

*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.*

### **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  
Ret. Chief George Rogers*

### **FRIENDS OF THE CAMERON OFFICERS**

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

### **REMINDER – DAYLIGHT SAVINGS**

On Saturday Evening, **March 12<sup>th</sup>**, 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.

### **SUNDAY HOURS**

The Cameron Senior Center is now opened on Sunday afternoon's for socialization; also the Fitness Room will be opened for those members who would like to come in to work out. Volunteers will staff the center and fitness room from Noon until 3 PM. Please bring your own lunch and something to share with others "Pot Luck" style. In case of inclement weather please stay safely at home.

### **ST. PATRICK'S DAY LUNCHEON**

Wear your green and come join us here at Cameron for our annual **St. Patrick's Day Luncheon on Tuesday, March 15<sup>th</sup>**, **seating at 11 AM**. We will be having a corned beef and cabbage dinner provided by The Inn at Robbins Brook and served around Noon. There is limited enrollment and is opened to Westford Residents Only. Reserve your seat by March 8<sup>th</sup> at 978-692-5523; the \$7 fee is due at time of registration. You will not be registered until

payment is received. Please carpool or call for the van at 978-399-2322.

### **SPAGHETTI DINNER**

The Westford Police Association invites you to join them at a Spaghetti/Meatball Dinner (you can have your choice of just spaghetti or spaghetti and meatballs) on **Friday, March 25<sup>th</sup> at the Franco American Club between 5 and 9 PM**. Dinner will be served around 5 PM. This is FREE to all Senior Citizens age 60 and over. Raffle prizes will be donated by local businesses. Seniors must call the Cameron Senior Center at 978-692-5523 to reserve their dinner seat.

### **SPRING CLEAN UP**

We anticipate having a list of volunteers from Westford Academy, local churches and scout groups to assist with light yard work in April and May. If you will need assistance with picking up branches and light raking please call the front desk at 692-5523 and get on a list by **March 30<sup>th</sup>**. If you have any questions, please speak with Annette, your Outreach Coordinator.

### **HOME REPAIRS or YARD WORK – “FAITHWORKS 2011”**

We are fortunate to have three local Methodist Churches working together to offer a day of service on Sat. May 14<sup>th</sup> from 8-4:30. Adult volunteers will devote their time to help seniors who need assistance with household repairs, painting or yard work. If you would like your project request to be considered you must **sign up by Friday April 8<sup>th</sup>** by calling 978-692-5523 or completing an application at the senior center front desk. This service is only available to a limited number of clients. Any questions please contact Annette, Outreach Coordinator at 978-399-2326.

### **KICK OFF SPRING - MINI SPA DAY**

Nashoba Technical Vocational School is inviting our residents to a day of pampering on **Tuesday, March 29<sup>th</sup>**. You may get your hair and/or nails done from 9-11:30 AM and then have a wonderful lunch from 11:30- 1:00 at the Elegant Café. Prices are reasonable (i.e. wash and set \$6, wash and cut \$9, nails \$5). Simply call the school at 978-692-4711 x6142 and ask for Donna to make your appointment.

### **COOKING WITH ED**

Instructor Ed Alessi will be teaching another of his great cooking classes. He will share his culinary skills and instruct you in an enjoyable and entertaining way on how to prepare an entire meal; then you will be able to sit together and enjoy what you have prepared. So come with an appetite! All ingredients will be provided by the instructor. The next **class will be on Friday, March 25<sup>th</sup> from 1-2:30 PM**. You will be preparing Pasta & Fagioli (beans) and Sausage, Peppers and Onions Italian style. A minimum of seven people are needed to sign up by calling 978-692-5523. The cost will be \$7 per person per class. The sign-up deadline is March 22<sup>nd</sup>.

### **VOLUNTEER CORNER**

We are seeking volunteers to act as greeters at the Cameron Senior Center, responsibilities would include, giving tours, answering questions and other light duties. The days and hours that are needed are as follows: Mondays 8:30-10:30 AM and Mondays 12:30-2:00 PM. We also need a Friday afternoon movie volunteer once a month. Please contact Angela at 978-399-2330 if interested in any of the above volunteer opportunities.

### **CAMERON CLOSET**

Please visit our Thrift Shop located on the second floor of the Cameron Senior Center.

We are accepting spring donations in excellent condition, which will be available for purchase starting March 1<sup>st</sup>. New treasures arriving daily, but will only remain on the floor for 30 days, so don't miss out! Donations accepted daily Monday-Friday 8AM-Noon. Please check in at the front desk and we will be happy to help you unload at the back red door. Thank you for your cooperation.

### **RESTAURANT REVIEW**

Ladies, snow impacted our January trip so we are trying again **Wed. March 30<sup>th</sup> at 11:30 A.M. the new European Restaurant at 75 Princeton St., North Chelmsford.** Please pre register at 978-692-5523 so we can call the restaurants with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit.

### **FRIDAY MOVIE AND POPCORN**

Join us on March 18<sup>th</sup> from 1-3 PM in the Billiards Room on the second floor of the Cameron Senior Center. We will be showing "*It's Complicated*" starring Alec Baldwin and Meryl Streep. If you have never seen it, join us it's very funny and if you have seen it you will want to see it again! Please register by calling the front desk at 978-696-5523.

### **SOUPS, SANDWICHES AND SQUARES!**

**Come join us here at Cameron** for some hearty soups and sandwiches, and Square Dancing. Join in or feel free to watch as Bayberry at Emerald Court, voted Tewksbury's #1 Assisted Living Community, will provide soups and sandwiches at 1:00 PM, followed immediately by dancing. Kick up your heels! It's sure to be a swinging time! All levels welcome! **Date: Friday, March 18<sup>th</sup> from 1:00 – 3:00 PM. Please call 978-692-**

**5523 to sign up. This is their last visit for the season.**

### **GENEALOGY WORKSHOPS**

Whether you're stuck on finding information on a distant ancestor;~just starting your family tree; or continuing your present search, genealogists Patti and Bob will help you at a one-on-one genealogy workshop. Each session is forty-five minutes at the Cameron Senior Center Computer Room on **Tuesdays from 9 AM to 12:00 noon.** Bring any family information that you have on the family or person you are researching or continuing to research. Please call 978-692-5523 for an appointment or to cancel an appointment, so someone on the waiting list can be called.

### **GENEALOGY CLUB**

Join the new Cameron Genealogy Club, under the direction of Patti. **The Club will meet the 2<sup>nd</sup> Friday of each month at 10 AM in the Computer Room** at the Cameron Senior Center until June 2011. This Genealogy Club is not a substitute for the weekly Tuesday Genealogy Class~ offered by Patti and Bob from the Westford Historical Society. The Club is open to everyone, even if you are not taking the Genealogy Classes on Tuesday. Call 978-692-5523 to sign up for the **next class on March 11<sup>th</sup>.**

### **DO YOU HAVE CONCERNS ABOUT FALLING?**

Many older adults experience concerns about falling and restrict their activities. 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 will learn 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.

An informational meeting will be held at the **Cameron on Thursday, March 24<sup>th</sup> at 10 AM**. If you have ever been concerned about falls, are interested in improving balance, flexibility and strength, had falls in the past or have restricted activities because of falling concerns then this is a program not to be missed. After the informational meeting, people will have the opportunity to sign-up for the 8-week program. The classes will start on April 7<sup>th</sup> and will meet every Thursday for 8 weeks from 10:00AM-12:00 PM. Please call 978-692-5523 to register for the informational meeting and also for the 8-week program. There is no charge for this program, but regular attendance is expected.

Joanne McCole RN, BSN from Life Care Center of Nashoba Valley, in Littleton, MA is an **A MATTER OF BALANCE** Master Trainer and will be conducting the informational class on March 24<sup>th</sup>, as well as teaching the 8-week course. She is a native of Westford and has worked as a nurse for 16 years with a specialty in older adults.

### **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.

### **WOULD YOU LIKE TO LEARN HOW TO CREATE A FACE BOOK ACCOUNT?**

Facebook is a global and a very popular social-networking website that allows anyone to sign up for their account. Facebook is a great way to stay in touch with friends but if you don't know how to create an account, this workshop is for you. Prerequisite: You must have an email account.

Dina Kanabar from the J.V. Fletcher Library will be here at Cameron to offer a FREE two day workshop with the first one starting on **Monday, March 28<sup>th</sup> and the second on Monday, April 11<sup>th</sup> from 10 AM – 12 Noon**. Please call 978-692-5523 to register for this workshop.

### **FINANCIAL INFORMATION** **CIRCUIT BREAKER 2010**

- Maximum credit: \$970

Minimum Age: 65(as of 31 Dec 2010). If filing a joint return, only one needs to meet the minimum age requirement.

- Maximum Total Income:
  1. Single - \$51,000
  2. Head of Household - \$64,000
  3. Joint Return - \$77,000
- Maximum Assessed Value of Home: \$764,000(only applies to homeowner)
- Renters are eligible for the circuit breaker providing they do not receive any federal or state rent subsidy or rent from a tax-exempt entity(e.g., housing authority)

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 2010. You must file income tax to benefit for this credit even if you do not owe state income tax.

### **2010 INCOME TAX HELP**

Hal, the volunteer tax expert, is back this year to complete your 2010 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 federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms with you.

### **FUEL ASSISTANCE APPLICATIONS**

Fuel Assistance income eligibility guidelines are: annual income for a household family size of one - \$30,751 and family size of two – 40,213. 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.

If you are a new applicant with a termination notice on a gas or electric bill please call CTI at 978-459-6161. They will schedule an appointment ASAP to avoid termination of utilities.

### **FUEL ASSISTANCE**

If you have any questions or are in need of assistance with your fuel please call us here at Cameron at 978-692-5523.

### **FOOD PANTRY**

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

- ❑ The third **Monday, March 21<sup>st</sup>** from 1:00 - 3:30 PM.
- ❑ The third **Wednesday, March 16<sup>th</sup>** from 8:30-11:30 AM.
- ❑ The third **Thursday, March 17<sup>th</sup>** from 8:30-11:30 AM and **Thursday evening March 17<sup>th</sup>** from 6:30 – 8:30 PM.
- ❑ The third **Friday, March 18<sup>th</sup>** from 8:30 – 11:30 AM.

The Westford Community Food Pantry is located on the first floor at Cameron. We are welcoming new volunteers and 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.

### **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.

**ASK OUR REALTOR** – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, March 14<sup>th</sup> 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.

### **ASK THE LAWYER**

Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, March 23<sup>rd</sup>, 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 May 18<sup>th</sup>.

### **\*TAI CHI YANG- STYLE\***

There will be a new series of Tai Chi classes for seniors offered here at Cameron. The instructor will be Mayflower Zaretsky. These classes will be held on **Tuesday and Thursday mornings from 9:15–10 AM starting March 8<sup>th</sup> and running thru April 14<sup>th</sup>**. You can either sign up for just the Tuesday class (\$30/\$5 per class) or you can sign up for both the Tuesday and Thursday

classes (\$50/\$4 per class). Please register in person for your choice of day/days. Checks made out to The Friends of the Cameron Senior Center, Inc.

### **\*BASIC ZUMBA\***

If you are interested in this class please call 978-692-5523 to let us know of your interest with your choice of weekday or Saturday morning and time that might work for you. This class will be taught by Amulya Deepak here at Cameron with a possible start time of April 2011. **A free demonstration class will be held here at Cameron on Monday, March 21<sup>st</sup> at 10:00 AM.**

## **ACTIVITIES**

*Confirm class dates and times with your instructors.*

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

### **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. It does not matter whether you are a beginner or advanced artist. She is skilled in all mediums, is creative and passionate, and currently teaches at the senior centers in Chelmsford and Dracut and would love to see the program here in Westford expand. 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. The room has a new flat screen television!

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. In case of inclement weather, call before 4 P.M. at 978-692-5523.*

### **BOOK DISCUSSION GROUP**

On **Monday, March 14<sup>th</sup>** the Cameron Book Discussion group will meet at **10 A.M. at Cameron** to discuss “Infidel”, by Ayaan Hirsi Ali. Copies of the current discussion book are available at the Library.

### **BOOKMOBILE**

The J.V. Fletcher Library bookmobile is scheduled to stop at the Senior Center on **Wednesdays, March 9<sup>th</sup> and 30<sup>th</sup> at 10:45AM.**

### **BOWLING**

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

### **MEN'S BREAKFAST**

Our next men's breakfast will be held on **Tuesday, March 8<sup>th</sup> at 8:00AM**. Our topic on that date will be: **“Rheumatology and more”**. Would you like to understand the signs and symptoms of Rheumatoid Arthritis, Osteoarthritis, Gout? If so, please join the Westford Council on Aging by attending an informational session with Dr. Alan Marks who practices rheumatology and internal medicine in Concord, Ayer and Leominster Massachusetts. Dr. Marks is board certified physician with over thirty years of experience. Dr. Marks will provide

information and answer your questions. Please call **978-693-5523** or e-mail [jramirez@westfordma.gov](mailto:jramirez@westfordma.gov) to register for this breakfast. Donations are welcome.

#### WOMEN'S BREAKFAST

Our March Women's Breakfast will be held on **Thursday, March 3<sup>rd</sup> at 8:30 AM**. Our guest presenter will be Melissa Robbins, Esq. from Deschenes & Farrell, P.C., she will be discussing information pertaining to your personal Health Care Proxy. Please register at the Front Desk by calling **978-692-5523**. Donations are welcome. The next breakfast is April 7<sup>th</sup>.

#### 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.

#### CARD-MAKING WITH RUBBERSTAMPS

On **Thursday, April 14<sup>th</sup> and May 19<sup>th</sup>**, a Card-Making class will be held in the Art Room at Noon. An Easter/Spring card will be the focus for April, and a graduation theme is planned for May. Please come with scissors and glue! Minimum of 6 people. Sign-up at the Front Desk or call Laura at 978-399-2322.

#### 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.

#### FITNESS/STRENGTH TRAINING ROOM

Come join the 200 seniors who are getting fit the Cameron Way! The Fitness Room hours are Monday - Friday, 8AM to 3:30PM and Sundays, Noon -3 PM. 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.

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 and see what is 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 welcomed.

#### 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.

#### PERCUSSION GROUP

If you love upbeat music, then check out this group on Tuesday mornings from **10:30 - 11:15 AM**. Rhythm patterns will be taught using sticks, shakers, xylophones,

accordions and more. No experience is necessary, simply a love of music and desire for some carefree fun.

### SCRABBLE

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

### 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.

### PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, April 6<sup>th</sup> at 1:00 PM.** The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523. The next clinic date is June 8<sup>th</sup>.

This is to inform you that effective March 1, 2011 Dr. Weakland's office is moving. The new address is 54 Baker Avenue Extension, Suite #103, Concord. The phone and fax number remains the same.

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

- Second Tuesday of the month, **March 8<sup>th</sup> 9:30-10:30 AM** with the Board of Health.

- Fourth Wednesday of the month, **March 23<sup>rd</sup> 8-10 AM** with the Lowell VNA on the second floor.

### SLEEP DEPRIVATION: CAUSE AND TREATMENT

Emerson Hospital Home Care is partnering with Emerson Hospital Cardio-Pulmonary-Neurology Sleep Disorder Program to bring you an interesting talk to help you understand sleep disorders such as insomnia and sleep deprivation. Come learn the dynamics of sleep and be on your way to getting a good nights' rest. The speakers are: Pam Hurlbert R.R.T., Registered Sleep Technologist and Researcher Neil Kruszkowski R.R.T., Director of cardio-Pulmonary-Sleep Disorder Program and Registered Sleep Technologist. This seminar will be here at Cameron on **Tuesday, March 22<sup>nd</sup> from 12:30 – 1:30PM.** Please register by calling 978-692-5523.

Complimentary desserts will be served to those who pre register.

### SHINE

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, March 14<sup>th</sup> and April 11<sup>th</sup> with appointments starting at 1:00 PM.**

### PRESCRIPTION ADVANTAGE

Soon 1,159 S2 members will receive a Redetermination Form along with the attached cover letter. This form must be completed and returned to Prescription Advantage by April 25, 2011.

During the first two weeks of March, Prescription Advantage Customer Service Reps will call members that have not submitted the Redetermination form to

remind them to return the completed form by April 25<sup>th</sup>.

**WHAT YOU NEED TO DO:**

1. Carefully read the instructions and fill in the form, even if there have not been any changes since you last submitted information to Prescription Advantage.
2. You will have to submit verification of any income you have. Refer to *Section E: Income Documentation* for information regarding acceptable documents to verify income. Please send copies only. **Originals will not be returned.**
3. Complete *Supplement A* only if you wish to designate an Authorized Representative to make decisions about Prescription Advantage for your household, or if you wish to continue with an existing Authorized Representative.
4. If someone helps you complete this Re-Determination Form, such as a family member or an advocate, and you would prefer that we contact that person if we have questions or need more information, complete the *Temporary Authorization* form.
5. **Sign and date the form.** We cannot process your Re-Determination Form without the appropriate signature(s).
6. Return the form and required income documentation by **April 25, 2011** to:  
Prescription Advantage  
Attention: Re-Determination  
P.O. Box 15153  
Worcester, MA 01615-0153

**BOARD OF HEALTH CLINIC**

**Hearing & Hearing Aid Test**

Appointments are required by calling the Board of Health at 978-692-5509. The next date is **Monday, March 21<sup>st</sup> from 9:30-11:30AM** at the Senior Center. Tests are

Free and provided by Rogers Hearing Solutions. The next clinic date is May 16<sup>th</sup>.

**DENTAL HYGIENE CLINIC**

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

**OUTREACH**

As one gets older, various 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 senior center 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](mailto: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**

We anticipate a very busy van schedule this spring! Please call as soon as you know you will need a ride at 978-399-2322 or e-mail [lmathis@westfordma.gov](mailto:lmathis@westfordma.gov). Transportation costs remains at the same affordable round trip rate: \$3 within Westford, \$4 nearby towns, and \$6 for out-laying towns.

**SUPPORT GROUPS**

**ADULT DIABETES SUPPORT GROUPS:**

- ✓ Saints Memorial Medical Center in Lowell, call 978-934-8559
- ✓ Concord Health Care Center, 1<sup>st</sup> Thursday of each month, 1:30-2:30 in the first floor conference room. Mary Bannon, 978-202-3520

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS:

- ✓ The Inn at Robbins Brook, Rte. 27 Acton, meets the 4<sup>th</sup> 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.
- ✓ Chelmsford Senior Center, meets the 2<sup>nd</sup> and 4<sup>th</sup> 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 and will resume it's spring session March 10, 2011. Call Cathy at 978-552-4904 for information.

PARKINSON'S SUPPORT GROUP:

- ✓ Meets the 1<sup>st</sup> Wednesday of each month from 2-4 p.m. at the John Cummings Building, Donaldson Room at Emerson Hospital. Contact Jerry at 978-443-5472 or [joconnell@bentley.edu](mailto: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.

MISCELLANEOUS

WELLNESS RESOURCE FAIR – APRIL 8<sup>th</sup>

Join us for a FREE information resource day on Friday, April 8<sup>th</sup> from 1:00-3:00 in our

multipurpose room. You will have the opportunity to visit each vendor's table, ask questions and get information materials. We will have several companies represented including: Boston Walk In Bathtubs, Diabetic Shoe Company, Perkins School for the Blind Library Services, A& A Medical Supply Company, Lifeline Emergency Response Systems and more. Light refreshments will be served. If you anticipate coming please call our front desk at 978-692-5523 for our planning purposes but DROP INS ARE WELCOME!

WALK FOR HUNGER

The Greater Lowell Good Friday Walk for Hunger will take place on **Friday, April 22<sup>nd</sup>**. 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](http://www.westford.com/walkforhunger).

GAY NINETIES CELEBRATION

The Council on Aging is pleased to once again sponsor our annual Gay Nineties Celebration on **Tuesday, May 17<sup>th</sup> from 10:30 AM – 2:30 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 9<sup>th</sup>**. If you were born in 1921 or earlier please indicate your birth date when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring a guest and they will be seated at your table. Transportation is available. All Westford seniors are invited. There is no charge for this special event.

### **FAMILY SERVICES DETECTIVE**

Westford Police Department Family Services Detective, Matthew Furlong, will be available for consultation at Cameron monthly on the **2<sup>nd</sup> Thursday of each month from 11AM to 12Noon** – he will be here on **March 10th**. 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.

### **CAMERON COLLECTING USED CELL PHONES**

The Cameron Senior Center will be 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 knitted items for the fall fair such as lap robes, and maroon and gray hats for all ages. We are also looking for golf putters. Thank you for all your support

### **NOTARY PUBLIC**

We will have Notary Publics available at the Senior Center on **Tuesday, March 8<sup>th</sup> from 1-2 PM**. If you need a document notarized we can assist you. Call us at 978-692-5523 to request a notary at another time.

### **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 Stader, Westford's Veterans Service Officer, you can email him at [veterans@westfordma.gov](mailto:veterans@westfordma.gov).

### **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, March 8<sup>th</sup>, “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.

**Friday, March 18<sup>th</sup>, The Spectacular Boston Flower and Garden Show.**  
Enjoy all the change of seasons, lunch at Maggiano's, and tour 'new' Boston featuring the Rose Kennedy Greenway. The cost of this all inclusive trip is \$77 p/p and will depart at 8:30 AM from the Franco.

**Wednesday, April 20<sup>th</sup>, Amesbury Playhouse, “Steel Magnolias”,** Enjoy a delicious meal (several choices) and a great show. The cost of this all inclusive trip is \$57 p/p and will depart from the Franco at 9:45 AM.

**Tuesday, May 3<sup>rd</sup>, “Mohegan Sun”**  
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.

**May, 2011 “Bill Fosters Lobsterbake”, more information next month.**

**June, 2011 “Fox Tours – Spirit of Boston”, more information next month.**

## **EXTENDED TRIP**

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

**March 27-29, 2011 “Atlantic City, Hilton Hotel and Casino”,** Round trip motor coach provided by Ritchie Bus Lines departs from Franco at 8 AM. \$20 in coins and \$20 in food credit; discount coupons/ souvenir. Cost is \$170 p/p double occupancy. Singles cost is \$255. Payment is due immediately. Make checks payable to Helena Crocker.