



Bolton Senior Center Newsletter

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

January, 2014

Qigong/Tai Chi Classes



Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality.

Qigong practices have three things in common: they all involve a posture, (whether moving or stationary), breathing techniques, and mental focus. The slow gentle movements of most Qigong forms can be easily adapted for the physically challenged and can be practiced by all age groups and levels of physical ability. Like any other system of health care, Qigong is not a panacea, but it is certainly a highly effective health care practice. Many health care professionals recommend Qigong as an important form of alternative complementary medicine.

The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions. One of the more important long-term effects is that Qigong reestablishes the body/mind/soul connection. Western scientific research confirms that Qigong reduces hypertension and the incidence of falling in the aged population. Qigong creates a balanced life style, which brings greater harmony, stability, and enjoyment.

Qigong and Tai Chi can interest and benefit everyone, from the most physically challenged to the super athlete. Since Qigong can be practiced anywhere or at any time, there is no need to buy special clothing or to join a health club

Beginning on Wednesday, January 8th the Bolton Council on Aging will sponsor Qigong combined with Tai Chi at the senior center, 600 Main St (RT 117). Lessons begin at 11:45 and end at 12:45. 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. *The January 8th class will be free so put it on your calendar and come and give it a try!*

Friends of the Bolton Seniors 2013 is currently having its membership drive. Through generous donations from the Bolton community, FOBS has been able to help with services and programs for Bolton Seniors. Of course many seniors stay active; but others need our help. Please join us in fulfilling our mission by becoming a member.

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	fiktok@verizon.net

Wheat Food Bank: The WHEAT food bank sign-up forms are available at your senior center. Wednesdays are designated senior's day at the WHEAT facility, which is located on the second floor at 500 Main Street, Clinton, MA. You will first have to fill out the form and take it to the food bank. Please bring with you a Photo ID (driver's license), Proof of Address (if not on the license, either on a bill or letter addressed to you, and a Social Security or Medicare card. When you go to the food bank, please enter around the back as there is an elevator located there to take you up to the second floor. Remember, go on Wednesdays only between the hours of 10 am to 4 pm.!! The council will have a MART van take you there if you wish. Please call 24 hours prior to reserve the Mart Van and check on availability. Once signed up, you will be notified of your return date, it is not necessary to fill out the forms again. If you have any questions, please don't hesitate to contact Sheila at the senior center.



SENIOR ACTIVITIES

Town Nurse: Tamara will be at the senior center on the third Thursday of the month, January 16 from 9:30 to 11:30 am. For immediate assistance, she can be reached at 978-772-3335 x 340.

Elder Keep Well Clinic: Nurse Judy Manning will be at the senior center on Thursday, January 9 at 12 noon. The Elder Keep Well program is sponsored by the VNA.

Outreach: Sally Steele has resigned her position due to family obligations. Your COA is sad to see her go as she has done a fine job. We will introduce her replacement in a future newsletter.

Mart Van: 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.

Bolton's Shine Counselor: Marianne Winsser will be at the senior center on Tuesday, January 21 by appointment only from 10-12 noon. She will extend her hours as needed to accommodate all. Please sign up with Sheila 779-3313 for an appointment or questions. Marianne will provide information about Medicare, Medicaid/Mass Health, Medicare Prescription Drug Coverage, Medicare Supplemental Insurance and Medicare Advantage plans; claims processing and public benefit program applications.

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.

SENIOR ACTIVITIES CONTINUED

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 removing 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 who are 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.

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.

Relax with Reiki: Reiki classes will be held on Wednesday, January 8 at 1:00 p.m.

Lawyer for a Day: Attorney Chris Borzumato will meet with seniors this month on Wednesday, January 15 from 10:00 a.m. to 12 noon. Please contact Sheila at 779-3313 to make an appointment for this free legal advice. Conferences are free with appointment and as always confidential.

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. For those who want help, the group is always willing to advise and/or teach.

Senior Bookclub: The book for January is "Gone Girl" by Gilliam Flynn. The book for February is "Team of Rivals" by Dorothy Kearns Goodwin. To join please contact Shirley Sefton at 978-779-2216..

Yoga For Health: Chair Yoga geared to seniors 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. Just drop in to give this gentle fitness program a try. We thank FOBS for subsidizing this program.

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 be refunded or incur a penalty. Call 779-3313 for definitive Information if you cannot use your ticket. 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. We sincerely apologize to our senior neighbors, however, we will be charging you an additional \$5.00.

Friends of Bolton Seniors (FOBS) Corner

Tuesday Connections. On the third Tuesday of each month, FOBS arranges for individuals and groups to present a program at the Senior Center. The following upcoming programs begin at 11:00 and are followed by lunch at noon, which is prepared by FOBS Members:

- **January 21st** – WBZ radio talk show host Jordan Rich, will present a discussion he calls “Who Said That?” We will have the opportunity to identify familiar voices and audio clips, win a prize, and reminisce about famous events and personalities. This program is being funded by the Bolton Cultural Council.
- **February 18th** – We will have a group of young Irish Step Dancers to entertain us. Even though this is a month before St. Patrick’s Day, it is never too early to be Irish!

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. Just drop in to give this gentle fitness program a try.

Zumba Gold is no longer being held at Davis Hall on Monday mornings. For those interested in participating in this Latin music exercise program, our instructor, Terry Meyers, also has classes in Lancaster and Stow. We thank Terry for many years of fun beneficial exercise. The programs are held:

- In Lancaster at the Lancaster Community Center (39 Harvard Road behind the library) - Wednesday mornings at 9:30 - \$25 buys a 6-class punch card. Call 978 733-1249 for more information.
- In Stow at St. Isidore's Church (429 Great Road) - Tuesday and Thursday mornings at 10.00 - \$2.00 per class. For more information call 978 897-1880.

Books to Go. This is a new service for homebound Bolton residents. On the first Friday of each month, a selection of books or audiobooks tailored to your tastes and preferences will be delivered to your door. In a month, they will be picked up and a fresh batch will be left. If you or someone you know would benefit from this free service, please call Kelly at the Bolton Public Library -- 978-779-2839. Forms are available at the library, or online at www.BoltonPublicLibrary.org or fobsboltonlwordpress.com. Sponsored by FOBS and the Friends of the Bolton Public Library.

Fuel Assistance. FOBS provides an additional 100 gallons of fuel oil or the equivalent in natural gas or wood for qualified seniors at no cost. Please call Terry Abdalian at 978-634-1025 if you need help or know someone who does.

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.

Swim/Exercise Passes. Swymfit in Boxborough offers seniors half price passes for their swimming pool and gym located at 90 Swanson Road. Information contact 978-634-1025.

Rep. Kate Hogan's Senior News

State House, Room 166, Boston, MA, 02133/617-722-2692 (call for appointment)

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

Credit Counseling

All Massachusetts residents are eligible for credit counseling programs. If you have questions about your financial situation or need help getting out of debt, you can get free advice from a credit-counseling program. These programs are operated by non-profit organizations that help with a variety of issues including personal finance advising, debt management plans and financial education. Some have small fees for service, but these fees can be waived for seniors and low-income individuals. To access these services, all you need to do is call one of the programs directly. A complete list of federally approved programs is available at this website:

http://www.justice.gov/ust/eo/bapcpa/ccde/CC_Files/CC_Approved_Agencies_HTML/cc_massachusetts/cc_massachusetts.htm.

MetroWest Legal Services

MetroWest Legal Services is a great resource for everyone living in our area, but especially useful for seniors. They have attorneys on staff who deal specifically with issues including social security, consumer rights and government benefits. Their Senior Citizens' Legal Project is for anyone over the age of 60 who needs legal help with many issues, not just finances. More information on their project is available at this website: www.mwlegal.org/work/elder-law

Elder Protective Services

Unfortunately, we could all be the target of a financial scam or identity theft. Massachusetts has specific laws protecting anyone over the age of 60 who is a victim. If you or anyone you know might be a victim of fraud or identity theft, please call the Massachusetts Elder Abuse Hotline at **1-800-922-2275**. As always, if you would like more information, please do not hesitate to contact Courtney in my office at **(617)722-2692** or Courtney.Rainey@mahouse.gov.

Massachusetts State House Update

An Act to Establish Criteria for MassHealth Hardship Waivers is an important piece of legislation I sponsored this session. The bill would establish criteria for MassHealth to use in determining whether a penalty for a transfer of assets would constitute an undue hardship to an applicant. Currently, when an individual applies for MassHealth the agency looks 5 years back to determine if the applicant has transferred assets for less than fair market value. If the applicant did transfer the assets for less than fair market value and cannot prove the transfer was for a sole purpose other than qualifying for MassHealth, he or she is determined ineligible for nursing home care for a period of time. This legislation would create a rebuttable presumption establishing that the applicant would be granted a waiver of the ineligibility period if certain criteria are met. The criterion specifies that the denial of MassHealth would create a risk of serious harm to the individual, that the assets are irretrievable from the recipient and that there is no affordable alternative care available for the individual. If the individual meets all of the criteria a waiver will be granted unless the agency presents convincing evidence to the contrary.

NEWS FROM SHINE NOVEMBER 2013

Can I still change my Medicare Plan?

The 2013 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans.

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. 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 Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

If you want to take advantage of either of these opportunities call the SHINE Regional Office at 1-800-243-4636, leave your information and a volunteer can talk you through the process **OR** call 978-779-3313 and make an appointment with Marianne Winsser, the Bolton Shine Counselor.

Senior Citizen's Association

The council on Aging (COA) does many things for the seniors in our town. Since it's creation it has initiated many programs to help the seniors in our town. The council fought for and won a senior center, first in the town hall and then it's present location in the Manor House of Bolton, 600 Main St.. The Town of Bolton, Senior Citizen's Association and COA have worked hand-in-hand sponsoring many trips to fun locations throughout the years. More fun activities are holiday parties, social occasions, cards, presentations, Tai Chi, art classes plus creating a social life of our peers which is important to keep loneliness and depression at bay and putting a smile on the face and gladness in the heart. Add to these fun activities the Council on Aging has also sponsored the Mart Van to give mobility to many seniors who no longer drive. The COA has also sponsored the town Outreach person who is an important link to the health and well-being of our citizens. Another program sponsored by COA is a podiatrist who comes every 3 months to cut nails and examine feet

Please give this a thought. You could put the Senior Citizen's Association in your will. It would be a huge help to the seniors in the town and not a hardship to your inheritors. Just give it a thought.. Thank you



January




Monday

Tuesday

Wednesday

Thursday

Friday

		1 Senior Center closed	2 10-2 Bridge/ Skip-o 10 painting class	3
6	7 10-2 Bridge Skip-bo 10 am COA Meeting	8 10:15 Yoga Class 11:45-12:45 Qigong/Tai Chi 1 pm Reiki	9 10 am Painting Class 12 noon VNA nurse	10
13	14 10-2 Bridge/ Skip-bo	15 10 am Lawyer 10:15 Yoga Class 11:45-12:45 Qigong/Tai Chi	16 9:30 Town Nurse 10-2 Bridge/ Skip-bo 10 painting class	17
20	21 10-2 Bridge/ Skip-bo 10 Shine 11 Tuesday's Connections	22 10:15 Yoga Class 11:45-12:45 Qigong/Tai Chi	23 10-2 Bridge/ Skip-bo 10 am painting Class	24
27	28 10-2 Bridge Skip-bo	29 10:15 Yoga Class 11:45-12:45 Qigong/Tai Chi	30 10-2 Bridge/ Skip-bo 10 am painting class	31

Regretfully we have to say goodbye to our friends and neighbors that we have lost in 2013.

Linda Sipowicz	age 70	Richard Bartlett	age 86
Gladys Salturlee	age 88	Gerald Wile	age 90
Doris Ryan	age 88	Dorothy Wilson	age 95
Rob Held	age 74	Margaret Dewilewski	age 94
Leslie Harvey	age 92	Shirley Bonazzoli	age 85
Irvine Davis	age 74	Shiela Hanlon	age 87
Louis Visockas	age 87	Kenneth Houghton	age 83
Phyllis Bosch	age 83		

Local Author Talks Bees in Bolton

Bedford beekeeper Birgit deWeerd, author of “Let Me Tell You About My Bees,” will be on hand at the Bolton Public Library Thursday, January 16, at 7 p.m., to talk about a year in the life of a honeybee colony—and its beekeeper. In this engaging program sponsored by Bolton Local, deWeerd will present a slide show illustrating the activities involved in managing a bee hive, starting in January and ending with a fall honey harvest. Birgit deWeerd has been a beekeeper for 25 years and has been committed to educating people about the importance of honeybees in the environment. For more information visit www.BoltonLocal.org.

Bolton Local Announces Winter Programs

Learn something new this winter at one of the upcoming programs sponsored by Bolton Local! Save these 2014 dates:

Thursday, Jan. 16: Beekeeping, with local beekeeper and author Birgit deWeerd; Bolton Public Library, 7 p.m.

Saturday, Jan. 18: Cheesemaking 101 (mozzarella, farmer’s cheese); Houghton Building, 9 a.m. to 1 p.m. (Fee required)

Saturday, Feb. 22: Cheesemaking 102 (sour cream, cream cheeses); Houghton Building, 9 a.m. to 1 p.m. (Fee required)

Saturday, March 15: Cheesemaking 103 (cheddar); Houghton Building, 9 a.m. to 1 p.m. (Fee required)

Thursday, March 20: Presentation on GMOs (genetically modified organisms) in our food supply, by Jack Kittredge, of the Northeast Organic Farmers Association; location TBA

For more information visit www.BoltonLocal.org.