

WESTFORD COUNCIL ON AGING NEWSLETTER JANUARY & FEBRUARY 2018



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.

**Sweetheart Luncheon hosted by the
Council on Aging Board
in partnership with the Friends of
Cameron, Westford Rotary Club and
the Westford Cultural Council.**

Date: Wednesday, February 14

Time: 12 noon

Place: First Parish Church United- 44 Main St.

RSVP- 978-692-5523

Lunch will be catered by Bertucci's in Cambridge and will include baked ziti and meatballs, salad, dessert and beverage. After lunch, you will be treated to a comical play titled, "Mabel and Jerry" which is about two people with a lust for life, determined to find excitement and humor and especially love anyway they can. This comedy is directed by Steve Henderson and is a program supported by the Westford Cultural Council, a local agency supported by the MA. Cultural Council, a state agency.

Westford residents and Friends members are free and; There will be a \$12 cost for all others who wish to attend.

Westford residents will be given priority.

BILLIARDS

Looking to recruit three "top speed" billiard players for a Cameron Travel team. If you enjoy playing pool and meeting other pool players within a twenty miles radius. Give Mike Priest a call at 978-692-3870.

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.

ELEGANT CHEF LUNCHEON

Monday, Jan. 29 at 11:30 a.m.

Monday, Feb. 12 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 notice must be three business days at 978-692-5523. The cost is \$10.

January menu selections: **Chicken Piccata or Grilled Salmon**

February menu selections: **Chicken Parmesan or Roast Pork Loin**

BIRTHDAY CELEBRATION

Thursday, Jan. 25 at 12:30 p.m.

Thursday, Feb. 8 at 12:30 p.m.

Come Celebrate the January and February 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.

January Meal ~ **Beef Stroganoff**

February Meal ~ **Lasagna**

CONCORD PARK PROGRAM

Call to sign up at 978 692 5523

Grab Your Passport to Haiti

Friday, Jan. 26

Enjoy lunch at Concord Park at 11:30 with a community tour and entertainment at 1:30pm.

COA VAN TRIP

Thursday, Feb. 22 at 10am

Join Claire and Jennifer for our next COA Van trip travels to Fife & Drum in Concord, Allow frill and fare lunch for \$3.21. Join us for a new experience at New England's only minimum-security prison restaurant. It is touted for their good food and serving quantity which includes a three-course meal and/or sandwiches, soup, salad, dessert and beverage. Please RSVP and remember to have your driver's license for this unique lunch experience. 978 692 5523. Seating is limited.

Director's Message



Putting Westford on the map as Dementia-Friendly

Recently, I was talking to a participant of the Cameron and she was so exhausted and worried about her loved one's recent diagnosis of Dementia/Alzheimer's. I recall her commenting on how sudden it occurred and just trying to comprehend the extreme changes that she and her husband were experiencing mentally, physically and as partners in life. As I recounted her conversation in my head all I could think of was how sudden the changes occurred and how does one begin to comprehend the changes that are happening and will continue to occur. I began to put myself in her shoes and think how would I handle this sudden and drastic change in my loved one's life as well as a couple. I went to an article that Hildred Harahan had shared with me about her own journey of caring for her husband who was diagnosed with Alzheimer's for nine years. In this article, she shared many resources that helped her which included a book, "The 36-hour Day", Judy Ramirez, The Town's social worker from several years ago, her family, church and the **Alzheimer's & Related Dementias Caregiver Support Group** which meets the **first Wednesday of the month at 6:30 p.m.** led by **Sandy Klapprodt** at the Cameron. Don't be surprised to see Hildred greet you warmly and share her own journey and importantly provide a listening ear much like many of the group members. Please consider taking advantage of this tremendous Wednesday support group and the many resources that are available to you through this newsletter. **If you want to learn more about how we as a Town can better support our friends, loved one's t who have Dementia/Alzheimer's with NEW additional programs/services and ideas consider coming to the February 1st, Dementia-Friendly Community meeting at the Cameron at 4:30. You can learn more about this meeting inside this newsletter under social services.**

Jennifer

thank
you!

A BIG THANK YOU TO FALL CLEANUP VOLUNTEER GROUPS

We would like to extend sincere thanks to the following groups that helped 30 of our local seniors with yard work this fall: The First Parish Church, the United Methodist Church, Westford Academy students from the Power of One class and National Honor Society, several local boy and girl scout troops, and St. Catherine's confirmation classes. Your time and efforts are greatly appreciated by all.

THANK YOU to our Local Police Dept.

Our sincerest appreciation goes out to Sergeant Greg Marchand and the officers that have delivered buckets of sand to local seniors. Many now feel more prepared for the icy, snowy days that lie ahead. Thank you.

The Friends of the Cameron/Trudy's Boutique hosted a well received and much appreciated Holiday sale the first week of December. They raised over \$2000 to support the exercise classes, monthly Lunch and Learn, Woman's breakfast and more. Thank you to all our holiday shoppers and donors for your support too.

Our Monday Quilters did a terrific job with selling their many handmade items from afghans, to socks, pot holders at Westford Academy's Holiday Bazaar. They donated their proceeds to the Cameron in the amount of \$572. Thank you to these long-standing crafters of the Cameron. To our 10 AM Thursday Watercolor class thank you for making the two wreaths to be sold at the Festival of Trees and thank you to our watercolor instructor, Paula Mingoelli for her extra efforts. Did you see the fabulous, tree entry titled, Memory of Yester Years that Nancy Rivet, Inga Berry and Jan Sanzo decorated for the Cameron's first entry for the Festival of Trees? It was made with their own ornaments that they donated as well as from other participants of the center and Trudy's Boutique.

This year's Christmas tree and Menorah display were a center of beauty in our lobby and dining room. Everyone has really appreciated these splendidly displayed holiday symbols. A big thank you to Claire France, Francis Kosenko, Diana Bard and Pat Leathers for making the center look so festive for the holidays.

Holiday Baskets touch over 256 households in Westford with much community support. The Westford community should feel very good about their efforts in making the holidays memorable for many households who simply did not have to worry about having a warm holiday meal together or if presents would be under the tree. I would like to thank Katie Russell, Cameron Senior Assistant and Karen Heitkamp from St. Vincent de Paul-St. Catherine's for their wonderful partnership in overseeing this tremendous holiday outreach effort. A special thank you to all the volunteers and sponsors who helped make this community Holiday Basket program possible and brighter for many Westford families.

Health and Wellness

WESTFORD HEARING CLINIC

Monday, Jan. 8 at 9:30 a.m.

Monday, Feb. 12 at 9:30 a.m.

Hearing/Hearing Aid Screenings at Cameron with Dr. Megan Ford from HearSmart Audiology of Littleton and Dr. Julie Breault in 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, Jan. 9 at 9 a.m.

Tuesday, Feb. 13 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, Feb. 26 at 8:30 a.m.

Cost is \$35. Advance appointments are necessary with Dr. Ayleen Gregorian. Call 978-692-5523.

Manicures & Pedicures

Wednesday, Jan. 10 at 9:30 a.m.

Wednesday, Feb. 14 at 9:30 a.m.

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.

RESTAURANT REVIEW

Be sure to mark your calendars for our next outings on Wed. January 31st at 11:30 a.m. at the Princeton Station, 147 Princeton St, North Chelmsford and Wed. February 28th at 11:30 a.m. at Thai Jasmine, 313 Littleton Rd, Chelmsford. 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

Thank you to the Friends of the Cameron Senior Center for helping support this Program. Call 978 692 5523 to sign up.

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

"5 Big Myths about Buying and Selling Real Estate" with Kathy Cunningham of Coldwell Banker.

Westford Senior Whole Health will be sponsoring the lunch.

Friday, Feb. 9 at 12:15 p.m.

Learn how to use a fire extinguisher w/ Steve. Lunch will be sponsored by the Friends of the Cameron senior Center.

MEN'S BREAKFAST

Tuesday, Jan. 9 at 8 a.m. Speaker to be announced

Tuesday, Feb.13 at 8 a.m. Speaker to be announced

WOMEN'S BREAKFAST

Thank you to the Friends of the Cameron Senior Center for helping support this Program. Call 978 692 5523 to sign up.

January 6 at 9:00a.m.

January Program: Power of Flowers Project

We are excited to learn more about this volunteer organization that assembles uplifting flower arrangements that many various facilities as well as the Cameron receive at no cost for center participants.

The first twenty to register for the breakfast will have the opportunity to make a flower arrangement to take home.

February 12 at 9:00 a.m.

Chocolate Lovers Trivia and Breakfast prepared by Woman in the community.

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.

January

Wednesday, Jan. 3, Soup & Salad

Wednesday, Jan. 10, American Chop Suey

Wednesday, Jan. 17, Clam Chowder with Corn Bread

Wednesday, Jan. 24, Grilled Cheese & Tomato Soup

Wednesday, Jan. 31, Baked Chicken

February

Wednesday, Feb. 7, Beef Stew

Wednesday, Feb. 14, No Lunch Today

Wednesday, Feb. 21, Cheese Burgers

Wednesday, Feb. 28, Hot Dogs & Beans

Trudy's Boutique

THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

VOLUNTEERS NEEDED

EMAIL KATIE

krussell@westfordma.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p style="text-align: center;">COA CLOSED In observation of New Years Day</p>	<p>2</p> <p>Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Pickleball 10am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm</p>	<p>3</p> <p>Aerobics 9:30am Bone Builders 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Fitness Camp 1:30pm Alzheimer's Support Group 6:30pm</p>	<p>4</p> <p>Billiard Players 8:30am Basic Zumba 9am Chair Movement 10am Hand & Foot 12:30pm Friends Bd. Mtg. 12:30pm Bone Builders 1pm Veterans Services 4pm Hot Dog Night 5:30pm BINGO 7pm Train Club 7pm</p>	<p>5</p> <p>Aerobics 8:30am Music Makers 9am Ping Pong 9:45am</p>
<p>8</p> <p>Woman's Breakfast 9am Bone Builders 9:30am Quilting Club 9:30 am Hearing Clinic 9:30 am Meet the Relator 10am Open Art Studio 12pm SHINE 12:30pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm</p>	<p>9</p> <p>Men's Breakfast 8am Basic Zumba 8:15am Billiard Players 8:30am Blood Pressure 9am Yoga 9am Pickleball 10am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm</p>	<p>10</p> <p>Aerobics 9:30am Bone Builders 9:30am Mani / Pedi 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Fitness Camp 1:30pm COA Bd. Mtg. 4pm</p>	<p>11</p> <p>Veterans Services 8am Billiard Players 8:30am Basic Zumba 9am Chair Movement 10am Watercolor Class 10am Ask the Officer 11am Hand & Foot 12:30pm Bone Builders 1pm Folk Dancing 6:30pm BINGO 7pm Train Club 7pm</p>	<p>12</p> <p>Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Lunch & Learn 12:15pm</p>
<p>15</p> <p style="text-align: center;">COA CLOSED In observation of Martin Luther King Jr. Day</p>	<p>16</p> <p>Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Pickleball 10am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm Book Club 6:00pm</p>	<p>17</p> <p>Aerobics 9:30am Bone Builders 9:30am Tax Relief Rep 10:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Fitness Camp 1:30pm</p>	<p>18</p> <p>Veterans Services 8am Billiard Players 8:30am Basic Zumba 9am Chair Movement 10am Watercolor Class 10am Hand & Foot 12:30pm Bone Builders 1pm Dementia Friendly 3:30pm Movie Night 4:30pm Joint Pain 5:30pm Folk Dancing 6:30pm BINGO 7pm Train Club 7pm</p>	<p>19</p> <p>Aerobics 8:30am Music Makers 9am Ping Pong 9:45am</p>
<p>22</p> <p>Bone Builders 9:30am Quilting Club 9:30 am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm</p>	<p>23</p> <p>Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Billiards Tournament 9:30am Pickleball 10am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm</p>	<p>24</p> <p>Aerobics 9:30am Bone Builders 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Fitness Camp 1:30pm</p>	<p>25</p> <p>Veterans Services 8am Billiard Players 8:30am Basic Zumba 9am Chair Movement 10am Watercolor Class 10am Birthday Lunch 12:30pm Hand & Foot 12:30pm Bone Builders 1pm Memory Loss or Alzheimer's 6:00pm Folk Dancing 6:30pm BINGO 7pm Train Club 7pm</p>	<p>26</p> <p>Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Concord Park 11:30am</p>
<p>29</p> <p>Bone Builders 9:30am Quilting Club 9:30 am Elegant Chef 11:30am Open Art Studio 12pm Housing Consultant 1pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1:30pm PING PONG 1:45pm</p>	<p>30</p> <p>Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Pickleball 10am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm</p>	<p>31</p> <p>Aerobics 9:30am Bone Builders 9:30am Restaurant Review 11:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Fitness Camp 1:30pm</p>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Veterans Services 8am Billiard Players 8:30am Basic Zumba 9am Estate Planning 10am Chair Movement 10am Watercolor Class 10am Friends Bd. Mtg. 12:30pm Hand & Foot 12:30pm Bone Builders 1pm Dementia Friendly 4:30pm Hot Dog Night 5:30pm Folk Dancing 6:30pm BINGO 7pm Train Club 7pm Quigong 7pm</p>	<p>2 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am</p>
<p>5 Bone Builders 9:30am Quilting Club 9:30 am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm</p>	<p>6 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Pickleball 10am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm</p>	<p>7 Aerobics 9:30am Bone Builders 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Fitness Camp 1:30pm Alzheimer Support Group 6:30pm</p>	<p>8 Billiard Players 8:30am Basic Zumba 9am Chair Movement 10am Watercolor Class 10am Ask the Officer 11am Birthday Lunch 12:30pm Hand & Foot 12:30pm Bone Builders 1pm Veteran Services 4pm Falk Dancing 6:30pm BINGO 7pm Train Club 7pm Quigong 7pm</p>	<p>9 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Lunch & Learn 12:15pm</p>
<p>12 Woman's Breakfast 9am Bone Builders 9:30am Quilting Club 9:30 am Hearing Clinic 9:30am Meet the Relator 10am Elegant Chef 11:30am Open Art Studio 12pm SHINE 12:30pm Housing Consultant 1pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1:30pm PING PONG 1:45pm</p>	<p>13 Men's Breakfast 8am Basic Zumba 8:15am Billiard Players 8:30am Blood Pressure 9am Yoga 9am Pickleball 10am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm Medicare 30 day Window 5:30pm</p>	<p>14 Aerobics 9:30am Bone Builders 9:30am Sweetheart Luncheon 12pm Busy Fingers 1pm Cribbage 1pm Fitness Camp 1:30pm COA Bd. Mtg. 4pm</p>	<p>15 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Chair Movement 10am Watercolor Class 10am Hand & Foot 12:30pm Bone Builders 1pm Dementia Friendly 3:30pm Movie Night 6pm BINGO 7pm Train Club 7pm Quigong 7pm</p>	<p>16 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am</p>
<p>COA CLOSED In observation of Presidents Day</p>	<p>20 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Pickleball 10am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm Book Club 6pm</p>	<p>21 Aerobics 9:30am Bone Builders 9:30am Property Tax Rep 10:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Fitness Camp 1:30pm</p>	<p>22 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am COA Van Trip 10am Chair Movement 10am Watercolor Class 10am Hand & Foot 12:30pm Bone Builders 1pm BINGO 7pm Train Club 7pm Quigong 7pm</p>	<p>23 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am</p>
<p>26 Podiatry 8:30am Bone Builders 9:30am Quilting Club 9:30 am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm</p>	<p>27 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Pickleball 10am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm</p>	<p>28 Aerobics 9:30am Bone Builders 9:30am Restaurant Review 11:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Fitness Camp 1:30pm</p>		

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 Give a 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

Monday, Jan. 8 at 12:30 p.m.

Monday, Feb. 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.

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support Groups.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

Wednesday, Jan. 3 at 6:30 p.m.

Wednesday, Feb. 7 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, March 6 at 9:30 a.m.

Tuesday, June 5 at 9:30 a.m.

Tuesday, September 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 ESTATE PLANNING LAWYER

February 1st 10am

David Walker, a frequent presenter at the Cameron, is offering individual, free 20 minute appointments quarterly. Please call 978-692-5523 to sign up,

ASK THE OFFICER

Thursday, Jan. 11 at 11 a.m.

Thursday, Feb. 8 at 11 a.m.

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, Jan. 8, at 10 a.m.

Monday, Feb. 12, 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, Jan. 17

Wednesday, Feb. 21

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, Jan. 29 at 1 p.m.

Monday, Feb. 12 at 1 p.m.

New monthly service offering at the Cameron. Housing Consultant provides helps to individuals dealing with various housing issues in Westford. To schedule an appointment call 978-692-5523.

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.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS

Community Teamwork has already mailed renewal applications to previous recipients. If you get one in the mail, complete it and return it 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.

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. We can help you complete the form if needed.

SHOVELING UPDATE

This is a service we have tried to offer in the past but unfortunately we have had great difficulty getting volunteers willing and able to make such a commitment. If at all possible, we strongly encourage neighbors to help one another. We will update a list of services in the area that you may hire so simply call the front desk for that information/resource sheet at 978-692-5523.

Outreach & Social Services

WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

Let the New Year inspire you to try something new! Come to the fitness center, try folk dancing or qigong, teach a class, volunteer at the center ... find meaningful purpose in your daily life! Cameron is a wonderful place to gather with your peers and make new friends. Come check us out. To discuss opportunities, feel free to contact Annette your Outreach worker at 978-399-2326 or Katie the Senior Assistant at 978-399-2330. We look forward to seeing you!

GOOD NEIGHBOR ENERGY FUND

The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. This is a good program for people who don't qualify for LIHEAP, but have a recent hardship situation. If you are interested in applying, call Salvation Army Lowell at 978-458-3396 or call Alison or Annette for assistance with a referral. See income guidelines below.

Household Size	Total Gross Yearly Income
1	\$34,380 - \$45,840
2	\$44,958 - \$59,944

REAL ESTATE TAX EXEMPTIONS, SURVEY RESULTS & MARCH TOWN MEETING ARTICLE

The SLIDTR (senior, low income, disabled tax relief) committee mailed out a tax exemption survey with the October newsletter. We have received 190 back and the results are informative. 91 were unaware of available tax exemptions, 44 had applied and 50 were possibly eligible based on income and age but had not applied. Be looking for a chart with your next tax bill that shows the various available town exemptions. From Oct. 1st until April 1st you may apply for these benefits 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. The SLIDTR committee has been diligently working towards additional relief for town residents and plan to have an article/recommendation at town meeting in March. Please do your best to make it to town meeting to place your vote!

FREE Caption Phones

Jan. 17th, 10:00 a.m. Learn how you can qualify for a NO cost caption phone with a Clear Captions representative. Becky will be available to explain this federal program to anyone that is hard of hearing. You must have a land line and internet service. To sign up please call Becky at 207-650-2492. The program will be held at the Cameron Senior Center.

NEW

The Westford Health Department has provided us with a supply of DETERRA drug deactivation system bags, received through a generous donation from Circle Health. These special zip lock pouches allow users to neutralize unused pills, liquids, and patches while protecting the environment and preventing misuse. They are a convenient method of pill disposal for seniors who are homebound or people who have difficulty getting to the Westford Police Department to drop off medications for disposal. If you would like to use the pouches, you can pick them up at the Senior Center or we can deliver them to homebound individuals. Call Alison 978-399-2325 or Annette 978-399-2326.

The Atrium

at Drum Hill

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Westford COA, Westford, MA

06-5200

HELP PUT WESTFORD ON THE MAP AS DEMENTIA FRIENDLY

We are continuing work with **Senior Helpers** and the **Westford Health Department** 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 valued members of our community. If you are living with dementia or caring for someone with dementia, please consider attending the events on the **3rd Thursday each month from 3:30-4:30 PM at Cameron Senior Center. Please RSVP to the Health Department at 978-692-5509.**

Jan 18th

" How to take care of your brain today!"-Join us to learn about latest research providing insights on how to make lifestyle choices that may help you keep your brain & body healthier as you age!

Feb 15th

" Effective communication strategies"-Learn how to decode verbal & behavioral communication from someone with dementia. Helpful techniques to connect at each stage of disease.

Mar 15th

"Understanding and responding to dementia related behavior "-Provides participants with a four -step model to address behavioral aspects of dementia.

FEBRUARY 1st, 4:30 pm at Cameron Senior Center

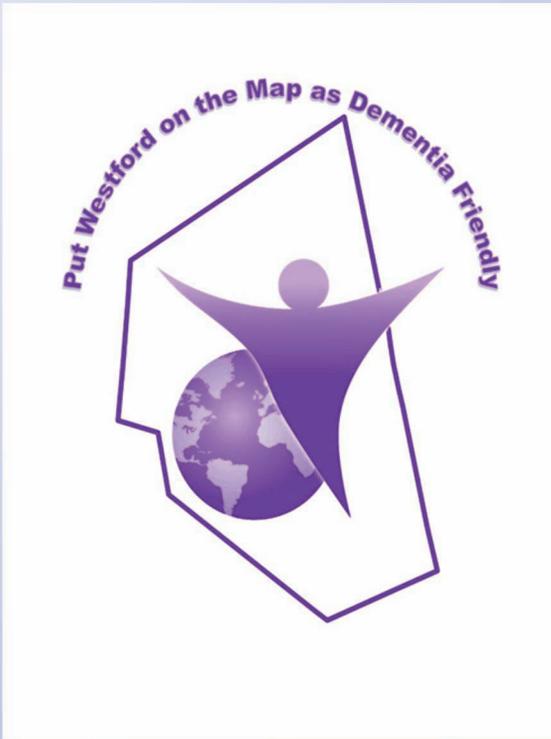
.....Here Ye Here Ye, calling all Westford residents, towns folk, neighbors and friends who would like to find out more about.....

How to support a family member, neighbor or fellow senior dealing with dementia challenges. What I can do to learn simple communications tips that can change a challenge to a success for someone. Westford resources here today and hopes for the future. How can I be part of "Dementia Friendly Westford"

Brain Healthy Snacks will be served, compliments of Senior Helpers of Westford
Call Alison at 978-399-2325 if you plan to attend.

Free technology, training, and respite care for people with dementia and their caregivers:

Until 2/28/18, the Executive Office of Elder Affairs is offering technology to help family caregivers face the challenges of dementia. Some restrictions apply. Examples include:
1. Assistance tools and gear-ie. Portable digital music players with personalized playlists, GPS and other tracking devices, electronic medication management systems, communication aids, video monitoring devices, electronic sensory devices, counseling and support on technologies. 2. "Savvy Caregiver" training-for family caregivers of persons with dementia. Available until 8/31/18. Some restrictions apply. To find a training near you, visit www.healthyliving4me.org/workshop-schedule. For more information on either opportunity, contact a caregiver specialist at Elder Services of Merrimack Valley-800-892-0890.



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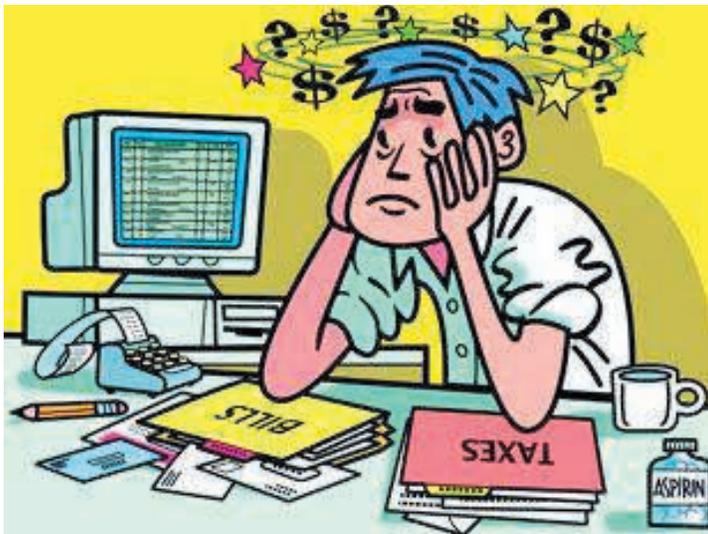
2017 Circuit Breaker

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 2017 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.

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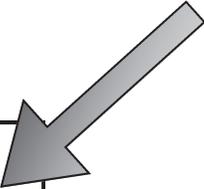
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Westford Food Pantry

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

Hours

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

JANUARY FOOD PANTRY HOURS:

- **Monday: Jan. 8 & 22** from 1 - 3:30 a.m.
- **Wednesdays: Jan. 10, 24** from 8:30 - 11:30 a.m. and **Jan. 3, 10, 17 & 24** from 6 - 8 p.m.
- **Thursdays: Jan. 11, 25** from 9:30 - 11:30 a.m.
- **Fridays: Jan. 5, 12, 19, 26** from 8:30 - 11 a.m.
- **Saturdays: Jan. 6, 20, 27** from 9 - 11 a.m.

FEBRUARY FOOD PANTRY HOURS:
Calendars will be available at the Senior Center

BOARD MEETINGS

COA Board – Wednesday, Jan. 10 at 4 p.m.
Wednesday, Feb. 14 at 4 p.m.

Friends of Cameron – Thursday, Jan. 4 at 12:30 p.m.
Thursday, Feb. 1 at 12:30 p.m.

COUNCIL ON AGING STAFF

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

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Joyce Newton, Treasurer
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