

# WESTFORD COUNCIL ON AGING NEWSLETTER SEPTEMBER 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)

## SEPTEMBER ~ CELEBRATING NATIONAL SENIOR CENTER MONTH!

**LIVE THEATER SHOW – “ISABELLA”, Friday, September 20 at 1 p.m.**

**Delvena Theatre Company** will be with us again this year for another live theatrical edutainment production written by Fran Baron. The show will feature Fran Baron as Isabella and Lynne Moulton as her maid Lottie. Step back in time and meet Isabella Stewart Gardner, the famed founder of our own Gardner Museum in Boston. Learn about her life, charm, friends and acquaintances, travels, stylish taste and unconventional behavior! The cast will be open to the audience for discussion regarding Isabella after the performance. As always, we will have a celebration with root beer floats following the show. A fun time for all! **Please call 978.692.5523 to sign up for this FREE show.** 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.

## END OF SUMMER PARTY AT EAST BOSTON CAMPS

Canoeing, archery, water balloon toss, Cameron UPBEATS Band, BINGO/prizes, great company with guests from our Recreation and Health Departments leading activities and doing tick checks just in case...Transportation will be provided for those who need a ride and/or do not wish to walk from their vehicle from lower parking areas. We have the campgrounds all to ourselves so come and enjoy some delicious eats which will include: pulled pork sandwich, coleslaw, chips an assortment of homemade cookies and brownies, watermelon, drinks which will be served in the dining hall. A lot of fun so join us on **Friday, September 13<sup>th</sup> from 11:30a.m.-3:00p.m.**

Please RSVP to 978-692-5523. Transportation available just call Chuck at 978-399-2322. Cost: Friends Members age 55+ - \$6 and Non-Friends 55+ - \$10.

**Event sponsors:** The Cummings Foundation, Greater Middlesex Savings Bank Charitable Foundation, Conservation Commission and Conservation Department



## COMMUNITY BREAKFAST BENEFITTING THE CAMERON

**Retire from one occupation...started another and succeeded. Featured Speaker: Andrew Kusman, “Retired Dentist now Artist”**

**Wednesday, October 16th, 2019 8:30 a.m.** at First Parish Church, United Ticket price- \$15 Westford Residents age 55+ - \$10 Friends of the Cameron Members: \$6 and/or (first 40 Friend Members sign-ups free) \*Tickets can be purchased at the Cameron (20 Pleasant St., Westford) and credit cards accepted. For questions please call: 978-692-5523

## NUTRITIONIST FROM EMERSON TO BE A PART OF WORLD PEAS DISTRIBUTION DON'T MISS!

Emerson will have one of their nutritionists providing informational recipes and educational information about the produce that will be available for the WorldPEAS distribution **Thursday, Sept.19th and October 3rd at 12:30.** Don't miss out on purchasing a share of locally and organically grown produce for \$3. If interested, please see our receptionist starting at 8:00 to sign-up and make payment. **Shares will be distributed at 1:00** and you must show your payment to receive limited shares of produce. **The Cameron appreciates Emerson Hospital's financial sponsorship and partnership in providing this wellness outreach effort to our older adults in town.**

## AFFORDABLE HOUSING FORUM- ALL INVITED

**Tuesday, Sept. 24<sup>th</sup> at 1:30 p.m.**

Bring all the questions you have ever wanted to ask about affordable housing in Westford from housing wait lists, priority housing, 40B projects, housing lotteries, preference, New State Centralized Housing Waitlist, Supportive Housing, Housing Vouchers and more...

To help explain Westford's affordable housing options and answer your questions we are very fortunate to have Housing Authority Directors **Lisa Larrabee, Westford Housing Authority** and **David Hedison, Chelmsford Housing Authority**. Also, we are excited to include staff from our **Land Use Management Department** to highlight 40B projects and other affordable housing development in town.

## HOLIDAY BASKETS

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

**Please note: The deadline for applications to be submitted is October 18<sup>th</sup> for both holidays.**

## A message from our director:

Let's show our support for the 18 unit (62+) low income housing development at the town meeting.

On October 28th at 7PM at the Abbot School residents will have an opportunity to vote on an article to provide housing that is 100% affordable and can help provide a needed housing option to those on our Westford Housing Authority waiting list which tops 500 plus... As many of you are aware, there is much development that is being done in town to provide affordable housing through the 40B developments, but the majority of this housing is not affordable for our many older adults.

The Helena Crocker Residences that is being proposed by Chelmsford Housing Opportunities for Intergenerational Community Endeavors ("CHOICE") and SCG Development Partners, LLC ("SCG") does address the creation of true affordable housing. This three-story residence will be located at 60 Littleton Road and will contain 8 studio units and 10 one-bedroom units. All of these apartment units will be restricted to tenants making 60% or less of the area median income and 12 units will be restricted to tenant's making 30% or less of the AMI. By having CHOICE as the developer and managing authority for this project, their wealth of experience and success in working with grant unders such as the Department of Housing and Community Housing Development ("DHCD") and Massachusetts Housing Partnership ("MHP") provides a great opportunity for funding success. Also, an *on-site service manager* will be available to residents and provide a suite of supportive services ensuring residents free exercise of individual initiative in planning and management of their own lives. Our COA social services team is looking forward to working in partnership with this unique and proactive approach to helping our residents age in place. This property would be conveniently located near our towns existing income based senior housing which includes Tadmuck Housing and Mystery Springs which would allow new opportunities to share activities, resources and be closer to friends and/or perhaps meet new friends.

Our Council on Aging Board has endorsed this project and has represented our COA's interest for months by attending and supporting CHOICE and SCG Development in their ZBA and Planning Board meetings as well as speaking in support of their funding applications to the Community Preservation Committee in the amount of \$1.5 million.

This project is a great start to addressing the towns need for crucial low-income housing as identified in the Towns 2017-2021 Comprehensive Housing Production Plan.

Please come to the town meeting and vote to ensure all our older adults can afford to remain in this community in which they live and wish to stay.

**\*\*Complimentary transportation will be provided to the town Meeting thanks to a grant from the Greater Lowell Community Foundation. Please schedule your ride by calling 978-399-2322.**

Sincerely,

Jennifer

## NEW Cameron Buck\$ for Westford Residents (50+)



### \$- PAY \$50 GET \$55 VALUE

Anyone can buy a card. Buck\$ are used to pay for programs, classes and special events offered by the Cameron.

**\$\$- COMPLIMENTARY BUCK\$ FOR THOSE WITH LIMITED INCOME**  
Meet with social services staff.

### \$\$\$- AGE 75+ GET EXTRA BONUS AND STARS

Instructors and staff punch one of five stars found on your card when you attend a Cameron activity. Five punched stars earns you an extra \$5 off on your next purchased card.

As our center continues to evolve **NOW opening our doors to resident's age 55+**(not just during evening hours) but also at 8AM starting July 1<sup>st</sup>. With new potential participation we will have some new classes with fees and as always, the Cameron staff want to ensure that all center participants have access to programs. Remember **Cameron Buck\$** can be used for watercolor classes, Elegant Chef lunches and other meal opportunities, trips and much more.  
\*Please note that Trudy's Boutique will only accept cash payments and if you purchase a card and should lose it, we will not be able to refund your money or provide a replacement card.

I would like to thank **Paul Fassbender, Pat Reppucci, Annette Cerullo, Claire France and Martha Brockway** for working on this project on behalf of our center.



### Wonder How to Get Your Cameron News?

- If you are age 70 and older you will automatically be mailed the Cameron monthly newsletter and if you would like to know so, please contact Katie at 978-399-2330.
- Prefer receiving a newsletter via email than please go to town website and click on "Notify Me" then type in your email to sign in under "Agenda Center" Click on Council on Aging
- Members of the Friends of the Cameron Senior Center receive complimentary monthly newsletters as a part of one's annual Friends membership.
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at [facebook.com/CameronSeniorCenter/](https://facebook.com/CameronSeniorCenter/)

# F.R.I.E.N.D.S

## Corner

### ONE STROKE GLASS PAINTING

**Thursday, Sept. 5, at 10 a.m. Class limit: 10**

Come learn the art of One Stroke Painting with Alev Bowen, local artist and professional art instructor. Using simple strokes, students will create a lovely floral design decorating a wine glass, starting with daisies and leaves. All class supplies and materials will be provided by the Friends. Bring your smile, have fun, and take home your very own masterpiece to treasure! Cost: \$10, Friends members; \$15, non-members.

Reserve now.

### CALLING ARTISTS & CRAFTERS!

The Friends will again be selling a variety of handcrafted items this fall at Nashoba Tech's Craft Fair (Nov. 16) and Westford Academy's Holiday Bazaar (Dec. 7) to help raise funds for the Cameron. We have fabrics, yarns, needlecraft kits and more for crafters and artisans to use...just ask. We welcome new ideas and also donations of new handcrafted items. Do what you love, teach others, and help us raise funds for new programs at the Cameron!

### GIFT CARD PROGRAM – Coming in October!

The Friends of Cameron will be launching a new Gift Card Program in October, enabling people to conveniently purchase gift cards for popular grocery, department and home improvement stores, gas stations, restaurants, and more at the Cameron. The cards can be used for everyday shopping – or can be given to friends and family, making gift giving easier. Watch for details!

### ALL ELVES (VOLUNTEERS) WANTED!!!!

**Craft Workshop** Tuesday, October 15<sup>th</sup> and 22<sup>nd</sup> to help make merchandise for the craft fairs. Workshop will be open 9 am to 7 pm. If you can tie a bow or turn things inside out we can use your help. All materials supplied. This could be a jolly fun day and make the craft fairs a great success. Cookies for all that help. Any questions Call Karen 603-689-4603

### MYSTERY SALE!!!!

When: Thursday, October 24. Where: Trudy's. Learn more in the October Newsletter.

### *Trudy's Boutique*

#### THRIFT SHOP

**MONDAY – FRIDAY: 9 a.m. – 3 p.m.**

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

***DONATIONS ALWAYS APPRECIATED!***

## DINING OPTIONS

**ALL LUNCHESES 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. **September Lunches**

**Wednesday, September 4th** - Chicken Salad Sandwiches

**Wednesday, September 11th** - Pepper and Sausage Stir Fry

—Chefs Mike & Katie

**Wednesday, September 18th** - Shrimp Scampi

**Wednesday, September 25th** - Shake & Bake Chicken

### BIRTHDAY CELEBRATION

**Thursday, September 26th at 12:30 p.m.**

Come celebrate the September Birthdays! Lunch is followed by cake and ice cream which will be sponsored by **Keller Williams**. Lunch will be prepared by **the Nashoba Tech. students in the culinary art program "The Elegant Chef"**. Please call in advance to register at 978-692-5523. Cost is \$5 and birthday celebrants are free.

**Septembers Meal Choice - Meatloaf, with Mac & Cheese**

### RESTAURANT REVIEW

**Wednesday, September 25th at 11:30 a.m.**

Be sure to mark your calendars for our next outing at **Nobo (Japanese Restaurant) 18 Boston Rd, Chelmsford**. Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit.

### LUNCH AND LEARN

**Friday, September 27th at 12:15**

Lunch will be sponsored by **Rivercourt Residency**.

Come learn about our Town's Stormwater Infrastructure with our **Town Engineer Paul Starratt, P.E. and Tax Collector Christine Collins**.

Please sign up at 978-692-5523.

### WOMAN'S BREAKFAST

**Monday, September 9th at 9:00 a.m.**

A brief history of Westford with **Geoff Hall**.

Please sign up at 978-692-5523.

### MEN'S BREAKFAST

**Tuesday, September 10th at 8:00 a.m.**

**Dr. Gary Hylander** will be speaking on Operation Valkyrie: July 20, 1944 The Plot to Assassinate Hitler. Please sign up at 978-692-5523.

### ELEGANT CHEF LUNCHEON

**Monday, Sept. 23rd 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.**

**September menu selections: Baked Haddock or Stuffed Chicken.**

## 55+ EARLY EVENING PROGRAMS:

### BINGO/HOT DOG/BURGER

Thursdays, September 12th and 26th from 4:45-6:00 p.m.

**(Please note new prices)**

Due to popular demand, Hotdogs and Burgers will be served the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month before bingo. A hot dog, chips, drink and dessert setup for \$3.00. A hamburger set up is \$4.00 and it is \$5 for a hotdog and burger combo. Simply pay at the front desk when you arrive. Bingo starts at 7:00.

### BOOK CLUB

Tuesday, September 17th at 6:00 p.m.

Join us for thought provoking discussions. At our next gathering will be discussing the mystery *Along Came A Spider* by James Patterson. Please call to sign up at 978-692-5523 and see Annette for a book.

### MOVIE NIGHT

Thursday, September 19th at 4:30 p.m.

On the 3<sup>rd</sup> Thursday of every month from 4:30 – 6:30 p.m. a movie and light meal are offered for \$3.00. September's movie showing will be *Christopher Robin*. Christopher Robin, now a family man living in London, receives a surprise visit from his old childhood pal, Winnie-the-Pooh. Once reunited, the lovable bear and the gang travel to the big city to help Christopher rediscover the joy of life. Please call to sign up at 978-692-5523 3 days prior to movie for food shoppers.

### BEGINNER'S LINE DANCING

4 Week Session Resuming Tuesday, October 8th at 5:15-6:00 p.m.

Join us for a 4-week session to learn some fun beginner-level line dances. You will learn the basic steps and start dancing to all genres of music, from Country to Blues, Motown, Funky, Latin, Irish, Swing and Top 40. You don't need a partner or dance experience, just some comfortable sneakers and a love for movement and fun. It's great exercise on a level anyone can enjoy. \$20 for residents and \$25. for non residents. Register quickly for this program because there is a limit of 15 folks, 978-592-5523.

### CIRCUIT TRAINING

Starting Tuesday, Sept. 3rd at 4:30 p.m. & Thursday, Sept. 5th at 3:30p.m.

Sign up now for an 8 week circuit training class in our fitness room on Tuesdays 4:30-5:30 p.m. or Thursdays 3:30-4:30. With the help of an instructor, come learn how to use the cardiac and strength equipment and create a personal exercise program that addresses your goals and health concerns. The cost is \$40. Please call 978-692-5523 to sign up.

### EVENING ROAD TRIP TO RESTAURANT (Join us!)

Tuesday, Sept.10th, at 5:00 p.m. – 7:30 p.m.

Our September night road trip will be to *Fuse Restaurant*, 2 Powers Rd, Westford. If you would like the van for transportation it will cost \$4.00/ person and sign ups are required 3 days in advance for the van and/or dining reservations. Please RSVP 978-692-5523.

### IMPORTANT LEGAL DOCUMENTS, 2 Part Series with Madge and Johnson,PC

Thursday, Sept. 26<sup>th</sup> & Tuesday, Oct. 22<sup>nd</sup> at 5:30 p.m.

If you were to become incapacitated, do you know who you would want to act on your behalf to make medical and financial decisions for you? If so, do you have the legal paperwork to make that happen?

**Part 1** you will learn what are Durable Powers of Attorneys, Health Care Proxies and HIPAA Authorization and Release Forms. You will fill out forms to allow the attorney to draft these documents for you to sign on Oct. 22nd to make them effective. The attorney will meet with each person interested in Part 2 of the series to determine if you are a good candidate based on the information you provide.

**Part 2** of the series will involve the attorney reviewing each of these documents in general with the group and then documents will be properly signed under the supervision of the attorney. At the end of Part 2, you will leave with validly executed and prepared Advance Directives that reflect who you wish to serve in the roles described on your information sheet. This Advance Directives Legal Clinic is being provided by the law office of Madge & Johnson, PC, located at 3 Lan Dr., Suite 101, Westford, MA 01886. Both meetings for Part 1 and Part 2 will be conducted at the Cameron Senior Center. While the cost for Part 1 is free, the cost payable to Madge & Johnson, PC to obtain the Advance Directives in Part 2 is \$300 per individual and \$350 per couple if the parties named in the documents are the same. Please register for this clinic at the Cameron, 978-692-5523 by Fri. 9/20.

### INTRODUCTION TO MEDICARE with SHINE Counselor Fred Baumert Tuesday, September 10th at 6:00 p.m.

Are you turning 65? Thinking of retiring? Do you have questions about Social Security and Medicare? Join us for an overview of pre-retirement actions, how to file for benefits, when to file for Medicare, and more. There will be time for questions and answers. It's never too early to begin preparing. Register at 978-692-5523 by Fri. 9/6.

### SUPER SENIOR TRIVIA NIGHT (Don't Miss!)

Tuesday, October 22nd at 5:30-7:30 p.m.

Join us for our 2nd trivia program. Doors open at 5:30, join a team of 4-6 at a table, and enjoy some fall desserts and drinks. Get ready for a night of laughter and recalling fond memories of the 50's, 60's and 70's! There will be a door prize and prizes for the champion team! All this for \$3.00. Sign up quick because space will be limited. 978-692-5523.

### CHINESE MOON FESTIVAL

Monday, September 16th, at 7:00-9:00 p.m. at Tadmuck Housing

Join us for an international, fun evening celebrating the autumn and moon. The Mid-Autumn Festival is the second grandest festival in China. The day is also known as the Moon Festival, as at that time of the year the moon is at its roundest and brightest. To express their thanks to the moon and celebrate the harvest, they offered a sacrifice to the moon on autumn days. On the festival day, family members gather to offer sacrifice to the moon, appreciate the bright full moon, eat moon cakes, and express strong yearnings toward family members and friends who live afar. Deadline to sign up is 9/11; please call 978-692-5523. Cost \$5.00.

## **Class Updates**

### **GENTLE YOGA**

**Tuesdays at 9 a.m.**

Designed for all levels of fitness, this class starts out seated in a chair, and then progresses to standing and mat poses, if possible. Your chair is always available if needed. Move your joints through their range of motion, build muscle endurance, improve your balance and increase mental clarity. Bring your own yoga accessories if you have them - or borrow our extras. Wear comfortable clothes and be prepared to go barefoot if you can. Jo Crawford, RYT-200, has been teaching yoga for nearly 15 years and loves to adapt poses to newcomers and their "experienced" bodies.

### **CHAIR YOGA**

**Thursdays at 9 a.m.**

Experience all the benefits of yoga **without** getting on or off the floor in this chair class. We will move your joints through a safe range of motion, improve your balance, breathe and quiet the mind. If you think yoga is something you can't do, this is the class for you! Wear comfortable clothes, bring a mat if you have one and a beach towel or small blanket. Jo Crawford, RYT-200, has been working with seniors for over 20 years and has experience with most chronic conditions of older adults. Class size will be limited so that she can give individualized attention to all attendees.

### **YOGA/PILATES FOR ACTIVE SENIORS**

**Thursdays at 10:15 a.m.**

Designed for active seniors that can get on and off the floor, this class will combine the stretch of yoga class with strengthening from the Pilates repertoire. Starting with finding our focus and quieting our minds, we'll challenge our balance, use a variety of yoga poses combined with Pilates exercises to develop shoulder, core and pelvic stability, and end in a restful final relaxation. Wear comfortable clothes and be prepared to go barefoot. Bring your own yoga accessories if you have them - or borrow our extras. Jo Crawford, RYT-200 has been enjoying Pilates for over 5 years and loves to combine its deep muscle work with yoga.

### **BE AWARE TO BE PREPARED**

#### **A SELF-DEFENSE COURSE FOR SENIORS**

**Tuesday, September 17th at 1 p.m.**

Today's seniors are the fastest growing population in the world. They are living longer, healthier lives. But the truth is as we age our bodies do become more fragile, we naturally slow down and we can look as if we are an easy target for criminals. This course is designed to teach seniors how to avoid being a victim of an assault or an attack. Students will learn how to avoid an attack, and how to respond during a bad situation. They will learn what to look for to avoid trouble, how to draw attention to themselves in a fast, safe and efficient manner and, if the worse happens, how to get out alive. We'll discuss how men and women differ in their reactions to high stress scenarios and how that can change your reaction. Students will learn hands on techniques to free themselves from physical attacks. The course is 90 minutes long and is safe for everyone. All techniques can be modified as needed. Most important, it's fun and it's vital to your safety.

### **DON'T FALL THIS FALL!**

**Free Balance Screening Thursday, September 26th, 2019 at 10 a.m.**

Join physical therapists Dr. Kara Lammerding and Dr. Ana Sanchez Junkin from Emerson Hospital Clough Family Center for Rehabilitative and Sports Therapies for an interactive session to learn more about balance changes as we age and how you can improve it. This will be followed by a free one-on-one balance assessment and exercise recommendations to get you started on improving your balance.

### **WATERCOLOR CLASS**

**Class start on Thursday September 12th**

Paula is back by popular demand now with another class! Join us for now a 8weeks class on **Thursday mornings at 10 a.m. and Thursday afternoons at 1p.m.** (Subject matter will be the same for the two classes) Cost for this class is \$80 for Westford Residents and \$85 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.

### **MATURE MOVERS**

**Mondays at 10:30 a.m. starting September 9th for 8 weeks.**

**Class will be upstairs in the card room on the 9th and the 23rd.**

**Instructor: Alison Hillman. Cost:\$3.00 Westford per class \$5 non Westford per class** Join us for a fun total-body exercise class that is light on stress but heavy on results. This class is appropriate for the active older adult and will incorporate the components of a healthy exercise prescription, including cardiovascular endurance, muscle strength and conditioning, flexibility, balance, and coordination training. We will be using both dumbbells and resistance bands during class and you will be instructed on the proper form and technique of all exercises performed, decreasing any risk of injury. Register at 978-692-5523.

### **MUSIC MAKERS—ARE BACK !**

If you like music and enjoy singing, please join the Music Makers choral group for Friday morning (9:00 - 10:30 AM) rehearsals, as we prepare for our Christmastime performances. Rehearsals are friendly, casual, and rewarding. P.S. We need altos!

### **ACORN TO OAKS**

**Monday, September 23<sup>rd</sup> at 10:00 a.m.**

We are collaborating with the Roudenbush in a reading program to the students at the Frost school. Please contact Katie at 978-399-2330 or at [krussell@westford.ma.gov](mailto:krussell@westford.ma.gov) with any questions.

### **TECHNOLOGY HELP WITH VAMSI VETSA**

**Appointments: every Tuesday, starting September 10th at 2:30 p.m.** 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.

### 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. \* 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.



### UBER GIFT CARDS

We will be offering UBER Gift Cards for seniors who cannot secure a van ride that we should usually be able to provide. If you have questions about this program and did not attend the training in July, contact Chuck or Alison

### 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.

### 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.

### MOBILE LIBRARY

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

### **NEW! Karen's Alterations offered at the Cameron**

We are glad to have Karen Bigelow offer her alteration services on the 2<sup>nd</sup> Wednesday of the month from 9AM to noon in the library. Alterations will be returned on the 4<sup>th</sup> Wednesday of the month. Alteration fees:

**Senior prices are 50% off below prices** Pants: Hem jeans \$10, Take in sides \$12, Hand sew \$12, Take in zipper \$15 Dresses and Skirts: Hem \$15-\$20, Take in sides \$12, Hem lined \$20-\$25 Tops and Shirts; Shorten \$10, Shoulder adjustment \$6 shorten sleeves \$6 Zippers: Pants 410 plus price of zipper, Jackets \$16 plus price of zippers. **\*Home appointments can be made for homebound please call Karen at 603-689-4603.**



### **\* 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.

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

**Wednesday, September 4th at 6:30 p.m.**

1<sup>st</sup> Wednesday of each month at 6:30 PM at Cameron Senior Center.

**Prior to attending your first meeting, please contact Sandy at 978-758-6072 for information and pre-screening.**

### HEARING SCREENING

**Monday, September 9th at 9:30 a.m. Dr. Megan Ford from**

**HearSmart Audiology** of Littleton and **Dr. Julie Breault**, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978-692-5509.

### ASK THE REALTOR

**Monday, September 9th at 10 a.m.**

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

### SHINE APPOINTMENT with Fred Baumert, Counselor

**Monday, September 9th at 12:30 p.m.**

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

### WESTFORD HEALTH DEPARTMENT OFFERS:

#### BLOOD PRESSURE & MORE

**Tuesday, September 10th 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.

### ASK THE OFFICER

**Thursday, September 12th at 11a.m.**

**Westford Police Department Family Services Detective**

**Nirisa Nicoletti** will be available for consultation the 2<sup>nd</sup> Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

### VETERANS SERVICES

**Thursday, September 12th at 11a.m.**

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

### ASK ANNETTE—THE TAX RELIEF PERSON

**Wednesday, September 18th at 10:30 a.m.**

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.

### ASK THE LAWYER

**Tuesday, October 8th 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.

### PODIATRY CLINIC

**Monday, October 28th**

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

**T.R.E.A.D.**

Applications are available at the Senior Center and were DUE ON AUGUST 1st. If you are having difficulty paying property taxes and missed the application deadline, please call Alison Christopher LICSW at 978-399-2325. 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 meets to determine awards in December 2019.

**FUEL ASSISTANCE (LIHEAP) APPLICATIONS**

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

**ELECTRIC SUPPLY CO INFO – LOW RATES!**

Many residents have expressed that their electric bills are high. When Annette has reviewed the bills she has discovered that many folks opted out of the Westford electricity program and have gone with other suppliers that have much higher rates. Please know that Westford has contracted with 22 other communities in order to get a very low rate of electricity for a 3 year span from January 2018 to January 2021. All residents were automatically enrolled in this contract in 2018 unless you opted out. The supplier for Westford is Public Power, LLC and the rate is \$0.10430 per kilowatt hour. If you would like to reenroll in this program please contact your current supplier about disenrolling and if there are cancellation fees or not. Then call Public Power at 1-800-830-2944 to enroll. If you have any questions feel free to call Annette at 978-399-2326.

**Dementia Friendly Westford Committee**

**Dementia Friendly Westford-Dementia Friendly Westford will be at the Westford Health Fair on Saturday September 28th**

providing the community with information on what we have been doing and the resources we can provide to people with dementia and their care partners. Come visit us and learn! Anyone who is interested in attending meetings or offering input, call Alison at 978-399-2325 to be put on our email list.

**WHAT IS OUTREACH?**

**By: Annette, Outreach Coordinator**

As your Outreach Worker, it is my honor to serve you and assist in any way possible. A few examples include if you are having trouble with paying your bills I can help you explore benefits you may be eligible for. If you have a home maintenance need I can try to help you find a handyman or community organization that may be able to assist. Please know we take your concerns and needs seriously and will do our best to find a solution. Please feel free to call Annette at 978-399-2326.

**ORGANIC VEGETABLE DISTRIBUTION – GAINING GROUND, 12:30 every Thursday**

We are excited to have our relationship with Gaining Grounds of Concord once again offering their organic produce to all Westford residents that meet income guidelines. To participate one must sign an income attestation on the day of produce pick up. This distribution is held at the Westford Housing Authority at 65 Tadmuck rd in the Community Center. Because this program is so desirable people often arrive early so we will pass out numbers starting at 12:30. The freshly picked vegetables will be distributed at 1:00. Distribution will be every Thursday into the fall. Any questions call Annette at 978-399-2326. \*Income Guidelines are based on Fuel Assistance: Household of 1 \$35,510, HH of 2 \$46,437, HH of 3 \$57,363, HH of 4 \$68,289.

**KEY SAFE LOCK BOX PROGRAM**

**so important in Wellness Checks and other critical situations**

This program with the Fire Dept. has been a huge success with over 25 lock boxes installed at senior's homes. If you live alone, have medical issues or frequently need to call 911 then you are a candidate for a key safe lock box. The box is installed on the outside of your home and it has a keypad with a code (you set) to access a key inside the box. The fire dept, your neighbors and family can have the code to prevent damaging your home to enter in an emergency. For more information about the program call Annette at 978-399-2326.

**FALL YARD CLEANUP- SIGN UP BY FRI. Oct. 4th**

With October around the corner, it is time for us to start thinking about fall yard cleanups. Due to growing numbers of seniors requesting the service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc. We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list by Friday, Friday Oct. 4th. Please also note that many of the volunteer groups may not be able to get the work done until mid November. Any questions, feel free to contact Annette, your Outreach Worker 978-399-2326.

**NEW: SHINE HAS A NEW WEBSITE.**

Check it out at <https://shinema.org>. There is lots of useful and easy to understand information for consumers regarding insurance benefits, social security, etc. As always, if you want to book a SHINE appointment with Fred, call the front desk at 978-692-5523. SHINE also wants seniors to know that calls and ads for "free" mail order genetic cancer screening kits are scams. These are not covered by Medicare. Only screening by a physician will be covered by Medicare. Report sales complaints to SHINE at 1-800-243-4636 or Senior Medicare Patrol Project-978-946-1200.

**HOUSING \*Important Information\***

Just a friendly reminder that affordable housing is very hard to find in Westford and the surrounding communities. Market rate rentals are very expensive. Senior subsidized housing has an estimated 3-5 year waiting list for Westford applicants. Subsidized housing for younger families or people with disabilities under age 60 has a 10+ year waiting list. So, please think ahead and consider putting yourself on waiting lists ASAP if you think there is any chance that you will need this type of housing. There are several new apartment complexes in the permitting and building process that will have "affordable" units by lottery these are **not** Westford Housing Authority buildings and are open to folks of all ages. **The best time to apply is at the initial lotteries when all affordable units are vacant. If you are interested in receiving information on these buildings and lotteries as we receive it, please call Alison at 978-399-2325 to be put on an email list.**

# The Atrium

at Drum Hill

A Benchmark Senior  
Living Community  
For Memory Impaired

978-934-0000

2 Technology Dr • N Chelmsford

## The St. Martin Team

Realtors Showing You The Way.



LAER Realty Partners

Colleen Murphy

508-344-6665

Info@StMartinTeam.com

www.StMartinTeam.com



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](http://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

## PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



**\$29.95/MO**

BILLED QUARTERLY



CALL NOW! 1.877.801.5055  
WWW.24-7MED.COM

MARGARET A. HOAG

KATHLEEN M. O'CONNOR

Estate Planning • Elder Law • Probate

978-266-0101

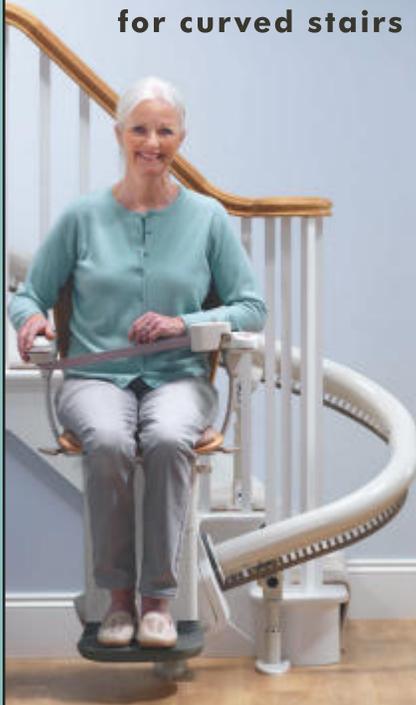
mhoag@eckel-law.com  
kittyoconnor@eckel-law.com



ECKEL, HOAG, MORGAN  
& O'CONNOR  
ATTORNEYS AT LAW

267 Great Road • Acton | [www.eckel-law.com](http://www.eckel-law.com)

## NEW! Slimline Rail for curved stairs



## GLIDE UPSTAIRS with a Stannah Stairlift

Enjoy the full use of your home  
and live independently in comfort  
and safety!

- For Curved & Straight Stairs
- 7-Day Money Back Guarantee
- Rentals Available



### Stay in the Home You Love!

At Stannah, we've designed chairs that fold up neatly at the push of a button, and recharge themselves constantly for reliable service. For stairs that turn, we have a customizable duo-tube design for the snuggest fit or a single tube design for most curved staircases.

\*When purchased directly from Stannah Stairlifts. Guarantee excludes rentals & previous purchases.

# Stannah

Mention Safe At Home &  
**SAVE \$200\***

\*Only one discount per person. Can only be applied to a new stairlift purchased directly from Stannah Stairlift.

For friendly advice, a free survey of your stairs, and no-obligation pricing call:

**1-888-356-3130**

Visit our showroom for a demo:

**20 Liberty Way, Ste A  
Franklin, MA 02038**

For more Stannah stairlift info visit:  
[Stannah-Stairlifts.com/Safe-At-Home](http://Stannah-Stairlifts.com/Safe-At-Home)



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>3</b> 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:00 Watercolor Club 10:00 Thrive 7 10:00 Chair Movement 10:15 Upbeats 10:45 Whole Foods 1:00 Bone Builders 3:30 Ping Pong 4:30 Circuit Training 5:15 Line Dancing	<b>4</b> 9:30 Bone Builders <b>9:30 Westford Walkers</b> 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 5:00 Piano Class <b>6:30 Alz. Spt. Group</b> 7:00 Train Club	<b>5</b> 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga <b>10:00 Glass Painting</b> 10:00 Chair Movement 10:15 Yoga/ Pilates 12:30 Hand & Foot <b>1:00 Traveling Billiards Tournament</b> <b>1:00 World Peas</b> 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge	<b>6</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong
<b>9</b> <b>9:00 Womans Breakfast</b> 9:30 Quilting Club 9:30 Bone Builders <b>9:30 Hearing Clinic</b> <b>10:00 Ask the Realtor</b> 10:30 Mature Movers 10:45 Whole Foods 12:00 Open Art Studio <b>12:30 SHINE</b> 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong	<b>10</b> <b>8:00 Men's Breakfast</b> <b>8:15 Zumba at Mill Works</b> 8:30 Billiard Players <b>9:00 Blood Pressure</b> 9:00 Gentle Yoga 10:00 Watercolor Club 10:00 Thrive 7 10:00 Chair Movement 10:15 Upbeats 10:45 Whole Foods 1:00 Bone Builders 3:30 Ping Pong 2:30 Tech Help with Vamsi 4:30 Circuit Training <b>5:00 Fuse Restaurant</b> 5:15 Line Dancing <b>6:00 Intro to Medicare</b>	<b>11</b> <b>9:00 Alterations</b> 9:15 Aerobics 9:30 Bone Builders 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp <b>4:00 COA Bd. Mtg.</b> 5:00 Piano Class 7:00 Train Club	<b>12</b> 8:30 Billiard Players 9:00 Zumba <b>10:00 Friends Bd. Mtg.</b> 9:00 Chair Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:15 Yoga/ Pilates <b>11:00 Ask the Officer</b> <b>11:00 Ask the Vet. Agt.</b> 12:30 Hand & Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>4:45 Hot Dog Night</b> 7:00 BINGO	<b>13</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong <b>11:30 End of Summer Party !!! At East Boston Camps</b>
<b>16</b> 9:30 Quilting Club 9:30 Bone Builders 10:30 Mature Movers 10:45 Whole Foods 12:00 Open Art Studio 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong <b>7:00 Moon Festival</b>	<b>17</b> 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:15 Upbeats 10:00 Thrive 7 10:00 Watercolor Club 10:00 Chair Movement 10:45 Whole Foods 1:00 Bone Builders <b>1:00 Self Defense Class</b> 2:30 Tech Help with Vamsi 3:30 Ping Pong 4:30 Circuit Training 5:15 Line Dancing <b>6:00 Book Club</b>	<b>18</b> 9:15 Aerobics 9:30 Bone Builders <b>9:30 Westford Walkers</b> <b>10:30 Ask Annette</b> 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club	<b>19</b> 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:00 Watercolor Class 11:15 Yoga/ Pilates 0:15 Chair Movement 12:30 Hand & Foot <b>12:30 World Peas</b> 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>4:30 Movie Night</b> 7:00 BINGO	<b>20</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong <b>1:00 "ISABELLA"</b>
<b>23</b> 9:30 Quilting Club 9:30 Bone Builders <b>10:00 Acorn to Oaks</b> 10:30 Mature Movers 10:45 Whole Foods <b>11:30 Elegant Chef</b> 12:00 Open Art Studio 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong	<b>24</b> 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:00 Thrive 7 10:00 Watercolor Club 10:00 Chair Movement 10:15 Upbeats 10:45 Whole Foods 1:00 Bone Builders <b>1:30 Affordable Housing Forum</b> 2:30 Tech Help with Vamsi 3:30 Ping Pong 4:30 Circuit Training 5:15 Line Dancing	<b>25</b> 9:15 Aerobics 9:30 Bone Builders <b>11:30 Restaurant Review</b> 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club	<b>26</b> 8:30 Billiard Players 9:00 Zumba <b>10:00 Balance Screening</b> 9:00 Chair Yoga 10:00 Watercolor Class 10:00 Balance Screening 10:15 Yoga/ Pilates 10:15 Chair Movement 12:30 Hand & Foot <b>12:30 Birthday Lunch</b> 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>4:45 Hot Dog Night</b> <b>5:30 Legal Doctors Part I</b> 7:00 BINGO	<b>27</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong <b>12:15 Lunch &amp; Learn</b>



# DOLAN FUNERAL HOME

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

106 Middlesex Street  
North Chelmsford

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

Pre-Planned  
Funeral Counseling

*Thank You!*  
 A Page of Much Appreciation

**WHOLE FOODS MAKES A BIG IMPACT!**

Did you know that through the generosity of our local Whole Foods Cameron volunteers pick up excess food three days a week to be shared with older adults and the Westford Food Pantry recipients? Some incredible statistics of generosity shared by Cameron's own statistician, Patty Mason: Numbers of days Cameron received donated food donations during the months of April thru June: **37 days 1,463** participants benefitted from the myriad of high-quality perishable and non-perishable food items during April-June 2019. Without the help of **192 volunteers** giving over **388 hours** each Monday, Tuesday and Thursday to transport donations to the Cameron, sort and display a tremendous variety of sandwiches, produce, baked goods, cheeses, nuts and more this well-organized food outreach would not be possible. A special thanks to Todd Johnson, Whole Foods Team Manager, Team



Members and our Cameron Volunteers!



**COOK-OUT WITH EBI MASALEHDANI! - A GREAT TIME!**

Our largest room was filled to its capacity with many returning for some delicious hamburger on a skewer, grilled chicken and tomatoes, steamed rice, marinated tomato and cucumber salad, pita slices, cucumber and yogurt sauce and more. Everyone left happy and we would like to thank **Ebi and his many volunteers** that prepared this memorable meal. We can't forget the fabulous music by Westford's very own **Mickey Lorden**.

Thank you, **Peter Kimball** and the terrific and very attentive staff, that made our Third Annual Summer BBQ a fabulous and memorable time. A special thanks to the **Cummings Foundation** for helping subsidize this event for all to enjoy. The picture to the right: Annie Miles- Armienti choosing to eat her ice cream before her hamburger and other sides. That's our Annie!



Thank you to Scott's Tree and Landscape for hanging the help Stuff the Jeep sign for the Westford Food Pantry at no cost. We appreciate their community partnership.



We would like thank **Kathleen and Michael Marchioi** for their diligent financial support to the Cameron and those who are experiencing a difficult time in their daily life.

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



24 Worthen Street, Chelmsford, Massachusetts





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

**Proudly serving seniors and the community for over 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

**RIVERCOURT  
RESIDENCES**

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  
978-256-2468 • 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



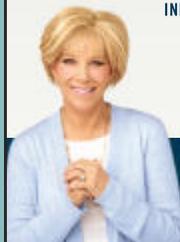
**978.692.1400**  
www.familyeyeMD.com

5 Cornerstone Square | Westford, MA 01886

• *Serving our community since 1995* •

Call today to connect with a **SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.



◀ *Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.*

*There's no cost to you!*  
**(888) 672-0689**

We're paid by our partner communities

► Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

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

**ltempleton@lpiseniors.com**  
or **(800) 477-4574 x6377**



INSPIRING MEMORY CARE

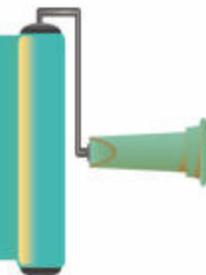
**978.226.1094**

View Upcoming Events:  
www.BridgesbyEPOCH.com

108 Littleton Road | Westford

Mass Relay 711

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



# 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



### 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.

#### SEPTEMBER FOOD PANTRY HOURS:

- **Monday: September 16** from 1:30 - 3:30 p.m.
- **Wednesdays: September 4, 18** from 9:00 - 11:00 a.m. and  
**September 4, 11, 18, 25** from 6:00 - 8:00 p.m.
- **Thursdays: September 5, 19** from 9:00 - 11:00 a.m.
- **Fridays: September 6, 13, 20, 27** from 9:00 - 11:00 a.m.
- **Saturdays: September 7, 14, 21, 28** from 9:00 - 11:00 a.m.

### BOARD MEETINGS

**COA Board**— Wednesday, September 11th, at 4 p.m.

**Friends of Cameron** – Thursday, September 12th, 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  
Don Wilt  
Chris Topjian  
Karen Sue Bigelow



**\* PLEASE NOTE: FOR ALL TRIPS. IF YOU DO NOT PAY AT SIGN UP AND THE TRIP BECOMES FULL AND SOMEONE BRINGS IN MONEY YOUR SPOT WILL BE GIVEN TO THAT PERSON !**

**OUR LAST CASINO TRIP FOR 2019!**

We will be traveling to **Foxwoods** on **Tuesday, October 8** and are **inviting all those ages 50 and over** to join us. Silver Fox Motor Coach will once again be driving us with **departure from the Franco-American Club at 7:30 AM. Please park at the rear of the lot.** The fee for this trip will be \$36 which includes driver gratuity and is due at sign-up. You will receive bonus and food coupons when you arrive at the casino. Please call 978.692.5523 to sign-up for this **fun day at Foxwoods!**

**INDIAN HILL'S "BACH'S LUNCH" 2019-2020 SEASON BEGINS THURSDAY, SEPT.19.**

These concerts are supported, in part, by Westford's Cultural Council, in addition to the Cultural Councils of surrounding towns. The concerts are **FREE**, featuring Indian Hill & professional musicians, and are offered at 11 a.m. and 1:30 p.m.

Complimentary coffee, tea and cookies are served. Attendees can bring their own lunch, if they wish (or eat before or afterward). Reservations are accepted for groups of 5 or more. If you want to be part of the Cameron

Group please call 978-692-5523 to sign up.

Transportation will be available.

- Sept.19: Classical Guitar Potpourri

**DAY BUS TRIPS**

Call 978- 692-5523 for reservations and information on the following trips. Payment is due at sign up for trip. Make all checks payable to 'Town of Westford'. Transportation departs and returns from the rear parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot. Listed below are some upcoming Bus Trips for this year. Pick up the flyers at the Cameron. Cancellation policy is two business weeks prior to the trip or no refund will be available.

Date	Trip
Thurs. Sept. 19	Royal Tours presents JFK in Hyannis Harbor Cruise, Luncheon, JFK Museum Cost \$105
Tues, Oct. 22	Essex Valley Steam Train and Connecticut Riverboat Cost \$109.

*Cameron Senior Center presents...*  
**Springtime Tulip River Cruise Discovery**  
 featuring Dutch and Belgian Waterways  
 April 28 – May 6, 2020

Book Now & Save \$500 Per Person

**Upgrade to Elite Airfare!** see inside for details

For more information contact  
 Katie Russell  
 Cameron Senior Center  
 (978) 399-2330  
 krussell@westfordma.gov

*Cameron Senior Center presents...*  
**Rome & the Amalfi Coast**  
 September 12 – 21, 2020

Book Now & Save \$150 Per Person

**Upgrade to Elite Airfare!** see inside for details

For more information contact  
 Katie Russell  
 Cameron Senior Center  
 (978) 399-2330  
 krussell@westfordma.gov

## **CVOMMUNITY INFORMATION**

### **WESTFORD WEDNESDAY WALKERS:**

**Every Other Wednesdays at 9:30a.m. Meets at Muffins on Main**

There are so many great walking trails in Westford if you are interested in going for walks around town please sign up at 978-692-5523.

### **WESTFORD HEALTH DEPARTMENT FLU CLINIC FOR SENIORS 65 AND OLDER**

**Westford Health Dept will be having a flu clinic for seniors 65 and older on Thursday, October 17, 2019: High-Dose Fluzone Vaccine ONLY for 65 years and older will be available.**

**Time: 12:30 -3:30 pm**

**12:30-1:30 pm: A-H**

**1:30-2:30 pm: I-Q**

**2:30-3:30 pm: R-Z**

**Location: Franco American Club. Walk-In Other Flu Clinics TBD**

### **WESTFORD WOMEN'S CLUB**

Come join a dynamic local group of ladies who are involved in many community projects here in Westford. Our group was founded in the 1970s and continues to be a vital part of the Westford community. Our first meeting is on September 23 at 6:30 PM at Cameron Senior Center. All are invited to this meeting. As this is a potluck supper, please RSVP to Diane Harvey at [dch.7345@gmail.com](mailto:dch.7345@gmail.com)-you are welcome to come join us as our guests.

### **ROUDENBUS TOUR OF WESTFORD**

Hop on the bus as we travel off Westford's main roads, you will learn about conservation and recreation spots in Westford, as well as the history of the town's transformation from farm town to mill town to the Westford of today. We will cover as much of the 30 square miles and 290 years of history as we can in an hour and a half. Ellen Harde is a 50 year resident and co-author of the League of Women Voters slide-tape history and book, "Westford - A Sense of Community". About the Instructor:

A resident since 1967, Ellen became immersed in Westford history when she wrote the script for the slide-tape show, "Westford - A Sense of Community" as a member of the League of Women Voters in 1979. Her knowledge of the town continues to grow, and she loves sharing it with others. Register at [www.roudenbush.org](http://www.roudenbush.org) or call 978-496-1707

### **"FOREVER AT FROST"**

allows individuals to purchase engraved bricks for installation at the new playground located at the Roudenbush Children's Center at Frost. Bricks purchased will fund the creation of a toddler playground as well as the renovation of the preschool playground. The new playground will feature accessible pathways, structures and covered play areas. The first order will not be laid until construction is completed. Each 4X8 brick can be engraved with up to three lines, 20 characters (including punctuation and spaces) per line. Each 8X8 brick can be engraved with up to six lines, 20 characters (including punctuation and spaces) per line. Go to [www.bricksrus.com/donorsite/foreveratfrost](http://www.bricksrus.com/donorsite/foreveratfrost) and to place an order. Paper forms can also be picked up at Roudenbush Community Center and mailed in with a check before the end of September.