

WESTFORD COUNCIL ON AGING NEWSLETTER

JUNE 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



6th ANNUAL STRATEGIC PLANNING RETREAT

Don't forget the 6th Annual Town-wide Strategic Planning Retreat on **Thursday, June 16 from 5:30 ~ 8:30 pm at Kimball Farm**. Your input is valuable as the Town plans for its future and discusses many important projects. Please check our Town website www.westfordma.gov for registration information. Free food and ice cream provided.

“TRUDY’S BOUTIQUE” GRAND OPENING



Come celebrate the grand opening of “Trudy’s Boutique” formally known as the Cameron Closet.

Light refreshments will be served as we honor the dedication and wonderful spirit of Trudy Laslie who oversaw this fundraising effort on behalf of the Friends of Cameron. Please join us on **Tuesday, June 28 starting at 10 AM**. Raffles and new merchandise. The Cameron Closet will be closed on Monday, June 27 in preparation for the grand opening of “Trudy’s Boutique”. All summer donations accepted.

THE RED-FACED GODDESS

Friday, June 3 at 1 PM engaging, humorous and uplifting Chinese stories to educate and delight listeners **ages 14 and up**. Q&A follows stories with **Leeny Del Seamonds, Master Story Performer™**. After the performance enjoy appetizers from the Ginger Tree. Cost will be \$3.00 Please sign up at 978 692 5523. 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; the Friends of Cameron Senior Center; and the Cummings Foundation Grant.

SPECIAL JUNE PROGRAMS

UNDERSTANDING THE WORLD AS ONE SEE'S IT WITH DEMENTIA

Wednesday, June 15th from 4-6PM– RSVP 978 692 5523

All invited!!! Light refreshments

Recognizing June is Alzheimer awareness month we are pleased to have **Senior Helpers** present "The Virtual Dementia Tour". This presentation will provide those special caregivers and family member greater insight into understanding the challenges and cognitive internalization one experiences in living with dementia.

EMERSON PRESENTS: MAINTAINING YOUR INDEPENDENCE

Tuesday, June 14 6:00 p.m. at Cameron

Please join us for an informative presentation given by **Emerson Hospital Rehab specialists, Matthew White and Kristen Dixon Keilty**. Matthew, a certified Athletic Trainer with 19 years of experience, **will discuss an assessment they offer that addresses mobility, strength, balance, power and functional movement**. If you pursue the assessment you will be provided a detailed graph with your findings and you will be given an exercise program to specifically address your needs in mobility, strength and balance. **Kristen, a licensed Occupational Therapist and driving instructor, will discuss the Keys to Independence Driver Assessment Program**. The program offers a comprehensive, clinical evaluation and an on road assessment. This program has successfully transitioned drivers back to the road after rehab for strokes, amputation, traumatic brain injury and more. If you are concerned about yourself or a loved one's driving and/or functional mobility then you will likely benefit from this free presentation. We will provide light refreshments for this hour long evening.

Please call to register at 978 692 5523 by Friday June 10th.

A SPECIAL GUIDED & INFORMATIONAL TOUR Emerson Hospitals new Center for Rehabilitative and Sport Therapies Center at their Concord campus. Wednesday, June 15 departing the Cameron at 10:00 AM.

This tour will be a great investment of your time. You will learn about programs you probably did not know were offered and see first hand the inspiring environment where one can find needed support programs and rehabilitative services such as the STAR program, the Parkinson's LSVT BIG program, the Neuro rehab, the pool, Concussion program and so much more. After the tour you will enjoy a complimentary lunch at their Cafeteria. RSVP required.

FRIENDS OF CAMERON INDEPENDENCE COOKOUT

Join the Friends on Thursday, June 30 with food served at 12 Noon. We will be grilling hot dogs and hamburgers. Please bring a salad or dessert for all to share. We eat indoors.

Reservations are a must. Please call 978-692-5523.

YARD SALE ~ FRIENDS OF CAMERON

On Saturday, June 11 from 9 AM-1 PM, The Friends of the Cameron Senior Center will sponsor an indoor yard sale at Cameron. We are in need of your yard sale donations in good condition. Donations should be brought to the Cameron (rear of building red door) on Friday, June 10 from 1 – 3 PM. Table space is available to rent from us at \$15 per table. You need to complete an application. Please contact us at 978-692-5523. **Checks are to be made payable to Friends of the Cameron Senior Center.** Volunteers are needed for set up on Friday, June 10 from 12:30-4 PM and clean-up on Saturday, June 11 from 12:45 -2:30 PM.

LET'S BUILD, DECORATE & FLY OUR KITE AT THE CAMERON

Friday June 24th at 1p.m.

Calling all ages 8-108 to come build and decorate an Eddy kite with tails that flies well indoors and outdoors.

All the materials will be provided and the flying line is included.

Glenn has created more than 50 miniature kite designs, which have won first place for smallest, best in flight, and judge's special awards. **Cost \$5.00. Please take a look at Glenn's website: davisong.wix.com/kite-workshops.**

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 5/10, 6/14, 9/13 and 10/11 will be at 10:00 am.** A good way to meet other people and play a round of golf.

COA VAN TRIPS

PHEASANT LANE MALL OUTING

Thursday, June 23 ~ 11 am ~ 3 pm

Enjoy some shopping, eating and a nice time out with friends and you do not have to drive! We will need a minimum of eight people so please RSVP to 978 399 2323. The cost is \$8.00

A LEISURE CANAL BOAT RIDE ~ Friday, June 24

Come join us on a mid-morning canal ride in the scenic Lowell National Historical Park. Afterwards, we will go to lunch at Glenview which will be on your own. The Cameron COA van will depart at 10AM. Please RSVP 978 692 5523. Trip cost is \$15

SPECIAL TRIP OF THE MONTH: KIMBALL FARM

Take the COA Van to Kimball Farm on **Tuesday, June 28 at 11 am** and enjoy a lovely lunch (on your own) and a **free** Kiddy Kimball Ice Cream Cone. Participants must sign up at the Front Desk by calling 978 692 5523. You will be given a ticket good for a free kiddy cone. Sign up early seats are limited. Cost is \$3 for Transportation. **We will be doing this again on the last Tuesday of the following summer months July 26 and August 30.**

SPECIAL JUNE PROGRAMS con't.

SPECIAL SENIOR DAY with STRAWBERRY SHORTCAKE AND MORE ~ JOIN US AT THE TOWN CENTER TUESDAY, JUNE 28



"In partnership with the Cameron Senior Center, the Westford Farmers Market will be hosting a **Special Senior Day** with Strawberry shortcake, music of the day and good ole fashioned community spirit. We invite all our wonderful Westford Seniors to come and celebrate their special day at the farmers market. **Shortcake served at 3:30 - 4:30 pm. Free to Seniors! Please bring a folding chair or blanket for seating. Bus transportation** available from Cameron Senior Center if you do not want to look for a parking spot in Town or simply need to be picked up...."

Please RSVP to 978-692-5523 by Thursday, June 23.

Food & Friendship

HOME COOKED LUNCH PROGRAM with "CHEF DAVE" LOISELLE

This popular lunch offering will be served at 12 pm on Wednesdays and Fridays. The cost will be \$3.00 per meal, including beverage and dessert. **Please sign up two business days** in advance by calling 978.692.5523. This program is made possible by the Cummings Foundation.

In addition on Salad Bar Day there will be Surprises from Whole Foods

Wednesday, June 1 ~ Chicken, Broccoli, Ziti Alfredo

Friday, June 3 ~ Salad Bar

Wednesday, June 8 ~ Shepherd's Pie

Friday, June 10 ~ Salad Bar

Wednesday, June 15 ~ Sloppy Joe's

Friday, June 17 ~ Salad Bar

Wednesday, June 22 ~ Meatloaf and sides

Friday, June 24 ~ Salad Bar

Wednesday, June 29 ~ Beef Stroganoff

WOMEN'S BREAKFAST

NOTE: Woman's Breakfast is on summer break. Enjoy your summer and see you back on **Thursday, September 8!**

SPAGHETTI DINNER AT FRANCO

The Westford Police Association invites you to join them

at a Spaghetti/Meatball Dinner on **Friday, June 17th at the Franco American Club between 5 and 9 PM. Dinner will be served around 5 PM.** Entertainment provided. This is FREE to all Senior Citizens age 60 and over. Raffle prizes will be donated by local businesses. Seniors must call the Cameron Senior Center at 978 692 5523 to reserve their dinner seat.

MEN'S BREAKFAST

Tuesday, June 14 at 8AM

Herb Crehan, our presenter is a contributing writer for Red Sox Magazine and an expert in Boston baseball history. Please RSVP by Friday June 10th by calling 978-692-5523 or email achristopher@westfordma.gov so that we can plan for food.. July and August we will be on summer break. We look forward to seeing everyone again on **Tuesday, September 13!**

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, June 10, at 12:15p.m. ~ Keeping your Brain Healthy & Active with Bridges by Epoch, Westford. Lunch will be sponsored by **Bridges by Epoch.** **Please RSVP by Tuesday, May 31st.**

RESTAURANT REVIEW ~ JOIN US!

- **Wednesday, June 29 at 11:30 am at Great Road Kitchen, 613 Constitution Avenue, Littleton (new Market Basket Plaza).**

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 with Bill Vullo

Join us **Thursday, June 23 at 12:30 pm** for chicken and vegetable kabobs with a slice of watermelon, a side of potato salad, *cake, and ice cream.*

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

All are 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 Thursday, June 16.

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.

Health & Wellness

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: June 14 at 9 a.m.** with the

Westford Board of Health.

PODIATRY CLINIC – Monday, July 18 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: June 13 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 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 and Exercise

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.

Outreach focuses on “reaching out” to our senior

Outreach & Support

residents and being available as a resource. We are here to help you find answers to your questions. We have fielded questions about scams, home care, housing options, financial benefits, medical equipment, support groups, Medicare, social needs and more. No question is silly and all sharing is kept confidential. We are pleased to help. Annette, 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.

FOR COMPLETE LIST, SEE MONTHLY CALENDAR

BINGO – Mondays, 1–3 p.m. & Thursdays, starting at

Ongoing Activities

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 11 am.**

MUSIC MAKERS – Fridays at 9 a.m. We will be on summer break starting Friday, June 10 and will return on Friday, September 9. 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, July 12, at 9 a.m.

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age

Support Services

60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

ASK THE OFFICER – Thursday, June 9,

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, June 13, at 10 a.m.

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

SHINE – Monday, June 13 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 FOR 60+ SENIORS & 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.

JUNE HOURS:

- **Monday: June 6 & 20** from 1 - 3:30 p.m.
- **Wednesdays: June 8 & 22** from 8:30 - 11:30 a.m. and **June 1, 8, 15, 22 & 29**, from 6 - 8 p.m.
- **Thursdays: June 9 & 23** from 8:30 - 11:30 a.m. and from 6 - 8 p.m.
- **Fridays: June 3, 10, 17, & 24** from 8:30 - 11:30 a.m.
- **Saturdays: June 4, 11, 18 & 25** from 9 - 11 a.m.

**CAMERON CLOSET
NEW SUMMER SELECTIONS**

Now accepting Summer clothing in good condition; as well as other household items.
Best Bargains in Town-shhh!!!

MONDAY - FRIDAY: 9 A.M. ~ 3 P.M.

THE CAMERON CLOSET WILL BE CLOSED ON MONDAY, JUNE 27 TO PREPARE FOR THE GRAND OPENING OF "TRUDY'S BOUTIQUE" ON TUESDAY, JUNE 28.

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 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 application assistance, call Alison Christopher, LICSW at 978-399-2325.

DID YOU KNOW...

June 15th is World Elder Abuse Awareness Day (WEAAD). The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness. This day

Are You Interested?

serves as a call to action for individuals, organizations and communities to be aware of elder financial abuse, physical/mental abuse, neglect and exploitation. If you have any related concerns please feel free to bring the matter to the attention of the Social Services Department at the Senior Center, 978 399 2325, to the Police Department Family Services Detective Nirisa at 978 692 2161 or Elder Services of the Merrimack Valley at 800-892-0890. There is help available.

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.

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.

BOARD MEETINGS

- COA Board – Wednesday: June 8, at 4 p.m.
- Friends of Cameron – Thursday: Sept. 8, 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.

FRIENDS OF CAMERON GRILL NIGHT

The Friends and the COA invite you to sign up for the following grill night. We eat indoors. **Reservations are a must.** Please call 978-692-5523.

Thursday, July 21 at 4 PM

Hamburgers and hot dogs served, please bring a salad or dish for all to share. The **cost is \$2.00 for Friends' Members and \$4.00 for non-Friends' Members.**

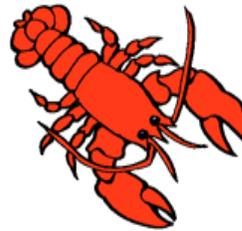
Future Events

OUR FIRST ANNUAL LOBSTER BAKE!

**Come Join Us at Cameron on
Friday, July 15 at 12:30 pm**

Menu: fresh boiled lobster prepared by Market Basket, seasoned new potatoes, coleslaw, bread, summer dessert and beverage. Cost \$10 Friends members and \$13 Non-Friends members.

Please RSVP 978 692 5523

THE CAMERON SENIOR CENTER INVITES YOU**TO THE FOLLOWING THREE SPECIAL EVENTS**

Reservations are a must. Please call 978 692 5523.

♦ **KIWANIS COOKOUT**

Tuesday, August 9 at 5:30 pm

The Kiwanis will host again this year an evening cookout at the Cameron. Please bring a salad or dessert for all to share.

♦ **REPRESENTATIVE COOKOUT**

Thursday, August 18 at 11:30 am

Representative Jim Arciero will again be hosting a cookout at Cameron. This is a great opportunity to meet and share questions with him!

♦ **SENATOR DONOGHUE LUNCH & DESSERT**

Tuesday, August 23 at 11:30 am

Senator Donoghue will be sponsoring a summer lunch with cake and ice cream for dessert. Join us to hear what information the Senator has to share. She will be happy to answer your questions.

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.

OPEN SPACE & RECREATION PLAN SURVEY

The Town of Westford is conducting a public survey as it prepares to update its Open Space and Recreation Plan. Having a current approved Plan will make the Town eligible for State grants for conservation and recreation. Public input is essential in order for the Plan to represent the interests of the community. Survey respondents may elect to be entered into a drawing for prizes from area businesses for several lucky winners. All responses will remain anonymous. **A public input meeting will be held on Tuesday, June 21st at 7pm in the J.V. Fletcher Library Meeting Room.** To take the online survey, scan the QR code or go to: <https://www.surveymonkey.com/r/westfordosrp>. For hard copies, call 978 692 5524 or email devans@westfordma.gov.



EMERGENCY CONTACT INFORMATION

Please stop by the front desk and verify or let us know if your emergency contact information has changed. This is so we can ensure that our records are accurate in case of an emergency here at Cameron.

Dear All,
Summer time announcements and special thanks to **The Friends of Cameron** and You!

As

Director's Message

we

look forward to the beautiful summer days and opportunities that are provided each day at the Cameron. I want to thank our Friends of Cameron for voting to allocate two \$12,000 donations to the Town to cover exercise classes and other programs offered through the Cameron for 2016-17. We want to encourage participants of our center to support the various Friends fundraisers and Membership Drive that help financially support the vitality of our center. It truly is a tremendous gesture and speaks well of our Friends organization and the efforts and support they receive from each of you and others. Although, our Friends work hard to fund program opportunities and other needs for our center they also have been working on some other efforts which include the following:

- ◇ A celebration re-naming the Clothes Closet to "Trudy's Boutique". This fun celebration will highlight the memory of our very own Trudy Laslie. Trudy worked tirelessly in the operation of the thrift shop on behalf of the Friends of Cameron. Come join us for this exciting event on Tuesday, June 28 at 10 AM; see some new additions to the thrift shop and share in all day refreshments.
 - ◇ Annual Yard Sale, Saturday, June 11 from 9:00 1:00 tables are \$15- if you would like to donate any gently used household items to the Friends for this shindig of a sale they will be much appreciative.
 - ◇ Independence Cook-out on Thursday, June 30th at noon. Please bring a salad or dessert for all to enjoy.
- I look forward to seeing you at the Cameron for some of these special happenings and thank you all for your support of the Friends of Cameron and for all you do for our senior center.

See you at the Cameron,

– *Jennifer Claro, Director*

THANK YOU!

A special thanks to the Westford CAT for providing the Cameron an opportunity to do a monthly show highlighting important information, programs, services and opportunities especially for active adults age 60 and over.

****PLEASE READ****
NEW INFORMATION

World PEAS is a program of New Entry Sustainable Farming Project, based in Lowell MA. Their mission is to improve the local food systems by training new farmers and subsequently make their produce **available to all individuals regardless of socioeconomic status**. Thanks to a grant through Nashoba Valley Healthcare Fund our Cameron Center was selected as a distribution site for World PEAS. To participate in this program which will start TBD (June) you must register by calling the front desk at 978-692-5523 and state "World PEAS". We will have a waiting list and those that go on the waiting list will be the first to receive fresh, organic pre-packaged on the next distribution date. Please remember you must register for each distribution date. Participants will receive a number at check-in and that is the numerical manner which produce will be distributed. How exciting for ALL!

GAINING GROUND must meet income guidelines...

This year we have been asked to ensure our distribution of organically grown produce given by Gaining Grounds meets their mission statement, which is in short "to grow organic produce for hunger relief with the help of volunteers". New this year, we will be using the **Fuel Assistance income guidelines** for qualification. If you meet these income guidelines you will simply need to do a income attestation. We expect this program to start in June and it will be offered to **ALL Westford Households that meet the income criteria found below**. To sign up please call 978-692-5523. We are excited to be able to provide this program to Westford.

INCOME guidelines: Family of 1- \$33,126, Family of 2- \$43,319, Family of 3- \$53,511, Family of 4- \$63,704, Family of 5- \$73,897

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



WHAT EVENT IS THIS??

If you can name the function where the above picture was taken you will win a \$10 Market Basket card and a Cameron t-shirt!!

Make sure you are the first person to tell Claire.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2016	CAMERON BREAKFAST PROGRAM Every weekday morning 8 am ~ 10 am	1 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	2 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	3 Aerobics 8:30 am Music Makers 9 am Salad Bar 12 pm Ping-Pong 10 am Storytelling 1 pm Wii 1 pm
6 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	7 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	8 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	9 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Ask the Officer 11am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	10 Aerobics 8:30 am Ping Pong 10 am Salad Bar 12 pm Lunch/Learn 12:15 pm Wii 1 pm
13 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	14 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 Maintain Your Independence 6 pm	15 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 Presentation 4-6 pm	16 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	17 Aerobics 8:30 am Ping-Pong 10 am Salad Bar 12 pm Wii 1 pm
20 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	21 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	22 Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp :30 pm	23 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am June Birthdays 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	24 Aerobics 8:30 am Ping Pong 10 am Salad Bar 12 pm Wii 1 pm Kite Building 1 pm
27 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	28 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Grand Opening ~ "Trudy's Boutique" 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	29 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	30 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Friends Cookout 12 noon Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	

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.

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

Wednesday, 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.

Tuesday, July 19, "The Hay Day of Big Bands & Pop Goes the Fourth"

Best of Times is proud to present this show. Our summer concert features a wide range of favorites swing, jazz, rock, pop, "cool" jazz, funk, bebop, blues, and Latin. Enjoy the rich sound only a fully instrumented 20 plus- piece big band and dazzling vocalist can provide. All inclusive cost is \$82 p/p includes driver gratuity. Departure time is TBD.

Tuesday, June 7, “Mohegan Sun”