

WESTFORD COUNCIL ON AGING NEWSLETTER

SEPTEMBER 2017



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.



LIVE THEATER SHOW

Friday, Sept. 22, at 1 p.m.

Delvena Theatre Company presents Salem Witch Hysteria. The setting is Salem, MA in 1692, a year when approximately 168 men and women were accused of witchcraft; 20 were executed. You will be able to interact as a jury in the trial of Susannah Martin in a lively discussion with the cast over the traditional root beer floats following the show. **This program is supported in part by a grant from the Westford Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.** RSVP at 978-692-5523.

SPAGHETTI SUPPER

Wednesday Sept. 20, at 5 p.m.

Italian Fare sponsored by the Friends of the Cameron Center. Planned by Joyce Newton. Please bring a dessert to share. Reservations required. Call 978-692-5523 by Friday Sept. 15. Clean up crew needed. Cost is \$3.

WATERCOLOR CLASSES

Thursday Sept. 21, at 10 a.m.

Cost \$20. 6 week class with Instructor is internationally collected artist Cynthia Van Horne Ehrlich. All levels welcome. Call 978-692-5523 to sign up.
**Note: Art materials not supplied.
Pick up supply list at front desk.**

NEW PROGRAMS

SENIOR DAY WITH JUMPIN' JUMBA

Tuesday, Sept. 26, at 2:30 p.m.

Senior Day at the Farmers Market, Westford Common. Join us for some great blues-based Americana music performed by Jumpin' Jumba (from our Summer Party) and, enjoy freshly made apple crisp and ice cream. Bring a chair so you will have a place to sit. Just call the front desk and RSVP at 978-692-5523.

HARVEST FAIR

Saturday, Oct. 21, from 9 a.m. – 3 p.m.

We're looking forward to the festivities, food, camaraderie and shopping at this year's fair. Donations welcomed – especially themed raffle baskets, silent auction items and baked goods. Vendors of new crafts, arts and handmade items invited! Table rentals are only \$15! Call 978-692-5523 for an application. Volunteers are also needed to help set-up on Friday, Oct. 20 and clean-up on Saturday afternoon.

WANTED!

DONATIONS FOR THE HARVEST FAIR

OCT. 21

New crafts, handmade goods, silent auction items, raffle baskets, gift certificates, etc.

PLEASE LABEL ITEMS: HARVEST FAIR.



CAMERON OPEN HOUSE

Thursday, Sept. 28, at 10 a.m. – noon
Newcomers Welcome!

For newcomers, newly-retired seniors or anyone who's never been to the Cameron. Come explore the many facets, activities and benefits of Westford's Cameron Senior Center. Find out what goes on here, explore the Center and meet those who make it the fun, welcoming place it is – all at our open house! Tours start at 10 a.m. Afterward, meet the staff and enjoy refreshments. Come learn about our programs & activities, services and support. Drop-ins welcome...and invite a friend!

CHINESE MOON FESTIVAL

Wednesday, Oct. 4, at 7:00 p.m.

Located at Tadmuck Housing. Join us for an international fun evening celebrating the autumn and moon. The Mid-Autumn Festival is the second grandest festival in China. The day is also known as the Moon Festival. At that time of the year the moon is at its roundest and brightest. To express their thanks to the moon and celebrate the harvest, they offered a sacrifice to the moon on autumn days. On the festival day, family members gather to offer sacrifice to the moon, appreciate the bright full moon, eat moon cakes, and express strong yearnings toward family members and friends who live afar. Call 978-692-5523 to sign up by Friday Sept. 29.

Director's Message

Working collaboratively on affordable housing opportunities

*** Please Note the letter to the Zoning Board of Appeals from Nancy Cook, COA Board President. See page 8.**

Over the last six plus months I have been working with our COA Board on ways we can increase the awareness and need for more housing opportunities for residents age 60+ and living at 30 to 80 percent of Lowell's area median income. As many of you are aware the wait list for Westford's Senior housing communities is five plus years and as per the Towns master plan, residents aged 60-74 and 75+ are projected to increase by 26.9% and 116.5% respectively from 2020-2040. The Master plan also indicates 48.1% of the aging population in Westford cannot afford the median rent prices in Town. So, recently our COA Board met with Chris Kluchman, Westford's Land Use Management Director to learn more about the various 40B affordable housing properties and new developments in Westford. As I, you may be thinking what is 40B Housing? Chapter 40B is a program created in Massachusetts to allow developers to override local zoning by-laws to increase the stock of affordable housing in municipalities where less than 10% is of the housing stock is defined as affordable. The goal of 40B is to allow working families and seniors to remain in their communities when they otherwise may be priced out of the conventional housing marketing. Recently, with the collaboration of Chris Kluchman, we organized an affordable housing tour that included our COA Board and staff, Land Use Management Director, Zoning Board of Appeals and Affordable Housing Committee members and together we met with the management staff of several of our Towns 40B properties which included: Avalon and Princeton Properties and The Mill. This tour provided a great opportunity for our COA board, Town staff and committees to engage in dialogue on how we could better serve our older adults with affordable housing opportunities. Please know our COA will keep you informed on future information on affordable housing affecting you and I would like to say we ALL have taken some great first steps in this effort.

~ Jennifer

FALL APPLIANCES & LINENS SALE

Monday-Friday, Oct. 2-6, from 9 a.m. – 3 p.m.

Need a replacement blender, shredder or vacuum cleaner? How about towels, sheets or a throw rug? Sponsored by Friends of the Cameron, our sale will feature a wide selection of new and used appliances, kitchen items and cookware, lamps, linens for bed, table, bath, and more! Please let us know if you're willing to help with advance prep or set-up on Friday, Sept. 29 ~ all for a good cause!

Ongoing Activities

For complete list, see monthly calendar and check out our website

<https://www.westfordma.gov/593/Council-on-Aging>

BINGO

Mondays, 1 p.m. & Thursdays, starting at 7 p.m.

Except on Monday, Sept. 25, BINGO will start at 1:30 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.

UPBEATS

Tuesdays at 10:15 am.

If you love music, play an instrument and want to have fun, come join this wonderful group of musicians.

CAMERON MUSIC MAKERS

Fridays at 9 a.m.

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.

GENEALOGY WORKSHOP

Interested in researching your family's ancestry?

Call 978-692- 5523 to arrange for a private, one-on-one

Trudy's Boutique

THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

CLOTHING, HOUSEHOLD GOODS, DÉCOR, JEWELRY

~ ALL AT AFFORDABLE PRICES ~

SEPTEMBER EXTRA HOURS:

~ TUES & THURS: 4 - 8 P.M. ~

WATCH FOR OUR

SEPTEMBER CLEARANCE SALE!

Health and Wellness

FLU / PNEUMONIA CLINIC at the Franco

Wednesday, Oct. 11, from 12:30 to 3:30 p.m.

Westford Health Department's Fluzone Walk-In clinic is for seniors 65 or older. ** High-Dose Fluzone ONLY for those 65 and Older ** Homebound individuals who require a home visit should contact the Health Department at 978-692-5509 to schedule an appointment. These vaccines will NOT prevent illness caused by other viruses. It takes up to 2 weeks or more for protection to develop after the vaccine. Protection lasts about a year. Anyone allergic to egg cannot receive this vaccine. Volunteers needed call Katie for details 978 399 2330.

WESTFORD HEARING CLINIC

Monday, Sept. 11, at 9:30 a.m.

Hearing/Hearing Aid Screenings at Cameron with Dr. Megan Ford from HearSmart Audiology of Littleton. Sponsored by the Westford Health Department. By appointment only. To book your 40-minute appointment call the Westford Health Department at 978-692-5509.

BLOOD PRESSURE & MORE

Tuesday, Sept. 12, at 9 a.m.

Gail from the Westford Health Department will be at Cameron If you would like a health screening including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns please stop by.

PODIATRY CLINIC

Monday, Oct. 16, at 8:30 a.m.

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

REFLEXOLOGY

Wednesday, Sept. 13, at 9:30 a.m.

Manicures \$15, Pedicure \$22, Gels \$25. Rebalancing \$21 and reflexology (acupressure) \$25 for 30 minutes and \$45 for an hour. To make an appointment call Veronica at 978-407-7658 or Email her at veronica@greatkneads.com.

Fitness Classes

*** Room locations are subject to change ***

Aerobics— Drop ins are welcome

Wednesdays at 9:30a.m. in the Multipurpose Room

Fridays at 8:30a.m. in the Card Room

Bone Builders - Pick up application at the front desk

Mondays at 9:30 a.m. in the Card Room

Wednesdays at 9:30 a.m. in the Card Room

Tuesdays at 1p.m. in the Multipurpose Room

Thursdays at 1 p.m. in the Card Room

Chair Movement - Drop In

Tuesdays at 10:15 a.m. in the Multipurpose Room

Thursdays at 10a.m. in the Multipurpose Room

Circuit Training - Sign up at 978-692-5523

Tuesdays at 4:30 p.m. in the Fitness Room

Cost \$40. for the 8 week class

Fitness Camp - Sign up at 978-692-5523

Wednesdays at 1:30 p.m. in the Multipurpose Room

Golf - Sign up at 978-692-5523

Tuesdays at 8 a.m. at Quail Ridge

354 Great Rd, Acton, MA 01720

Cost \$25 per session

Pickleball — Drop ins are welcome

Tuesdays at 10 a.m. at Mill Works

22 Farm Town Road, Westford, MA 01886

Cost \$5.per session.

Ping Pong — Drop ins are welcome

Mondays at 1:45 p.m. in the Card Room

Tuesdays at 3:30 p.m. in the Card Room

Fridays at 9:45 a.m. in the Card Room

* Other rooms may be used if available*

T'ai Chi — Drop ins are welcome

Mondays at 1p.m. in the Card Room

Yoga — Drop ins are welcome

Tuesdays at 9a.m. in the Card Room

Wednesdays at 1:30p.m. in the Card Room

Zumba – Drop ins are welcome

Tuesdays at 8:15a.m. in the Multipurpose Room

Thursdays at 9a.m. in the Multipurpose Room

55+ EARLY EVENING PROGRAMS

BOOK CLUB

Tuesday, Sept. 19, at 6 p.m.

Our next book is "Small Great Things" by Jodi Picoult and in October we will discuss "Fearless" by Eric Blehm. Hope to see you in our cozy library. Books can be ordered for you in advance so please call to sign up at 978-692-5523.

MOVIE NIGHT

Thursday, Sept. 21, at 4:30 p.m.

A movie and goodies are offered. This month's movie is "The King's Speech" Please call to sign up at 978-692-5523 by Monday, Sept. 18. Cost is \$3.

PAINT AND SIP

Thursday, Sept. 28, at 5:30 p.m.

A night out to relax, paint, and enjoy beverages with your peers. Tricia of Magic Brush Pottery will hold a painting class. Learn how to turn a plain glass vase into something beautiful. Supplies will be provided. Cost is \$10. Sign up at 978-692-5523.

WATERCOLOR/DRAWING CLASSES

Tuesday, Sept. 19, at 6 p.m. 8 week Class.

Priti is back by popular demand. Join us for this mixed watercolor and drawing class. Get your paint brushes ready! A supply list will be available at the front desk. Cost \$25. Please register at 978-692-5523 asap because the class fills quickly.

CIRCUIT TRAINING

Tuesday, Sept. 12, at 4:30 p.m. 8 weeks.

With the help of our instructor, Alison, come learn how to use the cardiac and strength equipment and create a personal exercise program that addresses your goals and health concerns. This is a popular class so sign up quickly for the 10 slots. If another 10 are on a wait list, we will add Thursday nights back. Cost \$40.

For more information, call Annette at 978-399-2326

QUIGONG

Thursday, Sept. 7, at 7:00 p.m. 8 week Class.

This 5,000-year-old healing art form is one of the core elements of Traditional Chinese medicine. Join us here for a moving meditation created by coordinating slow flowing movement, deep rhythmic breathing and a calm meditative state of mind. Dave Crocker will lead this which will teach you different quigong sets that can be done seated or standing. Cost \$40.

To register call Lowell General at 1-877-544-9355

PROPERTY TAX RELIEF COMMITTEE

Coffee Hour

Thursday, Sept. 14, at 5:30 p.m.

There are 13 members on a town appointed committee who are charged by the Selectmen to assess our current tax exemption programs and to possibly add another that will help our local seniors, low income households, disabled and veterans. We meet every Wednesday morning at either the town hall or senior center from 8-10 am. All are welcome. You can find our agendas, minutes and other documents on the town website under committees. We will also be hosting a "Coffee Hour" for folks to come discuss their thoughts and concerns about property taxes at the Cameron Center. If you have any questions or suggestions, feel free to contact Annette Cerullo at 978-399-2326.

ESTATE PLANNING

Tuesday, Sept. 12, at 6:00 p.m.

Join us for a discussion on estate planning with attorney David Walker. Topics include: Wills and Trusts, Powers of Attorney, how to avoid probate and Mass estate taxes and how to protect inheritances and other assets from the cost of long term care. There will be time for questions and answers. Please register for this free class open to all by Friday 9/8 at 978-692-5523 .

SANDWICH GENERATION SERIES

Tuesday, Sept. 26, at 6:00 p.m.

Dealing with Loss is an important topic that touches all or lives. Janice Hickey, LSW of Life Care of Nashoba Valley, will be presenting this topic. Come learn about the stages of grief and healthy coping. We offer these informational sessions monthly the last Tuesday of every month at 6 p.m. and they are open to folks of all ages. Please sign up at 978-692-5523.

LOWELL GENERAL EDUCATIONAL SERIES- DIABETES

Tuesday, Oct. 10, 5:30-6:30 p.m.

November is National Diabetes Awareness Month. "What's in your cupboard? Does it help you control diabetes?" Come and learn how to take inventory of your cupboard and create a diabetes friendly, heart healthy pantry. Judy Pentedemos, is a Board-Certified Family Nurse Practitioner and Certified Diabetes Educator. In a fun, friendly and thought provoking way, she will help you to identify the good, the bad, and the ugly products that may be lurking. Register at Lowell General at 877-544-9355

Dining Options

ELEGANT CHEF LUNCHEON

Monday, Sept. 25 at 11:30 a.m.

Enjoy this three-course meal prepared and served by the culinary art students from Nashoba Tech's Elegant Chef program. RSVP must be three business days notice at 978-692-5523. September menu selections: Baked Haddock or Stuffed Chicken. The cost is \$10.

*A special talk about the Emergency Preparedness/Registry

BIRTHDAY CELEBRATION

Thursday, Sept. 21 at 12:30 p.m.

Come Celebrate the September Birthdays! Lunch is prepared by the students of the Elegant Chef restaurant at Nashoba Tech followed by cake and ice cream that will be sponsored by Exit Reality. Please call in advance to register at 978-692-5523. Cost for Birthday celebrants is free and to guests the cost will be \$5. Septembers Meal Choice is ~ Roast Pork

RESTAURANT REVIEW ~ Dutch Treat!

Wednesday, Sept. 27, at 11:30 a.m.

Be sure to mark your calendars for our next outing is at Red Raven Restaurant, 3 Nagog Park, Acton. Please pre-register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive, you can check in under "Westford Senior Center". Bon Appetite!

LUNCH AND LEARN

Friday, Sept.15, at 12:15 p.m.

Maintaining Friendships when a Friend has Dementia Presented by Jenn Quinn, ComForCare Home Care Lunch is sponsored by Atrium & Chelmsford Crossing.

MEN'S BREAKFAST

Tuesday, Sept. 12 at 8 a.m.

A talk about the Emergency Preparedness/Registry RSVP by Friday, Sept. 8, to 978-692-5523 or achristopher@westfordma.gov so we can plan for food.

WOMEN'S BREAKFAST

Monday, Sept. 11, at 9 a.m.

Lu LaRoe Faison Show with Westford Runway models Mistress of Ceremony: Alison Christopher. Breakfast will be provided by The Village Store. Shopping opportunities after the show. RSVP by Friday, Sept. 8, to 978-692-5523

WEDNESDAY LUNCH

Lunch will be served at 12 p.m. 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!) Cost is \$3.

Wednesday, Sept. 6, Shrimp Scampi

Wednesday, Sept. 13, Chicken Pot Pie

Wednesday, Sept. 20, Pulled Pork Sandwich

Wednesday, Sept. 27, Tacos

Trips

COA VAN TRIP:

JFK PRESIDENTIAL LIBRARY AND MUSEUM

Wednesday, Sept. 20 at 9:30 a.m.

Cost is \$20. Dutch Treat Lunch at The No Name Restaurant. Call 978-692-5523 to sign up.

FOXWOODS/MOHEGAN

Tuesday, Oct. 3, at 7:30 a.m.

Buckingham Motor Coach departs from the Franco Club. Fee of \$30 includes driver gratuity—due at sign up time. INVITING ALL THOSE AGE 50 AND OVER!! Please call 978-692-5523 to sign up.

EVITA

FOX TOURS

Wednesday, Sept. 27, at 10 a.m.

Departure from the Franco Club. Questions Call 978-692-5523

NORMAN ROCKWELL MUSEUM & RED LION INN

FOX TOURS

Tuesday, Oct. 24, at 8 a.m.

Cost \$94 per person. Choice of Yankee Pot Roast or Broiled Salmon.

PATRIOT PLACE GETAWAY

FOX TOURS

Wednesday, Nov. 8, at 8 a.m.

Departs from Franco Club. Lunch at CBS Scene Restaurant. Cost \$84 per person.

MICHAEL BUBLE CHRISTMAS TRIBUTE

BEST OF TIMES

Wednesday, Dec. 6, Time TBD

Meal Choice of Stuffed Chicken or baked Scrod. Cost is \$94 per person.

TUSCANY & ITALIAN RIVIERA

COLLETE TOURS

June 15 - June 22, 2018

For information packet call Katie at 978-399-2330.

Informational Meeting with Collete Tours will be on

Wednesday, Nov. 1, at 10a.m.

Call 978 -692 -5523 to sign up.

SHADES OF IRELAND

COLLETE TOURS

September 22 - October 1, 2018

For information packet call Katie at 978-399-2330.

Support Services

COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

Service towns are: Acton, Ayer, Carlisle, Chelmsford, Concord, Groton, Littleton, and Westford. Please call Chuck at 978-399-2322 48 hours prior to your appointment to schedule your ride. Our first priority are rides to medical appointments, we will also take you to local errands and all Cameron Senior Center sponsored activities. **Don't forget we offer Grocery Shopping trips to Market Basket every Wednesday and other days as needed. Donations are encouraged.**

VETERANS SERVICES

Thursdays, 8 a.m. to noon.

Meet with Westford Veterans Agent at the Cameron. Only on the first Thursday's of each month The Veterans Agent will have evening hours from 4 - 6 p.m. The remaining Thursdays of each month will continue with his usual AM hours. The 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>

SHINE

Monday, Sept.11, at 12:30 p.m.

For a private, confidential appointment, at the Cameron, to answer your health insurance or Medicare questions, call 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.

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.

RMV (REGISTRY OF MOTOR VEHICLES) ASSISTANCE

If you need assistance with an online transaction with the RMV-license renewal, registration renewal, etc. we are happy to assist you. Not all renewals and transactions are eligible to be completed online, but we can let you know if we can help. Call Alison at 978-399-2325 or Annette at 978-399-2326.

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support Groups. As your Outreach worker I am here to assist you with almost any situation that arises. If you are seeking: information, problem solving, supportive listening, application assistance or more, please don't hesitate to contact Annette at 978-399-2326.

ALZHEIMER'S & RELATED DEMENTIAS

CAREGIVER SUPPORT GROUPS

Wednesday, Sept. 6, at 6:30 p.m.

1st Wednesday each month at 6:30 p.m.

Cameron Senior Center. For information, call Sandy at 978-758-6072.

ASK THE LAWYER

Tuesday, Sept. 12 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, Sept. 14, 11 a.m. to 12 noon.

Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation the 2nd Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

MEET THE REALTOR

Monday, Oct. 9, at 10 a.m.

Local real estate agent Kathy Cunningham of Coldwell Banker. Call: 978-692-5523 for an appointment.

ASK THE TAX RELIEF COMMITTEE

To help our senior homeowners be more aware of the real estate tax exemptions that they may be eligible for we will be holding monthly 1:1 appointments. Starting on the 3rd Wednesday of the month, 9/20, appointments will be available between 10:30 a.m. and 12:30 p.m. Call the front desk to get on the list and you will be called back with a time slot. Additional dates will be added if needed. 978-692-5523.

Outreach & Social Services

WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

What is Outreach? I often get that question. Per Wikipedia, Outreach is an activity of providing services to any populations (our local seniors) who might not otherwise have access to those services. A key component of outreach is that the groups providing it (the Westford Council on Aging) are not stationary, but mobile; they are meeting those in need of outreach services at the locations where those in need are, (home visits). In addition to delivering services, outreach has an educational role, raising the awareness of existing services/resources. Please call Annette at 978-399-2326 if you believe you could benefit from some Outreach services.

SNAP—FOOD ASSISTANCE PROGRAM

Are you eligible for financial assistance to help you pay for your groceries? You may qualify for SNAP (supplemental nutrition assistance program) if you are a household of one and your gross monthly income is less than \$2,010 and if you are a household of two than your gross monthly income must be less than \$2,707. If you apply and become eligible for a monthly SNAP benefit than you will also be eligible for the HIP program which is the Healthy Incentive Program which allows you to get free produce at some farmer's markets and stands. If you have any questions or would like an application, call Annette at 978-399-2326. Otherwise you can go on line and visit this site; <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>

SNAP BONUS BUCKS - GIVE OR TAKE!

Westford Farmer's Market Bonus Buck program is funded through private donations, allowing SNAP users to double their purchasing power at our Market! Help those in need, and break the cycle of unhealthy, processed food to pave the way for a more sustainable, local food system. **Giving + Fruits + Veggies = Healthy & Happy** Make a difference and be HAPPY! GIVE a tax-deductible donation at the Westford Farmers Market SNAP booth or online at HYPERLINK: <http://www.sustianblewestford.org>

FOOD PANTRY

Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers.

SEPTEMBER HOURS:

- **Monday: Sept. 18** from 1 - 3:30 a.m.
- **Wednesdays: Sept. 6 & 20** from 8:30 - 11:30 a.m. and **Sept. 6, 13, 20 & 27** from 6 - 8 p.m.
- **Thursdays: Sept. 7 & 21** from 9:30 - 11:30 a.m.
- **Fridays: Sept. 1, 8, 15, 22 & 29** from 8:30 - 11 a.m.

T.R.E.A.D.

Applications are available at the Senior Center and were **DUE ON AUGUST 1st**. If you are having difficulty paying property taxes and missed the application deadline, please call Alison Christopher LICSW at 978-399-2325. 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.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS

The status of the Federal Fuel Assistance Program is unclear until the budget is finalized. However, you may call if you need assistance with heat this winter and we will update you as we receive additional information. If you are a previous LIHEAP recipient and receive a renewal application in the mail from CTI, complete it as soon as possible. Call Alison at 978-399-2325 or Annette at 978-399-2326 if you need assistance.

HOLIDAY BASKETS

The Cameron Senior Center will be partnering with SVdP Society of St. Catherine's Church again this year for the Westford Holiday Basket Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal, and are facing a financial hardship. If you are interested in donating to the program, please contact Katie Russell at 978-399-2330. If you need food assistance for a Thanksgiving or Christmas meal, please call Alison Christopher, LICSW at 978-399-2325 to request a simple application.

FALL YARD CLEANUP- SIGN UP BY FRI. 10/6

With October around the corner it is time for us to start thinking about fall yard cleanups. We have been providing this service to seniors for many years and have enjoyed the opportunity to connect volunteers from the community with seniors in need of assistance. *Due to growing numbers of seniors requesting the service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc.* We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list by **Friday, Friday Oct. 6th**. Please also note that many of the volunteer groups may not be able to get the work done until mid November. Any questions, feel free to contact Annette, your Outreach Worker 978-399-2326.

Letter to the Zoning Board of Appeals By: Nancy Cook , COA Board President

July 18, 2017

Dear Zoning Board of Appeals Board Members:

I am writing this letter in support of the affordable housing being created as part of the following Projects currently being permitted before the Westford Zoning Board of Appeals: BOA 1634 CP-Concord Road- Residences at Westford West, BOA 1704-CP- 2 Robbins Road-Two Robbins Apartment Homes and BOA 1712 CP-Powers Road ("Sugar Maple Lane"). Although I appreciate that these developments are creating affordable housing I think that the Board should be aware of the challenges older adults age 60 and over are facing in regards to housing in the Town of Westford. The Town of Westford's population is aging, as per the Town of Westford's master plan, Residents aged 60-74 and 75+ are projected to increase by 26.9% and 116.5% respectively from 2020-2040. The Master plan also indicates that 48.1% the aging population in Westford cannot afford the median rent prices In Town. The unfortunate truth that results from this information is that Westford seniors, who have lived in Westford and raised families in the Town of Westford and love this community, can no longer afford to live here.

There is a dire need for affordable senior housing in the Town of Westford. The Town of Westford Master Plan indicates that in April of last year there was 5+ year waiting list for elderly housing in the Town of Westford. Although I understand that none of the current developments are being permitted for those persons 55 and older I would request to the extent possible that income qualified senior applicants, who are current Westford Residents, be given a preference in the affordable housing units created as part of the above referenced developments. I understand that to get local preference that a community must prove that there is a "need" in the community for that type of housing, however, I believe that the Westford Council on Aging, Housing Authority and the Planning Staff can support the affordable housing developers in providing that information to MassHousing and the Department of Housing and Community Development and would encourage the board to impose a condition.

In considering future developments, I would ask the Board as well as Planning Staff to consider working with prospective Comprehensive Permit applicants to lower AMI for rental developments to 50% of the Area Median Income. (In lieu of the 80% that is standard for 40B developments) as many of the 80% rents are not affordable to the seniors in our community and often times comparable to the market rate rents. In exchange developers, only are required to restrict 20% of their housing units as affordable (In lieu of 25% of units restricted for 80% AMI developments). Furthermore, in the creation of future affordable housing if the Zoning Board could determine if there are any opportunities for creating housing for those senior residents that only meet 30% of the AMI there is a tremendous need in the community for these types of units, and limited units for placement.

The unfortunate outcome of the deficit of the availability of senior affordable units are that are seniors are being forced to leave the community, many of them with limited options for housing in other communities that are foreign to them. I understand that the Zoning Board of Appeals restrictions in conditioning permits, especially comprehensive Permits, to assist in the development of senior housing. However, to the extent possible, I would request that that Zoning Board of Appeals assist the Town of Westford in helping Seniors stay residents in the Town of Westford.

Thank you for your support,
Nancy Cook
Westford Council on Aging Board, President

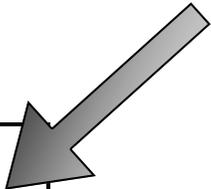
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
We will be Closed in Observance of Labor Day	Golf 8 am Basic Zumba 8:15 am Billiard Players 8:30 am Gentle Yoga 9 am Pickleball 10 am Watercolor Club 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Ping Pong 3:30 pm	Aerobics 9:30 am Bone Builders 9:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Alzheimer's Sup. 6:30 pm	Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Hand & Foot 12:30pm Bone Builders 1 pm Veterans Services 4 pm Hot Dogs 5:30 pm Bingo 7 pm Quigong 7 pm Train Club 7 pm	Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am
11	12	13	14	15
Woman's Breakfast 9 am 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 12:30 pm T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	Men's Breakfast 8 am Golf 8 am Basic Zumba 8:15 am Billiard Players 8:30 am Blood Pressure 9 am Gentle Yoga 9 am Pickle Ball 10 am Watercolor Club 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Ping Pong 3:30 pm Circuit Training 4:30 pm Estate Planning 6:00 pm	Reflexology 9:30 am Aerobics 9:30 am Bone Builders 9:30 am Reflexologist 9:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11 am Hand & Foot 12:30 pm Bone Builders 1 pm Coffee Hour 5:30pm Bingo 7 pm Quigong 7 pm Train Club 7 pm	Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Lunch & Learn 12:15pm
18	19	20	21	22
Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	Golf 8 am Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Pickle Ball 10 am Watercolor Club 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Ping Pong 3:30 pm Circuit Training 4:30 pm Book Club 6 pm Watercolor Class 6 pm	Aerobics 9:30 am Bone Builders 9:30 am JFK Trip 9:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Spaghetti Supper 5 pm	Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Open House 12 pm Hand & Foot 12:30 pm Bone Builders 1 pm Movie 4:30 pm Bingo 7 pm Quigong 7 pm Train Club 7 pm	Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Live Theater Show 1 pm
25	26	27	28	29
Bone Builders 9:30 am Quilting Club 9:30 am Elegant Chef Lunch 11:30 am Art/Open Studio 12 noon T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1:30 pm Ping Pong 1:45 pm	Golf 8 am Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Evita Trip 10 am Watercolor Club 10 am Pickle Ball 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Senior Day 2:30 pm Ping Pong 3:30 pm Circuit Training 4:30 pm Watercolor Class 6 pm Sandwich Generation 6 pm	Aerobics 9:30 am Bone Builders 9:30 am Restaurant Review 11:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Open House 10 am Hand & Foot 12:30 pm Birthday Celebration 12:30pm Bone Builders 1 pm Paint and Sip 6 pm Bingo 7 pm Quigong 7 pm Train Club 7 pm	Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am

COUNCIL ON AGING

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COMMUNITY ANNOUCEMENT

WESTFORD CHORUS

Come sing with us! We welcome all who like to sing and can carry a tune. And we especially **need men!** Reading music is not a requirement. If you can follow along singing hymns in church, that's enough musical experience! You don't have to be a singing diva! We provide audio downloads and/or CDs for members to learn their parts. And you can simply try us out, risk free, during our three open rehearsals on the first three Tuesdays in September: 9/5, 9/12, and 9/19 at the PCA in Westford Center from 7:15-9:30pm. Semester dues are \$85. Guarantee you will leave each rehearsal with a song in your heart and a smile on your face. We hope you give us a try. westfordchorus.org

HOURS
Monday to Friday
8:00 a.m.— 4:00 p.m.
Evening Hours:
Tuesday's & Thursday's
4:00 — 8 00 p.m.

BOARD MEETINGS
COA Board – Wednesday, September 13 at 4 p.m.
Friends of Cameron – Thursday, Sept. 7 at 12:30

<u>COUNCIL ON AGING STAFF</u>	<u>COUNCIL ON AGING BOARD MEMBERS</u>	<u>FRIENDS OF CAMERON OFFICERS</u>
Jennifer Claro, Director of Elder Services Alison Christopher, LICSW / Social Worker Annette Cerullo, LSW /Outreach Coordinator Claire France, Records Supervisor Jean Mahoney, Registrar Eugene Jungbluth, Lead Van Driver Admin Charles Dutton, Lead Van Driver Dispatch Christopher Mitchell, Maintenance Katherine Russell, Senior Assistant Ashley Diaz, Evening Supervisor	Nancy Cook, Chair Robert Tierney, Vice Chair Kathryn Wilson, Clerk Helena Crocker Patricia Holmes Sandra Collins Ret. Chief George Rogers	Richard Severyn, President Barbara Upperman, Vice President Chris Kuntz, Secretary Joyce Newton, Treasurer Frances Kosenko, Asst. Treasurer