

WESTFORD

COUNCIL ON AGING

NEWSLETTER

JULY & AUGUST 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, economic well-being of aging adults and their engagement in all realms of community life.

KIMBALL SUMMER PARTY

sponsored by the Friends of the Cameron.
Come enjoy a Great American BBQ
and legendary ice cream buffet.

There will be much to do from bumper boat rides, 9-hole Pitch and Putt, two adventure style 18-hole mini golf courses, driving range, music and much more fun for ages 55 and over. So mark your calendar for **Friday, July 13th from noon to four.** Transportation is available by calling 978-399-2322 and/or if you need assistance with parking please call Katie at 978-399-2330. Cost: Westford resident- \$25

Non-Westford Friends of the Cameron Member- \$32

* **Special Note the Cameron will be closed at noon Friday, July 13th**

EBI's SUMMER BBQ COOKOUT IS BACK

Enjoy a relaxing time with friends **Friday, July 27 at 12:30 pm** at Cameron. You will enjoy freshly grilled BBQ chicken and/or beef accompanied with rice, grilled tomato, dessert, beverages and some tunes of in the background. A special thanks to **Ebi and Desiree Masalehdan** for sponsoring this free event. Please RSVP to 978-692-5523.

KIWANIS COOKOUT

Tuesday, August 14 at 6 pm

The Kiwanis will again be hosting an evening cookout at the Cameron. Please bring a salad or dessert for all to share. Reservations are a must ~ please call 978-692-5523 by Friday, August 10.

REPRESENTATIVE COOKOUT

Wednesday, August 8 at 11:30 am Representative Jim Arciero will again be hosting his well received cookout at Cameron. This is a great opportunity to meet and share questions with him! Please RSVP to 978-692-5523.

DE-MYSTIFYING THE REAL ID VS. DRIVERS LICENSE

renewal process-Monday August 6th 10AM-11:30AM. **What is REAL ID?** A new type of credential that the RMV began to issue on March 26, 2018. REAL ID comes from the REAL ID Act of 2005, which sets security standards for state-issued driver's licenses and ID cards. **Why do I need REAL ID?** By October of 2020, you will need it to: board a plane in the US, or enter a federal building. If you have a valid passport, you could use that and never need a REAL ID. When you get your license renewal paperwork in the mail, you will be asked whether you want to apply for a REAL ID instead. Join Michelle Ellicks, Community Outreach for Mass DOT/Registry of Motor Vehicles for an informative presentation on this complex subject.

ACCESSIBLE SEWING AND QUILTING GUILD!

Monday, July 23, at 9am, in the multipurpose room at the Cameron. Come join our first ever, accessible sewing and quilting guild! No prior sewing or quilting experience is necessary. People of all abilities are welcome to join us to learn how to sew, craft and quilt using Mitsy Kit adaptive craft kits or to just enjoy seeing the beautiful quilts, pillows, bags, ... that others have made! Mitsy Kit is the only patented, tactile sewing and craft system that enables people to sew and craft by touch using tactile guides and easy to follow steps. **Our goal is to bring people together across our community who are blind, visually impaired, elderly, memory impaired, disabled, and caregivers to be part of our inclusive guild.** Everyone deserves a purpose. Come join us and discover creativity that is purposeful and accessible. Mitsy Kit adaptive crafting creates memories and connects lives, one simple kit at a time. **Please call to register at 978 692 5223.**

DIRECTOR'S MESSAGE



TREMENDOUS EFFORTS BENEFITTING CENTER PARTICIPANTS AND OLDER ADULTS

There have been many large undertakings that are coming to fruition that will enhance opportunities for senior adults and other residents in Town. Those efforts include the Friends of the Cameron Affordable Art Auction and Sale held at the Parish Center for the Arts. I would like to commend Chris Kuntz and Paul Fassbender and many Friends Board members and volunteers who gave of their time to help raise money for our center programs and services. Without these efforts the Cameron would not be the vibrant center we are today. For those that may not be in the center but may be outside playing Pickle Ball on the Cameron Sr. Center Coliseum court (as Ken Smith says) now will have the opportunity to play at a new venue located at Greystone Field. There you will find four refurbished courts and I understand the Recreation Department has ordered the nets and hope to have them by the end of the month. On behalf of the Cameron we want to congratulate Ken Smith and the faithful Westford Pickleball Group, Jim Duane, Recreation Department Director, Recreation Commission, the Community Preservation Committee and Town leadership for making this needed Pickleball venue possible. Lastly, I want to thank the Senior, Low-Income, Disabled Tax Relief Committee composed of Tom Spuhler, Annette Cerullo, Chris Pude, Dan O'Donnell, Christine Collins, Donald Costley, Henry McDowell, Heather Fitzpatrick, Paul Plouffe and Paul Fassbender for their continued efforts in working with the Board of Assessors and Board of Selectmen to help make Westford a community that can be more affordable to older adults and struggling households who wish to remain in this community they know, support and call home. On behalf of the Cameron and COA thank you ALL for your efforts,

Jennifer

A GRAND SALUTE TO TERRY STADER, ETCS, USN (RET.) VETERAN SERVICE OFFICER

After eight years of dedicated service Terry will be retiring. Please join us for a celebratory ice cream social on Tuesday, August 21st at 2:00 in the multipurpose room. We will have a time to share appreciation, memories, with Terry if you so choose and please RSVP to 978-692-5523.



FRIENDS CORNER

ART AUCTION & SALE to Benefit the Cameron

Sun, July 1, from 12-2 p.m., at Parish Center for the Arts
Last chance to bid on or purchase pre-owned, affordable works of art – with all proceeds to benefit the Cameron. A variety of framed and 'ready-to-hang' paintings, photographs or prints are available – all styles & types – literally, something for everyone. Why not brighten your home with a new picture or give a gift of art to a friend? Help us raise funds for a good cause!

CALLING ARTISTS & CRAFTERS!

Do you like to paint? Or do you knit, crochet, embroider, sew, weave or quilt? We could use your skills and talents! We have all sorts of materials available – pairs of wine glasses, other glassware, oodles of men's neckties that could be hand-painted and decorated with original, creative & clever designs that could make popular gift items. We also have lovely yarns, string and fabrics; idea magazines and books; plus a few kits and patterns. We'd love to encourage volunteers willing to unleash their creativity to make various handcrafted items for the fall Harvest Fair, Nashoba Tech Craft Fair, WA Holiday Bazaar, Christmas Boutique or other upcoming craft sale. It's a way to have fun doing what you love, socialize working together, teach others your skills, and help raise funds for new programs at the Cameron.

Volunteers Wanted!

For our Art Auction

SUN, July 1, 12-2 p.m. – Check new bidders in, record sales, cashier

SUN, July 1, after 2 p.m. – Call Silent Auction winners, take down unsold art, clean-up.

MON, July 2 – Return unsold art, tables & all equipment to Cameron, clean PCA facility.

Please sign up at the front desk at 978 692 5523

55+ EARLY EVENING PROGRAMS

BINGO/HOT DOG/BURGER NIGHT 7/5 & 8/2 at 5:30 pm

The first Thursday of every month join us for dinner before bingo. A hot dog, chips, drink and dessert for \$2.00. A hamburger set up is \$3.00 and it is \$4 a hotdog and burger. Seeking another volunteer or two to help with serving and partial cleanup. See Annette. Sign up in advance is encouraged at 978-692-5523.

BOOK CLUB – 7/17 & 8/21 at 6:00 pm

Join us for thought provoking discussions. Our next gathering is **July 17th** and will be discussing the biography, American Aija with the Westford author. This is a true story written by resident Shankar Hegde, about his experience of blending two cultures into one life. For **August 21st** we will be reviewing The Last Castle by Denise Kiernan. The Epic Story of Love, Loss, and American Royalty in the Nation's Largest Home. In September we will be reviewing local author, David Brody's fiction, Blood of the Tribe. Please call to sign up at 978-692-5523 and see Annette for a book.

CIRCUIT TRAINING – Starting July 10th for 8 weeks we are planning a circuit training class in our fitness room on Tuesdays 4:30-5:30 p.m. With the help of an instructor, come learn how to use the cardiac and strength equipment and create a personal exercise program that addresses your goals and health concerns. The cost is \$40 for Westford residents and \$50 for Non Westford Residents. Please call 978-692-5523 to sign up.

MOVIE NIGHT

On the 3rd Thursday of every month from 4:30 – 6:30 p.m. a movie and light meal are offered for \$3.00. **July 19th**, we will be showing **Kate & Leopold** starring Meg Ryan and Hugh Jackman. On **August 16th**, we will be watching **Joan of Arc**, starring Leelee Sobieski. Please call to sign up at 978-692-5523 3 days prior to movie.

HOMESTEAD ACT Seminar, 9/11, 6:00 pm

Join us for this class about the Homestead Act. Recording a Declaration of Homestead at the Registry of Deeds protects your home from creditors. Register of Deeds, Richard P. Howe Jr., will explain how this valuable law works and will have blank Homestead forms for anyone who wishes to file one (the recording fee is \$35, cash or check). Attorney Howe will also discuss and answer questions about common real estate issues such as trusts, joint ownership, mortgages and probate. Please register at 978-692-5523.

PARKINSON'S LECTURE, 9/25, 6:00 pm

Dr. Zhu from Lowell General Hospital will be joining us to discuss life with Parkinson's disease, treatments, research etc. More details to follow in the September newsletter. Please call to sign up 978-692-5523.

DINING OPTIONS

ALL LUNCHESS 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.

July Lunches

Wednesday, July 4, **No Lunch: COA Closed in Honor of Independence Day**

Wednesday, July 11, BBQ Chicken and Corn on the Cob

Wednesday, July 18, Hot dogs & Potato Salad

Wednesday, July 25, Tuna Salad Sandwich

August Lunches

Wednesday, August 1, Tacos

Wednesday, August 8, **No Lunch: State Rep. Cook Out**

Wednesday, August 15, Salad Bar

Wednesday, August 22, Burgers and Smiley Fries

Wednesday, August 29, Hot dogs & Chili

LUNCH AND LEARN

Friday, July 20, at 12:15 p.m.

Deb Gustafson, certified diver and award winning Environmental educator will visit the Cameron Senior Center with her gorgeous underwater photographs of reefs and ruins from her travels around the world, documenting the sea life and stresses on the underwater environment. Lunch is TBD. **Friday, August 10, at 12:15 p.m.** Our own Shankar Hegde will discuss his biography, American Aija and we will have lunch from Mayuri in Acton. **Call 978 692 5523**

RESTAURANT REVIEW ~ Dutch Treat!

Be sure to mark your calendars for our next outings on **Wed. July 25th, 11:30 a.m.** at Fishbones 34 Central Square, Chelmsford and **Wed. August 29th, 11:30 a.m.** at Good Thymes Restaurant 1278 Gorham St, Lowell. 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

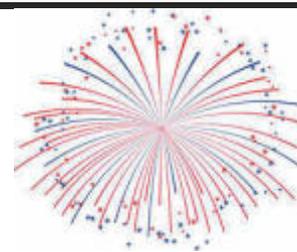
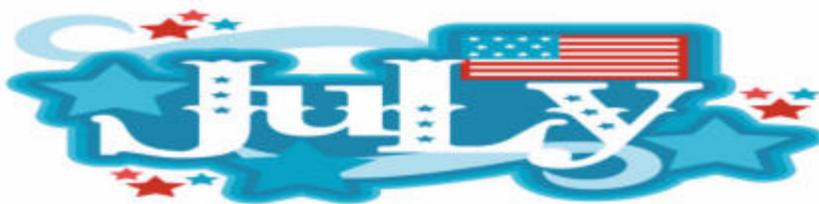
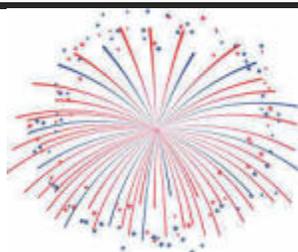
Thursday, July 26 at 12:30 p.m.

Thursday, August 30 at 12:30 p.m.

Come celebrate the July & August birthdays! Lunch will be followed by cake and ice cream that will be sponsored by **Sapphire Properties**. Please call in advance to register at 978-692-5523. Cost for birthday celebrants is free and to guests the cost will be \$5.

July Meal Choice is ~ Spaghetti and Meatballs

August Meal Choice is ~ Chicken Broccoli Ziti



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Bone Builders 9:30am Crafters Club 9:30 am Pickle Ball 10am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm</p>	<p>3</p> <p>Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Ping Pong 3:30pm</p>	<p>happy 4th of JULY!</p>	<p>5</p> <p>Credit Card Payments Start Today</p> <p>Billiard Players 8:30am Upbeats Band 10am Friends Meeting 10am Hand & Foot 12:30pm Bone Builders 1pm Veterans Services 4pm Hot Dog Burger Night 6pm BINGO 7pm</p>	<p>6</p> <p>Aerobics 8:30am Ping Pong 9:45am Pickle Ball 12:30pm</p>
<p>9</p> <p>Bone Builders 9:30am Crafters Club 9:30 am Hearing Clinic 9:30 am Pickle Ball 10am Meet the Realtor 10am SHINE 12:30pm Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm</p>	<p>10</p> <p>Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm</p>	<p>11</p> <p>Block Island 7:30am Mani & Pedi 9:30am Aerobics 9:30am Bone Builders 9:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm Alz. Support Group 6:30pm</p>	<p>12</p> <p>Veterans Services 8am Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Watercolor Class 10am Ask the Officer 11am Hand & Foot 12:30pm Watercolor Class 1pm Bone Builders 1pm BINGO 7pm</p>	<p>13</p> <p>Aerobics 8:30am Ping Pong 9:45am Kimball Party 12pm</p> <p>The Cameron will be closed at 12pm</p>
<p>16</p> <p>Bone Builders 9:30am Quilting Club 9:30 am Pickle Ball 10am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm</p>	<p>17</p> <p>Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Pickle Ball Clinic 10am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm Book Club 6pm</p>	<p>18</p> <p>Aerobics 9:30am Bone Builders 9:30am Property Tax Help 10:30am World Peas 10:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm</p>	<p>19</p> <p>Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Watercolor Class 10am Hand & Foot 12:30pm Watercolor Class 1pm Bone Builders 1pm Movie Night 4:30pm BINGO 7pm</p>	<p>20</p> <p>Aerobics 8:30am Ping Pong 9:45am Lunch & Learn 12:15pm Pickle Ball 12:30pm Revere Beach 9:30am</p>
<p>23</p> <p>Quilting Guild 9am Bone Builders 9:30am Quilting Club 9:30 am Pickle Ball 10am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm</p>	<p>24</p> <p>Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm</p>	<p>25</p> <p>Aerobics 9:30am Bone Builders 9:30am Program Meeting 10am Restaurant Review 11:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm</p>	<p>26</p> <p>Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Watercolor Class 10am Upbeats Band 10am Chair Movement 10am Hand & Foot 12:30pm Birthday Lunch 12:30pm Watercolor Class 1pm Bone Builders 1pm BINGO 7pm</p>	<p>27</p> <p>Aerobics 8:30am Ping Pong 9:45am Pickle Ball 12:30pm Cookout 12:30pm</p>
<p>30</p> <p>Bone Builders 9:30am Quilting Club 9:30 am Pickle Ball 10am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm</p>	<p>31</p> <p>Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm</p>			



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		1 Aerobics 9:30am Bone Builders 9:30am World Peas 10:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm Alz. Support Group 6:30pm	2 Billiard Players 8:30am Upbeats Band 10am Friends Meeting 10am Watercolor Class 10am Hand & Foot 12:30pm Bone Builders 1pm Watercolor Class 1pm Veterans Services 4pm Hot Dog Burger Night 6pm BINGO 7pm	3 Aerobics 8:30am Ping Pong 9:45am Pickle Ball 12:30pm
6 Bone Builders 9:30am Crafters Club 9:30 am Pickle Ball 10am Demystifying Real ID 10am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm	7 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Maine Trip 9:15am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm	8 Aerobics 9:30am Bone Builders 9:30am Rep. Cook Out 11:30pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm	9 Veterans Services 8am Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Ask the Officer 11am Hand & Foot 12:30pm Bone Builders 1pm BINGO 7pm	10 Aerobics 8:30am Ping Pong 9:45am Lunch & Learn 12:15pm
13 Bone Builders 9:30am Quilting Club 9:30 am Hearing Clinic 9:30 am Pickle Ball 10am Meet the Realtor 10am SHINE 12:30pm Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm	14 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Pickle Ball Clinic 10am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm Kiwanis Cookout 6pm	15 Aerobics 9:30am Bone Builders 9:30am MAMMA MIA 10am World Peas 10:30am Property Tax Help 10:30am World Peas 10:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm	16 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Upbeats Band 10am Chair Movement 10am Watercolor Class 10am Hand & Foot 12:30pm Watercolor Class 1pm Bone Builders 1pm Movie Night 4:30pm BINGO 7pm	17 Aerobics 8:30am Ping Pong 9:45am Canal Trip 10am Pickle Ball 12:30pm
20 Quilting Guild 9am Bone Builders 9:30am Quilting Club 9:30 am Pickle Ball 10am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm	21 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Veterans Agent Retirement 2pm Ping Pong 3:30pm Circuit Training 4:30pm Book Club 6pm	22 Aerobics 9:30am Bone Builders 9:30am Restaurant Review 11:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm	23 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Watercolor Class 10am Upbeats Band 10am Chair Movement 10am Hand & Foot 12:30pm Watercolor Class 1pm Bone Builders 1pm BINGO 7pm	24 Aerobics 8:30am Ping Pong 9:45am Pickle Ball 12:30pm
27 Bone Builders 9:30am Quilting Club 9:30 am Pickle Ball 10am Open Art Studio 12pm T'ai Chi 1pm Busy Fingers 1pm BINGO 1pm PING PONG 1:45pm	28 Basic Zumba 8:15am Billiard Players 8:30am Yoga 9am Watercolor Club 10am Chair movement 10:15am Bone Builders 1pm Ping Pong 3:30pm Circuit Training 4:30pm	29 Aerobics 9:30am Bone Builders 9:30am World Peas 10:30am Restaurant Review 11:30am Lunch 12pm Busy Fingers 1pm Cribbage 1pm Yoga 1pm Fitness Camp 1:30pm Train Club 7pm	30 Veteran Services 8am Billiard Players 8:30am Basic Zumba 9am Watercolor Class 10am Upbeats Band 10am Chair Movement 10am Hand & Foot 12:30pm Birthday Lunch 12:30pm Watercolor Class 1pm Bone Builders 1pm BINGO 7pm	31 Aerobics 8:30am Ping Pong 9:45am Pickle Ball 12:30pm

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 Our Veterans Agent will have evening hours from 4 - 6 p.m. The remaining Thursdays of each month will continue with his usual AM hours. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

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.

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, July 11 at 6:30 p.m.

Wednesday, August 1 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 OFFICER

Thursday, July 12 at 11 a.m.

Thursday, August 9 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, July 9 at 11 a.m.

Monday, August 13 at 11 a.m.

Local real estate agent Kathy Cunningham of Coldwell Banker.

Call: 978-692-5523 for an appointment.

SHINE APPOINTMENT

Monday, July 9 at 12:30 p.m.

Monday, August 13 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.

ASK THE PROPERTY TAX RELIEF REP

Wednesday, July 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 Quarterly 1:1 appointments. 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, 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.

TECHNOLOGY HELP WITH VAMSI VETSA

Vamsi will be taking a break this summer and will return in the fall. If you are in need of any technology help during the summer please contact Katie at 978 399 2330.

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.

CRITICAL HOME REPAIR PROGRAM

This is a program coordinated by Habitat for Humanity to help low income homeowners to maintain their homes. Repairs can include roof replacement, structural walls, handicap accessibility renovations, exterior finishes, repairs to satisfy town building codes etc. The homeowner is responsible to pay only 25% of the project value and if necessary a 2 year interest free loan can be obtained. Call Lisa Garvey at 978-692-0927 if interested in this assistance.

ELDER HOTLINE

Finding the answer to questions about issues can sometimes be confusing. The Attorney General's Office has a statewide, toll-free telephone hotline to assist individuals on a wide range of elder issues.

The number is 1-888-243-5337

(TTY: 617-727-4765)

Monday thru Friday 10:00 am– 4:00 pm

This elderly hotline provides a valuable service to Massachusetts' senior citizens, their families, and other information about elder-related issues and programs throughout the commonwealth.

Common concerns include:

- Debt and Debt Collection Practices.
- Home Improvement
- Long-term Care Insurance Telemarketing
- Health Insurance, Landlord and Tenant Issues
- Scam Awareness

SOCIAL SERVICESWHAT IS OUTREACH?

By: Annette, Outreach Coordinator

According to the National Institute on Aging, research indicates that seniors who are active, social and have a purpose in life significantly lower their risk of mortality from heart disease and diabetes by 60%! Come check out the Cameron and reap the health benefits! If you are one of those that says, "I'm not old enough to go there" please know that we have many youthful seniors who attend classes, volunteer and find purpose in connecting with their peers and larger community. Feel free to contact Annette, your Outreach Coordinator anytime at 978-399-2326.

ORGANIC VEGETABLE DISTRIBUTION – GAINING GROUND

We are excited to have our relationship with Gaining Grounds of Concord once again offering their organic produce to all Westford residents that meet income guidelines. To participate one must sign an income attestation on the day of produce pick up. This distribution is held at the Westford Housing Authority at 65 Tadmuck rd in the Community Center. Because this program is so desirable people often arrive early so we will pass out numbers starting at 12:30. The freshly picked vegetables will be distributed at 1:00. Distribution will be every Thursday into the fall. Any questions call Annette at 978-399-2326.

*Income Guidelines are based on Fuel Assistance: Household of 1 \$34,380, HH of 2 \$44,958, HH of 3 \$55,537, HH of 4 \$66,115.

UTILITY INFO

The Massachusetts Attorney General released a report on competitive electric supply companies and makes some strong recommendations to end sales to individual residential customers in MA. Their research shows that low-income consumers are disproportionately negatively affected and should be very cautious about entering into any agreements with competitive supply companies. The National Consumer Law Center recommends that customers stick with their utility company in most cases. If you are having difficulty with a company who is trying to sell to you or you are trying to get out of a contract, call Alison or Annette if you need assistance.

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. We are currently in the process of planning a website to provide information about the initiative and available resources. Our next planning meeting is scheduled for July 11th at 4:30PM at Bridges by EPOCH. All are welcome. Please RSVP to Alison at 978-399-2325.

HANDYPERSONS NEEDED

Annette, the Outreach Coordinator, is seeking a few more handymen/women who can help seniors with projects/tasks in their homes. A frequent request is installing and removing small window air conditioners. Other requests often include minor home repairs: fixing dripping sinks, trimming hedges, etc. If you are interested and physically capable, please contact Annette at 978-399-2326.

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"

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GOOD NEWS



FRIENDS OF THE CAMERON REFURBISH LOBBY COUCH

Thanks to the Friends our wood carved antique couch was completely refurbished and many are enjoying sitting on it again. Pic- Joan and Ed Greenwood, Marcel Lacombe, Katie Russell and



WORLD PEAS IS BACK!

We are glad to be working with **New Entry World PEAS Food Hub Farmers** out of Lowell again this year. Fresh organic produce will be offered to Westford residents and those that have resided in Westford for 25 plus years but live in a neighboring town (if you qualify for the latter please make sure you give the director a note of your twenty-five years residency in Westford). Numbers will be available at the registrar desk at 8AM every other Wednesday starting July 18th thru September 26th. We will only be providing one number per household. Please bring a recycled bag for your share of produce.



Credit card payments will be accepted starting **July 5, 2018**. Please notice fee schedule for credit payment posted at the registrar's desk.

ACCESSIBLE SEWING AND QUILTING GUILD!

Come join our first ever, accessible sewing and quilting guild! No prior sewing or quilting experience is necessary. People of all abilities are welcome to join us to learn how to sew, craft and quilt using Mitsy Kit adaptive craft kits or to just enjoy seeing the beautiful quilts, pillows, bags, ... that others have made! Mitsy Kit is the only patented, tactile sewing and crafting system that enables people to sew and craft by touch using tactile guides and easy to follow steps. Our goal is to bring people together across our community who are blind, visually impaired, elderly, memory impaired, disabled, and care givers to be part of our inclusive guild. **Our first meeting will be on Day, Time, in the Room at Senior Center address. Based on interest, we hope to meet at least once per month in the future.** Everyone deserves a purpose. Come join us and discover creativity that is purposeful and accessible. Mitsy Kit adaptive crafting creates memories and connects lives, one simple kit at a time. **Please call to register at 978 692 5523.**



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GOOD NEWS



CAMERON SENIOR CENTER AND WESTFORD FOOD PANTRY THANK WHOLE FOODS AND PANERA FOR PARTNERSHIP

Each week the Cameron Senior Center and Westford Food Pantry benefit from several donations of perishable and non-perishable items which are much appreciated by center participants and/or clients of the food pantry. Pictured (L-R) Jennifer Claro, Cameron, Whole Foods Store Team Leader, Todd Johnson and Ken Hyle, Westford Food Pantry President.

FALL PROGRAM PLANNING MEETING

Wednesday June 25 at 10am

Meet with Annette and Katie and share your ideas for programs you would like to see this fall. Call 978 692 5523 to sign up.

PARISH CENTER FOR THE ARTS

We would like to congratulate our Cameron Senior Center Open Art Studio Class for their recent exhibit at the Parish Center for the Arts



WATERCOLOR CLASS

July 12 - August 30 No class on August 9

Paula is back by popular demand now with another class! Join us for 7 weeks on Thursday mornings at 10am and Thursday afternoons at 1pm (Subject matter will be the same for the two classes) Cost for this class is \$20 for Westford Residents and \$30 for Non Westford Residents. Get your paint brushes ready! A basic knowledge of watercolor is required. Supply list is available at the front desk. Please register at 978-692-5523 asap because the class fills quickly.

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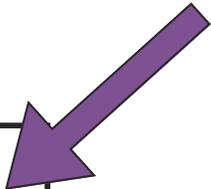


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Westford Food Pantry

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.

JULY FOOD PANTRY HOURS:

- **Mondays: July 2, 16** from 1:30 - 3:30 p.m.
- **Wednesdays: July 18** from 8:30 - 11:30 a.m. and **July 11, 18, 25** from 6 - 8 p.m.
- **Thursdays: July 19** from 9:30 - 11:30 a.m.
- **Fridays: July 6, 13, 20, 27** from 8:30 - 11 a.m.
- **Saturdays: July 7, 14, 21, 28** from 9 - 11 a.m.

AUGUST FOOD PANTRY HOURS:

- **Mondays: August 6, 20** from 1:30 - 3:30 p.m.
- **Wednesday: August 8** from 8:30 - 11:00 a.m.
- **Wednesday: August 22** from 8:30 - 11:30 a.m. and **August 1, 8, 15, 22, 29** from 6 - 8 p.m.
- **Thursdays: August 9, 23** from 9:30 - 11:30 a.m.
- **Fridays: August 3, 10, 17, 24, 31** from 8:30 - 11 a.m.
- **Saturdays: August 4, 11, 18, 25** from 9 - 11 a.m.

BOARD MEETINGS

COA Board— No Meetings in July and August

- Friends of Cameron – Thursday, July 5, at 10 a.m.**
- Thursday, August 2, at 10 a.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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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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