

WESTFORD COUNCIL ON AGING NEWSLETTER

NOVEMBER 2016

MONDAY TO FRIDAY 8:00 A.M.—4:00 P.M.
EVENING HOURS: TUESDAY'S & THURSDAY'S 4:00—8 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
Christopher Mitchell Maintenance
Katherine Russell.....Senior Assistant
Ashley Diaz.....Evening Supervisor

COUNCIL ON AGING BOARD MEMBERS

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

Sandra Collins, Patricia Holmes,
Ret. Chief George Rogers,
Kathryn Wilson

FRIENDS OF THE CAMERON OFFICERS

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

CAMERON SENIOR CENTER WILL BE CLOSED VETERANS DAY—FRIDAY, NOVEMBER 11

**REMINDER: CAMERON EVENING HOURS TUESDAYS AND THURSDAYS ~
JUST ADDED HOT DOGS ON BINGO NIGHT AND EVENING PING PONG
SEE PAGE 4**

TIME CHANGE ~ SATURDAY, NOVEMBER 5—SET CLOCKS BACK ONE HOUR



TO CELEBRATE OUR VETERANS!

**JOIN US FOR A LUNCHEON ON
Thursday, November 10 at 12:30pm**
We would like to invite you to help
celebrate our veterans from Westford.
All our invited but **our veterans will
enjoy a complimentary lunch.** When

you register please let us know your branch of the service and your tours
of duty. Entrée will be Meatloaf with Macaroni and Cheese and Chef's
choice of fresh vegetable. Dessert: Homemade brownie and ice cream.
All prepared by the **Elegant Chef**. Music will be provided by the **Justin
Meyer Jazz Trio** from Indian Hill. The cost is \$9.
Please RSVP 978-692-5523.

VETERANS DAY ~ FRIDAY, NOVEMBER 11

The Town of Westford will celebrate **Veterans Day on Friday, November
11th on the Town Common starting at 11:00 AM** with short procession
of event participants from the Library to the area of the bandstand where
the service will begin at 11 AM. All veterans are invited to Frederick S.
Healy American Legion Post #159 located at 2 Cross St. for lunch AFTER
the service.

MANICURES, PEDICURES COMING TO CAMERON

Come and meet **Veronica Thompson** a popular reflexologist amongst
COA's on **Wednesday, November 9 from 9:30 am until 4 pm**. We are
excited to share with you her quality services and they are as follows:
Manicure \$15, Pedicure \$22, Gels \$25. Rebalancing \$21 and reflexology
(acupressure) \$25 for 30 minutes and \$45 for one hour. I guarantee you
these appointments will go quickly so call early at 978 692 5523.

NEW PROGRAMS

*THE MEMORY CAFÉ *

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. Come enjoy one another's company on November 21st 10:30 a.m. to 11:30 a.m. in the Cameron library. 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.

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.

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.

Food & Friendship

WOMEN'S BREAKFAST

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

Thursday, November 10 at 8 a.m. ~ Cameron fashion show with TJX and Trudy's Boutique. This will be a fun way to start your day and our models will be flying in just for this Cameron runway show. A definite don't miss time with Mistress of Ceremony, Alison Christopher and Fashion Show Director Katie Russell. December's Women's Breakfast will be held on Thursday, December 8.

MEN'S BREAKFAST

October Men's Breakfast will be held on **Tuesday, November 8 at 8AM** and will feature the return of popular speaker, Jose Ramirez. He will be presenting on "U.S.-Cuba Negotiations (almost) 2 Years Later". **Please RSVP to 978-692-5523 or email achristopher@westfordma.gov by the Friday prior so that we can purchase enough food.** December Holiday Breakfast will be held on Tuesday, December 13.

LUNCH & LEARN

With District Attorney Marian Ryan

Friday, November 4th at 12:15

We are glad to present "**Staying Safe**" a program sponsored by Middlesex County District Attorney Marian Ryan to help improve our knowledge on better protecting our identity and assets from the proliferating number of scam artists eager to part victims from their money and identities as we know very well. Joining DA Ryan will be **Family Services Detective Nirisa Nicoletti from the WPD** and **Denise Kemmitt, Assistant Branch Manager from Worker's Credit Union** to share helpful information on safe banking practices.

So let's stay safe and RSVP for this lunch and learn at 978.692.5523.

NEW WEDNESDAY LUNCH

Join us for "Mom's Home Cookin"

Each Wednesday starting November 2. Jackie Russell will be preparing a warm home-cooked dinner that will surely rekindle those favorite memories of "Mom's" wonderful cooking. Lunch will be served at 12:30 pm and the cost is \$3. Reservations are required 24 hours in advance

(If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!)

Novembers meal selections:

Wednesday, Nov. 2 Shrimp Scampi

Wednesday, November 9: Shepard Pie

Wednesday, November 16- Baked Ham

Wed., November 24 No lunch Happy Thanksgiving!

Wednesday, November 30 Beef Stew

RESTAURANT REVIEW ~ JOIN US!

• **Wednesday, November 30 at 11:30 am at Princeton Station, 147 Princeton Street, 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!

ELEGANT CHEF LUNCHEON

Monday, November 7, at 11:30a.m.

This delicious three course meal will be prepared and served by our favorite culinary art students from Nashoba Tech. The entrée choices include: Baked Haddock or Beef Stroganoff. Meal cost is \$9.00.

NOVEMBER BIRTHDAYS!

Thursday, November 17th at 12:30

Birthday lunch: Pasta and meatballs

Come celebrate our November birthdays! Lunch will be catered by the Elegant Chef with cake and ice cream to follow. Please register in advance by calling 978-692-5523. Don't forget November celebrants are free and guest cost is \$5.

Please call in advance to register at 978.399.2330.

Health & Wellness

TALKING WITH YOUR DOCTOR Sponsored by: Circle Health

Come join the conversation about ensuring the best way to communicate with your doctor. Take an active role in your health care and talk with Nancy Harding, RN Community Liaison for Circle Home on **Monday, November 28th at 8AM**. We will have the coffee brewing for you.

MEDICARE OPEN ENROLLMENT – Oct. 15 - Dec. 7

It's that time of year again! 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 by the end of September outlining changes to be made for 2016. It is important to **review, understand and save** this information!

During Medicare Open Enrollment (Oct. 15-Dec. 7), you will be able to change your plan for next year. If you need help understanding upcoming changes and your options, a trained SHINE counselor can help. For FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs, call 978-692-5523 for a SHINE appointment.

SHINE PRESENTATION – Thursday, Nov. 3, 1-3 p.m.

For anyone wishing to learn more about changing their insurance coverage during the Medicare open enrollment period (Oct. 15-Dec. 7) or for those about to become eligible for Medicare, this SHINE presentation is for you. To register, call 978-692-5523.

SOCIAL SECURITY NOTIFICATION

Don't Forget to SAVE your Social Security benefit notification for 2016 when you receive it later this month or next month. You may need to provide a copy when applying for a wide range of benefit programs

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: November 8 at 9 a.m.** with the Westford Health Department.

WESTFORD HEARING CLINIC

Monday: November 14 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 Westford Health Department at 978-692-5509.

PODIATRY CLINIC

Tuesday: November 29 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

FITNESS/STRENGTH TRAINING ROOM

Monday – Friday, 8 a.m. - 3:30 p.m.

Tuesday's & Thursday's 4—7:45 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.

Outreach & Support

As the cooler weather approaches we all begin to think about preparing for the winter. Many folks ask if we know of people who can help with snow removal. Unfortunately, this is one of the hardest needs to find services for. There are several snow plow companies in the area and we create a list every year with their contact information however we do not endorse any one over another. Other options are to check with your church, the local classifieds and your neighbors. I am trying to recruit local students who could possibly "adopt" a senior for the winter to regularly check in on them and do some shoveling of walkways. If you would like to discuss this further, please call Annette at 978-399-2326.

SENIOR TO SENIOR INITIATIVE

We are hoping to resume our relationship with the Westford Academy students and the senior residents of Westford. If you have a desire to connect with a WA student for socialization, computer assistance, attending WA events, etc. please contact Annette for a possible match up at 978-399-2326.

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. 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

***NEW BINGO AND HOT DOGS***

on the first Thursday night of the month. Hot dogs, chips, drink will be served for a donation of a \$1.00. If you play BINGO and would like to help Gail Austin with this early dinner,

please contact Annette Cerullo at 978-399-2326.

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.

CREW (Rowing) - Tuesday's at 2 p.m..

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.**

****WE JUST ADDED****

Ping Pong on Tuesday evenings from 5:30—7:30 pm

Ping Pong is popular at Cameron and you will see why when you meet this active and diverse group of players. So come join us!

MUSIC MAKERS – Friday's 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.

ASK THE LAWYER – Tuesday, January 3 at 9:30 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, November 10 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, November 14 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, November 14 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. **Only on the first Thursday's of each month Terry will have evening hours from 4—8 pm. The remaining Thursdays of each month will continue with his usual AM hours.** His regular office, in the Millennium Building behind Abbot School, 23 Depot Rd., 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>

FOOD PANTRY

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

NOVEMBER HOURS:

- **Mondays: November 7 & 21** from 1 - 3:30 p.m.
- **Wednesdays: November 9 & 23** from 8:30 - 11:30 a.m. and **November 2, 9, 16, & 23 & 30** from 6 - 8 p.m.
- **Thursday: November 10** from 8:30 - 11:30 a.m.
- **Fridays: November 4 & 18** from 8:30 - 11:30 a.m.
- **Saturdays: November 5, 12, & 19** from 9 - 11 a.m.

COA TRANSPORTATION SERVICE

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.*

Financial Info

TREAD APPLICATIONS- applications are available at the Senior Center and were **due on August 1st.** Awards will be determined at the December 2016 T.R.E.A.D. Committee Meeting. Tax Relief for Elderly and Disabled is a donation funded program for real estate tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. If you have questions about the program or need to request to file a late application, call Alison Christopher, LICSW at 978-399-2325.

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.

IT'S TIME FOR HOLIDAY BASKETS!

We are excitedly preparing for this year's annual Holiday Basket program alongside St. Vincent de Paul-St. Catherine's to ensure Westford families experiencing financial hardship have the opportunity to experience a memorable Thanksgiving and Christmas Holiday. This year we are anticipating exceeding the assistance that was given to 99 families at Thanksgiving and the 126 families that were provided with holiday gifts and/or food baskets. If you have the ability to donate food, gifts, gift cards and/or monetary support please contact Katie Russell at krussell@westfordma.gov or call 978.399.2330

DID YOU KNOW?

The Massachusetts Senior Legal Helpline provides FREE legal information advice and referral services for Massachusetts senior citizens (60+) in most areas of civil law, including: Social Security, Mass Health, Consumer Issues, Foreclosures, Guardianship, Powers of Attorney, Bankruptcy, Evictions, Utilities, and more. The helpline is a collaboration with the Mass. Executive Office of Elder Affairs, the Legal Advocacy & Resource Center, the Mass. Justice Project and the Mass legal services providers. This project is made possible by a federal grant. For assistance call: 1-866-778-0939 between the hours of M-F, 9:00 a.m. to 1:00 p.m.

Are You Interested?

“SANDWICH GENERATION” SERIES

With the Cameron center's increased evening hours, we plan to offer a series of informational sessions on a monthly basis on the last Tuesday of every month from 6:00-7:00 p.m. Topics will include: Caring for Aging Parents, Introduction to Social Security, Preparing for Retirement, Downsizing the home, Protecting Assets, Balancing Multiple Life Roles, and more. Please call Annette your Outreach Coordinator with suggestions or questions. 978-399-2326.

FALL YARD CLEANUP- SIGN UP WAS BY FRIDAY, OCTOBER 7

If you signed up for fall cleanup by Oct. 7th we are doing our best to match you up with a volunteer group to perform this service. Volunteers may be from local businesses, churches, scout groups or the Westford High School. If you have not been contacted yet by a group and have any questions, please contact the Outreach Worker, Annette at 978-399-2326.

WALK FOR THE FRIENDS OF THE POOR – FRIDAY, NOV.11

This is our seventh Walk to help raise awareness and funds for the Saint Vincent DePaul Society. They provide services to needy and suffering families within our local community, who are experiencing temporary difficulty due to illness, unemployment, or other unexpected challenges. Please consider joining us to walk for an amazing cause! Walk begins at St. Catherine Church at 8 AM. To show our appreciation we are seeking folks who would be interested in passing out water bottles and apples and cheering on the walkers as they pass by the Cameron from 9:00 to 9:30 a.m. If this opportunity to show gratitude moves you, please call Annette at 978-399-2326. Much thanks.

J.V. FLETCHER LIBRARY

A warm invite from our Town library the **J.V. Fletcher Library** loves our senior patrons and we thank you for continuing to make us part of your lives. Our services and collections to seniors abound and we welcome you to come check us out. Whether you bring your grandbaby for a drop-in Mother Goose or take advantage of our large print, audio books, DVD and music collection, we hope that you will visit us often. We love seeing your warm smiles.

BOARD MEETINGS

- COA Board – Wednesday, November 9 at 4 p.m.
- Friends of Cameron – Thursday, November 3 at 12:30 p.m.



PLEASE HELP REDUCE POSTAGE COSTS!

Did you know that the Cameron Senior Center spends over \$750 per month to mail this newsletter to Westford residents? Many people use email and might like to receive the newsletter via email instead -

if you would like this and could help reduce all of that spending ~ Please sign up for our newsletter online at

www.westfordma.gov/coa, click on “Notices” then “Subscribe to Notices”. Contact Claire France via phone at 978-692-5523 or email at cfrance@westfordma.gov to let her know to remove you from the postal mailing list.

CHRISTMAS /HOLIDAY BOUTIQUE

**Starts Monday, November 28 thru Friday, December 2
Monday - Friday from 9 a.m.—3 p.m.**

To raise everyone's holiday spirits this year, the Friends of Cameron have assembled a spectacular new collection of holiday décor, gifts for home, family and friends, and some truly amazing items. The Christmas Boutique will be in the room next to Trudy's. Whether or not you need anything to top off your holiday season, drop by anyway...you'll be glad you did! Come see what the buzz is all about ~ you may just find something your heart desires or a little gift to lift your spirits!

HELP NEEDED FOR SET-UP & CLEAN-UP!

Trudy's Boutique THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

CLOTHING, HOUSEHOLD GOODS, DÉCOR, JEWELRY
~ ALL AT AFFORDABLE PRICES ~

NOVEMBER THEMES

“WOODEN” IT BE LOVELY?
AND
A TIME TO GIVE THANKS

CHRISTMAS/HOLIDAY BOUTIQUE

STARTS NOV. 28
[NEXT DOOR TO TRUDY'S]



GREAT JOB!

The COA staff would like to recognize the huge success of Trudy's Boutique Appliance sale. It was well organized and the volunteers spent some long hours making this happen. A special thanks to **Barbara Upperman**, Trudy's Boutique Coordinator, **Chris Kuntz** and **Paul Fassbender** for their extra, extra efforts. Sale proceeds in excess of \$900!

GRAZIE!

We would like to thank the Friends of Cameron for treating a full house to a “buono” spaghetti and meatball dinner. A special thank you to **Joyce Newton** and **Marcel Lacombe** for the dinner preparation and to our wonderful hostesses and servers **members from the Westford 4H** and their advisors especially **Carol Wing**.

CAMERON ARTISTS RECEIVE AWARDS IN BOSTON!



Our Cameron Artists were recently recognized for their featured ribbon winning paintings that were exhibited at the Commonwealth Museum in Boston. They attended an honorary reception in Boston held by Senator Tsongas. These artists are all part of the "Art Open Studio" that is held each Monday noon at Cameron. Special congratulations to (in no particular order) Carol Korsak, Ann Cullerton, Ruth Lapin, Paula Mingolleli, Terry Cryan, Marie Stabile, Peggy Jungbluth, Sue Lindmark, Nancy Ferrara, Joan Morris and Helen Moriarty (not pictured). Safely driven by Al MacGilvray one of our dedicated van drivers. Also pictured Katie Russell our Senior Assistant.

ENJOY NEW PICTURES IN THE SITTING AREA

Please take time to look at the Adlard Langley funeral pictures that are being displayed in the sitting area and see if there is someone you may recognize in these pictures. We are fortunate to enjoy these pictures for a while thanks to Marguerite Sabatino in her efforts to assist the St. Catherine's cemetery history committee document this important time in Westford's history. Please find a pad to write your story or information and place in receiving box on the end table next to the couch. Thank you and enjoy these beautiful pictures.

INTERESTED IN BEING INTERVIEWED FOR A BOOK?

Local writer seeks participants for an interview about life in one's 80's. **Katharine Esty, LICSW, Ph.D. will be at Cameron on November 14th at 10 and 11 for group interviews.** She notes: After passing into my 80's, I decided to write a book about being in your eighties. I began to interview all kinds of people around the country. What are their joys, sorrows, concerns, and secrets? I also draw on my own experiences as an 82 year old woman who has been a social psychologist, a practicing psychotherapist, a wife, a mother, a grandmother. This book will provide a window for those in their eighties to see how others their own age think and feel about their lives, and for their adult children and to deepen their understanding of their parents' experience. Please call 978-399-2325 to sign up if you'd like to participate.

Director's Message

Dear All,

Our staff is excited about the Fall offerings; but more so about seeing you here at the Cameron.

Make sure you peruse the newsletter for many NEW announcements from the addition of a Reflexology services (monthly manicures and pedicures) "**Mom's Home Cookin**" each Wednesday made by **Jackie Russell**, Special Veteran's luncheon with Jazz Trio from Indian Hill, BINGO and hot dogs on the first BINGO night of the month and more. As our center continues grow in many nice ways our staff wants **your input in finding a name for our newsletter and a tag line that describes the Cameron experience.** This tag line needs to be descriptive and no longer than one sentence or a few selective words.

Our winners will receive a \$25 Cameron voucher that will be good towards waiving costs for Cameron's meal/program, trip, Trudy's Boutique, Fitness Center punch card and/or annual membership as well as be recognized in our December newsletter.

So, come join us at the Cameron!

Jennifer Claro, Director

FLU CLINICS

As in years past, regular flu vaccine will be offered to all Westford residents age three years and older at the clinics listed below. 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 from their medical doctor. The following **FREE** walk-in clinics are available:

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

- **Friday, Nov. 4, from 10 am-12 pm**, at JV Fletcher Library
- **Tuesday, Nov. 8, from 6 pm-8 pm**, at Millennium
- **Wednesday, Nov. 16, from 6 pm-8 pm**, at Millennium

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

SHINGLES SHOTS

Friday, December 9 ~ 1-3 pm at Town Hall

If you have ever had chicken pox, as most adults have, you are at risk of developing shingles. This is because the Herpes Zoster virus stays in your body and can resurface at any time. One in 3 people will experience Shingles in their lifetime. The Zostavax vaccine is a one-time vaccination for people **age 60 and older** and was developed to help prevent the painful and potentially serious episodes of Herpes Zoster (shingles). **Appointments and a phone screening are required. There is no cost for this program!** Please call us at 978-692-5509 so we can assist you in receiving this valuable immunization without the cost. This includes our retirees!

Future Events

****NOTE NEW DAY, DATE AND TIME****

HAM & BEAN SUPPER Sunday, November 13, 5 p.m.

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

THANKSGIVING DINNER Sunday, November 20, Noon.

For the 18th year, Jim Geraghty, family and friends, are graciously hosting a Turkey Dinner for Westford seniors age 60 and over on **Sunday, November 20, 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 Tuesday, December 6

Join us for a catered pork loin luncheon, 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. Be on the look out for a special surprise!! The cost will be \$10 if you are not a member of the Friends of Cameron and \$7 if you are a Friends member. For reservations, call 978-692-5523 **by November 28.**

COA VAN TRIP

KRINGLE CANDLE COMPANY WITH PATTI MASON

Friday, November 18 at 10am

Don't miss this COA van trip with the fabulous host Patti Mason. She has planned this seasonal day trip to Bernardstone, MA to enjoy some shopping and a lovely lunch, dutch treat at The Farm Table. Trip cost:\$15. Call 978-692-5523 to register.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 2016	1 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	2 Aerobics 9:30 am Bone Builders 9:30 am Health Info. Day 11 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Alzheimer's Sup. 6:30 pm	3 Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am SHINE Presentation 1 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Veterans Services 4 pm Bingo 6:45 pm	4 Aerobics 8:30 am Music Makers 9 am Ping-Pong 10 am Lunch/Learn 12:15 pm
7 Bone Builders 9:30 am Quilting Club 9:30 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	8 Men's Breakfast 8 am Basic Zumba 8:15 am Billiard Players 8:30 am Blood Pressure 9 am 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	9 Reflexologist 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	10 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 Veteran's Lunch 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	11 CLOSED VETERAN'S DAY! 
14 Hearing Clinic 9:30 am Bone Builders 9:30 am Quilting Club 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 Ping Pong 1:45 pm	15 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	16 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	17 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Nov. Birthdays 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	18 Aerobics 8:30 am Music Makers 9 am Ping-Pong 10 am
21 Bone Builders 9:30 am Quilting Club 9:30 am Memory Café 10:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	22 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	23 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	24 CLOSED 	25 CLOSED
28 Talking/your Doctor 8 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 Ping Pong 1:45 pm	29 Basic Zumba 8:15 am Billiard Players 8:30am Podiatry 9 am 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	30 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	CAMERON BREAKFAST PROGRAM Every weekday morning 8 am ~ 10 am	

COUNCIL ON AGING

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

PRESORTED
STANDARD
US POSTAGE
PAID
WESTFORD, MA
PERMIT NO. 202

Change Service Requested



CAMERON IS ON THE WEB

Visit our website at
www.westfordma.gov/coa

To receive our monthly
newsletter notification via email,
go to the COA website and click on
“Notices” then “Subscribe to Notices”



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, 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/p includes driver gratuity. Departure time TBD.

Friday, December 2, “The Boston Pops”

Depart at 11am and travel to the Chateau Restaurant for lunch and after lunch travel to Boston Common to see the Christmas Lights Display Then arrive at Symphony Hall to view the Boston Pops and the renowned Keith Lockhart from the First Balcony. Meal Choices include Chicken Parmigiana, Broiled Scrod, or Marinated Steak Tips. Cost \$132 p/p.