

The Cameron Senior Center and the Westford Council on Aging telephone number is 978-692-5523.

MISSION STATEMENT: The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

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*

REMINDER – DAYLIGHT SAVINGS

On Saturday Evening, **March 7th**, you will need to change your clocks; they should **Spring** forward by **one hour**.

We would also remind you to check your smoke/carbon monoxide alarms. Each Spring and Fall the Council on Aging and Westford Fire Department partner to assist seniors who need help changing their smoke/carbon monoxide detector batteries. If you need assistance and would like to be put on a list for battery replacement, please call 978-692-5523 and you then will be notified when the Fire Department is available. Please note that smoke detectors should be replaced every ten years.

IMPORTANT CORRECTION

Your new Westford Directory, Page 14 under Transportation has the phone number listed incorrectly. The correct number is 978-399-2322. Please make a note of this change in your Directory.

ST. PATRICK'S DAY LUNCHEON

Come out and join us for our annual **St. Patrick's Day Luncheon on Wednesday, March 18th, from 10:00AM–2PM** at the Franco American Club. We will be having a corned beef and cabbage dinner provided by Shirley Catering. You need to be seated for lunch by 11:45 AM. Back by popular demand our entertainment will be provided by "Glenshane Irish Folk Duo" and will start immediately after lunch. Reserve your seat by March 11th at 978-692-5523; a \$7 fee is due at registration.

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.

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. *This might be a good alternative to the Citizens Energy Program.*

CAMERON UPDATE

We are nearing the finish line with the design of the Senior Center addition and renovation project. In the past month, we have received the updated cost estimate which indicated the project cost has been reduced significantly due to the changes in the design and the reduction of the addition. The site plan has been finalized from the comments received from the Planning Board, Conservation Commission and public input. We expect to complete the public hearing process with both boards in February.

The Permanent Town Building Committee (PTBC) recently reviewed the entire design plan set prepared by the architectural firm Graham/Meus. The architects will be completing the final details on the design over the next several weeks. The project will soon be advertised for bids and we expect to receive the bids by late March. It is our hope that the construction climate will provide an excellent bid for this project and we expect many contractors to bid on the project. Construction could begin as soon as July.

CAMERON SUNDAY HOURS

The Cameron Senior Center will be opened all Sundays in March for your enjoyment. Stop in and enjoy a light lunch at Noon and relax in the offering of the heated facility. Watch a movie, play pool, start up a game of cards, scrabble or bingo. This is your Senior Center please come and enjoy! The Sundays that the center will be opened are March 1st, 8th, 15th, 22nd and 29th from Noon until 3 PM. **If there is any question of inclement weather, please stay at home, we will not**

open. Please register at 978-692-5523.
Donations for lunch are accepted.

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. Our next outing will be **Wednesday, March 25th at 11:30 a.m. at Yangtze River**, on Rte. 110 in Littleton. 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

The West Chelmsford United Methodist Church invites you to become a part 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 at the end of 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.

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

Please come to our FREE seminar 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 March **Men's Breakfast will be held on Tuesday, March 10th at 8 AM**. Our guest speaker will be Michele Roche from the Chelmsford H&R Block to address the "most commonly missed tax deductions" when completing your federal and state tax forms. Come get some tips that you may be able to benefit from before the April 15th filing deadline. We hope you will attend with some prepared questions and a healthy appetite! Please register for attendance by Friday, March 6th for shopping purposes by calling 978-692-5523 or emailing acerullo@westfordma.gov

ASK OUR REALTOR – Local real estate agents Patrice and Beth of William Raveis Real Estate will be here at the **Cameron on Monday, March 9th, 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, March 25th from 9 – 11:30 A.M.** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office.

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 COMMON FOOT DISORDERS:

Dr. Timothy Downs, Podiatrist from New England Foot & Ankle in Chelmsford, will be giving a talk on this subject at the Chelmsford Senior Center in North Chelmsford from 10-11 AM on Thursday, March 12, 2009. His information will include bunions, hammertoes, heel pain, the Diabetic foot, and more. This lecture, sponsored by the Westford and Chelmsford COA's Respite-Companion Program, is FREE and open to the public; there will be plenty of time for your questions. Refreshments available after 9:30 AM.

DID YOU KNOW??? The Green Book

Did you know that Elder Services of the Merrimack Valley, Inc. and Northeast Independent Living Program have a collaborated resource guide out for older adults and adults with disabilities called **The Green Book**. This Green Book has a wealth of information including topics such as Adult Day Programs, Alzheimer's Resources, Living with Blindness, Companionship resources, Consumer Protection, Council on Aging Centers, Deaf/Hard of Hearing resources, Emergency Response Systems, Fuel Assistance, Health Insurance, Home Care, Hospice, Housing Options, Medicare, Mental Health Services, Money Management, Parkinson's Disease, Rehabilitation, Respite, Stroke, Support

Groups, and Veteran's Resources. If you are interested in one of these Green Books you can obtain one at the Cameron Senior Center through Annette at 978-399-2326.

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 **March** will be the **27th** 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 **March** are as follows:

- The third **Monday, March 16th** from 1:00 - 3:30 pm.
- The third **Wednesday, March 18th** and third **Thursday, March 19th** from 8:30-11:30 am.

Birthdays 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, **March 10th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **March 25th** 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 date is **March 26th**.

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 you can meet with our SHINE Counselor. Please call 978-692-5523 to sign up for a SHINE appointment.

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, March 16th, 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

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.

WEDNESDAY BINGO – will resume in the Spring on Wednesdays at 12:30 PM *if there is enough of an interest*. Please call Annette at 978-399-2326.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at Cameron on **two Wednesdays, March 11th and March 25th 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, March 10th at 8 AM.** Pre-register at 978-692-5523.

BRIDGE REFRESHER

Tuesday afternoon Bridge has been discontinued. If you are interested in it starting again on May 5th we will need you to call us by April 1st 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.

CERAMICS with Carol meets every Monday at 9:30 A.M. The fee is \$5.00 per class. Call ahead at 978-692-5523.

“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.

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!

LINE DANCING WITH ELLEN

Because of a lack of interest line dancing has been discontinued at this time. Please call 978-692-5523 if you would like to see it come back in the Spring.

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.

WII AT CAMERON

Drop in, bring a friend and try your hand at Wii bowling or golf located in the Cameron Library.

TRANSPORTATION

We travel in Westford and to all of the surrounding towns, as well as Lowell, Concord, Ayer and Billerica. If school is cancelled due to inclement weather our van **will not** be on the road. We also provide transportation on **Thursday evenings** to and from Bingo at the Cameron Senior Center. **During the month of March we will be going to the Pheasant Lane Mall on the 9th and on the 23rd.** 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

If you would like a visit to discuss our services or other needs, please call Annette at the Cameron Senior Center at 978-399-2326. Some examples of the services we provide are application assistance (i.e. for tax exemptions), set up of home care services, delivery of medical equipment and resource sharing. I look forward to working with you.

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

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.

FINANCIAL INFORMATION

TOWN CLERK

If you need to purchase a dog license, return a census form or register to vote someone will be here at the Cameron from the Town Clerk's office on **Wednesdays, March 11th, 18th and 25th** from **11:00 AM – 12:00 PM** to help you with any of the above.

INCOME TAX HELP

Hal, the volunteer tax expert, will be back this year to help you complete your 2008 federal and Massachusetts income tax returns. This is a free service sponsored by your Senior Center. Please call the Senior Center at 978 692-5523 to schedule an appointment. Hal has all the tax forms that are needed to be filled out – you do not need to bring any blank forms with you. If you are only filing a Massachusetts return for the Circuit Breaker refund it is important to mention that when you call for an appointment. Also when you call ask for a **list of the important items you need to bring with you to your appointment.**

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.

PROPERTY TAX RELIEF (CPA), PROPERTY TAX EXEMPTION, AND TAX DEFFERAL

Applications may be picked up at the Assessors Office located at the Millennium Building through March. You can call for more information at 978-692-5504.

FINAL CALL FOR TAX WORK

Tax work hours must be completed by **March 31st**. Your 100 hours must be signed by the department head and brought to the COA. If you will not have your hours completed by the 31st please notify Dorothy at the COA at 978-692-5523 as soon as possible.

FUEL ASSISTANCE

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.

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

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. **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. There is no charge for this special event.

GOLF – MEN’S SENIOR LEAGUE

Are you interested in a weekly senior men’s golf league? Some men are willing to set this up if they have enough men interested. 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.

AREA SHELTER NEEDS

Area shelters are in need of blankets, socks, winter hats, gloves, thermal underwear, winter boots, sleeping bags and tents. *If you can help with any of these items they can be*

dropped off at the Cameron Senior Center clearly marked “Area Shelter”. Thank you for your support.

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 featuring spring and summer clothing for men, women and children. We will be accepting new spring items that are clean and in excellent condition in **late** March. ***Because of the new lead paint law regarding children we can no longer accept children’s toys and jewelry.***

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 Gene Jungbluth our March employee of the month. Gene is our Lead Van Driver Administrator here at the Cameron. He does a great job keeping our data base updated and our monthly reports as well as the annual town report. **Thank You, Gene!**

PAT ON THE BACK WINNER

Congratulations to Bob France our March Pat on the Back winner. He is one of our van drivers and recently after one of our many snow storms the riders were very appreciative of the great care he took of all riding on his van. **Thank You, Bob!** Please feel free to nominate someone you want to thank for his or her volunteer work.

INDIAN HILL MUSIC

BACH'S LUNCH' CONCERT: Indian Hill Music School's monthly faculty series presents "The Record Players", a string and woodwind ensemble: **Thursday, March 19th, Noon - 1 pm**, 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 March 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, March 11th, "Andy Cooney's Forever Irish Tour" with the Celtic Angels Irish Dancers at The Venus DeMilo in Swansea. 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, March 24th – "FOXWOODS" Buckingham Motor Coach departs Cameron at 7:30 AM, fee \$26, due at time of signup. Receive bonus and food coupon. Deadline for sign up is March 16th.

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.

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, coach and driver gratuity will be \$39.00.

UPCOMING 2009 TRIPS AT CAMERON WATCH FOR DETAILS:

June – Boston Pops
July (August 2nd) - "Jersey Boys"
August – Little Italy, Providence, R.I.
September – Charles River Cruise
October - Warren's Restaurant, Kennebunk
November – North Shore Music Theatre
December – Salem Cross

EXTENDED TRIP

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

March 29-31, 2009 "Atlantic City, Hilton Hotel and Casino", Round trip motor coach departs from Cameron at 8 AM. \$20 in coins and \$20 in food credit, discount coupons/ souvenir. Cost is \$175 p/p double occupancy. Singles cost is \$255. Payment is due immediately.