

# WESTFORD COUNCIL ON AGING NEWSLETTER

NOVEMBER 2015

MONDAY TO FRIDAY 8:00 A.M.—4:00 P.M.

20 PLEASANT ST., WESTFORD, MA

978-692-5523.

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



MISSION STATEMENT: The Council on Aging promotes physical, emotional, and economic well-being of older adults and promotes their participation in all aspects of community life. 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

Jennifer Claro  
*Director of Elder Services*

Alison Christopher  
*L.I.C.S.W./Social Worker*

Annette Cerullo, LSW  
*Elder Outreach Coordinator*

Claire France ..... Records Supervisor  
Marjorie Hunter ..... Registrar  
Jean Mahoney ..... Registrar  
Eugene Jungbluth .....Lead Van Driver Admin  
Charles Dutton ..Lead Van Driver Dispatch  
Marie Lawrence .....Nutrition Site Manager  
Christopher Mitchell ..... Maintenance  
Peter Murphy .....Evening Supervisor  
Katherine Russell...Senior Asst./Vol. Coord.

Helena Crocker.....Chair

## COUNCIL ON AGING BOARD MEMBERS

Robert Tierney .....Vice Chair  
Nancy Cook .....Clerk

Dorothy Hall, Patricia Holmes,  
Ret. Chief George Rogers,  
Kathryn Wilson

Edward Greenwood .....President

## FRIENDS OF THE CAMERON OFFICERS

Richard Severyn ..... Vice President  
Joyce Cederberg .....Secretary  
Joyce Newton ..... Treasurer  
Barbara Upperman..... Asst. Treasurer

## CAMERON SENIOR CENTER WILL BE CLOSED VETERANS DAY, WEDNESDAY, NOV. 11 AND FOR THANKSGIVING – THURSDAY & FRIDAY, NOV. 26-27

### SOCIAL DANCE – Wednesday, Nov. 4, at 1 p.m.

We've booked the entertaining DJ Jon Mansfield again! Come for a hot lunch of chili, cornbread, drink & dessert, from 1-1:30 p.m. Dancing will be from 1:30-3:30 p.m. To sign up, call 978-692-5523. Dance-only is \$3; lunch plus dance is \$8.

### AFTERNOON OF HARP MUSIC – Friday, Nov. 6, 1 p.m.

Come enjoy and listen to a free afternoon of lovely classical and popular music, including a harp demonstration with Harpist Rebecca Swett at the Cameron. Rebecca has performed at many local businesses and venues, including our Gay 90's Luncheon. Refreshments will follow her performance. To sign up, call 978-692-5523 by November 2.

### HAM & BEAN SUPPER – Saturday, Nov. 21, at 6 p.m.

The Annual Ham and Bean Supper, sponsored by the American Legion Post 159 and the Franco American Club, will be held November 21, at the Franco American Club. There is no charge for the dinner, but we encourage you to bring an item for the Food Pantry. Please pre-register at 978-692-5523.

### THANKSGIVING DINNER – Sunday, Nov. 22, at noon.

For the 17th year, Jim Geraghty, family and friends, are graciously hosting a Turkey Dinner for Westford seniors age 60 and over, November 22, at Westford Academy. Bingo will be from 10 a.m. - noon, with lunch afterward. Volunteers will serve this full-course homemade dinner to you. Seating is limited. Reservations are necessary, so please call 978-692-5523.

### HOLIDAY LUNCHEON – Wednesday, Dec. 2

Join us for a catered roast pork loin lunch, sponsored by the Friends of Cameron, at the Franco American Club. **Doors open at 10:30 a.m.** Lunch, prepared by Shirley Caterers, will be served around 11:30 a.m. Fee for residents is \$7; non-residents \$15. For reservations, call 978-692-5523 **by November 20.**

## Director's Message

With great pleasure, I'm pleased to announce that the Society of St. Vincent de Paul/St. Catherine's Conference (SVdP) has entered into a closer collaboration with the Cameron Senior Center. Tom Brown, president, recently shared that SVdP will contribute not only financially but also with volunteers, enabling us to better serve those in our community in a variety of ways:

### **Westford Food Pantry:**

An independent non-profit organization, the Westford Food Pantry (founded in the 1970s) has been located at the Cameron Senior Center since 1994. Over the years, it's grown and now serves several communities. The new collaboration with SVdP will help us serve even more clients, improving access to food and other resources:

- additional funds will help buy more food
- more volunteers will be available to serve clients
- hours of operation will be expanded – to include some evenings and Saturdays

### **Social Services:**

The Senior Center will be open extended hours, enabling SVdP to provide increased access to case management resources for those in need.

### **Holiday Baskets:**

The collaborative partnership with SVdP also includes partnering with us on our Holiday Basket Program to ensure that our neighbors who are struggling financially have a memorable holiday. Our goal is to be able to serve an anticipated 350 families this year.

I find this partnership to be a very positive collaborative effort and I look forward to seeing great things ahead for 2016 and beyond.

Many thanks to all the individuals, businesses, schools, and community organizations that volunteer their time and contribute money and resources to our Center. They provide much-needed resources to our community. We are truly grateful.

Wishing everyone a very Happy Thanksgiving!

– Jennifer Claro, Director

### **THANK YOU!**

Special thanks to **Inge Berry** and **Eileen Donadio** who kept us healthy this summer by purchasing and preparing veggies for our salad bar for our enjoyment. A BIG thank you to the **Friends of the Cameron** for purchasing all our salad bar items.

**FOOD PANTRY** – Now open Saturdays, from 9 - 11 a.m.!

**BREAKFAST AT THE CAMERON** – New Offerings!

## News and Events

Expanded menu now available for Eat-in or Take Out. See description under *Food & Friendship* on page 3.

### **SHINE – SPECIAL MEDICARE PRESENTATION**

**Thursday, Nov. 5, from 1-3 p.m.**

For anyone wishing to learn more about changing their insurance coverage during the Medicare Open Enrollment period (now until Dec. 7) or for those about to become eligible for Medicare, this SHINE presentation is for you. To register, call 978-692-5523.

### **SENIOR PHOTOS** – Thursday, Nov. 5, from 5 - 8 p.m.

We are thrilled to offer FREE 15-minute sessions with an experienced photographer for seniors to have their pictures taken – with or without their family and/or friends. Your photos will be posted on a safe website, where you can purchase different sizes and quantities. Photos make nice gifts for the holidays. Come, dress up, pose and SMILE! Sign up at 978-692-5523.

### **FALL LEAF PICK-UP** – Saturdays, Nov. 7 and Dec. 5.

Acme Waste Systems has two leaf pickup days, as noted. Filled *paper leaf bags* need to be curbside by 7 a.m. for pickup on collection day. Cost is \$1.25 per bag with a minimum charge of \$20 per pick up. Attach check, payable to Acme Waste Systems, to one of the bags. **Call the Town Clerk's office at 978-692-5515 to register for pick up.**

### **WALK FOR THE POOR** – Wednesday, Nov. 11.

St. Catherine's Church is sponsoring a local walk to support local food banks, including the Westford Food Pantry at Cameron. To show our appreciation, we are seeking folks who would be interested in passing out water bottles, holding signs and cheering on the walkers from 9 to 9:30 a.m., as they pass by the Cameron. If this opportunity to show gratitude moves you, please call Annette at 978-399-2326. Much thanks.

### **VETERANS LUNCH** – Thursday, Nov. 19, at 1 p.m.

Veterans and their spouses are invited to enjoy a Chinese luncheon and a special presentation by Westford's Veterans Service Officer Terry Stader on veteran spousal benefits. This program is sponsored by Terry Stader and American Legion Post #159 with Bill Vullo. RSVP to 978-692-5523 by Friday, Nov. 13.

**SHUTTLE SERVICE TO BOSTON** – New for medical trips. See info under *Support Services* on page 6.

### **BIRTHDAY CELEBRATIONS**

All are invited to celebrate our November and December Birthdays. Come join us for cake and ice cream in the Welcome Area at the Cameron. RSVP to 978-692-5523 at least two business days ahead:

## Food & Friendship

- **Thursday, Nov. 19, at 12:30 p.m.** ~ November birthdays
- **Thursday, Dec. 31, at 12:30 p.m.** ~ December birthdays

### **BREAKFAST – Monday-Friday from 8:30 - 9:30 a.m.** **Expanded menu now available for Eat-in or Take Out.**

With the support of the Elder Services Nutrition program, all breakfasts are now a la carte. Milk and juice are included with all breakfasts. We are pleased to add several new items to our menu. For **\$.50 each**, the following items will now be available to enjoy at Cameron: egg, cheese, turkey and bacon on toast, skillet frittata with cheddar, pancakes, eggs and turkey sausage, cinnamon French toast, cheese omelet, and steel cut oatmeal. All of the above are frozen, so if you prefer, you can pre-order your meal for take-out. It will be bagged up and ready for pick-up, payable at that time. Or, you can join us and your friends for a hot breakfast at Cameron. **Breakfasts must be pre-ordered one week in advance** by calling 978-692-5523 on Monday's or Thursday's and placing your order with Edna.

**MEN'S BREAKFAST** – Tuesday, Nov. 10, at 8 a.m.  
**Turkey: Sacred Lands and Civilizations** – Gerry Abegg will present a slide show about his recent travels to this ancient land of forests, mountains, open plains, and beaches. His talk will include descriptions of the myriad civilizations that have lived and dominated this part of Asia Minor. RSVP by Friday, **Nov. 6**, to 978-692-5523 or [achristopher@westfordma.gov](mailto:achristopher@westfordma.gov).

**WOMEN'S BREAKFAST** – Thursday, Nov. 12, at 8 a.m.  
Travel to Turkey with Gerry Abegg who will delight us with tales of his trip (see above). To RSVP, call 978-692-5523 at least two business days ahead, so we can plan for food. Next month: **Dec. 8** – Holiday Social Breakfast: combined men's & women's event.

**LUNCH** – Monday - Friday at 11:30 a.m.  
Elder Services of Merrimack Valley provides anyone age 60 and over with low-cost nutritional meals at Cameron (see menu on page 8). Lindley Food Service is the caterer. For reservations, call 978-692-5523, between 8–10 a.m., a minimum of two days in advance. Donation is \$2. If spouse/partner is under the age of 60, the cost is \$4.50.

### **LUNCH & LEARN PROGRAM**

Please RSVP at the Front Desk or 978-692-5523 for these free programs, so we can plan food quantities. The first 18 people are guaranteed food. Space is limited. Thanks to Subway for donating our October lunch.

- **Friday, Nov. 13, at 12:15 p.m.** "Let's Go Fly a Kite" or come learn how to build one! Cost for supplies is \$5. Lunch will be provided by Benchmark.
- **Friday, Dec. 11, at 12:15 p.m.** Presentation TBD.

### **RESTAURANT REVIEW**

**Wednesday, Nov. 18, at 11:30 a.m.**

**Princeton Station**, 147 Princeton St, Chelmsford. Please pre-register at 978-692-5523, so we can ensure adequate seating. When you arrive, check in under "Westford Senior Center." Bon Appétit!

### **MEALS ON WHEELS** – Monday through Friday.

Along with traditional meals, five special diets are now available to clients, with a doctor's authorization. Meal deliveries are to your door, Mondays - Fridays, around noon. Call 1-800-892-0890 to register.

*VOLUNTEER DRIVERS WANTED, CALL 978-399-2330.*

### **FLU CLINIC** – Friday, Nov. 6, from 10 a.m. to noon.

As in years past, regular flu vaccine will be offered free to all Westford residents age three years and older. Children under 18 **must** be accompanied by a parent. Because of limited pediatric vaccine, we request that children under 36 months of age receive their vaccine

## Health & Wellness

from their medical doctor.

Homebound individuals who require a home visit should contact the Health Department at 978-692-5509 to schedule an appointment.

This program is **free**, but please bring your **health insurance information**, as the town can seek reimbursement from insurance carriers.

### **BOARD OF HEALTH CLINIC**

**Monday, Nov. 9, from 9:30 - 11:30 a.m.** Hearing/Aid Screenings at Cameron with Dr. Megan Ford from HearSmart Audiology of Littleton. By appointment only. Call the Board of Health at 978-692-5509 to book your 40-min. appointment.

### **HEALTH INSURANCE**

**Friday, Nov. 20, 10 a.m.**

Heather Hurd a representative from Blue Cross Blue Shield of Massachusetts will be hear to discuss health insurance options with plan updates and an opportunity to ask questions. Please call 978-692-5523 to sign up.

### **PODIATRY CLINIC** – Monday, Nov. 9, at 9:30 a.m.

Advance appointments are necessary with Dr. Aileen Gregorian. Call 978-692-5523. **Cost is \$30.**

**BLOOD PRESSURE & MORE** – Health screenings including: a blood pressure reading, medication review, weight check and an opportunity to discuss other concerns are available at the Senior Center:

- **Tuesday, Nov. 10, at 9 a.m.** with Board of Health.
- **Monday, Nov. 23, at 8 a.m.** with Circle Home, Inc.

THANKS TO THE GENEROSITY OF THE FRIENDS OF THE CAMERON SENIOR CENTER, EXERCISE CLASSES ARE FREE. PLEASE CONSIDER A DONATION TO 'THE FRIENDS.'

NOTE: SEE MONTHLY CALENDAR FOR CLASSES – PAGE 9  
WE INVITE ALL TO PARTICIPATE

**BONE BUILDERS** – Balance & strength building

## ***Fitness and Exercise***

- **Mondays & Wednesdays at 9:30 a.m.**
- **Tuesdays and Thursdays at 1 p.m.**

To enroll, call 978-692-5523. Stop by to complete required paperwork prior to starting a class.

Volunteer leaders wanted for Bone Builders. For info, contact Pat FitzGerald at 978-621-7734 or pfitzgerald99a@verizon.net.

**CAMERON FITNESS CAMP** – Thursday, Nov 5, 1:30 p.m.

**Second class added!** A free, 12-week group training class, suitable for all levels from beginner to advanced. Class includes: cardio; weight or resistance training for bone health and posture; and dynamic stretching for improved range of motion, balance and flexibility. Instructor Kim Vespucci is a NPTI certified trainer. All welcome. Please call 978-692-5523 to sign up.

**FITNESS/STRENGTH TRAINING ROOM**

**Monday – Friday, 8 a.m. - 3:30 p.m.**

Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. \$50 annual fee for residents age 60 and up; \$25 for residents age 80 and up. Participants must register, complete a liability waiver form, and attend a training session on the equipment. You may be eligible for reimbursement through your insurance.

**T'AI CHI** – Mondays at 1 p.m. Open to new participants Register at 978-692-5523.

Cooler weather, shorter days and the fall season brings many applications that need to be filed. We are available to help you complete applications for Supplemental Nutrition Assistance Program (SNAP), Fuel Assistance, property real estate tax exemptions (i.e., CPA). If we can be of help, please don't hesitate to call for an appointment. Keep in mind we have a beautiful library warmed by a fireplace; the perfect spot for reading your novel.

– Annette, Outreach Coordinator, 978-399-2326

## ***Outreach & Support***

### **SUPPORT GROUPS**

Several local support groups are available to Westford residents. Visit: [www.westfordma.gov/coa](http://www.westfordma.gov/coa). Click on: Services/Programs and then click on: Support groups.

### **ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS**

- Cameron Senior Center, 1st Wednesday each month at 6:30 p.m. For information, call Sandy at 978-758-6072.
- Chelmsford Senior Center, 2nd and 4th Monday each month at 1 p.m. For information, call 978-251-8880.

**COMPANION & RESPITE CARE** – Provides supervisory care for those age 60 and up and/or disabled residents to allow caretakers a time of rest. Available days, evenings, overnights and weekends, on a temporary or permanent basis. For information, call Chelmsford Senior Center at 978-251-8491.

**FOR COMPLETE LIST, SEE CALENDAR ON PAGE 9**

**BILLIARD TABLE** – Monday-Friday 8 a.m. - 3:30 p.m. Players are available Tuesdays & Thursdays at 8:30 a.m.

**BINGO** – Mondays, 1–3 p.m. & Thursdays, starting at 6:45 p.m. Doors open ½ hour early. If you need a ride, call the transportation line at 978-399-2322 in advance.

**BOWLING** – Wednesdays at 9:00 a.m. at Brunswick Lanes, Lowell. Call Jack at 978-692-7889 for information.

## ***Ongoing Activities***

**CRIBBAGE** – Wednesdays from 1 to 3 p.m.

### **GENEALOGY WORKSHOPS**

Are you interested in researching your family's ancestry? Private, one-on-one genealogy consultations with an expert are available. Call 978-692-5523 to arrange a mutually-agreeable time to meet.

**HAND AND FOOT** – Thursdays from 1–3:30 p.m. A variation of Canasta. Come play We have a great time!

**INTRO-COMPUTER** – Interested in learning basic computer skills? Call 978-692-5523 to sign up. Instructor Mary Eve will set up a convenient time. We have WiFi.

**KNITTING-BUSY FINGERS** – Mondays & Wednesdays from 1-3 p.m. Knitting, crocheting, embroidery, handwork

## Music for the Holidays

### *Like to sing?*

Come learn a couple holiday songs with us this November and perform with the **Cameron Music Makers** in December!

**REHEARSALS:** FRIDAYS, 9 TO 10:30 A.M.

### UPCOMING PERFORMANCES

- First Parish Church ~ Greens Sale, Dec. 5
- Inn at Robbins Brook, Dec. 11
- Bridges by EPOCH, Dec. 18

*See what a difference a little music can make to your life and others!*

of all sorts. Great conversation; bring your project and come join us!

### **MAHJONGG – Thursdays, from 1-3 p.m.**

Regular scheduled weekly Mahjongg games. The center has two sets, so come and have an afternoon of fun.

### **MONTHLY MOVIES**

Movies will be shown monthly on Fridays, at 1:30 p.m. in the Cameron Sitting Area. Please sign up at the front desk 978-692-5523 if coming.

- **Nov. 20** – “Julie and Julia” (2009) with Meryl Streep and Amy Adams.
- **Dec. 18** – “Saving Mr. Banks” (2013) with Tom Hanks and Emma Thompson.

To suggest future movies, call Katie at: 978-399-2330 or email: [krussell@westfordma.gov](mailto:krussell@westfordma.gov).

### **QUILTING CLUB – Mondays at 9:30 a.m.**

A dedicated group making comfort quilts to donate to elders and children. All skill levels of quilters are welcome. Come join us!

### **WATERCOLOR CLASS – Tuesdays, 10 a.m.-12 p.m.**

If you enjoy painting, please join us!

### **MEDICARE OPEN ENROLLMENT – Now thru Dec. 7**

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan in September outlining changes for 2016. **Save this information!**

During Medicare Open Enrollment (now until Dec. 7), you can change your plan for next year. If you need help understanding the changes and your options, SHINE can help. Call 978-692-5523 for an appointment for FREE and CONFIDENTIAL counseling.

## Support Services

**SHINE – Monday, Nov. 9, at 1 p.m.** Serving the Health Insurance Needs of Everyone. For an appointment to answer your health insurance questions, call the Cameron Senior Center at 978-692-5523.

### **MEET THE REALTOR – Monday, Nov. 9, at 10 a.m.**

Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron. Call: 978-692-5523.

### **ASK THE LAWYER – Tuesday, Nov. 10, at 9 a.m.**

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

### **ASK THE OFFICER – Thursday, Nov. 12 from 11 a.m. to 12 noon.**

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

### **VETERANS SERVICES – Thursdays, 8 a.m. to noon.**

Meet with the Westford Veterans Agent/Veterans Service Officer Terry Stader at the Cameron Senior Center. His regular office, located in the Millennium Building behind Abbot School, 23 Depot Rd., is open Monday through Thursday, from 8 a.m. to 4 p.m. Fridays by appointment only. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

### **TRANSPORTATION**

For rides to medical appointments, shopping or trips to the Senior Center, call 978-399-2322 at least 48 hours in advance, to schedule a ride. Every Wednesday, trips to Market Basket are available. The cost for a round-trip ride within Westford is \$3; for surrounding towns is \$6; and for outlying towns is \$8. We also transport to: Ayer, Burlington, Chelmsford, Concord, Groton, and Lowell. Should you need to cancel the day of your ride, please **call the front desk at 978-692-5523.**

**\*\* NOW AVAILABLE \*\***

### **BOSTON SHUTTLE SERVICE FOR MEDICAL APPTS.**

Van shuttle service to Boston Medical Facilities is now provided by Montachusett Regional Transit Authority (MART). Service departs from the Littleton Train Station three times daily: Monday to Friday, at 8:05 a.m., 12:35 p.m. and 3:35 p.m. Trips to metro Boston/major hospitals and the West Roxbury VA take about one hour.

To schedule a ride, call MART at 978-345-7711, ext. 3. For return rides, call MART at 800-922-5636, ext. 3, at least one hour before the times listed above. Round trip fee is \$20 for seniors and free for veterans. If you need

transportation to the Littleton Train Station or need help accessing this service, call the Cameron Senior Center Transportation Line at 978-399-2322.

### FOOD PANTRY

\* \* NEW EXTENDED HOURS \* \*

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

- **Mondays: Nov. 2 & 16**, from 1:00 - 3:30 p.m.
- **Wednesdays: Nov. 4 & 18**, from 8:30 - 11:30 a.m. and from 6 - 8 p.m.
- **Thursdays: Nov. 5 & 19**, from 8:30 - 11:30 a.m. and from 6 - 8 p.m.; and **Nov. 12**, from 9 - 11:30 a.m.
- **Friday: Nov. 6 & 20**, from 8:30 - 11:30 a.m.
- **Saturdays: Nov. 7, 14, 21 & 28**, from 9 - 11 a.m.

SEEKING DONATIONS OF NON-PERISHABLE FOODS [PLEASE NO GLASS CONTAINERS].



### CAMERON CLOSET

MONDAY - FRIDAY, 9 A.M. - 3 P.M.

Come shop for bargains, clothing, jewelry, and household items at our thrift shop. All are welcome!

**NOW ACCEPTING FALL & WINTER CLOTHING & HOUSEHOLD ITEMS**

~ ALL CLEAN AND IN GOOD CONDITION ~

### SOCIAL SECURITY – Reminder

When you receive your benefit letter from Social Security this fall, please **SAVE** it in a safe place! This letter is required to apply for many financial assistance programs.

**FITNESS REIMBURSEMENT** – As an incentive for people to get fit and stay healthy, many health insurance companies offer a fitness rebate up to \$150 for participating in an approved fitness center. The Cameron Senior Center qualifies as such with several insurance companies. Please check with yours. Get a Fitness Rebate Form and submit it with proof of fitness center membership and payment, for the previous year’s fitness.

### FUEL ASSISTANCE

For those who received fuel assistance last year, re-

## Financial Info

certification applications are mailed directly to recipients by CTI. Please complete and return these, ASAP, as applications are processed in the order in which they are received. If you need help, call Alison at 978-399-2325 or Annette at 978-399-2326.

**New** applicant appointments begin in November at the Senior Center. If interested in applying for fuel assistance for this heating season, call Alison at 978-399-2325. If you are a new applicant with a termination notice on a gas or electric bill, please call CTI at 978-459-6161 to schedule an emergency appointment to avoid termination of utilities, if Alison and Annette are not available.

HOUSEHOLD SIZE	MAX. GROSS INCOME
1 .....	\$33,126
2 .....	\$43,319
3 .....	\$53,511
4 .....	\$63,704

### NEED HELP PAYING FOR GROCERIES?

If you are 60 years or older, you may qualify for food assistance via the Supplemental Nutrition Assistance Program (**SNAP**). For info, call the Food Source Hotline at: 1-800-645-8333.

**PRESCRIPTION ADVANTAGE** – Need help paying for prescription drugs? Prescription Advantage, a state-run program, helps many seniors pay for these costs. There is no charge for joining, if your annual income is less than \$35,011 for a single person and \$47,191 for a married couple. There is **NO** asset limit! For information, call 978-692-5523 and ask for a SHINE appointment – or call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit their website at: [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

*The money you save can be your own!*

### T.R.E.A.D APPLICATIONS

Tax Relief for the Elderly and Disabled applications were due this summer. If you are in need of TREAD assistance and did not file, contact Social Worker Alison Christopher, at 978-399-2325 about the possibility of filing

a late application. T.R.E.A.D. awards vary yearly as funds are dependent on private individual and business donations.

No Town funds are used. Voluntary tax-deductible donations are always accepted and can be made payable to the Town of Westford T.R.E.A.D.

### **ACORN TO OAKS – Pen Pal Program**

We are considering reviving the letter writing program that Mickey Crocker once started. If you'd be interested in writing occasional letters to a 5th grader, call 978-692-5523 to sign-up for this memorable experience.

### **BOARD MEETINGS**

Friends of Cameron – Thursday, Nov. 5, at 12:30 p.m.  
COA Board – Wednesday, Nov. 18, at 4 p.m.

### **DID YOU KNOW...**

If you use 411 to obtain a phone number, you can be charged a \$2.49 fee on your monthly bill. However, a recent bill passed by the Commonwealth allows seniors (65+) and certified handicapped customers an exemption to that fee. The major phone companies serving Massachusetts have forms available for their customers to apply for the exemption. For more info, call Comcast at 1-855-270-0379 or Verizon at 1-800-974-6006.

## ***Are You Interested?***

### **FALL YARD CLEANUP**

If you signed up for fall cleanup by Oct. 9, we are doing our best to match you up with a volunteer group to perform this service. If you have not been contacted by a group and have any questions, call Annette, Outreach Coordinator, at 978-399-2326.

### **HOLIDAY BASKETS**

We are pleased to announce a new collaboration with the Society of St. Vincent de Paul/St. Catherine's Conference for our Holiday Basket Program, which has helped Westford families in need for over 20 years. Donations are sorely needed. We'd surely welcome: festive foods, gift cards, toys or monetary donations. If you can contribute, pick up a donation form at the front desk, call Katie: 978-399-2330 or email: [krussell@westfordma.gov](mailto:krussell@westfordma.gov).

### **SAND BUCKETS**

If you are in need of a free bucket of sand to be delivered to your home late this fall, please call 978-692-5523.

### **DON'T FORGET – Sign-In When You Visit**

Please swipe your card in on My Senior Center when you arrive. This action provides us with valuable supporting data to use when applying for grants and submitting annual reports to the state. Thank you.

### **SUGGESTION BOX**

We'd love to hear from you! We welcome your feedback, ideas and/or suggestions. Please write your comments and drop them in our Suggestion Box (in the Welcome Area on the table next to the ladies room). Anonymous is OK, but if you sign them, we will gladly respond to you.

## ***Special Thanks***

Thanks to all who donated their time, effort and creativity to make crafts, design gift baskets, assemble items for the silent auction, and bake scrumptious goodies – and also all those who volunteered for set-up, did the "heavy lifting" and cleaned-up. We are grateful to all who made

## ***Final Notes***

the 2015 Friends Harvest Fair a BIG success!

## ***Happy Thanksgiving!***

### **Holiday Baskets**

*Serving Westford families for over 20 years*

#### **Donations Wanted**

Festive foods, gift cards, toys  
or monetary donations

For info, call Katie: 978-399-2330 or  
Email: [krussell@westfordma.gov](mailto:krussell@westfordma.gov)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Salmon Roasted Seasoned Potatoes Broccoli Florets Dinner Roll Mixed Fruit	3 Penne Pasta with Meatballs/Tomato Sauce Buttered Peas Carrots Oatmeal Bread Choc. Chip Cookie	4 Glazed Pork Loins Scalloped Potatoes Mashed Cauliflower Dinner Roll Sliced Peaches	5 Broccoli Stuffed Chicken Breast Mashed Potatoes Capri Vegetables WW Dinner Roll Lemon Cookies	6 Cheese Ravioli in Tomato Sauce Green Beans Oatmeal Bread Seasonal Fresh Fruit
9 Baked Pollock Fish with Lemon Sauce Roasted Seasoned Potatoes Broccoli Florets Dinner Roll Rice & Raisin Pudding	10 Beef Burgundy Sliced Red Bliss Mashed Potatoes Stewed Tomatoes with Zucchini WW Bread Mandarin Oranges	11 <b>CLOSED VETERANS DAY</b> 	12 Chicken w/lemon sauce Brown Rice Green Beans Whole Wheat Bread Pumpkin Cookie	13 Tuna Noodle Casserole Peas Carrots WW Bread Seasonal Fresh Fruit
16 Sliced Pork Roast with Gravy Mashed Sweet Potatoes Steamed Red Cabbage Honey Wheat Roll Ginger Cookie	17 Peach Glazed Chicken Scalloped Potatoes Broccoli & Cauliflower WW Dinner Roll Seasonal Fresh Fruit	18 Baked Ham Red Bliss Mashed Potatoes Chef Blend Vegetables WW Dinner Roll Sliced Pears	19 <b>Monthly Special</b> Roast Turkey Dinner w/ savory stuffing and giblet gravy Mashed Potatoes Carrots & Turnip Cranberry Sauce Corn Bread Apple Pie	20 Meat Lasagna with Marinara Sauce Sautéed Spinach Garlic Roll Seasonal Fresh Fruit
23 BBQ Chicken Roasted Seasoned Potatoes Sliced Carrots Natural Grain Bread Oatmeal Cookie	24 Baked Rainbow Trout Brown Rice Green Beans Honey Wheat Roll Seasonal Fresh Fruit	25 <b>Monthly Birthday</b> Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Natural Grain Bread Sliced Peaches Birthday Cake	26 <b>CLOSED THANKSGIVING DAY</b> 	27 <b>CLOSED</b>
30 Pot Roast with Gravy Mashed Turnip Broccoli Florets Dinner Roll Seasonal Fresh Fruit		Elder Services of Merrimack Valley  Suggested donation is <b>\$2.00 per meal.</b>  All meals served with low-fat milk, bread, margarine and dessert.	<b>LUNCH 11:30 am</b> <b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	<b>NOVEMBER</b>  <b>2015</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>2</b></p> <p>Breakfast 8:30-9:30 am                      Bone Builders 9:30 am                      Quilting Club 9:30 am                      Art/Open Studio 12 noon                      Food Pantry 1 pm                      T'ai Chi 1 pm                      Busy Fingers 1 pm                      Bingo 1 pm</p>	<p style="text-align: right;"><b>3</b></p> <p>Basic Zumba 8:15 am                      Breakfast 8:30-9:30 am                      Billiard Players 8:30am                      Gentle Yoga 9 am                      Watercolor 10 am                      Chair Movement 10:15 am                      Upbeats Band 10:15 am                      Bone Builders 1 pm                      Scrabble 1 pm</p>	<p style="text-align: right;"><b>4</b></p> <p>Breakfast 8:30-9:30 am                      Food Pantry 8:30 am                      Aerobics 9 am                      Bone Builders 9:30 am                      Busy Fingers 1 pm                      Cribbage 1 pm                      Social Dance 1 pm                      Gentle Yoga 1:30 pm                      Food Pantry 6 - 8 pm</p>	<p style="text-align: right;"><b>5</b></p> <p>Veterans Services 8 am                      Breakfast 8:30-9:30 am                      Food Pantry 8:30 am                      Billiard Players 8:30am                      Basic Zumba 9 am                      Chair Movement 10 am                      Bone Builders 1 pm                      Hand &amp; Foot 1 pm                      Mahjongg 1 pm                      De-Cluttering Group 3 pm                      Senior Photos 5 - 8 pm                      Food Pantry 6 - 8 pm                      Bingo 6:45 pm</p>	<p style="text-align: right;"><b>6</b></p> <p>Breakfast 8:30-9:30 am                      Food Pantry 8:30 am                      Aerobics 8:30 am                      Music Makers 9 am                      Ping Pong 10 am                      Wii 1 pm                      Harp Music 1 pm</p>
<p style="text-align: right;"><b>9</b></p> <p>Breakfast 8:30-9:30 am                      Bone Builders 9:30 am                      Quilting Club 9:30 am                      Hearing Clinic 9:30 am                      Podiatry 9:30 am                      Meet the Realtor 10 am                      Art/Open Studio 12 noon                      SHINE 1 pm                      T'ai Chi 1 pm                      Busy Fingers 1 pm                      Bingo 1 pm</p>	<p style="text-align: right;"><b>10</b></p> <p>Men's Breakfast 8 am                      Basic Zumba 8:15 am                      Breakfast 8:30-9:30 am                      Billiard Players 8:30am                      Ask the Lawyer 9 am                      Blood Pressure 9 am                      Gentle Yoga 9 am                      Watercolor 10 am                      Chair Movement 10:15 am                      Upbeats Band 10:15 am                      Bone Builders 1 pm                      Scrabble 1 pm</p>	<p style="text-align: right;"><b>11</b></p> <div style="text-align: center;">  <p><b>CLOSED VETERANS DAY HOLIDAY</b></p> </div>	<p style="text-align: right;"><b>12</b></p> <p>Women's Breakfast 8 am                      Veterans Services 8 am                      Breakfast 8:30-9:30 am                      Food Pantry 9 am                      Billiard Players 8:30am                      Basic Zumba 9 am                      Chair Movement 10 am                      Ask the Officer 11am                      Bone Builders 1 pm                      Hand &amp; Foot 1 pm                      Mahjongg 1 pm                      Food Pantry 6-8 pm                      Bingo 6:45 pm</p>	<p style="text-align: right;"><b>13</b></p> <p>Breakfast 8:30-9:30 am                      Aerobics 8:30 am                      Music Makers 9 am                      Ping Pong 10 am                      Wii 1 pm                      Lunch &amp; Learn 12:15 pm</p>
<p style="text-align: right;"><b>16</b></p> <p>Breakfast 8:30-9:30 am                      Bone Builders 9:30 am                      Quilting Club 9:30 am                      Art/Open Studio 12 noon                      Food Pantry 1 pm                      T'ai Chi 1 pm                      Busy Fingers 1 pm                      Bingo 1 pm</p>	<p style="text-align: right;"><b>17</b></p> <p>Basic Zumba 8:15 am                      Breakfast 8:30-9:30 am                      Billiard Players 8:30am                      Gentle Yoga 9 am                      Watercolor 10 am                      Chair Movement 10:15 am                      Upbeats Band 10:15 am                      Bone Builders 1 pm                      Scrabble 1 pm</p>	<p style="text-align: right;"><b>18</b></p> <p>Breakfast 8:30-9:30 am                      Food Pantry 8:30 am                      Aerobics 9 am                      Bone Builders 9:30 am                      Busy Fingers 1 pm                      Cribbage 1 pm                      Gentle Yoga 1:30 pm                      Food Pantry 6-8 pm</p>	<p style="text-align: right;"><b>19</b></p> <p>Veterans Services 8 am                      Breakfast 8:30-9:30 am                      Food Pantry 8:30 am                      Billiard Players 8:30 am                      Basic Zumba 9 am                      Chair Movement 10 am                      Nov. Birthday's 12:30 pm                      Mahjongg 1 pm                      Bone Builders 1 pm                      Hand &amp; Foot 1 pm                      De-Cluttering Group 3 pm                      Food Pantry 6 - 8 pm                      Bingo 6:45 pm</p>	<p style="text-align: right;"><b>20</b></p> <p>Breakfast 8:30-9:30 am                      Food Pantry 8:30 am                      Aerobics 8:30 am                      Music Makers 9 am                      Insurance BCBS 10 am                      Ping Pong 10 am                      Wii 1 pm                      Movie 1:30 pm</p>
<p style="text-align: right;"><b>23</b></p> <p>Blood Pressure 8 am                      Breakfast 8:30-9:30 am                      Bone Builders 9:30 am                      Quilting Club 9:30 am                      Art/Open Studio 12 noon                      T'ai Chi 1 pm                      Busy Fingers 1 pm                      Bingo 1 pm</p>	<p style="text-align: right;"><b>24</b></p> <p>Basic Zumba 8:15 am                      Breakfast 8:30-9:30 am                      Billiard Players 8:30am                      Gentle Yoga 9 am                      Watercolor 10 am                      Chair Movement 10:15 am                      Upbeats Band 10:15 am                      Bone Builders 1 pm                      Scrabble 1 pm</p>	<p style="text-align: right;"><b>25</b></p> <p>Breakfast 8:30-9:30 am                      Aerobics 9 am                      Bone Builders 9:30 am                      Busy Fingers 1 pm                      Cribbage 1 pm                      Gentle Yoga 1:30 pm</p>	<p style="text-align: center;"><b>CLOSED THANKSGIVING DAY</b></p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b>CLOSED</b></p>
<p style="text-align: right;"><b>30</b></p> <p>Breakfast 8:30-9:30 am                      Bone Builders 9:30 am                      Quilting Club 9:30 am                      Art/Open Studio 12 noon                      T'ai Chi 1 pm                      Busy Fingers 1 pm                      Bingo 1 pm</p>		<div style="text-align: center;">  </div>	<p style="text-align: center;"><b>NOVEMBER 2015</b></p>	

# COUNCIL ON AGING

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### DAY TRIPS

**CALL 978-692-5523 FOR RESERVATIONS FOR ALL TRIPS.**

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TRANSPORTATION DEPARTS AND RETURNS FROM THE  
FRANCO AMERICAN CLUB, 55 WEST PRESCOTT ST.  
PLEASE PARK AT THE REAR OF THE LOT.**

**Tuesday, Nov. 10 – “Manhattan Dolls Through the Decades Honoring New England Veterans.”** Best of Times presents this Manhattan Dolls musical performance at the Flying Monkey in Plymouth, NH. The repertoire blends beautiful ballads and toe-tapping tunes from the 1930s to the 1960s. The show features classic USO fashion and honors our brave men and women in the military. Buffet luncheon at the Common Man Inn in Plymouth. Entrees: Yankee pot roast or baked lasagna. Departure time TBD. All-inclusive trip cost (including gratuity) is \$88 p/p.

### **Tuesday, Nov. 17 – “Pheasant Lane Mall 1/2-Day Trip.”**

Enjoy a relaxing van ride to the Pheasant Lane Mall for some holiday shopping. The COA van departs from Cameron Senior Center at 12:30 p.m. Space is limited. Cost is \$6 p/p. Call 978-692-5523 to reserve your seat. The same trip will also be offered **Tuesday, Dec. 15.**

### **Thursday, Dec. 31 – “New Year’s Eve Day Trip.”**

Best of Times presents a cabaret show at the Hilton Double Tree in Leominster, MA, featuring Jan Peters and a music selection of popular Broadway and standard tunes, as well as material from promising new song writers. There will also be dancing to the Tom LaMark Orchestra. Meal choice of baked scrod or prime rib/roast sirloin/sirloin steak. Departure time TBD. All-inclusive cost (including gratuity) is \$92 p/p.

