

WESTFORD COUNCIL ON AGING NEWSLETTER OCTOBER 2018

MISSION STATEMENT: The Council on Aging promotes physical, emotional, economic well-being of aging adults and their engagement in all realms of community life.

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

20 Pleasant St., Westford, MA 978 - 692 - 5523 www.westfordma.gov/coa

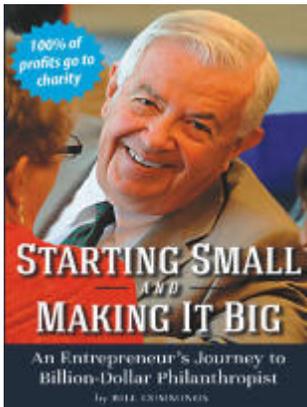


INCLEMENT WEATHER POLICY:

Please remember that the Cameron follows the same inclement weather procedures as Town Hall. To find updated inclement weather information please go to <https://westfordma.gov> or simply call the center at 978-692-5523 after 6:30AM and receive current information on delay/closure.

Westford Special Needs Emergency Registry

Residents with disabilities, chronic conditions and special healthcare needs Westford health department and Emergency Management maintains a registry for residents of [all ages](#) who live at home and have special developmental, mental health, sensory and mobility disabilities and other special healthcare needs. Residents of assisted living or nursing homes already have staff to assist responders. By participating in the registry, you permit the Emergency management and Westford health Department to share information with local and state emergency responders such as town police, and or fire departments. The registry allows first responders and emergency management officials to plan, prepare for, and respond to the needs of the community in an emergency though assistance cannot be guaranteed. **To be placed on this most critical need registry please pick up an application at the Cameron front desk or if you have more questions please reach out to our social work team members Alison Christopher and Annette Cerullo at 978-692-5523.**



Men and Women's Breakfast: Meet the Author featuring Bill Cummings and his recent new memoir, "Starting Small and Making It Big: An Entrepreneur's Journey to Billion-Dollar Philanthropist." This fabulous event will be held at **First Parish Church United on Wed. October 10th at 8:30 AM.** The breakfast will be catered, and Cameron participants will be given a complimentary book thanks to the Westford Community Fund, a component of the Greater Lowell Community Foundation and the generosity of the Cummings Foundation. However, we must ask those who wish to attend to **please read the book prior to this event since Mr. Cummings enjoys having questions from the audience.** There will be a \$5 cost for this breakfast and we only have fifty seats available with complimentary books unless you purchase a ticket since this event will be open to the community. We are so excited to help sponsor this event with the **Westford Business Association** and **Rotary Club.** This will be an enriching experience so sign up quickly. We also will be providing a van shuttle from the Cameron if you would prefer to park your car at the center. The shuttle will start at 7AM please arrange your shuttle needs when you register for this Meet the Author Event.

PROTECTING YOUR HOME

TUESDAY OCT. 23, 6:00 PM

Are you worried about what happens to your home if you need Medicaid/Mass Health to pay for your care? Are you confused by all the advice friends and family members are giving you? Do you know what Irrevocable Trusts, Revocable Trusts, Life Estate Deeds are and when and how to use them? If not, then come listen to the attorneys from **Madge & Johnson, PC** who will explain the ways to protect your home and important steps to take. Sign up for this free class at 978-692-5523.

LET'S HAVE CAMERON PARTICIPATION IN THE WESTFORD FAMILY FUNFEST FALL/HALLOWEEN FESTIVAL

FRIDAY, OCT 12 – OCT 31, 2018

The Festival will be held at the Westford Regency in their Atrium and Lobby halls/walls decorated with Fall/Halloween wreaths, creative Fall and Halloween Creative Decorations including Artificial Pumpkins. If you would like to help on creating an artificial pumpkin and or Fall Halloween decoration (let's show our creativity) join **Katie and Jennifer** in the library on **Friday, October 5th at 10AM**, please RSVP at the front desk.

"Wickedly scary decorated "van trip to Regency for lunch and viewing of the Fall/Halloween Festival –Date TBA. Special price for Westford's Spooktacular Seniors call Katie for more details at 978-399-2330. Only 12 Seats The FREE Opening Reception Friday, Oct 12, 2018 from 6:00 – 8:00pm in the Regency Atrium decorated with music, light refreshments, viewing and voting on the wreaths and decorations will be offered.

MEDICARE OPEN ENROLLMENT PRESENTATION

THURSDAY NOV. 8, 5:30 PM

Are you approaching 65 and wondering what your options are for Medicare? Or maybe you have Medicare and want to know what's changed or just a reality check to see if your coverage is still good for you? Come to our Open Enrollment presentation to get the answers from a certified SHINE (serving the health insurance needs of everyone) counselor. **Open Enrollment is from Oct. 15 to Dec. 7th.** This is the only time during the year you can change your Medicare Advantage plan or your Part D plan drug coverage for the upcoming year. Don't miss it! Sign up!

From the Director:
Get to know Fred Baumert, SHINE (Serving the Health Insurance Needs of Everyone) Counselor for Westford COA:



Fred has been meeting with residents and center participants for over nine years on the second Monday of the month by appointment. He started volunteering shortly after he retired because he wanted to find a way to give back to his community and utilize his time and skills well. In his path of volunteering at the Cameron he recalls starting out watering the flowers, working as a Friendly Visitor to the Towns homebound and now as a counselor for the SHINE program. Fred shared, "to become a certified SHINE Counselor through the State of MA., one must complete a 48-hour training course and pass a mandatory exam as well as be recertified each year through Elder Services of Merrimack Valley.

As a SHINE Counselor Fred has extensive training/experience in various health insurance options available to Medicare beneficiaries of all ages living in MA including:

- Medicare Part A and Part B
- Medicare Advantage Plans
- Medicare Prescription Drug Coverage (Part D plans or PDP)
- Medicare Supplement (medigaps) Plans
- Prescription Advantage (state prescription drug assistance program based on income)
- MassHealth Medicare Saving Programs and other resources that help pay for health care costs

Your SHINE counselor is here to explain how Medicare works and your Medicare options as well as provide you with an easier understanding of the enrollment process for Medicare related plans. So, please remember Fred's appointment schedule for Open Enrollment starting September 10th thru December 3rd from 12:30-3:30 and know these scheduled times fill up quickly. Lastly, please join us and bring a friend for **Fred's Medicare Open Enrollment Presentation on Thursday Nov. 8, 5:30 PM.**

We are fortunate to have Fred and his wife as residents of this Town and if you miss him at the Cameron you may find he and his wife selling real estate in town or Fred has been seen frequenting the golf course quite a bit.

Thank you, Fred, for being a terrific SHINE Counselor for Westford,

Jennifer

THANKSGIVING DINNER

Sunday, November 18, at Noon.

For the 20th year, Jim Geraghty, family and friends, are graciously hosting a Turkey Dinner for Westford seniors age 60 and over on Sunday, November 18, at Westford Academy. Bingo will be from 10 a.m. - noon, with lunch afterward. Volunteers will serve this full-course homemade dinner to you. Seating is limited. Reservations are necessary, so please call 978-692-5523.

BINGO: With the support of the Council on Aging Board BINGO is open to anyone age 18 and over who would like to join us on Mondays at 1PM and/or Thursdays at 7PM. Don't forget transportation is available for Westford residents please call 978-399-2322. (Please note that due to Elegant Chef lunch on Monday October 22nd BINGO will

FRIENDS CORNER

APPLIANCES & MORE SALE!

Oct. 1-5, Daily: 9 am – 3 pm, Tu/Th: open til 8 pm

The Friends have assembled a great selection of things for the home – small appliances, kitchen gadgets, cookware, lamps, household linens and more! Come shop with us ~ you may find just what you need...or a gift for a friend.

HELP NEEDED FOR CLEAN-UP, FRIDAY, OCT. 5, AT 3 P.M.

FRIENDS OF CAMERON MID-YEAR MEETING

Thursday, Nov. 1, at 10 a.m., Computer Rm.

All Friends are invited to join the Friends Board for an Open Forum at our November (mid-year) meeting. Come ask questions, give feedback, learn about upcoming events or volunteer opportunities...or just visit.

CALLING ARTISTS & CRAFTERS!

We welcome donations of new handcrafted items for the Friends' Tables at Nashoba Tech's Fall Craft Fair (Nov. 17) or Westford Academy's Holiday Bazaar (Dec. 1). We have glassware, fabrics, yarns, and more for crafters and artisans to use...just ask. Do what you love, teach others, and help us raise funds for new programs at the Cameron!

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!



UPBEATS provide some very enjoyable, toe tapping music for many summer events at the Cameron. We all thoroughly enjoyed your performances.

This summer we had three terrific cook-outs and we would like to thank the individuals and organization for making these special times possible for all of us at the Cameron:

Ebi and Desiree Massalehdan
Representative Jim Arciero and staff
Westford Kiwanis Club

Many of our center participants thoroughly enjoyed, "Meeting the Author" featuring Westford's very own **Shankar S. Hegde** as he chronicled his life journey in his book, "**American Ajja**" living as a young boy growing up on a farm in rural India to becoming an American citizen and acclimating to the American culture while raising his family. Hegde states, "**We all want to be a part of something, so it's good to know where you came from.**" What a humbling and inspiring time we had with Shankar!



A grateful appreciation to **Matt Eggert** who completed his Eagle Scout project with the Cameron and Friends of the Senior Center. Matt designed and built seven wardrobes to provide volunteers a safe sturdy structure to organize and hang much clothing and provide additional storage space. Also, pictured is Matt's father assisting his son in hanging his Eagle Scout designation plaque. Also, special thanks to our Friends board members Barbara Upperman, Pres., Chris Kuntz, Sec. and Paul Fassenbender for their guidance on this project.

LOOKING FOR ADDITIONAL INTERESTS

MAHJONGG

If you would be interested in playing Mahjongg at the Cameron, please call the front desk and leave your name. If we have enough folks interested then we will contact you with a start date. Give it a try! 978-692-5523.

BUSY FINGERS

If you would be interested in crocheting and knitting please join our ladies on Mondays and Wednesdays 1pm – 3pm in the welcome area at the Cameron.

ADULT COLORING

Tuesdays at 1pm in the arts and crafts room. Come and color in a relaxing environment. Sign up at 978 692 5523

TRAIN CLUB

Train Club has changed its meeting day to Wednesday nights at 7pm. Always welcoming new members.

WATERCOLOR CLASS

Nov. 8– Dec. 20 No Classes on Nov. 22

Paula is back by popular demand now with another class! Join us for 6 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 \$50 for Westford Residents and \$60 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 with only 12 spots per class.

TRIPS

HAIR SPRAY NORTH SHORE MUSIC THEATRE

November 7 for \$124 per person

BOSTON BALLET'S THE NUTCRACKER

December 14 for \$104 per person



55+ EARLY EVENING PROGRAMS

★ **WE DID IT! We downsized and are ready to tell all.**
10/25, 6:30 pm

Come to hear this panel of folks who have been through it. Discussion led by Kathy Cunningham of Coldwell Banker. Please sign up for this free class at 978-692-5523.

★ **MONET ART WORKSHOP**

10/2 & 10/4, 5:30-7:30 PM Join popular art instructor Priti for a 2-part workshop and learn to paint like the famous Monet. She will teach technique and tips in this fun, relaxed setting. The 2-night workshop is \$18. Be sure to sign up quick so you get a spot in the class. 978-692-5523.

BINGO/HOT DOG/BURGER NIGHT 10/4 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 for a hotdog and burger combo. Sign up and payment in advance is required at 978-692-5523.

BOOK CLUB – 10/16 at 6:00 PM

Join us in our cozy library for our October review of *The Orphan Train* by Christina Kline. *Orphan Train* is a powerful novel of upheaval and resilience, of second chances, of unexpected friendship, and of the secrets we carry that keep us from finding out who we are. Please call to sign up at 978-692-5523 and see Annette for a book.

CAMERON MOVIE NIGHT – 10/18, 4:30 PM

On the 3rd Thursday of every month from 4:30 – 6:30 p.m. a movie and light meal are offered for \$3.00. For October we will be watching *Finding Neverland*. This is the story of a man who doesn't want to grow up and writes the story of a boy who never does. The boy is Peter Pan, and the man is Sir J.M. Barrie, who wrote his famous play after falling under the spell of a widow and her four young boys. Please call to sign up at 978-692-5523 three days prior to the movie for food shopping.

★ **FREE STRESS MANAGEMENT, TWO PART SERIES**
11/6 & 11/13, 6:30 PM

Lowell General Hospital will be presenting about stress, it's health impact and ways to successfully deal with it. Come get some free tips on ways to improve your quality of life! Sign up by 10/26, 978-692-5523.

★ **SUPER SENIOR TRIVIA NIGHT – 10/30, 5:30 PM**

Join us for our 1st (hopefully annual) trivia program. Doors open at 5:30, join a team of 4-6 at a table, and enjoy some fall desserts and drinks. Get ready for a night of laughter and recalling fond memories of the 50's, 60's and 70's! There will be a door prize and prizes for the champion team! All this for \$3.00 Sign up quick because space will be limited. 978-692-5523.

TID BITS FROM AROUND TOWN

CAN YOU HELP?

Roudenbush Community Center is looking for Volunteers to help organize and edit the famous Westford Directory! Meeting are weekly on Monday mornings at 9:30am from September through November. Please call or email Stephanie if you would like to volunteer at 978-496-1707, slanzillo@roudenbush.org, or just attend a meeting at 234 Littleton Rd, Side Entrance, Unit 2G, Westford, MA 01886. Thanks for your help!

VOLUNTEERS WANTED

Looking for older adults to read with younger children. For more information please talk to Katie. 978 399 2330 or krussell@westfordma.gov

WANT TO LEARN ABOUT INVESTING - JOIN THE WOW'S ...

The Wizards of Westford (WOW) is an official NAIC Investment Club. The Club was started at the Roudenbush Community Center 25 years ago. The Club is looking for new members that are interested in learning about investing through education. The club has monthly meetings that allow prospective members and others to experience the different types of investment programs, invest as a club in stocks, ETF's, and more. The Club is officially part of the Better Investing Groups. Come and learn about Club membership and more in the NAIC investment club. The WOW Club meets at the Cameron Senior Center on the 2nd Tuesday of each month at 7:30pm. If interested in attending or more details – email, Patti Mason at pmason6@verizon.net



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.

October Lunches

Wednesday, October 3 Potato Bar

Wednesday, October 10 Tuna Salad Sandwiches

Wednesday, October 17 Chicken Cacciatore

Wednesday, October 24 Meatloaf

Wednesday, October 31 Shepard's Pie

LUNCH AND LEARN

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

Lowell Cemetery presentation by Richard Howe Jr.

Call 978 692 5523 to sign up

RESTAURANT REVIEW ~ Dutch Treat!

Be sure to mark your calendars for our next outing on **Wed. Oct. 31st, 11:30 am. at Long Horn Steak House, 5 Harold Drive, Nashua.** 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, Oct. 18 at 12:30 p.m.

Come Celebrate the October 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 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.

October Meal Choice is ~ Eggplant Parmesan

ELEGANT CHEF LUNCHEON

Monday, Oct. 22 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. October menu selections: Yankee Pot Roast or Broiled Salmon. The cost is \$10.

HEALTH AND WELLNESS

WESTFORD HEARING CLINIC

Monday, October 15, 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.

MANICURES & PEDICURES

Call to make an appointment

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

Monday, October 22 at 9:30 a.m.

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

FLU CLINIC SCHEDULE WESTFORD RESIDENTS ONLY

The Westford Health Department will sponsor flu clinics on the dates, times and locations listed below. No appointments are necessary. ** Please note that because of limited pediatric vaccine, we request that those under the age of 36 months receive their vaccine from their MD if possible. All children under 18 years must be accompanied by a parent at all clinics. State supply of vaccine has been greatly reduced so clinics will be held until vaccine is depleted. Please bring insurance information to the clinic as the town can seek reimbursement from insurance carriers.

Thursday, October 11, 2018: 12:30 -3:30 pm

Senior Dose for 65 and Older

Location: Franco American Club. Walk-In
12:30-1:30 pm: A-H
1:30-2:30 pm: I-Q
2:30-3:30 pm: R-Z

Regular FLU Clinics:

Friday, October 5: 10:00 am-12:00pm @Fletcher Library
Walk-In

Tuesday, Oct 16:6:00-8:00 p.m. @ Millennium School
Walk-In

Tuesday, Oct 23: 6:00-8:00 pm @ Millennium School
Walk-In

SUPPORT SERVICES

LISA WESSAN, LICSW, RM, CLYL

Friday October 26th 2-3PM. Call 978-692-5523 to register.

Distress Tolerance: Many Paths Up the Mountain-Based on the mind/body premise that every thought becomes a chemical reaction in the body, this workshop uses a multimodal approach to learning how to relax and renew body, mind, and soul. Processes include kinesiology demonstrations, learning new wordplay for better self-talk, healing with sound, laughter meditation, guided imagery and body work using chair Reiki. Lisa Wessan, LICSW, RM, CLYL, is **psychotherapist, life coach, DBT Skills Trainer (Dialectical Behavior Therapy), author, speaker and Reiki Master.** Lisa works with individuals and groups who seek pleasure and fulfillment in their lives through improved energy and heightened consciousness. Lisa is also the on-air host and producer of the cable television *Lisa Wessan Show*. Her work has been featured in the media over the years, including *CNN, Paula Zahn Now, The Boston Globe, The Lowell Sun and The Wall Street Journal*. She is in private practice in Westford, MA and travels widely presenting a variety of wellness and stress management programs. Visit www.lisawessan.com for further information.

TECHNOLOGY HELP WITH VAMSI VETSA

Tech Help Appointments: Every Tuesday at 3:30 please sign-up We are glad to have Vamsi Vesta a WA student volunteer his time and expertise in providing one on one technology help. So, no more technology hesitations because Vamsi is enthusiastically here to help you. Appointments are available to prior sign-ups. Please call 978-692-5523 to sign up.

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.**

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, October 3 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, October 11 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 REALTOR

Monday, October 1, at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker. Call: 978-692-5523 for an appointment.

SHINE APPOINTMENT

Monday, October 15 and 29 and November 5 & 19 and December 3 at 12:30pm For a private, confidential appointment, at the Cameron, to answer your health Insurance or Medicare questions, call 978-692-5523.

OPEN ENROLLEMT SHINE MEETING

Nov. 8th at 5:30pm

ASK THE LAWYER

Tuesday, November 13 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 – October 4th

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 TAX RELIEF PERSON - 10/17

To help our senior homeowners be more aware of the real estate tax exemptions that you may be eligible for, we hold monthly 1:1 appointments. On the 3rd Wednesday of the month 30 min. appointments are available between 10:30 and 12:30. Call the front desk to sign up, 978-692-5523.

MOBILE LIBRARY

Do you miss visiting the library? Do you lack transportation? Let Fletcher Library come to you! I can bring you books, movies, magazines and more. Please call Judy Madsen, Homebound Coordinator at 978-399-2301.

HOME SHARING

We hear from many seniors who are struggling to afford their property taxes, mortgage payments, and household expenses. We also hear from seniors who are looking for a rental situation they can afford in Westford. Perhaps a homeowner wants to remain in their home and can't afford the help they need to do so. Would a roommate/helper who performs household tasks in exchange for a room solve two problems? Perhaps two roommates sharing the costs of household bills would help with financial issues and social needs. We have a new space on the welcome area bulletin board for interested parties to post ads to each other. COA/Senior Center staff will not be endorsing any of these housing options or doing background checks on individuals, so participants should do thorough reviews/reference checks of home options and potential roommates. If you need more information about home sharing or housing options, see Alison or Annette.

HELP PUT WESTFORD ON THE MAP AS DEMENTIA FRIENDLY

We are continuing work with Senior Helpers, Bridges, 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, AND people with dementia and care partners. We are currently in the process of creating a website to provide education, information about the initiative, and links to available resources. We are also offering a **DEMENTIA FRIENDS training for Westford residents on November 14th. Our next planning meeting will be October 22nd at 4PM at Bridges.** Please call Alison at 978-399-2325 if you'd like to attend or would like to be added to our email list.



WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

Autumn brings returning programs to the center and new ones have been added. Our activity level has picked up on Tues and Thurs evenings, come check us out! This is a chance for working seniors to use our gym, meet with the Outreach Coordinator, take a class and more. Also, this is a busy time of year for people completing yearly applications for fuel and tax relief assistance. Remember we are here to support you through these application renewals. Feel free to call and make an appointment for a home or office visit.

Hope to hear from you, Outreach Coordinator, Annette 978-399-2326.

FALL YARD CLEANUP- SIGN UP BY FRI. Oct. 12th

With October around the corner it is time for us to start thinking about fall yard cleanups. *Due to growing numbers of seniors requesting the service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc.* We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list by **Friday, Friday Oct. 12th**. Please also note that many of the volunteer groups may not be able to get the work done until mid November. Any questions, feel free to contact Annette, your Outreach Worker 978-399-2326.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS

Fall means that it is time to think about winter heating assistance. If you are a previous LIHEAP recipient and receive a renewal application in the mail from CTI, complete it as soon as possible. Gross annual income limits for this season are 35,510 for 1 person and 46,437 for 2-person households. If you have struggled with heating costs and would like to apply for fuel assistance this year, Call Alison at 978-399-2325 or Annette at 978-399-2326 for an appointment. We can also help with renewal applications and questions about the program.

COMMUNITY TEAMWORK SERIES- ALL welcome!

Come learn about Community Teamwork (also referred to as CTI), a non-profit community action agency which provides a wide range of programs, social services and advocacy to assist low income residents of Westford and surrounding towns. Representatives of their Resource Center, financial literacy and housing programs will be here at the Cameron to meet with interested residents monthly on the following dates: **Wednesday October 17th 5:30-7:30 PM and Friday November 2nd 9-11AM.** Stop in to meet with their staff.



HOLIDAY BASKETS

The Cameron Senior Center will be partnering with SVdP Society of St. Catherine's Church and the Westford Food Pantry for the Westford Holiday Basket Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal, and are facing a financial hardship. If you are interested in donating to the program, please contact Katie Russell at 978-399-2330. If you need food assistance for a Thanksgiving or Christmas meal, please call Alison Christopher, LICSW at 978-399-2325 to request a simple application. **Please note: The deadline for applications to be submitted is October 19th for both holidays.**

SOCIAL SERVICES

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For Memory Impaired

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781-862-1620

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- Interested
- Educated



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Westford COA, Westford, MA

06-5200

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Crafters Club 9:30 Bone Builders 9:30 Ask the Realtor 10:00 Open Art Studio 12:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45 Appliance Sale Begins	2 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Adult Coloring 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Monet Workshop 5:30	3 Aerobics 9:15 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Alz. Spt. Grp. 6:30 Train Club 7:00	4 Billiard Players 8:30 Zumba 9:00 Friends Bd. Mtg. 10:00 Estate Planning Lawyer 10:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Monet Workshop 5:30 Bingo/Hot Dog/Burger Night 5:30 BINGO 7:00	5 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 Cameron Fun Fest Mtg. 10 Appliance Sale Ends
8 	9 Zumba 8:15 Billiard Players 8:30 Blood Pressure 9:00 Yoga 9:00 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Adult Coloring 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 Thrive Wellness Program 6:00	10 Cummings Breakfast 8:30 Aerobics 9:15 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 COA Bd. Mtg. 4:00 Train Club 7:00	11 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Ask the Officer 11:00 Flu Clinic 12:30 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 BINGO 7:00	12 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 Lunch & Learn 12:15
15 Hearing Clinic 9:30 Crafters Club 9:30 Bone Builders 9:30 Open Art Studio 12:00 SHINE—Open Enrollment 12:30 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45 Town Meeting 7:00	16 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Adult Coloring 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 Book Club 6:00 Thrive Wellness Program 6:00	17 Aerobics 9:15 Bone Builders 9:30 Ask the tax Relief 10:00 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 CTI resource Mtg 5:30 Train Club 7:00	18 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Hand & Foot 12:30 Birthday Lunch 12:30 Bone Builders 1:00 Watercolor Class 1:00 Cameron Movie Night 4:30 BINGO 7:00	19 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45
22 Crafters Club 9:30 Podiatry Clinic 9:30 Bone Builders 9:30 Elegant Chef Lunch 11:30 Open Art Studio 12:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:30 PING PONG 1:45	23 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Adult Coloring 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit training 4:30 Protecting your Home 6:00 Thrive Wellness Program 6:00	24 Aerobics 9:15 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	25 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Downsizing panel 6:30 BINGO 7:00	26 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 Lisa Wessan LICSW Distress Tolerance 2:00
29 Crafters Club 9:30 Bone Builders 9:30 Open Art Studio 12:00 SHINE 12:30 T'ai Chi 1:00 Bone Builders 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45	30 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Adult Coloring 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit training 4:30 Trivia Night 5:30	31 Aerobics 9:15 Bone Builders 9:30 Restaurant Review 11:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	Dementia Training for all residents coming in Nov...	



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Town Meeting
Mon, Oct. 15
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Abbot School**

WESTFORD SPECIAL TOWN MEETING

Monday, October 15, 2018, 7 p.m., Abbot School
In addition to several budget transfers and capital appropriations, voters will be asked to vote on extending property tax relief to certain low-income senior citizens. Highlights follow. More information can be found in the Motions document, available in mid-October, and flyers available at the Cameron.

Your votes matter!

Senior Property Tax Exemption Article – Oct. 15 Town Meeting

This means-tested exemption is intended to help seniors with low income and assets pay no more than 10% of their income in property taxes.

The exemption for each applicant is capped at 50% of total property tax bill.

The total annual cost of the benefit for all recipients will be capped at .25% of the residential levy (\$162,000 for FY18 figures).

Goals

Encourage seniors to take advantage of existing exemptions & the MA Sr. Circuit Breaker Tax Credit
Provide additional relief for qualified seniors still paying over 10% of their income in property tax.

Unfortunately, Social Security increases have been almost non-existent for the last decade, while food, health care, fuel, property taxes and other expenses have increased dramatically. Some seniors on fixed incomes or faced with increased costs due to illness or loss of income due to the death of a spouse are caught in a financial squeeze.

Criteria (Limit \$ are for FY18 and may change annually)

Age 65 or older on July 1st
Own and occupy the property on July 1st
Westford resident for the past 10 years
Received MA Senior Circuit Breaker Tax Credit
Home Assessed Value Limit: \$400,000
Income Limits: Single: \$39,900 Married: \$51,600
Head-of-Household (HoH): \$49,700
Asset Limits: Single: \$109,749 Married/HoH: \$150,966

Where Will the Money Come From?

The money to pay for this benefit as proposed, will be taken out of the Town's Overlay Account. Overlay is an amount of money raised each year within the levy limit that is used to provide for property tax abatements and exemptions.

This method of funding does not require a tax shift or tax increase of any kind.

The exemption must be renewed or replaced after three years, based on Westford's results and experiences.

[SLIDTR – Senior, Low Income and Disabled Tax Relief Committee – 08/29/18]

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newsletter notification via email,
go to the town website and click on
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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 lynnmroderick@aol.com

Hours

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

OCTOBER FOOD PANTRY HOURS:

- **Monday: October 22** from 1:30 - 3:30 p.m.
- **Wednesdays: October 10, 24** from 8:30 - 11:30 a.m. and
October 3, 10, 17, 24 from 6 - 8 p.m.
- **Thursdays: October 11, 25** from 9:30 - 11:30 a.m.
- **Fridays: October 5, 12, 19, 26** from 8:30 - 11 a.m.
- **Saturdays: October 13, 20, 27** from 9 - 11 a.m.

BOARD MEETINGS

COA Board— Wednesday, October 10, at 4pm
Friends of Cameron – Thursday, October 4, 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
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
Ret. Veteran's Rep. Terry Stader

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Joyce Newton, Treasurer
Frances Kosenko, Asst. Treasurer
Gail Austin
Helena Crocker
Paul Fassbender
Joan Greenwood
Marcel Lacombe
Pat Leathers
Kevin McGuire
Pat Reppucci
Dick Severyn
Don Wilt