



Bolton Senior Newsletter

September 2011
Volume 2
Issue 9

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
Margaret Nangle
Jean Cahill

Flora Wilson
Irene Spencer
Emma Herbison

Bolton Police to Hold Domestic Violence Resource Forum

The Bolton Police are sponsoring a Forum on Domestic Violence Resources on Saturday, September 17th from 10:30 to 12 at the Bolton Public Safety Center, 15 Wattaquodock Hill Road in Bolton.

According to Police Chief Vincent Alfano "Domestic violence is a cancer that cuts across all levels of society. Awareness and education are the most effective tools in combating this crime." Presenters will be Bolton Police, Worcester County District Attorney's Office among others with information tables.

TAKE A TRIP WITH US SPONSORED BY THE COUNCIL ON AGING

PUTTING ON THE RITZ & MOHEGAN

We are going to the Mohegan Sun Casino and Cornerstone's Playhouse on **Wednesday, Sept. 28th**. Reminiscent of the golden age of Hollywood, *Putting on the Ritz* has unforgettable show tunes and sizzling tap routines which graced the hottest stages on Broadway. When you combine this show with dazzling foliage, shopping at Olde Mistick Village, Mohegan Sun, 2 \$10.00 meal credits, \$20.00 in free bets and all for just \$38.00 you can't go wrong. The bus leaves from Trinity Church promptly at 8:30 so please get there by 8 am. Return is around 7 pm.

TRIP POLICIES

Trip money is due one month prior to departure to guarantee your seat. Make all checks payable to **Senior Citizens Association**. 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. If the trip is cancelled all payments are refunded. Because the Town of Bolton subsidizes 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. Questions? 779-3313



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

Medicare certified. For a referral or evaluation, call **978-287-8300** or **1-888-220-5343**.



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Call 800-732-8070

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, September 15 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, September 8 at 12 noon.

Podiatrist, Dr. Lavenda will be at the senior center on September 15 at 9:00 am.

Attorney Daniel M. Tremblay our **Lawyer for a Day** will be at the senior center on September 20 from 10 to 12 noon. This is a **FREE** 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, September 13. **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 focusing on head and shoulder. Call 779-3313 to reserve a 15 minute appointment on **Wednesday, September 7** 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.

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.

Kate Hogan can be reached at 617-722-2637
 State House, Room 544, Boston, MA, 02133
 District Office: Maynard Town Hall, 195 Main Street
 Email: Kate.Hogan@mahouse.gov
 For an appointment either phone or email.

Senior Book Club meets at the Bolton Public Library on September 22 at 6:15 in the evening. The book for September is "Death Comes for the Archbishop" by Willa Cather. We have lively conversations and all opinions are listened to and taken seriously. Come to join in or just listen - 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.

Nashoba Nursing Service & Hospice

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Rep. Hogan's Senior News

Medicare Benefits and the Affordable Care Act

The Centers for Medicare and Medicaid Services (CMS) released a report this summer that showed more than 5 million Americans - with traditional Medicare - utilized at least one of the recommended preventive benefits now available for free thanks to the Affordable Care Act (ACA.) The ACA emphasizes health thru prevention by reducing or eliminating costs to those on Medicare.

The following are some preventive services now available for free to those with Medicare:

- A "Welcome to Medicare" doctors visit followed by annual Wellness check-ups
- Cardiovascular Screening
- Colorectal Cancer Screening
- Breast, Cervical, and Vagina Cancer Screening for Women
- Prostate Cancer Screening for Men
- Flu, Pneumococcal, and Hepatitis B shots
- Bone Mass Measurements
- Diabetes Screening
- Medical Nutrition Therapy
- Tobacco Use Cessation Counseling
- HIV Screening

For more information please contact my office at (617) 722-2637.

Massachusetts State House: Legislative Update

As many of you know, I am lead sponsor of two bills this session that aim to assist seniors:

H 2517: *An Act To Increase The Property Tax Deferral For Seniors* will establish a set limit on the income of seniors who are eligible to defer their property taxes. Currently, people 65 and older have the option to defer paying their property taxes until such a time as their home is sold or conveyed. Unfortunately, many seniors are denied this opportunity to defer because the qualifying income level is too low. This situation penalizes 'house rich and cash poor' seniors living on a fixed income. The current limit is set by Commissioner of Revenue and fluctuates yearly. My legislation would allow seniors over 65 to defer their property tax if their annual income is under \$65,000. H2517 is currently in the Joint Committee on Revenue and will have a hearing this fall. (Senator Jehlen is Senate Sponsor: S.1459)

H 2086: *An Act To Establish Criteria For MassHealth Hardship Waivers* establishes criteria for MassHealth to follow regarding seniors who transfer assets before an "event" might make a nursing home stay necessary. This bill ensures that seniors cannot be denied MassHealth - if refusal is going to cause serious harm. MassHealth can currently look back 5 years and deny nursing home care if seniors transferred goods for less than fair market value. My bills cites that if a MassHealth refusal could cause a serious hardship, then the senior must receive MassHealth. I testified before the Joint Committee on Health Care Financing in support of this bill & await the Committee's decision on moving H 2086 forward. (Senator Chandler is Senate Sponsor: S.490.)

NEWS FROM SHINE-SEPTEMBER

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

The annual Medicare Open Enrollment (**October 15 - December 7**) is the time to enroll in or CHANGE your Medicare coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment.

In September, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment.

Remember: The Medicare Open Enrollment ends on December 7! DO NOT WAIT UNTIL IT'S TOO LATE!

Affordable Care Act Update

Under the Affordable Care Act, people with Original Medicare can receive recommended preventive benefits and a new annual wellness visit without paying an additional penny out of pocket. In addition the Affordable Care Act is closing the prescription drug donut hole by providing increasing discounts on covered drugs in the donut hole. In Massachusetts alone more than **459,371** Medicare beneficiaries have received no cost preventive services. More than **15,631** beneficiaries have saved over **\$7,821,054** through the 50% discount on Part D drugs in the donut hole, this is an average of **\$500.00** per beneficiary. **The Affordable Care Act is working for Medicare Beneficiaries in Massachusetts.**

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 the SHINE Session, go to www.SeniorConnection.org and click on Connection for Caregiver button. Then click on the Support Groups and Chats 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.

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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:

- September 20: Celebrate harvest time with members from Bolton Local and the Community Garden
- 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 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!

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 web site for times and more information: www.kathybreenyoga.com.

Zumba Gold is continuing at Davis Hall, Monday mornings at 9:30 a.m starting August 29 - October 31. Zumba combines exercise, simple dance moves, and Latin music.. 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.

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 are mailing out our membership brochures in September. Please join us in fulfilling our mission by becoming a member.

There is a need in town for volunteers in a myriad of categories. You have worked hard all your adult life and are nearing that age when you will 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. Call Mary Boyd at 779-2740.

September, 2011

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

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



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STRP Program

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

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 and we have been asked to honor their right to their parking spot. We can park in the designated GUEST PARKING or in the lot to the left of the building. If you are able bodied it is preferred you use the parking lot and leave the guest spots to those friends that need to be closer to the building.

NEWSLETTER BACK-UP

We need a volunteer to help with editing the Bolton Senior Newsletter. This is a monthly publication which informs seniors on what events and activities will take 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. The applicant needs to be comfortable with the computer and email. Knowing a publishing software is a bonus but not necessary as we will train. Please contact Susan Tripp at 978-634-1716 or susantripp@comcast.net if interested and follow the instructions from the spam filter. Thank you.

SCAM AT THE GAS PUMP

Push the clear button **before** you swipe your gas or debit card **and after** just to be safe. This story comes from the internet. A friend just told me about something that happened to one of his coworkers. She used her credit/debit card to purchase gas at the pump (like most of us do). She received her receipt like normal. However, when she checked her statement, there were 2 \$50.00 charges added in addition to her purchase. Upon investigation, she found out that because she did not press the 'clear' button on the pump, the employee inside the store was able to use her card to purchase his/her own gas! To keep this from happening, after you get your receipt, you must press the '**CLEAR**' button or your information will be stored until the next customer inserts their card. Better to be safe than sorry and just push the clear button.

Why we love children... We do all remember these days!!!

NUDITY

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, 'Mom, that lady isn't wearing a seat belt!'

OPINIONS

On the first day of school, a first-grader handed his teacher a note from his mother. The note read, 'The opinions expressed by this child are not necessarily those of his parents.'