



# Bolton Senior Newsletter

October 2011  
Volume 2  
Issue 8

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](mailto:susantripp@comcast.net)

Barbara Brown  
Margaret Nangle  
Jean Cahill

Flora Wilson  
Irene Spencer  
Emma Herbison

## Sally Steele Outreach Coordinator



Sally Steele

The Bolton Council on Aging is pleased to introduce our new Outreach Coordinator - Sally Steele. Sally has lived just 2 miles away in Harvard for 31 years. Sally brings three years of professional experience in elder services, working at Minuteman Senior Services. As Kathryn Becker did formerly,

Sally will continue to assess the needs and interests of the senior community in Bolton and follow through with ideas and referrals. She will also serve those who are isolated or home-bound. She wants to make sure everyone is aware of the support services available to elders, and address the needs that are not being met. In addition to making home visits, Sally will be available to all on Thursdays from 9-3 in the upstairs lounge of Bolton Country Manor. Sally can be reached at the 779-3133 or via email: [outreach@townofbolton.com](mailto:outreach@townofbolton.com). Please stop by for assistance or to just say hello.

## MURIEL DYAS IS BACK!! PRESENTING ELIZABETH THE FIRST!!!



On Wednesday, October 26<sup>th</sup> at 12:30 p.m. Muriel Dyas is back by popular demand to portray Queen Elizabeth The First. Often considered as England's greatest monarch, Queen Elizabeth's arrival to the throne was a precarious journey through many stepmothers, half siblings and finally her turn to wear the crown. Her reign witnessed the expansion of the British Empire to include North America and the accomplishments of playwrights such as William Shakespeare. Her greatest hour was the defeat of the Spanish Armada, finally placing England as a European stronghold. See why the Virgin Queen, Glorianna and Good Queen Bess became her nicknames to each period of her forty-four year rule.



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### **Center Activities**

**For information or to sign up 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, October 20 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, October 13 at 12 noon.

**Attorney Daniel M. Tremblay** our **Lawyer for a Day** will be at the senior center on October 18 from 10 to 12 noon. This is a FREE private one half hour consultation. Reservations are required - call 779-3313 to reserve a time.

**Wheat Food Delivery** will be available at the Bolton Town Hall on Tuesday, October 11. 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 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. Appointments are 15 minutes focusing on head and shoulder only. Linda will be at the senior center on Wednesday, October 5 from 1-2. Call 779-3313 to reserve a 15 minute appointment.

**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 that are difficult to do such as changing a ceiling light bulb, removing heavy air conditioners, fixing a dripping faucet etc. 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 for all they do for our seniors and our town.

## Center Activities

**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.

**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.

**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.

**Senior Book Club** meets at the Bolton Public Library on October 13 at 6:15 in the evening. The book for October is "The Devil in the White City: A Saga of Magic and Murder at the Fair" by Erik Larson. November's book is "Spring Moon" by Bette Boyo Lord. We have lively conversations with all opinions discussed and taken seriously. Come join us - all are welcome!

**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.

**Trip Policies:** Payments are needed in advance of a trip with checks made out to the Senior Citizen's Association. Boltonites are given priority seating but out of towners are welcomed and put on a waiting list for available seats.

### Nashoba Nursing Service & Hospice

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## Rep. Hogan's Senior News

### SENIORS in the Massachusetts Workforce

Earlier this year, the Massachusetts Executive Office of Elder Affairs (EOEA) released recommendations to increase older worker engagement in Massachusetts. As the baby boomer generation enters their 50's and 60's, the EOEA is investigating policy changes that would allow older workers, who still wish to work, to continue doing so. This would allow skilled and knowledgeable workers to continue contributing to our economic recovery and allow this large portion of our population to continue working for years after recovery as well. The recommendations of the EOEA are outlined below:

- 1. Establish an Older Worker Employment Taskforce:** create a taskforce to coordinate and lead strategies for increasing employment of older workers and extending older worker engagement.
- 2. Highlight the Resources of One-Stop Career Center Services for Older Workers:** distribute information through EOEA networks about One-Stop Career Centers and systematically share information for assisting older workers between all the Career Centers.
- 3. Improve Community Colleges' Training of Older Workers:** encourage older workers to further their education at Community Colleges and replicate best practices identified through the American Association of Community Colleges 50 Plus Initiative, a national initiative for accommodating the learning styles and schedules of older workers.
- 4. Encourage Employers to Take Action to Prepare for an Older Workforce:** implement more flexible work schedules and facilitate employee savings and training opportunities. Encourage employers to remove disincentives for continued employment.
- 5. Individuals to Upgrade Their Work Skills throughout Their Career:** assist individual in continuing to upgrade their work skills throughout their career and develop a financial plan for future lifestyle goals.

To receive a copy of "Policy Recommendations to Increase Older Worker Engagement in the Massachusetts Workforce" call Scott at 617-722-2637

### Bill Aims to Extend Hospice Care to More Massachusetts Seniors

*S 1999, An Act Extending Hospice Care to the MassHealth Basic and MassHealth Essential Programs* would allow more terminally ill people covered by the state's low-income health insurance plans to be eligible for hospice coverage. Currently 300,000 individuals on MassHealth Basic and MassHealth Essentials health plans are not eligible for hospice care. This bill comes out of a year-long legislative and expert panel formed to study end-of-life care in Massachusetts. While the panel found that the life expectancy in Massachusetts is nearly two years longer than the national average, one aspect lacking is that health care providers do not routinely discuss end of life care preferences with their patients. This bill is currently in the Committee on Health Care Financing and more information is available through my office.

**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](mailto:Kate.Hogan@mahouse.gov)

## NEWS FROM SHINE-OCTOBER

### Medicare Open Enrollment is Changing! New Dates: OCTOBER 15 - DECEMBER 7

Your health needs change from year to year. And, your health plan may change the benefits and costs each year too. That's why it's important to evaluate your Medicare choices every year. Open Enrollment is the one time of the year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

Starting this year, Open Enrollment starts earlier – on **October 15<sup>th</sup>** – and lasts longer (7 full weeks) to give you enough time to review and make changes to your coverage. But, also starting this year, you will need to make your final selection for next year's Medicare coverage by **December 7<sup>th</sup>**. This change ensures Medicare has enough time to process your choice, so your coverage can begin without interruption on **January 1, 2012**.

It's worth it to take the time to review and compare, but you don't have to do it alone. If you typically use the December holidays to discuss health care options with family or friends, plan now to move that conversation earlier. And remember that SHINE is available to help. 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 and Millvile. We will also be scheduling meetings in Worcester, Gardner, Ashburnham, Shrewsbury and Milford. Contact the Senior Center nearest you to get more information and reserve a seat.

You can now access our monthly SHINE chat line, sponsored by the Central Massachusetts Agency Aging, on the second Tuesday of each month. To attend go to [www.SeniorConnection.org](http://www.SeniorConnection.org) and click on Connection for Caregiver button. Then click on the Support Groups and Chat button. Create a username and password, log in and click on SHINE.

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.

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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:

- ☐ October 18: Pumpkin decorating
- ☐ 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 of someone who does.

**Yoga for Health.** Yoga is held on Wednesday mornings at the Senior Center from 10:15 to 11:00 a.m. The fee is \$3.00 and yoga mats are provided.

**Yoga with Kathy Breen.** Kathy is conducting several programs for both seniors and non-seniors at Davis Hall, First Parish Church. Please check Kathy's website for times and more information: [www.kathybreenyoga.com](http://www.kathybreenyoga.com).

**Zumba Gold** is continuing at Davis Hall, Monday mornings at 9:30 a.m. Zumba combines exercise, simple dance moves, and Latin music for an overall happy experience. The fee is \$3.00 for people age 60 and over and \$5.00 for 50 to 60 year olds. If you are interested, please call Mary Ciummo at 978-779-5145 or email her at [mary@ciummo.com](mailto:mary@ciummo.com).

**Free Cell Phones.** Free cell phones are available through Safelink Wireless. You may enroll on the web at [www.safelinkwireless.com](http://www.safelinkwireless.com), by phone at 800-977-3768, or by calling Terry Abdalian at 978-634-1025.

Join us at the **FOBS Annual Meeting**, which will be held at 5:00 p.m. October 19 at the Bolton Public Library. The agenda will include discussion of which programs and services Bolton's seniors want and need and what we are doing to meet those needs. There will be opportunities to volunteer in both big and small ways such as, helping at Tuesday Connections, coordinating an exercise program, managing the website, developing programs for Senior Appreciation Month, and assisting with public relations. Everyone is invited and refreshments will be served.

### PARKING AT THE SENIOR CENTER

The senior center is located at 600 Main St in the community room of the Bolton Country Manor. The residents have assigned parking spots, please honor their right to their parking spot. We can park in the designated GUEST PARKING or in the parking lot to the left of the building. If you are able bodied please use the parking lot and leave the guest spots for the handicapped.

# October, 2011

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

Sun	Mon	Tuesday	Wednesday	Thursday	Fri	Sat
		 Thank you to the Lion's Club	 and all their helpers.	 for a wonderful Senior. picnic		1
2	3	4 10 am COA meeting 10 - 2 pm bridge/Skip-o	5 10:15 Yoga class 11:15 Scrabble 1 pm Reiki	6 10 am Painting Class 10 - 2 pm bridge/Skip-o	7	8
9	10	11 10 - 2 pm bridge/Skip-o 10 am Food distribution at Town Hall	12 10:15 Yoga class 11:15 Scrabble	13 10 am Painting Class 10 - 2 pm bridge/Skip-o 12 noon VNA nurse	14	15
16	17	18 10 am Lawyer for a Day 10 - 2 pm bridge/Skip-o 11 am Tuesday Connection	19 10:15 Yoga class 11:15 Scrabble	20 9:30 am Town Nurse 10 am Painting Class 10 - 2 pm bridge/Skip-o	21	22
23/ 30	24/ 31	25 10 - 2 pm bridge/Skip-o  <b>TRICK OR TREAT</b> <i>Happy Halloween</i>	26 10:15 Yoga class 12:30 pm Elizabeth 1 with Muriel Dyas  	27 10 am Painting Class 10 - 2 pm bridge/Skip-o	28	29

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## Bolton Bridge to be Named for Fallen CIA Agent Harold Brown Jr.

State Representative Kate Hogan (D-Stow) and State Senator Jennifer L. Flanagan (D-Leominster) are proud to announce that their bill naming the bridge on I-495 over Route 117 in Bolton, the **Harold Brown Jr. Memorial Bridge** was signed into law by Lieutenant Governor Timothy Murray.

The bridge will be **dedicated at a public ceremony on October 8<sup>th</sup> at 11am in Davis Hall** located in the **First Parish Church of Bolton**. This ceremony will honor Harold Brown Jr. who gave his life serving his country as a member of the Central Intelligence Agency in Khost, Afghanistan. Brown, a native of Bolton, spent 20 years in service to his country before he was killed by a suicide bomber in December of 2009.

“Harold Brown, Jr. was an incredible man who risked his life everyday for our country. This ceremony is a beautiful way to continue honoring his memory throughout the community,” said Representative Harold Naughton (D-Clinton).

Harold Brown grew up in Bolton and was a 1990 Graduate of Nashoba Regional High School. He later attended Mount Wachusett Community College and George Washington University before attending Officer Candidacy School. He was commissioned as a Second Lieutenant in the U.S. Army and aspired to the rank of Major in the Army Reserves. He served in Bosnia, Operation Iraqi Freedom, and the War on Terrorism in Afghanistan.

Brown is survived by his wife of sixteen years, Janet, and his three children. He is also survived by his parents Harold Sr. and Barbara Brown of Bolton.

### Attorney Dan Tremblay gives important talk relating to Seniors

On Tuesday, October 25 at 7 p.m at the Bolton Public Library Attorney Dan Tremblay will discuss how to prepare for long-term care, including wills, health care proxies, caretaker contracts, etc. Everyone is welcome. Attorney Tremblay is offering this talk as a public service at no charge to participants. Registration is REQUIRED through Attorney Tremblay's office, and will be handled

### Volunteer Needed for newsletter back-up

We need a volunteer to help with editing the Bolton Senior Newsletter. This is a monthly publication which informs seniors on events and activities taking place in the coming month. We publish 12 copies per year and most of the job is organizing copy from various monthly sources. This volunteer position is back-up for vacations and/or illness. The applicant needs to be reasonably comfortable with the computer and email. Knowing a publishing software is a bonus but not necessary as we will train and supply the software. Please contact Susan Tripp at 978-634-1716 or Sheila at 978-779-3313. Thank you.