

Bolton Senior Newsletter

February
2013
Issue 2

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

Center Director
Sheila Chmielowski
Phone: 978-779-3313

Hours: 9am-2pm
Tuesday
Wednesday
Thursday

Residents, businesses invited to be in the 2013-2014 Bolton Local Town Phone Book

Work has begun on the new Bolton Town Phone Book, produced this year by Bolton Local. Formerly a project of the Bolton Garden Club, the phone book became a major initiative of Bolton Local after the Garden Club voted last year to dissolve and become part of Bolton Local.

The Bolton Town Phone Book, which is produced every two years, offers residential listings as well as a directory of local businesses, along with value-added pages, like the directory of emergency services available for the Bolton community. Phone books are sent to all households and local businesses free of charge.

Bolton Local invites Bolton residents and local businesses to help make the 2013-2014 phone book the go-to book for information about who's who, who's where, and how to reach them.

Bolton residents can help by making sure their primary phone number is included in the new book. No land line? No problem. Each household can list its primary phone number, even if it is a cell phone or is unlisted in the phone company's white pages. All updates can be sent by e-mail to BoltonGC@comcast.net or by the US Postal Service, to Bolton Phone Book, P.O. Box 92, Bolton, MA 01740. (There is a convenient postcard in the current phone book that can be used for changes.)

If you're a local business that services clients in Bolton, you're invited to join the Bolton community and advertise in the phone book. Remember, your ad in the phone book will be seen by Bolton residents for *the next two years*.

Bolton Local will be sending out letters, ad rates, and ad reservation forms to current advertisers and potential new advertisers in the next three weeks. In the meantime, advertisers can send an e-mail to BoltonGC@comcast.net to request the rates and a form when they become available. (The information will be available Feb. 8 on the Bolton Local website, www.BoltonLocal.org.)

BOOK CLUB

The senior book club meets at the Bolton Public Library on the 4th Thursday of the month, February 28. The book is "The Red and the Black" by Stendahl. Call Shirley Sefton for more information at 779-2216. All are welcome, just show up.

SENIOR ACTIVITIES

for information call 978-779-3313

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

TRIP POLICIES

*Payments are due at the time of signup.

*No refunds to "No Shows" on the day of the trip. Cancellations may incur a penalty depending on how far in advance of trip and/or if the seat can be filled from a wait list.

* **Checks should be made payable to Senior Citizens Association.**

* **Out of Towners are welcomed** but will be placed on a wait list on a first come first served basis for available seats. Town residents have priority up until cut-off. Due to budget restraints, we will be charging you an additional \$5.00 on all trips.

NEWPORT PLAYHOUSE

The Council on Aging is presently looking into booking a trip to the Newport Playhouse on Wednesday, April 3rd. Please stay posted for further details in our March senior newsletter.

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.

BOLTON'S SHINE COUNSELOR

Bolton seniors will now have our own SHINE Counselor, Marianne Winsser. She will provide health insurance counseling and information about Medicare, Medicaid/Mass Health, Medicare Prescription Drug Coverage, Medicare Supplemental Insurance and Medicare Advantage plans; claims processing; and public benefit program applications in order to secure coverage under health programs available to limited income people. Marianne Winsser, our Counselor, will be at the Bolton Senior Center on February 19th 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.

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, meals, etc.

ELDER KEEP WELL CLINIC

Elder Keep Well Clinic sponsored by VNA offers a clinic at the senior center on Thursday, February 14th at 12 noon. Nurse Judy Manning on call.

SENIOR SNOW DAYS

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

SENIOR ACTIVITIES CONTINUED

RELAX WITH REIKI

Reiki is a system of hands-on healing that allows you to feel relaxed, calm, and peaceful. Linda, your Reiki practitioner will be focusing on the head and shoulders only. Each individual session will last about 15 minutes. Linda will be here on Wednesday, February 6th at 1:00 pm. Come Experience and enjoy the Reiki energy! FREE class.

LAWYER FOR A DAY

Attorney Chris Borzumato will meet with seniors this month on Wednesday, February 20th from 10:00 to 12 noon. Please contact Sheila at 3313 to make an appointment for this free legal advice. Conferences are free with appointment and as always confidential.

ANY KIND OF NEEDLEWORK CLUB

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

OUTREACH

Please note the change in date and time for our Outreach Worker. Sally Steele will be at the Senior Center on Tuesdays 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.

ZUMBA GOLD

Zumba combines exercise, simple dance moves, and Latin music for a fun experience. Subsidized by FOBS the cost is \$3.00 per senior over 60 or \$5.00 for the 50 to 60 group. Zumba is held off campus at The First Parish Church, 673 Main Street in the Davis Hall on Monday mornings at 9:30. For more information contact

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 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.

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 want!!! 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.

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. Show up wearing comfortable loose clothing. Subsidized by FOBS the cost is only \$3.00

TOWN NURSE

Tamara will be at the senior center on the third Thursday of the month, February 21st, 9:30 to 11:30 a.m. For immediate assistance, she can be reached at (978) 772-3335x340.

News from SHINE February 2013

Help!..My new Part D Plan doesn't cover all my Medications!!

If you have a **new** Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about **transition refills**. [Transition](#) refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary *OR* that has restrictions (prior authorization or step therapy).

It is important to understand that a transition refill is only a temporary solution. You need to call your doctor right away to talk about switching to a drug your plan does cover *OR* filing a request with your Part D plan for a "formulary exception" (which may or may not be approved).

A transition refill is not for new prescriptions. You can only get one if you were already taking the drug before you signed up for the plan. Also, a transition refill does NOT apply to drugs that Medicare doesn't require Part D plans to cover (like Valium and Ativan).

If you are in the same plan as last year, you **may** still be able to get a transition refill if your plan removed a drug you had been taking in 2012 from its 2013 formulary, for reasons other than safety.

Not all pharmacists know about transition refills. Ask your pharmacist to call your Part D plan for special instructions.

If you need help on any aspect of your health insurance, call call Sheila at 978-779-3313 to make an appointment with Marianne Winsser.

ARTIST NITE OUT

Meeting at the Bolton Public Library local artists meet to work on projects 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.

IN-HOME FIX-IT PROGRAM

Our volunteer handy-people will assist elders at home with small jobs that are difficult to do, such as changing an overhead light bulb, fixing a drippy faucet, removing stubborn storm windows, turning a mattress or installing a window air conditioner. The service is free – you only pay for needed supplies. Please keep in mind that this service provided by the Lion's Club is for seniors with an urgent need that do not have access to financial or manpower resources to meet said need. For example, someone who is in poor health or unable to pay for outside help. All requests are kept confidential. A huge thank you goes out to the members of the Bolton Lions Club who volunteered to extend a neighborly hand to our seniors in need.

Friends of the Bolton Seniors - FOBS

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

February 19: Children from Bolton's 4H group will be joining us for this Tuesday Connections. They will be leading us in a fun arts and crafts project.

March 19: Deb Elliot, Speech & Language Pathologist for Emerson Hospital & Home Care, will be leading us in a talk entitled "Mind Games." This talk gives an overview of symptoms of memory impairments as we age and provides techniques to help improve memory as well tools to deal with these lifestyle changes. Join us for an informative as well as a fun program, as we practice new exercises to help us keep our minds sharp!

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

Fuel Assistance. FOBS continues to seek donations for the 2012/2013 fuel assistance program. Last winter, FOBS provided 20 seniors with 100 gallons of oil to help keep them warm. Help us continue to provide this much needed assistance — contribute today or contact Terry at 978-634-1025 for more information.

Yoga for Health. Chair 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. Please just drop to give this gentle fitness program.

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 (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.

Visit Our New Website. FOBS has a fresh, new website at **fobsbolton.wordpress.com**.

There you will find current activities and events, a resource list of important contacts for seniors, volunteer positions available, and how to become a volunteer or member. There are also wonderful pictures of prior activities. Please let us know what you think by commenting at the website or emailing us at **fobsma@gmail.com**.

Become a FOBS Volunteer. Through generous donations from the Bolton community, FOBS has been able to help increase the services and programs provided to Bolton Seniors. Of course many seniors stay active; but others need our help. Please join us in fulfilling our mission by becoming a member and/or volunteering. Please discover many fun volunteer opportunities by visiting our website -- fobsbolton.wordpress.com -- or by calling Mary Boyd at 978-779-2740 to sign up. We appreciate all who have volunteered over the years. The programs and services FOBS provides would not be possible without your support.

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

Every year, at this time, I provide information on **various tax programs** offered to seniors by our State & Federal Government. Please feel free to contact my office with any questions or for any additional information.

State Programs for Massachusetts Seniors

- **Senior Circuit Breaker** - The Senior Circuit Tax Credit allows income-eligible seniors to receive a tax credit for property taxes they have paid during the tax year. Contact my office for more information or go online to: massresources.org/pages.cfm?contentID=69&pageID=12&Subpages=yes
- **Senior Property Tax Work-Off**- This program allows seniors to volunteer with their local towns in exchange for a reduction in property taxes. You can apply to this program through your local Council on Aging (COA.)
- **Tax Deferral**- Seniors can defer all (or some) of their taxes at a rate of 5% interest. To qualify you must have lived in Massachusetts for 10 years , owned a home for the last 5 years, and annual income cannot exceed \$40,000.
- **Clause 17D**- This program allows a tax break of \$264. To qualify seniors must be over 70 years old, and have owned and lived in their home for 5 years.
- **Clause 22**- Disabled veterans & their spouses may qualify for this tax break of \$400 to \$1,000. It requires a certificate stating war-related disability & honorable discharge.

Federal programs for Seniors

- **Standard Deduction for Seniors**- If you don't itemize deductions, you may still be eligible for a higher standard deduction amount if you and/or your spouse are 65 years or older.
- **Publication 554**- This is the booklet that explains all of the benefits available to seniors at the federal level and what the eligibilities are. It is available at this link: <http://www.irs.gov/pub/irs-pdf/p554.pdf>, or my office will send you a printed copy: just call Scott at 617/722-2637.

Tax Counseling: The Tax Counseling for the Elderly (TCE) Program is approved by both the IRS & AARP and is run by trained volunteers for people age 60+. Please call 800-829-1040, or visit <http://www.aarp.org/money/> for a location near you.

I will be filing several bills of interest to seniors. I will provide information on them and other legislation over the coming months.

An Act To Establish Criteria For Masshealth Hardship Waivers: 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. If the MassHealth refusal causes a serious hardship, then the senior must receive MassHealth.


Proudly represents Bolton, Hudson, Maynard, and Stow



FEBRUARY

2013



MON	TUESDAY	WEDNESDAY	THURSDAY	FRI
4	5 9:30 am Outreach 10 am COA Meeting	6 10:15 Yoga Class 11:30 Tai-Chi 12:30 Scrabble 1 pm Reiki	7 10-2 Bridge/Skip-Bo 10 am Painting Class	8
11 9:30 Zumba Davis Hall	12 9:30 am Outreach 10-2 Bridge/Skip-Bo	13 10:15 Yoga Class 11:30 Tai-Chi 12:30 Scrabble	14 10-2 Bridge/Skip-Bo 10 am Painting Class 12 noon VNA nurse	15
18 9:30 Zumba Davis Hall	19 9:30 am Outreach 10 am SHINE 11 am Tuesdays Connection	20 10 am Lawyer for a Day 10:15 Yoga Class 11:30 Tai-Chi 12:30 Scrabble	21 9:30 am Town Nurse 10-2 Bridge/Skip-Bo 10 am Painting Class	22
25 9:30 Zumba Davis Hall	26 9:30 am Outreach 10-2 Bridge/Skip-Bo	27 10:15 Yoga Class 11:30 Tai-Chi 12:30 Scrabble	28 10-2 Bridge/Skip-Bo 10 am Painting Class	
				



“Welcome to the Graveyard”

The Gravestone Girls present a virtual tour of Bolton cemeteries

Cemetery educators, The Gravestone Girls, whose mission is to “Keep Our Dead Alive”, will be presenting a virtual tour, called “Welcome to the Graveyard”, centered on Bolton’s eight local cemeteries at the Bolton Public Library Thursday, February 7 at 7pm.

The 90 minute presentation is built on photographs taken in these special and interesting burying places around Bolton, which was incorporated in 1738, and charts the evolution of cemeteries and gravestones from the colonial era into the 21st century.

This is a popular program that has been given around the New England area by The Gravestone Girls for the past ten years. The group regularly works with libraries, historical societies and genealogical groups, among others, to teach about “the art, symbolism and history of these living history museums located on everyone’s mainstreets and backyards” says Ms. Sullivan, one in the group of three cemetery enthusiasts. She further added “Almost everyone is interested in these peaceful and beautiful spaces, but may be hesitant to say so to others. Our presentation lets you know you’re not the only one. Come see what we do, we fill the room every time!”

For a detailed calendar of this and other Gravestone Girls events please visit www.GravestoneGirls.com Further information can also be found on the library’s website at www.BoltonPublicLibrary.org. The program will be held in the library at 738 Main Street, Bolton, MA.

ATTENTION all SEEDY SENIORS! Hurry!

The Bolton Community Garden (BCG) is sponsoring a group seed order from Fedco Seeds, a Maine seed co-operative that specializes in local, sustainable and non-GMO seeds. Whether you’re part of the Community Garden or not, you can be part of the group seed order and support the BCG at the same time.

To place an order use a computer, go online to www.fedcoseeds.com and click on “Order Seeds Online.” When checking out, select “Part of a group,” next to Shipping; for 2013, the BCG Group Number is ‘99051’. Shipping is free, as all orders are shipped to the BCG for distribution.

Once your order is final, share the savings with the Community Garden and subtract 10 percent from your total order. Make your check out to “Bolton Local” and send it to the BoltonCommunity Garden, c/o Lynn Dischler, 313 Still River Road, Bolton, MA 01740. Call Lynn at 978-779-6225 if you have questions about ordering.

Orders must be placed no later than Saturday, **Feb. 2**, and checks must be received no later than Monday, **Feb. 4**. Be sure that your e-mail address and phone number are on the check so that you can be contacted to arrange delivery when the seeds arrive.