

# WESTFORD COUNCIL ON AGING NEWSLETTER MARCH 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](http://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.



Town Meeting  
Saturday  
March 23rd-10am  
at Abbot School

## HAPPY HOLI

Wednesday, March 20th at 11am

Celebrate this wonderful holiday by wearing bright colors and join us as we travel to the exotic land through a dance concert that brings to life paintings and sculptures and tells stories from Indian mythology. A rich cultural experience with acclaimed Indian dance artist **Mouli Pal**. After the concert we will have an Indian lunch and a festive activity. **This program is supported in part by a grant from the Westford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Please call to sign up at 978-692-5523. Cost for this event will be \$5.00.**



## KEYSAFE COMES TO WESTFORD

Thanks to partnership with the Fire Department, Cummings Foundation, Cameron and Westford Ace Hardware

Do you live alone? Do you have a chronic medical issue and/or history of calls to 911? Does your medical condition result in difficulty making it to the door to greet first responders (history of seizures, falls, cardiac issues, etc.)? IF SO, YOU MAY BE A GREAT CANDIDATE FOR THE KEYSAFE PROGRAM. The social services/outreach staff will help to identify people who could benefit from a lock box where a house key can be kept outside. The Fire Department will install the boxes at requested homes (no income requirements). The emergency responders would then have a code to retrieve the key and open the door if it is locked, preventing the need to damage the home during an emergency response/wellness visit.

The full cost of a KeySafe is \$33.99 and our social service team will be offering subsidized KeySafes to those who have financial limitations and are more vulnerable thanks to our funding from the **Cummings Foundation and Westford Ace Hardware**. Please call Alison 978-399-2325 or Annette 978-399-2326 if you have a financial hardship and/or are interested in having a KeySafe installed by the Towns fire department. **Westford Ace Hardware located at 527 Groton Road** is offering a **20 percent discount** to Westford residents who wish to purchase a KeySafe and are age 60 and older. However, you must show a current driver's license or registered State I.D. when purchasing device.



## EASTERN MA SENIOR EIGHT BALL WESTFORD TRAVEL TEAM

*Takes Second Place in the League*

We are proud of our Eight Ball Travel Team which actually participated in this league for the first time this year and placed 2nd! If you are interested in playing with this team join them on Tuesdays & Thursdays AM to practice. Pictured (L-R) Tim Butler, Dave Wickens, Mike Preist, Peter Cina, Charlie Cormier. Not Pictured: Jerry Moscarillo

*Congratulations!*





**Middlesex Savings Bank** awards the Cameron \$15,000 and pic L-R Michel Kuza, Vice president of Community Relations & VP of Middlesex Savings Charitable Foundation, Barbara Upperman, President, Friends of the Cameron and Jennifer Claro, COA Director

#### Town Meeting, Middlesex Savings Bank donation and Greater Lowell Community Foundation grant...

In support of all that our vibrant older adults do for the Town ranging from serving on committees, volunteering one's time, and your continued interest and efforts in the evolution of Westford please don't forget **Town meeting on Saturday, March 23<sup>rd</sup> at 10 AM**. Because your presence is important at Town meeting our COA will be **providing free transportation** so call 978-692-2322 to book your ride with Chuck. Also, we will provide a 50% off Coupon for your selection of a boxed lunch for residents age 60plus to enjoy on Saturday during the meeting. To receive your coupon, stop by the Cameron and place your lunch order by no later than **Wednesday, March 21<sup>st</sup> at noon**. Your reserved lunch will be available for you to pick up in the cafeteria at Town Meeting. Much good news as we recently learned of new funding support for our center. In December, we learned that **Middlesex Savings Bank Charitable Foundation was donating \$15,000** to the Friends of the Cameron. We are so appreciative of Middlesex Savings Bank for selecting the Cameron as one of eighty-six organizations which only included Council on Aging's, libraries and food pantries for donations between \$10,000-\$20,000. I am glad to share that our favorite food pantry, the **Westford Food Pantry** was a recipient of **\$20,000** and the Friends of the Fletcher Library also received a donation. What a community investment Middlesex Savings Bank has given to Westford and we are so grateful.

Also, we were pleased to learn that are funding application to the **Greater Lowell Community Foundation** I/A/O \$4000 was awarded and these funds will be used to provide additional transportation options to our increasing ridership. **So, please fill out the transportation survey** found inside your March newsletter, so we can better plan and support your current and future transportation needs. Looking forward to **Spring** together and I hope to see you at Town Meeting,

Jennifer

## Friends Corner

### MARCH is MEMBERSHIP MONTH!

Now's the time to renew your membership in the Friends of Cameron Senior Center for the coming fiscal year. Doing so will help us continue funding many programs and activities at the Cameron and provide other support available to seniors in the community. For example, the Friends sponsor Cameron exercise programs, such as: Aerobics, Basic Zumba, Cameron Fitness Camp, Chair Movement, T'ai Chi & Yoga – so they are **FREE** to Westford seniors. The Friends also sponsor annual special events such as the Sweetheart Luncheon, Holiday Lunch at Westford Regency and the Gay Nineties Celebration – plus, monthly men's and women's breakfasts. Additionally, the Friends periodically supply needed equipment for the Cameron, such as the Bingo board, a microwave oven, toaster, coffeemaker and magnifying lamp. We also provided funds to help needy seniors with emergency dental and medical services and monies to re-upholster the couch in the Cameron Welcome Area. Also, the Friends operate and maintain *Trudy's Boutique*, year-round, for everyone's shopping pleasure.

To continue ongoing support for the Cameron, we need your volunteerism, contributions and membership! Join the Friends and make a difference!

### SPECIAL THANKS

A very BIG thank you to all the volunteers – sorters, shop staff, those who restock inventory – in short, all who make *Trudy's Boutique* an excellent shopping experience. We continually receive compliments from visitors to the Cameron about the excellent quality and variety of affordable merchandise and gifts available for home, family and friends. If you'd like to be part of *Trudy's Team*, please let us know! There's a place for you!

### *Trudy's Boutique* THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

COMING SOON  
CATS!

*CLEAN, USABLE DONATIONS ALWAYS APPRECIATED!*

### **Volunteers Wanted!**

Do You Like To...or Can You Help:

- \* Broaden our reach and attract new or recently-retired seniors to the center
- \* Brainstorm innovative fundraising ideas or projects
- \* Research grants, crowdfunding, or other revenue-generating programs
- \* Other ideas? We welcome *YOURS!*

**To our Trudy volunteers- Please call Barbara Upperman at 978-808-1386 if you can't make your shift so she can find someone to cover during needed time(s). Thank you for your help and dedication to the shop and our Cameron center.**

### COFFEE O'CLOCK WITH JIM PIECEWICZ, NORTHERN BANK BRANCH MANAGER



Topic: **What is the difference between an equity line and reverse mortgage?** Join Jim and his mortgage specialist over a cup of coffee in the library on Wednesday, March 13<sup>th</sup> and 10AM... Please bring your questions on this confusing mortgage topic. Each month Northern Bank will be with us to educate participants on various financial issues so feel free to let Katie and/or Jim know what topic is an interest to you.

### HOW TO SET UP AN EMAIL WITH STEVE WIRCH FROM I.T. DEPT Wednesday, March 20<sup>th</sup> at 10am

Meet Steve from our town IT department he will be teaching a class on how to set up an email address. Laptops will be provided for this class. Please sign-up at 978-692-5523.



### WRITE YOUR STORY INTO A BOOK

**Starting Tuesday, March 19<sup>th</sup> at 2pm –4pm** Your story is worth telling! No one can tell it better than you. If you've never written before, don't worry. You'll receive guiding questions to bring out your inner stories. TAKE THIS JOURNEY! Who are you as a person? How did you become who you are today? What will you discover about yourself? It will be an eye-opening by simply revisiting your life intentionally and a deep healing and reconciling experiences as a by-product of writing your story. This can be a healing and renewing process – one of great spiritual discovery. Find self-identity, meaning and purpose, Heal old wounds, clear up misunderstandings, lessen the pain of a secret hurt. MAKE YOUR BOOK At the end of the class, you'll have a bound book to share with your loved ones: children, grandkids or friends as a precious gift. The class is two 24-week commitments (Spring and Fall, each 12 weeks): Early Years (9 weeks), Middle Years (10 weeks), Later Years (5 weeks), Putting it all together to make your book (2 weeks) Class Size: Minimum of 8 to a maximum of 13 (with confidentiality secured) Dates: Meets weekly from March to June (Every Tuesday) Instructor: Pastor Seok-Hwan Hong, Ph.D. Questions: 401-585-7027 or hongdom@gmail.com Sign up at 978-692 -5523.

### 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.

### 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.

## DINING OPTIONS

**ALL LUNCHEAS 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. **March lunches**

Wednesday, March 6th Tuna or Egg salad sandwich and Soup

**Wednesday, March 13th Boiled Dinner Served Family Style \$5.00**

**Wednesday, March 20th No Wed. Lunch instead See Page 1. Happy Holi**

Wednesday, March 27th Shepherds Pie

### BIRTHDAY CELEBRATION

**Thursday, March 28th at 12:30 p.m.**

Come Celebrate the March Birthdays! Lunch is prepared by the students of the Elegant Chef restaurant at Nashoba Tech followed by cake and ice cream that will be sponsored by **Keller Williams**. Please call in advance to register at 978-692-5523. Cost is \$5 and birthday celebrants is free **March Meal Choice** is ~ Stuffed Chicken

### ELEGANT CHEF LUNCHEON

**Monday, March 11th 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. Three business days notice please RSVP 978-692-5523. **March menu selections: Chicken Piccata or Salmon. Cost: \$10.**

### RESTAURANT REVIEW ~ Dutch Treat!

3/27 - 11:30 AM Join others for lunch at *The Elegant Chef, at Nashoba Tech School (Cash Only), 100 Littleton Rd, Westford*. When you arrive you can check in under "Westford Senior Center". RSVP 978-692-5523. Bon Appétit.

### MEN'S BREAKFAST

**Tuesday, March 12 at 8 a.m.** David Brody will be giving an update on the Westford Knight. Sign up at 978-692-5523.

### WOMEN'S BREAKFAST Monday, March 18, at 9 a.m.

**Topic: Cosmetic dermatology & laser surgery**

Dr. Melissa Michelon a board certified general dermatologist from DermCare in Chelmsford. Sign up at 978-692-5523

### LUNCH AND LEARN

**Friday, March 8th at 12:15 p.m.**

Both the lunch and the learn will be sponsored by **Northern Bank**. Topic: Ten Must Know Financial Tips. Sign up at 978-692-5523

### Bridge New to C.S.C.

If you've been upstairs at the CSC on Thursday's, you've likely encountered the Bridge Group. The group was born over a year ago when Siulam Lee volunteered to teach a fellow ping-pong player the game of bridge. Gradually additional CSC bridge players joined the group. Thanks to the support of Katy and the CSC which purchased duplicate bridge supplies, there is now a weekly duplicate game. The game welcomes players of varying levels and follows relaxed rules. Since many of the players are still novices or just returning to bridge after many years, bidding meanings and advice are openly discussed at the table. While there is no lesson at these games, Siulam is an ACBL certified bridge director and he is available to answer questions. The games are held every Thursday from 3:30 to 5:30 in the card room.

## FUN FRIDAYS

### COME ONE! COME ALL! MEET THE MUSIC MAKERS

**Friday, March 29th at 12:30 PM.** We'll have music, trivia, and lunch! We hope that you can attend. We'll look forward to seeing you. And, if you enjoy making music with others and can carry a tune, drop in on Fridays at 9:00 AM and give it a try. Sign up at 978-692-5523.

### PARADE PIZZA POSTER PARTY! – 4/26, 12:00

We know that the Cameron Senior Center is a SPECIAL part of the Westford Community and we want others to know it too! So, get your marching shoes ready to join us in the **Apple Blossom Parade in May**. Our hope is to organize a large group of seniors and staff to proudly carry a banner and posters in the parade. Come to this party to create your poster and brainstorm other ideas for this fun event. Any questions see Katie, Martha, Annette or Alison. Sign up at 978-692 5523

## HEALTH AND WELLNESS

### HEARING SCREENING

**Monday, March 11, at 9:30 a.m.**

Dr. Megan Ford from HearSmart Audiology of Littleton and Dr. Julie Breault in Littleton, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the 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](mailto:veronica@greatkneads.com).

### WESTFORD HEALTH DEPARTMENT OFFERS:

#### BLOOD PRESSURE & MORE

**Tuesday, March 12th at 9 a.m. at the Cameron Senior Center**

Health screenings including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns.

### DIABETIC SHOE CLINIC

**Tuesday March 26th at 1:30p.m .**

First, See Katie to set up your appointment and to get the needed form for your doctor to complete. Do Not forget to bring your Medicare card & other insurance cards and your completed form to your appointment. Please call Katie at 978-399-2330.

**Don't forget spring  
forward!  
Sunday, March 10th**

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

**BINGO/HOT DOG/BURGER NIGHT 3/7 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 for a hotdog and burger combo. Simply pay at the front desk when you arrive. Bingo starts at 7:00.

**BOOK CLUB – 3/19 at 6:00 PM**

Join us in our cozy library for our monthly discussions. We will be reviewing *The Blue Bistro*, by Elin Hilderbrand to help get us in the mood for summer! Please see Annette for a book.

**CAMERON MOVIE NIGHT –3/21 at 4:30 PM**

Join us for the movie *OCEAN'S 8*, an American heist comedy film starring Sandra Bullock. For \$3.00 you get a movie, popcorn, drink, light meal and dessert. Please call to sign up at 978-692-5523 three days prior to the movie for food shopping.

**UNDERSTANDING MENTAL HEALTH – 3/28, 6:00 PM**

Lowell General will be offering this free program to our center. Mental health issues are common in at least one out of every five people. In most cases, they are manageable and with the right kind of help, most people who experience these difficulties can live happy and successful lives. Join us to learn about the basics of mental health—signs & symptoms, myths vs. facts, and various forms of treatment. Please sign up at 978-692-5523 by 3/25.

**INTRODUCTION TO REIKI – 4/9, 4:00PM**

**Kathy Benson, LICSW** presents the benefits and basic techniques of Reiki. Reiki is a powerful, safe and effective healing technique that can be used for stress and pain reduction, relaxation, and promotes healing. Reiki is used in hospitals during illness, after injuries, and for pain management. Many people find Reiki to be enormously beneficial in their professional and personal lives including parents, caregivers and health care providers. If time permits, Reiki will be performed on those attending, that request the experience. **Nashoba Nursing Service & Hospice** offers this FREE program to our center. Please sign up by 4/5, 978-692-5523.



**The Aging Mastery Program® coming to Cameron thanks to funding from the Cummings Foundation**

The Aging Mastery Program® (AMP) offers community-based organizations a clear path to engage older adults and address the physical, financial, and emotional wellness of older adults. First piloted nationally in five senior centers, AMP incorporates evidence-based materials, expert speakers, group discussion, and peer support to give participants the skills and tools they need to achieve improvements in their health and economic security. This 10 week program aims to empower older adults to make and maintain small, impactful changes to their behaviors to live a healthier, happier, and more secure life. Coming to Westford Tues. April 23<sup>rd</sup> – June 25<sup>th</sup>, from 4:00 – 6:00 pm. The cost per person is \$30 for the materials and speaker series (actual value is \$60/person). Any questions please contact Annette, 978-399-2326. **Deadline to sign up is by March 26<sup>th</sup> so that supplies may be ordered.**

**INTERGENERATIONAL PROGRAMS:  
CONNECTING PEOPLE OF DIFFERENT AGES**



**ALEBRIJES FROM OAXACA, MEXICO**

Armando Jiménez Aragon and his son Alejandro, two famous Zapotec alebrije woodcarving artists from Oaxaca, Mexico, will be visiting the Cameron on **March 5<sup>th</sup> from 4:00 to 6:00 P.M.** See how they craft their figures from copal wood similar to the ones in the recent Disney animated film *Coco*. The art was passed down to them from Armando's grandfather, one of the originators of the art form. They have traveled throughout the United States and Mexico giving presentations and workshops of their award winning work. They may offer some of their work at the presentation for sale. Sign up at 978-692-5523.

**FAMILY MOVIE \*COCO\* - New date 4/16, 2:00 PM**

In an exciting partnership with Roudenbush Community Center we are offering an intergenerational opportunity for folks of all ages to enjoy an early evening out together. Come lift your spirits during these winter months to watch this 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 April 11<sup>th</sup> at 978-692-5523.

**Volunteer  
Opportunities**

**ACORN TO OAKS—MAKING A DIFFERENCE**

Starting in March we will be collaborating with the Roudenbush Frost School in a reading program once a month. The first session will be Monday March 25<sup>th</sup> at 9:30am I am looking for volunteers who would be willing to read children's books to the class rooms. If you are interested in volunteering please contact Katie at 978-399-2330 or at [krussell@westford.ma.gov](mailto:krussell@westford.ma.gov).

**PEN PALS:**

In April we will be starting a Pen Pal Program in collaboration with the Westford Rec. Dept. after school program. More information will be available in April but if you are interested in being a pen pal to a child for 6 weeks please sign up at 978-692-5523. If you have any questions please Contact Katie at [krussell@westfordma.gov](mailto:krussell@westfordma.gov).

**LETS PLAY GAMES:**

The Community Club at the Stonybrook Middle school will be coming once a month to play a variety of fun games. Call 978-692-5523 to sign up. **Thursday, March 7<sup>th</sup> at 2:30p.m.**

**HANDYMAN POLICY UPDATE:**

Please know that due to the growing number of seniors we serve in Westford and the limited number of volunteer handymen available, we are instituting changes to our current program. We will reserve the right to limit each Westford household to one handyman request per quarter. Please prioritize your requests. We do our best to accommodate the job requests however we can not guarantee all requests will be met. Also, we do require all people seeking assistance to sign a liability waiver release form prior to the handyman doing the task. Our handymen are available to do small odd jobs that do not require permits, i.e. moving patio furniture, putting small portable air conditioners in the window, etc. For more information please contact our Outreach Worker, Annette at 978-399-2326.

**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**

Ridership has increased and transportation schedules are getting tight. We would love to fill each and every one of your transportation needs. To give us a better chance of getting you where you want to go we ask that you be flexible in your schedules and call for a reservation at least 48 hours prior to your appointment. Odds will be much better if scheduled within that time frame.

With our first priority being rides to medical appointments, our transportation services will also take you to local errands, and each and every Cameron Senior Center sponsored activity.

Here are some additional transportation highlights:

\*Vans run Monday thru Friday 8:00 – 3:30

\* Bingo every Monday afternoon at 1:00 and every Thursday at 6:45

\* Monthly excursions to who knows where – more to come

\* Round trip suggested donations within Westford is \$3.00

\* Round trip suggested donations to Chelmsford, Acton, Groton, Littleton, and Carlisle is \$6.00

\* Round trip cost to Ayer, Concord, Lowell is \$8.00

\* 15 minute rule: We ask that you be ready 15 minutes before your scheduled pickup time and understand that we may pick you up 15 minutes after your pickup time.

\* Don't forget to get your free 10<sup>th</sup> ride punch card from driver

\* For same day appointment changes please call front desk at 978-692-5523

\* When leaving a message please be sure to leave **YOUR NAME, YOUR PHONE NUMBER, DATE, TIME AND LOCATION OF YOUR APPOINTMENT.** Please give Chuck a call at 978-399-2322 to get your seat on the van.

**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](http://www.westfordma.gov/coa). Click on: Services/Programs and then click on: Support Groups.

**BEREAVEMENT SUPPORT – 3/12, 6:00 p.m.**

Join us on for Healing Conversations. Offering Friendship, Understanding and Hope with suggestions/techniques to help manage your grief. **Healing Conversations** is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. This program is facilitated by Kathy Benson, LICSW at Nashoba Nursing Service & Hospice. Handouts and light refreshments available. This is a free community health program open to the public.

**ALZHEIMER'S & RELATED DEMENTIAS****CAREGIVER SUPPORT GROUPS**

Wednesday, March 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.

**VETERANS SERVICES****Thursday, March 14th at 11a.m.**

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>

**ASK THE OFFICER**

**Thursday, March 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, March 11th, at 10 a.m.** Local real estate agent **Kathy Cunningham of Coldwell Banker.** Call: 978-692-5523 for an appointment.

**SHINE APPOINTMENT****Monday, March 11th at 12:30p.m.**

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

**ASK THE LAWYER****Tuesday, March 12th 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 – 3/20**

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 3<sup>rd</sup> 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.

**REAL ESTATE TAX EXEMPTIONS**

There are several tax exemptions you may qualify for to help reduce your tax burden. From Nov. 1<sup>st</sup> until April 1<sup>st</sup> 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.

**T.R.E.A.D.** -Applications will be available at the Senior Center in May this year and will be **DUE ON AUGUST 1<sup>st</sup>**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee will meet to determine awards in December 2019. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325 or Annette Cerullo at 978-399-2326.

**SENIOR TAX WORK**-Tax Work applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program to work in a Town department in exchange for \$1,500.00 (minus federally mandated deductions) reduction in your FY 2020 real estate tax bill. You must submit a NEW application if you are interested in being placed this year, even if you have participated in the past. We will be using a lottery for first time applicants and then repeat applicants. Applicants must be 60+ years old, own and occupy the property for which Westford taxes are paid. **This year, those with a signed medical exemption can assign a family member or friend to do the work for them. Only one member of a household is eligible. Applications must be submitted to the Senior Center by May 1<sup>st</sup>.** The lottery will take place in May. If you have questions about the program or need a medical exemption form, please call Alison Christopher at 978-399-2325.

**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. April is the last month to apply.

**WHAT IS OUTREACH?**

**By: Annette, Outreach Coordinator**

The Social Services department is here to assist you with problem solving, finding resources and offering support. We can make home visits and have office hours. We respect your privacy and interactions are kept confidential. If you would like to speak with the Social Worker call Alison at 978-399-2325 or the Outreach Worker, Annette at 978-399-2326.

**MARCH IS SOCIAL WORK MONTH!** I absolutely love being your social worker. Please stop in and say hi, ask a question, let me know if there are any social work programs that you'd like to see at the center. I'm here to provide assessment, support, referrals, case management, and crisis intervention. I look forward to seeing you all this month and every month of the year!  
-Alison

**Do you know about EXTRA HELP?** The Medicare Low-Income Subsidy (LIS), also known as "Extra Help," gives low-income Medicare beneficiaries help with Medicare Part D prescription drug costs. LIS can easily save individuals with costly prescriptions thousands of dollars per year by helping with premiums, deductibles and co-pays. Despite these major benefits, many people who qualify for LIS have not enrolled. **1. People with Medicare can enroll in LIS at any time in the year.** Applications can be completed online at the Social Security website<sup>1</sup> or in person at any Social Security office. Enrollment usually does not require producing documents like bank statements or insurance policies. **2. LIS coverage lasts until the end of the year, even for those who no longer qualify for Medicaid.** This can be particularly helpful for older adults with a Medicaid share of cost. If they meet their share of cost even once, they qualify for LIS for the rest of the year. If they meet it in July or later, they qualify for LIS for the rest of that year and all of the next year. **3. People with LIS can change Part D plans and MA-PD plans at any time without a penalty.** They do not have to wait for an open enrollment period. This can be helpful for clients who have recently been diagnosed with a chronic condition or who have changed prescriptions and find that the formulary of their current plan does not meet their needs. **4. LIS is not subject to estate recovery.** Many seniors are fearful of applying for Medicaid because estate recovery laws may allow states to recoup some costs from their estates. The LIS is different. There is no estate recovery for LIS costs. Federal law does not permit states or the federal government to collect money from your client's estate for LIS costs. Medicare Savings Programs (QMB, SLMB and QI) also are exempt from estate recovery. **5. People with full LIS qualify for a \$10 a month Social Security overpayment plan.** It is not uncommon for clients to owe Social Security for an overpayment of benefits. When this happens, clients often find that a large portion of their Social Security benefit is being deducted to pay back the debt. If your client has LIS, however, the client can request that Social Security take out only \$10 a month. <sup>2</sup> Social Security is required to automatically honor the request when it is made.

**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.

**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.

# The Atrium

at Drum Hill

A Benchmark Senior  
Living Community  
For Memory Impaired

978-934-0000

2 Technology Dr • N Chelmsford



"The People  
With a Heart"

**Personal-Touch**  
HOME HEALTH SERVICES

SKILLED HOME CARE PRIVATE  
SERVICES

978-251-0170

www.pthomecare.com

68 Tadmuck Rd, Unit 5, Westford, MA



Commitment to excellence in the community for over 40 years

- Adult & Pediatric specialties include Cornea, Glaucoma, Retina, Oculoplastics and Neuro-Ophthalmology
- Routine, Emergency, Medical & Surgical Eye Care, including Cataract Surgery
- Surgery performed at the new Surgery Center in Chelmsford as well as Waltham or at Emerson Hospital

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  
Arlington, MA 0247  
781-648-1620



WE BUY  
BONE CHINA TEACUPS

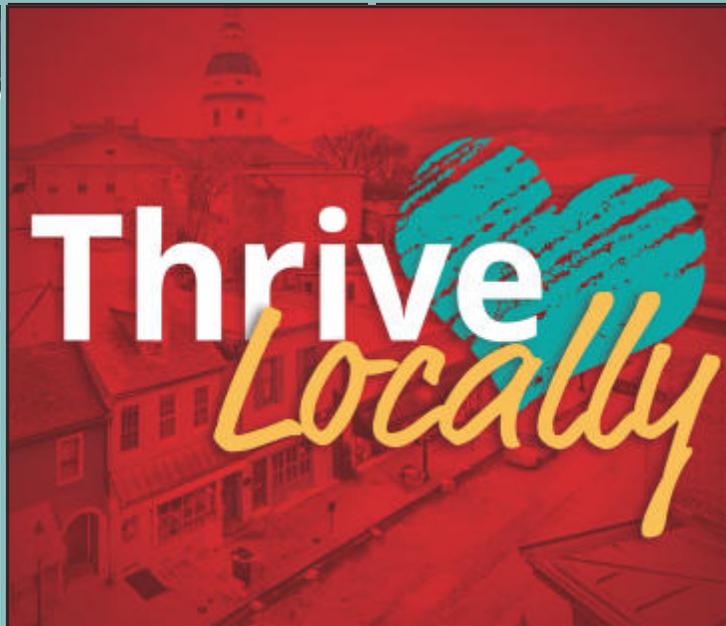
978.808.7240

Westford, MA

Check Your Attic!



THIS SPACE IS  
**AVAILABLE**



The *St. Martin* Team  
Realtors Showing You The Way.



LAER Realty Partners  
Colleen Murphy  
508-344-6665

Info@StMartinTeam.com

www.StMartinTeam.com

DON'T SHOP. AD PAW PT.



HELP PROTECT  
YOUR FAMILY & HOME  
CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

LET US carry  
YOUR MESSAGE  
TO Senior  
THE Community

For Advertising Information Call  
800-477-4574



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Westford COA, Westford, MA

06-5200

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>TECHNOLOGY HELP WITH VAMSI VETSA</b>  <b>Appointments:</b> 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.</p>				<p><b>1</b>                      Aerobics 8:30                      Music Makers 9:00                      Ping Pong 9:45</p>
<p><b>4</b>                      Quilting Club 9:30                      Bone Builders 9:30                      Open Art Studio 12:00                      T'ai Chi 1:00                      Busy Fingers 1:00                      BINGO 1:00                      PING PONG 1:45</p>	<p><b>5</b>                      Zumba 8:15                      Billiard Players 8:30                      Yoga 9:00                      Watercolor Club 10:00                      Upbeat Band 10:15                      Chair Movement 10:15                      Bone Builders 2:00                      Ping Pong 3:30                      Tech Help with Vamsi 3:30  <b>Wood Carving Artists 4:00</b>                      Circuit Training 4:30</p>	<p><b>6</b>                      Aerobics 9:15                      Bone Builders 9:30                      Lunch 12:00                      Busy Fingers 1:00                      Cribbage 1:00                      Fitness Camp 1:30  <b>Alz. Spt. Group 6:30</b>                      Train Club 7:00</p>	<p><b>7</b>                      Billiard Players 8:30                      Zumba 9:00                      Yoga 10:00                      Watercolor Class 10:00                      Chair Movement 10:00                      Hand &amp; Foot 12:30                      Bone Builders 1:00                      Watercolor Class 1:00  <b>Play Games 2:30</b>                      Circuit Training 3:30                      Bridge 3:30  <b>Hot Dog &amp; Burger Night 5:00</b>                      BINGO 7:00</p>	<p><b>8</b>                      Aerobics 8:30                      Music Makers 9:00                      Ping Pong 9:45  <b>Lunch and Learn 12:15</b></p>
<p><b>11</b>                      Quilting Club 9:30  <b>Hearing Clinic 9:30</b>                      Bone Builders 9:30  <b>Ask the Realtor 10:00</b>  <b>Elegant Chef 11:30</b>                      Open Art Studio 12:00  <b>SHINE 12:30</b>                      T'ai Chi 1:00                      Busy Fingers 1:00  <b>BINGO 1:30</b>                      PING PONG 1:45</p>	<p><b>12</b>  <b>Men's Breakfast 8:00</b>                      Zumba 8:15                      Billiard Players 8:30  <b>Blood Pressure 9:00</b>                      Yoga 9:00  <b>Ask the Lawyer 9:30</b>                      Watercolor Club 10:00                      Thrive 7 10:00                      Upbeat Band 10:15                      Chair Movement 10:15                      Bone Builders 2:00                      Ping Pong 3:30                      Tech Help with Vamsi 3:30                      Circuit Training 4:30  <b>Bereavement Support 6:00</b></p>	<p><b>13</b>                      Aerobics 9:15                      Bone Builders 9:30  <b>Coffee O'Clock 10:00</b>                      Lunch 12:00                      Busy Fingers 1:00                      Cribbage 1:00                      Fitness Camp 1:30  <b>COA Bd. Mtg. 4:00</b>                      Train Club 7:00</p>	<p><b>14</b>                      Billiard Players 8:30                      Zumba 9:00                      Yoga 10:00                      Watercolor Class 10:00                      Chair Movement 10:00  <b>Friends Bd. Mtg. 10:00</b>  <b>Ask the Officer 11:00</b>  <b>Veterans Services 11:00</b>                      Hand &amp; Foot 12:30                      Bone Builders 1:00                      Watercolor Class 1:00                      Circuit Training 3:30                      Bridge 3:30                      BINGO 7:00</p>	<p><b>15</b>                      Aerobics 8:30                      Music Makers 9:00                      Ping Pong 9:45</p>
<p><b>18</b>  <b>Woman's Breakfast 9:00</b>                      Quilting Club 9:30                      Bone Builders 9:30                      Open Art Studio 12:00                      T'ai Chi 1:00                      Busy Fingers 1:00                      BINGO 1:00                      PING PONG 1:45</p>	<p><b>19</b>                      Zumba 8:15                      Billiard Players 8:30                      Yoga 9:00                      Watercolor Club 10:00                      Thrive 7 10:00                      Upbeat Band 10:15                      Chair Movement 10:15                      Bone Builders 2:00  <b>Write your Story 2:00</b>                      Ping Pong 3:30                      Tech Help with Vamsi 3:30                      Circuit Training 4:30  <b>Book Club 6:00</b></p>	<p><b>20</b>                      Aerobics 9:15                      Bone Builders 9:30  <b>Email Class 10:00</b>  <b>Tax Relief Help 10:30</b>  <b>Happy Holi Event 11:00</b>                      Busy Fingers 1:00                      Cribbage 1:00                      Fitness Camp 1:30                      Train Club 7:00</p>	<p><b>21</b>                      Billiard Players 8:30                      Zumba 9:00                      Yoga 10:00                      Watercolor Class 10:00                      Chair Movement 10:00                      Hand &amp; Foot 12:30                      Bone Builders 1:00                      Watercolor Class 1:00                      Circuit Training 3:30                      Bridge 3:30  <b>Movie Night 4:30</b>                      BINGO 7:00</p>	<p><b>22</b>                      Aerobics 8:30                      Music Makers 9:00                      Ping Pong 9:45</p>
<p><b>25</b>                      Quilting Club 9:30                      Bone Builders 9:30                      Acorn to Oaks 9:30                      Open Art Studio 12:00                      T'ai Chi 1:00                      Busy Fingers 1:00                      BINGO 1:00                      PING PONG 1:45</p>	<p><b>26</b>                      Zumba 8:15                      Billiard Players 8:30                      Yoga 9:00                      Watercolor Club 10:00                      Thrive 7 10:00                      Upbeat Band 10:15                      Chair Movement 10:15  <b>Diabetic Shoe Clinic 1:30</b>                      Bone Builders 2:00  <b>Write your Story 2:00</b>                      Ping Pong 3:30                      Tech Help with Vamsi 3:30                      Circuit Training 4:30</p>	<p><b>27</b>                      Aerobics 9:15                      Bone Builders 9:30  <b>Restaurant Review 11:30</b>                      Lunch 12:00                      Busy Fingers 1:00                      Cribbage 1:00                      Fitness Camp 1:30                      Train Club 7:00</p>	<p><b>28</b>                      Billiard Players 8:30                      Zumba 9:00                      Yoga 10:00                      Watercolor Class 10:00                      Chair Movement 10:00                      Hand &amp; Foot 12:30  <b>Birthday Lunch 12:30</b>                      Bone Builders 1:00                      Watercolor Class 1:00                      Circuit Training 3:30                      Bridge 3:30  <b>Understanding Mental Health 6:00</b>                      BINGO 7:00</p>	<p><b>29</b>                      Aerobics 8:30                      Music Makers 9:00                      Ping Pong 9:45  <b>Meet the Music Makers 12:30</b></p>



# DOLAN FUNERAL HOME

James F. Dolan **978-251-4041** James F. Dolan II

[www.dolanfuneralhome.com](http://www.dolanfuneralhome.com)

106 Middlesex Street  
North Chelmsford
Pre-Planned  
Funeral Counseling

TRANSPORTATION SURVEY  
FEBRUARY 2019

If vans ran on the weekends:

- Would you be likely to take advantage of weekend van service?
- Where would you want to go?
- When would you want to go?

We will be transporting clients to Concord two days a week, what days would be best for your doctors?

Extended evening hours:

- Are there times when you need transportation after 4:00?
- Where would you need to go? Please list below:

\_\_\_\_\_

\_\_\_\_\_

If vans could be available until 7:30p.m. on Tuesdays and Thursdays would you take advantage of that service?

Transportation options:

If we could not accommodate your transportation need would you be willing to use an Uber or Lyft if we booked the ride?

If a subsidy was available to help with an Uber or Lyft would you use this service?

Are there times you need transportation but do not meet the 48 hour notice for COA van? Please circle one Yes      No  
Where would you need to go?

Are there locations you need to go to that the COA van currently does not go to?  
Please circle one      Yes      No

If yes, what locations? \_\_\_\_\_  
\_\_\_\_\_

Would you be interested in taking the COA van to a Tuesday afternoon movie in Littleton?  
Please circle one      Yes      No

Other Suggestions:

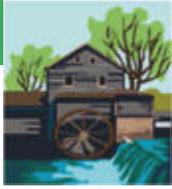
[www.chelmsfordfuneralhome.com](http://www.chelmsfordfuneralhome.com) (978) 256-5251



**Blake**  
**CHELMSFORD**  
FUNERAL HOME & CREMATION SERVICE

24 Worthen Street, Chelmsford, Massachusetts





## Independent Living • Assisted Living • Memory Care • Respite Care

**RIVERCOURT  
RESIDENCES**

**Proudly serving seniors and the community for 15 years**

Spacious private or companion suites • Fine Dining • Housekeeping • Laundry  
Transportation • Personal Care • Medication Management

Social, Health and Wellness programs • 24/7 Certified Staff

[www.rivercourtresidences.com](http://www.rivercourtresidences.com) - Call for a tour **978-448-4122** - 8 West Main St., Groton, MA



"Promoting Independence  
and Quality of Life"

**978-256-2468**

Companionship • Personal Care • Dementia Care

Owner: Daniel Patterson • [dpatterson@comforcare.com](mailto:dpatterson@comforcare.com)  
978-256-2468 • [www.comforcare.com/massachusetts/westford](http://www.comforcare.com/massachusetts/westford)



Collision Repair • Computerized Measurement  
Rental Cars • Certified Techs

**"Free Local Pickup & Delivery"**

**978-577-6188 • 496 Groton Rd., Westford**



**Dwayne B. Baharozian, MD**

Board Certified Ophthalmologist  
Certified Refractive Surgeon

- Routine and emergency eye care
- Treatment of eye diseases
- Cataract surgery
- Laser Vision Correction
- On-premise optical gallery
- Contact lens services

**978.692.1400**

[www.familyeyeMD.com](http://www.familyeyeMD.com)



5 Cornerstone Square | Westford, MA 01886

• *Serving our community since 1995* •

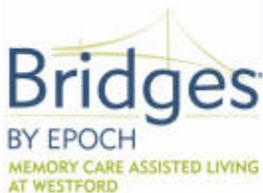
► Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

**Lisa Templeton to place an ad today!**

[ltempleton@lpiseniors.com](mailto:ltempleton@lpiseniors.com)

or (800) 477-4574 x6377



INSPIRING MEMORY CARE

**978.226.1094**

View Upcoming Events:  
[www.BridgesbyEPOCH.com](http://www.BridgesbyEPOCH.com)

108 Littleton Road | Westford

Mass Relay 711



*We  
keep you  
moving!*

## Muscles are what make you move.

Healthy muscles feel good when moving your body.  
Massages at MassageMore make your muscles feel good  
and they keep you moving.

**MassageMore**

*A trusted name in Acton, Carlisle & Westford for 5 years*

**930 Main St # 103, Acton • 978-929-9900 • [www.massagemore.biz](http://www.massagemore.biz)**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Westford COA, Westford, MA

06-5200

# COUNCIL ON AGING

20 Pleasant Street, P.O. Box 2223  
Westford, MA 01886-5323

PRESORTED  
STANDARD  
US POSTAGE  
**PAID**  
WESTFORD, MA  
PERMIT NO. 202

## Change Service Requested



### CAMERON IS ON THE WEB

Visit our website at  
[www.westfordma.gov/coa](http://www.westfordma.gov/coa)

To receive our monthly  
newsletter notification via email,  
go to the town website and click on  
“Notify Me” then type in your email to sign in  
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  
[lynnmroderick@aol.com](mailto:lynnmroderick@aol.com)

#### Hours

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

#### MARCH FOOD PANTRY HOURS:

- **Monday: March 4, 18** from 1:30 - 3:30 p.m.
- **Wednesdays: March 6, 20** from 8:30 - 11:30 a.m. and  
**March 6, 13, 20, 27** from 6 - 8 p.m.
- **Thursdays: March 7, 21** from 9:30 - 11:30 a.m.
- **Fridays: March 1, 8, 15, 22, 29** from 8:30 - 11 a.m.
- **Saturdays: March 2, 9, 16, 23, 30** from 9 - 11 a.m.

### BOARD MEETINGS

**COA Board**— Wednesday, March 13th, at 4p.m.  
**Friends of Cameron** – Thursday, March 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  
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  
Pat Reppucci, Vice President  
Chris Kuntz, Secretary  
Kevin McGuire, Treasurer  
Frances Kosenko, Asst. Treasurer  
Gail Austin  
Helena Crocker  
Paul Fassbender  
Joan Greenwood  
Marcel Lacombe  
Pat Leathers  
Dick Severyn  
Don Wilt