

## WESTFORD COUNCIL ON AGING NEWSLETTER MARCH 2020

**OUR MISSION:** The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

**Hours :** Monday – Friday 8am – 4pm **Evening Hours:** Tuesdays & Thursdays 4pm—8pm  
20 Pleasant St., Westford, MA 978 - 692 - 5523 [www.westfordma.gov/coa](http://www.westfordma.gov/coa)

### **CAMERON LOGO CONTEST– SUBMIT BY FRIDAY, MARCH 20**

Calling all creative types! We are in the process of developing a new website, and we'd like to update our logo. Do you have an idea? Please submit your design to Jennifer by Friday, March 20. Voting will be held the week of March 23 - see the front desk for a ballot! Final approval will be made by the COA Board. **The designer of the winning logo will receive a \$75 VISA gift card!**

### **WOMEN'S BREAKFAST - MONDAY, MARCH 9—SPONSORED BY THE FRIENDS OF THE CAMERON**

Please join us at **9 am** as we welcome **The Honorable Andrew L. Mandell, Justice of the District Court, Middlesex County**. If you have a question for Judge Mandell, please give it to Katie by Friday, March 6. Please RSVP at 978-692-5523.

### **PROPERTY TAX RELIEF PRESENTATION – TUESDAY, MARCH 10**

Join us from **1—2 pm** for a slide show about the property tax exemptions that exist to see if you may qualify for some assistance. A representative from the Tax Collector's Office and the Senior Low Income and Disabled Tax Relief Committee (SLIDTR) will be present to answer questions. If you are legally blind, receive Social Security Disability, have a Veteran service-connected disability, or are a senior and low income, you may be eligible for some property tax relief. We will also discuss the Stormwater Management Program and fees. Please call 978-692-5523 to register.

### **UNDERSTANDING MEDICARE 2020 TUESDAY, MARCH 10**

Are you turning 65, planning to retire or just want to learn more about Medicare? Join us: Tuesday, March 10 at **10 am** for a one-hour informational meeting presented by Fallon Health. You'll learn about the four parts of Medicare, how to enroll in Medicare, when you can change plans during the year, how to obtain prescription drug assistance and more. Space may be limited. Please sign up at 978-692-5523.

### **HELP OFFERED WITH CENSUS – FRIDAY, MARCH 13**

Once a decade, America comes together to count every resident in the United States, creating national awareness of the importance of the census and its valuable statistics. The decennial census was first taken in 1790, as mandated by the Constitution. It counts our population and households, providing the basis for reapportioning congressional seats, redistricting, and distributing more than \$675 billion in federal funds annually to support states, counties and communities' vital programs impacting housing, education, transportation, employment, health care, and public policy. We will be hosting online help with completing your census on Friday, **March 13 from 10-2 pm** and on **April 14 from 4-7 pm**. Any questions call Annette at 978-399-2326.

### **VETERANS SOCIAL WEDNESDAY, MARCH 18—SPONSORED BY THE FRIENDS OF THE CAMERON**

**8:30—9:30 am** All veterans are invited to come and socialize with other veterans at the Cameron Senior Center. We can discuss benefits, programs and other resources available to veterans locally. All topics are fair game. No need to RSVP; just come! **Facilitated by Terry Stader.**

### **LUNCH AND LEARN FRIDAY, MARCH 27**

**12 pm** **CALLING ALL KNITTERS!** Knit hats for the troops. Noella Boudreau, formerly from Hampton, NH recently moved to Westford and is one of our newest members. She invites you to learn more about knitting hats for the troops when they're deployed out of Pease Air Base in Portsmouth, NH. With the help of an amazing group of loving men and women called Pease Greeters, these hats, among other things, are given to each soldier before they leave for overseas duty. Noella has personally knitted over 700 hats herself and when she and her husband wintered in Florida, she started a knitting group there. Combined they've made over 3,000 hats! Let's show our patriotic pride and find out how you can knit some hats yourself. "Knit with Noella" **Sign up at 978-692-5523.**

### **WE ARE KICKING OFF SPRING WITH A TRIP TO FOXWOODS TUESDAY, APRIL 14**

We will be traveling to Connecticut on Tuesday, April 14 and are inviting all those ages 50 and over to join us. Silver Fox Motor Coach will once again be driving us with departure from the Franco-American Club at **7:30 am**. Please park at the rear of the lot. The fee for this trip will be \$36 which includes driver gratuity and is **due at sign-up**. You will receive bonus and food coupons when you arrive at the casino. Please call 978-692-5523 to sign-up for this fun day at Foxwoods!

## Directors Report ...

March marks the start of the Friends of the Cameron's important membership campaign, Your contribution is needed!



Each year the Friends membership drive allows our center the opportunity to offer many programs, exercises classes, special events FREE or at a low subsidized cost to ensure all residents and neighboring friends age 55 and older can benefit from the myriad of enriching center offerings and important services. Last year, with your financial support, the Friends of the Cameron contributed over \$34,200 as well as purchased a new BINGO system which we excitedly anticipate to be in use this month. This fundraising campaign not only makes our center a vibrant place full of activity, fellowship, and fun but it also provides critical emergency funding to our social service staff helping ensure our older adults have their most basic utilities, transportation, and medical needs met, as well as preventing homelessness.

Lastly, this year marked the conclusion of our Cummings Grant which has provided our center with \$100,000 of funding support over the last five years. This funding provided new programming, weekly lunch program(s), special events including Christmas Luncheon at the Westford Regency, Sweetheart Luncheon, Veterans Quarterly breakfast, transportation, funding for emergency hardship cases and more. This Cummings grant opened many new doors and welcomed many new members to our center no matter their socioeconomic status. Please help keep the positive momentum going as we transition into a new year with some new challenges and opportunities.

Thank you for your partnership and being an important part of the Cameron,

*Jennifer*

**Many thanks** to Peter Mudgett, left, for organizing the January Pool tournament. Peter is shown presenting the trophy to winner Tim Butler.



## Emerson Hospital Launches Community Benefit Awards Program

Emerson Hospital is pleased to announce the recipients of its first Community Benefit Awards. Based on a comprehensive application and review process, eighteen non-profit organizations throughout the health system's service area were awarded up to \$5,000 each to expand their programs that serve the physical and mental health needs of the community. The organizations were chosen based on Emerson's most recent Community Health Needs Assessment and address at least one of the following populations or health issues: At-risk adolescents, older adults, cancer prevention and care, mental health or domestic violence.

"These organizations are working hard to improve the health of their communities through impactful programs and education," said Christine Gallery, Senior Vice President Planning, Emerson Hospital. "A vital part of Emerson's mission is to serve the health needs of everyone in the region. We are pleased to partner with local organizations that are intrinsic to our mission and are making a deeply positive impact on people's lives."

**The Westford Council on Aging received a Community Benefit Award from Emerson Hospital** to increase transportation options and provide an Aging Mastery program.

## Big BINGO celebrations—Don't Miss!

Thanks to the **Friends of the Cameron** who purchased our new BINGO system. NOW we are going to use it for the FIRST TIME! Join us **Monday, March 30 at 1 pm** for door prizes and ice cream sundaes. DON'T think we forgot about Thursday night BINGO - arrive early for free-flowing pizza on **Thursday, April 2 at 6 pm** and expect a few extra surprises. Please RSVP by calling 978-692-5523. **Special prize for best BINGO outfit!**



**LIVE YOUR BEST LIFE TRAINING COURSE**

We are proud to offer this Evidence-Based Resiliency Program from **Wednesday May 6–Wednesday June 10 from 3-6 pm**. We are excited to provide this excellent program through a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Executive Office of Elder Affairs. It is a six-week series, facilitated by trained clinicians from Perkins Behavioral Health and based off the “Ten Tools” from Mental Health America. At the end of the program, each participant will have their own “Resiliency Toolkit” to handle anything life throws their way. Topics include: Connecting with Others, Getting Physically Active, Eating Well, Dealing Better with Hard Times, Staying Positive, Helping Others, Getting Enough Sleep, Taking Care of Your Spirit, Getting Help if You Need It, and Creating Joy and Satisfaction. We will have a fabulous group of guest speakers on the topics to assist the leaders with this dynamic training. Call to sign up! If you have questions about the program call Alison at 978-399-2325. The fee is \$10 for all six classes.

**2021 SENIOR AND VETERANS TAX WORK PROGRAM**

Tax Work applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program to work in a Town department in exchange for \$1,500.00 (minus federally mandated deductions) reduction in your FY 2021 real estate tax bill. You must submit a NEW application if you are interested in being placed this year, even if you have participated in the past. We will be using a lottery for first time applicants and then repeat applicants. Applicants must be 60+ years old, own and occupy the property for which Westford taxes are paid. Those with a signed medical exemption can assign a family member or friend to do the work for them. Only one member of a household is eligible. Applications must be submitted to the Senior Center by May 1st. The lottery will take place in May. If you have questions about the program or need a medical exemption form, please call Alison Christopher at 978-399-2325. The Veteran’s Tax Work Program has the same criteria, but applicants can be 18+ years of age and can assign a proxy worker without medical documentation.

**MEDICARE FOR ALL FORUM**

There will be a **Medicare for All Forum** on **Tuesday, March 31, 2020**, at First Parish Church, 48 Main St, Westford, **from 7– 9 pm**. The expert speakers will offer insights into the deficiencies of the existing system, the proposed Medicare for All legislation, the costs and benefits of a new system, and what will be required to make Health Care a human right. This is a free event and all interested parties are encouraged to attend. **Those needing a van ride, please contact Chuck at 978-399-2322 at least 3 days in advance.**

**2019 INCOME TAX ASSISTANCE**

**Hal Schreiber, our volunteer tax expert**, is back this year to complete your 2019 federal and state income tax returns. Due to the large number of tax returns being prepared at the Senior Center, Dick Severyn will also be back to assist Hal. This is a free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978-692-5523 to schedule an appointment. Hal has all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms with you.

**NEW MEDICARE SAVINGS PROGRAMS**

Want to save money on your Medicare Coverage? If you are a Massachusetts resident with limited income and assets, who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit. In certain cases, a Medicare Savings Program may also pay your out-of-pocket Medicare Part A and Part B costs and your Part A premium (if you have one).

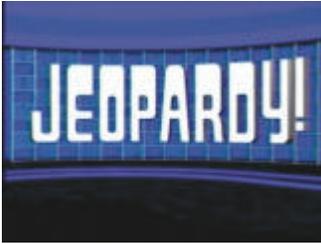
Starting **January 1, 2020** the income and asset limits for the Medicare Savings Programs are increasing, meaning more people will be able to get help paying for Medicare. If you qualify for a Medicare Savings Program, you will also **automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.**

**A new state law in Massachusetts is expanding several Medicare Savings Programs (also known as “MassHealth Buy-in” programs).**

These programs help older residents and people living with disabilities save money on their Medicare coverage if your income is **at or below\* Individual-\$1,738/month or Couple-\$2,346/month** and your assets are **at or below Individual-\$15,720 or Couple-\$23,600**

**Learn about the new income and asset limits**

If your income and assets are at or below the amounts listed here, you may qualify for help from one of several Medicare Savings Programs. 3 easy steps to see if you qualify—**Call** MassHealth’s Customer Service Center at **1-800-841-2900**, or TTY at **1-800-497-4648**, and request a simple, 2-page, “MassHealth Buy-In” application, or download one from: **<https://tinyurl.com/MassMSP>** or ask for a **SHINE appointment or meeting with Alison.**



### LET'S PLAY JEOPARDY! FRIDAY, MARCH 27

**1-3 pm** Come play our version of Jeopardy. Teams of 4 will compete against each other to see who will be the Cameron Champs! You can sign up a whole team or register individually and we will put together your team. Questions will be "general knowledge" with no math. No worries, the questions won't be as difficult as on the TV show. The cost is \$3 for an individual or \$10 to register a team of 4. Please sign up for this fun program by Monday, March 23 at 978-692-5523.

### SEATED TAI CHI TO RELIEVE STRESS & ANXIETY

**Wednesday, March 11, 10:45 am**, for 8 weeks, taught by Ray Caisse of Cultivating Qi. YangTao™ Seated Tai Chi is a unique blend of Yang & Taoist styles of tai chi focused on improving your health. As part of Traditional Chinese Medicine, tai chi is a 2500+ year old moving meditation that enhances your body's natural healing ability. Reserve your spot early. The fee is \$80 for Westford residents and \$90 for non-residents. Pay instructor directly. Sign up at 978-692-5523.

### THRIVE HEALTH & WELLNESS: 7 Week Nutrition Program – starts

**March 17 at 10:30 am** Nutritionist Susanne Duato welcomes you to discover the powerful effects of food on your body, mind and spirit. Learn how to lose weight, gain energy, prevent illness and promote healing of common chronic diseases. This program will educate and empower you to make healthier choices in a flexible and fun way. Members will receive all materials and resources with registration as well as supportive weekly emails. Cost is \$50/participant, GREAT VALUE (list price is \$200 for the program). Sign up at 978-692-5523 by Friday, March 6.

### LUNCH WITH HEART TO HOME MEALS TUESDAY, MARCH 31 ★

**12 pm** The team at Heart to Home Meals are putting on a **free** lunch to celebrate the opening of their brand-new service in Westford. The company provides a selection of over 140 healthy and nutritious meals, snacks and desserts, hand delivered by a local driver right to your freezer. Their friendly, convenient service can be adapted to suit many dietary preferences, with free delivery and no contract or minimum commitment required. Come and join the team for a free lunch, quiz and prize giveaway! Seats are limited, call 978-692-5523 to reserve yours today. PLEASE CHOOSE ONE MEAL OPTION

1. Chicken à la King -Chicken, peas, mushrooms and bell peppers in a creamy sauce, served with mashed potatoes and carrots. This meal is suitable for anyone following a low fat, low calorie, low sodium or high fiber diet.
2. Crumb-Topped Cod in Lemon Sauce- Cod fillet, topped with a parsley crumb, in a lemon butter sauce. Served with rice, asparagus and green beans. This meal is suitable for anyone following a low fat or low calorie diet.

**ALL LUNCHEAS CAN BE MODIFIED BASED ON DIETARY NEEDS  
PLEASE NOTIFY THE FRONT DESK AT REGISTRATION.**

### WEDNESDAY LUNCH ★

Served at 12 pm \$3

Reservations are required 24 hours in advance by calling 978-692-5523. (If you forget to RSVP we ask that you please wait in the sitting area until all are served. Thank you!)

**Wednesday, March 4** Grilled Cheese and Soup

**Wednesday, March 11** Loaded Baked Potato Bar

**Wednesday, March 18** Ham Dinner

**Wednesday, March 25** Salad Bar

### MENS BREAKFAST TUESDAY, MARCH 10 ★

**8 am** Hal Schreiber, our tax man volunteer, will be here to talk and answer questions about 2019 taxes and new tax laws. Come and bring your questions. Sign up at 978-692-5523. **Sponsored by the Friends of the Cameron.**

### ELEGANT CHEF LUNCHEON MONDAY, MARCH 16 ★

**11:30 am** Enjoy this three-course meal prepared and served by the culinary art students from **Nashoba Tech's Elegant Chef program**. You must RSVP with at least three business days notice at 978-692-5523. **The cost is \$10. March Meal Choices - Chicken Piccata or Salmon.**

### NORTHERN BANK LUNCH SERIES TUESDAY, MARCH 24

**12 pm** Come join us for lunch as we learn about and discuss tips on how to avoid being a target of some of the latest scams and fraud. Don't be a victim—come learn how to protect yourself. Sign up at 978-692-5523.

### RESTAURANT REVIEW WEDNESDAY, MARCH 25

**11:30 am at Fuse Bistro, 2 Powers Rd, Westford.** Please pre-register at 978-692-5523 so we can call the restaurant with a head count. When you arrive check in under "Westford Senior Center".

### BIRTHDAY CELEBRATION THURSDAY, MARCH 26 ★

**12:30 pm** Come celebrate the March Birthdays! Lunch is followed by cake and ice cream which will be sponsored by **Realtor Michelle Haggstrom**. Lunch is prepared by **the Nashoba Tech. students in the culinary art program "The Elegant Chef"**. Please call in advance to register at 978-692-5523. Cost is \$5 and birthday celebrants are free. **March Meal Choice – Stuffed Peppers**

### MEALS ON WHEELS ★

**Monday through Friday.**

Hot, nutritious meals delivered to home-bound seniors – either on a temporary basis (post-surgery) or a long-term basis. Traditional and special diets are available, with a doctor's



**55+ EARLY EVENING PROGRAMS****We are open Tuesdays and Thursdays 4:00-8:00 p.m.****BEGINNER'S LINE DANCING TUESDAYS**

**5:15-6 pm** Line Dancing is ongoing so simply come and pay as you go! It's \$5 per class, paid directly to the instructor. Enjoy dancing to all genres of music, from Country to Blues, Motown, Funky, Latin, Irish, Swing and Top 40. You don't need a partner or dance experience, just some comfortable sneakers and a love for movement and fun.

**BOOK CLUB TUESDAY, MARCH 17**

**6 pm** Join us for thought provoking discussions. At our March gathering we will be discussing the book *Chestnut St.* by Maeve Binchy. It is written with humor and understanding of the lives of folks on a Dublin street. Please call to sign up at 978-692-5523 and see Annette for a copy of the book.

**MOVIE NIGHT THURSDAY, MARCH 19**

**Please arrive by 4:15** Join us from 4:30 – 6:30 pm for a movie and light meal for only \$3.00. March's movie is *I Tonya*, based on the talented figure skater Tonya Harding and her connection to one of the most infamous scandals in sports history. Please call 978-692-5523 to sign up 3 days prior to the movie for food shopping.

**CIRCUIT TRAINING – THURSDAY, MARCH 19**

Sign up now for the next 8-week circuit training session on **Thursdays 3:30-4:30 pm**. This is a group "personal training" class with folks working at their own pace on specific exercises geared towards your goals and health concerns. With the help of an instructor, you will learn cardiac and strengthening exercises as well as flexibility, coordination, and balance exercises that are customized to your level of fitness. The cost is \$40 for residents and \$50 for non-residents. Please call 978-692-5523 to sign up.

**PRE-BINGO DINNER THURSDAY, MARCH 26**

**4:45-6 pm** For the winter months we will be serving only on the 4<sup>th</sup> Thursday of the month. This month Chef Mike will be warming us with a hot bowl of corn chowder, a side dish and dessert all for \$4.00. **Please sign up by Tuesday March 24** so we can get an accurate count for shopping purposes. Payment due when you arrive. Thank you. *(Please do not arrive earlier than 4:45, as a class is in the room until 4:30)*

**INTRODUCTION TO QIGONG AND TAI CHI**

**Thursdays, March 5, 12, 18, and 25 from 7-8 pm**, taught by Dave Crocker. Qigong & Tai Chi offer a powerful way to enhance your body's natural ability to heal itself. These moving meditations blend slow flowing movements, deep rhythmic breathing and an in-the-moment mind state to improve mind & body calmness and balance plus strengthen the immune system. Class size is limited. Reserve your spot early to ensure your place in the class. The fee is \$55. **Sponsored by Lowell General Hospital.**

**OTHER PROGRAMS****Cameron Buck\$ for Westford Residents (50+)****PAY \$50 GET \$55 VALUE**

Anyone can buy a card. Buck\$ are used to pay for programs, classes and special events offered by the Cameron at the front desk.

**REDUCED COST FOR THOSE WITH LIMITED INCOME**

Meet with social services staff.

**AGE 75+ GET EXTRA BONUS AND STARS**

Instructors and staff punch one of five stars found on your card when you attend a Cameron activity. Five punched stars earns you an extra \$5 off on your next purchased card. As our center continues to evolve Remember **Cameron Buck\$** can be used for watercolor classes, Elegant Chef lunches and other meal opportunities, trips and much more. \*Please note that Trudy's Boutique will only accept cash payments. If you purchase a card and should lose it, we will not be able to refund your money or provide a replacement card.

**Karen's Alterations offered at the Cameron**

We are glad to have Karen Bigelow offer her alteration services on each Wednesday from 9AM to noon in the library. Alterations will be returned on the following Wednesday. Alteration fees:

**Senior prices are 50% off below prices**

**Pants:** Hem jeans \$10, Take in sides \$12, Hand sew \$12, Take in zipper \$15 **Dresses and Skirts:** Hem \$15-\$20, Take in sides \$12, Hem lined \$20-\$25, **Tops and Shirts:** Shorten \$10, Shoulder adjustment \$6, shorten sleeves \$6 **Zippers:** Pants \$10 plus price of zipper, Jackets \$16 plus price of zipper.

**\*Home appointments can be made for homebound please call Karen at 603-689-4603.**

*Trudy's Boutique*  
THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

CLOTHING, HOUSEHOLD GOODS, DÉCOR, JEWELRY  
~ ALL AT AFFORDABLE PRICES ~

WATCH FOR OUR  
**MARCH MADNESS SALE!**

*CLEAN, USABLE DONATIONS ALWAYS APPRECIATED!*

### CAMERON LIFE LONG LEARNING SERIES OFFERS GOLDEN CIVILIZATION CONVERSATION SERIES

**Thursday, March 12, 19, & 26 from 1 -3 pm**

Imagine a thousand generations into the future there is a Golden Civilization. What does it look like? Feel like? How do people communicate and govern themselves? What does the economy look like? And what can we each do to move towards it right now? You're invited to bring your wildest ideas and most personal values to a series of visioning exercises facilitated by international thought leader and author George Kinder. Inspired by his latest book, A Golden Civilization and the Map of Mindfulness, these structured conversations are designed to move us through much of the turmoil we find ourselves in by creating a positive vision of civilization's future and the action steps to accomplish it in short order. Visit [AGoldenCivilization.com](http://AGoldenCivilization.com) for more information on the global grassroots conversation movement. **Cost is \$15 Please sign up at 978-692-5523.**

### ACRYLIC, OIL, AND WATERCOLOR STUDIO COURSE

4 weeks beginning **Thursday, March 5 at 9:30 am** This course is designed for intermediate painters. Instructor Paula Mingolelli will assist with composition, color, values and painting technique. Designed as a "studio class," students will bring their own supplies and the instructor will provide guidance and suggestions as students work on their own independent projects. Cost is \$15. Call 978-692-5523 to register.

### WATERCOLOR CLASS

6 weeks beginning **Thursday, March 5 at 12:30 pm.** Get your paint brushes ready! A basic knowledge of watercolor is required. Supply list is available at the front desk. Cost is \$55 for Westford residents, and \$60 for non-residents. Call 978-692-5523 to register.

### WATER AEROBICS CLASS AT WESTFIT, 4 LITTLETON RD

**Starting on Wednesday, March 4 at 10:15 am**

**Instructor:** Diane Grey **Cost: \$25 for 4 weeks**

Our Aqua Aerobics class is an hour long high energy class with a community feel to the group. The class will start with 5 minutes of warm-up and stretching. Then you will go into 20 -25 min aerobic portion to get the heart rate up. Students will use bar bells for an arm workout by using the resistance of the water to build muscle and tone the arms. The class can be modified for anyone with hand/wrist/shoulder problems. Buoyancy belts and noodles, are available for going to the deep end of the pool to work on range of motion. People who are uncomfortable in deep water, can stay in the shallow section if desired. The class finishes with 8-10 minutes of stretching and cool down exercises. **Please sign up at 978-692-5523.**

### COA TRANSPORTATION SERVICES FOR SENIORS 55+ AND DISABLED INDIVIDUALS

COA Transportation Services offers rides for residents age 55+ and for disabled individuals. For rides, call Chuck at 978-399-2322. Please remember we require a 48-hour advance notice.

### SPECIAL SHOPPING:

**We are offering a Saturday Cornerstone Market Basket run. Please call Chuck at 978-399-2322 if interested.**

### NEW TRANSPORTATION SERVICE

Do you need weekend or after-hour transportation for around Town needs? If so, we have an **Uber gift card program** that is available to older adults (age 55 plus) who do not have a transportation option and/or are not comfortable driving in the evening hours. To participate in this program we ask that you sign a liability waiver, and call Chuck at 978-399-2322 with a 24-48 hour notice requesting an Uber gift card. **To use this program you must have access to a smartphone or computer.** If you would like to participate in this program, we will be glad to help get you started. A \$3 fee will be billed to the rider to help sustain the program and meet our increasing transportation needs. **This Uber ride program is funded in partnership with the Greater Lowell Community Foundation.**

### ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUP

**Wednesday, March 4 at 6:30 pm**

1<sup>st</sup> Wednesday of each month at 6:30 pm at Cameron Senior Center. **Prior to attending your first meeting, please contact Sandy at 978-758-6072 for information and pre-screening.**

### HEARING SCREENING

**Monday, March 9 at 9:30 am**

**Dr. Megan Ford from HearSmart Audiology** of Littleton and **Dr. Julie Breault**, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978-692-5509.

### ASK THE REALTOR

**Monday, March 9 at 10 am**

Local real estate agent **Kathy Cunningham of Coldwell Banker.** Call: 978-692-5523 for an appointment.

### SHINE APPOINTMENTS

**Monday, March 9 beginning at 12:30 pm**

For a private, confidential appointment with **Fred Baumert, SHINE counselor**, call 978-692-5523. Fred will answer your health insurance or Medicare questions.

### WESTFORD HEALTH DEPARTMENT OFFERS BLOOD PRESSURE AND MORE

**Tuesday, March 10 at 9 am**

Health screenings including: blood pressure reading, medication review, weight check, and an opportunity to discuss other concerns. 

### ASK THE OFFICER

**Thursday, March 12 at 11 am**

**Westford Police Department Detective Nirisa Nicoletti** will be available for consultation the 2nd Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

### ASK THE LAWYER

**Tuesday, March 17 at 9:30 am**

Free legal service provided by the office of **Attorneys Madge & Johnson** is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot. 

### PODIATRY CLINIC

**Monday, April 27** Cost is \$35. Advance appointments are necessary with **Dr. Ayleen Gregorian.** Call 978-692-5523 to schedule.

**FUEL ASSISTANCE (LIHEAP) APPLICATIONS**

**We are continuing to assist people with applying for fuel assistance.** Previous LIHEAP recipients have received a renewal application in the mail from CTI. Complete it as soon as possible. If you have struggled with heating costs and would like to apply for fuel assistance for the first time this year, Call Alison at 978-399-2325 or Annette at 978-399-2326 for an appointment. Eligibility is based on gross yearly income less than \$37,360 for households of 1 and \$48,855 for households of 2. We can also help with renewal applications and questions about the program guidelines.

**GOOD NEIGHBOR ENERGY FUND**

The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is *not eligible for state or federal energy assistance*. This is a good program for people who don't qualify for LIHEAP, but have a recent hardship situation. If you are interested in applying, call Salvation Army Lowell at 978-458-3396 or call Alison or Annette for assistance with a referral.

**DEMENTIA FRIENDLY WESTFORD****DEMENTIA FRIENDLY WESTFORD**

**Please Note: Instead of placing a statement at the end of a program, we have added a new symbol to the Newsletter. Anywhere you see a purple star, that means that the program or activity is a good fit for people with dementia and their care partner. If you see this symbol, you will know that people of differing cognitive or sensory needs can be themselves and participate comfortably. Also, you can visit our website for information, resources, and activities at [www.dementiafriendlywestfordma.org](http://www.dementiafriendlywestfordma.org)**

**Anyone who is interested in attending meetings or offering input, call Alison at 978-399-2325 to be put on our email distribution list. We are especially interested in input from PEOPLE LIVING WITH DEMENTIA AND THEIR CARE PARTNERS. If you can't attend a meeting, call Alison to give your input.**

**SOCIAL SERVICES NEWS****WHAT IS OUTREACH? By: Annette, Outreach Coordinator**

Let the New Year inspire you to try something new! Come to the fitness center, try line dancing, circuit training, teach a class, volunteer at the center ... find meaningful purpose in your daily life! Cameron is a wonderful place to gather with your peers and make new friends. Come check us out. To discuss opportunities, feel free to contact Annette your Outreach worker at 978-399-2326. We look forward to seeing you!

**OUTREACH – Do you know about Smart 911?**

Smart911 is a Community Messaging System, used to notify residences of emergency, non-emergency and general information through an automated telephone dialing system, which sends a message automatically to thousands of targeted residences and/or contact data bases. Most residents will not need to act in order to receive notification of events on their home telephone. However, if you have recently moved into Westford, changed your home phone number, or have an unlisted phone number you will need to register your phone number. If you registered under our previous reverse 9-1-1 system, CodeRED, then you will need to register again for Smart911.

In addition to your home phone number you can register any number of additional numbers. These can be cell phone or work numbers. The numbers do not need to be in Westford if the address you register them against is. In other words, you can register a phone number in Boston against your home address in Westford. To register simply go to <https://www.smart911.com/smart911/registration/registrationLanding.action?cdnExternalPath>

**KEYSAFE LOCK BOXES**

This program with the Fire Dept. has been a huge success with over 40 lock boxes installed at senior's homes. If you live alone, have medical issues or frequently need to call 911 then you are a candidate for a key safe lock box. The heavy-duty metal box is installed on the outside of your home and it has a keypad with a code to access a key inside the box. The fire dept, your neighbors and family can have the code to prevent damaging your home to enter in an emergency. For more information or to sign up for the program call Annette at 978-399-2326.

**ABSENTEE BALLOT APPLICATIONS**

The Cameron has **Absentee Ballot Applications** being held by our front desk registrar. Absentee ballots are for those who are unable to vote at the polls on Election Day due to absence from town, disability or religious beliefs. Our Town Clerk has offered to pick up the applications at the center for your convenience. Absentee ballots will then be mailed to you. You may return the ballot by mail, in person to the Town Clerk's office, or designate someone to return it for you. Please contact the Town Clerk's office at 978-692-5515 or email [townclerk@westfordma.gov](mailto:townclerk@westfordma.gov) for any questions.



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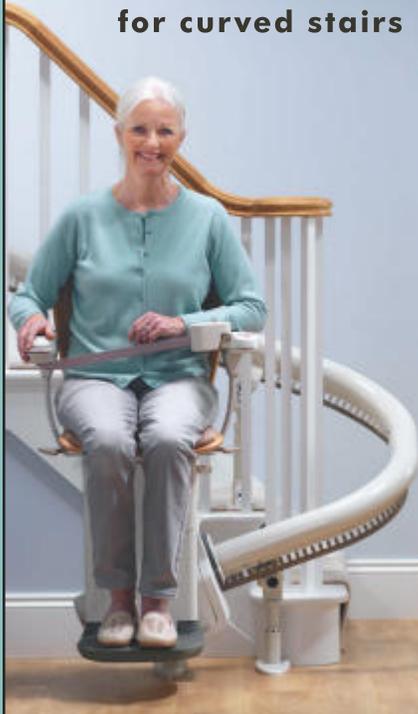
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# FRIENDS

## March is Membership Month

March is the time for renewing your membership in the Friends of Cameron for the coming year. We also welcome new members – people of all ages, all backgrounds, and all walks of life! Although programs are targeted toward those age 55 and over, anyone can join, volunteer and lend their support!

### Why Join? What's in It for ME?

Stay active, vibrant and healthy – attend one or more of many exercise programs for seniors that the Friends sponsor for little or no cost. Come enjoy a meal, entertainment and camaraderie at monthly men's or women's breakfasts; learn about a new topic at Lunch 'n Learn programs; or come sing with the Music Makers chorus, all sponsored by the Friends. Friends' members also receive discounts on special annual events such as the Sweetheart Luncheon, Gay Nineties Celebration, and Holiday Lunch at Westford Regency.

Do you play bingo? Enjoy reading at the table in the library? Knit, quilt or crochet with yarns or fabric available in the Arts Room? Enjoy coffee in the Welcome Area? The Friends pay for furnishings, supplies, and assets to help support Cameron programs and activities to help keep the Cameron a fun place for all to enjoy!

The Friends also provide emergency financial assistance to qualified seniors for: food, housing, utilities, medical services and/or transportation. Plus, the Friends operate and maintain *Trudy's Boutique*, year-round, for everyone's shopping pleasure.

We are grateful to members and donors for their generous financial support – and grateful for all the volunteers who help make the Cameron a wonderful place to be. To continue supporting our mission for the future, we need your contributions. Join the Friends – or renew your membership – and make a difference!



Mark Cochran, president and CEO, We Share a Common Thread Foundation of Jeanne D'Arc Credit Union, presents \$1,500 donation to Barbara Upperman, president, and Pat Reppucci, vice-president, Friends of the Cameron Senior Center. Thanks to ALL who voted for the Friends, helping us win their 4<sup>th</sup> quarter "Give a Click" contest.

## WANTED!

### VOLUNTEERS IN SEVERAL AREAS

- Participate in planning new fun social activities
- Help us start an eBay store
- Handymen or women willing to start-up a "fix-it" service for easy repairs
- Sort clothing & merchandise for Trudy's
- Help recruit corporate sponsorships or donations from local businesses
- New ideas welcomed – YOU can make a difference!



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Pre-Planned  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> 9:30 Quilting Club 9:30 Bone Builders <b>10:30 Mature Movers</b> 10:45 Whole Foods 12:00 Open Art Studio 1:00 Tai Chi 1:00 Busy Fingers <b>1:30 BINGO</b> 1:45 Ping Pong</p>	<p><b>3</b> 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:00 Watercolor Club 10:00 Chair Movement 10:15 Upbeats 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Ping Pong 3:30 Tech Help with Vamsi 5:15 Line Dancing</p>	<p><b>4</b> 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders <b>10:15 Water Aerobics</b> 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class <b>6:30 Aiz. Support Group</b> 7:00 Train Club</p>	<p><b>5</b> 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga <b>9:30 Acrylic Art Studio</b> 10:00 Chair Movement 10:00 Yoga/ Pilates 12:30 Hand &amp; Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 2:15 Bridge 3:30 Circuit Training 7:00 BINGO 7:00 Qigong and Tai Chi</p>	<p><b>6</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>
<p><b>9</b> <b>9:00 Women's Breakfast</b> 9:30 Quilting Club 9:30 Bone Builders 9:30 Hearing Screening 10:00 Ask the Realtor <b>10:30 Mature Movers upstairs</b> 10:45 Whole Foods 12:00 Open Art Studio <b>12:00 SHINE</b> 1:00 Tai Chi 1:00 Busy Fingers <b>1:30 BINGO</b> 1:45 Ping Pong</p>	<p><b>10</b> <b>8:00 Men's Breakfast</b> 8:15 Zumba at Millworks 8:30 Billiard Players <b>9:00 Blood Pressure &amp; More</b> 10:00 Watercolor Club <b>10:00 Understanding Medicare</b> 10:15 Upbeats 10:45 Whole Foods 1:00 Bone Builders <b>1:00 Property Tax Relief</b> 2:00 Writing Class 3:30 Ping Pong 3:30 Tech Help with Vamsi 5:15 Line Dancing</p>	<p><b>11</b> 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders <b>10:15 Water Aerobics</b> 10:45 Seated Tai Chi 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 4:00 COA Bd. Mtg 5:00 Piano Class 7:00 Train Club</p>	<p><b>12</b> 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga <b>9:30 Acrylic Art Studio</b> 10:00 Friends Board Meeting 10:00 Chair Movement 10:00 Yoga/ Pilates <b>11:00 Ask the Officer</b> 12:30 Hand and Foot <b>1:00 Golden Civilization</b> 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 2:15 Bridge 3:30 Circuit Training 5:00 Piano Class 7:00 Qigong and Tai Chi BINGO</p>	<p><b>13</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong <b>10:00 Census Help</b></p>
<p><b>16</b> 9:30 Quilting Club 9:30 Bone Builders 10:00 Acorns to Oaks <b>10:30 Mature Movers</b> 10:45 Whole Foods <b>11:30 Elegant Chef</b> 12:00 Open Art Studio 1:00 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong</p>	<p><b>17</b> 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga <b>9:30 Ask the Lawyer</b> 10:15 Upbeats 10:00 Watercolor Club 10:00 Chair Movement 10:30 Thrive 7 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 5:15 Line Dancing <b>6:00 Book Club</b></p>	<p><b>18</b> <b>8:30 Veterans' Social</b> 9:00 Alterations 9:15 Aerobics 9:30 Bone Builder <b>10:15 Water Aerobics</b> 10:45 Seated Tai Chi 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club</p>	<p><b>19</b> 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga <b>9:30 Acrylic Art Studio</b> 10:00 Yoga/ Pilates 10:15 Chair Movement 12:30 Hand &amp; Foot <b>1:00 Golden Civilization</b> 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 2:15 Bridge 3:30 Circuit Training <b>4:15 Movie Night</b> 5:00 Piano Class 7:00 Qigong and Tai Chi BINGO</p>	<p><b>20</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>
<p><b>23</b> 9:30 Quilting Club 9:30 Bone Builders 10:30 Mature Movers 10:45 Whole Foods 12:00 Open Art Studio 1:00 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong</p>	<p><b>24</b> 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:15 Upbeats 10:00 Watercolor Club 10:00 Chair Movement 10:30 Thrive 7 10:45 Whole Foods 12:00 Northern Bank Lunch 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 5:15 Line Dancing</p>	<p><b>25</b> 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders <b>10:15 Water Aerobics</b> 10:45 Seated Tai Chi <b>11:30 Restaurant Review</b> 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club</p>	<p><b>26</b> 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga <b>9:30 Acrylic Art Studio</b> 10:00 Yoga/ Pilates 10:15 Chair Movement 12:30 Birthday Celebration 12:30 Hand &amp; Foot <b>1:00 Golden Civilization</b> 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 2:15 Bridge 3:30 Circuit Training <b>4:45 BINGO Dinner</b> 5:00 Piano Class 7:00 Qigong and Tai Chi BINGO</p>	<p><b>27</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong <b>12:00 Lunch and Learn</b> <b>1:00 Jeopardy!</b></p>
<p><b>30</b> 9:30 Quilting Club 9:30 Bone Builders 10:30 Mature Movers 10:45 Whole Foods 12:00 Open Art Studio 1:00 Tai Chi 1:00 Busy Fingers <b>1:00 BIG BINGO</b> 1:45 Ping Pong</p>	<p><b>31</b> 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:15 Upbeats 10:00 Watercolor Club 10:00 Chair Movement 10:30 Thrive 7 10:45 Whole Foods <b>12:00 Lunch with Heart to Home</b> 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 5:15 Line Dancing</p>			<p><b>LARGER PRINT CALENDAR AVAILABLE AT THE CAMERON</b></p>

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### Westford Food Pantry

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information [lynnmroderick@aol.com](mailto:lynnmroderick@aol.com)

#### Hours

Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers.

#### **MARCH FOOD PANTRY HOURS:**

- **Mondays: March 2 and 16** from 1:30 - 3:30 p.m.
- **Wednesdays: March 4 and 18** from 9:00 - 11:00 a.m. and **March 4, 11, 18 and 25** from 6:00 - 8:00 p.m.
- **Thursdays: March 5, 19** from 9:00 - 11:00 a.m.
- **Fridays: March 6, 13, 20, and 27** from 9:00 - 11:00 a.m.

### BOARD MEETINGS

**COA Board** - Wednesday, March 11 at 4 pm  
**Friends of Cameron** – Thursday, March 12 at 10 am

### COUNCIL ON AGING STAFF

Jennifer Claro, Director of Elder Services  
Alison Christopher, LICSW / Social Worker  
Annette Cerullo, LSW /Outreach Coordinator  
Claire France, Records Supervisor  
Charles Dutton, Transportation Dispatch  
Christopher Mitchell, Maintenance Supervisor  
Katherine Russell, Senior Assistant  
Martha Brockway, Senior Assistant  
Edna MacNeil, Front Desk  
John Wilson, Maintenance  
Robert Rafferty, Night Supervisor

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Robert Tierney, Vice Chair  
Kathryn Wilson, Clerk  
Helena Crocker  
Patricia Holmes  
Sandra Collins  
Ret. Chief George Rogers  
Ret. Veteran's Rep. Terry Stader

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Frances Kosenko, Asst. Treasurer	Karen Sue Bigelow
Gail Austin	Donna Owens
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