



Town of Westford Massachusetts

Town Manager's Newsletter

December 2016
Issue #100



Jodi Ross,
Town
Manager

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www.westfordma.gov/tm
978-692-5500

Important:
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Watch Meetings Online
westford 
community access television
www.westfordcat.org

Dear Westford residents,

This edition of the Town Manager's newsletter marks our 100th edition! Started in September of 2008, this newsletter provides a source of timely information for our residents. I look forward to continuing to provide messages from our town departments, committees, boards, and all who contribute, to the members of our Westford community.

I would like to express my sincerest congratulations to the Westford Junior Ghosts D Team - the winners of this year's New England Pop Warner Championship! Fantastic job by our coaches, support parents and families, and most of all, our very special players! The players were honored at a recent Board of Selectmen meeting, and their excitement and enthusiasm was amazing. Great job team!



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Town Hall Update



The Town Manager's Office continues to be located on the 2nd floor of the Police Department at 53 Main Street. We will be moving to the Millennium Building at 23 Depot Street this fall. More information on the move schedule and a full directory of relocated town departments are available online.

Special Town Meeting
will be held on
Monday, October 20,
2008, 7:30 PM at the
Abbot Elementary
School.

Dear Westford Residents

As part of my commitment to increase the communication between the town departments and the residents of Westford, we are starting a monthly Town Manager Newsletter which will be posted to www.westfordma.gov and sent via email to anyone who subscribes to our website's Public Notices. We will attempt to pass along timely updates about town-wide events and issues. Please email me with any suggestions regarding our format or material of interest.

Some recent issues include addressing the perchlorate situation. The town hired Comprehensive Environmental, Inc. who is working with the residents living in the area of contamination and coordinating Department of Environmental Protection (DEP) required testing, monitoring and reporting. The firm is also helping the town assess the overall situation and negotiate the costs of addressing this unfortunate occurrence with the firm responsible for the contamination. We

have provided bottled water to affected residents as a temporary measure and are currently developing an action plan to ensure residents are not being subjected to drinking water with levels of perchlorate greater than the standards set by the Commonwealth of Massachusetts. The fall town meeting warrant contains an article which will provide for the installation of a 12 inch water main to connect the affected properties to the town's public water supply. The town is also developing plans to prevent any future related issues by eliminating the perchlorate hazard at the source. Richard Cote of CEI will present an update to the selectmen at their September 16th meeting.

The Permanent Town Building Committee has been assisting Graham and Meus Architects in the preparation and recommendation of a design for the Senior Center expansion. The selectmen also hired Kaffee Kang of Kang Associates, Inc to conduct a structural analysis of the

Town Hall and, in addition, conduct a feasibility study of the Town Hall and other municipal and commercial buildings, to present a recommendation for future Town Hall offices. The Permanent Town Building Committee along with the architects will present their findings and designs on both projects to the Board of Selectmen at their September 16th meeting.

Our Special Town Meeting will be held on Monday, October 20, 2008, 7:30pm at the Abbot Elementary School. I urge all residents to attend and I look forward to participating in my first Westford town meeting.



Sincerely,
Jodi Ross
Town Manager



*New England Pop Warner Championship
Westford Jr Ghosts D Team (13-0 undefeated season) won Nov 24th Against Foxboro (score 19-7)*

(Continued on next page)

WWW.WESTFORDMA.GOV

On Saturday December 17th there will be a Veterans Wreath laying ceremony in Fairview Cemetery, which is located on Main Street at the corner of Tadmuck Road from noon until 2pm. Please attend if you are able. Our Cemetery Department is attempting to honor all 221 veterans who have been laid to rest at Fairview. I would like to thank Nicole Pelletier for her efforts in this admirable project. Wreaths will be placed on graves of all veterans, by Wreaths Across America. Our Cemetery Supervisor, Dick Nawoichik commented "She is a fine example of one of the many wonderful Westford residents whose actions impact the lives of so many." I am also heartened to report that an anonymous donor had wreaths placed on 79 veteran graves at our Pine Grove Cemetery.



Town staff are in the holiday spirit and have decorated their departments' doors throughout town hall and at the highway garage, parks, cemetery, and recreation office, water department, and police station. Please stop by our departments and enjoy our festive displays.

In keeping with our holiday tradition, the Board of Selectmen and Town Manager's office served breakfast at the senior center on December 14th. The Board of Selectmen, Assistant Town Manager Eric Heideman, Project/Procurement Specialist Greg Johnson and I cooked a breakfast of scrambled eggs, sausage, French toast, home fries, fruit and assorted pastries, and shared a delicious meal with our neighbors and friends at the senior center.



I am delighted to announce our receipt of a \$399,860 Complete Streets Tier 3 Construction Grant by the MassDOT. The funding will be used to improve our town center pedestrian safety, add a sidewalk to the Colonel John Robinson School along Concord Road, and improve a street crossing at the Norman E. Day school. Thank you to our Pedestrian Safety Committee, and our Engineering Department, for their great efforts in pulling together the application and submitting the projects in a short time period.

(Continued on next page)

We just learned that our town's community electricity aggregation vendor ConEdison Solutions is assigning their ownership to Constellation NewEnergy, Inc. There is not expected to be any disruption to our service, but you will see the new supply provider on your electricity bill around April 2017. You can visit the [CEA website](#) to learn more about the program, and contact the town manager's office with questions.

As a reminder, our town recently converted to a new website that enables notifications to be posted to subscribers for agendas, news items, alerts, newsletters, or other items from town departments, committees, boards, and task forces. Unfortunately subscriptions for notifications from our old website could not be transferred to the new website. Therefore, if you have not already done so, please subscribe to whatever notifications you wish to receive using the ["Notify Me"](#) link on the new website.

Sandy Collins, our Health Director, is retiring after 30 years of service to our town. In this role and others, such as Director of the Upper Merrimack Valley Medical Reserve Corps a member of so many local organizations, Sandy has demonstrated her passionate commitment to the health and safety of our residents and region. She recently received honors by her peers including a Certificate of Merit from the National Environmental Health Association and the John D. Crowley Distinguished Service Award from the Massachusetts Health Officers Association (MHOA). Both in her official capacity and as a neighbor, she directly contributed to our town's outstanding reputation as a safe, and welcoming community. Thank you, Sandy.



Sandy with the MHOA Officers. From left to right: Sigalle Reiss, Secretary; Derek Fullerton, President; Sandy Collins; Sam Wong, Vice President.

There are several openings on other local boards and committees, including the Affordable Housing Committee, Energy Committee, Historical Commission, Public Works Initiative Committee, Parks and Recreation Commission, and others, and I urge you to peruse our website for information about the work of these committees. If you have interest, please complete a Citizen's Activity form at this link: [Citizen Activity Form](#) or stop by and fill out a form in the Town Manager's office.

Would you like more detailed information on Board of Selectmen meetings? Click the following links to access: [Board of Selectmen Documents](#) & [Board of Selectmen Meeting Videos](#).

Happiest of holidays to you all, and my best wishes for a prosperous, peaceful new year!

Sincerely,

Jodi Ross
Town Manager

J.V. Fletcher Library

The J. V. Fletcher Library's Annual Staff Recommendations for Holiday Gift-Giving or Reading for Pleasure:

FICTION:

Commonwealth by Ann Patchett. At the christening party for baby Franny, her mother begins an affair that will break up two marriages and forge two separate families together. The novel follows the unfolding and reshaping of these families over the course of many years. Jump to the future, where after dropping out of law school, Franny begins an affair with a well-known author who takes her family's story and spins it into a hugely successful novel once again forcing them to revisit all that has happened to them.

Faithful by Alice Hoffman. Shelby Richmond is leading a typical adolescence growing up on Long Island until she and her best friend are in a tragic auto accident with Shelby at the wheel. Shelby walks away physically unhurt but emotionally shattered by guilt as her best friend will never recover from her injuries. She considers herself unlovable and unforgiveable and pushes away all attempts to bring her back from the brink. Through a series of unlikely allies - three rescue dogs, an unexpected "angel" and an unconventional relationship – Shelby finds a way to overcome her personal demons.

The Forgetting Time by Sharon Guskin. Four year old Noah gives his single mother Janie a run for her money. He is convinced he lived another life and is so insistent about "going home" that Janie turns to a child psychologist (who studies children who believe they have been reincarnated.) Guskin's debut novel is about what a mother will do for her child, holding on and letting go and remembrance and forgetting; it is both a page turner and a beautiful meditation on life.

News of the World by Paulette Jiles. In the aftermath of the Civil War in Texas, retired army Captain Jefferson Kyle Kidd makes his living travelling from town to town reading the news of the world to paying audiences. Along his travels, he is paid to return a young orphan girl named Johanna to her relatives in San Antonio. Johanna's parents and sister were killed by Kiowa raiders who captured her and raised her as one of their own for over four years. Along the journey, Johanna eventually begins to trust the Captain and although she has forgotten the English language, they find ways to communicate; slowly the two unlikely travelers form a strong friendship. Upon arriving in San Antonio, the Captain is faced with the moral dilemma of turning Johanna over to relatives that she does not know or Taking her with him. This exquisitely rendered novella is a finalist for the 2016 National Book award.

NON-FICTION:

Born to Run by Bruce Springsteen. Bruce Springsteen's best-selling autobiography is sure to be a hit with fans of "The Boss." Detailing his thirty plus year career as one of rock and roll's most beloved performers, Bruce shares anecdotes of his personal life and gives us a candid view of what makes him tick as an artist.

Hidden Life of Trees by Peter Wohlleben. Forester and author, Peter Wohlleben makes the case that trees are actually part of a great social network. Through his scientific research, he demonstrates how trees form families and communicate with each other. Nature lovers will be intrigued this international best seller.

When Breath Becomes Air by Paul Kalanithi. What makes life worth living? At the age of thirty six, neurosurgeon Paul Kalanithi is diagnosed with stage IV lung cancer. This moving memoir of a young doctor and new father grapples with the challenge of making the most of life when your life is suddenly assigned expiration date.

(Continued on next page)

J.V. Fletcher Library (continued)

Annual Staff Recommendations Continued:

CHILDREN:

The Illustrated Chamber of Secrets by J. K. Rowling. Harry Potter fans rejoice! The glorious illustrations will charm slightly younger readers into routing for Harry, while giving die-hard fans another avenue into the captivating world at Hogwarts.

Panda Pants by Jacqueline Davies. A young panda is determined to convince his father that pandas should wear pants. After all, they serve so many useful purposes. How great are pockets? It's a funny battle of wills between father and son until an episode with a menacing snow leopard proves that pants are invaluable to pandas.

Dog Rules by Jef Czekaj. What is more fun than an interactive picture book? This story will have kids barking, growling, chirping, laughing and most importantly enjoying a good book.

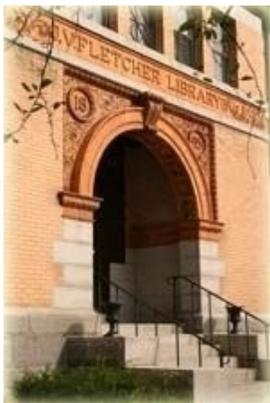
TEENS:

The Book Scavenger by Jennifer Chambliss Bertman. Twelve year old Emily and her friends are obsessed with an online game called Book Scavenger, where books are hidden in cities throughout the world and gamers must use clues in puzzles to find them. When the creator of the game is attacked and slips into a coma, no one knows anything about the new game he was about to launch. Emily and her friend James discover an odd book that just may hold the secret that reveals the mysterious new game.

Time Fetch by Amy Herrick. An engaging fantasy novel about three friends who are pulled into a time warp after discovering what appeared to be an odd rock. They must join forces to repair the time rip before the two Universes collide and change history forever.

HOLIDAY HOURS:

The Library will be closed on Saturday, December 24 and Monday, December 2 and re-opens on Tuesday, December 26 at 10 a.m. The Library will be closed on Monday, Jan. 2, 2017 and will re-open at 10 a.m. on Tuesday, January 3.



Research, learn and discover.
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Recreation Department

WESTFORD PARTNERSHIP FOR CHILDREN AFTER SCHOOL ENRICHMENT PROGRAM (WPC) NEWS



WPC SESSION 2

Session 2 will be drawing to an end on December 22, 2016. There will be no WPC program on December 23.

December Additions

During the month of December, WPC Session 2 programs offered a number of activities for Westford's children including:

Special Program coverage on Wednesday, December 14, *exclusively for middle school children*. Children from Stony Brook and Blanchard enjoyed a full-day of Laser Craze, pizza, and a movie at AMC Loews in Methuen. The WPC REC Club After School Enrichment Program is geared to students grades 6-8, offering age appropriate activities, Monday-Friday, from school dismissal until 5:45 p.m.

Holiday Giving for families in need. During this holiday season, WPC children, their parents, and staff, dedicated many hours buying and organizing presents for children in the community. Presents from art supplies to colorful socks were gathered and delivered to the Senior Center for distribution to local families. The department would like to thank Elizabeth Silva and Tiffany Gintner for keeping this effort on track. In addition, children at the WPC sites created "Giving Trees", some were placed in school cafeterias, to add to the holiday festivities, and remind all of the importance of giving.



WPC SESSION 3

Session 3 will begin at the close of Holiday Break, running from January 3 through February 17.

More New Programming

WPC continues to add meaningful programs to its enrichment curriculum. Thanks to Crisafulli WPC Site Director, Michelle Collett, representatives from Jeanne D'Arc Credit Union will be presenting a financial education program for the students called *Money in the Bank*. Learning about smart savings and budgeting are just a few of the concepts the children will learn in this five-week series. Play-Well's *Intro to STEM with LEGO*, another new program debuting at Nabnasset and Robinson schools, will expose WPC children to principles of engineering and physics through guided builds that use Play-Well's extensive LEGO collection.

We've got you covered

Look for the WPC Special Program on Tuesday, January 17. The program will provide K-8 participants full-day coverage during School Professional Development Day.

The WPC February Vacation Full Week Special Program will run from February 21-24. WPC will provide full day coverage, Tuesday-Friday, 8:00 a.m. to 5:45 p.m. Each day is unique, offering events and activities for grades K-8. You do not need to be a WPC member to participate. Details to come.

Westford Partnership for Children (WPC), the Parks & Recreation After School Enrichment Program, provides a safe, stimulating, and fun environment Monday through Friday, from school dismissal until 5:45 p.m. The program encompasses a range of activities, from homework help and science exploration, to math, technology, storytelling, visual arts, and sports and games. The WPC program runs five sessions during the school year, each with unique activities and flexible hours that support the needs of the town's children and their families.

Register at any time at westfordrec.com. Fee will be prorated based on registration date.

Recreation Department (continued)

RECREATION SOUND BITES

Working with Santa

As in years past, Santa depends on the department to help him distribute his response letters to Westford's eager children. The department has proven to be an invaluable resource for Santa, especially Parks & Recreation elf, Pam McNiff. Additional thanks goes to the Forge Village Post Office, who provided Santa with the North Pole stamps needed for this wintery mailing of 70 letters.

Ice on the Horizon

The town can look forward to a larger ice skating rink this season. A new liner was purchased by the town, with a significant contribution from active skater and town resident, Brian Reimer. Located at Jack Walsh field, the new rink will be 85' x 145'. The rink should be ready for skating in January. Check out westfordma.gov for updates.

The Holiday Door Decorating Contest

Enthusiasm ran high this year, along with some healthy competition, when it came to the Holiday Door Decorating Contest. The Parks & Recreation gingerbread motif was inspired by staff members Joy Felicani and Michelle Collett. Office staff, site directors, and WPC children, worked hand in hand to make this year's door successful. For a final touch, designated voters were plied with hot chocolate.



Relocation for Parks & Recreation

The department will be moving to 22 Town Farm Road, just moments away from our office, possibly in late January. While the new location is being gussied up in preparation for the move, department staff continues their daily activities at 39 Town Farm Road, behind the Rogers Fire Station. With 4,500-square feet, the new location will provide more office space, and programming space, allowing Parks & Recreation to further enhance and expand their current offerings. More to come – stay tuned.



Health Department

Thank You

After 30 + years working for the Town of Westford, I will be retiring January 4th. It was not an easy decision as I love this town and the field of public health. I still enjoy coming in each and every day to protect this wonderful community. But I also know it is time, and look forward to spending more time with my family, while still healthy and able.



I want to publicly thank so many people including foremost my incredible dedicated staff and supportive Board. I'm very proud of what we have collectively been able to accomplish for our town. I also need to thank the wonderful department heads, school nurses and all the businesses, organizations and professionals who have always come to my aid to enable us to offer the incredible range of programs and services we provide within the department. But most of all I'd especially like to thank the Westford community for all the support you have always given me over the years. Please know I will miss each and every one of you! Thank you for the memories!

-Sandy Collins R.N. , Public Health Director for Town of Westford

Health Director Receives Public Health Awards

The National Environmental Health Association (NEHA) announced Sandy Collins, RN, Public Health Director for Town of Westford as the 2016 Massachusetts recipient of the National Certificate of Merit at the NEHA Annual Conference held in San Antonio, Texas. It was given for outstanding contributions to the environmental health profession and was presented at the annual Yankee Conference in Ct. She was one of only 11 individuals selected nationally and the only individual selected in MA this year. Her name will appear in an upcoming *Journal of Environmental Health*.



Each year the Massachusetts Health Officer's Association (MHOA) honors one of its members with the John D. Crowley Award at their Annual Conference. This year the award was given to Health Director Sandy Collins. This award is given to a member of MHOA who contributed to the growth and success of the organization through outstanding leadership and extraordinary and dedicated service and achievement in public health.



Health Department (continued)

Food Safety Tips for Healthy Holidays

Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the merriment can change to misery if food makes you or others ill.

Typical symptoms of foodborne illness are vomiting, diarrhea, and flu-like symptoms, which can start anywhere from hours to days after contaminated food or drinks are consumed.

The symptoms usually are not long-lasting in healthy people—a few hours or a few days—and usually go away without medical treatment. But foodborne illness can be severe and even life-threatening to anyone, especially those most at risk:

- older adults
- infants and young children
- pregnant women
- people with HIV/AIDS, cancer, or any condition that weakens their immune system
- people who take medicines that suppress the immune system; for example, some medicines for rheumatoid arthritis



1. Clean: The first rule of safe food preparation in the home is to keep everything clean.

- Wash hands with warm water and soap for 20 seconds before and after handling any food. For children, this means the time it takes to sing 'Happy Birthday' twice
- Wash food-contact surfaces (cutting boards, dishes, utensils, countertops) with hot, soapy water after preparing each food item and before going on to the next item.
- Rinse fruits and vegetables thoroughly under cool running water and use a produce brush to remove surface dirt.
- Do not rinse raw meat and poultry before cooking. Washing these foods makes it more likely for bacteria to spread to areas around the sink and countertops

2. Separate: Don't give bacteria the opportunity to spread from one food to another (cross-contamination).

- Keep raw eggs, meat, poultry, seafood, and their juices away from foods that won't be cooked. Take this precaution while shopping in the store, when storing in the refrigerator at home, and while preparing meals.
- Consider using one cutting board only for foods that will be cooked (such as raw meat, poultry, and seafood) and another one for those that will not (such as raw fruits and vegetables).
- Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry, or seafood—and from kitchen utensils used for those products.
- Do not put cooked meat or other food that is ready to eat on an unwashed plate that has held any raw eggs, meat, poultry, seafood, or their juices.

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Health Department (continued)

- 3. Cook:** Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria.
- Color is not a reliable indicator of doneness. Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature. To check a turkey for safety, insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe when the temperature reaches 165°F. If the turkey is stuffed, the temperature of the stuffing should be 165°F. (Please read on for more on stuffing.)
 - Bring sauces, soups, and gravies to a rolling boil when reheating.
 - Cook eggs until the yolk and white are firm. When making your own eggnog or other recipe calling for raw eggs, use pasteurized shell eggs, liquid or frozen pasteurized egg products, or powdered egg whites.
 - Don't eat uncooked cookie dough, which may contain raw eggs.
- 
- 4. Chill:** Refrigerate foods quickly because harmful bacteria grow rapidly at room temperature.
- Refrigerate leftovers and takeout foods—and any type of food that should be refrigerated—within two hours. That includes pumpkin pie!
 - Set your refrigerator at or below 40°F and the freezer at 0°F. Check both periodically with an appliance thermometer.
 - Never defrost food at room temperature. Food can be defrosted safely in the refrigerator, under cold running water, or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
 - Allow the correct amount of time to properly thaw food. For example, a 20-pound turkey needs four to five days to thaw completely when thawed in the refrigerator.
 - Don't taste food that looks or smells questionable. A good rule to follow is, when in doubt, throw it out.
 - Leftovers should be used within three to four days.

Use care with stuffing

- Whether it is cooked inside or outside the bird, all stuffing and dressing must be cooked to a minimum temperature of 165 °F. For optimum safety, cooking your stuffing in a casserole dish is recommended.
- Stuffing should be prepared and stuffed into the turkey immediately before it's placed in the oven
- Mix wet and dry ingredients for the stuffing separately and combine just before using
- The turkey should be stuffed loosely, about 3/4 cup stuffing per pound of turkey
- Any extra stuffing should be baked in a greased casserole dish

Health Department (continued)

The Best Way to Clean Your Reusable Grocery Bags

Deciding to use reusable bags instead of plastic grocery bags is a big plus for the environment. However, if you forget to clean them, they could become a major negative for your health. Stop and think: When was the last time you cleaned your reusable bags? They're pretty easy to clean, so there's no excuse. Here's how:

1. Canvas bags

These are, by far, the easiest to clean. Just toss them in the washing machine and launder in hot water with detergent. Then, run them through the dryer.

2. Recycled plastic bags

You should wash anything made from recycled plastic containers (a.k.a. polypropylene bags) by hand in warm soapy water and line dry it. Don't forget about the inner and outer seams, where crud can hide and collect.

3. Insulated shopping bags

Since you're probably transporting raw meat in these bags, wipe them with a disinfecting wipe after each use.

4. Nylon bags

Flip them inside out and wash them by hand in warm soapy water. If you prefer to machine wash them, use the gentlest cycle to prevent the bag from coming apart. Then, allow them to air dry.

Stinky bags? Prevent musty odors from developing by making sure bags are completely dry before using them. Also, you should never store reusable bags, especially unclean ones, in the back of your car or the trunk between uses. Excessive heat can cause bacteria to grow even faster.

Copied by GoodHousekeeping Magazine. Author Christina Peterson



Health Department (continued)

STAFF RECOGNITIONS

Public Health Nurse Graduates from Foundations Course

The Local Public Health Institute of Massachusetts congratulated the Foundations for Local Public Health Practice class of 2016 at a recent awards ceremony at Fort Devens. Public Health Nurse Gail Johnson graduated after completing 60 hours of training showing immense commitment and dedication to professional development.



Gail Johnson, 4th from left is recognized at a recent awards ceremony

New Town News Subscription Manager



The town's new website uses a different method to notify people of new items. Users who have subscribed on the old website need to register on the new site to continue receiving notices.

Please visit www.westfordma.gov/list.aspx and follow the simple instructions to sign up for the various feeds available. You will receive email from us to confirm each thing you sign up for, and you need to click the link in each of those emails before it will start working. This confirmation process provided security ensuring that only you can change your notification settings.

While visiting the new website consider setting up a profile account. This allows you to gather feeds from the website into a custom portal and as we implement some of the new features of the site you will be able to save data and track the progress of your interactions with the town.



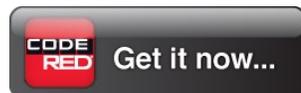
Register Additional Phone Numbers with Reverse 911

CodeRED is a Community Messaging System, used to notify residences of emergency, and general information through an automated telephone dialing system.

Most residents will not need to take action 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

[Click here](#) to register additional phone numbers or email addresses.

Download the CodeRED Mobile Alert App for your smartphone [Here](#):



Be Prepared and Informed Incase of an Emergency

Set Your Radio Preset to Westford Emergency Management's 1630 AM

In an emergency tune in to Westford's 1630 AM for local information.



Council On Aging Events

55+ EARLY EVENING PROGRAMS: Open Tuesdays and Thursdays 4:00-8:00 PM

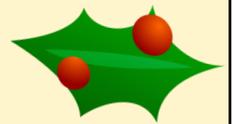
CIRCUIT TRAINING

Starting mid-January we are planning to have a circuit training class in our fitness room on a Tuesday or Thursday evening from 5:30-6:30 p.m. With the help of an instructor, come learn how to use the cardiac and strength equipment and create a personal exercise program that addresses your goals and health concerns. For more information, call Annette at 978-399-2326.

LOWELL GENERAL SERIES

We are pleased to announce a FREE monthly series with speakers from Lowell General Hospital. The 2nd Tuesday of every month Mark your calendars and register at 1-877-544-9355.

- January 10th (5:30-8) Big Dreams, Big Intentions – setting goals
- February 14th (6-7:30) Small Steps that Make Big Changes
- March 14th (TBD) Stress Management with Self Hypnosis
- April 14th (TBD) Diabetes Survival Skills



QUIGONG – FOR RELAXATION AND BALANCE

This 5,000-year-old healing art form is one of the core elements of Traditional Chinese Medicine. Join us here on Thursdays 1/19-3/9 at 7:00 -8:00 pm for a moving mediation created by coordinating slow flowing movement, deep rhythmic breathing and a calm meditative state of mind. Dave Crocker will lead this 8-week session which will teach you 4 different qigong sets that can be done seated or standing. The fee for Westford residents is \$40. and to register please call 1-877-544-9355.

SANDWICH GENERATION SERIES

We are offering a series of informational sessions on a monthly basis on the last Tuesday of every month from 6:00-7:00 p.m. Join us January 31st for Estate Planning and Asset Protection with attorney David Walker and February 28th for Down Sizing with Kathy Cunningham of Coldwell Banker Real Estate. These sessions are open to folks of all ages. Please call 978-692-5523 to register.

TRENDY THURSDAYS - 5:00-6:30

Fun activities with a light dinner for participants the last Thursday of every month.

- Jan. 26th** **Movie Night with popcorn, hotdogs and drinks**
- Feb. 23rd** **Game Night, billiards, ping pong, indoor golf, bean bag toss, pizza and drinks**
- March 20th** **Travel Slideshow, with chili and cornbread**



Looking Fabulously Fall Fashion Show at Woman's breakfast. Pictured is Annie Armienti modeling her holiday cocktail dress from our fashion show partner- Marshall's of Westford

Cameron Center News

TAI CHI-YANG TAO

This short form of Tai Chi will be offered here for 8 weeks starting 4/6-5/25 on Thursdays from 7:00- 8:00 p.m. More information will be in the March newsletter. Please call to register 1-877-544-9355.

WATERCOLOR ART CLASS

This Tuesday evening class will be back by popular demand starting March 14th from 6:00-7:30 pm. Get your paint brushes ready! Please register at 978-692-5523. Cost-\$20

ROWING IS BACK STARTING TUES. JANUARY 3RD

Want an amazing work-out and enjoy the camaraderie of fellow rowers who will push and encourage you than this class brought to you in partnership with our Town Recreation Department. Classes will be each Tuesday and Thursday from 1:30-2:15 running January 3rd thru March 9th. There are only fifteen spots for this class so please register quickly 978-692-5523. Cost \$30
*Scholarships are available for this class if you would like to participate but the cost will cause a hardship for you. Please see Alison or Annette about scholarship opportunity.

THE MEMORY CAFÉ *

A Memory Café is a welcoming, casual place for people with forgetfulness or other changes in their thinking to gather and socialize. Come enjoy one another's company from **10:30 -11:45 on January 23rd and February 27th**. **January's program is Pet Therapy and for the caregivers a discussion with an Elder Law Attorney. February's program is casual Chair Movement and Dance.** This is a collaborative effort with the Westford Council on Aging and ComForCare, a local home care agency. Any questions, please call Annette, Outreach at 978-399-2326.

A BIG THANK YOU TO FALL CLEANUP VOLUNTEER GROUPS

We would like to extend sincere thanks to the following groups that helped 20 of our local seniors with yard work this fall: The First Parish Church, the United Methodist Church, Westford Academy students from the Power of One class and National Honor Society, several local boy and girl scout troops, the Luthra family and St. Catherine's confirmation classes. Your time and efforts is greatly appreciated by all.

Community supports Holiday Basket Programs with much generosity.

Pic. L-R is Katie Russell , COA Senior Asst. with Karen Heitkamp, St. Vincent de Paul-St. Catherine's coordinators of this collaborative partnership stop to exhale as over 75 Thanksgiving Baskets are about to be distributed through much community goodwill.



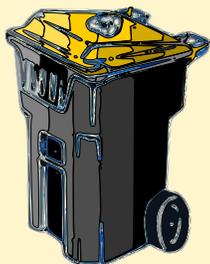
Recycling Commission



HOLIDAY RECYCLING REMINDERS

Holiday season activities generate a large amount of recyclable material. Massachusetts state environmental regulations ban recyclables from trash. As a reminder, the Westford Recycling Commission asks residents to recycle all they can. Recycling saves Westford money by diverting trash from the incinerator which costs \$68 per ton.

- Recycle your cardboard gift boxes, garment boxes, toy and game packing cardboard, clean food boxes, beverage cartons, and shipping boxes. All cardboard must be flattened and no larger than 3 feet by 3 feet in size.
- Recycle your gift wrap paper (no foils), tissue paper, and paper tags, bags, cards, decorations, and envelopes. Recycle your newspapers, ads, and catalogs.
- Recycle your clean clear and colored bottles, jars, aluminum and steel cans, aluminum foil, and plastic containers marked #1- #5, #7. Styrofoam #6 is not acceptable at curbside.
- On your recycling day, put recyclables in bins, boxes, or totes at the curb by 7 a.m. and separate them from your trash containers. All recyclables can be mixed together.
- "Recyclables" stickers to affix to receptacles are available at the Town Clerk's office.



As an elective option, you may purchase your own 64-gallon wheeled recycling tote by mailing a check for \$50 payable to the "Westford Recycling Commission" to the Westford Recycling Commission, 55 Main Street, Westford, MA 01886. You may also take your check to the Town Clerk's office at the Westford Town Hall. Please include your name, address and phone number. Toters are in stock. When your check is received, you will receive a call about when and where to pick up your tote(s).



The Westford Recycling Commission
thanks you for reducing,
reusing, repurposing,
and recycling!