

WESTFORD COUNCIL ON AGING NEWSLETTER

SEPTEMBER 2016

MONDAY TO FRIDAY 8:00 A.M.—4:00 P.M.

20 PLEASANT ST., WESTFORD, MA

978-692-5523.

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 JungbluthLead Van Driver Admin
Charles Dutton ..Lead Van Driver Dispatch
David Loiselle...Nutrition Site Manager
Christopher Mitchell Maintenance
Katherine Russell.....Senior Assistant
Ashley Diaz.....Evening Supervisor

COUNCIL ON AGING BOARD MEMBERS

Helena Crocker.....Chair
Robert TierneyVice Chair
Nancy CookClerk

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

FRIENDS OF THE CAMERON OFFICERS

Edward GreenwoodPresident
Richard SeverynVice President
Joyce CederbergSecretary
Joyce NewtonTreasurer
Barbara Upperman..... Asst. Treasurer

CAMERON SENIOR CENTER WILL BE CLOSED LABOR DAY – MONDAY, SEPTEMBER 5

SEPTEMBER ~ Celebrating National Senior Center Month!

LIVE THEATER SHOW – Friday, September 23 at 1 p.m.

“Laugh With The Ladies” – Come join us for this unique, original *live* theatrical production featuring Lynne Moulton and Fran Baron. Meet famous “celebrity female comedians” from yesteryear. Singing, comedy and audience participation in the way of trivia ~ with prizes awarded ~ round out the show. A celebration with root beer floats follows the performance. A fun time for all!

In past years, the Delvena Theatre Company has presented “The Funniest Woman Ever! Totie Fields; “All the President’s Women” and “Meet Julia Child.” **This program is supported in part by a grant from the Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.**
Call 978-692-5523 to sign up.

CAMERON EXTENDING HOURS Starting: Tuesday, September 20

With the support of the **Town** we will be extending our hours each Tuesday and Thursday until 8:00 PM.

We hope this will better serve many residents age 60 and over who perhaps still work but would like to take advantage of using the fitness center, participating in some exercise classes, take a painting class, meet with the Outreach worker on various social services needs as well as other inquiries. We are excited to have **Annette Cerullo**, Outreach Coordinator available during these new hours and as well as our partnership with the **Westford Recreation Department** to support this new endeavor.

OPEN HOUSE AT CAMERON – Newcomers Welcome! Tuesday, September 13, from 10 a.m. – noon

For newcomers, newly-retired seniors or anyone who’s never been to the Cameron. Come explore the many facets, activities and benefits of Westford’s Cameron Senior Center. Find out what goes on here, explore the Center and meet those who make it the fun, welcoming place it is – all at our open house!

Tours start at 10 a.m. Afterward, meet the staff and enjoy refreshments at 11 a.m. Come learn about our programs & activities, services and support available, and what’s new. In short, find out what keeps people coming back! Tours will run until noon. Drop-ins welcome...and invite a friend!

NEW PROGRAMS

NEW *THE MEMORY CAFÉ *

We are pleased to announce a new initiative that will start in September at the Cameron Center Library. On the 3rd Monday of each month we will host a Memory Café for folks to drop in. A Memory Café is a welcoming, casual place for people with forgetfulness or other changes in their thinking. Cafés are a place to talk with others who can relate to what you are going through. Your friends and family are welcome also. Come enjoy one another's company on **Monday, September 19th from 10:30 a.m. to 11:45 a.m.** Light refreshments and music will be provided. This is a collaborative effort with the Westford Council on Aging and ComForCare, a local home care agency. Any questions, please call Annette, Outreach at 978-399-2326.

CHINESE MOON FESTIVAL

THURSDAY, SEPTEMBER 15, 7:00-9:00 p.m.

Join us here at the Cameron for an international, fun evening celebrating the autumn and moon. Falling on the 15th day of the 8th month according to the Chinese lunar calendar, the Mid-Autumn Festival is the second grandest festival in China. The day is also known as the Moon Festival, as at that time of the year the moon is at its roundest and brightest. The ancient Chinese observed that the movement of the moon had a close relationship with changes of the seasons and agricultural production. To express their thanks to the moon and celebrate the harvest, they offered a sacrifice to the moon on autumn days. On the festival day, family members gather to offer sacrifice to the moon, appreciate the bright full moon, eat moon cakes, and express strong yearnings toward family members and friends who live afar.

NEW – “EXPRESS YOURSELF WALL”

Thanks to local photographer, Doug Pederson, we now have a place to highlight our local seniors' talents. We are happy to post your creative works on our lobby wall above the water bubbler. We are seeking your poems, photographs, artwork, and more. We know there are many talented folks out there ... express yourself!! If you have a creative name for our wall submit it and you may be a lucky winner. Any questions, contact Annette at acerullo@westfordma.gov.

NEW NIGHT WATERCOLOR CLASS with PRITI LATHIA

Join us for this six-week class which will be held on **Tuesday** nights starting **September 20th at 6:00pm in the Arts & Crafts Room**. Cost for this incredible watercolor class is \$20.00. A supply list will be provided to you at registration.

MINI GOLF OUTING AT KIMBALL FARM

Meet at Kimball's at 9:45

Come out for a fun round of mini-golf with friends on

Wednesday, September 28th at 10:00AM.

After your fun game of mini golf you can stroll over to the grill and

enjoy a hot dog or hamburger, beverage and a kiddie ice cream. The cost of this popular Westford destination trip is \$17. Please pay at time of registration. Also please remember the COA van can take you if you do not want to drive just call the transportation line at 978-399-2322.

COA VAN TRIP

Lunch at THE WAYSIDE INN in Sudbury

Friday, September 16 at 10:30a.m.

Join The COA Van on a pleasant ride to Sudbury to enjoy lunch at the **Wayside Inn** and afterwards take a leisure stroll around the grounds and embrace it's simple and natural beauty. Cost will be \$8.00 p/p and the lunch will be Dutch treat. Call the front desk to register seats are limited. (978)692-5523.

Food & Friendship

A GREAT WAY TO START YOUR DAY!

Join us each morning from 8-10AM for some fresh pastries, fruit, bagels and your favorite AM beverage. If you're real lucky you will be greeted by Angelo Fillios and Chef Dave.

SPAGHETTI SUPPER

Wednesday, September 21, at 5 p.m.

Come enjoy nice Italian fare sponsored by the Friends of the Cameron Center. David Loiselle is planning a sumptuous dinner. Charge is \$2. Please bring a dessert to share. **Reservations required.** Call 978-692-5523 by Friday, Sept. 16. *Clean up crew needed.*

LUNCH AT CAMERON

“CHEF Dave” Loiselle

Lunch will be served at 12 p.m. on Wednesdays and Fridays. The cost will be \$3.00 per meal. Please sign up two business days in advance by calling 978. 692. 5523. Sign-ups are necessary to plan for meal last minute participants will have to wait till lunch is served to the people who have signed up ahead of time to see if there is food left over.

SEPTEMBER

Friday September 2 – Steak and Cheese Sandwiches

Wednesday September 7 – Meat ball Subs

Friday September 9 – Salad Medley

Wednesday September 14 – Chicken and Broccoli Ziti

Friday September 16 – Hot Dog & Beans

Wednesday September 21 – Roast Pork

Friday September 23 – Baked Fish

Wednesday September 28 – Chicken Parmesan

Friday September 30 – Mac & Cheese

WOMEN'S BREAKFAST**Kicking off the BEST Woman's Breakfast ever...**

Please RSVP to the front desk (978) 692- 5523 at least two business days ahead, so we can plan for food.

Thursday, September 8 at 8 a.m. ~ Antiques Appraisal by professional appraiser, Ron Wackowski. First 15 people who sign up can have an item appraised.

MEN'S BREAKFAST

September Men's Breakfast will be held on **Tuesday, September 13th at 8AM.** Our featured speaker will be **Eric Heideman, our new Assistant Town Manager.** He will be introducing himself and speaking about his role, and will be happy to answer questions. **Please RSVP by Friday September 9 so that we can plan for food.**

October Men's Breakfast will be held on Tuesday, October 11th and will feature Geoff Hall.

LUNCH & LEARN – Please RSVP for the Lunch and Learn Program at 978 692 5523 so we can plan for food. The first 18 people are guaranteed food.

Friday, September 9, at 12:15p.m. ~ Lunch is served followed by a presentation from a representative of the Lowell Association for the Blind. The focus will be on the Radio Reading Service which is provided by the Talking Information Center (TIC). Local volunteers go to the station and read the daily local newspapers to those with limited vision. Please register for this informative session at 978-692-5523.

RESTAURANT REVIEW ~ JOIN US!

- **Wednesday, September 28 at 11:30 am at Dream Diner, Tyngsboro**

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

ELEGANT CHEF IS BACK!!

Monday, September 19 at 11:30 a.m. Cost ~ \$9

The Nashoba Tech Culinary Art students will be back at the Cameron to serve some of their wonderful food. Join us for a scrumptious entree choice of **Baked Salmon with a lemon butter sauce, or Chicken Marsala** accompanied with soup, rolls & butter and a dessert.

SEPTEMBER BIRTHDAYS!

Inviting all to celebrate on

Thursday, September 29 at 12:30 pm

Come enjoy a lunch catered by the Elegant Chef restaurant at Nashoba Tech. Afterwards we will sing to our birthday celebrants and enjoy birthday cake and ice cream. Please register by calling 978-692-5523. Remember if you're a September birthday your lunch is on us. **Menu selection ~ Beef Stroganoff ~ Cost-\$5**

PANINI PARTY

Join us for a Panini Party, **Thursday, September 15 at 12:30 pm**

A special thanks to our sponsors Elder Services of Merrimack Valley and the Traveling Chef from Lindley's Catering. Please rsvp to 978 692 5523. No Fee.

Health & Wellness

****PROTECTING RESIDENTS BEFORE DISASTERS!****

The Westford Health Department, Upper Merrimack Valley Medical Reserve Corps, Cameron Senior Center, and Emergency Management are teaming up to develop a town-wide database of our most vulnerable residents. ~The goal is to identify those who might need additional assistance or a wellness check during an emergency. Volunteers and staff will be visiting residents in need in their homes, starting with those who live alone and are homebound. These teams will be gathering current contact and emergency information for the database, and offering tips on disaster preparedness. Thanks to grant funding, we will also be providing our most vulnerable residents with 72-hour emergency kits. Please watch for more information as we roll this program out. **If you – or someone you know – could benefit from this program, please call the Health Department at 978-692-5509 to make a referral.**

DENTAL PROGRAM

The Board of Health has a grant that provides dental care for low income Westford residents age 60 and over who do not have dental insurance. If you have dental needs and meet the above criteria please contact Alison or Annette here at the center for the very simple one page application. They would be glad to help if you should need help completing form.

BLOOD PRESSURE & MORE – Health screenings including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns. Available at Cameron Senior Center:

- **Tuesday: September 13 at 9 a.m.** with the Westford Board of Health.

BOARD OF HEALTH CLINIC

Monday: September 12 from 9:30 - 11:30 a.m. Hearing/Hearing Aid Screenings at Cameron with **Dr. Megan Ford from HearSmart Audiology** of Littleton. By appointment only. To book your 40-min. appointment, call the Board of Health at 978-692-5509.

PODIATRY CLINIC

Friday, September 23 at 9:00 a.m.

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

Fitness and Exercise

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

NOTE: SEE MONTHLY CALENDARS FOR CLASSES.
WE INVITE ALL TO PARTICIPATE

NEW SESSIONS FOR CAMERON FITNESS CAMP

These complimentary twelve-week group training classes are suitable for all levels from beginner to advanced. Participants will work on 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. These classes fill up quickly so please register for New Tuesday class as well Wednesday call 978.692.5523.

Class start dates:

NEW!! Tuesday class will start Tuesday, September 20 at 4:00 p.m. Wednesday class starts a new session on Wednesday September 14 at 1:30 p.m.- Thursday class will continue at 1:30p.m. Call 978-692-5523 to register.

FITNESS/STRENGTH TRAINING ROOM

Monday – Friday, 8 a.m. - 3:30 p.m.

We have a splendid variety of equipment for both aerobic activity and strength building. Open year round. Come check us out! \$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.

BONE BUILDERS

The Cameron is fortunate to have several Bone Builder clashes through a partnership with Community Teamwork, Inc.. These morning and afternoon classes are available to anyone age 60 and over but you must complete a simple application to participate in these balance, core and strength building classes. So, please ask the Registrar at the front desk for an application so you can be a part of these classes.

GOLF ~ TIME TO GET TO THE GREENS!

Come enjoy nine holes of golf on Tuesday mornings at Quail Ridge in Acton. The fee of \$25, includes 9 holes of golf and an electric golf cart, is paid each time at the Club House. Please pre-register at the Cameron Senior Center by calling 978-692-5523. Please arrive at Quail Ridge at 8:30am and be ready to hit the links by 9am. **Please note Tee off times for 9/13 and 10/11 will be at 10:00 am.** A good way to meet other people and play a round of golf.

Outreach & Support

SUPPORT GROUPS

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

As your Outreach worker I am here to assist you with almost any situation that arises. If you are seeking: information, problem solving, supportive listening, application assistance or more, please don't hesitate to contact Annette at 978-399-2326. *Annette*

MEALS ON WHEELS – Monday through Friday.

Hot, nutritious meals delivered to home-bound seniors – either on a temporary basis (post-surgery) or a long-term basis. Traditional and special diets are available, with a doctor's authorization. Call 1-800-892-0890 to register.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Cameron Senior Center, 1st Wednesday each month at 6:30 p.m.
Note: September 7 meeting has been changed to September 14. For information, call Sandy at 978-758-6072.

*NEW ~ ***WESTFORD SOCIAL SERVICES RESOURCE HANDBOOK***

We have created a book of resources for Westford Residents. Our job is to help residents to identify and access available resources to live well in Westford. We work to meet clients' goals for themselves by helping to address financial, social, emotional, and other support needs. This guide includes many of the agencies that we refer to regularly and that serve Westford residents near where they live. We have also included larger agencies and services that are designated by the state to serve all residents in our geographic area. We always encourage you to contact us if you are in need of assistance. We are here to be a resource and a support to our residents. But, if you would like to access the resource handbook directly, we have copies here and will be putting a link on our website.-Alison and Annette

Ongoing Activities

FOR COMPLETE LIST, SEE MONTHLY CALENDAR

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.

GENEALOGY WORKSHOP

Interested in researching your family's ancestry? Call 978-692-5523 to arrange for a private, one-on-one genealogy consultation with an expert.

PING PONG

If you enjoy playing ping pong join our avid players in the card room each **Monday at 1:45 pm and Friday at 10 am.**

MUSIC MAKERS – Resuming Friday, September 9 at 9 am.

Always looking for singers.

QUILTING CLUB – Mondays at 9:30 a.m.

Join our group dedicated to making quilts to donate to elders and children. All skill levels of quilters welcome!

TRAIN BUFFS – Thursdays at 7 p.m.

Like trains? C'mon down to the Cameron basement to view our set-up or join our group of aficionados.

Support Services

ASK THE LAWYER – Tuesday, September 13 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, September 8 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.

MEET THE REALTOR – Monday, October 8 at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker will not be at Cameron in September. Call: 978-692-5523.

SHINE – Monday, September 12 at 1 p.m. Call for a private, confidential appointment at the Cameron to answer your health insurance or Medicare questions. Call 978-692-5523.

VETERANS SERVICES – Thursdays, 8 a.m. to noon. Meet with Westford Veterans Agent/Veterans Service Officer Terry Stader at Cameron. His regular office, 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>

COA TRANSPORTATION SERVICE

Transportation line-978-399-2322

Okay, you might not be riding in a convertible but our safe and friendly transportation team will take you where you need to go Mon.-Fri from 8Am-3:00PM. We also will take you to any Cameron activities in the evening. This personable service is for Westford resident who is disabled and/or age 60 and over.

Our service area includes Acton, Ayer, Carlisle, Chelmsford Concord, Groton, Littleton, Lowell and Westford.

In order to secure a ride please leave your full name, address and phone number on the transportation line and one of our super transportation team members will return your call within 24 hours. We ask that you book your ride 48 hours in advance and no more than one month out.

Did you know this transportation service is made possible by our rider's donations which is round trip in Westford-\$3, surrounding towns -\$6 and outlying towns/cities \$8 and our Lowell Regional Transit

Authority. If you should need to cancel your ride please call and leave a message including your full name and phone number.

Please note: Medical appointments are our first priority and each Wednesday we have grocery shopping with volunteer helpers so don't miss out and join us for a ride.

COA TRANSPORTATION FOR 60+ SENIORS & DISABLED

Service area: Acton, Ayer, Carlisle, Chelmsford, Concord, Groton, Littleton, Lowell and Westford

Our cheerful transportation team is here to offer affordable rides to medical appointments, grocery shopping, Cameron Senior Center and local errands. Also, each Wednesday we offer grocery runs on Wednesdays with wonderful volunteer help assisting with carrying your bags. If you would like to use this friendly service please call the senior a month in advance or no less than 48 hours to schedule a ride. Please note that we do give first priority to those with medical appointments so there may be times we will need you to be flexible in your transportation scheduling. Our vans run from 8:00 – 3:00 Monday – Friday. **We also provide transportation to BINGO each Thursday evening at the Cameron and other Cameron center evening programs. To schedule a ride please call 978-399-2322.** The cost for a round trip within Westford is \$3; for surrounding towns: \$6, and for out-lying towns: \$8. Should you need to cancel a ride the day of your appointment, please call the front desk at **978-692-5523.** When leaving any messages *please leave your name and phone number.*

NO PARKING, PLEASE!

Due to the challenges our van drivers have in loading and unloading riders at the Cameron, parking will *not be allowed* in the *stripped loading/unloading zone* found in the front of the building. I recently learned that if someone parks there it is violation of a Town ordinance.

So, for anyone who may have special circumstances and need to park closer to the building please see Alison or Annette in social services to possibly receive a **special COA placard.** Recipients of this placard and/or handicap placard may park in new Reserved Parking spots marked by a sign in the parking lot. that you can place on your dashboard.

We also would appreciate if you are fortunate to not have any limited physical limitations please join our staff in parking in the rear parking area or field. *Thank you!*

FOOD PANTRY

WESTFORD COMMUNITY FOOD PANTRY, LOCATED ON THE FIRST FLOOR AT CAMERON, IS STAFFED BY VOLUNTEERS.

SEPTEMBER HOURS:

- **Monday: September 19** from 1 - 3:30 p.m.
- **Wednesdays: September 7 & 21** from 8:30 - 11:30 a.m. and September 7, 14, 21, & 28 from 6 - 8 p.m.
- **Thursdays: September 8 & 22** from 8:30 - 11:30 a.m. and from 6 - 8 p.m.
- **Fridays: Sept. 2, 9, 16, 23 & 30** from 8:30 - 11:30 a.m.
- **Saturdays: September 10, 17 & 24** from 9 - 11 a.m.

Financial Info

TREAD APPLICATIONS- The program was adopted by the Town in 1997 under Mass Law Chapter 60, Section 3D. The purpose of the fund is to defray the real estate taxes of people over age 65 and disabled persons of low income. Completed applications were due this summer. If you are in need of T.R.E.A.D. assistance and did not submit your application, please contact Alison Christopher, social worker at 978-399-2325 about the possibility of filing a late application. T.R.E.A.D. awards vary yearly as the funds are dependent on donations from private individuals and businesses. No Town funds are utilized. Voluntary tax deductible donations are always accepted and can be made payable to the Town of Westford T.R.E.A.D. The T.R.E.A.D. Committee meets in early December to review applications and determine award amounts.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS- Fuel assistance re-certification applications for those who received fuel assistance last year are mailed directly to recipients by CTI. Please complete and return the application ASAP as they are processed in the order they are received. If you need assistance completing your renewal application, please call Alison at 978-399-2325 or Annette at 978-399-2326. New applicant appointments begin in November at the Senior Center. If you are interested in applying for Fuel Assistance for the first time this heating season, please call Alison, Social Worker 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 emergency appointment to avoid termination of utilities. **Maximum Gross Household Income for LIHEAP:** 1 person-\$34,001, 2 people-\$44,463, 3 people-\$54,925, 4 people-\$65,387.

PRESCRIPTION DRUG COSTS TOO HIGH?

Look into the Extra Help program from the Social Security Administration! You may be eligible to apply for Extra Help in meeting prescription drug costs... and you can be a homeowner and still potentially qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An Extra Help application can be completed anytime during the year. If you want assistance or want to apply, call 978-692-5523 for a SHINE appointment.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011/month	\$27,250

Social Security contact information: 1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp.

HEALTH INSURANCE "OPEN ENROLLMENT" INFORMATIONAL DAY, WEDNESDAY, NOVEMBER 2

We are hosting an informational day for seniors and families to come learn about health insurance options. Currently a rep from Fallon Senior Health is coming between 11:00 and 1:00 p.m. We plan to get other insurance reps and for this day. The goal is to

provide members and non-members with plan updates and opportunity to ask questions. Please call to sign up at 978-692-5523.

DID YOU KNOW?

September is National Self – Improvement Month!

According to experts, as human beings we are our own worst critics. Most of us are guilty of focusing on our weaknesses instead of our strengths. We all have areas we would like to improve so why not start this month. Author Courtnie Erickson suggests we tackle an area of life one week at a time. Week 1, focus on your Mentality. How do you talk to yourself? Are your thoughts mostly negative or positive? Focus on how you can forgive yourself and let things go and be grateful. Every day name 3 things you are grateful for and watch your mood change for the better. Week 2, focus on your Physical Self. Tackle those health issues i.e. weight loss, eating healthier, exercising more. Small changes can reap large benefits. Week 3 direct your self-improvement towards your spiritual side. Think about things that give you a deeper sense in life and meaning i.e. religion, nature, family, friends. Lastly, week 4 focus on Socialization. Evaluate your relationships and think about how you can improve them. Surround yourself with people who lift you up and be one of those people for your friends and family. Self improvement is a life long process. Tackling small things can help you become the person you want to be!!

HOLIDAY BASKETS

Our annual Holiday Basket program, which provides assistance to local families experiencing financial hardship at Thanksgiving and the Christmas Holidays, is getting underway. If you would like to be a sponsor by donating food or holiday gifts for a Westford family, please contact Katie Russell at krussell@westfordma.gov or call 978 399 2330 for more information.

Are You Interested?

COLLETTE TRIP TO COSTA RICA

Saturday, October 16 thru Wednesday, October 26

A world of Nature presented by Collette Travel Company. Some of the key features of the trip will include Tortugero National Park, Tenorio Volcano & Manuel Antonio National Park. If interested please call Katie at 978 399 2330 or email at krussell@westfordma.gov.

FALL YARD CLEANUP- SIGN UP BY FRIDAY, OCTOBER 7

With October around the corner it is time for us to start thinking about fall yard cleanups. We have been providing this service to seniors for many years and have enjoyed the opportunity to connect volunteers from the community with seniors in need of assistance. *Due to growing numbers of seniors requesting the 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 and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated*

need-financial, 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, Friday Oct. 7**. Please also note that many of the volunteer groups may not be able to get the work done until mid November. Any questions, feel free to contact Annette, your Outreach Worker 978-399-2326.

GIFT OF PRESENCE: HOSPICE VOLUNTEERING

Patient and Family Support Volunteers are needed in the **Greater Westford and Lowell** areas. Volunteers with a desire to make a difference are needed; your presence is a true gift to hospice patients and families. Volunteers work in homes, nursing homes and assisted living facilities. All volunteers receive training and ongoing education as they are critical members of the hospice team. There is a special need for Veteran volunteers, Bi-Lingual (Spanish/English) volunteers and Licensed Massage Therapists. If you would like to learn more, *please contact Andrea at 978.552.4522 r VolunteerManager@homehealthfoundation.org. If you are interested in training to be a volunteer, call 978-692-5523 by 9/20/16. Initial training may take place at Cameron Senior Center if there is enough interest.*

Trudy's Boutique
THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

WANTED:
 CLOTHING, HOUSEHOLD GOODS
 & SMALL APPLIANCES
 ~ SPARKLING CLEAN, WORKING AND IN GOOD
 CONDITION! ~

CLOTHING SALE ALL WEEK!
 SEPT. 12 - 16
 50% OFF ALL CLOTHING
 [EXCEPT SHOES & SPECIALTY RACK ITEMS]

BOARD MEETINGS

- COA Board – Wednesday, September 14 at 4 p.m.
- Friends of Cameron – Thursday, September 8 at 12:30 p.m.

****NEWSLETTER POLICY****

Free to all Westford residents age 60+ in town and by email. Newsletters will be \$6 per year for out-of-town subscriptions by mail.

NEWSLETTER MAILING – Vacations or Snowbirds

If you will be vacationing or away from home for an extended period of time, please notify us so that we can temporarily stop mailing newsletters until you notify us of your return. This will help save us \$\$ on postage. Call Claire at 978-399-2321 or email: cfrance@westfordma.gov.

Director's Message

Dear All,

NEW!! Evening hours at the Cameron

We would like to thank the **Town** for providing this opportunity for the Cameron to stay open after 4:00 pm so we can provide some of the same programs and opportunities to those that are 60 and over who are working and have expressed an interest in using the amenities that the Cameron offers.

Special highlights:

The Cameron will be extending our hours every Tues. and Thurs. from 4-8PM for all to enjoy

Starting Tuesday, Sept. 20:

- Kim Vespucci, NPTI Certified, personal Trainer specializing, in core strength, fitness, cardio and nutrition will offer her **popular Fitness Camp Class** on Tues. evening at 4 pm-classes fill quickly reserve your spot call the center.
- **Fitness Center hours extended** from 4-8PM- **Yeah!!** We would like to thank the **Recreation Department** for providing the staff to oversee the fitness center during these additional hours. Must be a member or have a Fitness Center punch card to access
- **NEW \$25 punch card** offers access to Fitness Center 25 times (\$1 a visit) or one can purchase membership which is \$50 a year for Westford residents age 60 and \$25 for 80 and over, Non-residents age 60 and over \$60 and age plus \$30.
- Tuesday evening **Water color class** with **Pirti Lathia starting Sept. 20 thru Oct.25.** \$20 registration fee and supply list is available upon request.

Annette Cerullo, Outreach Coordinator will be available to meet with families/individuals to assist with any social services or home needs each Tues. and Thurs. evening. This could be helping fill out housing applications, apply for SNAP, assist with Tax program applications as well as medical needs/ equipment and be available just to talk with you. She will also be scheduling some monthly educational/Wellness evening speakers.

Lastly, please make sure you don't miss the article about the towns **new Emergency Preparedness effort** in identifying our most vulnerable Westford residents found in this newsletter. We are glad to be a part of this collaborative effort and be assured we will keep you updated as this new effort unfurls.. Don't miss the Open House that the **Friends of the Cameron** have been working on with our staff. Also their **Annual Spaghetti Dinner** on Wednesday, September 21 at 5 PM. A special thanks to **Claire France** for her efforts in bringing the comedy production of "**Laughing with the Ladies**", showing at the Cameron on Friday, September 23, in honor of National Senior Center Month. This event was made possible through a grant from **the Westford Cultural Council**.

See you at the Cameron,

Jennifer Claro, Director

FRIENDS OF CAMERON CORNER

What are Friends for?

(For Newcomers to Cameron)

The Friends of the Cameron Senior Center, recognized as a non-profit organization in August 1984, provides financial support enabling the Cameron to offer special programs, activities and services that it otherwise wouldn't be able to do. New members are always welcome!

Our ongoing support to Cameron includes:

- Contributing funds to cover costs of exercise classes, so they are FREE to participants
- Purchasing assets like: the Center's \$50,000 state-of-the-art exercise equipment; a refrigerator and freezer or the Westford Food Pantry; billiard and ping pong tables; and bookshelves for the thrift shop
- Providing emergency financial assistance to qualified seniors for food, housing, utilities, medical services, or transportation
- Sponsoring social events such as: summer cook-outs, holiday meals, and birthday celebrations
- Organizing fundraising efforts, such as the fall Harvest Fair, car donation program, themed events, etc.
- Managing the Cameron thrift shop, 'Trudy's Boutique'.

The Friends need new members, new ideas and new energy!

Come lend a hand, get involved, meet new people, volunteer your talents or skills – and have fun all at the same time!

The response has been terrific about Trudy's Boutique since our grand opening. We'd like to "create a buzz" and keep this a fun place to shop. We'll try to run a different event each month.....whether for a day, week or all month. Upcoming events include:

- SEPT. 12-16: Clothing Sale ½ price on all clothing, except shoes and specialty items.
- OCT. 3-7: Small Appliances Week—Shop for kitchen and other household appliances, while they last!

We'd love to hear your ideas for a special event. Let's all make **Trudy's** a fun place to shop!

FALL HARVEST FAIR

Saturday, October 29 — We're looking forward to the festivities, food, camaraderie and shopping this year's fair, open Saturday from 9 a.m.—3 p.m. Vendors invited! Table rentals are only \$15! Volunteers are needed to help with set-up (on Friday, October 28 at 1 p.m.) and with clean-up on Saturday pm. Donations welcomed especially different themed raffle baskets, silent auction items and baked goods.

SMALL APPLIANCES SALE

Monday-Friday, Oct. 3 – 7, from 9 a.m. – 3 p.m.

Need a replacement toaster, coffee maker, microwave, iron or other small appliance? Or, looking to declutter and get rid of that hot dog cooker or bread maker you never use? Our first "Small Appliances Sale," sponsored by Friends of the Cameron, will feature a wide selection of new and used appliances! Please let us know if you're willing to help with prep or set-up on Friday, Sept. 30 ~ all for a good cause!

**WANTED: WORKING SMALL APPLIANCES
*SPARKLING CLEAN, USABLE, NO MISSING PARTS ***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2016		CAMERON BREAKFAST PROGRAM Every weekday morning 8 am ~ 10 am	1 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	2 Ping-Pong 10 am
5 CLOSED LABOR DAY HOLIDAY	6 Basic Zumba 8:15 am Billiard Players 8:30 am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	7 Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Alzheimer's Sup. 6:30 pm	8 Women's Breakfast 8 am Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	9 Music Makers 9 am Ping Pong 10 am Lunch/Learn 12:15 pm
12 Hearing Clinic 9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon Shine 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	13 Men's Breakfast 8 am Basic Zumba 8:15 am Billiard Players 8:30am Ask the Lawyer 9 am Blood Pressure 9 am Gentle Yoga 9 am Cameron Open Hse. 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	14 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	15 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Panini Party 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm Moon Festival 7 - 9 pm	16 Music Makers 9 am Aerobics 8:30 am Ping-Pong 10 am
19 Bone Builders 9:30 am Quilting Club 9:30 am Memory Café 10:30 am Elegant Chef 11:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	20 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Fitness Camp 4 pm Watercolor Class 6 pm	21 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Spaghetti Supper 5 pm	22 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	23 Music Makers 9 am Podiatry 9 am Aerobics 8:30 am Ping-Pong 10 am "Laugh With The Ladies" Performance 1pm
26 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 Ping Pong 1:45 pm	27 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Fitness Camp 4 pm Watercolor Class 6 pm	28 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	29 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Sept. Birthdays 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	30 Music Makers 9 am Aerobics 8:30 am Ping-Pong 10 am

COUNCIL ON AGING

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DAY TRIPS

**CALL 978-692-5523 FOR RESERVATIONS FOR ALL TRIPS.
PAYMENT BY CHECK TO ‘TOWN OF WESTFORD’
IS DUE AT SIGN-UP.**

**NO REFUNDS FOR CANCELLATIONS WITH LESS THAN
10 BUSINESS DAYS ADVANCE NOTICE**

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

Wednesday, September 21, “Forever Motown”

Best of Time is Proud to bring to stage the iconic sounds of Motown. Featuring the best of Four Tops, Temptations, Supremes, Smokey, Stevie, Martin Gaye and More! Meal Choices are Chicken Parmesan or Baked Scrod. Cost \$92/p Departure Time is TBD.

Wednesday, October 5, Vine To Wine Foliage

Depart at 8:30am on a luxury Silver Fox Coach traveling west along the Mohawk Trail to Deerfield where you will visit the Yankee Candle Store before enjoying a delicious Luncheon at Chandler’s

Restaurant. Your entrée choices are Fresh Baked Haddock, Vegetable Lasagna or Roast Turkey, served with a salad, beverage, and desert. After lunch you’ll travel to nearby Jacksonville Vermont, where Honora Vineyards, one of Vermont best wineries, is located. Next you will travel to Putney, VT to visit the Putney Mountain Winery. Alas you must return home at 6:30pm. Cost \$82.00 p/p



Tuesday, October 11, “Foxwood’s/Mohegan”

NEW ~ INVITING ALL THOSE AGE 50 AND OVER

Buckingham Motor Coach departs from the Franco American Club at 7:30 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, November 16, A “Silver Sizzle” Review Over 50 and Fabulous!

Best of Times is proud to present a “Silver Sizzle” Review Over 50 and Fabulous this show features performances by former Radio City Music Hall Rockettes along with great comedy at Luciano’s Lake Pearl in Wrentham, MA. The meal will be a Holiday Roast Turkey Dinner with all the fixings. All-inclusive cost is \$91/p includes driver gratuity. Departure time TBD.