



Bolton Senior Newsletter

August
2013
Issue 8

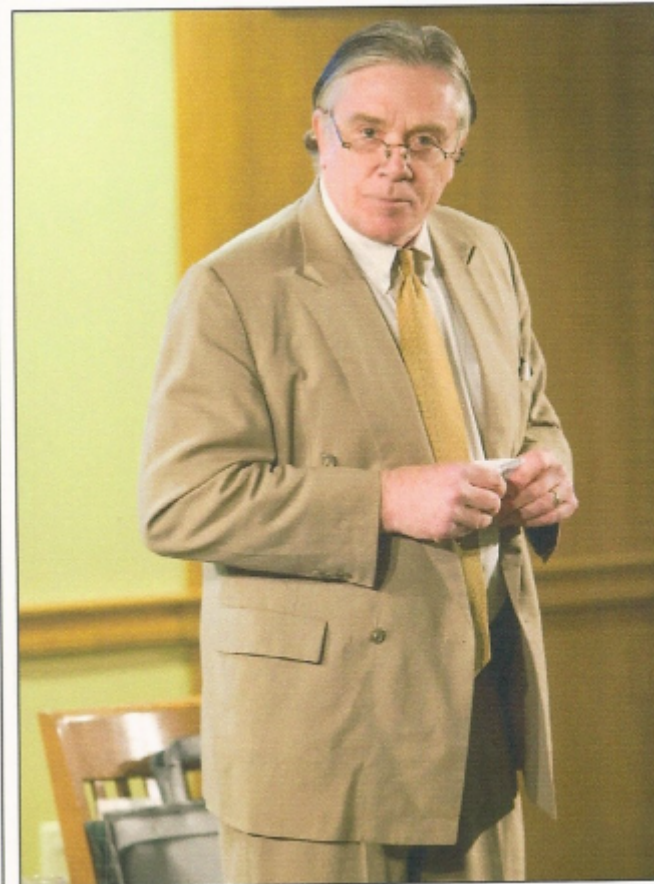
Bolton Senior center
Main St (Rt 117)
PO Box 342
Bolton, MA 01740

Center Director
Sheila Chmielowski
Phone: 978-779-3313

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

Atticus

Portrayed by character actor
Richard Clark
Senior Center, Aug 13 noon



Atticus Finch steps from the pages of “**To Kill a Mockingbird**” and brings to life the tragedy and triumph of Harper Lee’s classic novel. As a loving father, compassionate friend and uncompromising attorney, Atticus represents the divine spark in the human spirit leading a cast of unlikely heroes in this story. The courtroom drama, poignant interactions between father and children, harsh realities of bigotry and hatred all blend to make this compelling theatrical event. The time is the 1930’s in small town Alabama, but the enduring truth is for now and always.

Richard Clark spent over 30 years in New England regional theater and New York theater. He is a graduate of Clark University and studied at the American Academy of Dramatic Art, The Actor’s Studio, and the “Actor’s Loft in New York. His shows are based on biographies, autobiographies, personal letters, books, and the works of various playwrights.

This program is supported in part by a grant from the Bolton Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a State Agency.



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

Trip Policies: In most cases money is due 1 month prior to guarantee your seat on the bus. Make checks payable to **Senior Citizens Assoc.** There are no refunds to "No Shows" on the day of the trip. Cancellations may incur a penalty or refunded. Call 779-3313 for definitive information. Out of towners are welcomed on a first come first served basis. Since the Town of Bolton subsidizes our trips Bolton residents do get priority on seats.

Relax with Reiki: There will be no Reiki classes during the months of July and August. Classes will resume in September.

In-home Fix-it Program: Volunteer handy-people will assist elders at home. This service is free (you pay for supplies) for seniors whom do not have access to financial or manpower resources to meet said need. Call Sheila at 779-3313 for appointment.

Any Kind of Needlework: 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. Beginners welcome.

Town Nurse: Tamara will be at the senior center on the third Thursday of the month, August 15 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, August 8th at 12 noon. Nurse Judy Manning on call.

Yoga for Health: This yoga for seniors is held on Wednesdays from 10:15 to 11 am at the senior center. If interested just show up wearing comfortable loose clothing. Subsidized by FOBS the cost is only \$3.00 per session. The class can be done from a chair.

Tai Chi: Bolton Council on Aging is sponsoring Tai Chi lessons at the senior center on Wednesdays from 11:45 to 12:45. Please note the change in time! Each session will run for 6 weeks and cost \$23.00 per senior per session. Individual classes cost \$5.00 each. Out of Towners are welcomed at the cost of \$6.00 per class. This class is geared toward seniors who are capable of standing for 1 hour, and who want to improve their balance and strength. Tai-Chi classes are subsidized by the Executive Office of Elder Affairs.



Lawyer for a Day: Attorney Chris Borzumato will meet with seniors this month on Wednesday, August 21st 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 as always confidential.

SENIOR ACTIVITIES CONTINUED

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

Outreach: 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.

Parking is in designated visitors parking only or in the parking lot to the left of the building.

Medical Equipment: Before you go to the expense of purchasing 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, 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.

Free Cell Phones. Qualified seniors may enroll for free cell phones from Safelink Wireless at 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.

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.



Senior Book Club: meets at the Bolton Public Library on August 22 at 7 pm. The book for this month is "The River Of Doubt (Theodore Roosevelt's Darkest Journey)" by Candace Millard. The Facilitator for this book is Shirley Sefton. Call Shirley Sefton for more information at 779-2216. All are welcome.

Bolton Shine Counselor: Marianne Winsser will be at the Bolton Senior Center on August 20 by appointment only from 10-12 noon in the upstairs medical room. Call Sheila at 779-3313 or Sally Steele at 3314 for the necessary appointment.

Bolton Celebrates 275:
August 30, 2013, 2:00 to 7:00 p.m.
Farmer's Market at the First Parish
Church parking lot



October 26, 2013,
Halloween Parade and Party on Saturday at
3:00 p.m.
Lantern light tour of South Cemetery at 7 p.m.

November 10, 2013, 10:00 a.m.
Veterans Day Celebration; procession and brunch

Sunday, December 1
Candlelight Christmas Tour of Historic Homes
Historical Society Festival and Auction
Tree lighting on the Old Town Common with
music, Refreshments and visit from Santa.

FRIENDS OF THE BOLTON SENIORS (FOBS) CORNER

Senior Picnic. Please join the Friends of Bolton Seniors on **Tuesday, August 20** for the 12th annual FOBS Senior Picnic. **This year the cookout will be held from noon to 2:00 at Davis Hall (First Parish Church) 673 Main Street** and will feature hamburgers, cheeseburgers, kielbasa, salads homemade by town residents, ice cream, and last, but certainly not least, delicious deserts generously contributed by our own Bolton seniors.

We are thrilled that Hooper and Beckwith will be returning this year to provide our musical entertainment. Steve Beckwith, who is from Bolton, and Don Hooper from Shrewsbury specialize in folk and country music. We will again have Bingo and card games for those who wish to play. Please call Sheila at 978-779-3313 to reserve the MART van if you need transportation.

Books to Go. This is a new service being provided for homebound Bolton residents. Each month a selection of books or audiobooks tailored to your tastes and preference will be delivered to your door. In a month, they will be picked up and a fresh batch will be left. Beginning September 6, 2013, deliveries will be made the first Friday of each month. If you or someone you know would benefit from this free service, please call Kelly at the Bolton Public Library -- 978-779-2839 – or email boltonpubliclibrary.org. Sponsored by FOBS and the Friends of the Bolton Public Library.

Heat Tips for the Elderly. People aged 65 years and older are more prone to heat stress than younger people. If you have elderly relatives or neighbors, or are older yourself, the following can help avoid heat-related stress:

- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Recommend that they visit (or take them if they have transportation problems) to air-conditioned locations – such as the Senior Center or Bolton Public Library.
- Make sure older adults have access to an electric fan whenever possible.

Tuesday Connections is returning on September 17, 2013. We are excited that Professor Gary Hylander will be kicking off our new season with a talk about Eleanor Roosevelt. And, of course, you can't speak about Eleanor without speaking about Franklin. Dr. Hylander is an independent scholar who specializes as a presidential historian. He will bring the Roosevelts to life for us. Mark your calendars for this great event! Lunch will be served following the talk. Please sign up with Sheila at 978-779-3313 if you are planning on attending.

Health Screenings Can Save Men's Lives!!!!

Did you ever put off doing a task of getting a test and later wished you'd just gotten it over with? If you're a man with Medicare now's the time to talk with your doctor about whether you should get screened for prostate cancer, for colorectal cancer, or for both. Screen tests can find cancer early, when treatment works best.

Don't worry about the cost – if you're a man 50 or over. Medicare covers a digital rectal exam and Prostate Specific Antigen (PSA) test once every 12 months. Also Medicare coverall a variety of colorectal cancer screenings and you pay nothing for most tests.

Prostate cancer is the most common cancer in men, second only to lung cancer in the number of cancer deaths. Not sure you should get screened? You're at a higher risk for getting prostate cancer if you're a man 50 or older, are African-American or have a father, brother, or son who has had prostate cancer.

Colorectal cancer is also common among men – in fact it's the second leading cause of cancer-related deaths in the United States among cancers that affect both men and women. If everyone 50 or older got screened regularly, we could avoid as many as 60 per cent of deaths from this cancer.

In most cases, colorectal cancer develops from precancerous polyps (abnormal growth) in the colon or rectum. Fortunately, screening tests can find these polyps, so you can get them removed before they turn into cancer. If you're 50 or older, or have a personal or family history of colorectal issues, make sure you get screened regularly for colorectal cancer.

Trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

FOBS is looking for donations of fans and air conditioners in good working order, which can be given to Bolton seniors in need. Please contact Mary Boyd at 978-779-2740 or Terry Abdalian at 978-634-1025 if you have a donation or would like a fan to keep you cool this summer.

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

Rep. Kate Hogan's Senior News

State House, Room 166, Boston, MA, 02133 / phone 617-722-2692 [Call for appointment]

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

Lifelong Learning

"Education is not preparation for life; education is life itself." John Dewey



Learning is as much a part of life as breathing – at any age. We can learn new concepts, ideas, and languages by attending many unique programs for older adults on a wide range of topics. Whether you are expanding your knowledge, getting a degree, or transitioning into a new field, the Commonwealth has a program that will work for you. Costs vary based on the program, but many community colleges, as well as public and private colleges and universities offer discounts or waivers for anyone over the age of 60. Please contact the programs directly for more financial information.

Lifelong Learning Institutes:

Lifelong Learning Institutes offer a wide range of educational courses with no tests, term papers or credits. These institutes offer non-credit courses and are an excellent way to learn more about any subject you find interesting. Nearby locations include:

Middlesex Inst. for Lifelong Learning

(MILES)

Middlesex Community College

591 Springs Road, Building 9, Room 220

Bedford, MA 01730

(781) 280-3663

Worcester Institute For Senior Education

(WISE)

Assumption College

500 Salisbury Street

Worcester, MA 01609

(508) 767-7513

Elderhostel:

Have you ever wanted to study photography in Paris? Or trace the footsteps of Lewis and Clark? Learn to paint in Nantucket? A travel organization for adults aged 55 and older, Elderhostel offers nearly 8,000 educational programs in more than 90 countries. Elderhostel provides you with expert instructors who impart stimulating information through in-depth lectures, field trips, and cultural excursions. Please visit www.elderhostel.org or call (877) 426-8056 for more info..

Osher Lifelong Learning Institutes:

The Osher Lifelong Learning Institutes are found on the campuses of 117 colleges and universities from Maine to Alaska. Each provides a distinctive array of non-credit courses and activities specifically developed for seasoned adults aged 50 or older who are interested in learning for the joy of learning. Massachusetts is home to Berkshire Community College, UMass Boston, Tufts University and Brandeis University that offer Osher Lifelong Learning Institutes. For more information please visit <http://www.osherfoundation.org/index.php?olli>

For more information please visit <http://www.mass.gov/elders/civic-engagement/lifelong-learning/> or contact Scott in my office at (617) 722-2692.

Congratulations! Dear constituents in *Bolton, Hudson, Maynard, and Stow*, If you, a friend, or relative are celebrating an anniversary, birthday, or milestone of note you can request a citation from Rep Hogan to commemorate the occasion. For more information, contact Scott.



August



MON	TUESDAY	WEDNESDAY	THURSDAY	FRI
			1 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	2
5 9:30 Zumba Davis Hall	6 10 am COA meeting 10-2 Bridge/Skip-Bo	7 9:30-3:30 Outreach 10:15 Yoga Class 11:30 Tai-Chi	8 9:30-3:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class 12 noon VNA nurse	9
12 9:30 Zumba Davis Hall	13 10-12 Bridge/Skip-Bo 12 noon Atticus	14 9:30-3:30 Outreach 10:15 Yoga Class 11:45 Tai-Chi	15 9:30-3:30 Outreach 9:30 Town Nurse 10-2 Bridge/Skip-Bo 10 am Painting Class	16
19 9:30 Zumba Davis Hall	20 10-2 Bridge/Skip-Bo 10 am Shine 12 noon FOBS picnic	21 9:30-3:30 Outreach 10 am Lawyer 10:15 Yoga Class 11:45 Tai-Chi	22 9:30-3:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	23
26 9:30 Zumba Davis Hal	27 10-2 Bridge/Skip-Bo	28 9:30-3:30 Outreach 10:15 Yoga Class 11:45 Tai-Chi	29 9:30-3:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	30

Fuel Assistance. Even though this winter is over, our Fuel Assistance Program continues. In 2013, FOBS supplied over 15 seniors with 150 gallons of oil at no charge through generous donations from the Bolton community. Help us continue to provide this much needed assistance — contribute today or contact Terry at 978-634-1025 for more information.

Zumba Gold. Beginning September 9, 2013 from 9:30 a.m. to 10:30 a.m. at Davis Hall, FOBS is sponsoring a new Zumba Gold program that we are calling “DANCE, PARTY, & HAVE A BLAST!” Zumba combines exercise, simple dance moves, and Latin music for an overall happy experience. The fee will be \$30.00 for a 6-week session. The first class on September 9th is free. Please RSVP no later than August 16th to fobsma@gmail.com or Mary at 978-779-5145.



On Wednesday, June 26th we headed to Dennis (Cape Cod) for a fabulous Lobster Roll Cruise. We had fabulous weather with the sea as calm as glass. Lunch was a really good lobster roll or for some a roasted chicken. We boarded walking on a floating, swaying dock and not one of us fell into the water. Cudoos to us We finished the day at a Farmer's Market and ice cream.



NASHOBA VALLEY ROTARY

All summer long, the Rotary is hosting a car and plane show on Thursday nights from 5-8 p.m. at Minute Man Air Field in Stow, MA. Cars from all countries, as well as small airplanes, will be on show. There will be great food (pizzas, burgers, dogs, popcorn, ice cream, and drinks) from award-winning Nancy's Air Field Cafe. There is a simple donation of \$5 to benefit community service projects.

Summer schedule for the Bolton Public Library

The library will be closed on Saturdays during the month of August. All other hours are unchanged and as posted!

Cheesy Movie Series!

- August 6: “This Island Earth” Can scientists hold off the Metalunan invasion?
- August 20: “They Saved Hitler’s Brain”