

The Cameron Senior Center and the Westford Council on Aging telephone number is 978-692-5523. MISSION STATEMENT: The mission of the Council on Aging is to promote physical, emotional, and economic well-being of older adults and to promote their participation in all aspects of community life.

COUNCIL ON AGING STAFF

*Joanne Sheehan
Director of Elder Services
Judith Ramirez
L.I.C.S.W./Social Worker
Annette Cerullo
Elder Outreach Coordinator
Sandra Cullen, Office Manager
Claire France, Senior Assistant
Marjorie Hunter, Registrar
Jean Mahoney, Registrar
Eugene Jungbluth, Lead Van Driver-Admin.
Joyce Newton, Lead Van Driver-Dispatch
Marie Lawrence, Nutrition Site Manager
Mary Sudak, Evening Supervisor
Christopher Mitchell, Maintenance
Angela Gagne, Volunteer Coordinator*

COUNCIL ON AGING BOARD MEMBERS

*Helena Crocker, Chair
Robert Tierney, Vice Chair
Nancy Cook, Clerk
Dorothy Hall
Cecilia Healy
Patricia Holmes
Ret. Chief George Rogers*

FRIENDS OF THE CAMERON OFFICERS

*Aurea Rondeau, President
George Rondeau, Vice President
Joyce Cederberg, Secretary
Marjorie Hunter, Treasurer
Marie Lawrence, Asst. Treasurer*

SPRING SOCIAL – DANCE/DINNER

Sponsored by The Friends of the Cameron Senior Center, in conjunction with the Franco-American Club Baked Fish Dinner, will be held at the Franco on **Friday, April 17th, Baked Fish Dinner** (prepared by Roger LaChance) **from 5-7 PM.** and/or socialize and dance with music provided by Chet Harden **7-10:30PM.** The cost of the tickets are \$15 for Baked Fish Dinner/Dance and Dance Only Tickets are \$7. These tickets are available at the Cameron front desk. Tickets for the dance only may also be purchased at the door the night of the dance. Tickets for just the Dinner can be purchased at the Franco for \$10. **The deadline to purchase tickets for the Baked Fish Dinner is April 10th.** Please bring a dessert to the dance to share.

GAY NINETIES CELEBRATION – The Council on Aging is pleased to once again sponsor our twentieth annual Gay Nineties Celebration on **Tuesday, May 19th from 10:30 AM – 3 PM** at the Franco American Club. In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 A.M., along with raffles and entertainment. There will be a special recognition with the Boston Post Cane Pin. **Advance registration is necessary, at 978-692-5523 before May 11th.** If you were born in 1919 or earlier please indicate your birth date when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring a guest and they will be seated at your table. Transportation is available. All Westford seniors are

invited. There is no charge for this special event.

PROGRESSIVE TOUR

Come join us for this FREE, fun day that is being sponsored by Chelmsford and Billerica Crossings and The Atrium. Transportation will be provided in a handicap accessible van. We will leave from Cameron, on **Thursday, April 23rd at 10 AM**, making three progressive stops for coffee and snack, food demonstrations, lunch, trivia games and some other surprises. We will end the day back at Cameron at 3 PM. We have limited space available; please call 978-692-5523 to register.

BOARD OF HEALTH - HEALTH FAIR

Come join us for our Health Fair and Safety Day. This day provides families a fun filled day offering family activities/ prizes/ games outdoors at Abbot. A **Health Fair** will also be held on the same day in the Abbot gym. The fair will provide free health screenings and educational information on a variety of health issues. Many health screenings will be available including: vision, glaucoma, hearing, lung function, chiropractic, dental, blood sugar, thyroid function and cholesterol screening. *Please note that the cholesterol screening requires a 12 hour fast.* Stop by at our tables that will contain special Elder Services information. Reservations are not required. Watch for additional information in the local newspapers. **This FREE health fair will take place on Saturday, May 16th from 8AM until 12 PM at the Abbot School.**

CAMERON UPDATE

The Senior Center Addition and Renovation Project is now out to bid. The design has been completed and bids are expected in the last week of March. An application was submitted for Community Preservation Act

(CPA) funds that could be used for construction of this project. This application was mostly for completing structural upgrades to the existing building. If funds are awarded, it will reduce the burden on the taxpayers for this project. It will also supplement CPA funds that were approved last year for installation of new doors, windows, and a fire protection system in the existing building. The permitting process is nearly complete. The project received approval from the Conservation Commission this month. We expect to complete the Planning Board Site Plan Review in March. An article has been placed on the Annual Town Meeting to appropriate the construction funds for this project. We remain optimistic that we will receive a favorable bid for this project and that construction will begin early summer.

CAMERON SUNDAY HOURS

The Cameron Senior Center will be opened **Sundays in April from Noon until 3:00 P.M.** for your enjoyment. Stop in at Noon bring a lunch and relax in the offerings of our facility. Join in the card games or conversation. This is your Senior Center please come and enjoy! Please register at 978-692-5523.

RESTAURANT REVIEW

Ladies, if you enjoy eating out and would like to do so with others, then join us on the last Wednesday of each month. Back by popular demand, our next outing will be **Wednesday, April 29th at 11:30 A.M. at Not Your Average Joe's at 305 Main Street, Acton.** Please call the senior center to pre register at 978-692-5523 so we can call the restaurant with a head count for reservations. Bon Appétit!

HOME REPAIRS OR YARD WORK ARE YOU IN NEED OF THIS SERVICE

The West Chelmsford United Methodist Church invites you to become a recipient of their newest tradition, a day of service. This day of service will be offered to a limited number of clients. The date for this year's spring day of service is Saturday, May 9th from 8:30 AM – 3:30 PM. The purpose is to help a few families with projects around their home such as repairs, painting or yard work. Clients that are selected will receive a call and a home visit by the committee during April to evaluate what the need is and that it can be met safely. If you would like to participate you can receive an application by stopping by or calling the Cameron at 978-692-5523; **sign up ends in early April.**

**CAMERON SENIOR CENTER IS
EXCITED TO BE OFFERING
EXTENDED TRIPS ONCE AGAIN!!!**

Come and join us for an exciting and informative presentation on *Thursday, April 2, 2009 at 1:00 PM at the Cameron Senior Center* to hear more about two amazing trips we are offering....Northern National Parks featuring Salt Lake City, Yellowstone National Park in September of 2009 and Tuscany, Italy featuring Rome, Florence and much more for November of 2009!! Detailed trip flyers with prices and exact dates are available at the Cameron Senior Center. If you have any questions, please attend the presentation on April 2nd. All are welcome!!

**BANKING INFORMATION &
BREAKFAST**

Please come to our FREE seminar sponsored by Deschenes & Farrell Law Firm on **Tuesday, April 7th at 9:00AM.** Sarah Duffy, Vice President of Enterprise Bank in the Westford branch will be here to speak about how to handle your money in tough times as well as good times. Learn how to save on your bank fees. She will also be able to meet with you individually to discuss

your banking needs and questions. **A light continental breakfast will be served.**

Please pre-register for this free seminar by calling the Cameron Senior Center at 978-692-5532.

MEN'S BREAKFAST

Our next monthly Men's Breakfast will be held on **Tuesday, April 14th at 8:00AM** at the Cameron Senior Center. Our guest presenter for this breakfast will be **Jodi Ross, Westford Town Manager.** Jodi will be here to speak about the town's budget for FY'10 and our upcoming Town Meeting. There will also be an opportunity for questions and answers following her presentation. Please sign up for the breakfast by calling 978-692-5523 or e-mail at jramirez@westfordma.gov. We look forward to seeing you here.

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Cameron on Monday, April 13, from 10:00 – 11:00 A.M.** to answer any questions or concerns you may have regarding real estate matters. Please sign up by calling 978-692-5523. Refreshments will be available.

PODIATRY CLINIC AT CAMERON

Dr. Weakland will be at Cameron on **Wednesday, April 1st at 1:00 PM.** The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523. The next clinic date will be June 3rd.

ASK THE LAWYER

Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, May 13th from 9 – 11:30 A.M.** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office.

TOWN MEETING & VOTING

We encourage all to attend Town Meeting on **Saturday, May 9th, 10:00AM** at the **Abbot School**.

Don't forget to **Vote** on **Tuesday, May 5th**.

ALZHEIMER'S CONFERENCE

The 21st Annual Merrimack Valley Alzheimer's Conference "Keys to Successful Care Giving in the 21st Century" will be taking place on Saturday, April 25th at the Wyndham Andover Hotel in Andover from 8:00 AM to 12:30 PM. This conference is designed for family members and others who are caring for people afflicted with Alzheimer's or dementia. Four workshops are planned, covering important topics that impact the lives of Alzheimer's patients and their caregivers. The Conference is free to family caregivers but due to the popularity there is limited space availability, reservations are strongly recommended. To register in advance, or for more information call Janice Hrenko, Community Educator for Elder Services at 800-892-0890.

SPRING CLEAN UP

Some of you took advantage of our raking services this past fall. Some of you received bucket deliveries of sand for the winter and a small number of you had help with shoveling. Please contact the **Cameron Senior Center at 978-692-5523** if you did not complete the request form last summer. We will have a list of youth volunteers whom we will send out to your home in April or May to help with spring clean up. Thank you for your patience. We truly enjoy working with all of you!

GARDEN PROJECT

Growing Places Garden Project, Inc., a non profit company, would like to build you a vegetable garden! If you are interested, they are now accepting applications for this year's gardens. Call them at 1-978-598-3723

x801 or you can e mail them at staff@growingplaces.org

ROUDENBUSH ADULT SOCIAL DAY PROGRAM – AKA – “The Club”

Spring is coming.... Spring is blooming with all kinds of activities and fun. Come join us at the adult social day program held at the Felix Perrault Community Room at 65 Tadmuck Road. This would be a wonderful opportunity to get out of the house and socialize with other adults. Program runs 5 days/week – minimum of 2 days per week Monday-Friday, 8:30 AM – 3:30 PM. Door to Door transportation by COA Van; Hot lunch and AM & PM snacks. Activities include Coffee & Conversation, "New" Computer activities, Current events, Discussion time, morning and afternoon activity time including word games, cooking, crafts, music, cards, video, exercise program; arm chair travel, monthly mini field trips, and more. Come join us for lots of fun and friendship. Visit www.roudenbush.org for more information OR Call 978 692-0803 for a brochure or to arrange for a FREE Day.

SWIPE TAG

Checking in at the Senior Center has never been easier! Just Swipe your 'My Senior Center' card in front of the reader and 'touch' the screen to tell us why you are visiting! Don't have a card? Just simply fill out a form and we'll have your card ready in a jiff!

EDUCATIONAL MEETING

SAFE STRIDES!

Did you know that 1 in 3 older adults have a fall each year in the U.S.? Falling does not have to be a standard part of aging – falls can be prevented! On Thursday, April 16th from 10-11 AM Aedan Ford, Physical Therapist with Gentiva Home Health, in cooperation with Lowell General Hospital,

will present this balance and fall prevention program at the Chelmsford Senior Center. Independence, safety and quality of life will be promoted. Sponsored by the Westford and Chelmsford C.O.A.'s Respite-Companion Program, refreshments will be served at 9:30 AM; all are welcome.

DID YOU KNOW???

You may be eligible for a FREE or discounted specialized telephone (valued at over \$100.) through the Massachusetts Equipment Distribution Program if you have a documented visual or hearing impairment. Derek Lessieur of the Lowell Association for the Blind will be here at the Cameron Senior Center on **Tuesday, April 21st at 12:00 to do a presentation of the equipment available.** He will display large numbered telephones with amplifiers, talking watches, clocks and more. The right equipment might increase your independence and confidence. Come have our congregate lunch (donation \$2.00) first at 11:30 and then stay for the presentation at noon. Please call ahead to preregister at 978-692-5523 and indicate if you want lunch.

UPDATE ON DIGITAL TELEVISION

TRANSITION: There has been a change in the date that the transition will be taking effect it is now scheduled for June 12, 2009. For more information call 1-888-CALL-FCC (1-888-225-5322) or visit the website www.dtv.gov

MEALS ON WHEELS

Are you homebound, age 60 and over, and unable to prepare a hot meal? Let us assist you Monday through Friday by delivering meals to your door around noontime. Call 1-888-820-5423 for more information.

BROWN BAG PROGRAM

Do you have a need for an extra bag of groceries each month? A brown bag of groceries is available for pick up each month for those who have pre-registered for this service at 978-692-5523. The brown bag day for **April** will be the **24th** from **9AM to 3 PM**. Delivery can be made if requested in advance.

FOOD PANTRY

The community Food Pantry is located at Cameron and staffed by volunteers. The dates for **April** are as follows:

- ❑ The fourth **Monday, April 27th** from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, April 15th** and third **Thursday, April 16th** from 8:30-11:30 am.

Birthday Gift Bags are available for families using our food pantry with a child's birthday that month. Pre-registration is suggested at 978-692-5523.

GOVERNMENT SURPLUS FOOD

Government Surplus Food is available for those who meet Fuel Assistance guidelines. Stop in Monday, Wednesday or Thursday, from 8 A.M. – 1 P.M. and inquire at the Cameron front desk.

DO YOU NEED HELP WITH THE HIGH COST OF GROCERIES?

If you are 60 years or older, you may qualify for food assistance. Approximate monthly guidelines are household of one person below \$1,734; two person household below \$2,334. For more information call the Food Source Hotline at 1-800-645-8333.

MEDICAL INFORMATION

BLOOD PRESSURE & MORE:

These provide a blood pressure reading, medication review, weight check and an opportunity to have other concerns reviewed. Both screenings are held at **Cameron**. Dates and times are:

- Second Tuesday of the month, **April 14th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **April 22nd** 8-10 AM with the Lowell VNA.

SUPPORT GROUPS

- ✓ **ADULT DIABETES SUPPORT GROUP** meets at Saints Memorial Medical Center in Lowell. Call 978-934-8559 for more information.
- ✓ **ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUP** meets the fourth Wednesday of each month from 6-8 PM at The Inn at Robbins Brook, Route 27, Acton. For more information contact Judy at 978-399-2325 or jramirez@westfordma.gov.
- ✓ **ALZHEIMER'S CAREGIVER SUPPORT GROUP** meets the second and fourth Monday of each month from 1:00 – 2:30 PM at the Chelmsford Senior Center. For more information call 978-251-8491.
- ✓ **BEREAVEMENT SUPPORT GROUP** "You Are Not Alone" meets at the J.V. Fletcher Library, 50 Main Street, Westford. The group meets on the second and fourth Thursday from 7-8 PM. Contact Cathy at 978-692-7424.
- ✓ **PARKINSON'S SUPPORT GROUP** meets the first and third Wednesday of each month, from 2 – 4 PM at John Cummings Building, Donaldson Room at Emerson Hospital. For information contact Jerry at 978-443-5742 or joconnell@bentley.edu.

SHINE

If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions please call the Cameron at 978-692-5523 and leave your name and phone number. The next scheduled dates are **Monday, April 13th** and **Thursday, April 23rd**.

PRESCRIPTION ADVANTAGE

Due to recent statewide budget cuts, the Prescription Advantage program was reduced by \$11 million dollars which will likely translate into our seniors facing higher copayments for medications. Many folks are not realizing the change until they go to their local pharmacy and have to pay more. Now Prescription Advantage assistance will not be available to folks until the enrollee and Medicare combined have first paid out \$2,700 yearly. If you have concerns regarding your medication costs please call Mass Medline at 1-866-633-1617 or the Senior Center to set up a visit with our SHINE counselor at 978-692-5523.

BOARD OF HEALTH CLINICS

Hearing & Hearing Aid Test

Appointments are required by calling the Board of Health at 978-692-5509. The next date is **Monday, May 18th, from 9:30-11:30AM** at the Cameron Senior Center. Tests are Free and provided by Rogers Hearing Solutions.

DENTAL GRANT

The Director of Health Services in conjunction with the Director of Elder Services has been awarded funding from the Friends of the Cameron Senior Center to provide dental work to Westford seniors. If you would like to be considered for this program please contact us at 978-692-5523 for an application.

DENTAL HYGIENE CLINIC

At Middlesex Community College is available September – April for cleanings, cost is \$15, for those age 60 and over. Call 978-656-3250 for information and to make an appointment.

ACTIVITIES

Cameron is closed on Monday, April 20th due to the Patriots Day Holiday.

Confirm class dates with your instructors.

AEROBICS with Elaine Wednesdays at 9AM and Fridays at 8:30 AM. The fee is \$3.00 per class.

ART CLASS with Stella. Wednesdays at 9 A.M. All mediums used. Cost is \$5 per class.

BINGO – Thursdays, 7-9:30 PM. Doors open ½ hour early. Transportation is available by calling 978-399-2322.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at Cameron on **Wednesday, April 15th at 10:45AM.**

BOWLING

Wednesdays at 9:15 AM at Brunswick Lanes in Lowell. Call Mary at 978-692-6867 for more information.

MEN'S BREAKFAST

Takes place on the second Tuesday of each month. The next breakfast will be on **Tuesday, April 14th at 8 AM.** Pre-register at 978-692-5523.

CONTRACT BRIDGE

Advanced Players: meet on Fridays from 12:30 – 4:00 PM. All players are required to stay until 4:00 PM.

BUSY FINGERS – This group meets every Monday & Wednesday, 1-3 P.M. to make knitted and crocheted items. Great conversation!

CAMERON OPEN STUDIO – Any person who paints in oils or watercolors is welcome to join our open group on Mondays from 1:00 – 3:00 PM. A donation of \$1.00 is requested.

CANASTA – has a lively and fun group that currently plays every Thursday from 1:00-3:30 P.M. Feel free to join us.

“CHEER” Chair Movement - Tuesday and Thursday 10:45 – 11:30 A.M.... This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity, breathing techniques, stretching, toning and gentle core muscle workout. Hand weights and stretch bands maybe used and are provided as well as optional for the participant. The fee is \$3.00 per class. **There will not be any classes on April 21st, 23rd, 28th and 30th.**

COMPUTER INSTRUCTION

All levels of individual and group instruction available on Thursdays starting at 9:00AM at the Cameron. Appointments needed, please call to schedule time 978-692-5523. Fee is \$5 per class. Alternate day may be available.

CRIBBAGE

This group meets every Wednesday from 1:00 to 3:00 PM.

HAND AND FOOT (CARD GAME)

This card game is seen as a variation of Canasta. The group will meet on Fridays at 1:00 PM. Come and join our fun group!

LUNCH

The Merrimack Valley Nutrition Program provides anyone age 60 and over, or couples with one partner having reached the age of 60, with low cost nutritional meals at Cameron, Monday – Friday at 11:30 AM. Call 978-692-4480 a minimum of two days in advance between 10:00 - 11:00 AM to make your reservation. The donation is \$2.00.

MUSIC MAKERS - at the Cameron meets **Fridays from 9-10:30 A.M.** under the

direction of Ann. All singers welcome! For more info call Ann at 978-692-6779.

POOL TABLES are available for your use Monday-Friday 8 AM -4 PM.

RED HAT SOCIETY invites senior women at least fifty years old and ambulatory to enjoy the fellowship of friendly ladies enjoying activities while having fun and making new friends. Join anytime by calling Carol at 978-692-6084.

SCRABBLE

The group plays on Tuesday afternoons from 1:00 PM to 3:30 PM. More players are welcome.

TAI-CHI

FREE classes at Plum Blossom Academy, 222 Great Road #13, Littleton every Thursday from 12 to 12:45 PM must be 65 or older. For more information call 978-486-3095.

COME LEARN THE WII

We have here at the Cameron Senior center the “Wii” which is an **interactive** television video system for playing golf, tennis, bowling and more. Many local senior centers have formed Wii bowling and golf teams because they’re fun, indoors, easy and free. Local resident, Ron Cahill, is offering **classes on Tuesday mornings in April from 10:30 to 11:30** to teach the Wii to all those interested. Hopefully we’ll get enough interest that we can set up our own teams as well. If you have any questions call Annette at 978-399-2326.

TRANSPORTATION

We travel in Westford and to all of the surrounding towns, as well as Lowell, Concord, Ayer and Billerica. We also provide transportation on **Thursday evenings** to and from Bingo at the Cameron

Senior Center. **During the month of April we will be going to the Pheasant Lane Mall on the 13th and on the 27th.** Rides are booked on a first come basis, so call the **transportation desk at 978-399-2322** as soon as you know that you will need a ride. The round trip ride fees are \$3 in Westford, \$4 for surrounding towns and \$6 outside the area. If you need to **cancel on the day of your ride** please call the front desk at 978-692-5523 so that the driver can be notified. We are now allowed to stop at individual stores at the mall. Save your gas and ride with us!

COMPANION & RESPITE CARE

For age 60 & over and/or disabled residents. This service provides supervisory care to allow the caretaker a time of rest. This service is available days, evenings, overnights and weekends, on a temporary or permanent basis. The cost is \$9.00 per hour. For more information call Pat at the Chelmsford Senior Center at 978-251-8491.

OUTREACH

You are welcome to come in for an office visit or I can come to your home to discuss services available. Some examples of the services we provide are application assistance (i.e. for tax exemptions, food assistance), set up of home care services, delivery of medical equipment and resource sharing. I look forward to working with you. Please call Annette at the Cameron Senior Center at 978-399-2326 or email at acerullo@westfordma.gov.

SENIOR SOCIAL SERVICES

Our Social Worker is Judy, L.I.C.S.W. She is available for home and office visits, and interventions (in person or by phone) within the community, with a confidential and caring approach. Many of our seniors are homebound and they and their families may be unaware of the services that are available

for them. Some examples that may be provided include securing in-home services, referrals to Day Programs, and crisis intervention. If you think Judy may be able to help you or anyone you believe is in need of her assistance, please call her at 978-399-2325 or e-mail jramirez@westforma.gov.

FRIENDLY VISITOR PROGRAM

Feeling a bit lonely? If you wish you had some more company but don't want to bother your family, than simply call and request a friendly visitor. We have wonderful volunteers that would love to visit with you in the comfort of your home to socialize, reminisce or play games. Please call Annette at 978-399-2326 to introduce you to a friendly visitor.

FINANCIAL INFORMATION

PROPERTY TAX PAYMENT

On **Wednesday, April 22nd**, from **11:30 AM -12:30 PM**, a staff member from the Tax Collector's office will be at Cameron to accept tax payments. You can pay by check and you need to have your tax bill with you at that time. Cameron is handicap accessible

TOWN CLERK

If you need to purchase a dog license, return a census form or register to vote (deadline is April 15th) someone will be here at the Cameron from the Town Clerk's office on **Wednesday, April 15th**, from **11:15 AM – 12:00 PM** to help you with any of the above.

MONEY MANAGEMENT

We have money managers that are available to assist those 60 and older having difficulty writing checks and managing their bills. For more information call 978-399-2325

CIRCUIT BREAKER LAW

This income tax credit program helps eligible seniors reduce their property tax by

granting a refundable tax credit on their state income taxes. You must file an annual income tax return (jointly, if married) and one of the following must exceed 10% of your total gross income for the year:

- Homeowners – your net real estate tax payment plus one-half the water/sewer charges paid in calendar year 2008.
- Renters – 25% of your non-subsidized rent paid in 2008.
- For tax year 2008, the maximum credit allowed for both renters and homeowners is \$930.

If you would like more information about this law, please contact the Massachusetts Department of Revenue's Customer Service Bureau at 1-800-392-6089. We encourage all to file taxes for 2008. You must file income tax to benefit for this credit even if you do not owe state income tax.

FUEL ASSISTANCE – LAST CALL

Fuel Assistance income eligibility guidelines are: annual income for a household **family size of one - \$27,876 and family size of two – 36,454**. Appointments for new applications are now being scheduled. Call 978-692-5523 to set up a 45 minute appointment. You may qualify for heating repairs or cleaning along with energy saver appliances. When you call to schedule your appointment ask for the additional information that you will need to be mailed to you.

GOOD NEIGHBOR ENERGY FUND

The fund is available to any qualified Massachusetts resident who is not eligible for state or federal fuel assistance, but due to financial difficulty, cannot meet a month's fuel expense. A one time payment of \$300 is available. **Check the new guidelines to qualify**, an applicant's gross household income must fall within these ranges: **2008-2009 Guidelines for a family of:**

- 1: \$27,876 – 37,168
- 2: \$36,453 – 48,605
- 3: \$45,031 – 60,041
- 4: \$53,608 – 71,478

You must apply at the Salvation Army's office closest to you. Call the Lowell office at 978-458-3396 to see if there are still funds available.

CTI NEEDS YOU!

If you would like to become an RSVP volunteer please give Joan at CTI a call at 978-654-5080 x 14. Signing up to become a volunteer does not add new commitments to the service you are already providing. It does allow you to track hours of service and combine them with those of over 200 RSVP volunteers. We want to demonstrate that people 55 and up contribute an incredible amount of time in Greater Lowell, Sharing their experience and good will in literally dozens of ways.

MISCELLANEOUS SPAGHETTI DINNER

The Westford Police Association invites you to join them at a Spaghetti Dinner on **Friday, May 8th at the Franco American Club between 4 and 8 PM**. This is FREE to all Senior Citizens age 60 and over. Tickets for the general public will be for sale at the door. Raffle prizes will be donated by local businesses. Seniors must call the Cameron Senior Center at 978-692-5523 to reserve their seat. Transportation will be available by calling the transportation line at 978-399-2322.

ICE CREAM SOCIAL AND ENTERTAINMENT

The Stony Brook Middle School invites you to an Ice Cream Social with entertainment to be held at the school cafeteria on **Friday, May 29th from 12:30PM until 2:15PM**. The ice cream will be provided by local vendors; sugar-free options will be

available. There is a limited number that can be accommodated, so register early by calling 978- 692-5523. Car pooling is encouraged.

BOOK DISCUSSION GROUP

Starting in May, a second session of the J.V. Fletcher Library Book Discussion Group will be meeting at the Cameron Senior Center. The meetings will take place on the **3rd Monday** of the month at **10 A.M.** Copies of the current discussion book are available at the Library or from the Bookmobile. The first meeting will take place on **Monday, May 18th**. Join us for a discussion of the novel, "The Art of Racing in the Rain", by Garth Stein. A brief synopsis of the book will be available at the front desk.

GOLF – MEN'S SENIOR LEAGUE

We are still in need of few more men for a local weekday morning golf league. Are plans are to play on Tuesday mornings beginning soon. Please call the Cameron at 978-692-5523 with your name and phone number.

WALK FOR HUNGER

The Greater Lowell Good Friday Walk for Hunger will take place on **Friday, April 10th**. Many charities benefit from the walk, including the Westford Community Food Pantry. For more information and/or to donate call 978-256-3539 or go to www.westford.com/walkforhunger.

TOWN NEWS

Town Manager, Jodi Ross has a new monthly newsletter that can be found on the Town website. Go to www.westfordma.gov to read the information submitted by various town departments.

DO NOT CALL – Do you want to reduce telemarketing calls? Sign up now for the

Massachusetts Do Not Call Registry, this also includes cell phones. You can register online at www.mass.gov/donotcall or you can call toll free at 1-866-231-2255.

HANDYMAN HELP

We are fortunate to have the dedication of a local semi retired man who is willing to volunteer some of his time to our seniors. He may be able to help with small painting projects and minor carpentry repairs in your home. If you are in need of some assistance please call Annette, the Outreach Coordinator, at 978-399-2326 to set up this service.

THRIFT & GIFT SHOP

The Cameron Thrift and Gift Shop is open to the general public on weekdays, from 9AM – 3PM. *We are only accepting spring/summer clothing at this time. Because of the new lead paint law regarding children we can no longer accept children's toys, jewelry and some clothing.*

WISH LIST

At this time we do not need any books for our library. Thank you for all your support!

EMPLOYEE OF THE MONTH

Congratulations to Judith Ramirez our April employee of the month. Judy is our Social Worker and during our December ice storm was constantly out in the community making sure everyone that was in need had food and a warm, safe place to stay. **Thank You, Judy!**

PAT ON THE BACK WINNER

Congratulations to Michael Jalbert our April Pat on the Back winner. He is one of our kitchen helpers who is always cheerful and willing to help in every way he can. **Thank You, Michael!** Please feel free to nominate someone you want to thank for his or her volunteer work.

INDIAN HILL MUSIC

BACH'S LUNCH' CONCERT: 2 shows this month! Indian Hill Music School's monthly faculty series presents a vocal program with soprano Mary Crowe performing 20th century American songs by Copland, Barber, Hermann, Menotti and Bernstein: **Thursday, April 16 & Friday, April 17, Noon - 1 pm**, Indian Hill Music School, 36 King Street, Littleton. Coffee, tea and cookies served; bring your lunch. FREE and open to the public. For more information on this event or other planned events in April call (978) 486-9524 or visit www.indianhillmusic.org.

DAY TRIPS

Call 978 692-5523 for reservation and information on the following trips. Payment is due upon signing up for a trip. Please only register for self and spouse/companion for the trip.

Wednesday, April 15th, "The New Dawn Singers" at the Sheraton Four Points in Leominster. Showtime is 1:40PM. Luncheon, Show and Driver Gratuity cost is \$71.00 per person due at registration. Motor coach departure time announced one week prior to event.

Tuesday, May 5th, "Mohegan Sun" Buckingham Motor Coach departs Cameron at 7:30 A.M., fee \$26, due at time of sign up. Receive bonus and food coupon.

Friday, May 15th, Lunch at the **"The Ship"** in Lynnfield, MA (Rt. 1), followed by shopping at the **Christmas Tree Shop**. Departure time from Cameron will be 10:00 AM. The cost for lunch & tip, coach and driver gratuity will be \$39.00.

Friday, June 19th, "Boston Pops – "Michael Feinstein: The Sinatra Project",

8 PM show Buckingham Bus departs from Cameron at 6 PM. The cost for the show and bus including driver gratuity will be \$70.00.

July, 2009, “Providence’s Little Italy”.
Information to follow next month.

Sunday, August 2nd - “Jersey Boys”, the story of Frankie Valli & The Four Seasons, 2 PM show Buckingham bus departs Cameron at 12:15 PM. The cost for the show and bus including driver gratuity will be \$105.00.

OTHER UPCOMING 2009 TRIPS AT CAMERON WATCH FOR DETAILS:

September – Fenway Park & Charles River Cruise

October - Warren’s Restaurant, Kennebunk

November – North Shore Music Theatre

December – Salem Cross

EXTENDED TRIPS:

September 15th & 16th, Best of Times will be traveling to **“The Killington Inn”**, in Killington, Vermont. Watch for flyers; Registration starts in May.

Brochures available at Cameron for the following trips with Collette Vacations:

September 11 – 18, 2009, “Northern National Parks”, d/o \$1,949; s/o \$2,499; t/o \$1,919.

November 5 – 14, 2009, “Discover Tuscany”, d/o \$2,739, s/o \$3,139; t/o \$2,709.