

The Council on Aging office hours are Monday to Friday 8:00 AM – 4:00 PM and the 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. The Council on Aging also promotes physical, emotional, and economic well-being of older adults and promotes 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
Claire France, Records Supervisor
Marjorie Hunter, Registrar
Jean Mahoney, Registrar
Eugene Jungbluth, Lead Van Driver-Admin.
Laura Mathis, 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
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FRIENDS OF THE CAMERON OFFICERS

*Richard Severyn, President
Joan Greenwood, Vice President
Joyce Cederberg, Secretary
Marjorie Hunter, Treasurer
Marie Lawrence, Asst. Treasurer*

THIS NEWSLETTER IS OUR JULY/AUGUST SUMMER EDITION

Have a great summer!

SUNDAY HOURS

The Cameron Senior Center will be closed on Sundays from June until after Labor Day.

WELCOME TOUR

Are you interested in a tour of our building or learning about what goes on here? This would be a wonderful opportunity to learn about services we provide! If you are interested, please call the Receptionist at Cameron at 978-692-5523 to make an appointment with our Cameron Companions for this informative tour.

RETURN OF OUR SALAD BAR

Our popular salad bar has returned to Cameron on Thursdays and Fridays at 11:30 AM. We are looking for set-up volunteers from 9 – 10 AM and clean-up volunteers from 12:15 – 1 PM. Donations of needed food items as well as cash donations will also be gladly accepted. Drop by if you would like to help. The success of this Salad Bar depends on attendance and volunteers!

COOKOUTS

Senator Donoghue and Representative Arciero are hosting a cookout on **Thursday, August 4th at 12 Noon** at the Cameron. This is a great opportunity to meet with them. Registration must be made early by calling 978-692-5523. Don't come empty handed...please bring a non-perishable food item for the food pantry.

The Kiwanis will host a cookout on **Tuesday, August 9th at 5:30 PM** at the

Cameron. Please bring a salad or dessert to share. Registration is a must; call 978-692-5523 by August 4th.

MINI GOLF AT KIMBALL FARM

Come out and enjoy a game of mini golf on **Thursday, September 8th at 10:30 AM**. A lunch will follow with a choice of hot dog or hamburger, a drink and a small ice cream. \$14 fee includes all. Register early at 978-692-5523. Arrive and check in at 10:15 AM. We will also be having a second Mini Golf day on **Wednesday, October 5th at 10:30 AM**.

KIMBALL GOLF TOURNAMENT

This year we will be having the thirteenth annual Cameron Classic at Kimball's on **Thursday, September 22nd at 9:00 AM**. A \$14 entry fee will include eighteen holes of golf, a hot dog or hamburger lunch with a cold drink and a small ice cream. This has proven to be a fun day for beginners and low handicaps as well. You may register with a partner or as an individual. Payment is due at time of registration 978-692-5523. Arrive and sign in at 8:45 AM.

GOLF TIME

We will be playing golf at a senior group rate at the Maynard Country Club, Route 27, every Tuesday the tee time is at 9 AM arrive at 8:30 AM to set up your foursome. Call the Cameron Senior Center at 978-692-5523 to be part of this group of men and women. The \$25 fee includes nine holes of golf and electric cart. Appropriate golf attire only.

CAMERON CLOSET

Please visit our Thrift Shop located on the second floor of the Cameron Senior Center. We are looking for savvy bargain shoppers for our nice assortment of clothing. New treasures arriving daily, but will only remain on the floor for 30 days, so don't miss out!

RESTAURANT REVIEW

Ladies, mark your calendars for our next two outings on **Wednesday, July 27th 11:30 AM at the Westford 99 (rte. 110) and Wednesday, Aug. 31st 11:30 AM at the Westford Grille (rte. 110)**. Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit. If you have any suggestions for restaurants, let Annette know at 978-399-2326.

VOLUNTEER CORNER

Current and new volunteers are encouraged to attend the following meetings scheduled on **Tuesday, July 12, 2011:**

Fitness Room 9:00 AM
Food Pantry 9:30 AM
Thrift 10:00 AM

All meetings will take place in the card room located on the second floor of the Cameron Senior Center.

I am looking for one or two volunteers to coordinate the movie and popcorn starting in the fall. Please contact Angela at 978-399-2330 with any questions.

NEW- CAMERON COMPANIONS

Have you ever thought about attending an activity or function at the Cameron Senior Center? Perhaps you felt uncomfortable about going to a new place for the first time alone. If so, we have a solution for you! How would you like to have a companion attend a first time activity of your choice with you? Diane and Muriel, active participants, are happy to be your hostesses for your first visit to the center. Simply leave your name and telephone number at the front desk, 978-692-5523, and you will receive a personal call from Diane or Muriel to set up a convenient time to meet with you at the senior center. We hope your first visit will lead to many more!

CAREGIVERS SUPPORT GROUP

A new caregivers' support group for people who are caring for someone with Alzheimer's Disease or other Dementias, has been formed and will be meeting monthly at Cameron. It will be open to anyone who is a caregiver for a family member or loved one. It will be a welcoming, relaxed, open discussion format with occasional speakers tailored to the individual requests of group members. The first meeting will be on July 6th at 6:30 PM and will continue to be held on the 1st Wednesday of each month at the same time.

If you would like to attend or need more information, please contact Sandy at 978-758-6072 or you may call Judy at 978-399-2325 or jramirez@westfordma.gov

DO YOU HAVE CONCERNS ABOUT FALLING?

The Westford Council on Aging is proud to offer **A MATTER OF BALANCE**, an award winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. Participants are learning to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and learn exercises to increase strength and balance. This is an 8 week program which currently meets for 2 hours each week and has been very successful. We are hoping to offer the program again in the Fall if there is enough interest. There is no charge for this program, but regular attendance is expected. If you think you would like to participate in this program in the fall, please call our main number at 978-692-5523 and leave your name and phone number and we will look at scheduling it again in the September/October timeframe. You will be notified late summer if there is enough interest to confirm dates and times.

INTRO-COMPUTER

If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will then be called by our instructor Mary Eve to set up a time for your instruction. We are now WiFi ready. A donation of \$3.00 is suggested.

SWIPE TAG

A recent overview of our statistics showed a steady increase of participants at the Cameron Senior Center. We also discovered there are just over one hundred individuals who are not swiping in when they come to participate in their various activities. Please help us, stop at the lobby computer, swipe in each day and select the different activities that you will be attending. Thank You!

FITNESS ROOM REIMBURSEMENT

Are you a member of the Cameron Fitness Room? Does your health insurance cover fitness memberships? Many health insurance plans now reimburse participants for wellness activities. It is as simple as calling the customer service number on your health insurance card. Request a fitness reimbursement form to be mailed to you, complete the form and mail it back. In no time they will reimburse your membership fee to you.

If you are a senior on Harvard Pilgrim that carries a fitness benefit up to \$150.00 they request that you contact them via the website at www.HarvardPilgrim.org/savings and then click in to get to the reimbursement. You can also call the number on your Harvard Pilgrim card if you do not have access to the web. This is an annual benefit.

FINANCIAL INFORMATION

PROPERTY TAX PAYMENT

On Wednesday, July 27th from 11:30 AM – 12:30 PM, someone from the **Tax Collector's** office will be **at the Senior**

Center to accept tax payments. You can pay by check and you need to have your tax bill with you at that time. We are handicap accessible.

TAX WORK PROGRAM – FY 2012

The Tax-Work Program for FY '12 is now underway. Assignments for twenty-five individuals will be made shortly. All work is to be completed by March 31, 2012. Those individuals who will be assigned to the schools will get their letters in August. All questions should be referred to Pat, Program Coordinator at 978-692-5523.

MONEY MANAGEMENT

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

FOOD PANTRY

The community Food Pantry is located at the Senior Center and staffed by volunteers. The **expanded hours for July and August** are as follows:

- ❑ The third **Monday, July 18th and August 15th** from 1:00 - 3:30 PM.
- ❑ The third **Wednesday, July 20th and August 17th** from 8:30-11:30 AM.
- ❑ The third **Thursday, July 21st and August 18th** from 8:30-11:30 AM and **Thursday evening July 21st and August 18th** from 6:30 – 8:30 PM.
- ❑ The third **Friday, July 15th and August 19th** from 8:30 – 11:30 AM.

The Westford Community Food Pantry is located on the first floor at Cameron. We are implementing new procedures. The dates and times will remain the third Monday, Wednesday, Thursday and Friday of the month. The communities in our area of service will be Westford and the towns which border us Littleton, Tyngsboro, Chelmsford, Carlisle, Acton and Groton.

Residents of other communities will be supplied with pre-packaged items.

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 978-476-2206 a minimum of two days in advance between 10:00 - 11:00 AM to make your reservation. The donation is \$2.00. Menu can be found on our website www.westfordma.gov/coa. Come and enjoy the new dining room!

MEALS ON WHEELS

Meals on Wheels clients are now offered a choice of five special diets. Along with the traditional Meals on Wheels a special diet with a doctor's authorization is available. The five diets are **Cardiac (heart healthy), Renal, Chopped, Ground and Puree**. Meals on Wheels are available to 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 1-800-892-0890 to register.

OSTEOPOROSIS INFORMATION

Osteoporosis is a complex disorder of the skeletal system. Bone loss characterizes osteoporosis which only becomes apparent when there is a fracture, usually of the wrist, hip or vertebrae. Osteoporosis affects about 24 million Americans, 80% of whom are women. Factors impacting the disease include, ethnic and genetic differences, decreased physical activity, smoking, alcohol intake, overweight, reproductive history, low bone calcium reserves, and for women, menopause directly affects bone mass reduction as well as lowering calcium absorption. Many Americans consume diets insufficient in calcium to maintain

bone health. Lifestyle changes and reduction in weight-bearing physical activity also lead to loss of bone mass. We can't alter genetics but we can plan to provide protection from osteoporosis. Mature adults can conserve acquired bone mass by consuming enough calcium and Vitamin D daily and by altering our lifestyles. The current dietary guidelines recommend that individuals over age 51 consume 1200 mg of calcium and 400 IU of Vitamin D daily and people over age 71 increase Vitamin D to 600 IU daily. Good sources of calcium include dairy products, and calcium-fortified juice or cereal.

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, July 11th from 10:00 – 11:00 AM** 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. **Kathy will not be here in August but will be returning on Monday, September 19th.**

ASK THE LAWYER
Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, July 20th, from 9:30 AM – Noon** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office. The next date for the lawyer is September 21st.

WHAT'S THE Wii? **SEEKING INSTRUCTORS**

Have you seen your grandchildren playing video games on the TV and often wondered what the heck they were doing? Well, the senior center has a video game system called the Wii. It's a game that simulates real activities i.e. bowling, golf and tennis. It's a fun way to get indoor physical exercise and to have some friendly competition with your

peers. We are seeking folks who know how to use the system and would be willing to instruct others. Please call Annette at 978-399-2326 if you can teach and/or are interested in using the Wii system. Many senior centers have Wii golf and bowling teams and we would love to create that here.

***NEW * QUILTING CLUB**

There are a group of ladies that are gathering two Mondays a month from 9:30 to 11:30 AM here at the Cameron to work on quilt projects together. Their first project will be making a quilt to donate for our fall harvest fair run by the Friends of the Cameron. The dates that this group is planning to gather are July 11th & 25th and August 8th & 22nd. You are invited to participate in this new program! Thanks to Roberta Tatelman for getting it initiated.

ACTIVITIES

The Cameron Center will be closed Monday, July 4th due to the Fourth of July Holiday. Confirm class dates with your instructors.

AEROBICS with Elaine Wednesdays at 9 AM and Fridays at 8:30 AM. The fee is \$3.00 per class. **This class will be on vacation starting July 1st returning on September 7th.**

ART-OPEN STUDIO

Any person who paints in oils or watercolors is welcome to join our open group on Mondays from 12 noon – 3 p.m. A donation of \$1.00 is requested.

ART CLASS with Stella

Bring your medium/project and Stella, a lifelong artist with over 60 years of teaching, will help take you to the next level. Her classes are Wednesday mornings from 9 until 11:30 AM and the cost is \$5.00 per class. Drop ins welcome!

BILLIARD TABLE

We have a billiard table available for your enjoyment Monday-Friday 8 AM - 4 PM; also on Mondays and Wednesdays at 10 AM there will be players available if you would like to come and partner up.

BINGO – **Thursday's, 7-9 PM**, doors open ½ hour early; also on **Monday's, 1 – 3 PM**. *If you need a ride call the transportation line at 978-399-2322 in advance.*

BOOK DISCUSSION GROUP

Note new day: On **Friday, July 22nd** the Cameron Book Discussion group will meet at 10 AM to discuss the novel, "Miracle in the Andes", by Nando Parrado and on **Friday, August 12th** "The Appeal", by John Grisham. Copies of these current discussion books are available at the Library.

BOWLING

Wednesdays at 9:15 AM at Brunswick Lanes in Lowell. Call Norman at 978-692-6792 for more information

MEN'S BREAKFAST

There will be no Men's Breakfasts during the months of July and August. We will resume on **Tuesday, September 13th**. Please call and register in advance at 978-692-5523 so we can plan accurately for food. Hope you have a safe, healthy and enjoyable summer!

WOMEN'S BREAKFAST

Our next breakfast will be **Thursday, September 1, 2011** at 8:30 AM. Please call and register in advance at 978-692-5523 so we can plan accurately for food. Enjoy your summer!

CONTRACT BRIDGE

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

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

CRIBBAGE

This game minded fun group meets every **Wednesday from 1 to 3 PM. Come join us!**

CHAIR MOVEMENT EXERCISE

Tuesday and Thursday 10:00–11:00 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 may be used and are provided as well as optional for the participant. Our instructor is Jo. The fee is \$3.00 per class. **There will not be classes on July 5th, August 9th, 11th, 30th and September 1st.**

FITNESS/STRENGTH TRAINING ROOM

Come join the 260 seniors who are getting fit the Cameron Way! The Fitness Room hours are Monday - Friday, 8AM to 3:30PM. Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. Complete the registration and liability waiver form, annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. Registration Forms are available at Cameron. A special thanks to our fitness center volunteers whose help with those using the fitness room have contributed to a positive experience. You may be eligible for reimbursement through your insurance.

KNITTING-BUSY FINGERS – This group meets every Monday & Wednesday in the Welcome Area from 1-3 P.M. to make

knitted and crocheted items. Great conversation! Stop in to see what we have for sale. If you love to knit we would welcome a donation to our annual Fall Fair.

MAH JONGG

Join this well received group on **Wednesdays at 1 PM.** Mah-Jongg trains your brain with games. All level of players are welcome.

MUSIC MAKERS

Meet on **Friday mornings from 9 – 10:30 AM.** If you like to sing you are invited to join this lively group of seniors every Friday morning. No auditions just come and sit in on a couple of rehearsals to see if you would like to participate. For more information call Ann at 978-692-6779. This group will be on vacation into September. They will **resume rehearsals on September 9th.**

PERCUSSION GROUP

If you love “UPBEAT” music, then join the band **Tuesday mornings from 10:15-11:15 AM.** No experience is necessary, simply a love of music and desire for some carefree fun. Rhythm patterns will be taught. If you already play an instrument, bring it along too. Call 978-692-2851 for more information.

SCRABBLE

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

WALKING GROUP

This group will be meeting at the Cameron every Wednesday and Friday at 8:00 AM. Come join us; we gather a few minutes before 8AM. If it is raining we will not be walking.

GENTLE STRETCH YOGA

Based on Peggy Cappy’s wonderful book and videos, *Gentle Stretch Yoga* is a modified series of traditional poses which can be done by almost anyone—of any age or ability. *Our instructor Pat is a certified yoga and older adult fitness instructor.* This weekly class is held on **Wednesdays, from 1:30 – 2:30 PM.** The fee is \$3.00. It is suggested that you bring a mat with you. If you are interested in this class please call 978-692-5523 to sign up. Call us if you are unable to attend afternoons but would like a morning class.

BASIC ZUMBA

Zumba class continues every Monday here at Cameron from 10 – 10:40 AM with instructor Amulya Deepak. The cost per class is \$3.00. Our instructor is moving in mid July, please call us at 978-692-5523 to see if we have a new instructor.

MEDICAL INFORMATION

DID YOU KNOW?

The old proverb, “the squeaky wheel gets the grease” lets us know that if you assert yourself and speak up that you may actually get some favorable action. Here is a real Westford example that proves this. One of our active seniors shared with us that he recently went to the pharmacy to pick up a prescription and the total was \$200. He felt this cost was too much and rather than be passive and accept it he went back to his doctor and addressed his concern. He learned that the high cost was mostly for the packaging of three medications in one packet. His doctor was able to write three different prescriptions to get the medications separately. The client returned to the pharmacy and got his prescriptions filled for only a total of \$30 dollars! Now that’s a savings! So the moral of this story is that it truly can “pay off” to speak up and advocate for yourself.

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, August 3rd at 1:00 PM.** The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523. The next clinic date is October 5th.

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 **Senior Center.** Dates and times are:

- Second Tuesday of the month, **July 12th and August 9th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **July 27th and August 24th** 8-10 AM with the Lowell VNA on the second floor of Cameron.

ANNUAL PHYSICAL AND MEDICARE COVERAGE

It is understandable that there is confusion about medical coverage under Medicare Part B because of all the recent changes. Starting on January 1, 2011, Medicare Part B pays for 100% of annual routine physical, which includes an updating of your medical history, including a list of current doctors, conditions and medications, a check of your height and weight, blood pressure and body mass index, and a screen for cognitive issues. Also covered is a preventative plan based upon your needs, mammograms, colonoscopies and diabetes screenings. ***Your doctor may NOT charge you additional costs beyond what Medicare allows, unless additional services beyond what Medicare allows are provided.*** Annual routine physicals are an important strategy used in the screening, preventions and management of illnesses and medical conditions. To learn more about Medicare, please call our Shine Counselor for an appointment at 978-692-5523.

SHINE

The Affordable Care Act lowers the cost of your Medicare Prescription drug coverage (Part D), if you reach the coverage gap (donut hole). This year, you will no longer have to pay full price for your medications in the donut hole. You will automatically receive a 50% discount on brand-name prescription drugs covered by your Part D plan. For generic drugs covered by your plan, Medicare will pay 7% of the price and you will pay the remaining 93%. These discounts apply whether you buy your drugs at a pharmacy or order them through the mail. What you pay for both brand-name and generic drugs in the donut hole will decrease each year until it reaches 25% in 2020. If you have already reached the donut hole, you should already be receiving these discounts. **In the Donut Hole, you should not be paying full price for your drugs!** If you are, you need a SHINE appointment. **Reminder: New Dates for Medicare Open Enrollment, October 15th – December 7th.** If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions please call the Senior Center at 978-692-5523 and sign up by leaving your name and phone number. The next scheduled dates are **Monday's, July 11th and August 8th with appointments starting at 1:00 PM.**

BOARD OF HEALTH CLINIC

Hearing & Hearing Aid Test

Appointments are required by calling the Board of Health at 978-692-5509. The clinic date is **Monday, July 18th from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions. The next clinic date is September 19th.

OUTREACH

As one gets older, various life challenges may arise. Challenges may include: limited income and rising costs, health concerns, maintaining your home, loss of loved ones and others unmentioned. Here at the Westford Council on Aging we may have knowledge of resources that could ease some of your concerns. Don't wait to contact us for assistance either over the phone, in the office or at your home. You aren't alone... we can help! Contact your Outreach Coordinator, Annette at 978-399-2326 or email her at acerullo@westfordma.gov

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.

TRANSPORTATION

Transportation at the Senior Center is busier than ever! Call 978-399-2322 to reserve a ride for your trip to a medical appointment, a social event or a trip to Cameron. On Wednesday, July 6th, our van will begin pick up at 65 Tadmuck Road in front of the Gazebo between 8:30 AM and 9AM for a trip to Market Basket in Westford. Drop off will be door-to-door. Please plan for a morning of shopping and return to Tadmuck around noon. **Limit is 2 bags per client.**

SUPPORT GROUPS

ADULT DIABETES SUPPORT GROUPS:

- ✓ Saints Memorial Medical Center in Lowell, call 978-934-8559.
- ✓ Concord Health Care Center, 1st Thursday of each month, 1:30-2:30 PM in the first floor conference

room. Call Mary Bannon at 978-02-3520

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS:

- ✓ The Inn at Robbins Brook, Rte. 27 Acton, meets the 4th Wed. of each month, 4-5:30 p.m. and a light supper will be served. Registration required, call Maura Capriccio at 978-264-4666. There will not be a meeting in July but will resume on August 24th.
- ✓ Chelmsford Senior Center, meets the 2nd and 4th Monday of each month from 1-2:30. For information call 978-251-8880.

BEREAVEMENT SUPPORT GROUP:

- ✓ YANA (You Are Not Alone) meets at the Westford JV Fletcher Library on the second and fourth Thursday's of the month at 7 PM. Call Cathy at 978-552-4904 for information.

PARKINSON'S SUPPORT GROUP:

- ✓ Meets the 1st Wednesday of each month **except July and August** from 2-4 p.m. at the John Cummings Building, Donaldson Room at Emerson Hospital, Concord. Contact Jerry at 978-443-5472 or joconnell@bentley.edu.

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. For more information call Jodi at the Chelmsford Senior Center at 978-251-8491.

FRIENDLY VISITOR PROGRAM

If you wish you had some more company in the comfort of your home to socialize, reminisce or play games simply call and request a friendly visitor. We are also

seeking more volunteers that would love to visit with local seniors. Please call Annette at 978-399-2326 if you are interested in being a visitor or having a visitor.

MEDICAL EQUIPMENT

We accept donations of only the following medical equipment: walkers, wheelchairs, commodes, tub seats and canes. Please only donate clean and functional equipment in excellent condition. **We CAN NOT accept the following: crutches, knee/back braces, oxygen tanks and tubing, foam padding, dietary supplement drinks, nor personal hygiene products.** Any questions please feel free to call Annette at 978-399-2326.

MISCELLANEOUS

GAINING GROUND VEGETABLES

Again this year vegetables will be brought to the Cameron on Thursday afternoons from Gaining Ground in Concord. *We ask that prior to taking vegetables you sign the registration form that will be on the table. Remember to share the produce!*

HEALTH RESOURCE FAIR

SEPTEMBER 16TH

Our fair in March featuring health products was such a success that we thought we would offer another similar fair in the fall on **Friday, September 16th from 1:30 to 3:30 PM.** This fair will focus mostly on services and resources available to seniors i.e. homemaking services, residential options, respite programs, etc. We are in the planning stages so stay tuned for more information regarding vendors etc. If interested in attending please sign up at our front desk or call 978-692-5523.

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!!

Come join us on **Thursday, September 23rd at 1:30 PM** for an interactive performance of **“Lizzie Borden and the 40**

Whacks” presented by Delvena Theatre Company. The performance includes a mock trial that invites the audience to participate in the questioning of Lizzie, deciding her guilt or innocence and imparting a sentence if appropriate. After the performance we will be serving refreshing **Root Beer Floats.** Please call 978-692-5523 to sign up. *“This program is supported by a grant from the Westford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.”*

FAMILY SERVICES DETECTIVE

Westford Police Department Family Services Detective, Matthew Furlong, will be available for consultation at Cameron monthly on the **2nd Thursday of each month from 11AM to 12Noon** – he will be here on **July 14th and August 11th.** If you would like to schedule an appointment, you may reserve time with Matt, or walk-ins will also be welcome as time permits. Matters discussed will be kept confidential. Please call 978-692-5523 for an appointment.

SHREDDING

Do you have a need to shred some papers that have accumulated at your house? On Friday, September 9th from 8AM – 12 Noon we will assist you at Cameron with your shredding needs. **You will need to remove all staples and paper clips prior to arriving at Cameron.** Call 978-692-5523 to schedule a **fifteen minute** appointment.

CAMERON COLLECTING USED CELL PHONES

The Cameron Senior Center is collecting used cell phones. They will be reconditioned and then donated back to us for distribution use for protective services for victims of domestic violence or others that may need to carry one to reach 911 in an emergency.

WISH LIST

We are in need of the following items for our Kitchen at Cameron: dish towels, dish cloths, storage containers, pot holders, baking pans and large pots for cooking pasta. Also we are looking for new crafts and raffle items for our Harvest Fair.

NOTARY PUBLIC

Notary Publics are available at the Senior Center. If you need a document notarized we can assist you. Please call us first before coming over at 978-692-5523.

VETERANS SERVICES

The town's Veterans Services department will be holding office hours at Cameron Senior Center every Thursday from **8:30 AM to 12:30 PM** please feel free to stop by to speak with Terry, Westford's Veterans Service Officer, you can call him at 978-392-1170 or email him at veterans@westfordma.gov.

SPAGHETTI SUPPER

Our plans are not finalized as of press time but we hope to offer a free spaghetti supper at Cameron this fall. Call us at 978-692-5523 **after August 15th** for the actual date and time and to make a reservation.

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. Transportation departs and returns from the parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.

Tuesday, July 12, 2011, "Foxwoods"
Buckingham Motor Coach departs the Franco American Club at 7:30 A.M. The fee of \$28 includes driver gratuity and is due at

time of sign up. Receive bonus and food coupon.

Wednesday, July 20, 2011, Summer Music Theatre "Hairspray" in Meredith Village and Hart's Turkey Farm, featuring a delicious lunch with your choice of fresh Turkey, baked Haddock or sliced Beef. The cost of this all inclusive trip is \$76 p/p and departs from the rear of the Franco parking lot at 9 AM.

Wednesday, August 17, 2011, The North Shore Theatre presents "Footloose". The Buckingham coach departs from the rear of the Franco parking lot at 12 Noon. The cost for this all inclusive trip is \$66 p/p.

Tuesday, September 6, 2011, "Foxwoods"
Buckingham Motor Coach departs the Franco American Club at 7:30 A.M. The fee of \$28 includes driver gratuity and is due at time of sign up. Receive bonus and food coupon.

Tuesday, September 13, 2011, "Scottish Highlands", this show transports you to Scotland through music, dance and artistry. Best of Times coach departs from the rear of the Franco parking lot at TBD. The cost of this all inclusive trip, including an all you can eat buffet at The Common Man is \$82 p/p.

Tuesday, October 11, 2011, "Mohawk Trail Foliage Tour", Village of Shelburne, lunch at Chandlers, a visit to Atkins Farm and return home at 5 PM. Fox Tours coach departs from the rear of the Franco parking lot at TBD. The cost of this all inclusive trip is \$60 p/p.