



Bolton Senior Newsletter

June 2011
Volume 2
Issue 6

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

TRIPS

BLOCK ISLAND, R.I.

If you signed up and paid for the June 15th trip to Block Island, please be at the Trinity Church no later than 8:00 a.m. to board the bus. The bus will leave promptly at 8:30 a.m. Thank you.

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! Add an interior decorator, Marsha's mother, the maid, and a policeman, and you have 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.

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, 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. .



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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, June 16 from 9:30 to 11:30am. 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, June 9 at 12 noon.

Attorney Daniel M. Tremblay our **Lawyer for a Day** will be at the senior center on June 21 from 10 to 12 noon. This is a FREE one half hour consultation. **Reservations are required**, call the COA Office at 978-779-3313 to reserve a time.

Wheat Food Delivery will be available at the Bolton Town Hall on *Wednesday, June 15 this month*. Distribution will be from 11:30 to 12:30 and is for eligible residents only. **Please note change this month 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 Wednesday, June 8 available from 1-2 pm.

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

Cribbage or Scrabble? Contact Flo at 779-2928.

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

Shine for appointment call 978-779-3313.

Woodcarving - call 978-779-3313

Center Activities

Podiatrist

Dr. Lavenda will be at the senior center on Thursday, June 16th at 9:00 a.m. Please mark your calendar accordingly.

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.

Wanted a Compact Freezer in good operating condition for use in the Senior Center. If anyone has one to donate please contact the senior center at 779-3313. Thank you.

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 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.

BINGO!!

Join us once again on Tuesday, June 21st at 9:30 a.m. for a **BINGO** game at the senior center, sponsored by Corcoran House Assisted Living community in Clinton. There is no fee to participate. The Marketing Director, Michelle Jones, will call the games. There will be prizes and refreshments.

FALL PREVENTION PROGRAM

The VNA Care Network & Hospice will offer a free educational program on **Six Smart Steps to Prevent Falls** on Wednesday, July 13th from 10:00 to 11:00 a.m. 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 - call 978-779-3313

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NEWS FROM SHINE-June 2011

Medicare Fraud and Abuse

The Affordable Care Act fights health care fraud, waste, and abuse by providing new tools to prevent and detect fraud, and crack down on individuals who attempt to defraud Medicare. These include increased penalties for criminals, enhanced screening of providers, more coordination between agencies, and expanded efforts to recovery overpayments. Medicare beneficiaries can also play an important role. Here are some important tips for preventing, detecting and reporting fraud and abuse:

- ☛ Treat your Medicare and Social Security numbers like a credit card. Never give these numbers to a stranger.
- ☛ Remember, Medicare doesn't call or visit to sell you anything.
- ☛ Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for any errors.
- ☛ If you find errors on your MSN or EOB, contact your provider immediately.
- ☛ If you are not satisfied after contacting your provider, report the questionable charges to Medicare: 1-800-633-4227.
- ☛ If you suspect Medicare fraud, contact the Department of Health and Human Services Office of the Inspector General Hotline: 1-800-447-8477.

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 or call SHINE at 1-800-243-4636.

Happy Birthday to Bolton's Oldest Resident



Myrtle Wood was born in Stamford, Conn. May 15th 1912. She has made her home in Bolton with her daughter and son-in-law, Sally and Bruce King for the last eight years. Myrtle enjoys listening to books on tape and she also enjoys Red Sox ball games. She was brought up as an only child having lost an older brother at a very young age. Now however, she is grandmother to six and great grandmother to thirteen, many of whom visit her frequently.

Before coming to Massachusetts she lived in New Canaan, Conn., South Shaftsbury, Vermont and Ridgefield, Conn. She also lived ten years at Summer Place in Chelmsford, Mass. before coming to Bolton. She enjoys playing Yahtze with her grand daughter and Uno and Pinochle with her great grandchildren. She always keeps pink mints in her candy jar for the children and recently her lemon drops have also made quite a hit.

Myrtle has outlived her husband by 39 years and worries that he won't know her when they meet again. She complains very little, taking life with its pleasures and adversities in her stride. She loves getting mail and appreciates all the support and visits from groups within the town. Today she received a lovely May basket delivered by a friendly visitor. She also had a phone conversation with her son, David, who lives in Oklahoma, and watched the Sox win their game. It was a good day in spite of her primary hearing aide being out for repairs!

Rep. Hogan's Senior News 617-722-2060

Dear COA members: I wanted to share the press release I sent out to newspapers in May outlining the Massachusetts House Budget as it relates to elder services:

House Restores Funding for Elder Services in Final Budget: Elder protective services, adult day health and COA allowances increased

Co-chairs of the House Elder Caucus, State Representative Kate Hogan (D-Stow) and Jen Benson (D-Lunenburg), joined colleagues in passing a consolidated amendment to the House Ways and Means budget that increased funding for elder service programs. The Elder Caucus worked with caucus members and advocates to negotiate changes in language and increases in funding for programs benefiting the Commonwealth's elders. The consolidated amendment includes funding increases to adult day health programs, councils on aging, elder protective services; the personal needs allowance, senior care options, and homeless elders.

The amendment:

- Places a moratorium on cuts to adult day health services - adding \$10 million to the program and requires that the Governor review ADH rates and structure.
- Increases funding for elder protective services by \$1 million, the Councils on Aging (COA) by \$350,000, and services for homeless elders by \$136,000 over the House Ways and Means proposal.
- Holds the line on the personal needs allowance for nursing home residents at \$72.80 and requires MassHealth to provide information for elders on SCOs.

"Our seniors have no greater champion than their state representative," said Kate Hogan, co-chair of the Elder Caucus. "I have seen, first hand, the passionate advocacy for programs and services during budget negotiations. The results are increased funding and improvements to senior programs- even in a barebones budget."

The budget now moves to the State Senate, which will debate their proposal at the end of May.

3rd Annual Conference for Women Veterans: The 3rd Annual Conference for Women Veterans will be held on Saturday, June 18, 2011, at Salem State University's George H. Ellison Campus Center. The Conference is free, but registration is required. The program will include forum panels on PTSD and wellness; children and families; and MST, women's health, and VA benefits. Free parking & free lunch. Contact: Women Veterans' Network, 600 Washington Street, Suite 1100, Boston, MA 02111: phone 617-210-5958 fax 617-210-5755 web DVSWomen@vet.state.ma.us

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Artistic Contests x 2

1 Senior Citizens Artistic Interpretation of the state House Holiday Exhibit.

This is the 15th annual juried exhibition sponsored by the Secretary of the Commonwealth, William Francis Galvin.

Theme: December Holiday at the State House

Eligibility: Amateur and Professional 62 and over

Guidelines: 1) all medium of art accepted i.e. oil, ink, watercolor, pastels etc; 2) the State House must be the focal point of the artwork with consideration of the season

Size: minimum of 5"x7" and a maximum of 18"x24"

Mat/Frame: Yes, if unable the mat and frame will be provided using basic materials.

Artist may re-submit one previous entry along with their 2011 entry.

Print name, address, phone # and medium on back

Deadline: August 1, 2011 Mail or deliver to Attention: Dolores McCray, Commonwealth Museum, Massachusetts Archives Building, 220 Morrissey Boulevard, Boston, Ma 02125

Authorization Form signed and enclosed to allow display of submitted work.

2 Fyfeshire Photo Contest sponsored by the Group for the Preservation of Fyfeshire Ponds.

Bolton's Fyfeshire Conservation Area at the junction of Wattaquodock Hill and Ballville Roads will be the theme of a photography contest. Subject material can be varied and may consist of both landscape and detail of the wonders of Fyfeshire's historical acres. E-mail your .jpg file entries to <http://fyfeshire.blogspot.com>. Printed photographs should be submitted to Fyfeshire Photo Contest, POB 306, Bolton, MA 01740-0306. Adults and children are encouraged to participate and you do not have to live in Bolton to enter. Two prize categories will be awarded. Include name, telephone number and age if child with your entries. The contest will run from spring through early fall to allow for nature's **seasonal changes; all entries should be received by Monday, October 1st.**

Outreach Corner

Kathryn Becker, Outreach Coordinator

Tel. 779-3313

Email: BoltonOutreach@gmail.com

2011 Alzheimer's Disease Facts and Figures

Facts and Figures, an annual report released by the Alzheimer's Association, details the burden of Alzheimer's and dementia on individuals, caregivers, government and the nation's health care system. Key figures from the Alzheimer's Association 2011 report:

- Every 69 seconds someone develops Alzheimer's disease
- Alzheimer's is the sixth leading cause of death
- 5.4 million people have Alzheimer's in the United States
- Alzheimer's and other dementias cost the US more than \$183 billion annually
- About 70 % of people with Alzheimer's are cared for at home
- We expect 10 million Baby Boomers to develop Alzheimer's
- There is no cure ~ yet.

Alzheimer's Caregivers Playbook ~ A Practical Tips Guide Coach Broyles' *Playbook for Alzheimer's*



Caregivers is an easy to read, practical guide for anyone who is caring for a loved one with Alzheimer's Disease. It is available at no cost at the Bolton Senior Center thanks to funding made possible by the Friends of Bolton Seniors. Stop by or give us a call at 978-779-3313 if you would like a copy.

Alzheimer's Caregiver Support Group Meets the last Wed. of the month from **5:30-6:45 p.m.** at **Montachusett Home Care**, 680 Mechanics St., Leominster. *Facilitators:* Patricia Keating and Susan Maki. Call 800-734-7312 for more information.



June, 2011



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



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The Homestead Law Changes

By Attorney Daniel M. Tremblay

On March 16, 2011, the Homestead Act changed in Massachusetts. If you filed a homestead declaration prior to this date, your \$500,000 protection will continue to apply. There is no need to re-file your homestead protections due to these statutory changes. The new law creates an automatic \$125,000 protection on homes that do not have a homestead declaration filed at the Registry of Deeds. Trusts are now eligible for homestead protections. For those individuals over the age of 62 (elderly) or legally disabled, the new law now expressly states that a homestead may be filed on each individual's behalf and the aggregate protection increases to \$1 million. Homestead declarations filed on manufactured homes must now be filed at the local Registry of Deeds. A homestead filing is still \$35.00, but the form for filing is much more involved.

If you are purchasing your new principal residence, your closing attorney must provide you, as a mortgagor, with notice of your right to declare a homestead protection. If you have any further questions you can go to the states website: www.sec.state.ma.us/rod/roddom/homidx.htm. This information is not designed to provide any legal advice or address the practical effect of a claim of Homestead. As in all areas of the law, to fully understand what your rights are you should consult an attorney of your choice.

Perkins Low Vision Demo Center

Struggling with vision loss, there is assistance available. The Perkins Low Vision Demo Center, located on the campus of the Perkins School for the Blind in Watertown, provides **free** demonstrations of assistive devices and technology. Call for an appointment at 617- 972- 7308 .

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

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