

WESTFORD COUNCIL ON AGING NEWSLETTER

DECEMBER 2017



20 Pleasant St., Westford, MA

978 - 692 - 5523

www.westfordma.gov/coa

Hours : Monday – Friday 8a.m. – 4p.m. Evening Hours: Tuesdays & Thursdays 4p.m.– 8p.m.

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.

LEAF COLLECTION

Saturday, Dec. 2, at 7 a.m.

Place your leaves, grass clippings and pine needles into paper leaf bags and have them on the curb by 7am on collection day. Acme Waste Systems will be collecting leaves. The cost will be \$1.25 per bag with a minimum charge of \$20 per pick up. You pay Acme Directly by attaching check payable to Acme Waste Systems to one of the bags on collection day. Call the town Clerk's Office to register at 978-692-5515.

MEET THE MUSIC MAKERS

Friday, Dec.1, at 12:30 p.m.

Join us for an hour of musical entertainment and fun. Listen to some seasonal songs and enjoy a casual hour visiting and playing "Name That Tune" as well as enjoying lunch. We hope to see you there. RSVP at 978-692-5523.

WINTER CONCERT

Tuesday, Dec.12, at 1p.m.

Please welcome the Greater Boston Philharmonia Singers to our center and listen to a variety of music from traditional Christmas carols to traditional Chinese melodies. Holiday desserts will be served. Call 978- 692- 5223 to sign up. **This program is supported in part by a grant from the Westford Cultural Council, a local agency supported by the MA Cultural Council, a state agency.**

ABDOMINAL CLASS (30 min.)

**Wednesday Dec. 13 at 12:30 p.m. and
Wednesday Dec. 20 at 2:45 p.m.**

Learn some exercises on how to strengthen your core muscles with out a machine with Kim Vespucci. Sign up at 978-692-5523

HOLIDAY LUNCHEON AT THE REGENCY INN

Friday, December 15th at 11:30 a.m.

We are glad to share with you an opportunity to stroll through the Festival of Trees while enjoying the music of our very own Upbeat Band playing many traditional holiday favorites starting at 10:30 prior to lunch. You will see many beautifully and most creatively decorated Christmas trees, wreaths and gingerbread houses. Also, we will hear the WA Honor Chorus preform around 12:30 p.m. Holiday menu: Caesar salad, stuffed manicotti, broccoli, garlic bread, holiday dessert, tea and coffee. Cost: Friends members \$8 and Non—Friends members \$16. Transportation will be provided just call and reserve your seat at 978-399-2322.

CHRISTMAS/HOLIDAY BOUTIQUE

All Week, Nov. 27-Dec. 2, from 9 a.m. – 3 p.m.

Whether or not you need anything to top off your holiday season, come visit the Christmas/Holiday Boutique – and bring a friend! The Friends of Cameron have assembled a fabulous collection of holiday décor, gifts for home, family and friends, and some surprises. Come see what the buzz is all about ~ you may just find something your heart desires! Open all week next door to Trudy's.

Help needed for clean-up Sat, Dec. 2, at 3 p.m.

HOLIDAY BREAKFAST

Wednesday, December 13 at 8 a.m.

Join in this fun occasion by mingling and catching up with friends and enjoying a delicious breakfast prepared by our supportive **Town Selectmen and Town Manager** for our annual combined Women's and Men's Breakfast. Sign up now at 978-692-5523.

Director's Message

Inclement weather and Cameron closings and COA Contest

Just a few weeks ago we experienced severe storms that caused power outages throughout Westford. As many know the schools were closed for several days and our policy has typically been we follow the school's due to inclement weather. **HOWEVER**, in reviewing our inclement weather policy our Council on Aging Board with the support of the Town Manager determined that we would not follow the inclement school weather policy **we would follow Town Hall closings**. So, if Town Hall is closed or delayed the Cameron will be closed/delayed. However, our COA transportation service will be decided by director and COA Transportation dispatcher on a day by day basis. If we deem that the weather conditions are unsafe for our drivers and riders you will be notified of cancellations at our earliest convenience.

It is important to remember that if you ever question whether if the Cameron is open or closed please simply call the center at 978-692-5523 and you will receive a response.

Also, due to the recent storms and the many residents that were faced with power outages for three days or more the Cameron was up and running everyday as usual as well as was open for a warming shelter where residents came to refill their water jugs, have some food and had the opportunity to meet with responders and COA staff.

Please make sure if you and/or a loved requires life-sustaining medical equipment and/or have no support system to help ensure your safety please fill out a **Westford Special Needs Emergency Registry** which we can email or mail to you for completion. Also, remember our social service team is here to assist with your Special Needs Registry application if needed.

Lastly, the COA Board wants your input on naming our newsletter, helping create a tagline that best describes our center in a few words and/or sentence as well as logo. A \$25 Whole Foods Market gift card will be the prize for all three categories. Submission can be placed in my mailbox and deadline is January 3rd, 2018. We will post entries at the center for all to view and our COA Board will select winners at their January meeting.

Happy holidays,

Jennifer



CORRECTION :

Our Cameron entries for the Festival of Trees will be auctioned on Dec. 17th at 4 P.M. Proceeds will support the Cameron Programs.

Trudy's Boutique THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

VISIT THE
CHRISTMAS/HOLIDAY BOUTIQUE
NOW THRU DEC. 2
[NEXT DOOR TO TRUDY'S]

Westford Academy Concert & Lunch

On December 8, 2017, faculty and students from the Fine and Performing Arts Dept. will host a concert and lunch for members of the Cameron Senior Center. Seniors are welcome to join us from 10:45 A.M.- 12:30 P.M. Friday, December 8th for some wonderful music and a tasty lunch. Lunch will be soup, sandwiches, cookies, coffee, and water. RSVP at 978-692-5523.

Seniors Eight-Ball Double Elimination Tournament

Tuesday, Jan. 23, 2018. First game break at 9:30 A.M. First place gets trophy and name on the wall for a year. Entry fee of \$3 at the event. Coffee and snacks served. Contact Peter Mudgett 978-692-8383.

Westford Food Pantry

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information. lynnmroderick@aol.com

Hours

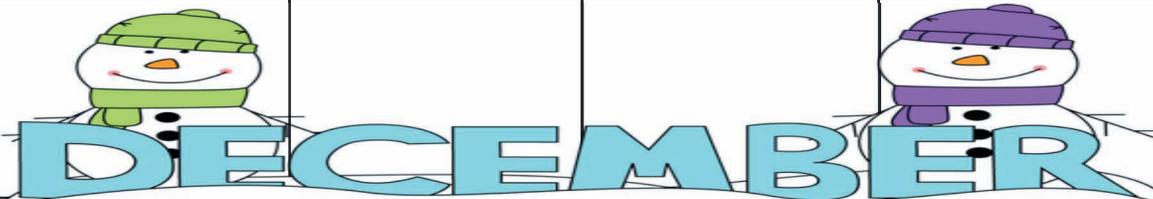
Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers.

DECEMBER HOURS:

- **Monday: Dec. 4 & 18** from 1 - 3:30 P.M.
- **Wednesdays: Dec. 6 & 20** from 8:30 - 11:30 A.M. and Dec. 6, 13, 20 & 27 from 6 - 8 P.M.
- **Thursdays: Dec. 7 & 21** from 9:30 - 11:30 A.M.
- **Fridays: Dec. 1, 8, 15, 22 & 29** from 8:30 - 11 A.M.
- **Saturdays: Dec. 2, 9, & 16** from 9 – 11 A.M.

CONCERT TO BENEFIT FOOD PANTRY

Community Christmas Chorus will hold its annual concert to benefit the Westford Food Pantry on Sun., Dec. 17, at 7:00 P.M. at First Parish Church, 48 Main St. Suggested donation for admission is \$5.00 plus 2 non-perishable food items for the pantry. For further information, call 978-692-8416.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Aerobics 8:30 am Music Makers 9 am Ping-pong 9:45 am Meet the Music Makers 12:30 pm</p>
<p>4</p> <p>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</p>	<p>5</p> <p>Basic Zumba 8:15 am Billiard Player 8:30 am Gentle Yoga 9 am Ask the Lawyer 9:30am 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</p>	<p>6</p> <p>Michael Buble Christmas Tribute time TBD Aerobics 9:30 am Bone Builders 9:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1 pm Fitness Camp 1:30 pm Alzheimer's Sup. 6:30pm</p>	<p>7</p> <p>Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Hand & Foot 12:30 pm Friends Bd. Mtg. 12:30pm Bone Builders 1 pm Veterans Services 4 pm Bingo 7 pm Train Club 7 pm</p>	<p>8</p> <p>Aerobics 8:30 am Music Makers 9 am Ping pong 9:45 am WA Concert 10:45 am Lunch & Learn 12:15pm</p>
<p>11</p> <p>Bone Builders 9:30 am Quilting club 9:30 am Hearing Clinic 9:30am Meet the Realtor 10 am Art/ open studio 12 noon T'AI Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping pong 1:45 pm</p>	<p>12</p> <p>Basic Zumba 8:15 am Billiard Player 8:30 am Blood Pressure 9am Gentle Yoga 9 am Pickle Ball 10 am Watercolor Club 10 am Chair movement 10:15 am Upbeats Band 10:15 am SHINE 12:30pm Winter Concert 1 pm Bone Builders 1 pm Ping pong 3:30 pm Circuit training 4:30 pm</p>	<p>13</p> <p>Holiday Breakfast 8 am Reflexology 9:30am Aerobics 9:30 am Bone Builders 9:30 am Property Tax Rep 10:30am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1 pm Ab Class 12:30pm Fitness Camp 1:30 pm</p>	<p>14</p> <p>Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Ask the Officer 11am Hand & Foot 12:30 pm Bone Builders 1 pm Bingo 7 pm Train Club 7 pm</p>	<p>15</p> <p>Aerobics 8:30 am Music Makers 9 am Ping pong 9:45 am Holiday Luncheon at the Regency Inn 11:30 am</p>
<p>18</p> <p>Podiatry Clinic 8:30 am Bone Builders 9:30 am Quilting club 9:30 am Elegant Chef 11:30 am Art/ open studio 12 noon T'AI Chi 1 pm Busy Fingers 1 pm Bingo 1:30pm Housing Consult. 1pm Ping pong 1:45 pm</p>	<p>19</p> <p>Basic Zumba 8:15 am Billiard Player 8:30 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 Book Club 6 pm</p>	<p>20</p> <p>Aerobics 9:30 am Bone Builders 9:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1 pm Fitness Camp 1:30 pm Ab Class 2:45 pm COA Bd. Mtg. 4pm</p>	<p>21</p> <p>Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Hand & Foot 12:30 pm Bone Builders 1 pm Movie Night 4:30pm Bingo 7 pm Train Club 7 pm</p>	<p>22</p> <p>Aerobics 8:30 am Music Makers 9 am Ping pong 9:45 am</p> <p style="text-align: center;">Closed at 12 For the Holiday</p>
<p>25</p> <p style="text-align: center;">CLOSED For the Holiday Merry Christmas</p>	<p>26</p> <p>Basic Zumba 8:15 am Billiard Player 8:30 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</p>	<p>27</p> <p>Aerobics 9:30 am Bone Builders 9:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1 pm Fitness Camp 1:30 pm</p>	<p>28</p> <p>Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Birthday Lunch 12:30pm Hand & Foot 12:30 pm Bone Builders 1 pm Bingo 7 pm Train Club 7 pm</p>	<p>29</p> <p>Aerobics 8:30 am Music Makers 9 am Ping pong 9:45 am</p>

We are proud of our "Art/Open Studio" artists

This year The Boston State House received 166 art work entries from 66 cities/towns, ten of which were from our Monday Art/Open Studio. All the artists from Westford were ribbon awardees. Their painting are proudly displayed in our dining area! Congratulations to the following: **Peggy Junbluth First place in Oils, Marie Stabile, second place- Oils, Carol Korsak, Most Whimsical- Oils, Diane Harvey, Third Honor- Mixed medium, Ann Cullerton, Third Place-pastel, Theresa Cryan, Third Place-Acrylic, Sue Coy Lindmark, Watercolor-Participant, Helen Moriarty, Participant, Acrylic, Nancy Ferrara, Participant, Oil, Ruth Lapin, Participant, Oil. Other Non-Westford residents that joined for the trip for the Boston Archives for the reception: Paul Mingolelli, Third Place, Watercolor, Nita Casey, First Honor-Watercolor and Denise Rainis, First Place-Pastels.**

Health and Wellness

WESTFORD HEARING CLINIC

Monday, Dec. 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, Dec. 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, Dec. 18, at 8:30 a.m.

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

REFLEXOLOGY

Wednesday, Dec. 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.



Art is fun! Art is frustrating! Had it not been for my friend who told me that the art class at the Senior Center was so much fun, I would never have started to paint. Nevertheless, several years later, I completed many paintings and have had a great deal of fun in the process because of the patience and guidance of the art teacher and the support and humor of my fellow artists.

Thank you.

Nancy Ferrara



55+ Early Evening

BOOK CLUB

Tuesday, Dec. 19 at 6 p.m.

The book club has been growing and we've had some wonderful discussions. For December, we are going to have a small holiday party and do a book swap rather than review a book. Bring a book or two to share and together we will select books for the new year to read. Hope to see you in our cozy library. Please call to sign up at 978-692-5523 by 12/15.

MOVIE NIGHT

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

On the 3rd Thursday of every month from 4:30 – 6:30 p.m. a movie and goodies are offered. Join us for the movie Miracle on 34th Street. Please call to sign up at 978-692-5523 by 12/18. Cost is \$3.00

JOINT PAIN SEMINAR

Thursday, Jan. 11 at 5:30 p.m.

Join us for a free presentation by Dr. Josh Philbrick, arthritis of the hand, wrist, shoulder. To register call 1-888-787-9537.

FITNESS SUCCESS STORIES

Keep those stories coming! We all know the benefits of being active and taking care of our bodies. If you are one of our regular attendees to the fitness room, circuit training, Zumba, yoga, bone builders or aerobics and have noticed improved health, please consider sharing your story! Your success may be the motivator that gets others active! Please call Annette or Katie at 978-692-5523.

Santa's Good List :

Don Wilt, Friends of Cameron volunteer, excavating the drainage trench around the Cameron. After screening 3 tons of rock and dirt, Don added an additional 1/2 ton stone, improving drainage around the facility. Thank you, Don!



Dining Options

ELEGANT CHEF LUNCHEON

Monday, Dec. 18 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. December menu selections: Seafood Casserole or Chicken Marsala. The cost is \$10.

BIRTHDAY CELEBRATION

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

Come Celebrate the December Birthdays! Lunch is prepared by Market Basket due to school vacation week, 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.

December Meal Choice is ~ Chicken Alfredo

RESTAURANT REVIEW

We will not be gathering at a restaurant for lunch in December due to the holidays but are resuming in January. Be sure to mark your calendars for our next outing on Wed. January 31st at the 99 Restaurant in Westford. 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 Appétit.

LUNCH AND LEARN

Friday, Dec. 8 at 12:15 p.m.

Holiday Cake Decorating with Jean Piantedosi

Lunch TBD. Sign up at 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, Dec. 6, Beef Stew & Grilled Cheese

Wednesday, Dec. 13, Soup & Salad

Wednesday, Dec. 20, Chicken Pot pie or Veggie Burger

Wednesday, Dec. 27, Macaroni and Cheese and Chicken Nuggets



Trips

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. Please pre register at 978-692-5523

NEW DATE for Zimmerman House & Currier Museum

The Cameron Senior Center Travel Group will be going to the Currier Museum of Art and the Zimmerman House in Manchester, NH: Wednesday, December 13, 2017

Please sign up and pay before December 8,

Maximum of 12 people for both Cameron Van and Museum Van for Zimmerman House Tour. Cost: \$35 for

Self-Guided Tour Museum with map, Guided Tour of

Zimmerman House and Transportation to and from Museum.

Lunch is not included in the price. Please register at

978-692-5523

*SPECIAL TRIPS BY TOURS & MORE

A NEW CAMERON PARTNER: TWO CRUISE OFFERINGS

Boston to Bermuda Cruise on the Norwegian Dawn

May 4, 2018 & August 3, 2018 for 7 Nights Cabins starting at

\$769 per person + govt tax double

occupancy FREE Amenities*—Prepaid tipping & your choice of

\$75 Shipboard Credit OR the Ultimate

Beverage Package (includes alcoholic drinks)

Call 978 483 1802 & reserve your cabin today!

Cameron members receive an add'l \$25 off per cabin!

Boston to Quebec Cruise

Canada/New England 7 Night Cruise on the

Norwegian Dawn Septembner 14, 2018

Cabins starting at \$839 pp + govt tax double occupancy PLUS

receive FREE Prepaid tipping and your choice of the Ultimate

Drink Package (alcoholic drinks) or

Shore Excursion Credit per port of \$50* Westford Sr. Center

Cameron Members Receive \$25 off per cabin! For details call

Brenda at 978 483 1802

TUSCANY & ITALIAN RIVIERA

COLLETE TOURS

June 15 - June 22, 2018

For information packet call Katie at

978-399-2330.

SHADES OF IRELAND

COLLETE TOURS

September 22 - October 1, 2018

For information packet call Katie at

978-399-2330.

Support Services

NEW COA TRANSPORTATION PUNCH CARDS & FREE TRIP

Starting December 1, 2017 drivers will be handing out a punch card to each and every rider on our vans. On receiving punch card PLEASE SIGN YOUR NAME ON BACK. On entering van, driver will sign ride number box. After 9 paid rides, when 9 boxes are signed by driver, rider will get 10th ride free. When receiving free ride, used card will be given to driver and rider will receive a new card.

COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

Service towns are: Acton, Ayer, Carlisle, Chelmsford, Concord, Groton, Littleton, Lowell, 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 APPOINTMENT

Tuesday, Dec. 12 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.

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.

REAL ESTATE TAX EXEMPTIONS

There are several tax exemptions you may qualify for to help reduce your tax burden. Be looking for a chart with your next tax bill that shows the various exemptions. From Nov. 1st until April 1st you may apply for these exemptions through the Assessor's Office and if you need assistance completing the applications Annette, the Outreach Coordinator can assist you. For more Information contact Annette at 978-399-2326 or the Assessor's office at 978-692-5504.

FRIENDLY VISITOR MEETING - WANT TO VOLUNTEER ?

Please join us January 15th at 11:00 a.m. to learn about the Friendly Visitor Program. This social program connects volunteer visitors with senior clients and provides wonderful opportunity for reminiscing, combating loneliness, enhancing quality of life and so much more. If you are interested in being a visitor or are considering a visitor for a relative please join us. We hope to see you! Any questions, call 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. 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, Dec. 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, Dec. 5 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, Dec. 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, Dec. 11, at 10 a.m.

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

ASK THE PROPERTY TAX RELIEF REP

Wednesday, Dec. 13

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. On the 3rd Wednesday of the month, appointments will be available between 10:30 and 12:30. Call the front desk to make an appointment, 978-692-5523.

HOUSING CONSULTANT

Monday, Dec. 18, at 1 p.m.

Housing Consultant provides helps to individuals dealing with various housing or rental issues in Westford. To schedule an appointment call 978-692-5523.

IMPORTANT:

When you receive your Social Security Benefit Letter with your monthly benefit amount for this year, please save it in a safe place. These letters are required for most financial assistance programs-SNAP, LIHEAP, property tax relief, etc.

RMV 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 or Annette at 978-399-2325 or 978-399-2326.

WESTFORD SPECIAL NEEDS EMERGENCY REGISTRY

Please remember that the senior center is no longer keeping a storm emergency call list for those people who signed up in the past. Instead, we are part of a more comprehensive effort with Emergency Management and the Westford Health Department. If you have a disability, chronic condition, or special healthcare needs that could be impacted in a weather emergency, call the Westford Health Department to complete a registration form and be added to the list.

SAND BUCKETS

If you are in need of a free bucket of sand to be delivered to your home please call 978-692-5523.

SNOW REMOVAL

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

Outreach & Social Services

WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

When the cold weather arrives, we want to be sure our seniors have the basic essentials like heat and lights. Please contact us in the Social Work/Outreach dept. if you or someone you know may be living in difficult conditions. Also, keep in mind that our center is backed up by a generator so if you lose power you may be able to come here to get warm, eat, take a shower and use the internet. We are available to help you so please don't hesitate to call Annette at 978-399-2326.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS

Previous LIHEAP clients, complete your renewal applications that were mailed out by CTI as soon as possible. If you need help, call Alison 978-399-2325 or Annette 978-399-2326. Gross annual income limits for LIHEAP are as follows: 1 person household-\$34,380, 2 person household-\$44,958. If you are interested in applying for the first time or have questions about other household sizes/income limits, call Alison at 978-399-2325. We have applications and are ready to assist you.

Dementia Friendly Westford

We are continuing work with Senior Helpers to make the Town of Westford even more friendly for people living with dementia and their care partners. Our goal is to include all sectors of the Town-municipal, private businesses, religious organizations, etc -and to help educate our citizens about how they can better support these important members of our community. If you are living with dementia or caring for someone with dementia, please check your January newsletter for upcoming educational events in January and our next large group meeting in February. If you have questions, call Alison at 978-399-2325.

DID YOU KNOW?

Customers of electric utilities can choose a "competitive supplier," that is, a company other than the utility itself which sells the actual electricity. Some of those competitive suppliers are Ambit, Spark, Just Energy, Starion, Direct Energy, and Palmcos. The customer would still pay the utility (National Grid) for "delivery" of that electricity to their customer's home, that is, for the cost of the wires and poles over which the electricity is delivered, and for billing/customer service.

The Town has already negotiated an agreement that secured a competitive electric rate for Westford residents. As of September 2016, the town of Westford has an agreement with Constellation Edison Solutions, Inc. If you did not opt out of this municipal electricity aggregation program, Constellation will be on your National Grid bill and you have this negotiated rate already.

However, other competitive suppliers still call and solicit door to door offering lower rates. Please be cautious when you consider these options and consider the following:

Some of the competitive suppliers may have early termination fees. That means if, say, National Grid's price six months from now is less than the competitive supplier's price, the customer might have to pay an early termination fee to switch back to National Grid or another supplier.

Some of the competitive suppliers may have various fees, apart from the price one pays for electricity. Before a customer switches to a different competitive supplier, the customer should read that supplier's terms and conditions carefully.

There have been complaints filed on many companies for deceptive business practices, so don't make any decision hastily or under pressure from a sales person.

The Atrium

at Drum Hill

A Benchmark Senior
Living Community
For Memory Impaired

978-934-0000

2 Technology Dr • N Chelmsford



"The People
With a Heart"

Personal-Touch
HOME HEALTH SERVICES

SKILLED HOME CARE PRIVATE
SERVICES

978-251-0170

www.pthomecare.com

68 Tadmuck Rd, Unit 5, Westford, MA


COOPERATIVE ELDER SERVICES, INC.
ADULT DAY HEALTH CARE PROGRAMS

Social & Therapeutic Activities
Exercise • Meals • Skilled Nursing Care
Caregiver Support & Education
Door to Door Transportation • Memory Care Programs

Mon-Fri • Call: 781-863-1166 x104 for info.
8 W. Main St., Groton, MA • www.elderdayservices.org



McHugh Law

FOR YOUR FAMILY & YOUR BUSINESS

Licensed to practice in Massachusetts, New Hampshire, and Rhode Island
Estate Planning • Real Estate • Elder Law • Probate • Medicaid Applications and Appeals
Honored recipient of the Boston Magazine's Five Star Professional Award

Attorneys: Dennis McHugh • Anna Reppucci Vergados • Jack Vultaggio

(978) 256-3330

2 Chelmsford St.

www.dmchughlaw.com

(978) 250-1922 Fax

Chelmsford, MA

J.A. Healy Sons Funeral Home, Inc.

Established 1897

FUNERAL DIRECTOR

M. Richard Laurin, Jr.

Tel: 978-692-6502

57 North Main Street

Westford

www.HealyFuneralHome.com

Serving Westford and surrounding towns for over 100 years Since 1897



"Someday has arrived"

Ocean cruises, River cruises & Escorted Tours plus more!
Exceptional customer service & lowest pricing
available. Guaranteed!
www.toursandmoretravel.com

OR CALL (888) 491-6766
for your free quote!

Our Residents *are a lot of things*

- Involved
- Vibrant
- Interested
- Educated



Retired *isn't one of them.*



Proudly serving
Seniors and the
Community for
15 years

**RIVERCOURT
RESIDENCES**

Independent Living • Assisted Living
Respite Care • Memory Care
8 West Main St., Groton
978-448-4122

We are a community of seniors
living with vibrancy, dignity,
engagement and *fun*.

Tour The Commons in Lincoln
and discover our activities,
volunteer opportunities and
available programs.



**The
Commons
IN LINCOLN**

A Benchmark Signature Living Community

781-728-3043

TheCommonsInLincoln.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Westford COA, Westford, MA

06-5200

2017 Circuit Breaker

The Circuit Breaker is a method for refunding some of the property taxes or some of the rent that you paid in calendar year 2017 for the home that you lived in as your main home. The amount of the refund (if any at all), up to the maximum allowed for the year (\$1,080 for 2017), depends upon the amount of property tax or rent paid in comparison to your total income. A portion of any water or sewer charges that you paid in the calendar 2017 can be added to your property tax for computing the amount of the refund. Your main home can be a single-family residence, a multiple family residence, a condominium, or an apartment. However, you are not eligible for the refund if you rent a home from the Housing Authority, or from any other tax-exempt entity, or receive any federal or state subsidy.

The refund is available for those who are age 65 or older (if married, only one spouse needs to meet the age requirement) and whose total income for 2017 is less than \$86,001 (married filing a joint tax return); \$72,001 (filing a head of household tax return); and \$57,001 (filing a single tax return). The refund is not available if you are filing a married separate tax return. To obtain the refund, you need to file a Massachusetts tax return (even if your total income is zero).

Homes that are owned by a trust:

If your main home is owned by a revocable (grantor) trust and you are a trustee, then you are treated as the home owner.

If your main home is owned by a revocable (grantor) trust and you are not a trustee, then you are treated as a renter.

If your main home is owned by an irrevocable trust, then you are treated as a renter.

2017 Income Tax Help

Hal Schreiber, our volunteer tax expert, will be back this year to complete your 2017 federal and state income tax returns. Due to the large number of tax returns being prepared at the Senior Center, Dick Severyn will also be back to assist Hal. This is a free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978-692-5523 to schedule an appointment. Hal has all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms with you.

What to bring with you:

Your 2016 federal and state tax returns. Form MA 1099-HC. It is very important to bring this form since the insurance company's name, tax identification number, and your subscriber number has been entered on your Massachusetts tax return. Form 1095-A, Form 1095-B, Form 1095-C (they pertain to health insurance). If you received any of these forms, it is very important to bring them with you. W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc. The amount and date of any federal and state estimated tax payments you made for 2017. If you pay rent for your main residence, bring the amount you paid in 2017 (some or all is deductible on your Massachusetts tax return. All property tax bills you paid in calendar year 2017 for property not located in Westford. If you or your spouse is age 65 or older and your main residence is not located in Westford - all water/sewer bills you paid in calendar year 2017. Car, boat, personal property excise tax bills that you paid in 2017. If you sold any stock or bonds - the date you bought the stock or bond and the amount you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received). If you have any mutual funds - any information provided by the mutual fund concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares - the date and what you paid for the shares that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received). Medical and Dental expenses – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aides and eyeglasses. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately since they need to be reported separately. Charitable contributions. Total your cash/check/credit card contributions. For property contributions - the date of the contribution, estimated fair market value of the property, and the name and address of the charity receiving the property. If you donated a car, it is very important that you bring the paperwork/form you received from the charity.



DOLAN FUNERAL HOME

James F. Dolan

978-251-4041

James F. Dolan II

106 Middlesex Street
North Chelmsford

www.dolanfuneralhome.com

Pre-Planned
Funeral Counseling

SPECIAL THANKS FROM THE FRIENDS OF THE CAMERON

Kudos to everyone who contributed to the 2017 Harvest Fair. The spirit of volunteerism at the Cameron is contagious! We appreciate all the vendors and our very own quilters, knitters, bakers, jelly makers, gardeners, crafters, lunch crew, those who made raffle baskets, contributed items for the silent auction, plus all the tireless workers who helped set-up, carry items, arrange tables, and those who served as sales staff, ran errands, broke down tables, cleaned-up, and found homes for leftover items. We thank you all!

Special thanks to Roudenbush Community Center for their gracious loan of tables; and Scott's Tree and Landscape for hanging our Harvest Fair banner, at no cost, on the Town Common.



FRIENDS OF THE CAMERON SENIOR CENTER DONORS 2017

Thank you to all the individuals, families and businesses who contributed to our 2017-2018 campaign. We apologize for any names we overlooked. We continue to accept tax-deductible donations made out to the "Friends of Cameron" and mailed to P.O. Box 2223, Westford.

Abate, Abrahamson, Albee, Anderson (3), Anklin, Anonymous, Armienti, Austin, Babcock, Bard, Baresch, Barrett, Barros, Barry, Beaver, Benoit, Berkowitz, Berry, Bieren, Bilolta, Bissell, Blake, Bohne, Bojarsky, Bonner, Borrero, Bouchard, Boucher, Bowles, Bowser, Breen, Bremmem, Brooks, Brown, Brule, Bucle, Buffo (2), Bugos, Burnham, Buxton, Capone, Carey (2), Carlyle, Carrow, Carter, Cassidy, Caterino, Catino, Cecere, Cederberg, Chabot, Chagnon, Chaplin, Christiana, Chu, Cobleigh, Cochran, Colangelo, Cole (2), Coon, Cooper, Cornelius, Cotter, Courchaine, Craib, Crocker(3), Crose, Curless, Cutbill, Dalton, Daly (2), DaSilva, Davis, Day (2), Delmar, DeMarino, Demitropoulos, DeMone, Dillon (2), Doersam, Donahue, Dooley, Drake, Drew, Dundas, Earl, Elliott (2), Engel, Erickson, Fabianek, Fahey, Faulkner, Fesmire, Fillios, Fitzpatrick, Flatt, Fletcher-Glenn, France, Franklin, French, Fruscione, Fulmer, Furman, Gagnon, Gallardo, Galli, Garrahan, Gavin, Gayla, Gillick, Giuliana, Gloyd, Grande, Graniteville Pride Inc., Greenwood, Gregoire, Guttenberg, Hall, Halvorsen, Hanright, Harde, Harhen, Hartley, Healy III, Hersey, Hess, Hicks, Hoebeke, Hollister, Holmes (2), Holway Jr., Huettner, Hunter, Hyle, Indresano, Jacques, Jewett-Ensor, Johnson (3), Joki, Jones, Kazeniach, Keefe, Kennedy, Kern, Kulis, Kuwzt, LaCroix, LaFord, Lahue, Lajoie, Lambert, Lamy, Landino, Landry, Langathianos, Lash, Latronico, Lavoie, Lawrence, Leary, Leathers, Lemieux, Lesperance, Leung/Valleau, Levenbaum, Libby, Lindmark, Ling, Lobo, Lond, Longtin, Lord, Lucas, Lund-Wilde, Maccini, MacDougall, Mack, MacInnis, MacLeod, MacMillan, MacNeil, Makohen, Mallio, Mammen, Manning, Marchand, Marcinkowski, Marcouillier, Mariano, Masterman, Mayer, McCormack, McCurley, McCusker, McDowell, McEnaney, McEroy, McGrath, McGuik, McKittrick, McLaughlin (2), McMahan, Mead, Meehan, Meklenburg, Miceli, Miller, Mizzoni, Molinari, Montminy, Morrison, Morton, Mudgett, Murphy, Newton, Nichols, O'Clair, O'Hare, Omorodian, O'Neil, Ostlund, Ottesen, Palmer, Parsons, Perciballi, Peterson, Phalen, Pozdena, Price, Provost, Quiroz, Ramirez, Ramos, Raye, Reardon, Reppucci, Ricard (2), Rogers (2), Rondeau, Rosenberg, Ross, Rowan, Roy, Ryder, Sabnis, Sandison, Sawyer, Scott, Sears, Secor, Seiwert, Seminatoe, Severyn, Seymour, Sharpe, Shepherd, Sheridan, Sherrill, Smith (2), Song, Starkey, Stewart, Stone, Sudak, Teague, Theroux, Thibodeau, Thomas (2), Thompson (2), Tillman, Tonucci, Upperman, Vacca, Van Bever, Velantzas, Wagner, Walker, Walsh, Ward (2), Waterhouse, Weilbrenner, White, Wieselquist, Wiley, Williams, Wilson (3), Witkum, Wong, Woodward, Wrona, Zahos, Zinke, Zocchi.

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**

Nashoba Nursing Service & Hospice

*"Your Community,
Your Choice Since 1931"*

**Providing Home Health Care,
Hospice and Public Health Services**

*A community partnership established
in 1931 under the auspices of Nashoba
Associated Boards of Health*

24 hours/day - 7 days/week

Tel: (978) 425-6675

(800) 698-3307

3 Patterson Road, Suite 3,
Shirley, MA 01464

www.nashoba.org



Ashburnham • Ashby • Ayer • Berlin
Bolton • Boxborough
Dunstable • Groton • Harvard
Lancaster • Littleton
Lunenburg • Pepperell • Shirley
Stow • Townsend
and surrounding communities

**Middlesex
Savings Bank**

160 Littleton Rd., Westford

978-692-7990

www.Middlesexbank.com

THIS SPACE IS
AVAILABLE

IT'S ABOUT BANKING
WITH PEOPLE WHO CARE.

OPEN AN ACCOUNT TODAY.

Visit our Westford Branch:
294 Littleton Rd
Westford, MA
978.785.5278

WORKERS
CREDIT UNION

Banking that works.

workerscu.com



**Comfort
Keepers**

**Serving
Greater
Lowell**

Keeping the Comforts of Home™
www.seniorcarema.com

- In Home Care • Medication Reminders
- Mobility Assistance • Meal Preparation
- Companionship

978-251-3938

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!

ltempleton@4LPi.com or (800) 477-4574 x6377

LET US PLACE
YOUR AD HERE.

The *St. Martin* Team
Realtors. Showing you the way.



Gary St. Martin • Colleen Murphy

Info@StMartinTeam.com

Cell: 508-344-6665

www.StMartinTeam.com



Westford House

Genesis HealthCare®

ShortStay Care | LongTerm Care | Transitional Care | Dementia Specialty Care Unit

3 Park Drive | Westford, MA 01886

(978) 392-1144 | www.geneshcc.com

**FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.**

- 800-477-4574 -

Is Your Loved One in a Nursing Home?

- Doing a MassHealth (Medicaid) application on your own can be dangerous and frustrating. Let us use our expertise to help you.
- It might not be too late to protect assets, even without a five-year wait.

**Call us today to learn about your rights and what you can do to
protect your lifetime of savings.**



Beasley & Ferber, PA

Ted Beasley & David Ferber

Elder Law Attorneys with over 50 years combined
experience helping seniors and their families

North Andover, MA • 1-800-370-5010

www.beasleyferber.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • **www.4lpi.com**

Westford COA, Westford, MA

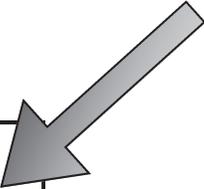
06-5200

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 town website and click on
“Notify Me” then type in your email to sign in
then under “Agenda Center” Click Council on
Aging.

<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
		<u>BOARD MEETINGS</u> COA Board – Wednesday, Dec. 13, at 4 p.m. Friends of Cameron – Thursday, Dec. 7, at 12:30 p.m.

FRIENDS OF THE CAMERON SENIOR CENTER MEMBERSHIP DRIVE AND LEVELS OF GIVING 2017-2018

REMINDER: The current Friends Annual Membership Drive runs from March 1, 2017 thru February 28, 2018.
All monies that are donated benefit Cameron Center activities.

Individual(\$15) _____ Family(\$25) _____ Donation _____ Patron Plaque(\$500) _____
 Contribution Plaque(\$100) _____ Memorial Plaque (\$500) _____ Benefactor Plaque (\$1,000) _____
 Name _____ Phone _____
 Address _____

If you work for a matching funds company, please send the appropriate certificate.
Please make checks payable to Friends of Cameron.