

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*

FUEL SAVINGS PROGRAM!

Are you in need of assistance with paying your oil bill? We are working with Concord Oil and JA Healy & Sons Oil Company to help with the cost of your heating oil this winter. If you are currently heating with oil and a member of your household is age 65 or over, we would like to help. This program is not for everyone. It is for those who are struggling to pay their fuel bill along with other bills.

It is as easy as one, two, three: (1) Complete "Friends of the Cameron Senior Center" Fuel Savings application (2) Include a donation of \$10.00 made payable to The Friends of the Cameron Senior Center (3) Advise as to which oil company you currently use. You will receive a discount of .12 cents per gallon in addition to any other Senior Citizens discounts that apply from your dealer, once your application is reviewed for eligibility by the Council on Aging. If you are currently a customer of another oil dealer, please give Joanne a call with the name of your oil dealer and she will contact them to see if they would like to participate in the Fuel Savings Program. We will try to assist as many residents as possible. Call us at 978-692-5523 or stop in at the Cameron Senior Center today for your Fuel Savings application.

HOLIDAY LUNCHEON

Join us for a catered luncheon at the Franco American Club on **Thursday, December 4th from 10 A.M. – 2 P.M.** Lunch (Roast Pork Loin) will be prepared by Shirley Caterers and served around Noon. Entertainment will be provided by the Westford Academy Honors Choral Group who has performed for us in the past. A special guest may also

visit us. Fee for lunch is \$7.00. At this time there is a waiting list only.

COMMUNITY CHRISTMAS CHORUS

The Westford Community Christmas Chorus welcomes all singers to join them in their third annual concert. Rehearsals will be held on Sunday evenings, from 7:00 - 8:30 PM, at First Parish Church, Westford Common, from November 2nd through December 7th. The concert will be held on Sunday, December 14th, at 7:00 PM. at First Parish. The program will include Vivaldi's Magnificat, plus several anthems by Mendelssohn. All proceeds to benefit the food pantry at Cameron Senior Center. Choir dues are \$25; this includes two free tickets to the concert. Admission is \$5 plus a non-perishable item for the food pantry. For further information, please contact Jeanne Masterman, 978-692-8416, or jeanne.masterman@verizon.net.

WINTER CONCERT

The NASHOBA YOUTH ORCHESTRA presents a Winter Outreach Concert at the First Parish Unitarian Universalist Church, 2 Westford Street in Chelmsford on Friday, December 12th at 7:30 PM. Featured will be NYO'S Chamber Orchestra and the premiere of its' Young Artists Chamber Music Program Ensemble. You are invited to come and hear the area's most talented young musicians perform in this intimate setting. Benjamin Thacher will be conducting. Admission is FREE. Call 978-392-0995 for more info.

CAMERON UPDATE

The renovation and expansion project vote for Cameron was deferred to the Annual May Town Meeting. Are you aware that the individuals that came to the Cameron and scanned in during the first quarter of this year represent the following Westford Villages: Nabnasset 33.75%, Forge 21.25%,

Center 20%, Graniteville 17.5%, Parker 7.25%. The Permanent Town Building Committee (PTBC) together with the Council on Aging (COA) are continuing to work together with a goal of reducing the cost to the tax payer. The original feasibility study estimated the project cost to be \$4.5 million. Design funds were appropriated and the design has been proceeding for the past nine months. The PTBC presented the design and the initial cost estimate of \$6.3 million to the Board of Selectmen in September. Realizing this figure was still unacceptable the boards continued to meet and perform a thorough review of costs with the purpose of looking at potential cost savings. Prior to Special Town Meeting the project cost estimate was reduced to \$5.5 million. These cost savings came from such items as reducing the square footage of the expansion, changing from a four pipe cooling system to a three pipe system, eliminating the patio, etc. The committees continue to meet to examine projected cost savings further. The Friends of the Cameron Senior Center, Inc. a private non-profit 401 (c) 3 organization is actively seeking donations for this project from individuals, clubs, foundations, businesses and fund raisers. If you would like to make a tax deductible contribution please make your check payable to the "Friends of Cameron" and indicate on the memo line "building fund". Checks should be mailed to Cameron Senior Center, P.O. Box 2223, Westford, MA 01886 or dropped off at 20 Pleasant Street, Monday – Friday, 8 AM – 4 PM. We appreciate all donations. Thank you.

Wii AT THE CAMERON!

Drop in and bring a friend to try your hand at Wii bowling and golf at the Cameron Library. Staff will be available to introduce you to the Wii after the men's monthly breakfast on December 9th.

RESTAURANT REVIEW

Ladies, it has been decided to postpone our monthly restaurant gatherings in November and December due to the busy holiday season. We will resume with a luncheon on the last Wednesday in January. In the mean time if you could call Annette with your restaurant suggestions, likes and dislikes, that would be appreciated. Her number is 978-399-2326. Thanks.

MEN'S BREAKFAST

Our next monthly Men's Breakfast will be held on **Tuesday, December 9th at 8:00AM** at the Cameron Senior Center. Our guest presenter will begin at 8:30AM and will be available until 9:30. We look forward to seeing you there. 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. If you have any questions, please call Judy at 978-399-2325. Breakfast is sponsored by Keystone Nursing Services

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Cameron on Monday, December 8th, 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.

HEALTH CARE PROXY AND HOMESTEAD ACT

On **Tuesday, December 2nd, from 9 – 10 A.M.** we will have Attorneys from the Law firm of Deschenes & Farrell, P.C. at the Cameron. The attorneys will be speaking about the importance of Health Care Proxies and the Homestead Act. They will be showing you how to fill out and complete the forms as well as private consultations. They look forward to seeing you there. Please note if you want a health care proxy completed you should bring your driver's

license. If you would like to have the Homestead Act form completed the only charge will be the \$35.00 filing fee charged by the Registry of Deeds.

We are requesting that you pre-register for this service at the Cameron Senior Center, 978-692-5523. There is a sign up sheet at the front desk. Kindly register for this by giving your full name, address, and approximate date of purchase of the property. If you have a copy of your deed, please bring it to the session with a \$35.00 check payable to the Registry of Deeds. Refreshments will be available and remember to pre-register for either service by calling 978-692-5523.

PODIATRY CLINIC AT CAMERON

Dr. Weakland will be at Cameron on **Wednesday, December 10th 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 February 4th.

ASK THE LAWYER

Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, January 14th from 9 – 11:30 A.M.** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office.

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

The cold long days of winter are coming.... Come join us at the new adult social day program held at the Felix Perrault Community Room at 65 Tadmuck Road. A wonderful opportunity to get out of the house and socialize with other adults and enjoy many different group activities. Some of the many activities include monthly mini trips (weather permitting), musical programs, crafts, games, and more. Lunch time meal and snacks provided during the day.

Transportation to and from your home is available. We are open 5 days a week; stop by and meet our old and new staff. Schedule a free trial day for new members. For more information, contact Adult Social Day Director, Norma Antonetti at (978) 692-0803. Visit www.roudenbush.org click on Adult Social Day for more details.

EDUCATIONAL MEETING

STAYING HEALTHY – PREVENTING THE SPREAD OF INFECTION

This educational talk will focus on types of infection, how they are transmitted, and how to prevent this from happening. It will also talk about some of the best practices to follow. This presentation will be given by Joanne Johnson, RN, BSN, Clinician at Emerson Hospital Homecare, at the Chelmsford Senior Center, 75 Groton Rd., North Chelmsford from 10 – 11 AM. on Tuesday, December 9, 2008. The holidays during December make this a particularly timely topic, and we hope you will join us at 9:30 AM for refreshments. Sponsored by the Chelmsford and Westford COA'S Respite-Companion Program, this is FREE and open to the public.

DID YOU KNOW???

According to the Massachusetts Dept. of Fire Services, HEATING is the #2 cause of home fires, causing over 14,000 fires in the last 5 years. Please follow these suggested tips:

- A. ALARMS: Have smoke detector outside of the bedrooms. Check smoke detectors and carbon monoxide monthly and change batteries twice a year when you change your clocks.
- B. FIREPLACES/WOOD STOVES: Have your chimney professionally cleaned each year and keep all flammable items at least 3 feet away. Dispose of ashes in a metal container, with a lid, away from the house, garage and porch.

- C. SPACE HEATERS: Do not use space heaters as your primary source of heat. Keep items at least 3 feet away from it. Use heavy duty extension cords. Turn off before going to bed or leaving the house.
 - D. NATURAL GAS: Have your furnace checked yearly. Move outdoors if you smell something like rotten eggs or suspect a leak. Do not turn on/off light switches to prevent a spark. Dial 911.
 - E. OIL: Check furnace yearly and don't let your tank go below one quarter.
 - F. CARBON MONOXIDE: Known as the "silent killer". Heating equipment is the leading source of carbon monoxide in a home. Install alarms on every level of your home. Don't use the gas stove for heat. Keep exhausts/vents clear of drifting snow and bushes.
- KEEP WARM; KEEP SAFE!!!**

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 **December** will be the **19th** 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 **December** are as follows:

- The third **Monday, December 15th** from 1:00 - 3:30 pm.

- The second **Wednesday, December 10th**, and second **Thursday, December 11th**, 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.

HOLIDAY BASKETS

If you would like to contribute to the baskets, coordinated at Cameron and delivered by the Police Association, we ask that you complete a holiday donor form that may be obtained by calling us at 978-692-5523. Donations in the form of a check should be made payable to "The Friends of the Cameron Senior Center" and indicate on the memo line of your check "Holiday Baskets". We are also in need of gift certificates to distribute to families and individuals for food and gifts. Christmas certificates need to arrive prior to noon on December 18th. If you are in need of food at the holiday time or gifts for young ones please call us for an application at the above number.

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, **December 9th**, 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **December 24th**, 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. **In December the meeting will take place on Wednesday, December 17th**. 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 St., 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.
- ✓ **PERIPHERAL NEUROPATHY SUPPORT GROUP** meets at Lowell

1 General Hospital in the Clark Auditorium. For more information contact Carol at 978-263-0484.

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 date is **December 11th**.

PRESCRIPTION ADVANTAGE

Prescription Advantage now has Continuous Open Enrollment! This is great news. Now our seniors will not have to wait a year because they missed an open enrollment. This is an opportunity to reduce your prescription drug costs. Prescription Advantage, the State's pharmacy assistance program, is a secondary payer to Medicare Part D and can help to reduce your out-of-pocket costs by: providing benefits during coverage gaps such as deductibles or the "donut hole", lowering your co-payment amounts and providing you with an annual out-of-pocket spending limit. If you already have a Part D plan or you plan to join one, you should look at how Prescription Advantage can lower your prescription drug costs even more. If you have any questions or need help our SHINE Counselor can assist you. Please call 978-692-5523 and sign up for a SHINE appointment.

MEDICARE D

Open enrollment will be from November 15 thru December 31, 2008. Call for a SHINE appointment 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 **Tuesday, January 20th, from 9:30-11:30AM** at the Cameron Senior Center.

Tests are Free and provided by Rogers Hearing Solutions.

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 will be closed on Thursdays, December 25th and January 1st due to the Christmas and New Year Holidays. 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. In case of inclement weather, call before 4 P.M.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at Cameron on **Wednesday, December 10th 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, December 9th at 8 AM.** Pre-register at 978-692-5523.

CONTRACT BRIDGE

With Instruction: Tuesday afternoon's Bridge group's instructor, Bert Chang, will help you understand and improve your game. Beginners and new players are welcomed. Class will meet weekly on Tuesday's from 1:00 - 3:00 PM. There will be a fee of \$1.00.

CONTRACT BRIDGE

Advanced Players: meet on Fridays from 12:30 – 4:00 PM.

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

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

CERAMICS with Carol meets every Monday at 9:30 A.M. The fee is \$5.00 per class. Class to resume in December.

“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. Classes will **not** meet on Dec. 23rd & Dec. 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

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!

LINE DANCING WITH ELLEN

Every Tuesday, **Beginners from 1:30-2:00 PM and Advanced Beginners from 2:00–3:00 PM.** Sign up for these FREE, fun classes by calling 978-692-5523.

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 Tuesday and Thursday from 12 to 12:45 PM must be 65 or older. For more information call 978-486-3095.

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 December we will be going to the Pheasant Lane Mall on the 8th and on the 15th.** 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. 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.

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.

OUTREACH

As the town of Westford's senior outreach worker, I would love the opportunity to meet each and every one of you. So far I have met approximately 1,000 seniors and look forward to any opportunity to meet the other 2,000+. If you have a few minutes please stop by the Cameron Senior Center and introduce yourself to me, Annette and our Social Worker, Judy. If you have any questions please call 978-399-2326. Happy Holidays.

FRIENDLY VISITOR PROGRAM

If you would like company a few times a month 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.

MEDICAL EQUIPMENT LOANER SERVICE

Folks, as many of you know, we have a wonderful program that allows seniors to borrow equipment i.e. walkers, wheelchairs, etc. rather than having to purchase such items. We are currently low on wheelchairs so if you have borrowed one and no longer need it please return it at your earliest convenience. Also, we **can not accept** medical supplies i.e. open packages, syringes, tubing, back braces etc. Any inquiries may be made at the front desk, 978-692-5523. Thank you.

FINANCIAL INFORMATION TAX ASSESSOR HERE AT CAMERON

Someone from the Tax Assessor's office will be here at the Cameron on **Wednesday's, December 3rd and 17th at 10 AM.** They will accept all exemption applications, deferrals and abatements and can also provide some assistance.

PROPERTY TAX RELIEF

Community Preservation Act (CPA) Exemption Applications are now available at the Assessors Office. You must complete this application yearly to be exempt from the 3% surcharge placed on your property tax bill. We encourage all homeowners to go to the Assessors office to pick up an application to receive the CPA exemption. They also currently offer exemptions for the Blind, Disabled Veterans, persons who are over 70 and Tax Deferral Program, please call the Assessor's office to find out the eligibility requirements. The Assessors are in the Millennium School at 23 Depot Street. Assessors Office phone number is (978) 692-5504.

PROPERTY TAX EXEMPTION

You may be eligible to reduce all or a portion of the taxes assessed your domicile if you meet the qualifications for one of the exemptions allowed under MA state law. The following groups of people may be eligible: Veterans with at least 10% service connected disability, or their surviving spouse, minor of deceased parent; blind; Senior Citizen age 70 or older. Your application must be filed in a timely manner or you lose all rights to an exemption (3 months from postmark of January tax bill) and the Assessors office cannot by law, grant you one. Call the Assessors Office for more information or if you would like to apply. Mary or Linda can be reached at 978-692-5504.

PROPERTY TAX DEFERRAL

Are you struggling to pay your real estate taxes? Have you considered deferring these taxes? In 2006, Town Meeting voted to reduce the interest rate for tax deferrals from 8% to **0%**! You may be eligible to defer payment of all or a portion of the taxes assessed on the property you own and occupy if you are age 65 or older, your income doesn't exceed \$40,000 and you are willing to enter into a Tax Deferral Agreement with the Board of Assessors. You must apply within 30 days of your third quarter tax bill, which comes out on or about January 1, 2009. You can defer up to 1/2 the value of your house without interest and the Town is paid at the time you sell your home. Please contact Mary or Linda in the Assessors office at 978-692-5504 for more detailed information or an application.

FUEL ASSISTANCE

Fuel Assistance income eligibility guidelines are: annual income for a household family size of one - \$20,800 and family size of two - 28,000. 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.

FREE ENERGY

If you are approved for Fuel Assistance, you may also qualify for the following free energy program: **Weatherization:** Renters (excluding heat included in rent) and homeowners are eligible for this program. You may qualify to have free insulation, weather-stripping and air sealing added to your home by Community Teamwork, Inc. approved contractors. All weatherization work is inspected by CTI'S Energy

Advisors. For more information and to determine if you qualify call CTI at 978-459-6161.

MISCELLANEOUS

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.

THRIFT & GIFT SHOP

The shop is open to the general public on weekdays from 9:00AM – 3:00 PM.

EMPLOYEE OF THE MONTH

Congratulations to **Bob France** our December employee of the month. Bob is one of our van drivers. He is very friendly and helpful and does a great job transporting our seniors. **Thank You, Bob!**

PAT ON THE BACK WINNER

Congratulations to **Paul Berry** our December Pat on the Back winner. Paul is the friendly face you see at our front desk every Thursday. He is willing to help with whatever is needed. **Thank You, Paul!** Please feel free to nominate someone you want to thank for his or her volunteer work.

CAMERON WISH LIST

We are in need of new unwrapped gifts for teenagers and parents no later than December 12th. Also we need large brown grocery bags. We are looking for a

seamstress who would be willing to do basic alterations. If you are interested please call Claire at 978-692-5523. Thank you for all your support.

THANK YOU!

The COA would like to thank all of the individuals and organizations that have provided tickets, entertainment, refreshments, facilities and meals to the seniors this fall. We appreciate everything you do!

INDIAN HILL MUSIC

‘BACH’S LUNCH’ CONCERT: Indian Hill Music School’s monthly faculty series presents a mix of classical and jazz tunes with clarinetist Paul Surapine and friends: **Thursday, December 18, 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 December 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.

Tuesday, December 2nd – “Christmas Holly Trolley”, a wonderful narrated tour to view the holiday light displays in Boston. Bring a family member or friend. Dinner will be at The Union Oyster House prior to the tour. Brush Hill Motor Coach will depart the Cameron at 2:45 PM. The cost for this trip is \$71.00 (includes driver tip). WAITING list only.

EXTENDED TRIP

Call Mickey at 978-692-8259 for reservations and information on the following trip.

December 12th thru 14th “Beacon Christmas Party Tour”, 3 days/2 nights of “An Old Fashioned Beacon Christmas” Features a Holiday Luncheon Buffet, entertainment, Santa Claus, Holiday Candlelight Buffet, Beacon staff sing-along, Champagne Breakfast, Rocks’ Christmas Tree Farm and a New Year’s Eve big band party. Cost \$249 pp/do (singles \$50 additional). Deposit of \$50 required with balance due immediately.

FRIENDS of the CAMERON SENIOR CENTER DONORS 2008

Thank you to all of the individuals, families and businesses who contributed to our 2008-2009 campaign. We apologize for any names we overlooked. We continue to accept tax-deductible donations made out to the “Friends of Cameron” and mailed to P.O. Box 2223, Westford.

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