

WESTFORD COUNCIL ON AGING NEWSLETTER

JUNE 2017

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 FranceRecords Supervisor
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

Nancy Cook.....Chair
Robert TierneyVice Chair
Kathryn WilsonClerk

Helena Crocker, Patricia Holmes,
Sandra Collins, Ret. Chief George Rogers

FRIENDS OF THE CAMERON OFFICERS

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

**REMINDER: CAMERON EVENING HOURS TUESDAYS AND THURSDAYS
CAMERON WILL CLOSE AT NOON ON FRIDAY, JULY 14 ~ SEE PAGE 2**



MEN'S BREAKFAST!

It's Father's Day in June! Calling all fathers, step-fathers, father figures, and men who would like to honor the fathers in our community. On **Tuesday, June 13 at 8AM**, we are planning a special meal, a fabulous speaker, and some fun gifts and prizes. We will be joined by **Bruschi and Elizabeth, the pet therapy team from Senior Helpers. Julie Wysocki will speak about the benefits of pet therapy.** Please RSVP by Friday June 9 to 978-692-5523 or achristopher@westfordma.gov so that we can plan for food. We look forward to seeing you all!

ORGANIC VEGETABLES' DISTRIBUTION IS BACK STARTING IN JUNE!

We are excited to have our partnership with **Gaining Grounds out of Concord and WorldPEAS Sustainable Farming Project located in Lowell, MA.** once again offering their organic vegetables and fruits to our center for ten weeks. This is truly a fortunate opportunity we have been given so if you would like to be a participate in these programs please see specifics below:

Gaining Grounds requires **Income Eligibility and open to all Westford residents**
To participate one simply must do an income attestation on the day of your produce pick-up. The freshly picked produce will be distributed on a **first come first served** basis each Thursday at 12:30 pm starting on June 15th located at Westford Senior Housing **65 Tadmuck Drive in their Community Room.**

Income guidelines- HH of 1-\$34,001, HH of 2-\$44,463, HH of 3- \$54,925, HH of 4-\$65,387

WorldPEAS is a program of New Entry Sustainable Farming Project based in Lowell MA. and is open to participants of the center age 60 and over. Distribution of fresh veggies and fruit will be distributed **every other Thursday starting June 8** at (TBD). Numbers will be given out to only 45 participants at 8AM each distribution day.

SUMMER FUN!



BBQ JIMMY BUFFETT STYLE

Grab your flip flops, favorite summer attire and enjoy a relaxing time with friends

Friday, June 30 at 12:30 pm at Cameron

You will enjoy freshly grilled BBQ chicken and/or beef accompanied with rice, grilled tomato, dessert, beverages and some

favorite tunes of Jimmy Buffet playing in the background. We will crown a Mr. and Ms. Parrothead so be creative in your attire (if you wish). A special thanks to Ebie and Desiree Sullivan for sponsoring this free event. Please RSVP to 978-692-5523.

CAMERON SUMMER PARTY

Location: Kimball Farm

Friday July 14 at 12 Noon

CAMERON WILL CLOSE AT 12 NOON ON JULY 14.

Come and enjoy a BBQ buffet with Grilled Chicken, Burgers, Veggie Burgers, or Hot Dogs.

With sides of Potato Salad, Corn on the Cob, Watermelon, **Kimball's legendary ice cream buffet** and an assortment non-alcoholic beverages. All can enjoy many **free** amenities which include: 9-hole pitch and putt golf course, driving range, 18 hole mini golf, bumper boats, horseshoes. Also, thanks to the **Westford Cultural Council** we will enjoy the music of **Jumpin' Juba and their blues-based Americana sound**. Lastly, find a partner for a water balloon toss and/or enter our Cameron spelling bee to have a chance at cash prizes. **The COA would like to thank the Friends of Cameron for subsidizing this event at \$5 per person.** Purchase your entry ticket for \$15 at the Cameron. Please call 978-692-5523 to sign up.



55+ EARLY EVENING PROGRAMS

LOWELL GENERAL SERIES – We are pleased to offer a FREE monthly series with speakers from Lowell General Hospital on the 2nd Tuesday of every month. Mark your calendars and register by calling Lowell General at 1-877-544-9355.

June 13 – Anger Management: Learn to utilize the principles of deep relaxation, slow breathing, affirmations and imagery to bring better control to anger issues. This session is helpful for those needing to manage anger or if you deal with people that have anger issues. Program begins at 6:30 P.M.

BOOK CLUB

Do you love to read and would like to talk to others about a great book? Then this is the program for you. We will host this activity the 3rd Tuesday of every month, so our next meeting is **June 20 at 6:00 pm**. We will be reading **The Ship of Brides by Jojo Moyes**. The year is 1946, and all over the world young women are crossing the seas to the men they married in wartime, and an unknown future. As a group, you all will decide the future books to review. Hope to see you in our cozy library. Please call to sign up at 978-692-5523.

MOVIE NIGHT

On the 3rd Thursday of every month from 4:30 – 6:30 p.m. a movie will be shown. **June 15 we will be showing the thriller “Now You See Me” starring Morgan Freeman**. A movie about four talented magicians who pull off bank heists. A light meal and popcorn will be served for \$2.00 donation. Please call to sign up at 978-692-5523 by June 12.

“SANDWICH GENERATION” SERIES”

We are offering a series of informational sessions on a monthly basis on the last Tuesday of every month from 6:00-7:00 p.m. These sessions are open to folks of all ages. Please sign up at 978-692-5523 by Friday, June 23.

June 27 - Maintaining Friendship When a Friend Has Dementia
Presented by: **Jenn Quinn, ComForCare Home Care**
Owner/President

Dementia is a devastating disease with huge impacts for family, friends, and communities. Whether diagnosed in the mid-stages of the disease or as early-onset Alzheimer's, many individuals fear the isolation of potentially losing their friends, jobs, and connection to the life they once knew. For the friends of those who have been diagnosed there is a lot of fear too. Will their friendship become a one-way relationship? How do you now treat this person who you care about deeply? Join us to learn a few tips for how to maintain friendships and support people you care about through their diagnosis and journey with dementia.

July 25 – It's Not About the Chandelier ~
How to Select a Nursing Center

Ellen Levinson, Executive Director of Lifecare Nashoba Valley, will talk about what to look for and ask before choosing a place to get short term rehab or long term care.

NEW PROGRAMS

TAKE CONTROL OF YOUR JOINT PAIN

Thursday, June 29 at 6:00 pm join us for a free informative discussion with **Dr. Larry Johnson of Stryker Orthopedics**. Arthritis of the hip and knee, surgical and non-surgical alternatives will be covered. Please call 978-692-5523 by June 23 to sign up.

****PICKLEBALL****

Tuesday, June 20 at 10am. Cost \$5.00 p/p per session.

This six (6) week session will be at The Mill Works located at 22 Town Farm. Two orientation classes with instructor on how to play pickle ball will be provided. Racquets and balls will be supplied to the first 12 participants. This program is being subsidized by the Cameron Senior Center. Please sign up at 978-692-5523.

DANCING (WITH THE STARS) IS BACK!

We are excited to bring a dance back to the center on **Friday, June 9, 4:30-7:30 pm**. Our one and only **Upbeats Band** will be our entertainment. We will have a light meal and refreshments along with a raffle. The cost is \$5.00 per person and please RSVP by Friday, June 2 to 978-692-5523. Get on your dancing shoes!!

ANTIQUA ROAD SHOW

Sponsored by: RiverCourt Residence, Groton

Friday, June 16 at 1 pm

Bring your family heirlooms and have fun learning how much these prize possession(s) are worth as well as enjoy looking at other antiques that friends bring to be appraised. Ice cream sandwiches and popsicles will be available for your liking. Sign up by calling 978-692-5523.

NEW!!! TRAVEL PROGRAM

Do you want to meet people with similar interest? Do you like to get away for a weekend or do fun day activities like going hiking or kayaking? Check out an information meeting here at the center on **Wednesday, June 21 at 10 am**. Call 978-6925523 to sign up.

CAMERON FITNESS CAMP

A free, 12 week- group training class, suitable for all levels from beginners to advanced. Class includes: cardio; weight or resistance training for bone health and posture; and a dynamic stretching for flexibility. **Instructor Kim Vespucci is a NPTI certified**. Classes are on **Wednesday's at 1:30 pm**. All are welcome. Limited availability. Please call 978-692-5523 to sign up.

CIRCUIT TRAINING – Back by popular demand – circuit training returns for another **8 week session starting Tuesday, June 6 at 4:30 pm or Thursday, June 8 at 5:30 for \$40**. Slots are filling up quickly. With the help of an instructor, come learn how to use the cardiac and strength equipment and create a personal exercise program that addresses your goals and health concerns. Call the front desk to sign up. 978-692-5523.

REFLEXOLOGY, MANICURES, PEDICURES AT CAMERON

Wednesday, June 14 from 9:30am – 3:30pm. Manicures \$15, Pedicure \$22, Gels \$25. Rebalancing \$21 and reflexology (acupressure) \$25 for 30minutes and \$45 for an hour. **To make an appointment call Veronica at 978-407-7658 or Email her at veronica@greatkneads.com.**

Food & Friendship***WEDNESDAY LUNCH***

Lunch will be served at **12 noon**. The cost is \$3. Reservations are required 24 hours in advance by calling 978-692-5523. (If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!)

June Meal Selections:

Wednesday, June 7: Rueban sandwich w/German potato salad

Wednesday, June 14: Salad Bar

Wednesday, June 21: Burgers w/sweet potato fries and salad

Wednesday, June 28: Salad Bar

**VETERAN'S LUNCHEON**

Thursday, June 15 at 12:30 pm

Host:: Terry Stader, Town's Veterans Agent

Veterans and spouses welcome. Lunch will be sponsored by **Bill Vullo, Commander of the American Legion Post #159**. Sign up at 978-692-5523.

FARM TO TABLE LUNCH

Since we will not have our wonderful elegant chef luncheon during the summer months thanks to **Pat Reppucci, Henry Duran, Robert Leung, some of the Cameron's culinary talent** will prepare one meal a month freshly picked from the fields of **WorldPeas Sustainable Farming Project in Lowell, MA**. If you would like to help with this lunch, please email patreppucci@comcast.net.

Join us at our first lunch on **Friday, June 23 at 12:30 pm**

Sign up at 978-692-5523. Cost is \$5

BIRTHDAY CELEBRATION with "Chef" Bill Vullo & Exit Realty

Thursday, June 29 at 12:30 pm

Come enjoy one of Chef Vullo's delicious sausage sandwiches smothered in onions and green peppers accompanied with a Caesar salad. Then it's time for birthday cake and ice cream provided by our partners from EXIT Realty. Please call in advance to register for this fun birthday celebration at 978-692-5523.

RESTAURANT REVIEW ~ Dutch Treat!

Be sure to mark your calendars for our next outing on **Wednesday, June 28, 11:30 AM** at **Tiny's** at the intersection of Rte 2A and 111 in Ayer. Please preregister at 978-692-5523 so we can call the restaurant with a head count for adequate seating. Check in under "Westford Senior Center". Bon Appetit.

LUNCH AND LEARN

Friday, June 9 at 12:15 pm

Make your own Herb Garden with Meredith Perry. Lunch sponsored by the Atrium and Chelmsford Crossing.

Please sign up by calling 978-692-5523.

Future Event

The Town of Westford will be having their Strategic Planning Retreat at Kimball Farm, 400 Littleton Road, Westford on Thursday, June 15 at 5:30 PM.

Health & Wellness**WORLD ELDER ABUSE AWARENESS DAY ~ JUNE 15**

This is an issue that we ALL want to work together to prevent. Please join Alison and ESMV Protective Services Staff at 11am in learning to identify elder abuse, neglect, and self-neglect and how to handle concerns that you may have about yourself or others. We will also talk about resources for support and assistance. Call Alison if you are interested in attending at 978-399-2325.

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 with the Westford Health Department.

Tuesday: June 13 at 9:30 a.m.

WESTFORD HEARING CLINIC

Monday: June 12 from 9:30 - 11:30 a.m. Hearing/Hearing Aid Screenings at Cameron with Dr. Megan Ford from HearSmart Audiology of Littleton. By appointment only. To book your 40-minute appointment call the Westford Health Department at 978-692-5509. Sponsored by the Westford Health Department.

PODIATRY CLINIC

Monday: June 5 at 9:30 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 classes 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

Have a question, a conflict, or simply need to bounce something off someone? Feel free to call me and I will do my best to help you problem solve, find resources and get some resolution. We are here for you! To reach Annette, call 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

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.

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.

DID YOU KNOW?

The Central Massachusetts Mosquito Control Project has an informative website at www.cmmcp.org about mosquito and tick protection. You can also call the office at 508-393-3055 for more information.

The following is directly from their site: CMMCP recommends you follow the "**5 D's**" for mosquito protection:

DUSK & DAWN -- Avoid being outdoors when mosquitoes are seeking a blood meal. Dusk and dawn are prime time for mosquito activity in our area. Mosquitoes may also be active anytime on cool, cloudy days.

DRESS -- When temperatures allow, wear clothing that covers your skin. Clothing with mosquito repellent impregnated materials such as permethrin may be a consideration, as may loose-fitting net-style clothing. Some studies show dark colors are more attractive to mosquitoes.

DEET -- DEET remains the standard by which all other repellents are judged. It is effective against mosquitoes, biting flies, chiggers, fleas and ticks. The [American Academy of Pediatrics says all family members over 2 months can use DEET-based repellents](#) with up to 30 percent concentration. Most products start out at a concentration of 5 percent (lasts 90 minutes or so) and range up to 100 percent (for approximately 10 hours of protection from bites). For an outdoor family barbecue in the evenings, a 10 percent product is fine. It will help protect from bites for nearly two hours.

DRAIN -- Check your home to eliminate or reduce standing water that can produce mosquitoes. Mosquitoes hatched in your back yard or on your patio will often stay close by, affecting you and your neighbor as well. Whenever possible, "tip and toss" nonessential water-holding containers.

Ongoing Activities

FOR COMPLETE LIST, SEE MONTHLY CALENDAR

BINGO – Mondays, 1–3 p.m. & Thursdays, starting at 7 p.m. Doors open ½ hour early. **Remember:** the first Thursday night of the month, Hot dogs, chips, drink will be served for a donation of a \$1.00. If you need a ride, call the transportation line in advance at 978-399-2322.

CRIBBAGE

Wednesday 1 - 3 p.m. Come join our fun group!

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, Friday at 9:45 am and Tuesday evenings from 4:00 - 7:30 pm.** Come meet and join this active and diverse group of players!

MUSIC MAKERS

The Music Makers final rehearsal for the season will be on Friday, June 9, the group will then break for the summer. The first rehearsal in the fall will be on Friday, September 8 at 9:00 AM at the Cameron Center. Thanks to all who have participated, we'll see you in the fall! New singers are always welcome!

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.

UPBEATS If you love music, play an instrument and want to have fun, come join this wonderful group of musicians practice time on Tuesdays at 10:15 am. **Look for them at the Westford Farmers Market on Westford Common on Tuesday, June 20 from 2:30 - 4:30pm.**

ASK THE LAWYER – Tuesday, July 11 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, June 8 from 11 a.m. to 12 noon. Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation 2nd Thursdays each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

MEET THE REALTOR – Monday, June 12 at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker. Call: 978-692-5523.

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

VETERANS SERVICES – Thursdays, 8 a.m. to noon.

Meet with Westford Veterans Agent/Veterans Service Officer Terry Stader at Cameron. **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.

JUNE HOURS:

- **Mondays: June 5 & 19** from 1 - 3:30 a.m.
- **Wednesdays: June 7 & 21** from 8:30 - 11:30 a.m. and **June 7, 14, 21 & 28** from 6 - 8 p.m.
- **Thursdays: June 8 & 22** from 9:30 - 11:30 a.m.
- **Fridays: June 2, 9, 16 & 23** from 8:30 - 11 a.m.
- **Saturdays: June 3, 10, 17 & 24** from 9 – 11 a.m.

Financial Info**MEET THE BANKER****Chris Kalil, Branch Manager of Northern Bank**

Do you have questions about your mortgage, debt consolidation, or buying a vacation home? Would you like to reduce your monthly payments or get access to additional cash? Chris will be here on **Wednesday, June 14 at 11:30 am** to answer your questions. To schedule an appointment please call 978-692-5523 or drop-in during the specified times to see him in between appointments.

PROTECT YOURSELF FROM MEDICARE FRAUD!

Friday, June 16 at 11 am

A free informational Medicare workshop with **Pat McMillen, a representative of the Massachusetts Senior Medicare Patrol (SMP) program.** You will have an opportunity to participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and our future generations. Register at 978-692-5523.

PRESCRIPTION ADVANTAGE is initiating an outreach campaign to **encourage members with high drug costs to review Part D plan options for 2017** as there may be a plan that can lower their expenses. Please call for a SHINE appointment if you would like to consider applying (978-692-5523). As a Prescription Advantage member, you are entitled to a one-time Special Election Period (SEP) each year that allows you to join or change your Medicare drug plan outside of Medicare's open enrollment period.

If you have any questions, please call Prescription Advantage Customer Service at 1-800-AGE-INFO (1-800-243-4636) and press 2, or TTY (toll free) for the deaf and hard of hearing at 1-877-610-0241.

REMINDER: Save your Social Security benefit notification for 2017. You will need it to apply for many of the financial assistance programs that exist.

T.R.E.A.D. -Applications will be available at the Senior Center in May this year and will be **DUE ON AUGUST 1st**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee meets to determine awards in December 2017. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325.

Are You Interested?**DO YOU LIKE GARDENING?**

Well join us at the Westford Community Gardens and help us grow, maintain and enjoy the fruits of our labor as the Cameron has it's very own 10x10 plot.

The Cameron Senior Center has a 10x10 plot and we are looking for volunteers to help plant, weed, and water the plants.

For more information please email **Pat Reppucci at patreppucci@comcast.net**

DO YOU WANT TO PLAY CANASTA OR BRIDGE?

If so please call the Cameron front desk at 978-692-5523 and let us know of your interest. We are trying to see if there are enough people to play these card games weekly.

ATTENTION! NEED TECHNOLOGY HELP!

Look no further, set up an appointment with middle schooler Tom. Tom is very knowledgeable about the latest technologies like phones, tablets, and laptops or on how to use social media and emails. Sign up at 978-692-5523.

GOLF ~ TIME TO GET TO THE GREENS!!

If you are interested in playing 9 holes of golf on **Tuesday mornings come join us at Quail Ridge** Great Road in Acton. Fee is \$25 per week for 9 holes of golf and an electric cart if you pre-register at the Cameron Senior Center by calling 978-692-5523. **Arrive at Quail Ridge at 8:30 am and pay at the Club house.** Be ready to hit the links by 9 am. **Please note: Tee Off times are at 10 am on the following Tuesdays: June 13, Sept. 12 and Oct. 10.** A good way to meet other people and play a round of golf!

THANK YOU!

THE GAY 90'S ~ A Beautiful Occasion and many thanks to our sponsors!

This much anticipated and appreciated COA annual event which honors residents would not be possible without our financial sponsors which include: Event Sponsors: **Emerson Hospital** and the **Friends of Cameron Senior Center**. Golden Sponsor: **Concord Oil**. Silver Sponsor: **Westford Rotary Club** and **Westford Florist**. A special thanks to Claire France for all her special touches for this event.

FRIENDS OF CAMERON CORNER

Volunteers Wanted!

DO YOU LIKE TO...OR CAN YOU HELP:

- Fix or repair clocks?
- Glue wood or ceramics?
- Appraise art or jewelry?
- Clean donated items for Trudy's?
- Are you good at selling on Ebay?

Trudy's Boutique

THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

SPORTS SEASON

DONATIONS ALWAYS APPRECIATED!

BOARD MEETINGS

COA Board – Wednesday, June 14 at 4 p.m.
Friends of Cameron – Thursday, Sept. 7 at 12:30 p.m.

Director's Message

Class picture

Today, my son, Julian's was having class pictures and he and his dad were looking at our high school class picture from 1987. Julian said "mommy, you were sitting in Graham's lap".

I laughed and asked my son if his dad told him that Graham was his roommate when we both were attending All Saints Episcopal Boarding school, Vicksburg, MS.

I quickly began to think back on how that transition to boarding school greatly changed my life for the better. Unfortunately, I must admit that those who attended this school were not typically there on their own accord or could be considered "saints."

I remembered the time I introduced myself to my first room-mate "Angie" who was in her cowboy boots/spurs and cowgirl hat and I in my sundress. With a little hesitation, I asked Angie why she was sent to this school and she said, "Because of fighting and throwing a girl in a trash can." I soon realized perhaps I was not as bad and should jump back in my father's beer truck (father owned a Miller beer distributorship) and promise to behave ALL the time and go back home. However, I knew that would not be an option at this point so I pulled my boot straps up and readied myself for this new transition in my life and "Angie". I must say,

I was not ever thrown in a garbage can by my roommate and my transition into a new, very structured setting and people like myself is one of the best things that has happened in my life.

I know here at the Cameron we experience many transitions whether it is trying to redefine one's life being newly retired, the sudden realization that one's purpose may be a full-time caregiver for a spouse, the recognition one's short and/or long term memory is not working like normal and is declining and/or the realization that the loss of one's spouse or best friend is more devastating than you anticipated. These transitions are not easy and it is important to remember that is why your Cameron staff is here. Our focus is to provide the supports one may need by working confidentially to help identify and assist in putting in place various support services, or assisting one in re-mapping one's life plan to help ensure the best outcomes. So, perhaps pull-out that class picture(s) and appreciate those good and challenging transitions that you embraced and we can embrace.

See you at Cameron,

~Jennifer Claro, Director

COA TRANSPORTATION SERVICE

COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

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

Please call 48 hours prior to your appointment and please be flexible in your schedules.

Our first priority are rides to medical appointments, we will also take you to local errands, and all Cameron Senior Center sponsored activities.

Round trip cost within Westford \$3.00; to connecting towns \$6.00 (Acton, Carlisle, Chelmsford, Groton, Littleton); out-lying towns \$8.00 (Ayer, Concord, Lowell) . **15-minute rule:** We ask that you be ready **15 minutes before** your scheduled pickup time and understand that we may pick you up **15minutes after** your pickup time.

* Vans run Monday thru Friday **8:00 am – 3:00 pm.**

* Bingo: Mondays at 1:00 pm and Thursday nights at 7 pm

* For **same day** appointment changes please call the front desk at 978-692-5523

* When leaving a message please be sure to leave: **YOUR NAME, YOUR PHONE NUMBER, DATE, TIME AND LOCATION OF YOUR APPOINTMENT.**

Please give Chuck a call at 978-399-2322 to get your seat on the van.

SHUTTLE SERVICE TO BOSTON and AREA MEDICAL FACILITIES

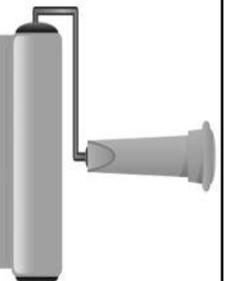
Van Service on **WEDNESDAYS ONLY** to Boston Medical Facilities and **THURSDAYS ONLY** to Emerson Hospital, Lahey in Burlington and Bedford VA ~ CALL THE GROTON SENIOR CENTER AT 978-448-1170.

DAY TRIP WITH OUR VAN ~ LET'S PLAY BALL!

Join the COA van on Saturday June 24 at 4:45pm to watch **the Lowell Spinners Vs. The Connecticut Tigers from the Party Deck**; food voucher will be included. Space is **very** limited so please call the front desk ASAP at 978-692-5523. Cost will be \$30.00



**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2017			1 Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Hand & Foot 12:30pm Bone Builders 1 pm Veterans Services 4 pm Circuit Training 5:30 pm Bingo 7 pm	2 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am
5 Podiatry 9:30 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	6 Basic Zumba 8:15 am Billiard Players 8:30 am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Circuit Training 4:30pm	7 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 Alzheimer's Sup. 6:30 pm	8 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11am Hand & Foot 12:30 pm Bone Builders 1 pm Circuit Training 5:30pm Bingo 7 pm	9 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Lunch/Learn 12:15 pm Dance 4:30 pm
12 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	13 Men's Breakfast 8 am Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Blood Pressure 9:30 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Circuit Training 4:30pm Lowell General 6:30 pm	14 Aerobics 9:30 am Bone Builders 9:30 am Reflexologist 9:30 am Meet the Banker 11:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	15 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Elder Abuse Awareness - 11 am Veterans Lunch 12:30 pm Hand & Foot 12:30 pm Bone Builders 1 pm Movie 4:30 pm Circuit Training 5:30pm Bingo 7 pm	16 Aerobics 8:30 am Ping-Pong 9:45 am Medicare Fraud 11 am Antique Road Show 1pm
19 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	20 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Circuit Training 4:30pm Book Club 6 pm	21 Aerobics 9:30 am Bone Builders 9:30 am Travel Program 10 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	22 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Hand & Foot 12:30 pm Bone Builders 1 pm Bingo 7 pm	23 Aerobics 8:30 am Ping-Pong 9:45 am Farm to Table 12:30 pm
26 Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	27 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Circuit Training 4:30pm Sandwich Generation 6 pm	28 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	29 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Birthday Lunch 12:30 pm Hand & Foot 12:30pm Bone Builders 1 pm Circuit Training 5:30 pm Joint Pain 6 pm Bingo 7 pm	30 Aerobics 8:30 am Ping-Pong 9:45 am BBQ 12:30 pm



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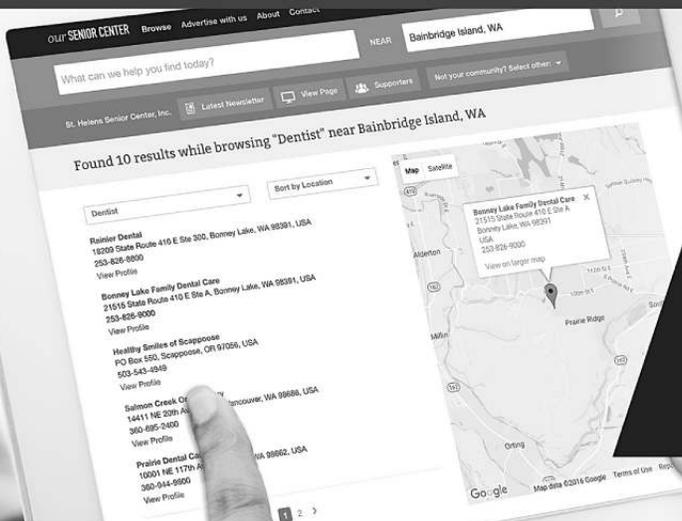
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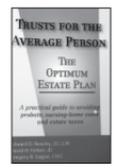


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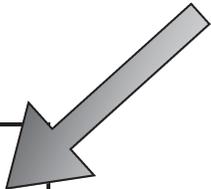
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Tuesday, June 13, “Foxwoods/Mohegan”

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

Tuesday, July 25 at 9:30am – Lake Winnepesaukee Cruise

Sailing from Weirs Beach, you'll delight in the beautiful vistas of the White Mountains from the decks of the 230-foot M/S Mount Washington as you cruise the famous Lake. Includes a buffet lunch. Tour cost is \$82.00 p/p including driver gratuity. Sign up at 978 692 5523. Leaving from the Franco at 9 A.M.

Wednesday, August 23- Pilgrim Belle Plymouth Getaway Tour

Fox Tours heads to Plymouth, MA on arrival, you will take a sightseeing tour then you will enjoy a full course luncheon at the Hearth & Kettle Restaurant. Next-up enjoy a 75 minutes sightseeing Harbor Cruise on the Pilgrim Belle, a true paddle wheeler where your Captain will point out many sights of interest, including two lighthouses and Plymouth's spectacular beaches. The all inclusive cost (includes driver gratuity) is \$81 p/p. Your entrée choice is Broiled Cape Scrod, Plymouth's Best Fish & Chips, or Cranberry Chicken. Departure time from Franco TBD. Sign up at 978-692-5523.

Wednesday, September 27 – “Evita”

Fox Tours begins your day with a delicious, full course luncheon at the Danversport Yacht Club. Then you'll travel to the North Shore Music Theater for one of Broadway's classic Musicals, "Evita". Your cost is \$111 p/p including driver gratuity. Your entrée choice is Baked Scrod or Baked Chicken. Departure time from the Franco is 10 AM with arrival back home around 6 PM. Sign up at 978-692-5523.