

WESTFORD COUNCIL ON AGING NEWSLETTER APRIL 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.

“GAY NINETIES CELEBRATION!”

The Westford Council on Aging is pleased to announce our annual Gay Nineties Celebration on **Tuesday, May 22nd from 10:30 AM – 2:30 PM at the Franco American Club.**

In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 AM with entertainment. **Advanced registration is necessary, at 978-692-5523 before May 11th.**

If you were born in 1928 or earlier, please indicate your birth year when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring **two** guests; they will be seated at your table. **Both the honoree and their two guests attend free of charge.**

The cost for all other guests will be \$15 if you are not a member of the Friends of Cameron and \$10 if you are a Friends member. Transportation is available.

Volunteer Appreciation Week

National Volunteer Week April 23—April 27

What a better way to celebrate our volunteers than to have a party! All who have volunteered are invited **TO A BRUNCH CELEBRATION!**

On Friday, April 27 at 11 a.m.

Active volunteers please let us know you are coming by Calling 978-692-5523.

Thanks to a donation by **Bob and Cindy Tierney** the Cameron is raffling a Red Sox afghan especially crafted by Cindy. Step up to bat and purchase one raffle ticket for \$1 or six tickets for \$5. The raffle drawing will take place on June 12th at men’s breakfast. Thank you, Cindy and Bob, for supporting the Cameron.



DIRECTOR'S MESSAGE

Exercise class fee for non-Westford residents, new class registration,

“honorary membership” and credit card payment to begin July 1st

Our Council on Aging Board has been working alongside myself to ensure the Cameron maintains our welcoming atmosphere, robust and diverse activities and support services as our center continues to grow in participant usage and costs. To support and safeguard the robust program offerings of the Cameron the following NEW policies found below have been approved by the COA Board and will begin July 1, 2018.

The Cameron will be charging non-Westford residents \$5 to participate per exercise class taught by paid instructor (s). This will not affect the Bone Builders Classes.

However, if you are a non-Westford resident and have resided in Westford for more than twenty-five years you can be exempt by the director and receive an “honorary membership” which will provide the same participation level as a Westford resident in all Cameron offerings. As usual we always give first preference to Westford residents and now honorary memberships when signing up for classes/events at the Cameron. This will still be the case but now ALL will have to sign up for each exercise class, which most will now run in eight-week sessions and will provide Westford and “honorary members” will have a specified date to sign up and once that date expires all non-Westford participants will be added to class roster until we reach class capacity. If a class is full and we have added paying non-Westford residents that paying non-Westford resident will remain in the class and late sign-up will have to wait until the next class sign-up.

Lastly, at the request of many we will now be offering a payment option of using a credit card. This will be provided by the Town's current provider which is UNIBANK for Government. So, the next time you want to pay for a trip, membership, event with your credit card please look for the fee schedule posted at the registration desk.

I hope you will find these new changes helpful and please know that if you have any suggestions or concerns my door is always open at the Cameron,

Jennifer

WELCOME STUDENT INTERN

We are excited to welcome on board Westford Academy senior, Sara Nees for a 5 week internship here at the Cameron starting the week of April 9th. Sara will be going on in college to study Occupational Therapy and is excited to learn about Social Services here at the Cameron. Please introduce yourself to her when you see her around.

THANK YOU!

Thank you to folks for coming out to town meeting and participating in this critical democratic process. We need you to help make things happen for our seniors in town and your presence and voice are most important. Continue to stay connected!

FRIENDS CORNER

All Friends members are invited to attend the 2018 Annual Meeting of the Friends, Thursday, May 3, at 10 a.m. We'll discuss recent accomplishments, future directions for the organization, and hold elections for the coming year. We encourage everyone to come, ask questions, and share your input and views.

There are currently two vacancies on the Board of Directors. Why not volunteer? We can use your talents, knowledge and skills! Being on the board can be a fun and rewarding experience – you'll get in on the “inside track” and can really help make a difference!

If you know anyone who'd be a good candidate – including yourself – just leave your name and phone number at the front desk and someone will contact you. If you'd like to learn more about what it's like to be on the Board, ask any officer or Board member. They'll happily answer any questions you might have.

The Friends Need You!

FRIENDS OF CAMERON SENIOR CENTER

Annual Meeting

THURSDAY, MAY 3, 2017
10 A.M.
COMPUTER ROOM

Trudy's Boutique THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

CLOTHING, HOUSEHOLD GOODS,
DÉCOR, JEWELRY

~ ALL AT AFFORDABLE PRICES ~

DONATIONS ALWAYS APPRECIATED!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 Foxwood/Mohegan Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Red Cross Lunch 12:30pm Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm Thrive 7 6pm	4 Aerobics 9:30am Bone Builders 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Alzheimer Support Group 6:30pm	5 Billiard Players 8:30am Basic Zumba 9am Chair Movement 10am Watercolor Class 10am Friends Board. Mtg. 12:30pm Hand & Foot 12:30pm Billiard Travel Team 1pm Bone Builders 1pm Collette Tours 2pm Veterans Services 4pm Hot Dog Night 5:30pm BINGO 7pm Train Club 7pm	6 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Meet the Music Makers 12pm
9 Bone Builders 9:30am Quilting Club 9:30 am Hearing Clinic 9:30 am Meet the Realtor 10am Elegant Chef Lunch 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	10 Men's Breakfast 8am Basic Zumba 8:15am Billiard Players 8:30am Blood Pressure 9am Yoga 9am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm Thrive 7 6pm Greater Philharmonia Singers 6pm Watercolor Class 6pm	11 Aerobics 9:30am Bone Builders 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm COA Bd. Mtg. 4pm	12 Vetrans 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 Billiard Travel Team 1pm BINGO 7pm Train Club 7pm	13 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Lunch & Learn 12:15pm
16 <p style="text-align: center;">Closed for Patriot's Day</p>	17 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm Trive 7 6pm Book Club 6pm Watercolor Class 6pm	18 Aerobics 9:30am Bone Builders 9:30am Mani & Pedi 9:30am Property Tax Rep 10:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm	19 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Chair Movement 10am Watercolor Class 10am Hand & Foot 12:30pm Bone Builders 1pm Billiard Travel Team 1pm Movie Night 4:30pm BINGO 7pm Train Club 7pm	20 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am
23 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	24 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Van Trip 9:30am Watercolor Club 10am Chair movement 10:15am Upbeat Band 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm Thrive 7 6pm Watercolor Class 6pm Pool Trust 5:30pm	25 Aerobics 9:30am Bone Builders 9:30am Caption Phone 10am Restaurant Review 11:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm	26 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Chair Movement 10am Watercolor Class 10am Hand & Foot 12:30pm Birthday Lunch 12:30pm Bone Builders 1pm Dementia Friendly 3:30pm BINGO 7pm Train Club 7pm	27 Aerobics 8:30am Music Makers 9am Ping Pong 9:45am Volunteer Appreciation Brunch 11:30am

30 Woman's Breakfast 9am Bone Builders 9:30am Quilting Club 9:30am Podiatry 9:30am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm
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NEW PROGRAMS

RED CROSS PRESENTATION AND LUNCH

Tuesday, April 3 at 12:30 p.m.

Learn about Fire Safety from the Red Cross while enjoying lunch. Call 978-692-5523 to sign up.

MEET THE MUSIC MAKERS

Friday, April 6, at 12 p.m.

Meet with the Music Makers and enjoy some wonderful music and trivia while you eat lunch. Call 978-692-5523 to sign up.

GREATER PHILHARMONIA SINGERS AND APPETIZERS

Tuesday, April 10th at 6 p.m.

Join us for an early evening spring concert that you won't want to miss. You will enjoy a variety of melodies as well as some traditional Chinese songs.

Please RSVP to 978-692-5523

Cost \$3 Friends members and \$6 for non-Friends members

FREE Caption Phones

Wednesday, April 25, 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 978-692-5523. The program will be held at the Cameron Senior Center.

Billiard Travel Team

Support our New Team at our Home Games on April 5, 12, and 19. Games start at 1pm.

BINGO for ages 50 and over.

Mondays at 1p.m. except Monday, April 9 BINGO starts at 1:30 p.m. Thursday Nights at 7 p.m.

FREEDOM FROM FRACTURES

On behalf of American Bone Health we are excited to partner with Westford Council On Aging for our 6th Annual Freedom from Fractures event. Confirmed date & time: May 4, Friday from 1- 2:30 p.m. I have copied our Peer Educator, Patricia FitzGerald to this email. we have created a flyer for your facility, and you're free to use! (please see attached) Here's a blurb about the event: Two million preventable fractures occur each year and 50% of all Americans over the age 50 will have a life-altering fracture. Join us and American Bone Health for Freedom From Fractures™ including a free presentation on how medical conditions, medications, and family history can affect your risk for fractures. Sign up at 978-692-5523.

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 Card 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

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 9 a.m. in the Card Room
Wednesdays at 1 p.m. in the Card Room

Zumba – Drop ins are welcome

Tuesdays at 8:15 a.m. in the Multipurpose Room
Thursdays at 9 a.m. in the Multipurpose Room

55+ EARLY EVENING PROGRAMS

WATERCOLOR/DRAWING CLASSES

April 10th - June 12th

Priti is back by popular demand. Join us for this 10-week mixed class which will be held on Tuesday nights starting April 10th at 6:00 pm -7:30. Cost for this informative class is \$30. Get your paint brushes ready! Please register at 978-692-5523 asap because the class fills quickly.

GREATER PHILHARMONIA SINGERS AND APPETIZERS

Tuesday, April 10th from 6-7 p.m.

Join us for an early evening spring concert that you won't want to miss. You will enjoy a variety of melodies as well as some traditional Chinese songs.

Please RSVP to 978-692-5523

Cost \$3 Friends members and \$6 for non-Friends members

BOOK CLUB

April 17, 6:00 p.m.

Do you love to read and would like to talk to others about a great book? Then join us the 3rd Tuesday of every month from 6-7:30. For April we are discussing the true story "The Girl with Seven Names: A North Korean Defector's Story". The NY Times Bestseller is an extraordinary story of one woman's terrifying struggle to avoid capture/repatriation and guide her family to freedom. Hope to see you in our cozy library by the fireplace.

MOVIE NIGHT

April 19, 4:30 p.m.

On the 3rd Thursday of every month from 4:30 – 6:30 p.m. a movie and light meal are provided for \$3.00. Join us in April for the movie, Wonder, based on the New York Times bestseller heartwarming story of August Pullman, a boy with facial differences who enters fifth grade. Please call to sign up at 978-692-5523 by 4/16.

"POOL TRUSTS"

April 24, 5:30 p.m.

Is it possible to qualify for Medicaid/MassHealth to help pay your expensive long-term care costs even if you have more than \$2,000 in assets? YES, you can do this by setting aside your extra money in a Pooled Trust. To learn more about Pooled Trusts and their uses and how to get involved with preserving them, please join local Elder Lawyer, Karen Johnson, from 5:30 to 7:00 PM on April 24, 2018 at the Cameron Senior Center.

Please sign up at 978-692-5523.

DINING OPTIONS

**ALL LUNCHES CAN BE MODIFIED BASED ON DIETARY NEEDS
PLEASE NOTIFY THE FRONT DESK AT REGISTRATION.**

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, April 4, Grilled Cheese & Tomato Soup

Wednesday, April 11, Tacos

Wednesday, April 18 Meatball Subs

Wednesday, April 25 Rubeen Sandwiches

ELEGANT CHEF LUNCHEON

Monday, April 9 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. **April menu selections: Seafood Casserole or Chicken Picata**. The cost is \$10.

MEN'S BREAKFAST

Tuesday, April 10 at 8 a.m.

Presentation by Sylvia Leslie, owner of The Butterfly Place.

Sign up at 978-692-5523.

LUNCH AND LEARN

Friday, April 13, at 12:15 p.m.

The Power of Laughter with Laura Troisi and the Lunch Sponsor is Benchmark Senior Living. Call 978-692-5523 to sign up.

RESTAURANT REVIEW ~ Dutch Treat!

Wed. April 25th at 11:30 a.m.

Be sure to mark your calendars for our next outing on Wed. April 25th at 11:30 a.m. at the Bahama Breeze, 413 Middlesex rd, Tyngsboro. 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.

BIRTHDAY CELEBRATION

Thursday, April 26 at 12:30 p.m.

Come Celebrate the March 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.

April Meal Choice is ~ Beef Stew

WOMEN'S BREAKFAST

Monday, April 30, at 9 a.m.

Presentation with the Power of Flower organization.

Sign up at 978-692-5523.

SUPPORT SERVICES



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 to schedule your ride at 978-399-2322 We ask for a 48 hours notice prior to your appointment. 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. **Don't forget to get your free 10th ride by getting the punch card signed.**

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, April 9 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 VOICE

We are fortunate to have a friendly visitor program where volunteers go out and visit seniors once a week. These visits provide comforting socialization and reduction in isolation. Some folks may prefer a weekly call of support. If you would be interested in a Friendly Voice calling or you would like to volunteer to make those calls please let Annette the Outreach Coordinator know 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.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

Wednesday, April 4 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.

HOUSING CONSULTANT

Monday, April 9 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.

MEET THE REALTOR

Monday, April 9, at 10 a.m.

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

ASK THE OFFICER

Thursday, April 12 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.

ASK THE PROPERTY TAX RELIEF REP

Wednesday, April 18

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.

ASK THE LAWYER

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.

T.R.E.A.D.

Applications will be available at the Senior Center in May this year and will be DUE ON AUGUST 1st. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee will meet to determine awards in December 2018. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325.

SENIOR TAX WORK

Tax Work applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program to work in a Town department in exchange for \$1,000.00 (minus federally mandated deductions) reduction in your FY 2019 real estate tax bill. You must submit a NEW application if you are interested in being placed this year, even if you have participated in the past. We will be placing first time applicants first, and using a lottery to place repeat applicants if necessary. Applicants must be 60+ years old, own and occupy the property for which Westford taxes are paid. Only one member of a household is eligible. Applications must be submitted to the Cameron Senior Center by May 4th. The lottery will take place May 18th at 11AM at Cameron. You do not need to be present at the lottery, but are welcome if you'd like to attend. If you have questions about the program, please call Alison Christopher at 978-399-2325.

CARE ACT

AARP is very pleased that the CARE (Caregiver Advise, Record, Enable) Act has been passed to support over 844,000 Massachusetts family caregivers. The CARE Act helps family caregivers as their loved ones go into the hospital and as they transition home.

The CARE Act requires hospitals to:

- Record the name of the family caregiver on the medical record of your loved one.
- Inform the family caregiver when their loved one is to be discharged.
- Provide the family caregiver with education and instruction of the medical tasks he or she will need to perform for the patient at home.

WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

Do you have a concern and are not sure where to turn? You may want to consider contacting your Social Services staff here at the Cameron because we are available and willing to help. We will maintain your privacy and can offer home visits if this would make you more comfortable. We are here to serve, simply call the front desk 978-692-5523 and ask for Annette/Outreach or Alison/Social Worker.

DID YOU KNOW? - WHAT'S A POOL TRUST?

Is it possible to qualify for Medicaid/MassHealth to help pay your expensive long-term care costs even if you have more than \$2,000 in assets? YES, you can do this by setting aside your extra money in a Pooled Trust.

A Pooled Trust is a special type of irrevocable trust that is typically used by single clients who need the expensive care provided by Medicaid, either in a nursing home or for services in the home that would prevent you going to a nursing home. This type of trust is not set up by you and your attorney. Instead, these trusts are established by non-profit organizations working with the disabled. They "pool" together your assets along with the assets of all their other clients and combine them for management, investment and cost sharing purposes. But don't worry, your investment in the Pooled Trust is kept track of and no one can use your account except you. It is a lot like buying shares in a Fidelity mutual fund. Although Fidelity pools your money in that fund together with other investors, your account statement always shows what you own and does not let anyone else spend your account investment.

A Pooled Trust is not counted when determining eligibility for Medicaid.

The Massachusetts' Medicaid program, MassHealth, is trying to prevent persons over the age of 65 from establishing these Pooled Trust accounts. The Massachusetts Chapter of the National Academy of Elder Law Attorneys (MassNAELA) has lobbied the Massachusetts Legislature to stop this. Although a bill has been filed to preserve Pooled Trusts for persons of all ages, it has not become law yet.

To learn more about Pooled Trusts and their uses and how to get involved with preserving them, please join local Elder Lawyer, Karen Johnson, from 5:30 to 7:00 PM on April 24, 2018 at the Cameron Senior Center. Please sign up at 978-692-5523.

SPRING CLEAN UP – deadline 3/30

For those that meet the guidelines and have signed up by our March 30th deadline, we are doing our best to find volunteers to do this work for you. Once you are matched up with a volunteer organization (i.e. scouts, church or students) they will get in touch with you to make the cleanup arrangements. If you have any questions feel free to contact Annette, the Outreach Worker at 978-399-2326.

RED DAY– May 10

The local real estate agency, Keller Williams, is hosting a spring cleanup date for a few of our local seniors. If you are interested in this help on May 10th, please contact Annette, the Outreach Coordinator at 978-399-2326 by April 20th. Much thanks to this organization for their offers of help!

DETERRA

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.

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06-5200

HEALTH AND WELLNESS

WESTFORD HEARING CLINIC

Monday, April 9, 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, April 10 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.

MANICURES & PEDICURES

Wednesday, April 18 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.

PODIATRY CLINIC

Friday, April 30 at 9:30 a.m.

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

ARTISTS' CORNER

I Love Art. Art classes at the Westford senior center has been a life changing experience for me. I had an event a few years ago that grounded me for a while. I read in the COA newsletter that there was an art class on Monday afternoons. Even though I never picked up a brush before, the art instructor, Marie Stabile, was a patient and talented artist who has worked with me through these years. Since joining this class I feel I have developed a sense of pride in myself! I step back and say "I created this!" It has been both challenging and lots of fun! I am so happy I joined this fun-filled class. Thank you, Carol Korsak

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 a meeting. Our next planning meeting is scheduled for April 26th at 4:30PM at Bridges by EPOCH. Please RSVP to Alison at 978-399-2325.



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Trips

FOXWOODS/MOHEGAN

Our exciting casino trips to Connecticut are back this spring!

We are planning to travel to Foxwoods and Mohegan Casinos on Tuesday, April 3 and are inviting all those ages 50 and over to join us. Buckingham Motor Coach will once again be driving us with departure from the Franco-American Club at 7:30 AM. Please park at the rear of the lot.

Due to the sale (new ownership) of Buckingham Motor Coaches (they will still be operating in this area from Groton) the fee for this trip will be \$36 which includes driver gratuity and is due at sign-up. You will receive bonus and food coupon when you arrive at the casino.

We will drop off at Foxwoods and proceed to Mohegan only if we have a minimum of twelve participants for Mohegan.

Please call 978.692.5523 to sign-up and tell us which casino you would prefer!

COA VAN TRIP:

Lexington and Concord Van Tour with Abigail by Gail
Tuesday, April 24 at 9:30 a.m.

Cost is \$30. Dutch Treat Lunch at The Colonial Inn.

Calls 978-692-5523 to sign up seats are limited.

SHADES OF IRELAND with COLLETE TOURS

September 22 - October 1, 2018

For information packet call Katie at 978-399-2330. Informational meeting with Collete Tours will be on Wednesday, April 5, at 2 p.m. Call 978-692-5523 to sign up.

VINE TO WINE DELIGHT

FOX TOURS

Wednesday, May 16, at 8:15 a.m.

Departs from Franco Club. Lunch at the Honora Vineyards Restaurant. Meal Choice will be Fresh Baked Haddock or Fresh Vermont Roast Turkey. Cost is \$89 per person.

MAME | North Shore Music Theatre – June 13th

We will begin with a full course luncheon at the Danversport Yacht Club. The entrée choice is Fresh baked Scrod or Baked Chicken. Next, you'll travel to the North Shore Music Theatre for Broadway's Classic Musicals, "MAME". MAME follows the madcap adventures of everyone's favorite auntie, Mame Dennis, and her adoring nephew. She celebrates the Roaring 20s, overcomes tragedy, and perseveres through life with humor and style. The tour costs \$119.00 per person. Don't miss out on this heartwarming music by signing up at 978-692-5523.



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newsletter notification via email,
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then under “Agenda Center”
Click Council on Aging.

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 lynnroderick@aol.com

Hours

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

APRIL FOOD PANTRY HOURS:

- **Monday: April 2** from 1:30 - 3:30 p.m.
- **Wednesdays: April 4, 18** from 8:30 - 11:30 a.m. and
April 4, 11, 18 & 25 from 6 - 8 p.m.
- **Thursdays: April 5, 19** from 9:30 - 11:30 a.m.
- **Fridays: April 6, 13, 20, 27** from 8:30 - 11 a.m.
- **Saturdays: April 7, 21, 28** from 9 - 11 a.m.

Inclement weather policy:

**For closings or delays since we follow the same
inclement policy at Town Hall please view the Town web
home page at www.westfordma.gov for Information or
call the Cameron at 978-692-5523 after 6:30 AM.**

BOARD MEETINGS

COA Board – Wednesday, April 11, at 4 p.m.

Friends of Cameron – Thursday, April 5, 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
Eugene Jungbluth, Lead Van Driver Admin
Charles Dutton, Lead Van Driver Dispatch
Christopher Mitchell, Maintenance
Katherine Russell, Senior Assistant
Edna MacNeil, Front Desk
Ashley Diaz, Evening Supervisor
John Wilson, Maintenance

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Nancy Cook, Chair
Robert Tierney, Vice Chair
Kathryn Wilson, Clerk
Helena Crocker
Patricia Holmes
Sandra Collins
Ret. Chief George Rogers
Veteran's Rep. Terry Stader

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Chris Kuntz, Secretary
Joyce Newton, Treasurer
Frances Kosenko, Asst. Treasurer