



# Bolton Senior Newsletter

January 2011  
Volume 2  
Issue 1

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*



Thank you to all our friends at the town hall. We had a wonderful time at the Holiday Breakfast. We chatted, we ate, we had a visit from Santa and we sang and we had fun. We all say thank you and a wonderfully Happy New Year to all of you.



Fyfeshire upper pond late Fall 2010

Fyfeshire lower pond late Fall 2010

## ***Random Thoughts for the Day***

- \* I think part of a best friend's job should be to immediately clear your computer history if you die.
- \* Nothing sucks more than that moment during an argument when you realize you're wrong.
- \* I totally take back all those times I didn't want to nap when I was younger.
- \* My granddaughter asked me in the car the other day, "Granpaw, what would happen if you ran over a ninja?" How the heck do I respond to that?
- \* Bad decisions make good stories.



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

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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 January 20. 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, January 13 at 12 noon.

**Wheat Food Bank** delivers food to eligible residents on the 2nd Tuesday of the month. This month the date is January 11 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 want to say thank you.

**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. For a reservation 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 January 18. This is a FREE PRIVATE 30 minute session. You can discuss any questions or concerns regarding Elder Law, Collaborative Law, Mediation, Estate Planning, Guardianship, or Probate.

## Center Activities continued

### **Bingo!**

Please join us on Wednesday, January 19<sup>th</sup> at 11:30 a.m. for a BINGO game at the senior center, sponsored by Corcoran House assisted living community in Clinton. The Marketing Director, Michelle Jones, will call the game and there is no fee to participate. There will be prizes and refreshments will be served. We hope that you can come and have some fun to ring in the New Year. Hope to see you there! Should it snow the BINGO game will be Thursday, January 20 at 11:30,

### **Live From Ireland**

The Bolton Council on Aging presents **A Day Trip Live** from Ireland on Wednesday, March 9<sup>th</sup> 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. Further information will be forthcoming in our February edition of the senior newsletter.

### **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 Sheila at 779-3313.
- ☛ Make checks payable to Senior Citizens Assoc.
- ☛ 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.

### **Relax with Reiki**

Reiki is a system of hands-on healing that allows you to feel relaxed, calm and peaceful. Linda will be focusing on the head and shoulders only. Each individual session will last about 15 minutes. This month will be here on Wednesday, January 5<sup>th</sup> from 1-2 pm. This is a free class.



### **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.

**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.

**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

### Can You Change Your Medicare Plan Now?

☛ Yes, if you were a member of a Medicare plan that ended on December 31, 2010 and you did not pick another plan for 2011. **Between January 1 and January 31, 2011, you have a Special Enrollment Period** to choose a Medicare plan, which will begin on February 1. After January 31, most people will not be able to make any changes until the next Medicare Open Enrollment Period, which in 2011 is moving to October 15 - December 7.

☛ Yes, if you are unhappy with your Medicare Advantage Plan. **Between January 1 and February 14, 2011, you can drop your Medicare Advantage plan, return to Original Medicare and enroll in a Part D drug plan, which will begin the first of the following month. If you wish, you may also enroll in a Medicare Supplement (a Medigap) plan. Coverage will begin on the first of the following month.**

☛ Yes, if you are a member of Prescription Advantage, the state pharmaceutical assistance program, or are eligible to join Prescription Advantage. **At any time during 2011, you have one additional chance to change your Part D drug plan or Medicare Advantage plan or to add a Part D drug plan, if you have none (a penalty may apply). In 2011, Prescription Advantage will continue to help most members with the cost of drugs in the "donut hole."**

☛ Yes, if you have MassHealth or if you qualify for "Extra Help" (LIS) Every month, **you can change your Part D drug plan or Medicare Advantage plan.**

☛ Yes, **if you are first becoming eligible** for Medicare, or if you lose your current health insurance special rules will apply.

☛ For an appointment call Sheila at 779-3313 or Shine at 1-800-243-4646 for voice mail. Leave name and phone number for a return call.

## Kate Hogan's Notes from Beacon Hill

Hello and Happy New Year. I will begin the first column of 2011 with an outline of two funding priorities for the coming state budget discussions. These discussions will begin in late January as the state budget for 2012 takes shape. Two of my top priorities will be the Home Care Line Item & funding for Prescription Advantage. Below you will find an explanation of the MA Home Care Program as well as a brief description of the prescription program. For more info call 617-722-2060.

### MASS Home Care Program Overview

The Massachusetts Home Care Program provides support services to elders with daily living needs to help maintain independent community living. Services are designed to encourage independence and ensure dignity. The program also supports families caring for elders in order to encourage and relieve ongoing care giving responsibilities.

The Home Care Program is administered by Elder Affairs throughout the Commonwealth of Massachusetts. The program provides homemaker, personal care, day care, home delivered meals, transportation, and an array of other community support services to help elders remain in their homes. The program conducts comprehensive needs assessments to determine eligibility for the Home Care Program. An individualized service plan is developed with the elder and family. There are periodic reassessments and they monitor services for quality.

Eligibility for the Home Care Program is based on age (60 years or older or under 60 with a diagnosis of Alzheimer's disease and in need of respite services), financial status, and ability to carry out daily tasks such as bathing, dressing, and meal preparation.

**Prescription Advantage** Prescription Advantage is a prescription drug insurance plan administered by the Commonwealth and funded by the Massachusetts Legislature. Prescription Advantage is available to Massachusetts residents age 65 or older, as well as younger individuals with disabilities who meet income and employment guidelines. Prescription Advantage members pay premiums, deductibles and co-payments based on their gross annual household income.

617-722-2060/email [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)



## 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. If you have questions or need help, 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.*

## Fuel Assistance Agencies

**LIHEAP** - Eligibility is based on the size of the household and gross income. The income eligibility requirements are: **For one person \$30,751; for two persons \$40,213; for three persons \$49,675.** To apply, call New England Farm Work-  
**978-342-4520** or call Kathryn at **978-779-3313** to help you apply.

**GOOD NEIGHBOR ENERGY FUND** - This program 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 fuel assistance. Income for either the prior twelve months or the past month (times 12 months for a total annual figure) must be within 200-275 percent of the Federal Poverty Income Guidelines. Call the Salvation Army at **800-334-3047** or call Kathryn at **978-779-3313**.

**CITIZENS ENERGY CORP.** - In partnership with CITGO, 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**.

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

**FOBS FUEL ASSISTANCE PROGRAM:** With winter coming, 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** is a weekly event until April 30th, every Saturday morning at the Florence Sawyer School, 100 Mechanic Street, from 10:30 a.m. to 12:30 in the Library (on the second floor). There is an elevator, good parking and handicap access at the school. Seniors meet friends for coffee, chat, card games, crafts or other special events. There will be no Saturday Get-togethers on Jan 1, Feb 26 or Apr 23 because of holidays. **← BINGO on January 8th starting at 11:00 a.m. (snow date Jan 15th).**

**COMPUTER INSTRUCTION** beginning Jan 15<sup>th</sup>. Tell us your specialized needs for computer training including help with iPods, digital cameras, and other technical gadgets. Please call Brenda Evans at 978-779-6158

**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. The Yoga is gentle chair yoga.

**DAVIS HALL, FIRST PARISH CHURCH YOGA** with Kathy Breen:

<http://www.kathybreenyoga.com> Tuesdays 5:15 Gentle; Tuesdays 2PM-Gentle-Moderate.

**ZUMBA GOLD** dancing with Terry Myers beginning Monday January 10<sup>th</sup>, at 10:00 a.m.

**TUESDAY CONNECTIONS:** January 18<sup>th</sup> Wine Tasting followed by lunch.

**VOLUNTEERS** Wanted, Needed and Loved! We have a specific need for a Program Manager who could keep track of our programs. 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 **COA is asking for a volunteer to be back-up for the editor of the Senior Newsletter.** If willing contact Mary Boyd or Susan Tripp at 978-634-1716/ [susantripp@comcast.net](mailto:susantripp@comcast.net).

**AFGHANS:** Bolton Historical Afghans are available in cranberry and black for \$30.

**MEN'S BREAKFAST:** Coming in February.



# JANUARY, 2011



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

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## ***The Darwins are out!!!!*** and the winner is....

**When his 38 caliber revolver failed to fire at his intended victim during a hold-up in Provo , Utah would-be robber Jason Ellison did something that can only inspire wonder. He peered down the barrel and tried the trigger again. This time it worked.**

As a female shopper exited a South Carolina convenience store, a man grabbed her purse and ran. The clerk called 911 immediately, and the woman was able to give them a detailed description of the snatcher. Within minutes, the police apprehended the snatcher. They put him in the car and drove back to the store. The thief was then taken out of the car and told to stand there for a positive ID. To which he replied, "Yes, officer, that's her. That's the lady I stole the purse from."

**When** a man attempted to siphon gasoline from a motor home parked on an Atlanta street, he got much more than he bargained for. Police arrived at the scene to find a very sick man curled up next to a motor home near spilled sewage. A police spokesman said that the man admitted to trying to steal gasoline, but he plugged his siphon hose into the motor home's sewage tank by mistake. The owner of the vehicle declined to press charges saying that it was the best laugh he'd ever had.

**After** stopping for drinks at an illegal bar, a Zimbabwean bus driver found that the 20 mental patients he was supposed to be transporting from Harare to Bulawayo had escaped... Not wanting to admit his incompetence, the driver went to a nearby bus stop and offered everyone waiting there a free ride He then delivered the passengers to the mental hospital, telling the staff that the patients were very excitable and prone to bizarre fantasies.. The deception wasn't discovered for 3 days.

*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.

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:**

P.O. Box 342 • Bolton, MA 01740

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