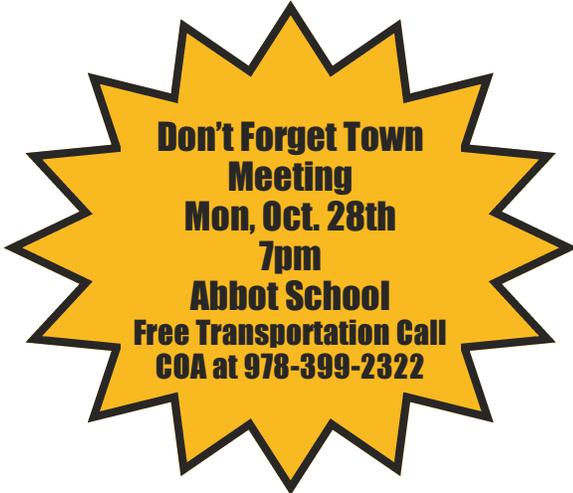


# WESTFORD COUNCIL ON AGING NEWSLETTER OCTOBER 2019

**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.



## 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 \*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, 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 center.*

## SUPER SENIOR TRIVIA NIGHT

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

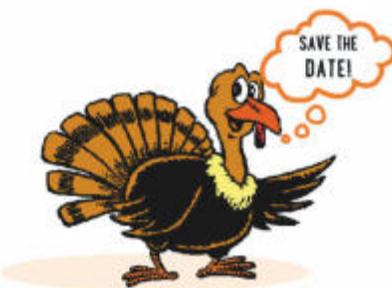
Join us for our 2nd annual trivia Event! Doors open at 5:30, join a team of 4-6 at a table, and enjoy some fall desserts and drinks. Get ready for a night of laughter and recalling fond memories of the 50's, 60's and 70's! There will be a door prize and prizes for the champion team! All this for \$3.00.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



## NORTHERN BANK LUNCH

**Tuesday, October 29th at 12p.m.**

Join Jim Piecewicz & Mary Kate Vaughan from Northern Bank for an informational lunch where they will teach you about basic estate planning. It simply prepares people for what they need and should expect when going to a lawyer for estate planning. Call 978-692-5523 to sign up.



## THANKSGIVING DINNER

**Sunday, November 24th, at Westford Academy**

For the 21st year, **Jim Geraghty, family and friends**, are graciously hosting a turkey dinner for center participants age 60 and over **Bingo will be from 10 a.m. - noon, with lunch afterward**. Volunteers will serve this full-course homemade dinner to you. Seating is limited. Reservations are necessary, so please call 978-692-5523.

## A message from our director:

The Cameron says **THANK YOU!**

I would like to recognize Meaghan McKenna, her family and community volunteers for providing the Cameron with weekly Panera food donations our center and the Westford Food Pantry whom have been recipients of **Panera** donations for the past five years. Every Monday morning our center volunteers are welcomed by boxes of bagels, muffins, danishes and other goodies by the leadership of Meaghan who initiated this idea of looking for an alternative use of baked goods that were no longer beneficial to Panera. With her compassionate wisdom Meaghan instituted a Sigh-Up Genius for town residents to volunteer to pick-up weekly donated baked goods and bring to the Cameron each Monday to share with center participant and clients of the Westford Food Pantry. So, to Megan and the volunteers who drive their personal vehicles and give of their time to provide these much-appreciated food donations please accept our sincere and *much overdue thank you.*

Appreciative of the Friends of the Cameron

As the director of the Cameron I have the opportunity to work with the Friends of the Cameron Board to help provide our center with programs, social services funding, supplies, furniture, equipment, grant opportunities and much more. I want to thank the Friends Board for their funding support for this fiscal year which will exceed \$30,000. Sometimes, I hear people ask, "What do the Friends Board do for the center" and this year I hope we can help answer that question a little easier by notating in our monthly newsletter the programs, lunches, classes, and special events that the Friends of the Cameron help financially support. Please look for the following green tagline that says, "**Funded by the Friends of the Cameron.**" So as you are perusing this newsletter edition please take note on how much the Friends provide to the center with the support of Friends Membership dues, Trudy's Boutique revenues and various fundraiser(s) such as the upcoming **Gift Card program, Mystery Sale at Trudy's on October 24<sup>th</sup>**, Craft Workshop is looking for elves on **October 15<sup>th</sup> and 22<sup>nd</sup> from 9AM-7PM** to help ready for fall craft fairs. So, consider all the opportunities we all can enjoy at the Cameron and let's show our extra appreciation by supporting these above listed fundraising opportunities just around the corner.

Lastly, I hope to see you at Town meeting on Monday, October 28<sup>th</sup> at 7PM and if you should need a ride the COA van will be *running free of charge* just give Chuck a call at 978-399-2322.

Remember your **Vote** is important in guiding the direction of this community you all are fortunate to live and enjoy.

Sincerely,

**Jennifer**

### NON-RESIDENT POLICY

We welcome the participation of all people age 55 and older. However, we must give priority to Westford residents for all classes and programs. Effective immediately, non-Westford residents will be placed on a waiting list for classes and programs. We will notify you if there is space in the class and/or program as soon as we can, and you will pay once your place is confirmed. We appreciate your understanding.



### Friends purchase chairs for our library

We hope you have enjoyed the new chairs that the **Friends of the Cameron** purchased for our library. A big thank you to **Chris Kuntz and Paul Fassbender** who found these chairs on Craigs list and saved the center over \$2500 as well as volunteered to pick them up for all to enjoy.

### *Trudy's Boutique* THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

### COMING IN OCTOBER

SMALL APPLIANCES  
&  
LAMPS!

### MYSTERY SALE!

THURSDAY, OCT. 24

**DONATIONS ALWAYS APPRECIATED!**

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

## FRIENDS MEMBERSHIP – All Ages Welcome!

Membership in the Friends of Cameron is now open to people of all ages. In keeping with the Council on Aging's move to extend services to adults aged 55+, the Friends organization is similarly evolving, embracing younger adults and being more inclusive in our membership ranks. While specific programs, activities or events may still be restricted to those aged 55+, anyone can become a Friends member, supporter, contributor or volunteer. We welcome people of all ages, from all backgrounds and walks of life.

## 2019 MID-YEAR FRIENDS MEETING

**Thursday, Nov. 14, at 10 a.m., Computer Rm.**

Want to learn more about the Friends? What we do? How you can participate? Join us at our Friends Mid-Year Meeting, Nov. 14. Come learn about upcoming events, ask questions, give feedback, volunteer. Get involved, meet new friends, share your talents & expertise, and reap the rewards.

## GIFT CARD PROGRAM – Coming Soon!

Do you shop at Kohl's, Marshalls, Home Goods, JC Penney, Walmart or Christmas Tree Shops? Ever dine out at Panera, Applebee's, Chili's, the 99 or Olive Garden? Need a welcomed holiday present grandkids will appreciate such as a 'gift card' to LL Bean, American Eagle, Land's End, Old Navy or Pottery Barn? With the Friends of Cameron Gift Card Program, you can now purchase gift cards for popular stores, restaurants and more right at the Cameron. Use the cards for everyday shopping or give them as gifts to friends and family. Orders placed in October will be received in November – just in time for the holidays. Stay tuned!

## CALLING ARTISTS & CRAFTERS!

We welcome donations of new handcrafted items for the Friends' Booths at Nashoba Tech's Craft Fair (Nov. 16) or Westford Academy's Holiday Bazaar (Dec. 7). We have fabrics, yarns, needlecraft kits and more for crafters and artisans to use...just ask. Do what you love, teach others and help us raise funds for the Cameron!

## CRAFT WORKSHOPS – VOLUNTEERS WANTED!

**Tuesdays, Oct. 15 & 22 – Open 9 a.m. to 7 p.m., Art Room**

All elves (volunteers) wanted to help make merchandise for the above fall craft fairs. If you can tie a bow, turn things inside out or use a scissors, we can use your help! All materials supplied. Come help make lovely crafts to fill our sales tables, have fun, munch on cookies, – and you'll be helping to raise funds for the Cameron! Questions? Call Karen, 603-689-4603.

### ***Volunteers Wanted!***

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

Join our Membership team and help attract new members

Join our extended Thrift Shop team to:

sort incoming clothing donations

carry-up merchandise from the basement

clean items & restock the thrift shop

Set-up an eBay store & join a sales team

Help sell items on Craigslist

Lend a hand with our Gift Card Program

## DINING OPTIONS

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

### WEDNESDAY LUNCH “Funded by the Friends of the Cameron.”

Lunch will be served at 12 p.m. **Reservations are required 24 hours** in advance by calling 978 692 5523. (If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!) Cost is \$3. **October Lunches**

**Wednesday, October 4th** - Salad Bar

**Wednesday, October 11th** - American Chop Suey

**Wednesday, October 18th** - Italian Subs

**Wednesday, October 25th** - Baked Chicken

### BIRTHDAY CELEBRATION

“Funded by the Friends of the Cameron.”

**Thursday, October 31st at 12:30 p.m.**

Come celebrate the October 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.

**Octobers Meal Choice - Witches Hair and Eyes of Newt (or Spaghetti and Meatballs)— Happy Halloween**



### RESTAURANT REVIEW

**Wednesday, October 30th at 11:30 a.m.**

Be sure to mark your calendars for our next outing at **Stelio's Family Restaurant, 293 Boston Rd, Billerica**. 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 “Funded by the Friends of the Cameron.”

**Friday, October 11th at 12:15 p.m.**

Lunch will be sponsored by **The Atrium at Drum Hill & Chelmsford Crossing** Come learn about ways to keep you safe this Flu and Tick Season with our **Town Nurse Gail Johnson**.

Please RSVP- 978-692-5523.

### ELEGANT CHEF LUNCHEON

**Monday, October 21st 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.**

**October menu selections:** Yankee Pot Roast or Broiled Salmon



## 55+ EARLY EVENING PROGRAMS:

### BINGO/HOT DOG/BURGER

**Thursdays, October 10th & 24th from 4:45-6:00p.m.**

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, October 15th at 6:00 p.m.**

Join us for thought provoking discussions. At our next gathering will be discussing **Little Princes: One Man's Promise to Bring Home the Lost Children of Nepal** by Conor Grennan. *Little Princes* is the epic story of Conor Grennan's battle to save the lost children of Nepal and how he found himself in the process. Grennan's remarkable memoir is at once gripping and inspirational, and it carries us deep into an exotic world that most readers know little about. Please call to sign up at 978-692-5523 and see Annette for a book.

### CIRCUIT TRAINING

**Starting 10/29 & 10/31**

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. Residents and \$50. Non residents. Please call 978-692-5523 to sign up.

### MOVIE NIGHT

**Thursday, October 17<sup>th</sup>, 4:30 p.m.**

**Academy Award for Best Picture, "Green Book"**

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. October's movie showing will be *Green Book*. Based on a true story, a working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. Please call to sign up at 978-692-5523 3 days prior to movie for food shoppers.

### BEGINNER'S LINE DANCING

**8 Week Session Starting October 1st - November 19th, 5:15-6:00 pm.**

Line Dancing was such a big hit in September we are extending it for a few more months. Join us for an 8-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. \$40 for residents and \$50. for non residents. Register quickly for this program because there is a limit of 15 folks, 978-592-5523.

### EVENING ROAD TRIP TO RESTAURANT

**Tuesday, October 8th 5:00 – 7:30 p.m.**

Our October night road trip will be to **Picanha's Brazilian Grill, 6 Elm St., Nashua, NH**. Van transportation will be provided and the round trip is \$4.00 and we ask that you give us three days notice 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.

### MEDICARE OPEN ENROLLMENT PRESENTATION

**Thursday, November 7th 5:30 p.m.**

Are you approaching 65 and wondering what your options are for Medicare? Or maybe you have Medicare and want to know what's changed or just a reality check to see if your coverage is still good for you? Come to our Open Enrollment presentation to get the answers from a certified SHINE (serving the health insurance needs of everyone) counselor. Open Enrollment is from Oct. 15 to Dec. 7<sup>th</sup>. This is the only time during the year you can change your Medicare Advantage plan or your Part D plan drug coverage for the upcoming year. Don't miss it! Sign up by 10/31 at 978-692-5523.

### QIGONG & TAI CHI

**Three Sessions**

**Thursday, October 3<sup>rd</sup> – Thursday, January 30<sup>th</sup> 7:00 p.m.**

Self-Care Investments Qigong and Tai Chi synchronize slow flowing movements, rhythmic breathing, and a calm, present state-of-mind, to help you reduce stress, improve balance, expand range-of-motion, and strengthen the immune system. Each session meets once a week for four weeks. Time: 7:00-8:00 p.m. Fee: \$50 Resident, \$60 Nonresident Location. Westford Instructor: Dave Crocker of Cultivating Qi. Register with Westford Parks & Rec Dept, 978-692-5532.

### BRAIN HEALTH

**Tuesday, October 29th 6:00-7:30 p.m.**

Join us in learning the five pillars of brain healthy behaviors, which research tells us if we undertake starting today, regardless of our age, will help reduce the risk of age-related diseases and optimize our chances of maintaining our cognitive abilities. Presented by Lowell General in partnership with AARP. Sign up by Oct. 25<sup>th</sup>. 978-692-5523.



**\* 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!**

**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
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](mailto: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](mailto:krussell@westfordma.gov)

### COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

COA Transportation Services offers rides for disabled and/or residents age 55+ For rides: call Chuck at 978-399-2322 Please remember we request a 48-hour notice.



**New  
Transportation  
Information**

#### **New transportation services:**

**Do you need weekend or after-hour transportation for around Town needs?** If so, we have an **Uber gift card program** that is available to older adults age 55 plus who do not have a transportation option and/or not comfortable driving in the evening hours. To participate in this program we ask that you sign a liability waiver, call Chuck at 978-399-2322 with a 24-48 hour notice requesting an Uber gift card. However, to use this program one must have access to a smartphone or computer. If you would like to participate in this program, we will be glad to help get you started. Lastly, a \$3 fee will be billed to rider to help sustain and meet our increasing transportation needs. **This Uber ride program is funded in partnership with the Greater Lowell Community Foundation.**

#### **Introduction to a Pilot program offering medical rides**

##### Having problem finding a ride to a medical appointment?

New program offers On-Demand non-emergency medical transportation, offered in partnership with *Elder Services of the Merrimack Valley, Inc.* for anyone age 65 plus who resides in Westford. This program uses an Uber platform with LYFT and special handicap vans for service. Please understand that this program is available to residents who have medical appointments outside our transportation service area and/or we can't accommodate on our vans and there are no other viable options available. This program does have a subsidized fee of \$4 per ride within the Greater Lowell area. Price is subject to higher rate if traveling outside the Greater Lowell area. Our social services can assist with rides if unaffordable due to distance of medical appointments.

##### UBER Gift Cards- Subsidized Transportation Option

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, Please see Chuck Dutton, Transportation Dispatch or Alison Christopher, Town Social Worker.

#### 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.

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

**Wednesday, October 2nd 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, October 21st 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, October 7th 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, October 15th, 21st, & 28th 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, October 8th 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, October 10th at 11a.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.

### VETERANS SERVICES

**Thursday, October 10th 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—TAX RELIEF HELP!

**Wednesday, October 16th 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.



### 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. Eligibility is based on gross yearly income less than \$37,360 for households of 1 and \$48,855 for households of 2. We can also help with renewal applications and questions about the program guidelines.

### SHINE

encourages Medicare beneficiaries to sign up on [www.MyMedicare.gov](http://www.MyMedicare.gov) to take charge of their own health insurance info. They will be able to see MD visits, the list of preventive benefits, their drug list to use during Open Enrollment, and they can chat with customer service at Medicare. For more information, watch SHINE's video on YouTube:

<https://youtube.com/watch?v=ubkMZBNr8-1>

### WHAT IS OUTREACH?

**By: Annette, Outreach Coordinator**

Autumn brings returning programs to the center and new ones have been added. Our activity level has picked up on Tues and Thurs evenings, come check us out! This is a chance for working older adults to use our gym, meet with the Outreach Coordinator, take a class and more. Also, this is a busy time of year for people completing yearly applications for fuel and tax relief assistance. Remember we are here to support you through these application renewals. Feel free to call and make an appointment for a home or office visit. Hope to hear from you, Outreach Coordinator, Annette 978-399-2326.



Any questions, feel free to contact Annette, your Outreach Worker 978-399-2326.

### 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.**



### Dementia Friendly Westford Committee

Dementia Friendly Westford is moving forward with working to engage more businesses in Town in our initiative. If you know any businesses who would like to become more dementia friendly, let Alison know. You can now visit our website for information, resources, and activities at [www.dementiafriendlywestfordma.org](http://www.dementiafriendlywestfordma.org). Anyone who is interested in attending meetings or offering input, call Alison at 978-399-2325 to be put on our email distribution list. **We will be starting to designate senior center activities that are dementia friendly with a purple notation at the end. If you plan to attend with an individual living with dementia, please let the front desk know when you sign up so that we can accommodate you properly.**



**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.**



## Connecting to What Matters

**That's the Benchmark Difference.**

Call today to learn about our **Mind & Memory approach and Respite by Day program.**  
978.203.5951

### The Atrium

at Drum Hill

*A Benchmark Senior Living Community for the Memory Impaired*

2 Technology Drive  
North Chelmsford MA  
AtriumAtDrumHill.com



## MARGARET A. HOAG KATHLEEN M. O'CONNOR

Estate Planning • Elder Law • Probate

978-266-0101

mhoag@eckel-law.com  
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Monday	Tuesday	Wednesday	Thursday	Friday
 <p>OCTOBER</p>	<p><b>1</b></p> <p>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 2:00 Writing Class 3:30 Ping Pong 4:30 Circuit Training 5:15 Line Dancing</p>	<p><b>2</b></p> <p>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 Aiz. Spt. Group</b> 7:00 Train Club</p>	<p><b>3</b></p> <p>8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:00 Chair Movement 10:15 Yoga/ Pilates 12:30 Hand &amp; Foot <b>1:00 World Peas</b> 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge 5:00 Piano Class <b>7:00 Qigong</b></p>	<p><b>4</b></p> <p>8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>
<p><b>7</b></p> <p>9:30 Quilting Club 9:30 Bone Builders <b>10:00 Ask the Realtor</b> 10:30 Mature Movers 10:45 Whole Foods 12:00 Open Art Studio 1:00 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong</p>	<p><b>8</b></p> <p><b>7:00 Foxwoods</b> 8:15 Zumba 8:30 Billiard Players <b>9:00 Blood Pressure</b> 9:00 Gentle Yoga <b>9:30 Ask the Lawyer</b> 10:00 Watercolor Club 10:00 Thrive 7 10:00 Chair Movement 10:15 Upbeats 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Ping Pong 3:30 Tech Help with Vamsi 4:30 Circuit Training <b>5:00 Picanha's Brazilian Grill</b> 5:15 Line Dancing</p>	<p><b>9</b></p> <p><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</p>	<p><b>10</b></p> <p>8:30 Billiard Players 9:00 Zumba <b>10:00 Friends Bd. Mtg.</b> 9:00 Chair Yoga 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 &amp; 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> 5:00 Piano Class 7:00 BINGO <b>7:00 Qigong</b></p>	<p><b>11</b></p> <p>8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong <b>12:15 Lunch &amp; Learn</b></p>
 <p>CLOSED FOR COLUMBUS DAY</p>	<p><b>15</b></p> <p>8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga <b>9:00 Craft Workshop</b> 10:15 Upbeats 10:00 Watercolor Club 10:00 Chair Movement 10:45 Whole Foods <b>12:30 SHINE</b> 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 4:30 Circuit Training 5:15 Line Dancing <b>6:00 Book Club</b></p>	<p><b>16</b></p> <p><b>8:30 Community Breakfast</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 <b>5:00 Liquor License Info. Mtg.</b> 7:00 Train Club</p>	<p><b>17</b></p> <p>8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:15 Yoga/ Pilates 10:15 Chair Movement 12:30 Hand &amp; Foot <b>12:30 Flu Clinic</b> <b>1:00 World Peas</b> 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>4:00 Octoberfest</b> <b>4:30 Movie Night</b> 5:00 Piano Class 7:00 BINGO <b>7:00 Qigong</b></p>	<p><b>18</b></p> <p>8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>
<p><b>21</b></p> <p>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 <b>12:30 SHINE</b> 1:00 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong</p>	<p><b>22</b></p> <p>8:15 Zumba <b>8:30 Steam Train &amp; Riverboat Trip</b> 8:30 Billiard Players 9:00 Gentle Yoga <b>9:00 Craft Workshop</b> 10:00 Watercolor Club 10:00 Chair Movement 10:15 Upbeats 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 4:30 Circuit Training 5:15 Line Dancing <b>5:30 Super Senior Trivia Night</b> <b>5:30 Legal Documents Part 2</b></p>	<p><b>23</b></p> <p>9:15 Aerobics 9:30 Bone Builders 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club</p>	<p><b>24</b></p> <p>8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:00 Balance Screening 10:15 Yoga/ Pilates 10:15 Chair Movement 12:30 Hand &amp; 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> 5:00 Piano Class 7:00 BINGO <b>7:00 Qigong</b></p>	<p><b>25</b></p> <p>8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>
<p><b>28</b></p> <p>9:30 Quilting Club 9:30 Bone Builders <b>9:30 Podiatry Clinic</b> <b>10:00 Acorn to Oaks</b> 10:30 Mature Movers 10:45 Whole Foods 12:00 Open Art Studio <b>12:30 SHINE</b> 1:00 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong <b>7:00 Westford Women's Club</b> <b>7:00 Town Meeting</b></p>	<p><b>29</b></p> <p>8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:15 Upbeats 10:00 Watercolor Club 10:00 Chair Movement 10:45 Whole Foods <b>12:00 Northern Bank Lunch</b> 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong <b>4:30 Circuit Training</b> 5:15 Line Dancing <b>6:00 Brain Health</b></p>	<p><b>30</b></p> <p>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</p>	<p><b>31</b></p> <p>8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:15 Yoga/ Pilates 10:15 Chair Movement 12:30 Hand &amp; Foot <b>12:30 Birthday Lunch</b> 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods <b>3:30 Circuit Training</b> 3:30 Bridge 5:00 Piano Class 7:00 BINGO <b>7:00 Qigong</b></p>	



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## COMMUNITY INFORMATION

### 2020 FALLON MEDICARE PLUS PRESENTATION

Join us for the 2020 Fallon Medicare Plus presentation on Wed., Nov. 6 at 9AM. There are many changes to the current program and you will leave the meeting with a better understanding of the Fallon Medicare plan options for next year. Please call to sign up at 978-692-5523.

### WESTFORD WOMEN'S CLUB

Our Westford Women's Club is hosting a guest speaker, Jody Marchand, who is president of "Live for Liv" on October 28 at 7 p.m. at the Cameron Senior Center. She will be speaking, based on personal experience, on the warning signs and impact of domestic violence in our community.

### OCTOBERFEST TRIVIA NIGHT

Thursday, October 17th 4pm-8

Location: Clark's Pub at the Westford Regency

Cost: \$10 Per Player

Get a team together and compete for prizes. Don't Have a team? Come cheer on the players, enjoy October Fest and support Kevin Lacoste! There will be 50/50, Raffle Prizes, Silent Auction (100% of proceeds go to the build!) Enjoy German Food (Limited Menu), Beer, & Drinks. The Westford Regency will donate 20% of these proceeds! This has been brought to you by Team Forever Young and the Westford Family Fun Fest Register online at <https://tinyurl.com/y2lnygsa> and pay at the door.

### TECHNOLOGY HELP WITH VAMSI VETSA

**Appointments: every Tuesday, at 3:30 p.m.– 5 p.m. Starting Tuesday October 8th**

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.

### WESTFORD VALLEY MARKETPLACE IS REQUESTING TWO NEW LIQUOR LICENSES TO ATTRACT HIGH QUALITY RESTAURANTS TO THEIR SHOPPING CENTER

Seeking approval at Town Meeting

Learn more on October 16, 2019 @ 5:00 pm

As manager of Westford Valley Marketplace, Wilder is working diligently to enhance the customer experience at the center through improvements to the public realm as well as introducing a mix of tenants that address the evolving retail market as a result of the growth of e-commerce. The Wilder leasing strategy is focused on attracting unique, e-commerce resistant brands of fitness, personal services, specialty retail and dining options to complement the existing strong line-up. A critical component of centers such as WVMP include high quality full-service restaurants to complement and enhance a vibrant tenant mix. To accomplish this, Wilder is seeking approval from Town Meeting to authorize the Board of Selectmen to allow up to two additional liquor licenses at Westford Valley Marketplace. Please plan on attending a presentation and discussion of this important request.

### 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 Volunteers Needed please contact Katie at 978-399-2330 for more info.

### 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.

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- 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/)

### Westford Food Pantry

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information  
[lynmroderick@aol.com](mailto:lynmroderick@aol.com)

#### Hours

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

#### OCTOBER FOOD PANTRY HOURS:

- **Mondays: October 7, 21** from 1:30 - 3:30 p.m.
- **Wednesdays: October 9, 23** from 9:00 - 11:00 a.m. and  
**October 2, 9, 16, 23, 30** from 6:00 - 8:00 p.m.
- **Thursdays: October 10, 24** from 9:00 - 11:00 a.m.
- **Fridays: October 4, 11, 18, 25** from 9:00 - 11:00 a.m.
- **Saturdays: October 5, 19, 26** from 9:00 - 11:00 a.m.

### BOARD MEETINGS

**COA Board**— Wednesday, October 9th, at 4 p.m.

**Friends of Cameron** – Thursday, October 10th, 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

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Pat Reppucci, Vice President	Pat Leathers
Chris Kuntz, Secretary	Don Wilt
Kevin McGuire, Treasurer	Chris Topjian
Frances Kosenko, Asst. Treasurer	Karen Sue Bigelow
Gail Austin	
Helena Crocker	
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