

WESTFORD COUNCIL ON AGING NEWSLETTER NOVEMBER 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://wetfordma.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.**



MEDICARE OPEN ENROLLMENT PRESENTATION

Thursday Nov. 8th, 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 !

HAM & BEAN SUPPER

Saturday, November 17, at 5:30pm The Annual Ham and Bean Supper, sponsored by the Westford Firefighters Association, American Legion Post 159 and the Franco American Club, will be held at the Franco American Club. There is no charge for the dinner, but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978-692-5523.

THANKSGIVING DINNER

Sunday, November 18th, at Westford Academy

For the 20th year, Jim Geraghty, family and friends, are graciously hosting a turkey dinner for center participants age 60 and over **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.

HOLIDAY LUNCHEON AT THE WESTFORD REGENCY

Monday, December 10th at 12:00 noon—We are happy to share with you an opportunity to stroll through the Festival of Trees while enjoying the music of our very own 'Upbeat Band' playing many traditional holiday favorites starting at 10:30 a.m. prior to lunch. You will see many beautifully and most creatively decorated Christmas trees, wreaths and gingerbread houses. Once again, we will enjoy the performance of the talented Westford Academy Honor's Chorus. Holiday menu: Salad, roast pork with gravy, starch and vegetable, holiday dessert, tea and coffee. Cost: Friends members \$12 and Non - Friends members \$24. Reservations are a must by December 1; call 978-692-5523. Transportation will be provided just call and reserve your seat at 978-399-2322.



Holiday Breakfast with our Selectmen and Town Manager

Wednesday, December 5th at 8:30A.M.

This is no ordinary breakfast because it is made by the special hands of our Town's governing officials. Come enjoy a festive start to your day, a great spread of breakfast fixings and wonderful Cameron company. We hope you can join us and please **RSVP to 978-692-5523**

DIRECTOR'S MESSAGE

Town Meeting Highlights from a Cameron perspective

Much important work was done by residents at October's Special Town meeting. First, there was much discussion on Article 2 that focused on Town and School Safety and Mental Health supports. I was glad to see the Town vote to keep the original article in tact which would allow the Town and School Safety Task Force to continue their two-prong approach addressing safety in all Town buildings with a keen focus on schools as well as continue their comprehensive scope of mental health needs. We are glad to have our **social worker, Alison Christopher** sitting on the mental health committee providing information on our older adult and younger families seeking social service and mental health supports. Another article significant to our center was Adoption of MGL Chapter 59, Section 5K to Establish a Senior Tax Program which was formalized at this Town meeting which also included the **new addition of appointing a "representative"**. A representative will provide resident (s) age 60+ who have a disability the opportunity to appoint an individual (of their discretion) to work on their behalf enabling a more inclusive Senior Tax Work Program. We look forward to implementing this new "representative" as a part of our 2019/20 program. Lastly, Article 11 presented by Selectman Elizabeth Ameida was adopted as a three-year pilot. This means-tested exemption is intended to help older adults with low income and assets pay no more than 10% of their income in property tax. The exemption for each participant is maxed at 50% of total property bill. The money to pay for this benefit of \$162,000 will be taken from the overlay account which eliminates a tax increase of any kind. There is more work to be done before this exemption will be available to apply for through the Assessor's Office. We will keep you posted on next steps and **do not forget to take advantage of our monthly appointments for Tax Relief– ask Annette found in your newsletter under Support Services**. Have a nice Thanksgiving and don't miss out on the Thanksgiving dinner with Jim Geraghty and our favorite Ham & Bean dinner .

Jennifer



Meet the Author featuring Bill Cummings and his recent memoir "Starting Small & Making It Big"– was a great success. Thank you to our sponsors pictured above L-R Bill Cummings, Barbara Upperman, President of the Friends of the Cameron Senior Center, Sarah Fletcher, President of the Westford business Association, Jennifer Claro, Director of the Cameron Senior Center, Patti Mason, Founder of Westford Family Fun Fest and Mike Beek, President of the Westford Rotary.



Thank you to Donna Dutton and Jackie Russell for our luscious breakfast . Also, a special thanks to Pat and Dave Lavoie, Anne Baker and Liubov Mohcalkina for their help with set-up and clean-up as well as Girl Scout Troop 60560 who made our table centerpieces.



FRIENDS CORNER

CHRISTMAS/HOLIDAY BOUTIQUE

All Week: Mon-Sat, Nov. 26-Dec. 1, 9 a.m. – 3 p.m.

The 3rd annual Christmas/Holiday Boutique is coming! The Friends of Cameron are assembling fabulous holiday décor and gifts for home, family and friends. Come browse ~ you may just find something your heart desires! Bring a friend and tell your neighbors! Help spread the news and make this annual fundraiser be a joyful, fun and beneficial experience for all!

HELP NEEDED FOR SET-UP (STARTING NOV. 21) & CLEAN-UP (DEC. 1)!

FRIENDS MID-YEAR MEETING

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

The Friends leadership is working hard to represent your interests. We hope to continue to provide engaging, relevant opportunities for all. It's important that, as a voting member of the Friends, your voice is heard. Come contribute your suggestions for better ways we can meet the needs of younger and newly-retired seniors ~ and your ideas for new programs at the Cameron.

Congratulations to Pat Reppucci, our newly-elected Vice-president, and Kevin McGuire, Treasurer. Also, many thanks to Joyce Newton, retiring Treasurer, for her many years of service.

FRIENDS ~ SO, WHAT'S IN IT FOR ME?

The Friends of the Cameron volunteer service and raise funds to help sponsor the rich array of programs, activities and support available to seniors at the Cameron. Our mission: to help enrich the lives of seniors in the community.

How Do You Benefit? If you attended the Country Shindig, Summer Party at Kimball Farm, Red Cross Lunch & Learn, Fall Fashion Show 'n Lunch; come to monthly men's or women's breakfasts, attend movie nights, sing with Music Makers, shop at Trudy's or enjoy coffee in the Welcome area – you benefit from the year-round sponsorship provided by the Friends of Cameron.

Additionally, the Friends pay for Cameron exercise programs such as: Aerobics, Chair Movement, Fitness Camp, T'ai Chi, Yoga and Zumba – so Westford residents can attend **FREE**, *all year long*. If you sew, knit, crochet or quilt, the Friends donate yarns & fabric for crafters to use **FREE**. The Friends also work hard to run special events, like the Affordable Art Auction, Small Appliances & More sale and Christmas/Holiday Boutique. Thanks to our knitters, quilters and crafters, we will also be raising additional funds at Nashoba Tech's Fall Craft Fair, Nov. 17, and Westford Academy's Holiday Bazaar, Dec. 1. Come visit our booths and bring a friend!

But, we can't do this alone ~ we need your support. Come get involved, lend a hand, meet new people – and volunteer your talents and skills. You can make a difference!

THANK YOU!

Kudos to the models, fashion consultants, dressers/assistants, and coordinators of our Fall Fashion Show 'n Lunch – it was a total blast! Thanks, also, to those who cleaned pottery and restocked Trudy's with new fall merchandise. And a very BIG thank you to the untold volunteers who supported our Small Appliances and More sale – cleaning and lugging appliances, setting-up, selling merchandise, and cleaning-up. This event exceeded all expectations – and customers loved it!

Trudy's Boutique THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

**CLEAN FALL/WINTER CLOTHING
IN EXCELLENT CONDITION WELCOMED!**

DINING OPTIONS

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



VETERANS BREAKFAST

Thursday, November 8th at 7:00 a.m. - 9:00 a.m.

At The Village Breakfast Restaurant. Westford Veterans and their spouse are invited for a complimentary buffet breakfast. Sign up at 978 692 5523

WEDNESDAY LUNCH

Lunch will be served at 12 p.m. **reservations are required 24 hours** in advance by calling 978 692 5523. **(If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!)**

Cost is \$3. **November Lunches**

Wednesday, November 7 Fish Cakes

Wednesday, November 14 Hot dogs & Beans

Wednesday, November 21 Happy Thanksgiving

Wednesday, November 28 Beef Stew

LUNCH AND LEARN

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

How to stay healthy among day to day stressors with the Westford Health Department Call 978 692 5523 to sign up

RESTAURANT REVIEW ~ Dutch Treat!

Be sure to mark your calendars for our next outing on **Wed. Nov. 28th**

11:30 am. at Feng Shui, 285 Chelmsford St, Chelmsford .

Sign ups required by Mon. Nov. 26th for Hibachi Table reservation; call 978 692 5523. When you arrive you can check in under "Westford Senior Center". Bon Appétit.

BIRTHDAY CELEBRATION

Thursday, November 29 at 12:30 p.m.

Come Celebrate the November 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. **November Meal Choice is ~ Meatloaf and Macaroni & Cheese**

ELEGANT CHEF LUNCHEON

Monday, November 5 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. **November menu selections: Chicken Marsala or Maple Glazed Ham. The cost is \$10.**

MENS BREAKFAST

Tuesday, November 13 at 8:00 a.m.

Come Listen about **Jose Ramirez's New Book!**

Cuba and the "Last" Baseball Season Sign up at 978 692 5523

WOMANS BREAKFAST

Monday, November 19 at 9:00 a.m.

The challenges and advantages of a Christian American professional woman living in an Islamic country presented by **Jaxon Stallard** Sign up at 978 692 5523

HEALTH AND WELLNESS



CrossFit CLASS FOR SENIORS 60+

CrossFit is a functional strength and conditioning class designed for men and women over 60 who are looking for a fun way to challenge themselves safely and effectively. Workouts include bodyweight exercises, kettlebells, band work, and so much more. Instructor Susanne Duato is a certified personal trainer, Nutritionist and CrossFit gym owner who has worked with hundreds of clients of all fitness levels for the last 20 years to help them live their best life through balance, coordination, strength and nutrition. **Participants must be able to walk and stand without assistance to attend this class.** Susanne promotes the importance of keeping fitness in mind after any injuries or joint replacements and she is equipped to accommodate and make modifications when needed. **6 Tuesdays**, 1pm – 1:45pm (beginning Nov. 13th) at the Cameron Senior Center. Workouts may take place outside (weather permitting) on occasion on the court otherwise classes will be held in the multipurpose room at the Senior Center. Cost is \$40 for residents and \$50 for non-residents.

CIRCUIT TRAINING - Starting Tues. November 13 –Jan.22

Sign up now for an 8 week 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. Please call 978-692-5523 to sign up.

WESTFORD HEARING CLINIC

Monday, November 19, 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

Tuesday, December 18 at 9:30 a.m.

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

TRIPS

BOSTON BALLET'S THE NUTCRACKER

December 14 for \$104 per person Sign up at 978 692 5523

COA VAN TRIP

Friday November 30 10am

Fitchburg Art Museum and Lunch on own at the Old Mill Cost for the Trip is \$15.00 Sign up at 978 692 5523

55+ EARLY EVENING PROGRAMS: Open Tuesdays and Thursdays 4:00-8:00 PM

BINGO/HOT DOG/BURGER NIGHT 11/1 at 5:00 -6:15 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.

FREE STRESS MANAGEMENT, 2 PART SERIES – 11/6 & 11/13,

6:30 PM An instructor from 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.

CAMERON MOVIE NIGHT – 11/15, 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. This month we will be watching Disney's redo of *"the Miracle Worker"*. Devoted teacher Anne Sullivan (Alison Elliott) leads deaf, blind and mute Helen Keller (Hallie Kate Eisenberg) out of solitude and helps integrate her into the world. Please call to sign up at 978-692-5523 three days prior to the movie for food shopping.

BOOK CLUB – 11/20 at 6:00 PM

Join us in our cozy library for our monthly discussions. In November we will be reviewing the autobiography, "My Beloved World" by Sonia Sotomayor. An amazing book about growing up in the Bronx projects and becoming a Supreme Court Justice. Please see Annette for a book.

WESTFORD CHAMBER PLAYERS - FREE CONCERT, 11/27, 6:00

PM The Westford Chamber Players will be presenting "An Unexpected Trip to Europe" concert. The program includes classical chamber music by Dvorak, Glinka, Hoffmeister, Mazas, and Stamitz, featuring one of Mozart's greatest contributions to the world of Chamber Music--Viola Quintet in G minor K 516. It tells a story about how viola was finding its voice to become an expressive instrument leading some of the greatest music compositions. The concert will be hosted jointly by the Cameron Senior Center and Westford Chamber Players. Free admission. Donations are welcome (\$5-\$10 suggested). There will be a post-concert reception for the performers and the audience to connect. WCP is a non-profit organization, consisting of student and professional musicians who strive to provide quality music education and community service. The organization is aimed at cultivating the joy of playing music together and achieving high standard through mentorship programs and public performances. Please sign up at 978-692-5523 by Wednesday, Nov. 21st.



At Fallon Health, we offer meetings designed specifically for Fallon Senior Plan™ members. We encourage you to join us on November 7 at 9AM at the Westford COA/Senior Center, 20 Pleasant St., Westford, MA to learn more about your current plan as well as other options that may be available to you. To reserve space at an upcoming meeting or for accommodation of persons with special needs, call us toll-free at 1-888-377-1980 (TRS 711), 8 a.m.–8 p.m., Monday–Friday (Oct. 1–March 31, seven days a week.), and speak with a member of our Medicare team. H9001_190206_C

Join Fallon Health at an informational presentation on November 7 at 10:30AM at the Westford COA/Senior Center, 20 Pleasant St., Westford, MA to learn about the Medicare Advantage and Medicare Supplement plan options available to you. With nearly 40 years of providing coverage to those with Medicare, Fallon has become a plan that people can rely on. To reserve space or for accommodation of persons with special needs, call us toll-free at 1-888-377-1980 (TRS 711), and speak with a member of our Medicare team. H9001_190205_C

MAHJONGG

Mahjongg has been reinstated at the Cameron due to popular demand! Come play Mondays at 12:30. Give it a try! If you have a set please bring it along. 978-692-5523.

MARY KAY—PAMPER YOURSELF !

Wednesday, November 14th at 1pm Sign up at 978-692-5523.



A special Thanks to Joanne Vaughn for decorating the front entrance.

Westford Family FunFest Festival of Trees entry for the Cameron

Last year, we had a winning tree entry for most creative category and why not see what this year will bring. If you would like to help us plan our theme and decorate for this year's tree please come to the library on Friday, Nov. 9th at 10:45. We will have some apple cider brewing!



SUPPORT SERVICES

TECHNOLOGY HELP WITH VAMSI VETSA

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.

FALL YARD CLEANUP UPDATE

If you signed up for fall cleanup by the Oct. 12th deadline we are doing our best to match you up with a volunteer group to perform this service. If you have not been contacted yet by a group and have any questions, please contact the Outreach Worker, Annette at 978-399-2326.

SNOW REMOVAL

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

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.

WALK FOR THE POOR – NOV.12th

St. Catherine's church is sponsoring a local walk that will support local food banks, including the pantry here at Cameron. To show our appreciation we would like to thank those who volunteered, walked, and participated. Thank you!

* 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, November 7th 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, November 8th 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, November 5th, at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker. Call: 978-692-5523 for an appointment.

SHINE APPOINTMENT

Monday, and November 5th & 19th 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 13th 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.

TAX RELIEF HELP— Ask Annette

Wednesday November 14th at 10:30am

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 2nd 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.

DEMENTIA FRIENDLY WESTFORD**Dementia Friends Training**

The Dementia Friends initiative is underway in Massachusetts and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia. The one-hour session is a discussion led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community. The action can be as big or as small as you choose—every action counts!

When & Where: Wednesday, November 14, 4:00 p.m. – 5:00 p.m. Bridges of Westford, 108 Littleton Road, Westford
RSVP: Sarah Turcotte, sturcotte@bridgesbyepoch.com

**Memory Screening-**

Senior Helpers and Licensed Psychologist, Rachel Movitz, Psy.D. are encouraging members of the community to be proactive about memory health by taking advantage of FREE, confidential memory screenings and information about successful aging on November 30th. This event is part of an annual initiative supporting National Alzheimer's Disease Awareness Month. Memory screenings will be offered at the Cameron Senior Center from 9AM -1PM. Please call 978-692-5523 to sign up for a time slot.

Dementia Friendly Westford**Committee**

our group is open to anyone who is interested in helping the Town of Westford to be more friendly for people with dementia and their care partners. We will be continuing to work on our website content and discussing ways to engage the business community in town. RSVP to Alison at 978-399-2325 if you'd like to join or be added to our email list.

WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

In the Social Work/Outreach department we do our best to know the seniors in our community; however, as the town grows this goal becomes more challenging. Therefore, we look to families and neighbors to keep us informed so with the colder weather upon us, please let us know if you have any concerns about your elder neighbors so that we can make a call or home visit to assess the situation. All information is kept in the strictest of confidentiality. You can address your worries with Alison the SW or Annette the Outreach Worker at 978-399-2326. Thank you for caring about your neighbors!

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.

Great Opportunity

COMMUNITY TEAMWORK MEETINGS- 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, senior corps, and housing programs will be here at the Cameron to meet with interested residents on Friday November 2nd from 9-11AM. Stop in to meet with their staff.

**ASK THE WESTFORD HOUSING AUTHORITY DIRECTOR**

We hear a lot of questions about the mysteries of getting into subsidized senior housing. How do I apply? Who qualifies? Why are the wait lists so long? How do I increase my chances of getting in? Bring your questions and concerns to this informal forum and learn from an expert. Chris Pude will be here on November 15th at 11AM. Call 978-692-5523 to sign up.

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.

SAND BUCKETS

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

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978-369-1310

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281 Massachusetts Ave
Arlington, MA 0247
781-648-1620

Nashoba Associated Boards of Health

30 Central Avenue, Ayer MA 01432

Community Nurse - Community Health

978-772-3335 ext. 340

Tamara Bedard, RN
tamarabedard@nashoba.org



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
|  | | | <p>1 Billiard Players 8:30 Zumba 9:00 Friends Bd. Mtg. 10:00 Yoga 10:00 Chair Movement 10:00 Hand & Foot 12:30 Bone Builders 1:00 Bingo/Hot Dog/Burger Night 5:00 BINGO 7:00</p> | <p>2 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 CTI Resource Mtg 9:00</p> |
| <p>5 Quilting Club 9:30 Bone Builders 9:30 Ask The Realtor 10:00 Elegant Chef Lunch 11:30 Open Art Studio 12:00 SHINE—Open Enrollment 12:30 Mahjongg 12:30 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:30 PING PONG 1:45</p> | <p>6 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 Stress Management 6:30</p> | <p>7 Fallon Health Members 9:00 Aerobics 9:15 Bone Builders 9:30 Fallon Health Information 10:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Alzheimer Support Group 6:30 Train Club 7:00</p> | <p>8 Veterans Breakfast 7:00 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Ask the Officer 11:00 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Medicare Open Enrollment 5:30 BINGO 7:00</p> | <p>9 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 Lunch & Learn 12:15 Fun Fest Meeting 10:45</p> |
| <p>12 </p> | <p>13 Men's Breakfast 8:00 Zumba 8:15 Billiard Players 8:30 Blood Pressure 9:00 Yoga 9:00 Ask the Lawyer 9:30 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Adult Coloring 1:00 CrossFit 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 Stress Management 6:30</p> | <p>14 Aerobics 9:15 Bone Builders 9:30 Tax Relief Help 10:30 Lunch 12:00 Mary Kay 1:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 COA Bd. Mtg. 4:00 Dementia Friends Training 4:00 Train Club 7:00</p> | <p>15 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Ask the Housing Authority 11:00 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Cameron Movie Night 4:30 BINGO 7:00</p> | <p>16 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45</p> |
| <p>19 Woman's Breakfast 9:00 Hearing Clinic 9:30 Quilting Club 9:30 Bone Builders 9:30 Open Art Studio 12:00 SHINE—Open Enrollment 12:30 Mahjongg 12:30 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:30 PING PONG 1:45</p> | <p>20 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 CrossFit 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit training 4:30 Book Club 6:00</p> | <p>21 Aerobics 9:15 Bone Builders 9:30</p> | <p>22 </p> | <p>23 COA Closed in Observation of the Holiday</p> |
| <p>26 Crafters Club 9:30 Bone Builders 9:30 Open Art Studio 12:00 Mahjongg 12:30 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45</p> | <p>27 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 CrossFit 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit training 4:30 Westford Chamber Players 6:00</p> | <p>28 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</p> | <p>29 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Birthday Lunch 12:30 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 BINGO 7:00</p> | <p>30 Aerobics 8:30 Memory Screening 9:00 Music Makers 9:00 Ping Pong 9:45 COA Van Trip 10:00</p> |



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Fighting Inflammation by: Susan Duato, certified nutritionist and our THRIVE7 Program Instructor

What does a stubbed toe or a splinter in a finger have to do with your risk of developing Alzheimer's disease, joint pain, suffering a heart attack or succumbing to colon cancer? More than you might think. As scientists delve deeper into the fundamental causes of those and other illnesses, they are starting to see the link to low levels of **inflammation** found in the body commonly referred to as "silent inflammation."

The immune system is designed to become activated when your body recognizes anything that is foreign—such as an invading microbe, plant pollen, or chemical. This often triggers a process called inflammation. Intermittent bouts of inflammation directed at truly threatening invaders protect your health.

However, sometimes inflammation persists, day in and day out, even when you are not threatened by a foreign invader. That's when inflammation can become your enemy. Many major diseases that plague us—including cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's—have been linked to chronic inflammation.

What is the cause of this type of chronic low level inflammation? Science is showing us that the root cause of this silent, low level inflammation often comes from the foods we eat. Choose the right foods, and you may be able to reduce inflammation and your risk of illness. Consistently pick the wrong ones, and you could accelerate the inflammatory disease process.

Not surprisingly, the same foods that contribute to inflammation are generally considered bad for our health, including sodas and refined carbohydrates, as well as red meat and processed meats. Unhealthy foods also contribute to weight gain, which is itself a risk factor for inflammation.

Foods that inflame

Try to avoid or limit these foods as much as possible:

refined carbohydrates, such as white bread and pastries

French fries and other fried foods

soda and other sugar-sweetened beverages

red meat (burgers, steaks) and processed meat (hot dogs, sausage)

margarine, shortening, and lard

Anti-inflammatory eating

To reduce levels of inflammation, aim for an overall healthy diet. If you're looking for an eating plan that closely follows the tenets of anti-inflammatory eating, consider the Mediterranean diet, which is high in fruits, vegetables, nuts, whole grains, fish, and healthy oils. In addition to lowering inflammation, a more natural, less processed diet can have noticeable effects on your physical and emotional health.

Foods that combat inflammation

Include plenty of these anti-inflammatory foods in your diet:

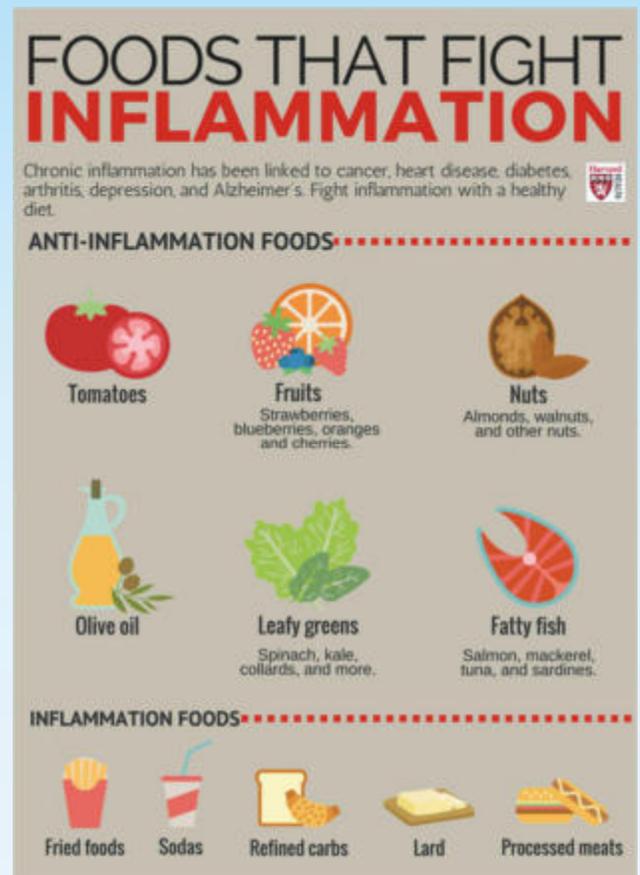
Tomatoes, olive oil

green leafy vegetables, such as spinach, kale, and collards

nuts like almonds and walnuts

fatty fish like salmon, mackerel, tuna, and sardines

fruits such as strawberries, blueberries, cherries, and oranges

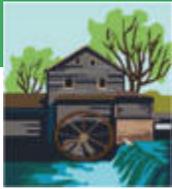


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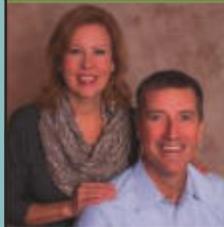


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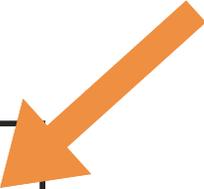
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Westford Food Pantry

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.

NOVEMBER FOOD PANTRY HOURS:

- **Monday: November 5, 19** from 1:30 - 3:30 p.m.
- **Wednesdays: November 7, 21** from 8:30 - 11:30 a.m. and **November 7, 14, 28** from 6 - 8 p.m.
- **Thursdays: November 8** from 9:30 - 11:30 a.m.
- **Fridays: November 2, 9, 16, 30** from 8:30 - 11 a.m.
- **Saturdays: November 3**, from 9 - 11 a.m.

BOARD MEETINGS

COA Board— Wednesday, November 14th, at 4pm
Friends of Cameron – Thursday, November 1st, 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
Robert Rafferty, Night Supervisor

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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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