



Bolton Senior Newsletter

May 2011
Volume 2
Issue 5

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.

On Wednesday, June 15 the Bolton Council on Aging presents a trip to Block Island. We will bus to the Block Island Ferry, sitesee by bus for one hour around the island, eat a box lunch and return home. The maximum number of passengers that we can book for this trip is 41. Therefore, if interested please book and pay for your trip as soon as possible. Cost is \$51.00 per senior. Please remember to add an additional \$5.00 if you are an out-of-towner. Deadline is May 25 but suggest payment before that date. 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 you will enjoy a great all-you-can eat buffet in the dining room. Then enjoy the play, and after the show, 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.

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. .

BINGO!!

Please 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. The Marketing Director, Michelle Jones, will call the game and there is no fee to participate. There will be prizes and refreshments. Please plan on attending as we promise you a fun time!



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

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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, May 19 from 9:30 to 11:30am. All are welcome!!! If you need immediate assistance, she can be reached at 978-772-3335 x 340.

The WHEAT Community Services offering a **Keep Well Clinic** at the senior center will be held on Thursday, May 12 at 12 noon.

Attorney Daniel M. Tremblay our **Lawyer for a Day** will be at the senior center on May 17 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 May 10 at 11:30. 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. Marg, our leader, gears the class to seniors and is suitable for all fitness and age levels. New students are welcome - just show up.

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, May 11 from 1-2 pm. Call 779-3313 to reserve your time slot.

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.

Mart Van 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.

Shine for appt 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.

Basic Computer Skills Class offered by the Bolton Senior Center will be held on Tuesdays from 2 to 3 p.m. The class will offer an overview of what you can do on a computer, email, and the internet using simple practice exercises. The fee is \$40.00 for four one-hour classes. Contact Sheila at 779-3313 to sign up.

Wood Carving is available. Contact Sheila at 779-3313.

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.

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.



Marie Antoinette

The Council on Aging presents Marie Antoinette on Wednesday, May 25th at 12:30 p.m. Muriel Dyas is back by popular demand to entertain us with another presentation of scandalous 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 that led to her unpopularity and eventually the French Revolution.

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NEWS FROM SHINE-MAY 2011**Does Medicare Cover Routine Physicals?**

Routine physicals with your primary care doctor are very important. They can be used to screen for many illnesses and conditions that, if caught early, can be treated and managed, and can result in fewer serious health issues.

Medicare covers an initial physical examination (also known as the Welcome to Medicare physical exam) during the first 12 months after you enroll in Part B, regardless of your age. Starting January 1, 2011, Medicare began covering **yearly wellness visits**. The **annual wellness visit** is different from the **one-time Welcome to Medicare physical**.

During the annual wellness visit, your doctor may update your medical history, make a list of your current doctors and medications, check your height, weight, blood pressure and body mass index, and screen for cognitive issues. You and your doctor may also create a preventive plan based on your needs. In addition to what is covered at no cost during the annual wellness visit, other preventive services are also free of charge under Medicare, including mammograms, colonoscopies and diabetes screenings.

Original Medicare pays 100 percent of the Medicare approved amount for the Welcome to Medicare physical exam and for yearly wellness visits. In Massachusetts, doctors accepting Medicare cannot charge you more than the Medicare approved amount. While the annual wellness visit is free of charge, you may still be required to pay something out of pocket if you receive other services from your doctor during the same visit. If you are in a Medicare Advantage Plan (HMO or PPO), you should call your plan to see what rules and costs apply.

You **cannot** receive your Medicare annual wellness visit in the same year you have a Welcome to Medicare physical.

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.

Outreach Corner, Kathryn Becker, Outreach Coordinator
Tel.: (978) 779-3313 /Email: BoltonOutreach@gmail.com

How Prescription Advantage Can Help You

The Federal Patient Protection and Affordable Care Act (Health Care Reform) provides for a gradual closure of the Medicare Part D 'donut hole'. That hole will not close completely until 2020. This year, when Medicare beneficiaries (who do not get Extra Help) reach the donut hole, their Part D plan will pay 50% of covered brand name drugs and 7% of covered generic drugs. The beneficiary's cost will be the remaining 50% (brand name) or 93% (generic). If you take a brand name drug that costs \$300 per month, you will still need to pay \$150! This is where Prescription Advantage can help you. This is the Mass. prescription drug assistance program that can help reduce your out-of-pocket costs even further once you reach the donut hole.

For more info. or to apply for this program call the COA office at 779-3313.

Rep. Hogan's Senior News

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](tel:617-210-5958) fax [617-210-5755](tel:617-210-5755) web DVSWomen@vet.state.ma.us

2012 Preliminary House Budget & Senior Services

The \$30.45B HWM preliminary budget proposal is a combination of cuts, savings initiatives and reforms designed to maximize revenues without raising taxes. "Faced with a \$1.9B deficit and no assistance from the Federal government, this budget was crafted to protect essential services, provide tools to aid cash-strapped municipalities and implement reforms that generate real savings," said Chairman Dempsey. There are, however, a number of budget amendments that have been submitted. These amendments will be negotiated & debated during House budget week (running from April 25th – 29th.) These amendments suggest raising the amount of individual "line items" contained in the 2012 House budget. Line items represent the funding for each program and they include increased monies for: Councils on Aging; Adult Day Health Services; and Elder Protective Services. The 1.9 million dollar budget gap makes increased funding a difficult task, but it is essential that legislators continue to identify our priorities even as we work to create a balanced budget that preserves essential services and protects our most vulnerable without increasing state taxes.

Minuteman Senior Services Annual Volunteer Appreciation Reception

I look forward to seeing many of you (and offering welcoming remarks) at this wonderful event for Volunteers & Staff on Wednesday, MAY 25 from 2-4 pm. An afternoon tea party & ***LAUGHTER IS THE BEST MEDICINE, with Sushil Bhatia, of the Laughing Clubs of America!*** Guaranteed to make you relax, enjoy and laugh! Call 781-221-7023 for more information.

Kate Hogan Proudly represents Bolton, Hudson, Maynard, and Stow-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

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

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
(Kathy Breen) <http://www.kathybreenyoga.com>

Tuesdays 5:15pm Gentle;

Tuesdays 3:30 pm.- Gentle-Moderate.

ZUMBA GOLD Dancing April 25, May 2, May 9,
May 16, May 23 June 6 at First Parish Church, Davis
Hall at 10:00 a.m.

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

FOBS FUEL ASSISTANCE PROGRAM: If you
need help paying for oil, or know someone who does,
please call Terry Abdalian at 978-634-1025. Program
is additional to state programs and has fewer restric-
tions.

The Selectmen have again proclaimed May 2011 to be
Senior Appreciation Month in Bolton

- May 1** Flower baskets for Seniors 85 and older
made by the Florence Sawyer 2nd graders
- May 7** Model Airplane field trip to Bolton Flats
10.00 a.m. to 12 Noon
- May 17** Tuesday Connection Garden Club
followed by lunch at Senior Center
11:00 a.m. to 1:00 p.m.
- May 18** First Parish Church Lunch
11.00 a.m. to 1:00 p.m.
- May 31** Tuesday Connection Wine Tasting
sponsored by Firewater and Wine: a
raffle followed by lunch at Senior Center
11:00 a.m. to 1:00 p.m.

Outreach Corner

Kathryn Becker, Outreach Coordinator
Tel. 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.

**Extra Help for Medicare Drug
Costs**

Some people with limited resources and
income are eligible for Extra Help to pay
for the costs (monthly premiums, annual
deductibles, and prescription co-pay-
ments) related to a Medicare prescription
drug plan. The Extra Help is estimated to
be worth about \$4,000 per year.

To qualify for Extra Help:

- **Your resources** must be limited to
\$12,640 for an individual or \$25,260 for a
married couple living together. Resources
include such things as bank accounts,
stocks, and bonds. They do not count your
home, car, and any life insurance policy
as resources; and
- **Your annual income** must be limited to
\$16,335 for an individual or **\$22,065 for
a married couple** living together. Even if
your annual income is higher, you still
may be able to get some help if you
support other family members who live
with you or have earnings from work.
Call the COA office for more info. or to
apply for this program.



May, 2011



Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3 10 am COA meeting 10-2 Bridge/Skip-O	4 8:30am Trinity Church /Foster's trip 10:15 yoga 11:30 scrabble	5 10 am Art class 10-2 Bridge/Skip-0	6	7
8	9	10 10-2 Bridge/Skip-O 11:30-12:30 Food Distribution -Town Hall	11 10:15 yoga 11:30 scrabble 1pm Reiki class	12 10 am Art class 10-2 Bridge/Skip-0 12 noon VNA nurse	13	14
15	16	17 10-2 Bridge/Skip-O 10 am Lawyer for a Day 11 am Tuesday Connection	18 10:15 yoga 11 am Luncheon at First Parish Church 11:30 scrabble	19 9:30 Town Nurse 10 am Art class 10-2 Bridge/Skip-0	20	21
22	23	24 10-2 Bridge/Skip-0	25 10:15 yoga 12:30 Marie Antoinette Payment due for Block Island trip	26 10 am Art class 10-2 Bridge/Skip-0	27	28
29	30	31 10-2 Bridge/Skip-0 11 am Tuesday Connection Wine Tasting				



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The new polling location is at the Nashoba Regional High School, 12 Green Rd effective beginning with the Town Election on May 9, 2011 from 12 noon to 8 pm.

Our very lively **Senior Book Club** meets on the 2nd Thursday of the month at 6:20 pm at the Bolton Public Library in the History room. The book for May is *The Time Traveler’s Wife* by Audrey Niffenegger. The book for June is *Palimpsest* by Gore Vidal. For more information contact Shirley Sefton at 978-779-2216.

Seniors are invited to a Luncheon on Wednesday, May 18 from 11 to 1 pm. The First Parish Church of Bolton is our host and we will be celebrating in Davis Hall. The Mart van will be available. Please call 779-3313 to reserve your seat. There is an elevator available which will accommodate a wheel chair or anyone uncomfortable on stairs. For reservations call Shirley Sefton, Karen Dorhamer-Fadden (978-897-5088) or sign-up at the Senior Center.

Sounds of Stow Festival Chorus presents, Sunday, May 22nd 4:00 PM, at First Parish Church, Stow - 'Places of Note: Music that Transports Us' - a concert of choral music conducted by Artistic Director Barbara Jones with Pauline Oliver, piano. Suggested donation \$10.00.

Fyfeshire Photo Contest sponsored by the Group for the Preservation of Fyfeshire Ponds. Beautiful in all seasons of the year, Bolton’s Fyfeshire Conservation Area at the junction of Wattaquaddock 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. All ages are encouraged to participate and you do not have to live in Bolton to enter. Two prize categories will be awarded for ages 11 and under, and 12 years and older. Please be sure to include full name, telephone number and age category with your entries. If you need photo prints returned, include a self-addressed, stamped envelope in your mailing. 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.

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:

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Newsletter email address: susantripp@comcast.net