



Bolton Senior Newsletter

September
2013
Issue 9

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 600 600
Tuesday, Wednesday,
Thursday

LEARNING ABOUT NEUROBICS

Did you forget something or someone today? Come and join Kristi Mendoza of River Terrace Healthcare on Tuesday, September 10 at 10:30 a.m. at the senior center, 600 Main St., Bolton for an interesting program of exercises both simple and complex that you can do to challenge your brain. Neurobics were invented by Dr. Lawrence C. Katz. Neurobics focus on activities that are designed to make your brain work differently and in new ways. This should be an interesting and entertaining program with hopefully lasting benefits.

Bolton Council on Aging – Thoughts and Ideas

Tai Chi classes are now offered at the Bolton Senior Center, 600 Main Street. Tai Chi is popular in hospitals, clinics, and community and senior centers as a low-stress training for all, but here in Bolton our focus is on seniors. Sponsored by the Bolton Council on Aging, it is funded by a state grant and fees collected from the participants for the classes. The Tai Chi classes are held on Wednesdays from 11:45 to 12:45.

Each session runs for six weeks and costs \$23.00 per senior (or \$5 per session). We welcome seniors living out of town at \$6.00 per session. The class is geared toward seniors who are capable of standing for one hour and want to improve their balance and strength. New participants are always welcome.

Come join us. No experience, equipment, or special attire is necessary. It is fun and rewarding.

If you have topics or issues of concern, please contact Sheila Chmielowski, Director, 779-3313 or Sally Steele, Outreach Coordinator, at 779-3314 or COA@TownofBolton.com.

If you would like to receive the Council on Aging Newsletter, please contact Sheila Chmielowski. The newsletter is free if sent by email (susantripp@comcast.net co-editor) or \$5 per year if mailed.



Our schools are open for another season. Let's keep our kids safe and drive carefully and slowly around the schools and the kids waiting for the bus or walking to or from school.

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: Reiki classes will resume on September 4th at 1:00 p.m.

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, September 19 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, September 12 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. 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. Master Jeff Cote, Traditional Arts Institute, is our instructor who gears the class 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, September 18 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 Wednesdays and Thursdays from 9:30 to 3:30 p.m. Please call her prior to coming to the senior center as she may be out of the office on a home visit. 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: 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.

Podiatrist: Dr Lavenda will be at the senior center on Thursday Sept. 19th at 9 a.m.

Medicare Part D Enrollment: Medicare Part D and Medicare Advantage Plan open enrollment for 2014 begins on October 15th and runs through December 7th. 1-800-243-4636.

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 September 26 at 7 pm. The book for this month is "The Immortal Life of Henrietta Lacks" by Rebecca Skloot. The Facilitator for this book is Jean McKinley. For more information call Shirley Sefton at 779-2216. All are welcome.

Bolton Shine Counselor: Marianne Winsser will not be at the Bolton Senior Center in September but will return in October. Call Sheila at 779-3313 or Sally Steele at 3314 for an October appointment.

Bolton Celebrates 275:



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.

Parking at the senior center is in designated **visitors parking only** or in the parking lot to the left of the building. Please respect resident's rights to their assigned parking spots.

FRIENDS OF THE BOLTON SENIORS (FOBS) CORNER

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 and Franklin D. Roosevelt. He will bring the Roosevelts to life for us. Dr. Hylander is an independent scholar who specializes as a presidential historian. Lunch will be served following the talk. **Please sign up with Sheila at 978-779-3313 if you are planning on attending. All are welcome.**

Help us plan **Tuesday Connections**. At September's get-together, we are asking you to let us know what future programs you would like. We will be handing out a survey for that purpose. Possible activities include musical, historical, educational, crafts, demonstrations, town matters -- anything that suits your fancy.

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 is \$30.00 for the 6-week session. The first class on September 9th is free. Please RSVP to fobsma@gmail.com or Mary at 978-779-5145.

Books to Go. This is a new service being provided for homebound Bolton residents. Each month a selection of books or audio books 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. 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. It may be hard to believe, but winter is just around the corner. FOBS provides an additional 100 gallons of fuel oil for qualified seniors at no cost. Please call Terry Abdalian at 978-624-1025 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.

2013 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. We are mailing out our membership brochures in September. Please join us in fulfilling our mission by becoming a member.

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 \$50 (which is half-price). Please make your checks out to Friends of Bolton Seniors and mail them to 62 Vaughn Hill Road, Bolton, we will secure a pass for you. Questions call (978) 635-0500.

Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2014.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!

Beginning in October we will be conducting our Medicare Boot Camp Meetings to explain any changes to Medicare or Medicare Health Plans or Drug Plans for the 2014 plan year. These meetings are important and you should plan to attend one near you. Although we will not have a meeting in all Senior Centers I am sure we will have one near your home. Watch your local Senior Center Newsletter for more information.

Fallon/Reliant Medical Group Issue

As most folks know as January 1, 2014 the Reliant Medical Group/Reliant Clinic will no longer be accepting the Fallon Senior Plan. This means that folks who currently have a Fallon Senior Plan will not longer be able to use that plan at Reliant facilities. **DON'T PANIC!** During the Annual Enrollment Period you will have several options that will allow you to keep your current physician at the Reliant Clinic. If you have any questions feel free to call us and we will have more information during our Medicare Boot Camps mentioned above.

Trained SHINE (Serving Health Information Needs of Everyone) 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.

Dance, Party & Have a Blast

Davis Hall - 673 Main St., Bolton Mondays, 9:30 to 10:30 a.m.

Zumba Gold — a moderate exercise and fitness program that combines Latin and international music into easy-to-follow dance moves — is a fun way to stay healthy and fit. It's a great program for active older adults. Come with a friend and join the fun.

Zumba:

- Enhances general well being and helps maintain a good quality of life
- Improves co-ordination, balance, and flexibility
- Increases opportunities for social interaction

When: Introductory free class: September 9, 2013; Where: Davis Hall, Bolton; Time: 9:30 a.m. to 10:30 a.m. Regular cost is \$30 for six sessions. Please RSVP to fobsma@gmail.com or Mary at [978-779-5145](tel:978-779-5145)

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

Local Senior Education Programs



Last month my column highlighted lifelong learning programs in Massachusetts. Continued education is such an incredibly rewarding, and fun way to keep your mind and body active, so I also wanted to share some additional education opportunities as well as more specific information regarding educational programs in our area.

Free Tuition at Public Universities

Seniors age 60 and older, in Massachusetts, qualify for tuition waivers at public colleges and universities in Massachusetts. Some schools grant fee waivers as well as tuition waivers to seniors. At some public colleges, senior citizens get a 100% waiver of tuition and fees for daytime classes, but only a tuition waiver for evening or online courses. Policies vary from one school to another.

For general information about senior citizen tuition waivers, call the ***Massachusetts Office of Student Financial Assistance*** at (617) 391-6070. For more specific questions, call the financial aid office at the public college or university you hope to attend, and ask about their tuition and fee waiver policy for seniors.

Additional Local Learning Opportunities

- × ***Harvard Institute for Learning in Retirement*** – Limited Number of spots available, must fill out application found at <http://hilr.dce.harvard.edu/becoming-member>, \$800 Membership Fee, located in Cambridge, MA.
- × ***Lifelong Learning at Regis College*** – \$75 Annual Membership Fee, Located at Regis College in Weston, MA.
http://www.regiscollege.edu/campus_community/life_long_learning.cfm
- × ***Middlesex Institute for Lifelong Education (MILE)*** - \$15 per class, with a maximum cost of \$95 per semester. Must be at least 55 to enroll, located at Middlesex Community College. <https://www.middlesex.mass.edu/careertraining/miles.aspx>
- × ***Worcester Institute For Senior Education (WISE)*** - \$20 Registration Fee per Semester, \$317 per credit, located at Assumption College in Worcester, MA.
<http://cce.assumption.edu/worcester-institute-senior-education-wise>

If you have any questions about any of these programs, or if you would like to learn more about these or other programs available do not hesitate to contact Scott in my office at (617) 722-2692.

September Office Hours

Everyone is invited to come to my Office Hours in Bolton on ***Saturday, September 14th from 11am to Noon*** at the **Bolton Public Library**. Please bring any questions, ideas or concerns you may have.



September



MON	TUESDAY	WEDNESDAY	THURSDAY	FRI
2	3 10 am COA meeting 10-2 Bridge/Skip-Bo	4 9:30 Outreach 10:15 Yoga Class 11:45 Tai-Chi 1 pm Reiki	5 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	6
9 9:30 Zumba Davis Hall	10 10-12 Bridge/Skip-Bo 10:30 Neurobics	11 9:30 Outreach 10:15 Yoga Class 11:45 Tai-Chi	12 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class 12 noon VNA nurse	13
16 9:30 Zumba Davis Hall	17 10-12 Bridge/Skip-Bo 10 Shine	18 9:30 Outreach 10 Lawyer 10:15 Yoga Class 11:45 Tai-Chi	19 9:00 Dr. Lavenda 9:30 Outreach 9:30 Town Nurse 10-2 Bridge/Skip-Bo 10 am Painting Class	20
23 9:30 Zumba Davis Hall	24 10-2 Bridge/Skip-Bo	25 9:30 Outreach 10:15 Yoga Class 11:45 Tai-Chi	26 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	27
30 9:30 Zumba Davis Hal				30



Holiday bells are ringing! (Yes even in August)



Bolton Council on Aging is again getting ready for our holiday luncheon. As last year the luncheon will be held at O'Connor's Restaurant, 1160 West Boylston Street, Worcester, MA. The luncheon will be on December 4th from 12-2.

As in past years, the charge per person will be \$10. The balance of the cost of the meal will be provided by the Bolton Council on Aging. We will have as main dishes Patrick's Pecan Crusted Chicken, Baked Schrod and Salmon Platter, and new this year O'Connor's Famous Beef, Mushroom and Guinness Pie. The meals will include a Fresh Garden Salad, Herb Roasted Yukon Potatoes, Irish Style Brown Bread Rolls, Dessert, and Coffee or Tea.

To reserve a space please send your check for \$10, made out to Bolton Senior Citizens Association, 600 Main Street, Bolton, MA 01740.

Encourage all your friends to come so we can end 2013 with a wonderful party.



Sing with Sounds of Stow chorus and Orchestra



The Sounds of Stow Chorus and Orchestra welcomes singers in all voice categories to join with us for our fall concert with full orchestra to be held Sunday, Nov. 24th at the Hale School Auditorium. Artistic Director and Conductor Barbara Jones has selected an exciting program of Russian choral/orchestral works. Rachmaninoff's second piano concerto, Gretchaninoff's "Hvalite Boga," and Borodin's "Polovtsian Dances."

Open rehearsals are Monday evenings beginning August 26th from 7:30 - 9:30 at the First Parish Church, 353 Great Rd., Stow. Participation in the chorus is open to all - no audition required and offers the opportunity to learn exciting and challenging music in a friendly and supportive atmosphere. Contact Ms. Jones (978-562-2620) or Martha Pfeiffer (978-562-0302) with questions, visit www.soundsofstow.com for more information, or simply attend the Monday evening rehearsals for the opportunity to learn this inspiring music and participate in the concert.

Sounds of Stow is supported in part by the Massachusetts Cultural Council as administered by the Stow, Acton-Boxborough, Bolton and Hudson Cultural Councils.

Seed-saving Program at Bolton Library : Lancaster gardening guru Gene Christoph will be on hand at the Bolton Public Library Thursday, Sept. 19, from 7 to 8:30 p.m. to talk and answer questions about how you can save your own seeds from this year's garden as it comes to a close—and use them to start next year's! It's not a black art—anyone can do it! Sponsored by Bolton Local. For more information visit www.BoltonLocal.org.