

WESTFORD COUNCIL ON AGING NEWSLETTER JANUARY & FEBRUARY 2019

OUR MISSION: 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.

SWEETHEART LUNCHEON FEATURING LEENY DEL SEAMONDS

Sponsors: Council on Aging Board, Cummings Foundation, Friends of the Cameron Senior Center, Rivercourt Residence and Westford Rotary Club

When: February 14, 2019

Where: First Parish Church United (located at 48 Main Street)

Time: 12:00

Last performance in Westford before moving so let's enjoy Leeny Del Seamonds in her performance, **It Takes Two to Tango**, an alluring, witty and insightful look at the triumphs and tribulations of relationships spiced with Leeny's Cuban-American sense of humor and peppered with her passion and fire.

Friends Members: Free

Non-Friends: \$15

We know this event will fill up quickly please remember Westford residents receive first preference.



Social Security Presentation:

Thursday, January, 17th at 1pm

Beware of scammers pretending to be from social security

By Marilenin Vasquez

Social Security Public Affairs Specialist in Lawrence, Massachusetts

In the digital age, frauds and scams are an unfortunate part of doing business online. During the holiday season, Social Security has traditionally seen a spike in phishing scams, and we want to protect you as best we can. We urge you to always be cautious and to avoid providing sensitive information such as your Social Security Number (SSN) or bank account information to unknown individuals over the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you. Please take note; there's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display the 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not have all of your personal information, such as your Social Security number (SSN), on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. This appears to be a widespread issue, as reports have come from people across the country. These calls are not from Social Security. Callers sometimes state that your Social Security number is at risk of being deactivated or deleted. The caller then asks you to provide a phone number to resolve the issue. People should be aware the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information. Social Security employees occasionally contact people by telephone for customer-service purposes. In only a few special situations, such as when you have business pending with us, a Social Security employee may request the person confirm personal information over the phone. Social Security employees will never threaten you or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/report. Remember, only call official phone numbers and use secured websites of the agencies and businesses you know are correct. Protecting your information is an important part of Social Security's mission to secure today and tomorrow.



DIRECTORS MESSAGE:

Welcome to the Cameron Senior Center:

We are pleased to be sending this edition of our January/February newsletter to 426 new potential center participants who will be turning age 60 in 2019. It is our hope that you will learn about the many programs and services that are available to you.

Consider coming to the Cameron to join us and take advantage of many enriching opportunities as well as services that can help support and /or compliment your daily life. The Cameron offers a very vibrant and friendly community which is made up of a varied socio-economic population and to ensure all residents participation we try hard to keep our center offerings free or at a low cost.

Also, through out the year, the Cameron offers seasonal events that enhance many of our daily activities and often “trod a different path,” of what one perhaps might expect at a senior center. So, visit us and let a staff member give you a tour and answer questions you may have about our transportation program, social services, volunteer opportunities and so much more.

Always welcome,
Jennifer Claro
Cameron Senior Center
Director

ADDITIONAL PARKING FOR WINTER MONTHS**THANKS TO THE FRANCO CLUB**

The Board of Selectmen recently approved a Memorandum of Understanding between the Cameron Senior Center and the Franco American Club for additional parking during inclement weather and special events. This agreement will allow center participants the needed parking to attend programs and/or events at the center when parking is not available, especially after a heavy snowfall. Important to making this convenient to our participants, a COA van will be available to provide a shuttle to and from the Franco and Cameron. We ask that you give us a thirty-minute notice prior to leaving your home to ensure a timely shuttle.

To schedule a shuttle ride please call 978-692-5523.

Trudy's Boutique

THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

COMING SOON

ORIENTAL ARTS & DESIGN

CLEAN, USABLE DONATIONS ALWAYS APPRECIATED!

Friends Corner**SUPPORT THE CAMERON – VOLUNTEER!**

The Cameron Senior Center relies on Friends volunteers to help run many programs at the center. Not only does the Friends organization raise funds – but we also lend service to help support the wide array of programs, activities and events available to seniors at the Cameron.

As people age or move away, we lose volunteers – and right now, we are facing a shortage of ‘senior-power.’ We are also facing a dilemma of how to offset higher expenses, provide expanded services and additional programs at the Cameron, without compromising quality and affordability. In short, we need to maximize our effectiveness, increase our revenues and grow our membership.

Additional volunteers can help solve these problems, enabling the Friends to continue providing a level of service that will meet future needs. No matter your talents, we can use your skills, expertise, ideas and energy. Being a Friends volunteer offers a great opportunity to meet and work with others, help the CSC, make new friends, have fun, and improve the quality of life for Westford seniors. Volunteer and make a difference!

SPECIAL THANKS

A very BIG thank you to the “*crafty ladies*” who made our fundraising efforts at Nashoba Tech’s Craft Fair and Westford Academy’s Holiday Bazaar possible. The Quilting Club created fabulous microwave bowls (a sell-out!), decorative wall hangings, table runners, chef aprons, and more. Busy Fingers’ volunteers created hats, scarves, sweaters, mittens, potholders, towels, afghans, and more. What talent!

Also, special thanks to all those who lugged boxes, helped set-up, sold merchandise, and cleaned-up at these two craft fairs plus the untold volunteers who contributed to this year’s week-long Christmas/Holiday Boutique. This was a monumental effort! We received compliments from start to finish. Visitors to all this year’s holiday events were impressed with the overall quality and variety of affordable gifts for home, family and friends – and expressed their pleasure and delight with their purchases. These labors of love were well-regarded, highly successful and they helped raise needed funds for the Cameron. Hat’s off to you all!

WANTED!**VOLUNTEERS IN SEVERAL AREAS**

Help brainstorm new fundraising ideas, programs or methods – e.g., business sponsorships, grants, specialty item sales, social events, crowdfunding, other ideas, etc.

Participate in attracting younger or newly-retired seniors and encourage them to “check us out.”

Join a selling team to start an eBay store, sell items on Craigslist or launch an online auction

Sort clothing & merchandise for Trudy’s and prepare donated items for sale

New ideas welcomed – YOU can make a difference!

2018 Income Tax Help

Hal Schreiber, our volunteer tax expert, will be back this year to complete your 2018 federal and state income tax returns. Due to the large number of tax returns being prepared at the Senior Center, Dick Severyn will also be back to assist Hal. This is a free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978-692-5523 to schedule an appointment. Hal has all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms with you.

What to bring with you:

- Your 2017 federal and state tax returns
- Form MA 1099-HC. It is very important to bring this form since the insurance company's name, tax identification number, and your subscriber number has been entered on your Massachusetts tax return.
- Form 1095-A, Form 1095-B, Form 1095-C (they pertain to health insurance). If you received any of these forms, it is very important to bring them with you.
- W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc
- The amount and date of any federal and state estimated tax payments you made for 2018.
- If you pay rent for your main residence, bring the amount you paid in 2018 (some or all is deductible on your Massachusetts tax return).
- All property tax bills you paid in calendar year 2018 for property not located in Westford.
- If you or your spouse is age 65 or older and your main residence is not located in Westford - all water/sewer bills you paid in calendar year 2018.
- Car, boat, personal property excise tax bills that you paid in 2018.
- If you sold any stock or bonds - the date you bought the stock or bond and the amount you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
- If you have any mutual funds - any information provided by the mutual fund concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares - the date and what you paid for the shares (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
- Medical and Dental expenses – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aides and eyeglasses. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately since they need to be reported separately.
- Charitable contributions. - total your cash/check/credit card contributions (do not include any political contributions). For property contributions - the date of the contribution, estimated fair market value of the property, and the name and address of the charity receiving the property. If you donated a car, it is very important that you bring the paperwork/form you received from the charity.

2018 Circuit Breaker

The Circuit Breaker is a method for refunding some of the property taxes or some of the rent that you paid in calendar year 2018 for the home that you lived in as your main home. The amount of the refund (if any at all), up to the maximum allowed for the year (\$1,100 for 2018), depends upon the amount of property tax or rent paid in comparison to your total income. A portion of any water or sewer charges that you paid in the calendar 2018 can be added to your property tax for computing the amount of the refund. Your main home can be a single-family residence, a multiple family residence, a condominium, or an apartment. However, you are not eligible for the refund if you rent a home from the Housing Authority, or from any other tax-exempt entity, or receive any federal or state subsidy. If you own the home, the home's assessed value, as of 1 Jan 2018, must be less than \$778,001.

The refund is available for those who are age 65 or older (if married, only one spouse needs to meet the age requirement) and whose total income for 2018 is less than \$88,001 (married filing a joint tax return); \$73,001 (filing a head of household tax return); and \$58,001 (filing a single tax return). The refund is not available if you are filing a married separate tax return. To obtain the refund, you need to file a Massachusetts tax return even if your total income is zero.

Homes that are owned by a trust:

If your main home is owned by a revocable (grantor) trust and you are a trustee, then you are treated as the home owner.

If your main home is owned by a revocable (grantor) trust and you are not a trustee, then you are treated as a renter.

If your main home is owned by an irrevocable trust, then you are treated as a renter.



DINING OPTIONS

**ALL MEALS 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 \$3.

January Lunches

- Wednesday, January 2 Chicken soup Chicken Salad
- Wednesday, January 9 Corn Chowder roast beef
- Wednesday, January 16 Beef Stew
- Wednesday, January 23 Chicken a la king
- Wednesday, January 30 Fish & Mac & Cheese

February Lunches

- Wednesday, February 6 Taco Bar
- Wednesday, February 13 American Chop Suey
- Wednesday, February 20 Chicken Broccoli Alfredo
- Wednesday, February 27 Italian Wedding Soup & Tuna Salad

LUNCH AND LEARN

Friday, January 11th at 1:00 p.m.

Red Cross Fire Safety— Three Free Smoke Detectors & one CO2 Detectors per household Lunch sponsor TBD.

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

Lexington Eye Lunch sponsor TBD.
Call 978 692 5523 to sign up

BIRTHDAY CELEBRATION

Thursday, January 24th at 12:30 p.m.

Thursday, February 28th at 12:30 p.m.

Come Celebrate the January & February Birthdays! Lunch is prepared by the students of the Elegant Chef restaurant at Nashoba Tech followed by cake and ice cream that will be sponsored by Sapphire Properties Please call in advance to register at 978 692 5523. Cost for Birthday celebrants is free and for other guests the cost will be \$5.

January Meal Choice is ~ Beef Stroganoff

February Meal Choice is ~ Spaghetti & Meatballs

ELEGANT CHEF LUNCHEON

Monday, January 7th at 11:30 a.m.

Monday, February 4th 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. **The cost is \$10**

January menu selections: Stuffed Chicken Florentine or Haddock

February menu selections: Pork Tenderloin or Baked Haddock Newburg

RESTAURANT REVIEW - 1/30 & 2/27, 11:30 AM

Be sure to mark your calendars for our next outing on Wed. January 30th at 11:30 am at Yangtze River, 584 King St, (rte. 110) Littleton. Also, Wed. February 27th at 11:30 am at Not Your Average Joe's, 305 Main St., Acton. When you arrive you can check in under "Westford Senior Center". Bon Appétit. ~ Dutch Treat!

MENS BREAKFAST Speakers TBD January 8th & February 12th 8am

WOMANS BREAKFAST—1/14 & 2/11 AT 9AM

January: Kathy Cunningham from Coldwell Banker the top things to know about downsizing **February:** Chef Jaxson talks about Chocolate

HEALTH AND WELLNESS

WESTFORD HEARING CLINIC

Monday, January 14th, at 9:30 a.m.

Monday, February 11th, at 9:30 a.m.

Hearing/Hearing Aid Screenings at Cameron with Dr. Megan Ford and Dr. Julie Breault from HearSmart Audiology sponsored, by the Westford Health Department. By appointment only. To book your 15-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, February 25 at 9:30 a.m.

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

BLOOD PRESSURE & MORE

Tuesday: January 8 and February 12 at 9 a.m.

Westford Health Department. Health screenings including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns. Drop ins welcome at the Cameron Senior Center.



DON'T MISS THIS



VETERANS SERVICES

Thursday January 10th at 11am –noon

Thursday February 14th at 11am—noon

Meet with the New Westford Veterans Agent, Ryan Cobleigh at the Cameron. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

GOOD NEIGHBOR ENERGY FUND

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

FYI-MEDICARE CARDS

All Massachusetts beneficiaries should have received their new cards by now. Some folks have not received them if they have had an address change, as these cannot be forwarded. Others didn't recognize it in a plain white envelope from the Department of Health and Human Services. Check unopened mail and if you can't find it, call Medicare at 1-800-633-4227 and speak with a representative to resolve the issue. In the meantime, you can use your current Medicare card through 2019.

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

BINGO/HOT DOG/BURGER NIGHT

1/3 & 2/7 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 \$4.00 for a hot dog and burger combo. Simply pay at the front desk when you arrive. Bingo starts at 7:00.

CAMERON MOVIE NIGHT – 1/17 & 2/21 at 4:30 PM

On the 3rd Thursday of every month from 4:30 – 6:30 p.m. a movie, popcorn and light meal are offered for \$3.00. In January we will be watching *While You Were Sleeping* and in February *The Book Club*. Please call to sign up at 978-692-5523 three days prior to the movie for food shopping.

BOOK CLUB – 1/15 & 2/19 at 6:00 PM

Join us in our cozy library for our monthly discussions. In January we will be reviewing Jodi Picoult's book, *Plain Truth*. *Plain Truth* is a portrait of Amish life rarely witnessed by those outside the faith, dealing with a teenage pregnancy and the trial that follows the newborn's death. February we will explore a mystery/thriller *The Inferno* by Dan Brown. Please see Annette for a book.

COMMON MYTHS ABOUT MEDICAID – 1/8, at 6:00 PM

Do you know the difference between Medicaid and Medicare? Do you know the basic rules of eligibility for Medicaid? There are many misconceptions and misunderstandings about the Medicaid Program. Before taking advice from friends, family, neighbors or the nursing home, find out the basics of the Medicaid program and why starting with an Elder Law Attorney is the best first step. Please sign up for this free presentation **by Madge & Johnson Law Office** at 978-692-5523.



AGING MASTERY PROGRAM

Spring time start date to be announced

Be on the lookout for this exciting program Annette learned about at the Mass. Council on Aging Conference in October. The program's simple philosophy is that modest lifestyle changes can produce big results for making the most of our lives. This 10 week series hosts professional speakers on topics from Exercise, Sleep, Finances, Relationships and more. Stay tuned!



VESTIBULAR SYSTEM

Presentation and Information - 1/22, at 5:00 PM

Feeling Dizzy? Experiencing Vertigo?

Jenna Enrico PT, DPT with Nashoba Nursing

Service & Hospice presents on the subject matter of the Vestibular System. Information will include what and where the Vestibular System is (anatomy and physiology), why it's important, possible problems that may occur (diagnoses), potential treatments, and who to seek out for care and/or treatment. The presentation will also cover why the Vestibular System isn't always to blame if you're dizzy. Please sign up for this free seminar by Wed. 1/16 at 978-692-5523. Light refreshments will be served.



FAMILY MOVIE *COCO* - Jan. 22nd, at 4:30 PM

In an exciting partnership with

Roudenbush Community Center we are offering an inter-generational opportunity for folks of all ages to enjoy an early evening out together. Come lift your spirits during these winter months and watch the family movie, *Coco*. Despite his family's baffling generations-old ban on music, Miguel dreams of becoming an accomplished musician like his idol, Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead following a mysterious chain of events. Light refreshments will be served. Please sign up by January 18th at 978-692-5523.



PLANT-BASED 101 CLASS

Join **Plant-Based Chef + Lifestyle Coach, Lauren D'Agostino**, for a fun, empowering, and delicious

Plant-Based 101 class and get your questions about plant-based living answered. You'll learn new ways to shop and prepare your meals, how to save time (and money!), and enjoy samples of easy dishes your whole family will love! RSVP at 978 692 5523

Tuesday, January 29th 6pm-7:30pm

Tuesday, February 12th 6pm-7:30pm

Tuesday, February 26th 6pm-7:30pm

All ages welcome, it's never too early or late to make simple changes for vibrant health!

SUPPORT SERVICES

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.**

Medical Equipment Donations:

We will gladly accept donations that are in working condition and clean. We reserve the right to refuse donations if they do not meet this criteria. Walkers, transport chairs, wheelchairs, commodes, tub seats and canes may be donated. Any questions 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.

Technology Help with Vamsi Vetsa

Appointments: Every Tuesday at 3:30

We are glad to have Vamsi is 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.

*** 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 GROUP

Wednesday, January 2nd and February 6th 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.

BEREAVEMENT SUPPORT – 3/12, 6:00 PM

A Social Worker from Nashoba Nursing and Hospice is offering this free program about loss and coping. More details to follow in the March newsletter.

ASK THE OFFICER

Thursday, January 10th and February 14th 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, February 11th, at 10 a.m.

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

SHINE APPOINTMENT

Monday, January 14th at 12:30pm

Monday, February 11th at 12:30pm

For a private, confidential appointment, at the Cameron, to answer your health insurance or Medicare questions, call 978-692-5523.

ASK THE LAWYER

Tuesday, January 15th 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 ANNETTE

THE TAX RELIEF PERSON – 1/16 & 2/20

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.

COFFEE WITH STEVE

Wednesday, January 23rd at 11am

Are you having Technology problems? Meet Steve from the IT department and ask him some questions. Drop ins welcome.

Social Services News

ATTENTION: When you receive your Social Security Benefit Letter with your monthly benefit amount for this year, please save it in a safe place. These letters are required for most financial assistance programs-SNAP, LIHEAP, property tax relief, etc.

REAL ESTATE TAX EXEMPTIONS

There are several tax exemptions you may qualify for to help reduce your tax burden. From Nov. 1st until April 1st you may apply for these exemptions through the Assessor's Office and if you need assistance completing the applications Annette, the Outreach Coordinator can assist you. For more information contact Annette at 978-399-2326 or the Assessor's office at 978-692-5504.

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 for. 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 of the companies. Other options are to check with your church, the local classifieds and your neighbors. If you would like to discuss this further, please call Annette at 978-399-2326.

WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

With the New Year upon us, let this be when you commit to getting out of the house more and engaging with your peers, having fun! If you need some quiet time, come read in our library or work on a puzzle. If you need some laughter and socialization, check out ping pong, exercise classes or one of our many delicious meals. Activities here are numerous and confidential Social Services are available to you as well. We look forward to seeing you! Annette 978-399-2326.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS

Are you struggling to pay high heating bills? If you are a previous LIHEAP recipient and received 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 would like to apply for fuel assistance for the first time 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.



DON'T MISS OUT



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. A representative from their Resource Center will be here at the Cameron periodically to meet with interested residents. **Call Alison for dates and times at 978 399 2325.**

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.

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. Call Alison at 978-399-2325 if you'd like to join or be added to our email list.

The Atrium

at Drum Hill

A Benchmark Senior
Living Community
For Memory Impaired

978-934-0000

2 Technology Dr • N Chelmsford



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www.LEXEYE.com

133 Littleton Road Suite 305 • Westford, MA 01886

978-589-9919

300 Baker Ave. Suite 210
Concord, MA 01742
978-369-1310

21 Worthen Road
Lexington, MA 02421
781-862-1620

281 Massachusetts Ave
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The *St. Martin* Team
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Westford COA, Westford, MA

06-5200

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 COA CLOSED Happy New Year	2 Aerobics 9:15 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Alzheimer Support Group 6:30 Train Club 7:00	3 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Hand & Foot 12:30 Watercolor Class 1:00 Bone Builders 1:00 Circuit Training 3:30 Hot Dog/Burger Night 5:00 BINGO 7:00	4 Aerobics 8:30 Ping Pong 9:45
	7 Quilting Club 9:30 Bone Builders 9:30 Elegant Chef Lunch 11:30 Open Art Studio 12:00 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:30 PING PONG 1:45	8 Men's Breakfast 8:00 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 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 Medicare Myths 6:00	9 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	10 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Friends Bd. Mtg. 10:00 Ask The Officer 11:00 Veterans Services 11:00 Hand & Foot 12:30 Watercolor Class 1:00 Bone Builders 1:00 Circuit Training 3:30 BINGO 7:00
14 Woman's Breakfast 9:00 Quilting Club 9:30 Bone Builders 9:30 Hearing Clinic 9:30 Open Art Studio 12:00 SHINE 12:30 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45	15 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Ask the Lawyer 9:30 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 Book Club 6:00	16 Aerobics 9:15 Bone Builders 9:30 Tax Relief Help 10:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	17 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Hand & Foot 12:30 Social Security 1:00 Watercolor Class 1:00 Bone Builders 1:00 Circuit Training 3:30 Movie Night 4:30 BINGO 7:00	18 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45
21 COA CLOSED Martin Luther King Jr. Day	22 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 Ping Pong 3:30 Tech help with Vamsi 3:30 Family Movie Night 4:30 Training 4:30 Vestibular Systems 5:00	23 Aerobics 9:15 Coffee with Steve 11:00 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	24 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 Watercolor Class 1:00 Bone Builders 1:00 Circuit Training 3:30 BINGO 7:00	25 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45
28 Quilting Club 9:30 Bone Builders 9:30 Open Art Studio 12:00 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45	29 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 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 Plant Based Class 6:00	30 Aerobics 9:15 Restaurant Review 11:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	31 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Hand & Foot 12:30 Watercolor Class 1:00 Bone Builders 1:00 Circuit Training 3:30 BINGO 7:00	



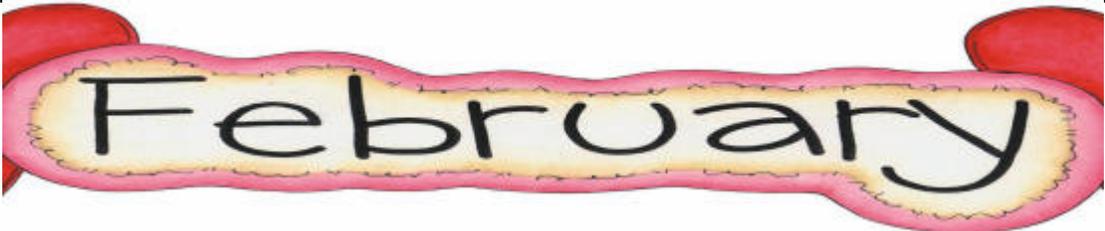
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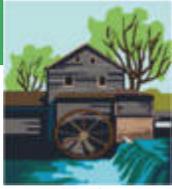
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Aerobics 8:15 Music Makers 9:00 Ping Pong 9:45
4 Quilting Club 9:30 Bone Builders 9:30 Elegant Chef Lunch 11:30 Open Art Studio 12:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:30 PING PONG 1:45	5 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 3:30 Ping Pong 3:30 Tech help with Vamsi 3:30	6 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Alzheimer Support Group 6:30 Train Club 7:00	7 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 Hot Dog/Burger Night 5:00 BINGO 7:00	8 Aerobics 8:15 Music Makers 9:00 Ping Pong 9:45 Lunch & Learn 12:15
11 Woman's Breakfast 9:00 Quilting Club 9:30 Bone Builders 9:30 Hearing Clinic 9:30 Ask The Realtor 10:00 Open Art Studio 12:00 SHINE 12:30 T'ai Chi 1:00 BINGO 1:00 Busy Fingers 1:00 PING PONG 1:45	12 Men's Breakfast 8:00 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Blood Pressure 9:00 Ask the Lawyer 9:30 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 Plant Based Class 6:00	13 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	14 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Chair Movement 10:00 Friends Bd. Mtg. 10:00 Ask The Officer 11:00 Veterans Services 11:00 Sweetheart Luncheon 12:30 Hand & Foot 12:30 Bone Builders 1:00 Circuit Training 3:30 BINGO 7:00	15 Aerobics 8:15 Music Makers 9:00 Ping Pong 9:45 Lunch & Learn 12:15
18 COA CLOSED Presidents Day	19 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 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 Book Club 6:00	20 Tax Relief Help 10:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	21 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Chair Movement 10:00 Hand & Foot 12:30 Bone Builders 1:00 Movie Night 4:30 BINGO 7:00	22 Aerobics 8:15 Music Makers 9:00 Ping Pong 9:45
25 Quilting Club 9:30 Bone Builders 9:30 Podiatry Clinic 9:30 Open Art Studio 12:00 T'ai Chi 1:00 BINGO 1:00 Busy Fingers 1:00 PING PONG 1:45	26 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 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 Plant Based Class 6:00	27 Restaurant Review 11:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	28 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Chair Movement 10:00 Birthday Lunch 12:30 Hand & Foot 12:30 Bone Builders 1:00 BINGO 7:00	

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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
lynnmroderick@aol.com

Hours

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

JANUARY FOOD PANTRY HOURS:

- **Monday: January 7**, from 1:30 - 3:30 p.m.
- **Wednesdays: January 9, 23** from 8:30 - 11:30 a.m. and **January 2, 9, 16, 23, 30** from 6 - 8 p.m.
- **Thursdays: January 10, 24** from 9:00 - 11:30 a.m.
- **Fridays: January 4, 11, 18, 25** from 8:30 - 11 a.m.
- **Saturdays: January 5, 12, 26** from 9 - 11 a.m.

FEBRUARY FOOD PANTRY HOURS:

- **Monday: February 4**, from 1:30 - 3:30 p.m.
- **Wednesdays: February 6, 20** from 8:30 - 11:30 a.m. and **February 6, 13, 20, 27** from 6 - 8 p.m.
- **Thursdays: February 7, 21** from 9:00 - 11:30 a.m.
- **Fridays: February 1, 8, 15, 22** from 8:30 - 11 a.m.
- **Saturdays: February 2, 9, 23** from 9 - 11 a.m.

BOARD MEETINGS

COA Board— Wednesday, January 9th, at 4pm
Wednesday, February 13th, at 4pm
Friends of Cameron – Thursday, January 10th, at 10 a.m.
Thursday, February 14th, 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, Transportation Admin.
Charles Dutton, Transportation Dispatch
Christopher Mitchell, Maintenance Supervisor
Katherine Russell, Senior Assistant
Martha Brockway, Senior Assistant
Edna MacNeil, Front Desk
John Wilson, Maintenance
Robert Rafferty, Night Supervisor

COUNCIL ON AGING BOARD MEMBERS

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

FRIENDS OF CAMERON BOARD MEMBERS

Barbara Upperman, President	Joan Greenwood
Pat Reppucci, Vice President	Marcel Lacombe
Chris Kuntz, Secretary	Joyce Newton
Kevin McGuire, Treasurer	Pat Leathers
Frances Kosenko, Asst. Treasurer	Dick Severyn
Gail Austin	Don Wilt
Helena Crocker	
Paul Fassbender	

Holiday Basket Distribution has largest request for help than past years.

This year the Westford Food Pantry joined up with the Cameron Senior Center and St. Vincent de Paul of St. Catherine of Alexandria to organize the Thanksgiving and Christmas Holiday Basket and toy distribution. Katie Russell, Senior Assistant who helps organize this programs states, "If we did not have our sponsors from the community and many volunteers this program would be very difficult to administer." Also, this year **Representative Jim Arciero Sun Santa/ Toys for Tots fundraiser** really helped meet many children's un-met gift request. We would like to thank everyone for making the holidays memorable for all we look forward to next year's Holiday Basket program.



Thank you to the people who make the Holiday Basket Program: Tim Baker, Westford Food Pantry Board, Ken Hyle, Westford Food Pantry, President, Katie Russell, Cameron Senior Center and Karen Heitkamp, Westford Food Pantry and St. Vincent de Paul Board. Also Thank you to all the volunteers and donors to make this holiday special for about 400 families during this holiday season.



CONGRATULATIONS to the Senior Westford Billiard Team for placing second in the Merrimack Valley Senior Travelling Billiard League. This is an impressive finish for our first travelling billiard team. Pictured are team members: Peter Cina, Mike Priest, Charlie Cormier, Tim Butler, Jerry Moscarillo, and Dave Wickens. We also would like to thank Mike Priest and Peter Cina for organizing our team and being our team captains.



Whole Food distribution days and times:

Thanks to our volunteers which are pictured from L-R: Paul Fassbender, Yvonne Sparks, Mary Sudak, Jessie, Patti Mason, Fran Kosenko, & Diana Bard. Weekly donations are bagged and organized for Cameron participants to have at no cost thanks to Whole Foods. Please see distribution times below:

Monday: 10:45am Tuesday: 10:45am Thursday: 2:00pm

Numbers will be available at the front desk for Monday and Thursday distribution at 8AM. Tuesday numbers are not required.



AEROBICS- Sign up at 978-692-5523

4 Week Sessions Starting the first week in January
No classes for the month of February
Wednesdays at 9:15a.m. in the Multipurpose Room
Fridays at 8:30a.m. in the Card Room
Aerobics Wednesdays for 4 weeks for Non- Westford Residents \$20
Aerobics Fridays for 4 weeks for Non- Westford Residents \$20

BONE BUILDERS - Pick up application at the front desk

Mondays at 9:30 a.m. in the Card Room
Wednesdays at 9:30 a.m. in the Card Room
Tuesdays at 1p.m. in the Card Room
Thursdays at 1 p.m. in the Card Room

CHAIR MOVEMENT - Sign up at 978-692-5523

8 Week Sessions Starting the first week in January
Tuesdays at 10:15 a.m. in the Multipurpose Room
Thursdays at 10a.m. in the Multipurpose Room
Chair Movement Tuesdays for 8 weeks for Non- Westford Residents \$40
Chair Movement Thursdays for 8 weeks for Non- Westford Residents \$40

CIRCUIT TRAINING - Sign up at 978-692-5523

8 Week Sessions Starting the first week in January
Tuesdays at 4:30 p.m. in the Fitness Room
Thursdays at 3:30 p.m. in the Fitness Room
Circuit Training Tuesdays for 8 weeks for Non- Westford Residents \$50
Circuit Training Tuesdays for 8 weeks for Westford Residents \$40
Circuit Training Thursdays for 8 weeks for Non- Westford Residents \$50
Circuit Training Thursdays for 8 weeks for Westford Residents \$40

FITNESS CAMP - Sign up at 978-692-5523 for 12 Week Sessions

Wednesdays at 1:30 p.m. in the Multipurpose Room
Fitness Camp Wednesdays for 12 weeks for Non- Westford Residents \$60

PING PONG — Drop ins are welcome

Mondays at 1:45 p.m. in the Card Room
Tuesdays at 3:30 p.m. in the Card Room
Fridays at 9:45 a.m. in the Card Room
* Other rooms may be used if available*

T'AI CHI — Sign up at 978-692-5523

8 Week Sessions Starting the first week in January
No Class on January 21 and February 18
Mondays at 1p.m. in the Card Room
T'ai Chi Mondays for 8 weeks for Non- Westford Residents \$40

YOGA — Sign up at 978-692-5523

8 Week Sessions Starting the first week in January
No Thursday Yoga Feb 21st—March 3rd
Tuesdays at 9 a.m. in the Card Room
Thursdays at 10 a.m. in the Card Room
Yoga Tuesdays for 8 weeks for Non- Westford Residents \$40
Yoga Thursdays for 8 weeks for Non- Westford Residents \$40

ZUMBA — Sign up at 978-692-5523

8 Week Sessions Starting the first week in January
Tuesdays at 8:15 a.m. in the Multipurpose Room
Thursdays at 9 a.m. in the Multipurpose Room
Zumba Tuesdays for 8 weeks for Non- Westford Residents \$40
Zumba Thursdays for 8 weeks for Non- Westford Residents \$40

WATERCOLOR CLASS

January 3—February 7

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.

VISION BOARD WORKSHOP

Three Thursdays January 10th, 17th and 24th from 6pm-8pm at the Cameron Senior Center. Create Dreams, Goals, & Intentions for 2019. Vision boards are a powerful tool to manifest the things that we want most in our life. They are a visual representation of the things we want and act as a constant reminder of the actions we must take to achieve our goals. January is a perfect time to refocus and set a time aside to visualize what you want to achieve our goals. January is a perfect time to refocus and set time aside to visualize what you want to create in 2019. In this workshop, we will set clear goals and intentions, let go of what is keeping us stuck, and learn how to invest in yourself and your future. Cost of the Class is \$35 and it includes all materials, guided exercises, coffee, tea, and water. Call 978 692 5523 to sign up.

PERFECT DENTAL Educational presentation by Perfect Dental on Friday, January 25th at 1pm sign up now at 978 692 5523.

TRIPS

Due to the unpredictability of weather in January, and February we will not be offering any trips. This is the great time to help plan the trips for the upcoming year. Send any ideas to Katie at krussell@westfordma.gov or call her at 978 399 2330. Please attend the presentations from the company's on what they think their best trips are. **Wednesday, January 9th at 10:30am** sign up at 978 692 5523.

We also will be going to Greece and Canada this year! 2019!

Discover Greece and Its Islands October 17th -31st 2019

Informational presentation about the trip on Thursday, February 21st, at 2:30pm

The Best of Eastern Canada June 11th -18th 2019

For more information on these trips ask Katie or pick up a packet in our welcome area.