



# ***Bolton Senior Newsletter***

October  
2018  
Issue 10

**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**

**Mondays, every week at 9:30AM:** Seniors Walking Club continues into the fall. Join us Mondays at 9:30 AM at the Bolton Country Manor parking lot. We encourage walkers of all levels to come. Dress comfortable and bring a water. Questions? Contact Heather at 978-779-3313, email [coaprograms@townofbolton.com](mailto:coaprograms@townofbolton.com), or just show up!

## **New COA Activities**

**Wednesday, October 3 starting at 10 AM:** National Coffee with a Cop Day. Bolton Police will be making their rounds to have a cup of coffee and chat for a minute in the morning. There is no set time, as their schedules can change in a second. We appreciate the time to thank them for their service!

**Tuesday, October 9 from 10:30 AM:** Coffee with... Jeff Legendre. Come have a cup of coffee and meet the interim fire chief Jeff Legendre. This is a great time to say Hello and introduce yourself.

**Wednesday, October 10 at 10:30 AM:** Adult Coloring Group- We will have fall pictures available as well as the regular stuff. A great opportunity to chat with friends and relax. Supplies are provided, just drop in.

**Wednesday, October 17 at 11:30 AM:** National Pasta Day- How could we not celebrate this holiday? Join us for a pasta lunch! If anyone is interested in making a batch of their amazing homemade sauce, let Heather know. If you plan to attend, please let Heather know or sign up in the lobby, so we can get an idea of how much pasta to make.

**Thursday, October 18: FLU SHOTS!** 9-11 AM Bolton Safety Building (15 Wattaquodock Hill Rd)  
3-6 PM Nashoba Regional High School (12 Green Rd)

**Thursday, October 18 at 11 AM:** Make a Plan- Come meet Lois Luniewicz of Medical Reserve Corps, an organization of volunteers that help first responders during disaster and emergency situations. She will be here helping us come up with a plan for when and if an emergency arises. Templates to fill out and take home will be distributed.

**Friday, October 19 at 11 AM:** Fun Friday Trip- Take a ride to beautiful western Mass and enjoy lunch at the Salem Cross Inn in West Brookfield. Van will depart the Center at 11 AM. Space is limited to 10, so sign up ASAP.

**Tuesday, October 23 at 10 AM:** Free Craft- Come make little wooden scarecrow magnets with us. Get crafty!

**Wednesday, October 24 at 10:30 AM:** Make and Take Craft- This month we will try our hand at making a Fall Kissing Ball. Picture the classic Winter Kissing Ball, now imagine it with fall flowers and leaves instead (silk, so they last of course.). This is one you won't want to miss. Cost is \$5 and registration is required by 10/18.

**Saturday, October 27 at 3 PM:** Parks and Rec Halloween Walk- Parks and Rec is hosting its annual Halloween parade and party. If you would like to lend a hand that day handing out candy or otherwise help, contact [parks@townofbolton.com](mailto:parks@townofbolton.com)

**Wednesday, October 31 at 10:30 AM:** Halloween Party- All treats, no tricks. Join us on Halloween for a whole lot of fun! We will have games and prizes, lunch, and more. There will be a costume contest, so get creative!! If that kind of contest doesn't suit you, perhaps a little Pumpkin Pie Baking Contest will. Let Heather know if you will be bringing a pie, so we can line up judges. Hope you're not too scared!!!

# Bolton COA People

## **COUNCIL ON AGING BOARD**

**Chairman:** Panny Gerken

Barbara Brown

Emma Herbison

Margaret Nangle

Flora Wilson

Shirley Sefton

Doris Ettinger

Tom Byron

Carol O'Loughlin

**Newsletter Editor:**

Tom Byron      [tiktok@verizon.net](mailto:tiktok@verizon.net)

Portions of this newsletter have been subsidized by the Executive Office of Elder Affairs.

**Outreach Coordinator:** Lisa D'Eon assesses the needs and interests of the senior community in Bolton, serves those who are isolated or homebound, is a resource of the support services available to elders, and looks for needs that are not being met. Lisa is available to all on Tuesdays from 10 - 2 at the Senior Center. She can be reached at 978-779-3314 or email at [outreach@townofbolton.com](mailto:outreach@townofbolton.com) for appointments, questions, assistance, or just to say hello.

**Facebook:** The COA Facebook page is "Bolton COA" at [www.facebook.com](http://www.facebook.com).

## **Resources for Seniors:**

State resources: [www.eldercaredirectory.org](http://www.eldercaredirectory.org)

Alzheimers resources: [www.alz.org](http://www.alz.org)

Support services: [www.elderhelper.org](http://www.elderhelper.org)

Organizations, general interest: [www.aarp.org](http://www.aarp.org)

End of life resources: [www.growthhouse.org](http://www.growthhouse.org)

**COA Activities Coordinator:** Heather Goodsell coordinates trips and activities for local seniors and offers educational and informational services for the benefit of seniors, family members, and care givers in town. Heather can be reached at the Senior Center (978-779-3314) on most Tuesdays and Wednesdays or via e-mail at [coaprograms@townofbolton.com](mailto:coaprograms@townofbolton.com).

# Bolton COA Housekeeping

**Trip Policies:** Bolton COA trips are open to senior residents of Bolton as well as seniors from nearby communities. Sign up for trips is given exclusively to Bolton residents for a period of time (typically the first 2 weeks depending on sign up duration). After that, sign up for trips is open to both Bolton residents and non-Bolton residents until seats are filled. Seniors who do not live in Bolton are charged an additional \$5. Make checks payable to Senior Citizens Association. Trip registration is confirmed upon receipt of payments. Refunds are not permitted after sign up deadline. Trips may be altered slightly without notice due to time or inclement weather the day of the trip. Trips depart from Trinity Church located at 14 Wattaquadock Rd. (across from Public Safety constraints Building) unless otherwise noted. Please park along the right side of the parking lot. If you need to cancel, please call 779-3313 for definitive information.

**Parking:** Park at the Senior Center in designated visitors parking only or in the overflow parking lot beyond the building. Anyone with the placard may park in one of the designated handicap spaces.

**MART Van:** The MART van is available to seniors and handicapped persons Monday through Friday from 9 AM to 4 PM. 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.



**Subscriptions:** This Council on Aging Newsletter is FREE by email: Contact Tom at [tiktok@verizon.net](mailto:tiktok@verizon.net) with your name and email address. For snail mail delivery, postage cost is \$5 per year. Contact Sheila at the Senior Center (978) 779-3313 to make arrangements.

**Books to Go:** A Service for Homebound Bolton Residents. If you or someone you know would benefit from this free monthly book delivery program, please call Kelly at the Bolton Public Library -- 978-779-2839. Forms are available at the library, or online at [www.BoltonPublicLibrary.org](http://www.BoltonPublicLibrary.org) or [www.fobsbolton.org](http://www.fobsbolton.org). Sponsored by FOBS and the Friends of the Bolton Public Library.

# Bolton GOA Outreach

**WHEAT Food Bank:** (Clinton Community Cupboard): Wednesdays are designated senior's day at the WHEAT facility, located at 272 High St. Extension, Clinton. Sign-up forms are available at the Senior Center. The hours are 10 AM to 1 PM Tuesday, Wednesday, Thursday. For Mart van transportation or questions, please contact Sheila at 779-3313. Wheat phone numbers are: 1-888-811-3291 or 508-370-4943.

**WHEAT Community Cafe:** located at 242 High St., Clinton, offers a nutritious meal free of charge at 5 PM: doors open from 4 to 6:30 PM 6 nights a week. No meals on Saturdays.

**Stow Food Pantry Evening Hours:** the third Thursday of every month from 6:00 PM until 7:30 PM. No referral needed, but appointment is required. Call 978-897-4230 or visit [stowfoodpantry.com](http://stowfoodpantry.com).

**Medical Equipment:** Due to reduced storage space, we no longer accept or loan out medical equipment. Clinton's Senior Center accepts sanitized medical equipment donations. Please contact them at 978-733-4747 for further information regarding their service.

**Free Cell Phones:** Qualified seniors may obtain free cell phones from Safelink Wireless at 800-977-3768 or Assurance Wireless at 888-898-4888.

**Fuel Assistance:** The Town of Bolton provides 100 gallons of fuel oil free for qualified seniors. Please call Lisa D'Eon at 978-779-3314 if you need help or know someone who does. You may also be eligible to participate in the federally funded fuel assistance program managed by New England Farm Workers Council. Eligibility is determined by household's gross income (before deductions) and size. For this winter income starts at \$34,380 for 1 person and goes up about \$10,000 for each additional person. To apply for fuel assistance contact New England Farm Workers Council, 473 Main St. Fitchburg, 3rd Floor, 978-342-4520. If you need assistance with the application process, please call Lisa D'Eon, 978-779-3314.

**Lawn Mowing, Raking, Yard Work:** James McCaffrey [ available after May 15 ] 1-978-875-1610  
email: [jmccaffrey@gmail.com](mailto:jmccaffrey@gmail.com)

**Also:** Jake's Landscaping - 978 873-2162

## Bolton GOA Scheduled Services

**Elder Keep Well Clinic:** Judith Manning, our VNA Nurse, retired. For now, the VNA Nurses will rotate to provide Bolton with a nurse on the fourth Thursday of each month at noon.

**Relax With Reiki:** Reiki is a system of hands-on healing that allows you to feel relaxed, calm, and peaceful. Linda, your Reiki practitioner, works on the head and shoulders only. Each individual session lasts about 15 minutes. Linda will be here on Wednesday, October 3 at 1:00 pm. Come experience and enjoy Reiki energy! FREE class.

**Reflexology/Nail Services:** Due to high demand for this service, please book your session in advance as space is limited. October dates are Wednesday October 10 and Wednesday October 24. [[ For a manicure or pedicure, or reflex of hands and feet, book your 30 minute appointment for \$10 per session. Please call Sheila at 978-779-3313 to be assigned a procedure time. To learn about Reflexology visit [www.greatkneads.com](http://www.greatkneads.com). ]]

**Town Nurse:** Tamara will be at the Senior Center this month since she will be involved with flu shots being given at the High School and Public Safety Building.

# Bolton COA Activities

**Local History Discussion Group** with Roger Breeze meets on the first and second Wednesday of each month at 1 PM at the Bolton Public Library.

**Genealogy Instruction** is the third Wednesday of each month, also at 1 PM at the Bolton Public Library.

**Board Games Tuesday:** Board games are played almost every Tuesday at 11:00 AM at the Senior Center. Come meet new friends and learn how to play a game or bring your favorite game with you and teach others how to play. All seniors welcome!

**Needlework Club:** Meetings are held Wednesdays from 11-1. Charlotte Johnson still leads the Needlework Club. Flora is back, but taking time off. Bring in your project, or just come socialize with the group.

**Senior Book Club:** At the Bolton Public Library on **Thursday**, October 25 at 7 PM. The book: "Thunder Dog" by Michael Hingson, Susy Flory. For more information call Shirley Sefton at 779-2216. All are welcome! To plan ahead, the Book Club meets on the 4<sup>th</sup> Thursday of each month.

**Art Class:** Meets on Thursdays at 10 AM at the Houghton Building. The minimal cost for the two hour session is \$6.00 per student with the balance subsidized by the COA. If interested in attending, please contact Sheila at 978-779-3313 to sign up.

**Recruiting Bridge Players!** At the Senior Center. If interested in playing Bridge please call Emma at 978-634-1679.

**Better Balance and Strengthening Class:** "Fitness Class" will take place at the senior center every Wednesday mornings from 9:30 to 10:15 am. All fitness levels and abilities are welcome, and accommodations will be made for those who need to sit while exercising. In addition, a new **TaijiFit** class has been added on Thursdays from 10 to 10:45. The cost for either class is \$3.00 each.. (If you are unable to pay, please speak with Sheila, COA Director, 978-779-3313, and arrangements will be made confidentially.) Healthy refreshments will follow the class.

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## An Important Message from MEDICARE!

### What if you didn't get your new Medicare card?

Your **new Medicare card** should have arrived in the mail by now. If you didn't get it, here's what to do:

- Remember that your new Medicare card will come in a plain white Envelope from the Department of Health and Human Services.
- If the card didn't arrive, **call us at 1-800-MEDICARE**. Our call center representatives can check the status and help you get your new card.

In the meantime **use you current Medicare card to get your health care services.**

### The Medicare Open Enrollment begins October 15 and ends December 7

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. **This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.**

REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK **BEFORE** YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

#### MEDICARE UPDATE MEETINGS

We have scheduled 25 Medicare Update Meetings in the Central Massachusetts area. Check with your local Senior Center to find a meeting near your home. Or check our website for a list of our local meetings.

#### “SHINE’S MEDICARE AND MORE” PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE’s MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don’t see it on your local cable channel give them call and ask about it.

#### CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us at **www.shinema.org**. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

**Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, 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.**

**You can now visit us at our Central Mass Website, [www.shinema.org](http://www.shinema.org) for useful information and applications for various programs.**



## ***Rep. Kate Hogan's Senior News***

State House, Room 130, Boston, MA 02133 / phone 617-722-2130 [ Call for appointment ]  
District Office: Maynard Town Hall, 195 Main Street Email [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)



Happy autumn, friends! It's an especially wonderful time of year to be from our area – the cider is fresh at our local orchards, the leaves are changing color, and Tom Brady is throwing touchdowns. These cherished fall rituals also come with cooler weather. That's why this time of year I like to reach out to the seniors in my district about state programs that can help with heating costs to keep you and your family warm, safe, and healthy this winter.

**Low Income Home Energy Assistance Program (LIHEAP)** – Whether you own or rent a home, LIHEAP helps low-income individuals and seniors pay their heating bills during the winter. Last year, Massachusetts LIHEAP helped over 180,000 households.

You must meet certain income requirements in order to be eligible for fuel assistance, and this year's income requirements can be found at: <http://www.partnersforcommunity.org/default/index.cfm/fuel-assistance/eligibility-information/> The Bolton Council on Aging (COA) can help with phone calls, paper work and appointments. The Bolton COA assists seniors who need help with the application process. That includes filling out paper work and phone calls necessary in order to provide financial eligibility information to New England Farms Workers. The COA can also provide rides to New England Farm Workers for new applicants who need transportation. Unfortunately, the Bolton COA does not process applications. Please reach out to Lisa D'Eon at the Bolton Senior Center: 1-978-779-3314 or email at [outreach@townofbolton.com](mailto:outreach@townofbolton.com)

**Weatherization:** Weatherizing your home can be crucial to keeping the heat in and the cold out. The Low Income Weatherization Assistance Program (WAP) complements fuel assistance by providing no-cost home energy services. Licensed private sector weatherization contractors provide the work – such as floor, wall, and pipe insulation – with no cost to the resident. You can receive WAP services if you are eligible for LIHEAP or if someone in your household receives SSI or TAFDC. Please call the Massachusetts HEATLINE toll-free at 1-800-632-8175 or reach out to your COA with questions.

**MassSave:** MassSave offers Massachusetts homeowners and renters energy tips and information about free home energy assessments, energy-saving products, as well as loans, rebates, and other incentives for energy-saving home improvements. Low-income residents may qualify for programs to help manage energy costs. For more information, please visit [www.MassSave.com](http://www.MassSave.com).

The bottom line: if you are concerned about being able to pay your heating bills this winter, please reach out to your Council on Aging or my office to be connected to the state resources that can help.

At the State House this fall, I will continue to work for legislation that supports what makes us proud to call this area home – the beauty of our natural resources, our heritage of family farms, our innovation and rich traditions.

### **Rep. Hogan's Office Hours**

- **Bolton Office Hours** will be held on Wednesday, October 3rd from 6 to 7 p.m. at the Bolton Public Library, 738 Main Street, Bolton

Rep. Hogan's staff is also available in the District Office at Maynard Town Hall, 195 Main Street, on Mondays from 10 a.m. to 3 p.m. (*Closed Holiday Mondays*). All questions, ideas, or concerns are welcome. If you are unable to attend office hours, call the State House at (617) 722-2130 to schedule an appointment or email [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov).

# FRIENDS OF THE BOLTON SENIORS (FOBS) CORNER

## TUESDAY CONNECTIONS

*FOBS kicks off the 2018/2019 Tuesday Connections year with outstanding programs that will keep you engaged! Featuring a variety of fun and entertainment from local farming, to sports trivia and stamp collecting, to songs... Join your friends at the Senior Center on the third Tuesday of each month at 11:00 AM followed by a delicious lunch prepared by FOBS volunteers. Mark your calendars now – you will not want to miss one.*

### *Upcoming programs:*

**October 16th – Halloween Harvest: Ghosts, Goblins & More with storyteller David Bates:** A perfect way to celebrate the fall season, with traditional and true-life ghost stories, supernatural tales and songs about the harvest and turning of the earth. We encourage coming in costume! Funded, in part, by a grant from the Bolton Cultural Council, a local agency supported by the MA Cultural Council.

**November 20<sup>th</sup> – Health Fair and Thanksgiving dinner** in conjunction with COA

**December 18<sup>th</sup> – Annual Holiday sing-a-long.** Raise your voices in song to usher in the holiday season.

### **FOBS is looking for assistance....**

- Let us know if you know anyone who would like to join our board (it is truly only 11 meetings a year and then ad hoc support). Everyone is welcome, and we would especially like to see a couple of seniors.
- And we need help with chefs for the Tuesday Connections...it's not a monthly commitment, you can just help when you can.

For more information contact Mary at 978 779-5145 or email: [fobsma@gmail.com](mailto:fobsma@gmail.com).

### **Senior Assistance Fund**

FOBS provides funds to Bolton seniors in need for unforeseen or emergency assistance. No one should have to make the decision to sacrifice essentials such as food or medication because of a financial crisis or unforeseen expenses. If you or someone you know is in need, we can help. For more information contact Mary at 978 779-5145 or at [fobsma@gmail.com](mailto:fobsma@gmail.com).

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## ***SCOUTING TALENT! SEEKING SKILLS!***

Do you have a skill or talent you would be willing to share with the seniors of Bolton? We are always looking for new ideas to offer! If you would be interested in offering up your skills, or have an idea for a new program, please contact Heather at [coaprograms@townofbolton.com](mailto:coaprograms@townofbolton.com) or at 978-779-3313.



# October



Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 AM Walking Club	2 10-2 Skip-bc 10 AM COA Meeting	3 9:30 Fitness Class AM Coffee with a Cop 10-2 Skip-bc 11 Needlework Club 1 PM Reiki  1 PM Local History Belton Public Library	4 10 AM TaijiFit Class  10-12 Painting Class (Houghton Bldg.)  10-2 Bridge/Skip-bc	5
8 9:30 AM Walking Club	9 10-2 Skip-bc 10:30 Coffee with interim fire chief Jeff Legendre	10 9 AM Reflexology 9:30 Fitness Class  10-2 Skip-bc 10:30 Coloring Group 11 Needlework Club  1 PM Local History Belton Public Library	11 10-2 Bridge/Skip-bc  10 AM TaijiFit Class  10-12 Painting Class (Houghton Bldg.)	12
15 9:30 AM Walking Club	16 10-2 Skip-bc 11 AM Tuesdays Connection	17 9:30 Fitness Class 10-2 Skip-bc 11 Needlework Club 11:30 National Pasta Day 1 PM Genealogy Instruction at BPL	18 1 Flu Shots: NRHS & Public Safety Building  10-2 Bridge/Skip-bc 10 AM TaijiFit Class  10-12 Painting Class (Houghton Bldg.) 11 AM Make a Plan	19 11 AM Fun Friday Trip
22 9:30 AM Walking Club	23 10-2 Skip-bc 10 AM Free Craft	24 9 AM Reflexology 9:30 Fitness Class 10-2 Skip-bc 10:30 Make 'n' Take Craft  11 Needlework Club	25 10-2 Bridge/Skip-bc  10-12 Painting Class (Houghton Bldg.) 10 AM TaijiFit Class 12 Noon VNA Nurse 7 PM Senior Book Club, Belton Public Library	26
29 9:30 AM Walking Club	30 10-2 Skip-bc	31 9:30 Fitness Class  10-2 Skip-bc 11 Needlework Club 11:30 Halloween Party!	1 November 10-2 Bridge/Skip-bc  10-12 Painting Class (Houghton Bldg.)  10 AM TaijiFit Class	2 November 