

WESTFORD COUNCIL ON AGING NEWSLETTER

APRIL 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
Marie LawrenceNutrition Site Manager
Christopher Mitchell Maintenance
Peter MurphyEvening Supervisor
Katherine Russell.....Senior Assistant
Helena Crocker.....Chair

COUNCIL ON AGING BOARD MEMBERS

Robert TierneyVice Chair
Nancy CookClerk

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

Edward GreenwoodPresident

FRIENDS OF THE CAMERON OFFICERS

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

The Cameron Senior Center will be Closed on Monday, April 18th for the Patriot's Day Holiday.

NATIONAL VOLUNTEER WEEK APRIL 11—APRIL 15

WHAT A BETTER WAY TO CELEBRATE OUR
VOLUNTEERS THAN TO HAVE A PARTY!

ALL WHO HAVE VOLUNTEERED ARE INVITED

TO A LUNCHEON CELEBRATION!

FRIDAY, APRIL 15 AT 12 NOON
PLEASE CALL 978-692-5523 TO REGISTER



“GAY NINETIES CELEBRATION”

The Council on Aging is pleased to announce our annual Gay Nineties Celebration on **Tuesday, May 24th 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 with entertainment. **Advanced registration is necessary, at 978-692-5523 before May 13th.** If you were born in 1926 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 **two** guest and they will be seated at your table; **both the honoree and their two guests attend free of charge.** The cost for the other guests will be \$10 if you are not a member of the Friends of Cameron and \$7 if you are a Friends member. Transportation is available.

SPECIAL TRIP OF THE MONTH: “PICKITY PLACE”

Friday, April 29

Enjoy an exquisite lunch at **Pickity Place in Greenville, New Hampshire**. After lunch enjoy a stroll through the gardens before returning to the Cameron. The COA van will depart from the Cameron at 10am and return around 3pm. The cost of the trip is \$30 which includes lunch, tip and transportation.

Director's Message

Dear All,

It is exciting to see many new positive efforts blooming around the Cameron especially with the new breakfast table out in the sitting area. Several days after offering this new outreach effort, coordinated through **Katie Russell, Dave Loiselle and Angelo Fillios** many were enjoying themselves after their classes catching up over a glass of orange juice, muffin, bagel and more. Shortly after viewing this time of laughter and socializing, I saw **Hal Schreiber, Volunteer Tax Expert** for the 2015 Income Tax Return program finishing his fifth client (and still energetic). Hal has been so committed ensuring he sees everyone timely, explains certain deductions or not and goes the extra distance to drop off completed tax returns to one's home if transportation is a hurdle. Speaking of extra effort, I want to thank everyone for being supportive of the Cameron while housing the **Recreation Departments' Tai Chi and Westford/Littleton Community Crew program temporarily**. Hosting this crew program has been a nice venture especially the **novice girls effort in organizing** several intergenerational rowing training's accompanied by **Coaches Sevick and Lumbard** for Cameron members. I also would like to thank **Dave Cormier**, Westford/Littleton Community Recreation Department Crew Program Director for **sharing one of their Ergometers being used in our fitness center** which everyone is loving.

Since, I am on the topic of exercise equipment, I would like to thank **Bill Vullo** for quietly volunteering his time to ensure our fitness equipment is clean and in working order (also a special thanks for the roses that were given to the woman at the February breakfast and Valentine shaped French toast) thank you Bill. On my last note don't forget to read your newsletter and spread the word about a new food program offered in partnership with the **Boston Food Bank and Elder Services**- special meeting on April 5th at 10AM (for Westford & non-Westford eligible applicants) and I can't wait to **CELEBRATE OUR VOLUNTEERS** this month. See you at the Cameron,

– *Jennifer Claro, Director*

Thank You!

With much appreciation!

Our COA staff would like to thank **Patricia Reppucci** for volunteering to help oversee the 2015 Tax Work-off Program. "It was a very successful year" and Pat has contributed so much administrative support and time to this important Town effort.

Ritchie Crocker and his skilled colleagues ANOTHER big thanks! We love our newly hung BINGO Board and additional outlet for the Westford Food Pantry freezer.

NEW BREAKFAST PROGRAM

Monday ~ Friday, 8am ~ 10am

Start your AM with **Dave Loiselle and Angelo Fillios**. The

News and Events

Cameron is glad to offer a light breakfast thanks to the Friends of Cameron. We guarantee you service with a smile, kind words and/or a laugh or two. Thanks Dave and Angelo!

HOME COOKED LUNCH PROGRAM with "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.

Friday, April 1 ~ Cheeseburger with all the fixings and oven fries

Wednesday, April 6 ~ Meat Ball Subs with a fresh salad and fruit

Friday, April 8 ~ Homemade pizza and salad

Wednesday, April 13 ~ Stir Fry Chicken with veggies and White Rice and Mandarin Oranges

Friday, April 15 ~ Chicken Sausage on a sub roll with peppers and onions

Wednesday, April 20 ~ Lasagna, oven roasted vegetables with garlic bread and pudding

Friday, April 22 ~ Health salad with sides and pita bread

Wednesday, April 27 ~ Turkey rolls with stuffing and mashed potatoes

Friday, April 29 ~ Hot dogs with baked beans



We to thank a for his

would like **Hal Shriver** volunteer wonderful

efforts in providing 2015 tax return preparations. So many people truly appreciated and benefitted tremendously from his professional expertise and kindness. **Thank you Hal!**

MEN'S BREAKFASTS

Food & Friendship

Tuesday, April 12 at 8AM ~ Our presenters will be from **Operation Delta Dog**, a nonprofit that trains service dogs for Veterans with PTSD and Traumatic Brain Injury. Please RSVP by Friday April 8th by calling 978-692-5523 or email achristopher@westfordma.gov so that we can plan for food. **May Men's Breakfast will be on the 10th.**

WOMEN'S BREAKFASTS

Please RSVP to the front desk (978-692-5523) by Monday, April 11, so we can plan for food or email krussell@westfordma.gov.

- Thursday, April 14 at 8 a.m. ~ Musical performance
Save the Date: Mother's Day Breakfast Thursday, May 12 at 8am.

LUNCH – Monday, Tuesday & Thursday at 11:30 a.m.

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

LUNCH & LEARN – Please RSVP for Lunch and Learn Program at the Front Desk 978 692 5523 by Monday, April 4 so we can plan for food. The first 18 people are guaranteed food.

Friday, April 8 at 12:15 come hear **Dave Crocker** speak on the benefits of meditation and relaxation. Lunch will be wraps and broccoli salad.

ELEGANT CHEF LUNCHES

Sponsored by Cummings Foundation

Culinary students from Nashoba Tech's Elegant Chef restaurant will be preparing and serving a plated hot meal once a month at the Cameron! There will be a basket raffle and a 50/50 raffle. Cost: \$7 per meal. **Seating is limited; please call 978-692-5523 by Friday, April 15.**

- **Monday, April 25, at 11:30a.m.** Chicken Piccata sautéed chicken breast with garlic, lemon juice, a splash of cream and a sprinkle of imported cheese or Seafood Casserole with haddock, shrimp and crab meat covered in a white wine sauce with salad, dinner rolls and carrot cake.

RESTAURANT REVIEW ~ JOIN US!

- **Wednesday, April 27 at 11:30 am** at the **Rangoli Grill, (Indian Cuisine), 8 Cornerstone Square, Westford**

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

BIRTHDAY CELEBRATIONS

Let's all celebrate! Join us for a hot lunch prepared by Nashoba Tech's Elegant Chef, to honor our **April Birthday**

celebrants. Lunch will be provided **free for birthday celebrants** ~ **\$5 for everyone else.**

Thursday, April 28 at 12:30 p.m.

Beef Stew, salad & roll

All welcome to join us for free cake and ice cream at 1 p.m., in the Welcome Area at the Cameron. For either option, RSVP to 978-692-5523 by Tuesday, April 19.

ELDER SERVICES OF THE MERRIMACK VALLEY

April 2016 ~ Congregate Lunch served at 11:30

\$2.00 donation is encouraged

Health & Wellness

**For the days' complete menu
please call 978.692.5523**

Mondays:

- 4th - Chicken Ala King
- 11th - Chicken Drumsticks
- 25th - No Lunch due to Elegant Chef Lunch

Tuesdays:

- 5th - Shepard's Pie
- 12th - Beef Stew
- 19th - No Lunch due to Birthday Celebration Lunch
- 26th - Chicken Marsala

Thursdays:

- 7th - Cheese lasagna w/Meat Sauce
- 14th - Stuffed Shells w/Marinara Sauce
- 21st - Meatloaf w/Gravy
- 28th - Breaded Chicken Patty

WALGREENS- MED SAFETY PRESENTATION

Thursday, April 7 at 10 am ~ here at Cameron Pharmacist **Laurie Flood, RPH from the Westford Walgreens** will be doing a presentation on medicine safety. Please sign up at the front desk 978.692.5523

DIABETIC SHOE CLINIC

Tuesday, April 26 at 1:30 p.m.

Amy Baxton is coming back for a Diabetic Shoe Clinic. Please pick up the paperwork **prior** to April 26. Call 978.692.5523 or stop by the front desk for more information.

GRANDPARENTS-LET'S KEEP OUR BABIES SAFE!

Westford Health Department is having an educational session on the importance of the Tdap (Whooping Cough – Pertussis) vaccine for those grandparents who have not been vaccinated. **Date: May 12 ~ 1-3 pm**, Town Hall, 2nd floor conference room. Tdap vaccination will be

offered immediately following session, **FREE** of charge but **RSVP is required. Call 978.692.5509.**

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.

VOLUNTEER DRIVERS WANTED, CALL 978-399-2330.

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: April 12 at 9 a.m.** with Board of Health.
- **Monday: April 25 at 8 a.m.** with Circle Home, Inc.

PODIATRY CLINIC – Monday, May 14 at 9:30 a.m.

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

BOARD OF HEALTH CLINIC

Monday: April 11 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.

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

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

FITNESS/STRENGTH TRAINING ROOM

Fitness and Exercise

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.

Do you know of a new senior in town or a senior that is home and lonely? If so, encourage them to call me or give me their name and I will offer a home visit to welcome this person and share with them the wonderful programs and services available through the senior

Outreach & Support

center. My mission is to make sure all seniors in Westford know about this great facility and all it has to offer. Get connected, stay connected. Call Annette your Outreach Coordinator 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.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

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

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

FOR COMPLETE LIST, SEE 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

Ongoing Activities

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

MUSIC MAKERS – Fridays at 9 a.m. ***Singers Wanted!*** Like to sing? Join us as we start a new spring repertoire!

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, May 10, at 9 a.m.

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

ASK THE OFFICER – Thursday, April 14,

Support Services

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, April 11, at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron. Call: 978-692-5523.

SHINE – Monday, April 11 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>

TRANSPORTATION FOR SENIORS 60+ AND THE DISABLED

Our cheerful transportation team is here to offer affordable rides to appointments medical, hair dresser, local errands, shopping, and trips to the Senior Center for your convenience. Every Wednesday we run trips to Market Basket. Vans are scheduled from 8:00 – 3:00 Monday – Friday. **To schedule a ride please call 978-399-2322 at least 48 hours in advance.** 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.*

FOOD PANTRY

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

APRIL HOURS:

- **Monday: April 4,** from 1 - 3:30 p.m.
- **Wednesdays: April 6 & 20,** from 8:30 - 11:30 a.m. and **April 6, 13, 20 & 27,** from 6 - 8 p.m.
- **Thursdays: April 7 & 21,** from 8:30 - 11:30 a.m. and from 6 - 8 p.m.
- **Fridays: April 1, 8, 15, 22 & 29,** from 8:30 - 11:30 a.m.

- **Saturdays: April 2, 9, 23 & 30,** from 9 - 11 a.m.

CAMERON CLOSET NEW SPRING & SUMMER SELECTIONS

Now accepting Spring and Summer clothing in good condition; as well as other household items.

MONDAY - FRIDAY: 9 A.M. - 3 P.M.
SATURDAY: 9 - 11 A.M.

FITNESS REIMBURSEMENT – Many health insurance companies offer a fitness rebate up to \$150 for those who participate in an approved fitness center. The Cameron Senior Center qualifies as such with several insurance companies. Please check with yours. Get a Fitness Rebate Form and submit it with proof of fitness center membership and payment, for the previous year's fitness. Now is the time to submit for your 2015 rebate.

Financial Info

NEED HELP PAYING FOR GROCERIES?

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

PRESCRIPTION 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.

MEDICARE PART B PREMIUM - 2016

Many may have heard that Medicare Part B premiums are going up -- but this is **not** true for *everyone*. Those whose Part B premiums were deducted from their Social Security checks last year will continue to pay \$104.90 per month. Those newly enrolled in Part B this year will likely pay \$121.80 per month. Those with incomes greater than \$85K (\$170K per couple) will pay significantly higher premiums -- and people with limited income and assets may qualify for a program to help pay for their premiums. For a private, 1-on-1 consulting session about your health

insurance, call 978-692-5523 for a SHINE appointment.

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

T.R.E.A.D. Applications will be available at the Senior Center in May this year and will be **due on August 1st**. Awards were determined at the December 2016 T.R.E.A.D. Committee Meeting. This program 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 application assistance, call Alison Christopher, LICSW at 978-399-2325.

SENIOR TAX WORK-PLEASE NOTE CHANGES TO APPLICATION PROCESS-Tax Work applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program and would like to work in a Town department in exchange for a \$1,000.00 reduction in your FY 2017 real estate tax bill. **You must submit a NEW application if you are interested in being placed this year**, even if you have participated in the past. We will be placing first time applicants first, and using a lottery to place first time applicants who participated in previous years. Senior program applicants must be 60+ years old, and own and occupy the property for which Westford taxes are paid. Veteran applicants must meet the MGL criteria for veteran status, must have been honorably discharged, and own and occupy the property for which taxes are paid. **Applications must be submitted to the Senior Center by May 10**. The lottery will take place on Friday May 20th at 2PM at the Senior Center. All placements depend on applicant skills matching department needs (disabled Veterans may assign a proxy if approved by the VSO). If you have any questions, call Alison Christopher, LICSW at 978-399-2325.

DID YOU KNOW...

The Westford Library has a **Link to Literacy** program which is a non-profit, volunteer run organization devoted to enabling adults who have joined us from other cultures to read, write, and speak American English more

effectively. Training and materials are provided to tutors. Tutors work with their students at the Library. To pick up a student application or for more information, stop by the library or contact the Information Services department at

Are You Interested?

978-399-2304.

Project Lifesaver If you have a loved one with dementia, who is at risk of wandering, you may be interested in this unique program offered in Westford. Westford Police Department and LoJack® SafetyNet™ worked together to bring the SafetyNet™ by LoJack® service to Westford.

Citizens of Westford who qualify are fitted with a battery operated wrist band transmitter. The wristband device has its own individual electronic code that transmits a radio signal. Once a person is reported missing, a Westford Police Officer who is trained in the Project Lifesaver equipment activates a hand held receiving device. The SafetyNet™ service provides law enforcement with the tools and training to more effectively find and rescue individuals who could wander or are prone to wandering and becoming lost. It also helps caregivers provide an added layer of protection for loved ones with cognitive conditions from the life-threatening behavior of wandering. The service is used to supplement traditional search and rescue operations conducted by local police and fire departments. If you are interested in the program, call Captain Victor Neal at the Westford PD at 978-692-2161.

CRITICAL HOME REPAIR PROGRAM

This is a program coordinated by Habitat for Humanity to help low income homeowners to maintain their homes. Repairs can include roof replacement, structural walls, handicap accessibility renovations, exterior finishes, repairs to satisfy town building codes etc. The homeowner is responsible to pay only 25% of the project value and if necessary a 2 year interest free loan can be obtained. Call Lisa Garvey at 978-692-0927 if interested in this assistance.

Volunteers NEEDED!

Let us know if you can volunteer!

- **Women's Breakfast**
- **Westford Farmers Market**
- **Special Programs**

FOR MORE INFO. CALL KATIE AT 978-399-2330 OR
EMAIL: krussell@westfordma.gov

ANGELL AT NASHOBA ~ PET CARE

Angell Animal Medical Center and Nashoba Valley Technical High School have partnered to create Angell at Nashoba, **a clinic dedicated to providing quality veterinary care to low income pet owners.** To qualified pet owners Angell provides discounted spay/neuter services, vaccinations and basic veterinary care. To financially qualify for Angell services clients must present a **photo ID** and one of the following: WIC program card, SNAP card or proof of residency in public/subsidized housing. Angell at Nashoba (Nashoba Valley Technical H.S.), 100 Littleton Road, Westford, 978-577-5992 or angell.org/nashoba.

PRESENTATION: COLLETTE TRIP TO COSTA RICA

Tuesday, April 19, 2016 5:00pm

Come learn about a possible trip to Costa Rica: A World of Nature from October 16th to October 26th 2016 presented by Collette Travel Company.

The presentation will review some of the key features of the trip including Tortugero National Park, Tenorio Volcano & Manuel Antonio National Park. The presentation will also go over key points of how and when to sign up for the trip. If interested please call Katie at 978 399 2330 or email her at krussell@westfordma.gov.

CTI'S SENIOR COMPANION PROGRAM

This program entails spending time with frail elder(s) fifteen hours a week in Westford. You could play games, take elder for a ride, doctor's appointment, go for a walk, etc.. It would be a great opportunity to make life more active or happier for someone who does not have a strong support system. If you are interested in this job opportunity please call 978-654-5673 and ask for Linda. Inquire about the offering of a tax-free stipend of \$200-400.

HANDYMEN

We are fortunate to have a few men who have graciously volunteered to help our local seniors on fixed incomes with small projects i.e. hanging curtain rods, moving air conditioners, fixing lamps, small paint/carpentry jobs, etc. If you have a job that you need assistance with call your Outreach Worker, Annette to discuss it at 978-399-2326.

FAITHWORKS

Folks that were referred to this opportunity and it was deemed that their work requests can be met, will benefit from three local Methodist Churches working together to offer a day of service on **Sat. May 7th from**

8:30-3:00. Adult volunteers will devote their time to help seniors who need assistance with minor household repairs or yard work. Any questions please contact Annette Cerullo, Outreach Coordinator at 978-399-2326.

SPRING CLEAN UP

For those that meet the guidelines and have signed up by our March 25th deadline we are doing our best to find volunteers to do this work for you. Once you are matched up with a volunteer organization (i.e. scouts, church or students) they will get in touch with you to make the cleanup arrangements. If you have any questions feel free to contact Annette, Outreach Coordinator at 978-399-2326.

BOARD MEETINGS

- COA Board – Wednesday: April 13, at 4 p.m.
- Friends of Cameron – Thursday: April 7, at 12:30 p.m.

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.

****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.



Tammy Chouinard, Manager of Marshall's of Westford and associates proudly present **\$1000** check from the **TJX Foundation to the Council on Aging** Director Jennifer Claro. This funding was donated to help seniors that are experiencing financial hardship.

NEW FOOD PROGRAM STARTING APRIL 21st!! SEPARATE FROM FOOD PANTRY!!

Commodity Supplemental Food Program

Could you benefit from free groceries every month? You may be eligible for the Commodity Supplemental Food Program!

The Commodity Supplemental Food Program (CSFP) is a once a month food distribution for individuals **60 years of age** or older. You may be eligible to receive a **free** bag of food once a month containing healthy shelf stable products!

Come to our information and registration session on April 5th at 10AM!!

Eligibility is determined by gross monthly income and household size.

Please see table below. Call Alison or Annette at 978-692-5523 if you have questions.

Verification of identity, age, residence and

Household Size	Weekly	Monthly	Yearly
1	\$295	\$1,276	\$15,301
2	\$399	\$1,726	\$20,709

income will be required upon applying.



Crewing For All ~ Want to learn how to row correctly and get a good work-out; come to the Cameron on Tuesdays' in April from 2 - 2:45 pm.
RSVP 978.692.5523

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2016</p>			<p>CAMERON BREAKFAST PROGRAM</p> <p>Every weekday morning 8 am ~ 10 am</p>	<p>1</p> <p>Aerobics 8:30 am Music Makers 9 am Ping-Pong 10 am Wii 1 pm</p>
<p>4</p> <p>Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon Busy Fingers 1 pm Bingo 1 pm</p>	<p>5</p> <p>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</p>	<p>6</p> <p>Aerobics 9 am 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</p>	<p>7</p> <p>Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Bone Builders 1 pm Hand & Foot 1 pm Mahjongg 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm</p>	<p>8</p> <p>Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Lunch & Learn 12:15 pm Wii 1 pm</p>
<p>11</p> <p>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</p>	<p>12</p> <p>Men's Breakfast 8 am Basic Zumba 8:15 am Billiard Players 8:30am 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</p>	<p>13</p> <p>Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm</p>	<p>14</p> <p>Women's Breakfast 8 am Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Ask the Officer 11am Mahjongg 1 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm</p>	<p>15</p> <p>Aerobics 8:30 am Music Makers 9 am Ping-Pong 10 am Volunteer Lunch 12 pm Wii 1 pm</p>
<p>18</p> <p>CLOSED PATRIOT'S DAY HOLIDAY</p>	<p>19</p> <p>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</p>	<p>20</p> <p>Aerobics 9 am Bone Builders 9:30 am Brunch/Beads 10:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm</p>	<p>21</p> <p>Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Bone Builders 1 pm Hand & Foot 1 pm Mahjongg 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm</p>	<p>22</p> <p>Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Wii 1 pm</p>
<p>25</p> <p>Blood Pressure 8 am Bone Builders 9:30 am Quilting Club 9:30 am Elegant Chef 11:30 am Art/Open Studio 12 noon Busy Fingers 1 pm Bingo 1 pm</p>	<p>26</p> <p>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 Diabetic Shoe Clinic 1:30 pm</p>	<p>27</p> <p>Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm</p>	<p>28</p> <p>Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am April Birthdays 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Mahjongg 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm</p>	<p>29</p> <p>Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Wii 1 pm</p>

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.

Tuesday, April 5, “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 19 – “Moulin Rouge Meets Mass.”

Best of Times presents a lively Parisian experience with “L’Opera Burlesque” at Lantana’s in Randolph, MA. A fabulous chicken parmesan lunch is included, with soup, ziti, rolls, dessert and coffee/tea. Vegetarian option also available. Cost is \$92 p/p, including: transportation, lunch, show & driver gratuity. Departure time TBD.

Wednesday, May 11 - “Isabella Stewart Gardner Museum”, join us and Fox Tours as we visit this renowned institution, evocative of a 15th century Venetian Palace whose eclectic art collection reflects Isabella Stewart Gardner herself. Lunch will be at the Venezia Restaurant on Boston’s waterfront. Please sign up and choose your entrée of Baked Haddock, Chicken Parmesan or Steak Tips. Cost is \$82 p/p including driver gratuity. Departure time is 9 a.m.

Wednesday, June 8 - “Play It Again Sam”
At The Newport Playhouse & Cabaret Restaurant with Fox Tours. After experiencing Newport’s beautiful Ocean Drive, you’re off to The Newport Playhouse and Cabaret Restaurant. Here you’ll enjoy a great buffet, a wonderful play and a fun filled cabaret performance. Departure time is 8:30 a.m. with return home around 6:00 p.m. The cost of this trip is \$92.00 p/p including driver gratuity.