or email [Rep.katehogan@hou.state.ma.us](mailto:Rep.katehogan@hou.state.ma.us)

As I do every year - I wanted to share information on various tax programs offered to seniors by our State & Federal Government. Please feel free to contact my office with any questions or for any additional information.

### **State Programs for Massachusetts Seniors**

- **Senior Circuit Breaker-** The Senior Circuit Tax Credit allows income-eligible seniors to receive a tax credit for property taxes they have paid during the tax year. Under this program, seniors who pay greater than 10% of their income in property taxes receive the credit: renters count 25% of their rent as real estate tax. Contact my office for more information or go online to: [massresources.org/pages.cfm?contentID=69&pageID=12&Subpages=yes](http://massresources.org/pages.cfm?contentID=69&pageID=12&Subpages=yes)
- **Senior Property Tax Work-Off-** This program allows seniors to volunteer with their local towns in exchange for a reduction in property taxes. You can apply to this program through our local Council on Aging (COA.) (For Bolton phone 978-779-3313.)
- **Tax Deferral-** Seniors can defer all (or some) of their taxes at a rate of 5% interest. To qualify you must have lived in Massachusetts for 10 years & owned a home for the last 5 years. Annual income cannot exceed \$40,000.
- **Clause 17D-** This program allows a tax break of \$208.39. To qualify seniors must be over 70 years old, have owned and lived in their home for 5 years.
- **Clause 22-** Disabled veterans & their spouses qualify for this tax break of \$400 to \$1,000. It requires a certificate stating war-related disability & honorable discharge.

### **Federal programs for Seniors**

- **Standard Deduction for Seniors-** If you do not itemize your deductions, you can get a higher standard deduction amount if you and/or your spouse are 65 years old or older.
- **Publication 554-** This is the booklet that explains all of the benefits available to seniors at the federal level and what the eligibilities are. It is available at this link: <http://www.irs.gov/publications/p554/index.html>, or my office will send you a printed copy. Just call Scott at 617/722-2060.

**Tax Counseling:** The Tax Counseling for the Elderly (TCE) Program is approved by both the IRS & AARP and is run by trained volunteers for people age 60+. Please call 800-829-1040, or visit <http://www.aarp.org/money/> for a location near you.

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

**FOBS FUEL ASSISTANCE PROGRAM:** The winter of 2011 is turning out to be a very cold one and fuel oil prices are on the rise. If you need help paying for oil, or know someone who does, please call Terry Abdalian at 978-634-1025. Program is additional to other state programs and has fewer restrictions.

**FOBS SATURDAY GET-TOGETHERS:** Saturday Get-togethers is a weekly event until April 30th, 2011 at the Florence Sawyer School, 100 Mechanic Street, 10:30 a.m. to 12:30 in the Library (on the second floor). Bolton seniors meet friends for coffee, chat, card games, crafts or other special events. There is an elevator, good parking and handicap access at the school. Florence Sawyer School is the second school building after you turn in from 117. (No Saturday Get-togethers on Feb 26 or Apr 23 because of school holidays).

**BINGO** will be on February 12, March 12 and April 9 starting at 11:00 a.m.

**\*\*MODEL AIRPLANE SEMINAR:** Mark your calendar for Feb 19 for a Colin Towers seminar on model airplanes. He will bring a flight simulator, planes and show videos. This is going to be a really interesting Saturday morning at the Sawyer school at 10:30 am.

**YOGA AND ZUMBA GOLD DANCING** - FOBS subsidized fee \$3.00

**SENIOR CENTER YOGA** with Marg Takarabe Wednesday 10:15 a.m. to 11:00 a.m.

**DAVIS HALL, FIRST PARISH CHURCH YOGA** with Kathy Breen: Tuesdays 5:15 Gentle; Tuesdays 3:30p.m.- Gentle-Moderate. **ZUMBA GOLD** dancing with Terry Myers on Monday Feb 14, Feb 28, March 7, March 14, March 21 and March 28 at 10:00

**TUESDAY CONNECTIONS:** February 15 at Bolton Senior Center, 600 Main Street, Bolton 12 – 1:00 p.m. For this Valentine's theme, let's have some fun, please wear a hat even a "crazy" hat. Listen to some country music and do Line Dancing with Barbara Brown. Lunch to follow.

**4H CLUBS.** If there are any seniors who would like to be associated with or work with kids in the following 4H clubs - bunny club, cooking club, fur and feather club, knitting club, photography or woodworking club or would like to lead a club in another discipline, please let me know. Brenda Evans Goseniors1@comcast.net or call 978-779-6158.

**VOLUNTEERS** Wanted, Needed and Loved! We have a specific need for a Program Manager, a Website/Social Network Manager and a Fundraising Manager. 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 Coordinator of Volunteers 978-779-2740

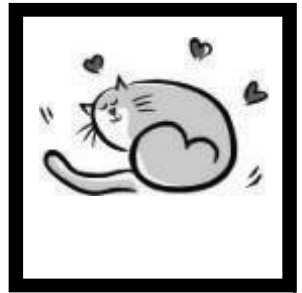
**SENIOR'S BREAKFAST:** FOBS is planning our first Senior's Breakfast in March and we are looking for several volunteers to help prepare the breakfast food at home and bring it to the location at about 6am and be ready to serve about 7:15am. Brenda Evans Goseniors1@comcast.net or call 978-779-6158.

**AFGHANS and COMPUTER INSTRUCTION** are available. Please call Brenda Evans at 978-779-6158





# February, 2011



Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Sat
		1 10 am COA meeting 10-2 Bridge/Skip-O	2 10:15 yoga 11:30 scrabble 1pm Reiki class	3 10 am Art class 10-2 Bridge/Skip-0	4	5
6	7	8 10-2 Bridge/Skip-O 11:30-12:30 Food Distribution	9 10:15 yoga 11:30 scrabble	10 10 am Art class 10-2 Bridge/Skip-0 12 noon VNA nurse	11	12
13	14	15 10-2 Bridge/Skip-O 11 am Tuesday Connection	16 10:15 yoga 11:30 scrabble	17 9:30 Town Nurse 10 am Art class 10-2 Bridge/Skip-0	18	19
20	21	22 10-2 Bridge/Skip-0 <b><u>Deadline for Irish trip</u></b> 	23 10:15 yoga 11:30 scrabble	24 10 am Art class 10-2 Bridge/Skip-0	25	26
27	28	<h2>Happy Valentines Day</h2>				

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**with our deepest sympathy we say goodbye**

It is with the deepest regret that we must say goodbye to two of our friends whom have recently passed. Our hearts and thoughts go out to Nella who lost her son Scott Perkins on Saturday, January 8, 2011 after an illness. Scott leaves behind a large loving family and many friends. He loved sports and played in a mens softball league and the Foster Grant Bowling League. He will be missed at the First Parish Church where he sang in the choir for over 20 years. Nella talked about her Scott a lot and he was always there for her, picking her up from the senior center, doing for her at home and they played together. They loved to go to Foxwoods Casino and play the slots. Scott’s internment is at South Cemetery here in Bolton. Our hearts go out to Nella. We will continue to mourn for Scott and Harold Brown, Jr. No parent should lose a child.

We have also lost George Bishop who died quietly at the Bolton Manor House in December, 2010. He was an avid railroad buff.

*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
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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.

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

**Mailing address:**

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