



Jodi Ross,  
Town  
Manager

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978-692-5500

**Important:**

Please sign up to receive updates on the latest road construction in town.

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**Memorial Day Ceremonies**  
Sunday, May 28  
See Page 11

**Community Gardens Plot Sign up Deadline**  
Thursday, June 1  
See Page 7

**Strategic Planning Retreat at Kimball Farm**  
5:30 pm to 8:30 pm  
Thursday, June 15



Watch Meetings Online  
**westford**   
community access television  
[www.westfordcat.org](http://www.westfordcat.org)

**Dear Westford residents,**

Spring is finally here, and with it comes several new town officials following our recent local election. Congratulations to all newly elected members of our town's boards, commissions and committees, along with our new Town Moderator! Thank you again to all who have served our town so well over the past several years. The Board of Selectmen recently recognized the 15 years of service to our town by Kelly Ross, who did not run for re-election. Kelly's leadership, wit, dedication, and poetic talent will be missed.

The Board of Selectmen presented Exceptional Services Medals to Police Officers Greg Burns and Ian McEnaney for their recent actions of bravery, discipline and professionalism. In response to a dangerous situation late at night, the officers acted swiftly and effectively to control the interaction and ensured everyone's safety. I sincerely thank these officers for their consistently outstanding service to our community.



*Police Officers Ian McEnaney and Greg Burns*

A number of our town staff members received prestigious recognitions recently. Richard "Chip" Barrett, Highway Superintendent, received the American Public Works Association's Professional Manager of the Year Public Works Emergency Management Award for the year 2017; Health Director Jeff Stephens, Food Inspector Arnie Price, and Health Agent Rae Dick earned the credentials of Certified Professional in Food Safety by the National Environmental Health Association; and Rae Dick was inducted as a Local Public Health Institute Fellow.

Although no surprise to anyone who knows her, I'm pleased to report that the Roudenbush Community Center's third annual Person of the Year honored Nancy Cook back in April, and I was thrilled to support her recognition and show my appreciation for all her work for our community.

The town's Health Department hosted their annual health and wellness fair with food truck festival known as the WestFest, at the Abbot School earlier this month. They partnered with local businesses and other town departments to provide services, information, games, children's experiences and cooking demonstrations, with proceeds from activities benefiting local organizations and non-profits.

(Continued on next page)

Town offices will be closed on Monday May 29<sup>th</sup>, in honor of Memorial Day, and our Veterans Services Officer will be hosting a special observance on Sunday, May 28 in our town, culminating with a parade and ceremony on our town common. More information may be found through [the town calendar](#).

Don't forget to mark your calendars for the Strategic Planning Retreat at Kimball Farm from 5:30pm to 8:30pm on June 15, 2017. This event is always a lot of fun, and a great opportunity to meet local officials and town staff, learn about community groups and initiatives, and provide your ideas on long-term planning and goals. This year's topics include Healthy Communities, Pedestrian Safety, ridding our town of litter, how we will handle the legalization of recreational marijuana, and much much more! Complimentary dinner and ice cream bar will be provided. For more information please visit: [2017 Strategic Planning Retreat](#).

Our town hall staff is wishing a bittersweet goodbye to Kaari Mai Tari as she leaves her post as Town Clerk for the same role down the road in Concord, MA. Kaari has been with us for 15 years, and is certainly one of the best clerk's in the entire commonwealth. We will be searching for new Town Clerk, but no one will be able to replace Kaari's mark on our town and its services. Please join us on Wednesday May 24<sup>th</sup> in the town hall at noon to thank her and wish her well.

There are several openings on other local boards and committees, including: the Affordable Housing Committee, Agricultural Commission, Communications Advisory Committee, Cultural Council, Energy Committee, Historical Commission, Master Plan Implementation Committee, Public Works Initiative Committee, Parks and Recreation Commission, Permanent Town Building Committee, Public Works Initiative Committee, Town Center Parking and Traffic Study Committee, Zoning Board of Appeals, and others. I urge you to peruse our website for information about the work of these committees; and 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](#).

Enjoy these beautiful days!

Sincerely,



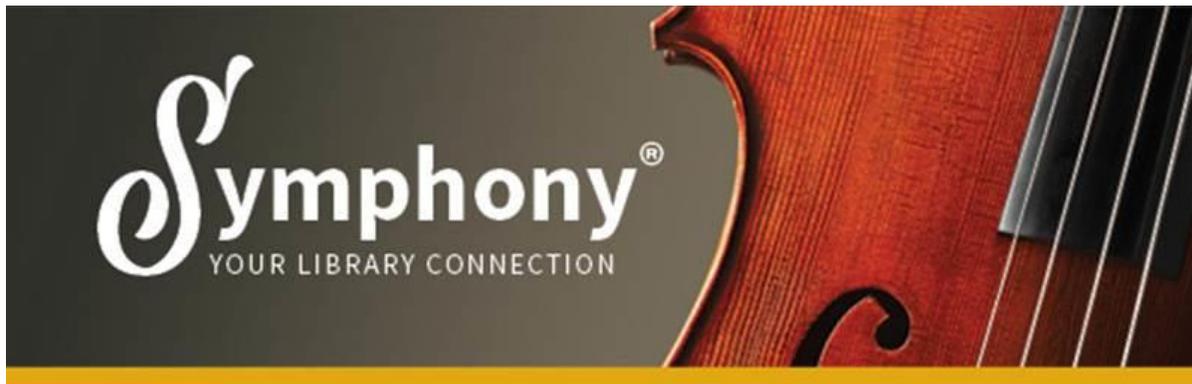
Jodi Ross  
Town Manager



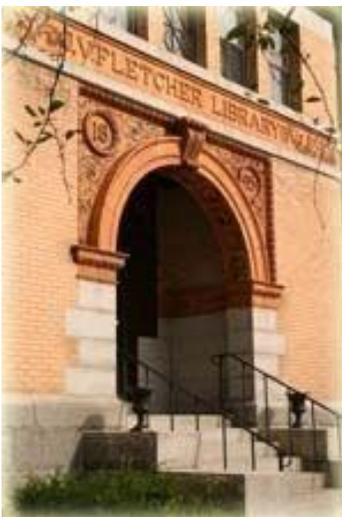
*Westford Selectmen marching in the Westford Kiwanis Apple Blossom Parade.  
(l to r) Tom Clay, Andrea Peraner-Sweet, Elizabeth Almeida, and Scott Hazelton.*

## J.V. Fletcher Library

The J. V. Fletcher Library and the Merrimack Valley Library Consortium announce that a new, web-based catalog – **Symphony** - will make its online debut on Thursday, May 18. When you visit the Library's web site, just open the ONLINE CATALOG as usual. Exciting new features include: user-friendly search functions that allow for misspellings or punctuation errors; enhanced searching tools; online displays of new and popular materials; the ability to read the catalog in English, Spanish or Chinese; secure online payment processing with credit or debit cards and the time saving service of being able to download eBooks and eAudiobooks to your devices without ever having to exit the Catalog.



Don't worry, you won't lose the features you love, like reading suggestions, reviews, and making your own lists. Of course, you'll still be able to log in to manage your account and holds just as you always have.



[WWW.WESTFORDLIBRARY.ORG](http://WWW.WESTFORDLIBRARY.ORG)

## Recreation Department Sound Bites

### ROW, ROW, ROW...

Westford Community Rowing (WCR) has had an amazing regatta season this spring. WCR regattas include the Forge Cup, where WCR hosted over 200 athletes from teams around Massachusetts. During this event, WCR



won the Women's Junior Varsity 8+, the Women's Junior Varsity 4+, the Women's Junior Novice 8+, the Women's Junior Novice 4+, the Women's Junior 2x, the Men's Junior 2nd Varsity 8+, the Men's Junior Novice 4+, and Men's Junior 2x. On May 13, the team attended the Amber Zapatka Memorial Regatta (Lowell Invitational), the second largest spring regatta that WCR attends. Racing against 38 other teams, WCR rowed away with the bronze medal in the Women's Junior Novice 4+. Hats off to **Head Coach David Cormier**, and **Assistant Coaches Michael-Anne Sevick** and **Katherine Lombard**. Last in the queue for the spring season is the USRowing Northeast Youth Championship, held on May 20-21, at Lake Quinsigammond, Worcester MA . This 2,000m race will be held on one of the most famous race courses in the US. The top three finishers in first varsity events will earn an invitation to USRowing Youth Nationals in Sarasota, Florida.

**Haley Doucette**, a WA and WCR crew alum, as well as a past Parks & Rec summer employee, landed an impressive article in the Lowell Sun this May. As noted in the article, Haley, a coxswain for Northeastern's women's varsity-8 boat, will be taking part in the renown Henley Women's Regatta event in England. According to Northeastern's Head Coach Joe Wilhelm, "When she (Haley) is motivating the crew, she is one of them. She strikes the right balance of empathy and toughness to help them reach their potential."

WCR, a Westford Parks & Recreation program, is supported by Westford Friends of Recreation (WFOR), a volunteer board whose mission is to help improve the community's recreational opportunities. WCR provides a rowing experience that is both on and off the water, for rowers of all ages and abilities, from novices to experienced oarspeople. To learn more about this low-impact, heart-healthy sport, visit *About Rowing* on [www.westfordrec.com](http://www.westfordrec.com).

### WPC NEWS

WPC Session 5 is the last session of the 2016-2017 school year - Tuesday, June 20 will be the final day of the session. Parks & Recreation staff is already planning the 2017 Session 1 curriculum for this fall. Look for Session 1 registration forms on the *WPC About* page on [westfordrec.com](http://westfordrec.com).

*Westford Partnership for Children (WPC), the Westford 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.*



*You can enroll for WPC programs at any point during the session. For additional information, call 978-692-5532. For WPC 2017 registration forms, visit [westfordrec.com](http://westfordrec.com), or the Westford Parks & Recreation office at 22 Town Farm Road.*

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## Recreation Department Sound Bites (Continued)

### GETTING READY FOR SUMMER FUN

During the **Parks & Recreation Summer Program Fair**, attendees explored and registered for summer offerings such as the Summer Weekly Programs, waterfront activities, tennis, archery, rowing, and more. Dressed in a wizard hat and cape, the fair's Chess Wizard presenter engaged both children and adults as he discussed the inside and outside activities children will enjoy at this summer's **NEW** Parks & Recreation program, **CHESS WIZARDS**. This nation-wide program knows how to make chess fun with a curriculum that incorporates all levels and abilities. Learn more or register online at [westfordrec.com](http://westfordrec.com). For additional information, visit [chesswizards.com](http://chesswizards.com). During the fair, **PLAY-WELL TEKNOLOGIES**, another **NEW** program sponsored by the department, brought a dynamic LEGO® construction that inspired the kids to build and play while parents registered for programs. Utilizing over 100,000 pieces of LEGO® for each class, Play-Well engages students in solving real-world engineering challenges that explore concepts in physics, architecture, and engineering. Learn more or register online at [westfordrec.com](http://westfordrec.com). For additional information, visit [play-well.org](http://play-well.org).

Parks & Recreation is proud to present **VENTURE OUT MIDDLE SCHOOL TRIPS**, a great new program that offers a variety of fresh adventures like Boda Borg, Paintball, Canobie Lake Park, Kayaking, and more. Venture Out offers three weekly programs (three days per week) for students entering grades 6-8, as well as those who just graduated from Middle School. Choose one day or choose them all. For more information, visit the *Venture Out* page under *Summer Weekly Programs* on [www.westfordrec.com](http://www.westfordrec.com).

For young nature enthusiasts, the Summer Weekly Program **DESTINATION EXPLORATION** recently purchased paddleboards and fishing rods with lures. (Yes-Once caught, all fish are released.) To learn more about this and other Parks & Recreation **Summer Weekly Programs** including Kids Club, Leadership, Ready, Set, Go!, and Summer Beach Party, visit [www.westfordrec.com](http://www.westfordrec.com).

More up and coming programs to look out for: **JUNIOR GOLF AT KIMBALL FARM** for ages 7-16. Session 2 starts on June 2. **BEGINNER AND RETURNING ARCHERS** for ages 8-17. Session 2 starts on June 1. Learn more at [www.westfordrec.com](http://www.westfordrec.com).

**Interested in being a lifeguard?** Parks and Recreation is looking for lifeguards. If you're interested, register for the Red Cross Lifeguard Certification Class. This class provides entry-level participants the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Visit the *Activities* tab on [www.westfordrec.com](http://www.westfordrec.com) to learn more. For prerequisite information email [rec\\_waterfront@westfordma.gov](mailto:rec_waterfront@westfordma.gov).

This month Parks & Recreation will run the first of two **2017 Summer Staff Orientations**. There will be another in June. In training are over 100 seasonal employees, mostly high school and returning college students, many whom have taken the Parks & Recreation Leadership course. Already CPR and First Aid certified, the staff training will focus on policies and procedures that include safety, leadership and the importance of being a positive role model.

(Continued)

## Recreation Department (Continued)

### WESTFORD ACADEMY SENIORS CAPSTONE - 2017

**Community Service projects for the Parks, Recreation, & Cemetery Department.  
April 10-May 19, Site Supervisor: Pat Savage**

We had a great crew of Capstone students this year! Below is a synopsis of each student's project.

**Nicholas Vavruska** updated Cemetery records and maps for the burial location of Veterans. Nick visited each of the six Town-owned Cemeteries to ensure that all Veteran gravesites had a flag holder. (American Flags are placed on Veterans' graves for Memorial Day and removed after Veterans Day.) As part of this process, Nick completed a Veteran data base for each cemetery as well as updated the cemetery maps with the Veteran burial locations. Nick will provide veterans organizations with updated maps to assist in the placement of the flags. Thanks to Veterans Agent Terry Stader for providing flag holders for the graves.

**Jonathan Xing** and **Adam Wolpert** have continued "Clean Up Westford", a 2016 Capstone project started by Iman Zarrinkoub, Prateek Makhija, and Karl Frolich. Each week Jon and Adam designated and cleaned a series of fields using the Highway Department's Litter Kit. Jon and Adam have worked hard to spread the word: Keep Westford's fields clean! The team designed a logo to help communicate this concept.

**Erin Wylie, Matt Ricci, and Jennessa Healey** also worked on cleaning up Westford by removing trash from a variety of different sites. As part of their project, the group researched other Town's Carry In/Carry Out policies as well as discovered that many residents were using the recycling bins for trash. The take-away for this team is the need to educate residents about what "Carry In/Carry Out means, and that a public awareness effort would remind people that they are responsible for keeping the Town's property clean by carrying out what they carry in.

**Evan Iftexhar** worked on a data collection project for the Public Works Initiative Committee. He was given a list of properties under the custody of the Board of Selectmen. Evan researched available records as well as travelled to each location to photograph the properties. Once all the information was gathered, Evan created a database for the parcels.

**Westford Community Rowing (WCR)** has had the pleasure of hosting three Capstone interns who are also members of this year's Junior Competitive Team. They have taken on the responsibility of running our senior fitness class, running our social media sites, editing our website, and completing various cleanup and organizational projects.

The participants are:

**Joe Marino**, who will be attending Boston University.

**Stephanie Boroshok**, who will be attending American University.

**Wes Baker**, who will be attending Brandeis University.

# Westford Community Garden

## Opening Weekend - April 29, 2017



The garden expansion is complete and we have just a few plots remaining. We will accept gardeners until June 1st. Applications are on the town website.



The expansion from 100 to 250 plots was a big team effort and the gardeners would like to thank everyone who was involved.

Using CPC money approved at the Fall, 2016, Town Meeting, we installed a well (under budget!) that provides approximately 50-gpm! With the assistance of the Highway and Water Departments, we now have 12 spigots down the center of the garden that will making watering much easier for gardeners. The funds approved at Spring Town Meeting funded a parking lot expansion and fencing for the new section of the garden.

The garden opened April 29th with nearly all the gardeners showing up for a work day where gardeners moved hundreds of wheelbarrow loads of wood chips to cover the paths and perimeter.

Gardeners are now planting and grateful for the frequent spring rains!



[www.westfordma.gov/communitygardens](http://www.westfordma.gov/communitygardens)

## Health Department

PUBLIC HEALTH FACT SHEET

# Powassan virus

### What is Powassan virus?

Powassan virus causes a rare, but often serious disease, and is spread by the bite of tiny, infected deer (black-legged) ticks. There are two types of Powassan virus in the United States. One type is found in ticks that normally feed on woodchucks (groundhogs); the second type is carried by deer ticks, the same ticks that can also carry the germs that cause Lyme disease, babesiosis and anaplasmosis.

### Where do cases of Powassan virus disease occur?

Although only about 50 cases of Powassan infection have been reported in the last 10 years in the United States, most of those cases have occurred in the Northeast and the Upper Midwest. There have been cases of Powassan virus infection in Massachusetts in the last 10 years.

### How is Powassan virus spread?

Powassan virus is spread by the bite of an infected tick. In Massachusetts, the deer tick is the type of tick most likely to carry this infection. While ticks must be attached for a certain length of time before they can spread most infections, there is some evidence that Powassan virus can spread from the tick into a person after only a short time of attachment.

### When am I at risk from Powassan virus?

Cases of Powassan virus disease can occur any time ticks are active. Young ticks (nymphs) are most active during the warm weather months between May and July. Adult ticks are most active during the fall and spring, but may also be out searching for a host any time that winter temperatures are above freezing.

### How soon do symptoms of disease appear after a tick bite?

Symptoms of disease usually begin between one week and one month after the bite of an infected tick.

### What are the symptoms of Powassan virus disease?

Although most people who are exposed to Powassan virus likely never feel ill, others may become severely ill with meningitis (inflammation of the covering of the brain and spinal cord) or encephalitis (inflammation of the brain). Signs and symptoms include fever, headache, vomiting, weakness, confusion, loss of coordination, speech difficulties and seizures. Approximately 10% of people with this severe form of the disease will die and survivors may have long-term health problems.

### Is there treatment for Powassan virus disease?

There is no specific treatment once infection with Powassan virus has occurred. Treatment consists of supportive care, rest and fluids to prevent dehydration.

### Did you know?

You don't have to be a hiker on Cape Cod to worry about ticks. In Massachusetts, you can be bitten in your own back yard. There are lots of things you can do around your own backyard to make it less inviting for ticks! Visit the MDPH Tickborne Disease Website at <http://www.mass.gov/dph/tick> for suggestions.

**Health Department (continued)**

PUBLIC HEALTH FACT SHEET

 **Powassan virus****What can I do to lower my chances of getting any disease from ticks?**

Prevention begins with you! Take steps to reduce your chances of being bitten by any tick. Ticks are most active during warm weather, generally late spring through fall. However, ticks can be out any time that temperatures are above freezing. Ticks cling to vegetation and are most numerous in brushy, wooded or grassy habitats. They are not found on open, sandy beaches, but may be found in grassy dune areas. When you are outside in an area likely to have ticks (e.g. brushy, wooded or grassy places), follow these simple steps to protect yourself and your loved ones:

- Use a repellent with DEET (the chemical N-N-diethyl-meta-toluamide) or permethrin. Repellents containing DEET should not be used on children less than 2 months of age and should be used in concentrations no higher than 30% on older children. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin. More information on choosing a repellent and how to use repellents safely is included on the MDPH Public Health Fact Sheet on Tick Repellents at:

[www.mass.gov/eohhs/docs/dph/cdc/factsheets/tick-repellents.pdf](http://www.mass.gov/eohhs/docs/dph/cdc/factsheets/tick-repellents.pdf)

- Wear long, light-colored pants tucked into socks or boots, and a long-sleeved shirt. This may be tough to do when the weather is hot, but it will help keep ticks away from your skin and help you spot a tick on your clothing faster.
- Stay on trails when walking or hiking, avoiding the edge habitat where ticks are likely to be.
- Showering immediately after potential tick exposure may help remove unattached ticks.
- Talk to your veterinarian about tick control options (tick collars, repellents) for your pets.

After spending time in an area likely to have ticks, check yourself, your children and pets for ticks. Young ticks, called nymphs, are the size of a poppy seed. Adult deer ticks are the size of a sesame seed. Both nymph and adult deer ticks can spread diseases ticks carry; however, nymphs are often of more concern. They are aggressive feeders and so tiny that it can be difficult to see them on the body, unless you are looking carefully. When doing a tick check, remember that ticks like places that are warm and moist. Always check the back of the knees, armpits, groin, scalp, back of the neck and behind the ears. If you find a tick attached to your body, remove it as soon as possible using a fine-point tweezers. Do not squeeze or twist the tick's body, but grasp it close to your skin and pull straight out with steady pressure.

**Know the symptoms of tick-borne disease.**

If you have been someplace likely to have ticks and you develop symptoms of any disease carried by ticks, see your health care provider right away.

**Where can I get more information?**

- For questions about your own health, contact your doctor, nurse, or clinic
- For questions about diseases spread by ticks, contact the MDPH at 617-983-6800 or toll free at 888-658-2850 or online at [www.mass.gov/dph/tick](http://www.mass.gov/dph/tick). Westford Health Department 978-692-5509.
- Health effects of pesticides, MDPH, Bureau of Environmental Health at 617-624-5757.

Massachusetts Department of Public Health Tick-borne Disease Website: [www.mass.gov/dph/tick](http://www.mass.gov/dph/tick)

## Health Department (continued)

On behalf of the Westford Health Department, we want to thank all of the participants for a successful Health and Wellness Fair alongside the Food Truck Festival on May 6 at the Abbot Elementary School.

Despite the weather, we estimated that about 800 people attended the fair.

We want to thank Circle Health, Emerson Hospital, Heart Smart Audiology, Dr. Megan Ford Aud CCCA, FAAA, Children's Dental Association, Dr. Peter Geller, Walgreens, Town of Westford Veterans Services, Terry Stader, agent, Cameron Senior Center, Mental Health Services, Sue Hanly RN, Medical Reserve Corp, Senior Helpers, Julie Wysocki, Network Chiropractic of Acton Healing Center, Dr. Debra Diamond, Corrective Care Chiropractor, Dr. Carla Leclerc, Pediatric and Allergy West, Westford Coalition for Non-Violence, The Healing Point, Cynthia McMahon King licensed Acupuncturist, Children's Melanoma Prevention Foundation, Maryellen Maguire Eisen, RN, MSN, Healthy Westford, Zumba, Westford Parks and Recreation Dept., Whole Foods, Central Mass Mosquito Control, Fitness Together, Westfit Club, Orange Theory Fitness, Pure Haven Essentials, In Motion Cycling and Fitness Studio, Westford Regency, The Healthy Westford Committee and Westford Fire and Safety, Lt. Don Parsons.

This was a fun and informative event for kids and adults! The Health Department generally runs this event every two years.





**Memorial Day 2017** - Town wide celebration of Memorial Day will be held on Sunday, May 28th. Ceremonies will be conducted at Freedom Park @ 9 AM, Forge Village monument @ 9:15 AM, Graniteville monument on North Main St @ 9:45 and then at Nab Lake, Byrne Ave. dam at 10:30. On the Town Common, the reading of the Honor Rolls will begin at 10:45 AM. We are looking for READERS, if you'd like to read, please call the Veterans Services office!

Culminating the village ceremonies will be a parade starting at noon from the Roudenbush Community Center to the Town Common where various tributes will be given.

Veterans who would like to participate should meet at the Cameron Senior Center at 8 AM on Sunday. All are encouraged to commemorate our US servicemen and servicewomen who have died in defense of our country on this holiday weekend. Join us if you can.

All veterans and Memorial Day event participants are invited for a luncheon at the Nabnasset American Legion Post #437 at 114 Dunstable Rd. immediately following the service on the Town Common.

An "Event Guide" containing parade routes and times will be located on the town website, [westfordma.gov/veterans](http://westfordma.gov/veterans). If you'd like to participate, contact Terry at (978) 392-1170.

## Westford Trail Stewards Maintain Trails in the Emmet Conservation Land



*Members working to reopen Emmet Trail. Dreary weather did not deter them.*



*The stewards are (l to r) Larry Willard, Mike Woessner, Teun Ott, Elizabeth and Herb Elliott, Bob and Beth Shaw, David Earl, Frank Karkota, and Lenny Palmer.*

Learn more about [Westford Trail Stewardship](http://Westford Trail Stewardship) and [Westford Trails](http://Westford Trails).

## Recycling Commission

### Westford Spring Recycling Update - 2017

Spring is finally here – a time for new beginnings and new habits, and a perfect time to think about improving your recycling routine.

Is it time to upgrade your recycling bin to a 64-gallon wheeled recycling toter? As an option for Westford residents, they are available to purchase for \$50. Take or send a check for \$50 made out to the Westford Recycling Commission to the Town Clerk's office, 55 Main St. Include your name, address, and phone number on the check. You will be contacted to pick up your toter.



Any barrel (35 gallon or less) can be used as a recycling container with a "RECYCLE" sticker available for free from the Town Clerk's office, by picking it up or sending a SASE envelope to 55 Main St.



Are you composting your kitchen vegetable scraps? It is a way to lighten your trash load and save the town money. When the compost is ready, you can use it in your yard or garden. Earth Machine composters are available for \$45 by calling 978-692-6986.

If you are spring cleaning and need to discard furniture, carpeting, or other items too large or too heavy (over 50 pounds) to fit in a trash barrel for pickup at the curb, click on the link in the box on the left: Bulk Items & Policy at [www.westfordma.gov/recycling](http://www.westfordma.gov/recycling). You will find information on where to purchase a bulk item sticker for \$5.

One last tip – if you are planting flowers and vegetables that come in plastic pots, look for the recycling triangle symbol on the bottom of the pots to see if they are recyclable.



For more information on recycling, visit [www.westfordma.gov/recycling](http://www.westfordma.gov/recycling)



## Cameron Center

### A DELIGHTFUL MOTHER'S DAY BREAKFAST

Sponsored by Mary Alcorn, Angela Harkness and Patti Mason

On May, 11<sup>th</sup> at 8Am over fifty mothers came to celebrate this exquisite time honoring the importance of motherhood. Each mother was welcomed with a personal arrangement of flowers, an adorable manicure gift and a delicious breakfast with lovely music in the background. The room was enticingly decorated and could only put a smile on one's face. On behalf of the Cameron we would like to thank **Mary, Angela and Patti** for their time, special refining touches and care for others which made the start of the day so special for many...



### TREAD

(Tax relief for the Elderly and Disabled) applications are available at the Cameron Senior Center and the **deadline for submission is August 1<sup>st</sup>**. Applicants must be 65 years or older OR have a state recognized disability, and own and occupy their home. This donation based fund is overseen by committee members who will determine financial award amounts in December. If you should have any questions please call Alison Christopher, LICSW at 878-399-2325.



### LOWELL GENERAL HOSPITAL PRESENTS:

June 13 – Anger Management: Learn to utilize the principles of deep relaxation, slow breathing, affirmations and imagery to bring better control to anger issues. This session is helpful for those needing to manage anger or if you deal with people that have anger issues. Program begins at 6:30 P.M.

To view the complete Council On Aging Newsletter please visit our website:

[www.westfordma.gov/coa](http://www.westfordma.gov/coa) and click on [Newsletters](#).



Westford Senior Center

## Cameron Center Events

### **DANCING (WITH THE STARS) IS BACK**

Come and enjoy a relaxing dance at the Cameron or just come enjoy the music by the one and only "Upbeats Band" and a light dinner, refreshments and some raffles. Please RSVP by calling 978-692-5523. Cost is \$5

### **ORGANIC VEGETABLES AND/OR FRUIT DISTRIBUTION IS BACK, STARTING IN JUNE**

We are excited to have our two partnerships with Gaining Grounds, Concord and WorldPeas, a New Entry Sustainable Farming Project, Lowell providing two different programs which are explained below:

**Gaining Grounds is Income eligible and open to all Westford households:** To participate all you need to do is meet the following income criteria which is HH of one-\$34,001, HH of two-\$44,643, HH of three- \$54,925, HH of four- \$65,387 by simply an income attestation on the day of your produce pick-up. This ten-week program is open on a first come first serve basis and is held at 65 Tadmuck Drive in their community room starting Thursday, June 15<sup>th</sup> at 12:30 and held on consecutive Thursdays.

**WorldPEAS is open to all age 60 and over and will be distributed every other Thursday** for ten weeks starting June 8<sup>th</sup>. Numbers will be given out to the first forty-five participants on distribution day starting at 8AM. Everyone will be asked to do a brief one page survey like the one last year to support the funding for this program in the future. \*Participants in both programs are asked to only pick up one number per household unless one has received approval from social services staff.

### **NEW - PICKLEBALL CLASSES**

Starting Tuesday, June 20<sup>th</sup> at 10 AM- This six-week session will be kicked off with two orientation classes on how to play this very popular and very interactive game. Racquets and ball will be provided to the first twelve participants each session. Court time will be provided by Mill Works located at 22 Town Farm Road. Fee-\$5 to Mill Works per two-hour session.

### **WORLD ELDER ABUSE AWARENESS DAY**

Thursday, June 15<sup>th</sup> 11AM. This is an issue we all want to work on together. Please join Alison and ESMV Protective Services Specialist in learning how to identify elder abuse, neglect, self-neglect and how to handle concerns that you may have about yourself or others. We will also talk about resources for support and assistance. Call Alison at 978-399-2325 if you would like to attend.



### **ANTIQUUE ROAD SHOW**

Sponsored by: RiverCourt Residences, Groton Friday, June 16<sup>th</sup> at 1PM. Bring your family heirlooms and have fun learning how much these collectibles are worth and enjoy looking at others prize antiques(hopefully). Ice cream sandwiches and popsicles will be available for your liking. Please sign up by calling 978-692-5523.

# Kiwanis Apple Blossom Parade - 2017

