



Bolton Senior Newsletter

November 2011
Volume 2
Issue 11

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

Bolton Council on Aging Board

Chairman: Doris Ettinger
779-2717

Meals on Wheels: Shirley Sefton
779-2216

Newsletter: Susan Tripp
susantripp@comcast.net

Barbara Brown	Flora Wilson
Margaret Nangle	Irene Spencer
Jean Cahill	Emma Herbison

Center Activities

**For information or to sign up call
Sheila at the senior center at 779**

Town Nurse, Tamara will be at the senior center, town nurse office, on the third Thursday of the month, November 17 from 9:30 to 11:30 am. All are welcome!!! For 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, November 10 at 12 noon.

Attorney Daniel M. Tremblay our **Lawyer for a Day** will be at the senior center on November 15, from 10 to 12 noon. This is a free one half hour private consultation. Reservations are required - call 779-3313 for your appointment.

Wheat Food Delivery will be available at the Bolton Town Hall on Tuesday, November 8. **Distribution will be from 10:00 to 12:00** 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 is geared to seniors and suitable for all fitness and age levels. New students should just show up.



COA

Holiday Luncheon



Bolton Seniors only are invited to join your COA to celebrate the December holidays with dinner and a Christmas Carol Sing-along at the Cornerstone's Restaurant in Leominster on **Wednesday, December 7** at 12 noon. Entree choices: Haddock, Roast Pork, Pot Roast, or Eggplant Parmigiana with mashed potatoes, butternut squash, breads, coffee, tea, soda and apple crisp for dessert. The cost is \$10.00/person, payable to The Senior Citizen's Association. The **deadline for reservations is November 30**. If you wish to participate in the gift exchange please bring a \$5.00 gift to be exchanged by number - **NOT** a Yankee swap.



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

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Call 800-732-8070

Center Activities

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 November 2 available from 1-2 pm.

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.

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.

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.

Senior Book Club meets at the Bolton Public Library on November 10 at 6:15 in the evening. The book for November is "Spring Moon" by Bette Bao Lord. For December we will read "The Widow of the South" by Robert Hicks. We have lively conversations and all opinions are listened to and taken seriously. Come to join in or just listen - all are welcome!

Woodcarving? Classes are available at no charge. Please call 978-779-3313 to sign-up.

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.

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.

Shine phone is 1-800-243-4636 (press 3) and you will get their answering machine. Leave your name and phone number and a volunteer will get back to you as soon as possible or call the senior center at 779-3313 and Sheila will make the appointment for you.

Bingo!! Join us once again on Tuesday, November 22nd at 9:30 a.m. for a BINGO game at the senior center, sponsored by Cocoran 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.

PECANS

Do you love pecans? Every year the Bolton Garden Club orders 1 pound bags of shelled Jumbo Pecan Halves directly from the grower. The pecans are this year's crop. Due to the bad weather the price this year for the pecans is \$10.00 for a one pound bag delivered to the Senior Center. If interested, please contact Sheila at 779-3313, and let her know the number of bags you would like. Sheila will collect the monies in advance, in either cash or check made out to The Bolton Garden Club. Pecans will be delivered to the Senior Center on Tuesday, November 8th. Remember: Pecans store best in the freezer, and will remain fresh for over a year.

**TAKE A TRIP WITH US
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AGING**

Your Council on Aging is working on a few trips for next year. More information will be forthcoming in future newsletters.

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Rep. Hogan's Senior News

State House, Room 544, Boston, MA, 02133 / phone 617-722-2637 , District Office: Maynard Town Hall, 195 Main Street or By appointment: Call 617-722-2637 or email Kate.Hogan@mahouse.gov

Home Heating Assistance for Seniors

As winter fast approaches, I wanted to share some state programs that can help you with home heating assistance and savings on energy bills:

Low Income Home Energy Assistance Program (LIHEAP) – LIHEAP helps low-income individuals and seniors pay their heating bills during the winter. Eligible recipients can either own or rent their home and cannot have an income greater than \$31,218 for a single person or \$40,824 for two. For more information, please call the New England Farm Workers Council at (978) 342-4520. Please apply ASAP for this program, as there is a processing period.

Citizens Energy Heat Assistance Programs – Citizens Energy Heat Assistance has two programs for home heat assistance. The **Citizens Energy Oil Heat Program** offers free heating oil to people in need. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil. The **Citizens Energy / Distrigas Heat Assistance Program** gives a \$150 utility bill credit to eligible households who heat with natural gas. Eligible recipients are facing a financial hardship and are not eligible for LIHEAP, or have used up their LIHEAP benefits. To apply, please visit www.citizensenergy.com or call 1-877-JOE-4-OIL.

Weatherization – The Weatherization Assistance Program (WAP) is a government-funded program to help low-income homeowners and renters lower their energy costs by making their homes more energy efficient. The program saves households an average of \$350 per year in energy costs. Energy inspectors visit eligible households to see what work needs to be done to save energy. The inspectors also do a health and safety check to make sure that all energy-related systems are working properly. Weatherization workers then make energy-saving improvements as needed. You can get free WAP services if you are eligible for the LIHEAP Fuel Assistance program or if someone in your household gets SSI or TAFDC. For more information, please call the Montachusett Opportunity Council, Inc. (MOC) at (978) 342-7025.

MassSave – MassSave is an energy savings program for Massachusetts homeowners and renters. MassSave offers energy tips and information about free home energy assessments, energy-saving products, and loans, rebates, and other incentives for energy-saving home improvements. MassSave is for Massachusetts residents who want to save money by making their homes more energy efficient. Anyone can use the MassSave web site or telephone line to see which rebates, loans, home energy assessments, or other energy programs are available to them. Most programs are for homeowners or tenants who live in 1-to-4 unit dwellings and pay their own heat or electricity. Low-income residents may qualify for free services. For more information, please visit www.MassSave.com or call 1-866-527-7283.

As always, please do not hesitate to contact my office for more information or any assistance at **(617) 722-2637**.

NEWS FROM SHINE-November

(Serving the Health Information of Elders)

The Medicare Open Enrollment ends on December 7th!

Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to review your options EVERY year to make sure you have the plan that works best for you.

Some of the bigger changes to Medicare plans in our area for 2012 are:

Seven Medicare Part D plans are leaving and three new ones are entering. ***If you are a member of a drug plan that is leaving, you need to make certain that you have a new drug plan for January 2012.***

Humana Walmart-Preferred Rx Plan (currently \$14.80/month) will still have the lowest monthly premium of all the stand-alone drug plans (\$15.10/month in 2012).

Medigap Supplements will increase their monthly premiums slightly.

Two new Medicare Advantage plans will be added – a Blue Cross/Blue Shield HMO and a Fallon HMO.

We have scheduled update meetings in the following communities if you would like to get more information; **Templeton, Fitchburg, Pepperell, Groton, Leominster, Barre, Rutland, Holden, Grafton, Auburn, West Brookfield, Sturbridge, Oxford, Northbridge, Franklin, Uxbridge Millvile, Worcester, Shrewsbury and Milford.** **Contact the Senior Center nearest you to get more information and reserve a seat.**

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

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FRIENDS OF BOLTON SENIORS (FOBS) CORNER

Tuesday Connections. FOBS is thrilled to begin our fourth season of Tuesday Connections. At each event we partner with local clubs and individuals to bring you programs of interest, which are followed by a delicious homemade lunch. Please mark your calendars for the following upcoming events:

- November 15: Thanksgiving dinner with turkey and all the "fixins"
- December 20: Caroling with First Parish Church choir members

Fuel Assistance. It may be hard to believe, but winter is just around the corner. FOBS provides an additional 100 gallons of fuel oil for qualified seniors at no cost. Please call Terry Abdalian at 978-624-1025 if you need help or know someone who does.

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. No signup just showup!

Zumba Gold is continuing at Davis Hall, Monday mornings from 10 a.m to 11 a.m. Zumba combines exercise, simple dance moves to Latin music.. The fee is \$3.00 for people age 60 and over and \$5.00 for 50 to 60 year olds. This is an ongoing program and you can join anytime. For more information 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.

2011 Membership Drive. Through generous donations from the Bolton community, FOBS has been able to help increase the services and programs provided to Bolton Seniors. According to the 2010 census, Bolton has 764 residents over the age of 60. We expect that within the next five years approximately 400 more people will be added. Of course many seniors stay active; but others need our help. We have mailed out our membership brochures in September. Please join us in fulfilling our mission by becoming a member.

Volunteers Needed. There is a need in town for volunteers in a myriad of categories. You have worked hard all your adult life and now have discretionary time. By volunteering you can do that something that has been in the back of your mind for years. You wanted to be a librarian, volunteer at the library. You wanted to be a teacher, there are volunteer opportunities. You wanted to be in government, more opportunities and if you wanted to write you can volunteer to back up Susan on the newsletter. Call Mary Boyd at 779-2740 to volunteer and most importantly help others while having fun yourself.

STRP Program


The Town of Bolton has a Senior Tax Rebate Program (STRP) where residents who are a senior citizen can reduce their property tax by up to \$750 per household per year working for various town offices. For more information please contact Sheila Chmielowski at 978-779-3313 or Linda Day at 978-779-2297.

NEWSLETTER BACK-UP

We need a volunteer to help with editing the Bolton Senior Newsletter. We publish 12 monthly copies per year and most of the job is organizing copy from various monthly sources. This position is back-up for vacations. The applicant needs to be comfortable with the computer. Call 978-634-1716 for more information.

November, 2011

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

Sun	Mon	Tuesday	Wednesday	Thursday	Fri	Sat
		1 10 am COA meeting 10 - 2 pm bridge/Skip-o	2 10:15 Yoga class 11:15 Scrabble 1 pm Reiki	3 10 am Painting class 10 - 2 pm bridge/Skip-o	4	5
6	7	8 10 am Food distribution at Town Hall 10 - 2 pm bridge/Skip-o	9 10:15 Yoga class 11:15 Scrabble	10 10 am Painting Class 10 - 2 pm bridge/Skip-o 12 noon VNA nurse	11	12
13	14	15 10 am Lawyer for a Day 10 - 2 pm bridge/Skip-o 11 Tuesday Connection	16 10:15 Yoga class 11:15 Scrabble	17 9:30 am Town Nurse 10 am Painting Class 10 - 2 bridge/Skip-o	18	19
20	21	22 10 - 2 pm bridge/Skip-o	23 10:15 Yoga class 11:15 Scrabble	24 Senior Center Closed Happy Thanksgiving	25	26
27	28	29 10 - 2 pm bridge/Skip-o	30 10:15 Yoga class 11:15 Scrabble			

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Sounds of Stow Festival Chorus & Orchestra

Haydn, Handel and Beethoven for Stow Festival Chorus Fall Concert

On Sunday, November 20th at 3PM, Sounds of Stow Festival Chorus & Orchestra will present its Fall Concert at the Hale Middle School, 55 Hartley Rd., opening the 2011-2012 season of *Music of Majesty and Meditation*. Artistic Director Barbara Jones has selected Haydn's "Theresa Mass" (1799) as the featured work with soloists Margot Law, soprano; Theresa Buckley, mezzo-soprano; Jason Wang, tenor; and Mark Andrew Cleveland, bass. Handel's Coronation Anthem No. 2 "The King Shall Rejoice" (1727) is also on the program. Leading off the concert will be the Triple Concerto (1804) of Beethoven with soloists Larry Frank, violin, Ariana Falk, cello, and Pauline Oliver, piano.

General admission tickets are available at the door for \$25.00, Seniors & Students \$20.00. Introduce the youngsters to classical music by bringing them to the OPEN REHEARSAL on Saturday, November 19th at 1:30 p.m. A donation of \$5.00 is suggested. Hale School is fully handicapped accessible. For more information visit www.sounds of stow.com or call 978 562-0302. Sounds of Stow is funded in part by the Massachusetts Cultural Council as administered by the local cultural councils of Stow, Acton-Boxborough, Bolton and Hudson.

With upcoming events, please do not stay at home, come and join in the holiday spirit. If you need a ride call 779-3313 to book a ride on the Mart van. If you use your car please remember that residents at the Manor have cars and numbered assigned parking which face the building. We are allowed any space that faces away from the building as well as the lot to the left of the building. We hope you enjoy this holiday season and keep safe and warm.



If you find the holidays difficult or you are worried about emergencies, heating your home, illness or anything that troubles you please call our OUTREACH COORDINATOR, Sally Steele at 978-779-3313 or outreach@townofbolton.com. On the phone leave a simple message and Sally will get back to you.

Library News

Open Mike is on the third Tuesday of each month. Open Mike is for acoustic musicians, but enthusiastic audience members are always welcome! Hosted by Dan and Faith Senie.

Local History Discussion Group with Roger Breeze meets on the first and second Wednesday of each month at 1 p.m.

Genealogy instruction is the third Wednesday of each month, also at 1 p.m.

Stitch & Sip meets the fourth Wednesday of each month at 7 p.m. Open to anyone with a needlework project and to all skill levels.

First Thursdays @ the Library lecture series, sponsored by the Friends of the Bolton Public Library, has begun. For more information call the library at 779-2839.