



Bolton Senior Newsletter

April
2013
Issue 4

Bolton Senior center
Main St (Rt 117)
PO Box 342
Bolton, MA 01740

Center Director
Sheila Chmielowski
Phone: 978-779-3313

Hours: 9am-2pm 600
Tuesday, Wednesday,
Thursday

GO RED SOX!!

The Rotary Club of Nashoba Valley is sponsoring "GO RED SOX" to be held at the Stow Council on Aging on Monday, April 1st at noon. The Stow Council on Aging is located in the Stow Town Building, lower level, 380 Great Road, Stow. Why drive to New York when you can watch the game in Stow for FREE? Fenway Franks, peanuts, and Cracker Jack in addition to root beer will be served. You will feel like you are at the ball park. Watch the baseball game on their big 55" flat screen TV. Please RSVP: 978-897-1880.

DON'T MISS "THOROUGHLY MODERN MILLIE"

At press time, we still have 8 seats available to see Stoneham Theatre's production of *Thoroughly Modern Millie* on Wednesday, May 1, 2013 **FOR ONLY \$5.00 PER PERSON (a \$25 savings!)**. This wonderful event is being made possible thanks to generous donations from the Bolton Garden Club and the Friends of Bolton Seniors. The COA through the MART program is providing transportation at no charge.

We will be leaving the Senior Center at 12:30 p.m. in order to arrive in plenty of time to enjoy the 2:00 p.m. show. We should be returning home before 5:00 p.m.

Please call Sheila at the Senior Center (978-779-3313) no later than April 11, 2013. It is guaranteed you will have a great time and leave the show happy!

Invitation to Shakespeare's Birthday Party on April 4

William Shakespeare's birthday was April 23, 1564. In Stratford-upon-Avon, England, his 449th birthday will be marked with street festivals, music, drama, and pageantry.

In Bolton-upon-117, USA, we'll fete The Bard with a party at **7 p.m. on Thursday, April 4** in the Library Program Room. Our very special guests will be the talented Acton-Boxborough High School Madrigal Choir. (You may remember them from their holiday appearance at the Library in 2011. They were wonderful!) Save room for birthday cake after the Choir's performance.

The half-hour performance starts promptly at 7. This event is free of charge and open to all, but seating and parking are limited. Save the date and plan to arrive early.

SENIOR ACTIVITIES

COUNCIL ON AGEING BOARD

Chairman: Doris Ettinger 779-2717

Barbara Brown	Shirley Sefton
Emma Herbison	Panny Gerken
Margaret Nagle	Brooke James
Flora Wilson	Irene Spencer
Susan Tripp	

Meals on Wheels: Shirley Sefton 779-2216

Newsletter Co-editors:

Susan Tripp	susantripp@comcast.net
Tom Byron	tiktok@verizon.net

TRIPS

Trips require a minimum of 30 to 45 seniors. Tour companies cancel trips if minimum is not met. In most cases, the trip money is due one month prior to the trip to guarantee your seat on the bus. Payments are needed in advance. There are no refunds to "No Shows" on the day of the trip. Cancellations, depending on how far in advance they are given, may incur a penalty or loss of your total payment unless we can fill the seat from a waiting list or the trip is cancelled. All checks should 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. The town of Bolton subsidizes the bus cost, therefore, Bolton seniors have precedence over neighboring town residents. We sincerely apologize to our senior neighbors, but due to budget restraints, we charge you an additional \$5.00 on all trips.

NEWPORT PLAYHOUSE

For the seniors who have signed up for the Newport Playhouse on Wednesday, April 3rd, the bus will leave the Trinity Church promptly at 9:30 a.m. Please be there to board the bus no later than 9:00 a.m. We will be arriving back in Bolton at approximately 5:30 to 6:00 pm.

TOWN NURSE: Tamara will be at the senior center on the third Thursday of the month, April 18th from 9:30 to 11:30 a.m. For immediate assistance, she can be reached at (978) 772-3335x340.

ELDER KEEP WELL CLINIC: Elder Keep Well Clinic sponsored by VNA offers a clinic at the senior center on Thursday, April 11th at 12 noon. Nurse Judy Manning on call.

BOLTON'S SHINE COUNSELOR: Marianne Winsser, our Counselor, will be at the Bolton Senior Center on April 16th by appointment only from 10-12 noon in the upstairs medical room. She will extend her hours as needed to accommodate all. **To make an appointment call Sheila at 978-779-3313 at the senior center or Sally Steele, 779-3314.** Both are available to answer questions.

OUTREACH: Please note the change in day and time for our Outreach Worker. Sally Steele will be at the Senior Center on Thursdays from 9:30 to 3:30 p.m. She can be reached at (978) 779-3314 or her cell (978) 870-8002 to make an appointment or to request a home visit.

MEDICAL EQUIPMENT AVAILABLE:

Before you go to the expense of purchasing needed medical equipment, please contact your senior center as we may have what you need! Our medical supply room has an abundant supply of walkers, toilet commodes, wheel chairs, depends, etc. They are all available to be loaned out to any senior until no longer needed. Contact Sheila at the center or just drop in to take a look.

CENTER CLOSING: If Nashoba Regional closes the schools due to inclement weather, then the senior center is also closed.

SENIOR ACTIVITIES CONTINUED

RELAX WITH REIKI: Linda will be here on Wednesday, April 3 at 1 pm. Reiki is a system of hands-on healing that allows you to feel relaxed, calm, and peaceful.

LAWYER FOR A DAY: Attorney Chris Borzumatto will meet with seniors this month on Wednesday, April 17 from 10:00 a.m. to 12 noon. Please contact Sheila at (978)779-3313 to make an appointment for this free legal advice. Conferences are free with appointment and are always confidential.

ANY KIND OF NEEDLEWORK CLUB

Come join us for conversation and companionship on Thursday afternoons at the senior center at 2pm. Bring your current project and enjoy working with others.

ZUMBA GOLD: Zumba combines exercise, simple dance moves, and Latin music for a fun experience. Subsidized by FOBS the cost is \$3.00 for seniors over 60 or \$5.00 for the 50 to 60 crowd. Zumba is held off campus at The First Parish Church, 673 Main Street in Davis Hall on Monday mornings at 9:30. For more information contact Mary Ciummo at 779-5145 or email her at maryciummo@gmail.com.

YOGA FOR HEALTH: Yoga is held on Wednesdays at 10:15 to 11 am at the senior center. Marg, an experienced yoga instructor, accepts new clients, just show up wearing comfortable loose clothing. Subsidized by FOBS the cost is only \$3.00.

IN-HOME FIX-IT PROGRAM: Volunteer handy-people will assist elders at home with small jobs ie removing or installing air conditioners, fixing dripping faucets etc. This service is free (you pay for supplies) for seniors who do not have access to financial or manpower resources to meet said need. Call Sheila at 779-3313 for appointment.

MART VAN: Just a reminder that the van service is available to seniors and handicap persons on Tuesdays, Wednesdays and Thursdays from 9:30 a.m. to 3:00 p.m. For reservations, call (978) 779-3313 at least 24 hours in advance of the requested trip. The van is available for appointments, shopping, or meals, etc.

WHEAT FOOD BANK

The WHEAT food bank sign-up forms are available at the senior center. Wednesdays are designated senior's day at the WHEAT facility, which is located on the second floor at 500 Main St, Clinton. Drive to the back of the building as that is where the elevator is located. The hours are 10 a.m. To 4 p.m, For Mart van transportation or questions please contact Sheila at 779-3313.

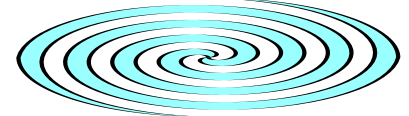
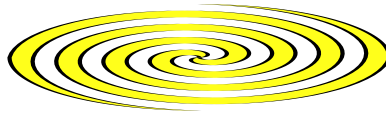
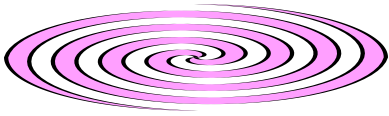
WHEAT COMMUNITY CAFE'

The community Cafe' is located at 242 High St, Clinton. It offers a nutritious meal six nights weekly free of charge, and is open from 4:30 to 6:30 every night with exception of Saturdays. Dinner is served at 5:00 p.m.

SENIOR BOOK CLUB: meets at the Bolton Public Library on the 4th Thursday of the month, April 25 at 7pm. The book is **The Sound and The Fury** by William Faulkner. Call Shirley Sefton for more information at 779-2216. All are welcome, just show up whether or not you have read the book. (D. McKinley suggests reading Wikipedia notes on this book as it could be pure torture to read for the casual reader.)

PARKING: When you come to the Senior Center, PLEASE respect the rights of the residents and park in visitor designated places only or in the parking lot to the left of the building. Do not park in front of the dumpster. There is a sizeable fine if the truck comes and cannot get to the dumpster.

If you need help with 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.



Hogan to Speak on State Preps for Wild Weather

Mass. State Rep. Kate Hogan will be on hand to introduce the Bolton Local program, “Sandy’s Sister is Coming to Town,” **Thursday, April 18, at 7 p.m.** at the Bolton Public Library. Hogan will discuss a report the Legislature requested about a Massachusetts response to recent extreme weather events like Superstorm Sandy.

Community leaders and community members alike are encouraged to attend this important program, which will present information about what is being done or discussed at state and local levels to evaluate the risks from increasingly volatile weather patterns.

Other speakers include:

Kathleen M. Baskin, director of Water Policy in the Massachusetts Executive Office of Energy and Environment, who will speak about key findings and recommended actions in the Massachusetts Climate Change Adaptation Report produced by an advisory panel of that office.

Mark Sandeen, Sustainable Lexington leader, who will discuss what that group has done to assess what the escalating weather intensity could mean to their community.

There will be an opportunity for discussion and brainstorming following the program.

Learn About Town Meeting on May 2

Ever wonder about the finer points of Annual Town Meeting, such as how the warrant comes together, which votes require a simple majority and which require 2/3, and when a question can be moved? Wonder no more! On **Thursday, May 2 at 7 p.m.**, join Town Moderator Jim Anker at the Bolton Library Program Room for an information session about ATM. Bring your questions and discussion items to this informative evening. Refreshments will be served.

FRIENDS OF THE BOLTON SENIORS - FOBS

Tuesday Connections. Please mark your calendars for the following upcoming events:

April 16: Welcome Spring with Bolton's Cadet Girl Scout Troup 30287, who will be helping us decorate pots in which we will plant spring flowers. It's the perfect activity to say "goodbye" to this winter's snow!

May 21: May is Senior Appreciation Month. This year's theme is "Unleash the Power of Age!" We will be honoring Bolton Seniors throughout the month including our Tuesday Connection program that we are calling "What's My Line?" We're sure all you remember the 1950s game show that asked questions to discover what contestants did for a living. Our show's format will be to find out your friends' and neighbors' occupations, hobbies and contributions. Join in the fun and stay for lunch and raffle at program's end.

Programs begin at 11:00 a.m. Lunch made by FOBS volunteers will follow these programs.

Contribute your recyclable treasures to the **FOBS Table at Bolton's Townwide Yard Sale on May 4th, from 9 a.m. to 1 p.m. at Slaters.** It's the perfect time to do your "spring cleaning." You can bring your donations to April's Tuesday Connections or contact Mary Kate if you would like us to pick them up – telephone: 978-779-0070; email: mkmcgilvray@comcast.net. All monies we receive will be used to support senior programs and services.

Shredding Party Fundraiser – June 8th from 10 to 2 at Firewater and Wine. Bring papers and documents that you would like to dispose of safely and securely. There is a charge of \$5 per "Bankers Box." All proceeds will be used to support programs and services for Bolton Seniors. Find out more about the service: check out the website at www.pellegrinotrucking.com.

Yoga for Health. Chair Yoga is held on Wednesday mornings at the Manor from 10:15 a.m. to 11:00 a.m. Fee is \$3.00, yoga mats are provided. Just drop to try out this gentle fitness program. **PLEASE NOTE: Yoga will not be held on Wednesday, April 3, 2013, due to a COA trip.**

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.

Swim Passes. Swimfit in Boxborough offers seniors discounted passes for their swimming pool and gym located at 90 Swanson Road. A book of 10 passes is \$50 (half-price). Please make checks out to Friends of Bolton Seniors and mail to 62 Vaughn Hill Road, Bolton, and we will secure a pass for you. More information at www.swymfit.com or call (978) 635-0500.

Free Cell Phones. Qualified seniors may enroll for free cell phones from Safelink Wireless at www.safelinkwireless.com (800-977-3768) or Assurance Wireless at 888-898-4888. If you have any questions about either plan, please call Terry Abdalian at 978-634-1025.

Rep. Kate Hogan's Senior News

State House, Room 544, Boston, MA, 02133 / phone 617-722-2637 [Call for appointment]

District Office: Maynard Town Hall, 195 Main Street Email Kate.Hogan@mahouse.gov

State Budget Priorities for Fiscal Year 2013

At the end of April, the House of Representatives will debate the State Budget for Fiscal Year 2014. As Co-Chair of the Elder Caucus, I worked with Rep. Matthew Beaton, other legislators, and advocates to present the four most important budgetary priorities for seniors to the chair of the House Committee on Ways and Means. The Elder Caucus is advocating an end to waitlists for seniors qualified for home care services and working to prevent federal cuts from affecting seniors in Massachusetts. Our additional priorities include:

- **Elder Protective Services:** The protective services program investigates and resolves elder abuse and neglect and often deals with very complex and volatile family situations. Elder abuse is also more prevalent in a down economy: currently in Massachusetts there are 54 new reports of elder abuse each day. It is imperative that our seniors receive the legal and protective services that they need. Currently, local ASAPs must take funding from other accounts in order to cover the legal costs required for elder protective services.
- **Local Aid to Councils on Aging:** Local councils on aging provide invaluable services and resources to the elders in our communities. The Elder Caucus has requested an increase in this line item to raise the formula allocation to \$8 per elder / per year.
- **Home Health Care:** The home care purchased services and home care management line items help our elders avoid premature institutionalization. Providing resources to keep elders in their own homes is the right thing to do.
- **Adult Day Health Programs:** Adult Day Health Programs are designed to meet the physical, functional, and social needs of elderly and disabled adults who are unable to live entirely independent. These programs provide nursing care in community settings to people with significant medical needs so that they can avoid hospitalization or nursing home placement. These programs save money as nursing home care costs upwards of \$60,000 per person yearly on Medicaid, while Adult Day Health Programs cost \$15,000 per person yearly. *(If you have any questions or concerns regarding these, or other, budget- feel free to call the office number below to speak with Representative Hogan.)*

800 AGE INFO

I wanted to make everyone aware of this important service provided by the Massachusetts Executive Office of Elder Affairs and the Mass Home Care Association. 800AGE INFO provides a wide range of resources for seniors and individuals with disabilities. The services provided range from basic assessments and nutrition advice, to more complex services such as home care, employment, education and training, and housing. Getting in touch is as easy as picking-up the phone and calling **1-800-AGE-INFO** (1-800-243-4636.) Additional information and links to services and programs is also available on their website: www.800ageinfo.com. And, if you are having any issues and need assistance, please do not hesitate to contact my office at **(617) 722-2692**.


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

By appointment: Call 617-722-2692 or email Kate.Hogan@mahouse.gov



April



MON	TUESDAY	WEDNESDAY	THURSDAY	FRI
1 9:30 Zumba Davis Hall	2 10 am COA meeting	3 9:00 Newport Trip / Trinity Church	4 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	5
8 9:30 Zumba Davis Hall	9 10-2 Bridge/Skip-Bo	10 10:15 Yoga Class 11:30 Tai-Chi	11 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class 12 noon VNA nurse	12
15 9:30 Zumba Davis Hall	16 10 am SHINE 11 am Tuesdays Connections	17 10 am Lawyer for a Day 10:15 Yoga Class 11:30 Tai-Chi	18 9:30 am Outreach 9:30 am Town nurse 10-2 Bridge/Skip-Bo 10 am Painting Class	19
22 9:30 Zumba Davis Hall	23 10-2 Bridge/Skip-Bo	24 10:15 Yoga Class 11:30 Tai-Chi	25 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	26
29 9:30 Zumba Davis Hall	30 10-2 Bridge/Skip-Bo			



TAI CHI: Bolton Council on Aging with a back up from FOBS is sponsoring Tai Chi lessons at the senior center on Wednesdays at 11:30 to 12:30. Each session will run for 6 weeks and cost \$23.00 per senior. Out of Towners are welcomed at the cost of \$6.00 per session. This class is geared toward seniors who are capable of standing for 1 hour, and who want to improve their balance and strength. New participants are always welcomed.

THANK YOU Peter Kaufman for your weekly donation of groceries from the Stop & Shop in Wayland. They are well received and enjoyed immensely by everyone at Bolton Country Manor and our senior center!!

DONATIONS may be made in the memory of a loved one, to honor someone, or in celebration. These gifts will enhance the Bolton Senior Services in the community. We appreciate your support with these contributions. Make checks payable to: **"The Senior Citizens Association"**. Individuals and families so honored will be notified of your contribution.

ARTIST NIGHT OUT: Meeting at the Bolton Public Library at 5:30 on the second Tuesday of the month local artists meet to work on projects of their own choice and chat. Art is a solitary albeit addictive occupation and it is good to periodically have companionship. For more information please call the library or Susan Tripp at 634-1716.

Bolton Townwide Yard Sale Announced

Despite what you might see outside your window, spring is almost here, and that means the annual Bolton Townwide Yard Sale is just around the corner! The 2013 Townwide Yard Sale, sponsored by Bolton Local, will take place Saturday, May 4, from 9 a.m. to 1 p.m. (Rain date May 5). **This sales opportunity is open to Bolton residents only**, but draws buyers from near and far.

This year there will be three "group" locations—Bolton Orchards, at the corner of routes 117 and 110; Slater's, 356 Main Street (Route 117); and Firewater and Wine on Forbush Mill Road. At these group sites sellers can set up tables in a 10 x 10-foot space for no additional fee. People with small, easily-transportable items to sell, or organizations looking to run a yard sale as a fundraiser, might want to choose one of these central locations.

The cost to participate in the yard sale is \$5, which buys sellers a spot on the map that will be available in several locations around town on the day before the sale to direct shoppers to all the sales. Sellers will also get a line of copy on the map to highlight special items they are selling. The participation fee covers publicity and advertising in Bolton and surrounding communities, as well as the cost of the maps.

Each seller can also sign up to be a "10-percent house," committing on the honor system to donate 10 percent of proceeds to a local cause or favorite charity. "10-percent houses" will be noted on the map. Last year more than \$800 was donated to local causes.

Signup forms are available on the Bolton Local website, www.BoltonLocal.org, and at the Bolton Public Library. To register, complete the form and send along with your check, payable to Bolton Local, to Mary Boyd, 350 Still River Road, Bolton, MA 01740.

Signup deadline is March 30. (After March 30, if there is still space available on the map, signups will be accepted until April 13, for a fee of \$10.)