

WESTFORD COUNCIL ON AGING NEWSLETTER

MARCH 2015

THE COUNCIL ON AGING OFFICE HOURS ARE:
MONDAY TO FRIDAY 8:00 AM—4:00 PM
THE TELEPHONE NUMBER IS 978-692-5523.



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

COUNCIL ON AGING STAFF

Joanne Sheehan
Director of Elder Services

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

Annette Cerullo, LSW
Elder Outreach Coordinator

Claire FranceRecords Supervisor
Marjorie HunterRegistrar
Jean MahoneyRegistrar
Eugene JungbluthLead Van DriverAdmin
Laura Mitchell ... Lead Van DriverDispatch
Marie LawrenceNutrition Site Manager
Christopher MitchellMaintenance
Peter MurphyEvening Supervisor
Katherine Russell.....Vol./Act. Coordinator

COUNCIL ON AGING BOARD MEMBERS

Helena CrockerChair
Robert TierneyVice Chair
Nancy CookClerk

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

FRIENDS OF THE CAMERON OFFICERS

Richard SeverynPresident
Joan GreenwoodVice President
Joyce CederbergSecretary
Marjorie HunterTreasurer
Diane MudgettAsst. Treasurer

THANK YOU!

As Director of Elder Services since 1992 it is time for me to say thank you as I retire this month. I have had the privilege of working with supportive boards; The Council on Aging and The Friends of the Cameron along with the greatest staff, volunteers and town employees as one could ask for. My wish for all of you is good health and an abundance of happiness for many years to come. *Joanne*

CANCELLATIONS When school is cancelled due to impassible and dangerous snow, ice, etc. then the Cameron Van will not operate and all activities at Cameron are cancelled. Cameron will operate those days as a drop-in social warming center. Meals on Wheels and Congregate Lunch are cancelled when Greater Lawrence Vocational School is closed. Watch Fox channel for the Greater Lawrence Vocational School closing.

ST. PATRICK'S DAY LUNCHEON

Wear your green and come join us for our Annual St. Patrick's Day Luncheon on **St. Patrick's Day, Tuesday, March 17th at the Franco American Club**. Doors will open at 10:30AM with the traditional corned beef and cabbage dinner served around 11:30 AM.. Reserve your seat by March 5th by calling 978-692-5523. The \$7 fee is due at the time of registration. Non-resident fee is \$25. You will not be registered until payment is received.

SPAGHETTI DINNER

The Westford Police Association invites you to join them at a Spaghetti/ Meatball Dinner (you can have your choice of just spaghetti or spaghetti and meatballs) on **Friday, March 27th at the Franco American Club between 5 and 9 PM. Dinner will be served around 5 PM.** Entertainment provided. This is FREE to all Senior Citizens age 60 and over. Raffle prizes will be donated by local businesses. Seniors must call the Cameron Senior Center at 978-692-5523 to reserve their dinner seat.

FREE CLASSES The Friends of the Cameron Senior Center, Inc. at their January meeting voted to prioritize free programs, accessibility and storage for the food pantry and thrift store along with transportation. Beginning March 1st we will not be collecting a fee for our \$1 and \$3 activities. Please consider making a tax deductible contribution to the Friends of the Cameron Senior Center, P.O. Box 2223, Westford, MA 01886.

GOLF Are you interested in playing 9 holes of golf on Tuesday mornings starting May 5th at Quail Ridge on Great Road in Acton? Fee is \$25 per week for 9 holes of golf and an electric cart if you pre-register at the Cameron Senior Center by calling 978-692-5523. Arrive at Quail Ridge at 8:30 AM and pay at the Club house. Be ready to hit the links by 9AM. A good way to meet other people and play a round of golf.

TOWN MEETING - All registered voters are encouraged to attend the 2014 Annual Town Meeting which will take place on **Saturday, March 28th beginning at 10 AM** at the Abbot School on Depot St.

YARD SALE - On **Saturday, April 25th from 9 AM-1 PM**, The Friends of the Cameron Senior Center will sponsor an indoor yard sale at Cameron. We are in need of your yard sale donations in good condition. Donations should be brought to the Cameron (rear of building red door) on Friday, April 24th from 1 – 3 PM. Table space is available to rent from us at \$15 per table. You need to complete an application. Please contact us at 978-692-5523. **Checks are to be made payable to Friends of the Cameron Senior Center.** Volunteers are needed for set up on Friday, April 24th from 12:30-4 PM and clean-up on Saturday, April 25th from 12:45 -2:30 PM.

SPRING CLEAN UP – New Guidelines

With April around the corner, it is time to start thinking about spring yard cleanups. Due to growing numbers of seniors requesting this service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers to match up with residents but **we will be prioritizing seniors with a demonstrated need first** – financial, health, physical etc. We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list by **Friday March 27th**.

FAITHWORKS

We are fortunate to have 3 local Methodist Churches working together to offer a day of service on Saturday, May 9th. Adult volunteers will devote their time to help seniors who need assistance with household repairs, simple painting, and other odd jobs that take a few hours to complete. They are unable to do plumbing, electrical or large construction jobs. If you would like your project request to be considered you **must sign up by Friday March 27th** by calling 978-692-5523 or completing an application at the senior center front desk. All applications will be reviewed; however, this service is only available to a limited number of clients. Any questions please call Annette, Outreach Coordinator at 978-399-2326.

LUNCH & LEARN PROGRAM

Please register for the Lunch and Learn Program's at the front desk at **978 692 5523 as soon as possible so**

that we can plan for food. Space is limited to 18 people. I wish to thank Seoul Kitchen and Bridges by Epoch for donating lunch to the January and February Lunch and Learn programs. **March 13th** Lunch and Learn will be a presentation from NY Life Associates Mike Peterson and Rosemarie Bombara and they will be doing a presentation on Grandparent Gifting. The lunch will be donated by Home In Stead. **April 10th** Lunch and Learn is going to be Jewelry Making and due to the anticipated interest of this program it will be broken up into two separate classes each group with about 8 people the first Lunch and Learn group is at 10:30am and Lunch will be served at 12:15pm and then following lunch the second class will take place. Lunch will be donated by RiverCourt.

CAMERON CLOSET - Accepting spring & summer clothing beginning March 2nd. Shopping hours are Monday- Friday, 9AM -3PM.

MONTHLY MOVIE - starting in March every month on the third Friday at 1:30pm in the Computer Room the Cameron will be showing a movie; please sign up at the front desk (978) 692 -5523 The First Movie will be on **Friday March 20th at 1:30pm** and it will be **Kate & Leopold (2001)**. Any Movie Suggestions please let Katie know by email krussell@westfordma.gov or call (978) 399 -2330.

VOLUNTEER CORNER

Volunteer / Activities

Join our team! We are always looking for new volunteers and activities so if you are interested please give Katie a call at 978 399 2330 or send her an email at krussell@westfordma.gov. Areas and programs that are looking for more volunteers:

Woman's Breakfast: Need more volunteers to help set up, cook, and break down for the Woman's Breakfasts that takes place on the second Thursday of every month between September and May. If Interested please contact Katie at 978 399 2330.

Fitness Room: Seeking monitors for 3 hour shifts. Please contact Katie if interested at 978 399 2330.

Meals on Wheels - We are in need of drivers to deliver meals to the Westford residents who are home bound one day per week 11 AM –1 PM. For more information and if you are interested, please call **Katie at 978 399 2330 or by email at krussell@westfordma.gov**

FOOD PANTRY

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

- **Monday's, March 2nd & 16th—1:00-3:30 PM**
- **Wednesday's, March 4th & 18th- 8:30-11:30 AM**

- **Thursday's, March 5th & 19th** -8:30-11:30 AM & 6-8 PM
- **Friday's, March 6th & 20th** -8:30 - 11:30 AM

The Westford Community Food Pantry is located on the first floor at Cameron.

DO YOU NEED HELP WITH THE HIGH COST OF

GROCERIES? - If you are 60 years or older, you may qualify for food assistance. For more information call the Food Source Hotline at 1-800-645-8333.

LUNCH - The Merrimack Valley Nutrition Program provides anyone age 60 and over with low cost nutritional meals at Cameron, Monday – Friday at 11:30 AM. Call 978-692-5523 a minimum of two days in advance between 8:00 - 10:00 AM to make your reservation. The donation is \$2.00. If spouse/partner is under the age of 60, the meal cost is \$4.50.

MEALS ON WHEELS - Meals on Wheels clients are now offered a choice of five special diets. Along with the traditional Meals, a special diet with a doctor's authorization is available. Let us assist you Monday through Friday by delivering meals to your door around noontime. Call 1-800-892-0890 to register. *Volunteer drivers wanted, call 978-399-2330.*

ACTIVITIES

Confirm class dates and times with your instructors.

IMPORTANT NOTICE: Programs are now free thanks to the Friends of the Cameron Senior Center.

AEROBICS with Elaine - Classes are on Wednesday's at 9 AM and Friday's at 8:30 AM.

ART-OPEN STUDIO - Any person who paints in oils or watercolors is welcome to join our open group on **Mondays, from Noon to 3 PM.**

UPBEATS BAND MUSIC - If you love music, play an instrument and want to have fun, come join the Band on **Tuesday mornings from 10:15—11:30 AM.** Hope to see you there!

BILLIARD TABLE - Billiard table available for your enjoyment **Monday through Friday 8 AM - 3:30 PM.** Players are available on Mondays & Fridays if you would like to come and partner up.

BINGO - **Monday's, 1–3 PM & Thursday's, starting at 6:45 PM,** doors open ½ hour early. If you need a ride, call the transportation line at 978-399-2322 in advance. **In case of inclement weather, call before 4 PM, at 978-692-5523.**

BONE BUILDERS - Morning classes are on **Monday and Wednesday at 9:30 AM.** Afternoon classes are on **Tuesday and Thursday at 1 PM.** Please call 978-692-5523 to enroll in this program that can help you with balance and strength building. When you call ask for a form and then stop by to complete the paperwork prior to starting a class.

BOWLING - **Wednesdays, at 9:00 AM** at Brunswick Lanes in Lowell. Call Jack at 978-692-7889 for more

information. Looking for 3-4 people to form another team. There is a fee to bowl.

MEN'S BREAKFAST March Men's Breakfast will be held on **Tuesday March 10th at 8AM.** We will hear from Tom Noonan of LUK, Inc. with a grant from Nashoba Valley Healthcare Fund. He will discuss how to recognize the signs of depression and suicidality in friends and family, and how seniors can help with suicide prevention efforts. Ray Peachy, Substance Abuse Prevention Coordinator, will join us to talk about drug abuse and what seniors can do about teen drug abuse. Heavy topics, but important ones about which to stay informed. Please RSVP at least 2 business days before the event to 978-692-5523 or achristopher@westfordma.gov. The next Men's Breakfast will be on Tuesday, April 14th a 8 AM. Donations accepted.

WOMEN'S BREAKFAST **Attention LADIES!!!!** **Breakfast will be at 8am this is a time change so that the breakfast does not feel rushed.** Please RSVP at the front desk or call 978 692 5523 at least two business days ahead of time to so we can purchase enough food. **Thursday, March 12th at 8am** will be the "Artist in the Garden" a presentation on the French and American Impressionists presented by Jean Schott. The next Woman's Breakfast will be on Thursday, April 9th at 8 AM. Donations accepted.

INTRO-COMPUTER - If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will be called by our instructor Mary Eve to set up a time for your instruction. We have WiFi.

CHAIR MOVEMENT EXERCISE - **Tuesday's , 10:15—11:15 AM and Thursday's 10:00—11:00 AM.** This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity. Hand weights and stretch bands may be used and are provided as well as optional for the participant. Our instructors are Jo and Carol.

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

DARTS - Dart board is set up in Billiard Room for your enjoyment, when ping-pong is not in use.

FITNESS/STRENGTH TRAINING ROOM Come join the 480+ seniors who are getting fit the Cameron Way! The Fitness Room hours are **Monday - Friday, 8 AM-3:30 PM.** Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. Complete the registration and liability waiver form. Annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. Registration forms are available at the Cameron Front Desk. You may be eligible for reimbursement through your insurance. There is a Fitness Room fee.

GENEALOGY WORKSHOP - Every third Tuesday of the month, **Tuesday, March 17th from 9AM—12 Noon.** Call **978-692-5523** to schedule an appointment.

HAND AND FOOT A variation of Canasta. Come play this fun game every **Thursday from 1—3:30PM.** We have a great time and would welcome new players.

KNITTING-BUSY FINGERS - New participants are always welcomed! This group meets every **Monday & Wednesday in the Welcome Area from 1-3 PM** to make knitted and crocheted items. Great conversation; bring your project and come join us!

ASK THE LAWYER - Free legal service provided by the office of Attorney's Madge & Johnson is available to all Westford seniors age 60 and over by appointment only. The next date is **Tuesday, March 3rd at 9:00 AM.** Please call 978-692-5523 to reserve a time.

MUSIC MAKERS Meet on **Friday's from 9 to 10:30AM.** Welcome to our new music Director, Tom Boyer.

PING PONG - Ping Pong is actively happening on **Fridays at 10 AM.** Come join the other players for some light hearted competition!

QUILTING CLUB - The Cameron Quilters are a group of dedicated quilters who make and donate comfort quilts for elders and children. Stop by and join them on **Monday's at 9:30 AM.** All skill level quilters are welcome.

MEET THE REALTOR - Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron on **Monday, March 9th at 10:00 AM.** Please sign up by calling 978-692-5523.

RESTAURANT REVIEW

Be sure to mark your calendars for our next outing on **Wednesday March 25th at 11:30 a.m. at the Glenview Restaurant, 248 Pleasant St., No. Chelmsford.** This is rescheduled due to its cancellation in January. Please preregister at 978-692-5523 so we can call the restaurant with a head count for adequate seating. Check in under "Westford Senior Center". Bon Appetit.

SCRABBLE -Our friendly group would love to welcome new scrabble players of any level! Please come and join us for some interesting and light hearted fun on **Tuesday's from 1 – 3:30 PM.** *Try us out!*

T'AI CHI - Instructor Lesley will be resuming classes on **Monday, March 2nd at 1 PM.** Classes are opened to new participants each week. Please call and register at 978-692-5523.

Wii

We would like to start the Wii program on **Friday, April 3rd;** so if you are interested in participating please sign up at the front desk at 978-692-5523.

GENTLE STRETCH YOGA - Gentle Stretch Yoga is a modified series of traditional poses, which can be done by almost anyone—of any age or ability. Our instructor is a certified yoga and older adult fitness instructor. This weekly class is held on **Tuesdays from 9-10 AM** and

Wednesdays, from 1:30-2:30 PM. It is suggested that you bring a mat with you. If you are interested in this class please call 978-692-5523 to sign up.

BASIC ZUMBA - Basic Zumba is a great way to get moving and have fun. Join Carol our instructor on **Tuesdays at 8:15 AM and Thursdays at 9:00 AM.** Ask about the reimbursement program.

MEDICAL INFORMATION

PRESCRIPTION ADVANTAGE - Do you need help with prescription drug costs? Prescription Advantage may be your answer. Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. There is no charge for joining Prescription Advantage, if you have an annual income less than \$35,011 for a single person and \$47,191 for a married couple. (There is no asset limit!) For more information call your Senior Center (978-692-5523) and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. Prescription Advantage has a new web-site! www.prescriptionadvantagemma.org. It includes: Benefit & eligibility information, the most recent application forms & rate sheets and a secure, user-friendly **on-line application.**

Did YOU Reach the "Donut Hole" last year?

If so... chances are you could reach it again!
If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means.... a \$300 brand name drug will now cost you \$135!.....This is where **Prescription Advantage** can help. **Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the "donut hole."

To find out how to lower your drug costs, call Prescription Advantage at:1-800-243-4636 or TTY (toll free) at 1-877-610-0241for the deaf and hard of hearing with Text Telephone capability. You can also visit their web-site at: www.prescriptionadvantagemma.org.

The money you save can be your own!

SHINE - If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions, please call the Senior Center at 978-692-5523 and sign up by leaving your name and phone number. The next scheduled date is **Monday, March 9th at 1 PM.**

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 Westford COA is an approved center for several insurance companies, please check with yours. You need to contact your insurance company by phone or on line to get the Fitness Rebate Form, complete it with proof of your membership to a fitness center and proof of payment and submit it for the previous year's fitness. Most companies have a deadline of early spring so now is the time to submit for your rebate.

PODIATRY CLINIC - Our podiatrist, Dr. Aileen Gregorian will be at the Senior Center on **Monday, March 9th at 9:30 AM. The cost of the clinic is now \$30.** Appointments are necessary; please call 978-692-5523.

BLOOD PRESSURE & MORE - These provide a blood pressure reading, medication review, weight check and an opportunity to have other concerns reviewed. Both screenings are held at the Senior Center the dates and times for **March** are:

- Second Tuesday of the month, **March 10th - 9:30-10:30 AM** with the Board of Health.
- Fourth Monday of the month, **March 23rd 8-10 AM** with Circle Home, Inc. on the second floor at Cameron.

BOARD OF HEALTH CLINIC - Hearing/Hearing Aid Screening - Monday, March 9th from 9:30 - 11:30 AM. Location: Cameron Senior Center. Appointments only. Call the Board of Health at 978-692-5509 to book your 40 minute appointment with Dr. Megan from HearSmart Audiology located in Littleton, MA.

OUTREACH

I am writing this from home during the January blizzard that dumped several feet on us and hope that when this newsletter reaches you we are done with snow! Looking forward to those first sightings of crocuses and buds on the trees. As the seasons change so are things at the Cameron. Our long time leader, Joanne, will be leaving us for the fun days of retirement. We will miss her and appreciate all she's done for the seniors in town. Thanks Joanne! Other changes include the elimination of fees for programs thanks to the Friends of the Cameron. Thanks Friends! This is a great time to try a new class. Bring a friend and let's grow these programs. Outreach, Annette at 978-399-2326.

FINANCIAL

TAX EXEMPTIONS

You may be eligible to reduce a portion of your real estate taxes if you meet age and financial qualifications. This is the time of year to get the applications completed by the April 1st deadline. Applications may be obtained at the Assessor's Office in the town hall. Exemptions you may be eligible for are the Community Preservation Act, Elderly/Surviving Spouse, Veteran's and for the Blind. If you need assistance

with these documents feel free to contact Annette, the Outreach Coordinator, at 978-399-2326.

2014 INCOME TAX HELP

Hal, the tax expert, will be back this year to complete your 2014 federal and state income tax returns. Due to the number of tax returns being prepared at the Senior Center, Ken will join Hal in preparing tax returns.

AARP is an independent contractor providing this service and a liability waiver must be signed prior to your tax returns being prepared. The waiver releases the Town of Westford from all liability.

Please call the Senior Center at 978-692-5523 to schedule an appointment. Hal and Ken have all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms with you. What to bring with you:

Your 2013 federal and state tax returns

Form MA 1099-HC. It is very important to bring this form if you have private health insurance since the insurance company's name, tax identification number, and your subscriber number has been entered on your Massachusetts tax return.

Form 1095-A, Form 1095-B, Form 1095-C (these forms are new for 2014 and pertain to health insurance). If you received any of these forms, it is very important to bring the forms with you.

W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc

The amount and date of any federal and state estimated tax payments that you made for 2014.

All four quarterly property tax bills that you paid in calendar year 2014 (the bills were due on 3 Feb 14; 1 May 14, 1 Aug 14, and 3 Nov 14). It is very important that you either bring all four bills that you paid in calendar year 2014 or a transcript of payments for calendar year 2014 from the Tax Collector's office.

All four quarterly water bills that you paid in calendar year 2014 or a transcript of your calendar year 2014 payments from the Water Department (the bills were due on 6 Feb 14, 5 May 14, 8 Aug 14, and 3 Nov 14).

If you sold any stock or bonds, bring the date that you bought the stock or bonds and the amount that you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

If you have any mutual funds, bring any information (provided by the mutual fund) concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares, bring the date and what you paid for the shares (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

Medical and Dental expenses – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aides and eyeglasses. Add up the mileage when you drive to get prescription drugs or go to the doctor, dentist, hospital, etc. Do not include health insurance premiums, long term care

premiums, or Medicare premiums in your total – each of these premiums need to be reported separately.

2014 CIRCUIT BREAKER

Maximum credit: \$1,050. Minimum Age: 65(as of 31 Dec 14). If filing a joint return, only one needs to meet the minimum age requirement. Maximum Total Income: Single Return - \$56,000, Head of Household Return - \$70,000, Joint Return - \$84,000. Maximum Assessed Value of Home: \$691,000 (only applies to homeowner). Renters are eligible for the circuit breaker providing they do not receive any federal or state rent subsidy or rent from a tax-exempt entity (e.g., housing authority).

If your home is owned by a trust:

If the trust is a **revocable trust** (also known as a living or grantor trust) and you are the trustee, you are treated as a homeowner. If you are not the trustee, you are treated as a renter. If the trust is an **irrevocable trust**, you are treated as a renter.

If you live in the home under the terms of a life estate which requires you to pay the real estate taxes, you are treated as the homeowner unless the home is owned by an irrevocable trust. If the home is owned by an irrevocable trust, then you are treated as a renter.

FY'14 SENIOR TAX WORK PROGRAM - Time is getting short for finishing your 112 hours in the tax work program. All time sheets must be completed by March 15th. If a problem exists that may make it impossible to complete the work, please call Alison ASAP at 978-692-5523. Remember: All **112** hours are required for the \$1,000 rebate.

FUEL ASSISTANCE APPLICATIONS

FUEL ASSISTANCE: New applicants' appointments began in November at the Senior Center for all residents by calling 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. They will schedule an appointment ASAP to avoid termination of utilities. If you received a renewal application in the mail and need assistance completing it please call Alison at 978-399-2325 or Annette at 978-399-2326.

HOUSEHOLD SIZE	MAXIMUM GROSS INCOME
1	\$32,618
2	\$42,654
3	\$52,691
4	\$62,727

TRANSPORTATION

Save gas and utilize Cameron's transportation! For your everyday rides call 978.399.2322 to reserve your seat on a van for your medical or social appointments! Every Wednesday we pick up around town for Market Basket, please call ahead! The cost for a round-trip ride within Westford is \$3, for surrounding towns is \$6, and \$8 for out-lying towns. Should you need to cancel the day of

your transport, please call the front desk at 978.692.5523. **MARCH SPECIAL: ANY CLIENT UTILIZING TRANSPORTATION FOR A FIRST TIME CLASS RECEIVES A FREE RIDE! COME CHECK OUT OUR FREE CLASSES!**

SUPPORT GROUPS

We are now posting several local support groups on our town website for your reference. Simply go to www.westfordma.gov/coa, click on Services/Programs and then click on Support groups for listings. If you have further questions please feel free to contact Annette, Outreach Coordinator or Alison, Social Worker at 978-692-5523.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Support Group for Caregivers of Patients with Alzheimer's & Related Dementias meets at the Cameron Senior Center, 20 Pleasant Street on the first Wednesday of each month at 6:30 PM. For information, please contact Sandy at 978-758-6072.
- Chelmsford Senior Center, meets the 2nd and 4th Monday of each month from 1-2:30 pm. For information call 978-251-8880.

COMPANION & RESPITE CARE - For age 60 & over and/or disabled residents. This service provides supervisory care to allow the caretaker a time of rest. This service is available days, evenings, overnights and weekends, on a temporary or permanent basis. For more information call the Chelmsford Senior Center at 978-251-8491.

MISCELLANEOUS

EMERGENCY KITS

Were you prepared for the blizzard in January? How do you get updated information if your power is out and your internet is down? Do you have a radio with backup batteries? The Board of Health has kits for \$45.00 that include a radio and other essential items. Call 978-692-5509 to inquire.

A MATTER OF BALANCE There will be an information session about **A Matter of Balance on March 26th from 2-2:30PM**. We are hoping to start another session of this popular class in May. If you are interested, please RSVP for this meeting by calling 978-692-5523. If you are interested in taking the class, but cannot attend the meeting, please call and leave your name and number for follow-up.

"ASK THE OFFICER" - Westford Police Department Family Services Detective, Nirisa Nicoletti, will be available for consultation at Cameron on the **2nd Thursday of each month from 11AM to 12 Noon** – she will be here on **March 12th**. You may call 978-692-5523 for an appointment or walk-in.

VETERANS SERVICES - Meet with the Westford Veterans' Agent/Veterans Service Officer, Terry Stader

on Thursdays between 8 AM and noon at the Cameron Senior Center. His regular office is located in the Millennium Building behind Abbot School located at 23 Depot Rd and is open Monday thru Thursday, 8:00 AM until 4:00 PM. Fridays by appointment only. Call 978-392-1170 or visit <http://westfordma.gov/veterans> for more information.

SODA CAN TABS We continue to collect the flip tops from your soda and vegetable cans. Our collection container is on top of the piano in the multi-purpose room. These flip top rings help support the Shriners.

BREAKFAST - A healthy nutritious breakfast is now available Monday-Friday from 8:30 9:30 AM at Cameron. The breakfast includes oatmeal, muffin, milk and juice. Breakfast to go is also available throughout the day by stopping at the front desk. We ask that you sign in so we can track the usage. Limit one breakfast per person per day.

ELECTRONIC MAIL - Are you willing to receive your monthly COA newsletter by email? **WE ARE LOOKING TO REDUCE OUR POSTAGE COST and this would help us.** Contact cfrance@westfordma.gov and let her know your name and address as it appears exactly on this newsletter label and she will inform you how you can sign up on line.

MISSING ITEMS We presently have 90 forks, down from the 144 five years ago. We are losing one fork per month. If by chance you borrowed forks, spoons or some of our Corelle Ware plates, lunch and bread size along with salad bowls it is now time to return them. Thank you for your assistance.

WALK FOR HUNGER

The Greater Lowell Walk for Hunger will take place on **Saturday, April 4th** (rain or shine). Many charities benefit from the walk, including the Westford Community Food Pantry. For more information go to www.glwfh.org

GAY NINETIES CELEBRATION - The Council on Aging is pleased to once again sponsor our annual Gay Nineties Celebration on **Tuesday, May 19th from 10:30 AM – 2:30 PM at the Franco American Club**. In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 AM, along with raffles and entertainment. **Advanced registration is necessary, at 978-692-5523 before May 9th.** If you were born in 1925 or earlier, please indicate your birth date when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring **one** guest and they will be seated at your table. Transportation is available. **This is open to all Westford Seniors only.** There is no charge for this special event.

TRASH RECYCLING NEWS

Notice from the Westford Recycling Commission: As of February 1, 2015, trash collection will be limited to 3 barrels/

bags of no more than 50 pounds each week. Additional bags/barrels will be left behind. When buying new trash barrels, the Town recommends residents choose barrels no larger than 32 gallons. Also on February 1, bulk item sticker prices will decrease from \$10 to \$5 per sticker. For more information: www.westfordma.gov/recycling.

WE NEED YOUR HELP

Please we need you to swipe in on My Senior Center. We recently had a program with fifty people in attendance; the Board of Health asked us to notify those who had attended that program. We printed out the attendance list of those that had swiped in and only ten people had swiped in. Swiping in provides us with the data to be used when applying for grants and submitting Annual Reports to the State. Please assist us by swiping in.

PANERA AND STARBUCKS

The Council on Aging at the Cameron Senior Center would like to extend a thank you to both Starbucks and Panera for their generous donations of baked goods and bread to the Cameron Senior Center. The seniors truly appreciate and enjoy your generosity. Thank you!!

NOTARY PUBLIC - Contact our Social Worker Alison at 978-399-2325.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Louisiana Brown Rice Peas Fresh Orange Oatmeal Bread	3 Shaved Steak with Peppers & Onions Mustard Carrots Peaches Hamburger Roll	4 Pop-Corn Chicken Sweet & Sour Sauce Dirty Rice Green Beans Ice Cream Cup Snowflake Roll	5 Roast Pork with Gravy Red Bliss Whip Potatoes Mixed Vegetables Mixed Fruits Multigrain Bread	6 <i>Lawrence Asian Special</i> Baked Fish Florentine White Rice Winter Blend Vegetables Lorna Doones Dinner Roll
9 Sweet & Sour Meatballs White Rice Scandinavian Vegetables Peaches Light Rye Bread	10 Garlic Baked Chicken Baked Potato Low Fat Sour Cream Peas & Carrots Cranberry Sauce Pears Biscuit	11 <i>See Site Special Flier</i> Cheese Lasagna with Meat Sauce Italian Blend Vegetables Fresh Orange Italian Bread	12 Roast Turkey & Gravy Whip Potato with Chives Green & Gold Beans Ice Cream Cup Whole Wheat Dinner Roll	13 Krunch Lite Fish Oriental Rice Broccoli Gelatin/Diet Gelatin Whole Wheat Bread
16 New Orleans Diced Chicken White Rice Peas & Carrots Pineapple Whole Wheat Dinner Roll	17  Salisbury Steak with Gravy Red Bliss Whip Potatoes California Blend Veggies Peaches Multigrain Bread	18 Chicken Fillet Whip Potato with Chives Chuckwagon Corn Cranberry Sauce Fresh Apple Italian Bread	19 <i>Birthday Dinner High Sodium Meal</i> Corn Beef Boiled Potato Carrots & Brussel Sprouts Birthday Cake/Plain Diets & MOW'S Dinner Roll	20 Lemon Baked Fish Potato Wedges/ Ketchup Mixed Vegetables Chocolate Pudding Diet Pudding Multigrain Bread
23 Teriyaki Chicken White Rice Country Blend Vegetables Peaches Whole Wheat Dinner Roll	24 Macaroni and Cheese Zucchini & Stewed Tomatoes Pears Italian Bread	25 <i>High Sodium Meal</i> LS Hot Dog Baked Beans Chuckwagon Corn Mustard & Relish Fresh Orange Hot Dog Roll	26 Beef Meatloaf with Gravy Garlic Whip Potatoes Vegetable Medley Mixed Fruits Light Rye Bread	27 Creole Baked Fish Roasted Red Potatoes Italian Blend Veggies Ice Cream Cup Multigrain Bread
30 Apricot Glazed Chicken White Rice California Blend Veggies Butterscotch Pudding Snowflake Roll	31 Stuffed Shells with Meat Sauce Broccoli & Cauliflower Fruit Cocktail Italian Bread		Suggested donation is \$2.00 per meal. All meals served with low-fat milk, bread, margarine and dessert.	MARCH 2015 MENU SUBJECT TO CHANGE WITHOUT NOTIC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Ask the Lawyer 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM	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 Alzheimer's Sup. 6:30 PM	Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Bone Builders 1 PM Hand & Foot 1 PM Food Pantry 6-8 PM Bingo 6:45 PM	Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 8:30 AM Music Makers 9 AM Billiard Players 10 AM Ping Pong 10 AM
9	10	11	12	13
Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Hearing Clinic 9:30 AM Podiatry Clinic 9:30 AM Billiard Players 10 AM Meet the Realtor 10 AM Art/Open Studio 12 Noon T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM SHINE 1 PM	Basic Zumba 8:15 AM Men's Breakfast 8:00 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Blood Pressure 9:30 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM	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	Breakfast 8:30-9:30 AM Veterans Services 8 AM Women's Breakfast 8:30AM Basic Zumba 9 AM Chair Movement 10 AM Ask the Officer 11AM Bone Builders 1 PM Hand & Foot 1 PM Bingo 6:45 PM	Breakfast 8:30-9:30 AM Aerobics 8:30AM Music Makers 9AM Billiard Players 10 AM Ping Pong 10 AM Lunch & Learn 12:15 PM
16	17	18	19	20
Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon Food Pantry 1 PM T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Genealogy 9 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM St. Patrick's Luncheon at Franco 10:30 AM Bone Builders 1 PM Scrabble 1 PM	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	Breakfast 8:30-9:30 AM Veterans Services 8 AM Food Pantry 8:30 AM Basic Zumba 9 AM Chair Movement 10 AM Bone Builders 1 PM Hand & Foot 1 PM Food Pantry 6-8 PM Bingo 6:45 PM	Breakfast 8:30-9:30 AM Food Pantry 8:30 AM Aerobics 8:30AM Music Makers 9AM Billiard Players 10 AM Ping Pong 10 AM Movie 1:30 PM
				
23	24	25	26	27
Blood Pressure 8 AM Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM	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	Breakfast 8:30-9:30 AM Veterans Services 8 AM Basic Zumba 9 AM Chair Movement 10 AM Bone Builders 1 PM Hand & Foot 1 PM Bingo 6:45 PM	Breakfast 8:30-9:30 AM Aerobics 8:30AM Music Makers 9AM Billiard Players 10 AM Ping Pong 10 AM
30	31			MARCH 2015
Breakfast 8:30-9:30 AM Bone Builders 9:30 AM Quilting Club 9:30 AM Billiard Players 10 AM Art/Open Studio 12 Noon T'ai Chi 1 PM Busy Fingers 1 PM Bingo 1 PM	Basic Zumba 8:15 AM Breakfast 8:30-9:30 AM Gentle Yoga 9 AM Chair Movement 10:15 AM Upbeats Music 10:15 AM Bone Builders 1 PM Scrabble 1 PM			

COUNCIL ON AGING

20 Pleasant Street, P.O. Box 2223
Westford, MA 01886-5323

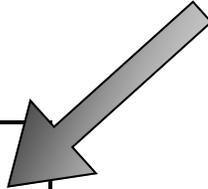
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DAY TRIPS

Call 978- 692-5523 for reservations and information on the following trips. Payment is due upon signing up for a trip. Make all checks payable to ‘Town of Westford’. Please, only register for self and spouse/companion for the trip. Transportation departs and returns from the rear parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.

Cabaret” at the Venus De Milo in Swansea, MA. Join Best of Times for our St. Patrick’s Day celebration show. Coming from across the Pond is this award winning cast direct from Dublin Ireland. Choice of Corned Beef or Baked Schrod. The cost for this all inclusive trip is \$88 p/p (includes driver gratuity). Call 978-692-5523 to register. Departure time from Franco TBD.

Tuesday, April 7th, Foxwood’s, Buckingham Motor Coach departs from the Franco American Club at 7:15 AM. The fee of \$30 includes driver gratuity and is due at time of sign-up. Receive bonus and food coupon. Please call 978-692-5523 to register.

Tuesday, April 21st, ‘Neil Sedaka’ join Best of Times as you travel to Mohegan Sun for this show. The cost of this trip is \$92 p/p (includes show ticket & \$30 casino gaming package [bets & Meal Voucher] & driver gratuity). Please call 978-692-5523 to register. Departure time from Franco TBD.

Tuesday, June 9th Mohegan Sun - Buckingham Motor Coach departs from the Franco American Club at 7:15 AM. The fee of \$30, includes driver gratuity and is due at time of sign-up. Receive bonus and food coupon. Please call 978-692-5523 to register.

Wednesday, March 11th, “Tony Kenny’s Irish