



Bolton Senior Newsletter

January 2012
Volume 3
Issue 1

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

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
Brooke James	

Thank You

THANK YOU to Bolton's Brownie Troop #30495 and their leader Patricia Pishock for the delicious Christmas cookies they brought into the senior center. The cookies brought good cheer to all.

IRISH PROGRAM

On Tuesday, March 13th, 2012 at 12:30 pm, Kate Chadbourne, singer, storyteller, and poet whose performances combine traditional tales with music for voice, harp flutes, and piano will be entertaining us at the senior center. Her music was featured recently on NPR's programs, "Cartalk" and "All Songs Considered", and songs from her latest CD, The Irishy Girl, as played on Irish radio programs throughout the country.

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, January 19 from 9:30 to 11:30 am. All town residents are welcome!!! For immediate assistance, she can be reached at 978-772-3335 x 340.

Keep Well Clinic sponsored by WHEAT Community Services offers a clinic at the senior center on Thursday, January 12 at 12 noon.

Wheat Food Delivery in Bolton has been discontinued. See the last page for more information.

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. Chair yoga is geared to seniors and suitable for all fitness and age levels. New students should just show up.

Free Medical Equipment is available for loan as long as you need it. Before you buy contact Sheila at 779-3313, we may have what you need. Depends?

Shine phone is 1-800-243-4636 (press 3) or call the senior center at 779-3313 and Sheila will make the appointment for you.



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Call 800-732-8070

Center Activities *continued*

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 January 4 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 January 26 at 6:15 in the evening. The book for January is "Cutting for Stone" by Abraham Verghese. February we will read "Rabbit Run" by John Updike. We have lively conversations and everyone has an opportunity to be heard 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.

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 - Basic Computer skills course offering an overview using simple practice exercises being held on Tuesdays from 2-3 on our computers. The cost is \$40.00 for all 4 classes. To enroll, call 978-779-3313.

Future Trips

The Council on Aging is presently working on several trips for the coming year. For example, Scenic Vermont Train Ride, Sherborn Inn Luncheon, Flower Show, North Shore Music Theatre, and a Boston Duck Tour. Keep posted for further news regarding these trips. If you have any trip suggestions, please contact Sheila at the senior center.

Trips require the money to be paid one month prior to the trip to guarantee your seat on the bus. There are no refunds to "No Shows" on the day of the trip. Cancellations may incur a penalty or loss of the total payment unless the seat can be filled or the trip is cancelled. All checks are to be made payable to **Senior Citizens Association**. Our neighboring town seniors are always welcome on our trips if there are seats available on the bus on a first come, first served basis. The town of Bolton subsidizes the bus cost, therefore, Bolton seniors have precedence over neighboring town residents who will be charged an additional \$5.00 on all trips.

Parking at the Senior Center Please remember that residents at the Manor have cars and numbered assigned parking which face the building. We are allowed any visitor space that faces away from the building as well as the lot to the left of the building. We hope you enjoy the holidays.

Where to Find the Newsletter

The Bolton Senior newsletter hard copy may be found in the following locations: Slater's, Country Cupboard, Brite Kleen, Plantasia, Clinton Bank, COA Office, Bolton Senior Center, Bolton Town Hall, Bolton Orchard Market, and Bolton Library. It is also uploaded onto the town website under Townofbolton.com, departments - Council on Aging, Senior Citizen's newsletter archives, then whatever date you want. They go back at least 2 years. You may also find it on Seek and Find. In the green area at the top of the page under "Seek" put in Bolton Council on Aging, then click the red button on the right and that will take you to the COA. Click on that button and you will see the newsletters at the bottom of the page. Just click on the one you want.

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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

CALLING ALL WORLD WAR II VETERANS

Honor Flight New England

In my first column of the New Year I wanted to share a very special program with you: Honor Flight New England. The Honor Flight Network is a non-profit organization created solely to honor America's Veterans for all of their many sacrifices. This group transports our "Greatest Generation" Heroes to Washington, D.C. to visit and reflect at their memorial at NO COST to the Veteran.

Last month the American Legion Post 23, of Maynard, hosted an Honor Flight Fundraiser and raised nearly \$5000 to make these flights available to our local veterans. The Maynard Legion is seeking interested and eligible WWII Veterans from area towns to come together for a visit to the National WWII Memorial in Washington D.C. Legion members are committed to paying tribute to those who gave so much—a memorable, safe, and rewarding TOUR of HONOR. If someone in your family or your community is a WWII Veteran, please, let them know about Honor Flight.

Time is of the Essence: Based on recent 2008 statistics, we are losing World War II veterans at the rate of approximately 1,000 per day. Of all of the wars in recent memory, it was World War II that truly threatened our very existence as a nation - and as a culturally diverse, free society. Now, with over one thousand World War II veterans dying each day, our time to express our thanks to these brave men and women is running out.

Honor Flight New England joined with the national organization Honor Flight Network in the spring of 2009 to honor America's veterans. Top priority is given to the senior veterans – World War II survivors, along with those other veterans who may be terminally ill.

More information is available at this website: www.honorflightnewengland.org and, of course, please contact Scott in my office at (617) 722-2637 if you have any questions.

Happy New Year to everyone!

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

Library News

Think that stamp collecting is a boring, passe' hobby? You won't after listening to Mike Drabik talk about it! The lifelong, enthusiastic philatelist will be here on Thursday, January 5 at 7 p.m. Mike's talk is part of the First Thursdays at the Library lecture series, sponsored by Friends of the Library. It's free of charge and open to everyone.

NEWS FROM SHINE-January
(Serving the Health Information of Elders)

Can I still change my Medicare Plan??

The 2011 Medicare Open Enrollment period ended on December 7th, but there are still *a few changes you can make if you qualify.*

For those with a Medicare Advantage Plan:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. Your Original Medicare coverage will begin the first day of the following month. If you drop your Medicare Advantage Plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement plan at this time.

For those with a Tufts Medicare Prescription Drug Plan (drug coverage only) in 2011:

If you did not select a different Medicare drug plan for 2012, then you are currently without drug coverage. You have until the end of February to enroll in a new Part D drug plan for 2012, which will begin the first of the month after your enrollment.

For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs:

You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

SHINE offers free counseling at your local Senior Center. 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 from the building as well as the lot to the left of the building. We hope you enjoy the holidays.

Please note that if the schools close due to inclement weather the senior center will also be closed.

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Call
800-732-8010

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, which begin at 11:00 a.m. with lunch at noon:

- January 17: The Bolton Historical Society is presenting "Bolton Through the Eyes of Dr. Everett." Enjoy seeing Bolton at the turn of the century.
- February 14: Celebrate Valentine's Day with Brownies. No, not the edible variety (although they might be there as well)! But adorable girls, who will make your day extra special.

Fuel Assistance. 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.

Zumba Gold is held 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 maryciummo@gmail.com.

Free Cell Phones. Qualified seniors may enroll for free cell phones from Safelink Wireless at www.safelinkwireless.com or by calling 800-977-3768. In addition a new free cell phone service recently became available in Massachusetts: Assurance Wireless. The requirements are similar to Safelink's. Please contact Assurance by calling 888-898-4888. If you have any questions about either plan, please call Terry Abdalian at 978-634-1025.



Shelter from the Storm

Should we lose our electricity, heat, toilets, water in a another storm we do not need to suffer. Lancaster is providing a storm shelter for the area. The location is the Atlantic Union College in the gym, 115 George Hill Rd, Lancaster. The phone # is 978-368-1380, the Lancaster dispatcher. Coming from Rt 117 it is a right at the Boys Dorm, 366 S. Main St and from Clinton it would be a left.

CELL PHONES

Your Council on Aging wants to encourage seniors to get a cell phone in case of an emergency or loss of power. Please call Neighbor to Neighbor, Mary Boyd at 978-779-2740 for training on how to use it.

January, 2012

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

Sun	Mon	Tuesday	Wednesday	Thursday	Fri	Sat
1	2 Z u m b a	3 10 am COA meeting 10 - 2 pm bridge/Skip-o	4 10:15 Yoga class 11:15 Scrabble 1- 2 pm Reiki	5 10 am Painting class 10 - 2 pm bridge/Skip-o	6	7
8	9 Z u m b a	10 10 - 2 pm bridge/Skip-o	11 10:15 Yoga class 11:15 Scrabble	12 10 am Painting Class 10 - 2 pm bridge/Skip-o 12 noon VNA nurse	13	14
15	16 Z u m b a	17 10 - 2 pm bridge/Skip-o 11 Tuesday Connection	18 10:15 Yoga class 11:15 Scrabble	19 9:30 am Town Nurse 10 am Painting Class 10 - 2 bridge/Skip-o	20	21
22	23 Z u m b a	24 10 - 2 pm bridge/Skip-o	25 10:15 Yoga class 11:15 Scrabble	26 10 am Painting Class 10 - 2 bridge/Skip-o	27	28
29	30 Z u m b a	31 10 - 2 pm bridge/Skip-o	Zumba, First Parish Church, 673 Main St in Davis Hall Monday mornings at 9:30 a.m. Zumba combines exercise, simple dance and	Latin music. The fee is \$3.00 for people age 60 and over and \$5.00 for 50 to 60 year olds. Info call Mary Ciummo at 978-779-5145		



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you'll get MORE THAN
ONE new customer!*

Wheat Community Services

from a letter by Jim Sheehan

Effective December 31, 2011, we must discontinue deliveries from the Worcester County Food Bank. To make things easier for the seniors who have gotten food through the Bolton C.O.A., effective in January of 2012, we will be designating each Wednesday of each month as "Seniors Day". This means that seniors who wish to pick up groceries once a month at WHEAT will have a special day set aside for them to do this. The hours will remain the same: 10 AM to 4 PM. As with everyone, the seniors **MUST CALL AHEAD TO MAKE AN APPOINTMENT WITH OUR FOOD PANTRY MANAGER, DELY CRUZ, PRIOR TO COMING IN** at 978-365-6349. If Wednesdays are not possible, seniors are, of course, welcome to come in at any other time during the week. Hours: Tuesday, 1PM to 4 PM, and Thursday and Friday, 10 AM to 4 PM. I also extend a warm invitation to everyone to come to the Community Cafe at 242 High Street in Clinton. A nutritious meal is served from 5 PM to 6 PM every day except Saturday at no cost.



Sally Steele - Bolton Outreach - ☛☛ **NEW DIRECT PHONE - 978-779-3314**
Cell 978-870-8002

Are you concerned about your energy bill?

Contact Mass Save and have your home audited for its efficiencies or needs.

Mass Save, www.masssave.com, is a statewide energy efficiency program sponsored by your local utility or regional energy efficiency service organization. Whether you have Nstar or National Grid, you can have AN AUDIT performed to see how energy-efficient your home is, at NO COST to you. At our house, the audit took them almost 2 hours - it was very complete.

Should you need to have some work done (new insulation, for example), you will find that the cost is so affordable that you can't afford not to do it! Here is what to do to start:

1. Call 1-800-632-8300. You will need to say whether you have NStar or National Grid. A real person will come on the line very shortly.
2. You will need to provide them:
 - a. Your full name
 - b. Your address
 - c. Your phone number
 - d. Your account number on your electric or gas bill
 - e. A convenient time for them to come to do the audit.

You will be given an appointment for someone to come and review everything in your home, from light bulbs to windows and doors to insulation.

We have just completed doing everything Mass Save suggested we do to our 3000 sq. foot home. Three gentlemen were here for 6 hours, with a huge truck and lots of equipment and supplies. Our bill was \$76.00! **You can't lose!**