

WESTFORD COUNCIL ON AGING NEWSLETTER NOVEMBER 2019

OUR MISSION: The Council on Aging promotes physical, emotional, economic well-being of aging adults and their engagement in all realms of community life.

Hours : Monday – Friday 8a.m. – 4p.m. **Evening Hours:** Tuesdays & Thursdays 4p.m.– 8p.m.
20 Pleasant St., Westford, MA 978 - 692 - 5523 www.westfordma.gov/coa



INCLEMENT WEATHER POLICY

Please remember that the Cameron follows the same inclement weather procedures as Town Hall. To find updated inclement weather information please go to <https://westfordma.gov> or simply call the center at 978-692-5523 after 6:30AM to receive current information on delay/closure.

HAM & BEAN SUPPER

Saturday, November 16, at 5:30pm

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



THANKSGIVING DINNER

Sunday, November 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.

HOLIDAY LUNCHEON AT THE WESTFORD REGENCY

Friday, December 13th at 12:00 noon

We are happy to share with you an opportunity to stroll through the Festival of Trees while enjoying the music of our very own '**Upbeats Band**' playing many traditional holiday favorites starting at 10:30 a.m. prior to lunch. You will see many beautifully and most creatively decorated Christmas trees, wreaths and gingerbread houses. Once again, we will enjoy the performance of the talented **Westford Academy Honor's Chorus**.

Holiday menu: Salad, Chicken Piccata, starch and vegetable, Holiday dessert, tea and coffee. Cost: Friends members \$12 and Non - Friends members \$24. **Reservations are a must by December 3;** call 978-692-5523. Transportation will be provided just call 978-399-2322 to reserve your van seat. **Dementia Friendly accommodations are available. Please notify the front desk when you sign up.**

THE KINDNESS PROJECT!

Many of you may be aware of the TV couple Chip and Joanna Gaines who do home remodels and have a line of goods at Target. Chip has recently written an article titled, "We Believe in Human Kindness" encouraging folks to focus on more daily acts of kindness. The staff here at the Cameron are taking this on. You will see posters and strung heart tags around the building with suggestions and images about Kindness. We encourage you to add to our new décor and help us spread the word. What kind thing have you done today? Kindness is Contagious ... Catch it! Any questions or interest in participating see Annette or Martha.

EB Enterprise Bank Presents ...

Abigail by Gail: A Colonial Experience

Abigail Brings Plymouth and the Puritans to You! ©
Friday, November 8th at 12:30 p.m.

Sit back and relax as you learn all about the sites of Plymouth without leaving your seat! Learn about the Native Americans and the early settlers, including their reasons for coming to a New World. Explore the importance of landmarks such as Plymouth Rock, Coles Hill, and more. Discover what passengers experienced during the original voyage of the Mayflower and what it took to survive!

Copyright © Abigail by Gail: A Colonial Experience.

All rights reserved. For information about all Colonial Programs and Tours visit our website: www.abigailbygail.com This lovely Program have been brought to you by our sponsor **Enterprise Bank**. We ask for \$3.00 for lunch. Please sign up at 978-692-5523.

Give a Click!

You can Help

Friends of Cameron

Win a \$1,500 donation!



FROM **JEANNE D'ARC CREDIT UNION'S**
We Share A Common Thread Foundation

Go to:
www.weshareacommonthread.org/Give-a-Click

and **Vote** for the **Friends of Cameron!**

A MESSAGE FROM OUR DIRECTOR:

Looking at a warm Cameron fall together with much to be thankful for... Our program staff have been busy working on a new adult learning series called, Cameron Life-long Learning Series, also known as C.L.L.S. This series of courses will be offered in the summer and winter and will provide four different courses each season that will be taught by local professional, adjunct/retired professors and typically will run between 2-4 weeks long. We are excited to offer some additional learning and enrichment experiences and will be rolling the first four courses out in January and February of 2020. Since these courses will require a commitment of time, we will be compensating our instructors so there will be a fee to participate in the C.L.L.S... FEE structure: one course- \$15, two courses \$25 and/or three or more classes \$30. We realize there will be some excellent courses and we want everyone to have the opportunity to participate so if you feel that this would hinder your weekly or monthly budget please see Alison or Annette because we have our Cameron Buck\$ cards to help with this opportunity. Look for our first C.L.L.S. course offerings in the December newsletter. This program has been made possible from the Greater Middlesex Bank Charitable Foundation. *Also, we know there is much talent, skills and wisdom amongst our center population and if you would be interested in teaching a course in this new program offering please let Katie or Annette know because we would love to learn more.* Also, we are fortunate to have the following opportunities for all to enjoy and they include: **21st Annual Jim Geraghty, family and friends Thanksgiving Dinner** hosted at Westford Academy for all Cameron participants and residents age 60 and over on Sunday, November 24th. BINGO will begin and 10AM with thanksgiving dinner together to follow at noon. Reservations are needed so please call 978-692-5523. This is a great opportunity to enjoy the traditional thanksgiving celebration so come share your special presence with us all. Also, our great transportation team will be providing rides if you need one just give Chuck a call at 978-692-5523. **Friends of the Cameron** are busy fundraising this holiday season for us so please consider making a point to visit the Friends for their in-house table sale dates (found inside your newsletter) and buy a gift card or two for that unexpected gift need or your favorite neighborhood friend, helper or just to brighten someone's day. Festive refreshments will be shared and just maybe you can win a \$25 Market Basket gift card for your fundraising participation. See you in the lobby! **Board of Selectman and Town Manger Holiday Breakfast** is just around the corner so mark your calendar on Wednesday, December 11th at 8: 30AM for this favorite holiday start to your day. Please RSVP to 978-692-5523 because this event fills up quickly. **Holiday basket donations and sponsorships** are still needed to ensure all Westford households who are financially struggling this holiday season have a memorable holiday.

Sincerely,

Jennifer

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!

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

FRIENDS MID-YEAR MEETING

Thursday, Nov. 14, at 10 a.m., Computer Room

Membership in the Friends of Cameron is now open to people of all ages, from all backgrounds and walks of life. Want to learn more? Come to our November Mid-Year Meeting. Also, join us in congratulating Donna Owens, our newest Board member.

What're Friends for? What's in It for ME?

The Friends help enrich the lives of seniors in the community. To start, we fund numerous exercise programs, *all year long*, such as: Aerobics, Chair Movement, Fitness Camp, T'ai Chi, Yoga and Zumba – so Westford residents can attend **free**. If you come to monthly men's or women's breakfasts, occasional lunch programs, sing with Music Makers, shop at Trudy's or enjoy coffee in the Welcome area – you benefit from the year-round sponsorship provided by the Friends of Cameron. If you enjoy parties such as the Gay 90s Celebration, Holiday Luncheon at the Regency or Valentine's Sweetheart event, funding from the Friends helps make those events happen. If you play bingo, relax in the library, make toast at a breakfast event, work puzzles in the Welcome Area, curl-up on the couch, or have painted vases or wine glasses, know that the Friends furnished that equipment or supplies. Additionally, the Friends provide yarns & fabric for those who sew, crochet, knit or quilt to use **free**. But, we can't do this alone ~ we need your support. Come get involved, lend a hand, meet new people – and volunteer your talents and skills. You can make a difference!

GIVE A CLICK – QUICK, EASY – DO IT NOW!

Jeanne D'Arc Credit Union's **We Share A Common Thread Foundation** donates \$1,500 every quarter to a worthy non-profit organization through their "Give a Click" program. The Friends of Cameron are in the running this quarter – and **your** click can make a difference! Please visit: www.weshareacommonthread.org/Give-a-Click and vote for us. It's that simple! Be sure to pass the word on to your friends, family & others to vote for us, too. The non-profit with the most votes will receive \$1,500. Do it today!

GIFT CARDS – Ready, Set, Go!

Now you can purchase gift cards from the Friends for popular stores and restaurants right at the Cameron. Use the cards for everyday shopping or give them as gifts to friends and family. Cards are available for Home Goods, Kohl's, L.L. Bean, Old Navy, Walmart, Panera, Applebee's, the 99 and lots more. Orders placed in November will be delivered in December – just in time for the holidays!

NASHOBA TECH CRAFT FAIR - NOV. 16TH

Come stop by the Friends' booth at Nashoba Tech's Craft Fair, Saturday, Nov. 16, from 10 a.m. to 3 p.m. We'll have a variety of new handcrafted items for sale! Bring a friend and visit the fair – you'll be glad you did!



THRIVE HEALTH & WELLNESS FREE LUNCH!**Tuesday, December 10th, 12:30pm**

Living a healthy life doesn't happen by accident. It begins with good genes, but depends on good habits. Science tells us that when we adopt the right lifestyle we can increase our longevity and vitality tremendously. Yet, understanding what to do and how to do it has become incredibly complicated. Let certified nutritionist and health coach Susanne Duato from Thrive Health & Wellness Inc. teach you the 7 most important pillars to living a healthy vibrant life and the top tips you can implement immediately to transform the way you feel. Because when you feel great, you live more!! Sign up at the front desk at 978-692-5523. **SPOTS ARE LIMITED!**

MEN'S BREAKFAST**Funded by the Friends of the Cameron****Tuesday, November 12th at 8 a.m.**

Chuck will be talking about the different transportation options available here at the center. Please sign up at 978-692-5523.

WOMEN'S BREAKFAST**Funded by the Friends of the Cameron****Friday, November 15th, at 9 a.m.**

Come and listen to Jody Marchand from the Live for Liv foundation speak about the awful realities of domestic violence. Please sign up at 978-692-5523.

VETERANS' BREAKFAST- at the Village Restaurant**Thursday, November 14th at 7:00 a.m.- 9:00 a.m.**

Westford Veterans and their spouses are invited for a complimentary buffet breakfast. **Sponsors American Legion Post 159, The Village Breakfast Restaurant and the Cummings Foundation.** Sign up at 978-692-5523.

MEET THE MUSIC MAKERS**Friday, November 15th at 12:00p.m.**

Come for lunch at a special get-together with the Music Makers. Enjoy visiting, hearing some nice music, and playing some music trivia (prizes). We look forward to seeing you! Sign up at 978-692-5523.

2020 CENSUS INFORMATION & JOB OPPORTUNITIES & LUNCH**Thursday, November 14th from 12pm**

We will have a Census Representative giving us an update on the 2020 Census and being available to assist anyone interested in applying for jobs with the Census Bureau. The pay rate is \$25/hour part-time or full-time. We are excited to announce that we've partnered with the U.S. Census Bureau to support the 2020 Census. As a partner, we'll be working to ensure that our community is accurately represented. To learn about the upcoming census, visit www.2020census.gov. Every 10 years, the U.S. Census Bureau undertakes a mammoth task: counting all the people residing in the United States. This count affects the allocation of funding for our community's public resources (e.g., roads, hospitals, schools), how we plan for the future, and our voice in government. Sign up at 978-692-5523.



**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**

Dementia Friendly accommodations are available. Please notify the front desk when you sign up. 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, November 6th - Chicken Cacciatore
Wednesday, November 13th - Tuna Salad Sandwich
Wednesday, November 20th - Beef Stew
Wednesday, November 27th - No Lunch- Happy Thanksgiving

HOLIDAY BREAKFAST**WITH OUR SELECTMEN AND TOWN MANAGER****Wednesday, December 11th at 8:30A.M.**

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

Dementia Friendly accommodations are available. Please notify the front desk when you sign up.

**BIRTHDAY CELEBRATION****Funded by the Friends of the Cameron****Thursday, November 21st at 12:30 p.m.**

Come celebrate the November 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.

November Meal Choice - Lasagna .

Dementia Friendly accommodations are available. Please notify the front desk when you sign up.

RESTAURANT REVIEW * Week Earlier due to Holiday***Wednesday, November 20th at 11:30 a.m.**

Be sure to mark your calendars for our next outing on Wed. 11/20 at 11:30 at Il Forno, 529 King st., Littleton. 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****Tuesday, November 19th at 12:15 p.m.**

The Lunch and the Learn are both sponsored by Rivercourt Residency and we will be decorating Cup Cakes. Please RSVP- 978-692-5523.

ELEGANT CHEF LUNCHEON**Monday, November 18th 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.**

November menu selections: Chicken Marsala or Maple Glazed Ham
 Dementia Friendly accommodations are available. Please notify the front desk when you sign up.

55+ EARLY EVENING PROGRAMS:

**BINGO/HOT DOG/BURGER – 11/14 from 4:45-6:00 pm**

Due to popular demand, Hotdogs and Burgers will be served the 2nd and 4th Thursday of every month before bingo. A hot dog, chips, drink and dessert setup is \$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. *Please do not arrive earlier than 4:45 because a Circuit Training Class will be in the room from 3:30 to 4:30. Thank you.*

BOOK CLUB – 11/19 at 6:00 pm

Join us for thought provoking discussions. At our next gathering we will be discussing *The Magnolia Story* by Chip and Joanna Gaines, TV stars. This is a biography from the very first renovation project they ever tackled together, to the project that nearly cost them everything; from the childhood memories that shaped them, to the twists and turns that led them to the life they share on the farm today. Please call to sign up at 978-692-5523 and see Annette for a book.

QIGONG & TAI CHI – 3 Sessions Oct. 3rd – Jan. 30th, 7:00 pm.

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. Instructor: Dave Crocker of Cultivating Qi. Register with Westford Parks & Rec Dept, 978-692-5532.

MEDICARE OPEN ENROLLMENT PRESENTATION – 11/7 5:30 PM

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

NEW GENTLE YOGA FOR ACTIVE SENIORS*Thursdays from 5:45 to 6:45 pm**

This first Session is 6 weeks November 7, 14, 21 and December 5, 12, 19. Resident cost is \$24. and Non resident is \$30. Designed for seniors who can comfortably get down and up from the floor. We will begin seated on the floor with breathing exercises, stretching, and gentle yoga poses. We will then progress to standing yoga poses and transition back to the floor for more stretches. Each class ends with time for a deep relaxation. Please dress in loose, comfortable clothes and be ready to go barefoot. Bring your own yoga mat, strap, and blanket (there are some extra mats available). Carolyn Hottle has been studying yoga for almost 40 years, and teaching for 15 years. As a "senior" she enjoys sharing her love of yoga with other seniors. Register at 978-692-5523

CIRCUIT TRAINING – Starts 11/7

Sign up now for the next 8 week circuit training session on Thursdays 3:30-4:30. This is a group "personal training" class with folks working at their own pace on specific exercises geared towards your goals and health concerns. With the help of an instructor, you will learn how to use cardiac and strength equipment and you will be coached on flexibility, coordination, balance and agility exercises that are customized to your level of fitness. The cost is \$40 for residents and \$50 for non-residents. Please call 978-692-5523 to sign up.

**MOVIE NIGHT - 11/21, 4:30 pm**

On the 3rd Thursday of every month from 4:30 – 6:30 p.m. a movie and light meal are offered for \$3.00. November's movie showing will be *It's Complicated*. Jane (Meryl Streep), a successful restaurateur, has been divorced from Jake (Alec Baldwin) for many years, although they remain friends. When an innocent meal together turns into an affair, Jane finds that she is the other woman in the now-remarried Jake's life. Come enjoy this light-hearted comedy. Please call to sign up at 978-692-5523 3 days prior to movie for food shoppers.

BEGINNER'S LINE DANCING *PAYMENT CHANGES***Tuesday nights, 5:15-6:00 pm.**

Due to its popularity, Line Dancing will be ongoing, so simply come and pay as you go! It's \$5.00 per class paid directly to the instructor when you arrive. She has been teaching the basics since September so this is a continuation for those that have attended but new folks are always welcome and can catch on quickly. 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. Any questions call 978-692-5523.

**EVENING ROAD TRIP TO RESTAURANT - 11/12, 5:00 – 7:30 pm**

Our November night road trip will be to **Seoul Kitchen, 142 Littleton 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.



*** 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 !**

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. Please note that if you would like to attend these day trips and you have cognitive and or physical difficulties that require assistance, especially on long days that may require a good amount of walking, please bring a companion with you on the trip. Our trip supervisors are not responsible if anything happens on these trips.

BOSTON POPS

Friday December 13th Cost is \$129

More information to come in the December Newsletter and Flyers can be picked up at the Senior Center. Please Sign up at 978-692-5523.

SPRINGTIME TULIP RIVER CRUISE

April 28-May 6, 2020

Book Now and Save \$500 Per Person

Lower Outside Double Rate \$3,999 p/p

Middle Outside Double Rate \$4,299 p/p

Upper Outside Double Rate \$5,099 p/p

Suite Double Rate \$6,799 p/p

Included in the Price:

Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel transfers and 20 Meals (7 Breakfast, 6 Lunches & 7 Dinners) Trip

Highlights: Amsterdam, 7-Night River Cruise, Volendam, Arnhem,

Middelburg, Ghent, Bruges, Antwerp,

Kinderdijk Windmills, Kukenof Gardens. For more information ask

Katie at krussell@westfordma.gov or 978-399-2330

ROME & AMALFI COAST

September 12-21, 2020

Book Now and Save \$150 Per Person

Double Rate \$4,399 p/p

Single Rate \$5,199 p/p

Triple Rate \$4,349 p/p

Included in the Price:

Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel transfers and 13 Meals (8 Breakfast, 1 Lunches & 4 Dinners) Trip

Highlights: Rome, Colosseum, Montecassino, Amalfi Coast, Sorrento, Buffalo Milk Mozzarella Factory, Paestum, Pompeii, Winery Visit, Naples,

and the National Archaeological Museum. For more information ask

Katie at krussell@westfordma.gov or 978-399-2330

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

Do you realize that 100 years ago, women in our community could not even vote in political elections? Come to our Westford Women's Club program on November 18 at 7 p.m. to hear Fredie Kay, president of the Women's Suffrage Celebration Coalition of MA explaining the history of this struggle for women's rights, leading up to the 100th anniversary of the 19th amendment.

TECHNOLOGY HELP WITH VAMSI VETSA

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.

WALK FOR THE POOR – NOV. 11th 8:00 am

St. Catherine's church is sponsoring a local walk that will support local food banks, including the pantry here at Cameron.

WESTFORD CHAMBER PLAYERS - FREE CONCERT – Saturday, Nov. 16th at 4:00pm at 65 Tadmuck Housing Community Room

On November 16 at 5:00pm, the Westford Chamber Players (WCP) will be presenting "A Music Journey to Europe" concert. The concert program includes classical chamber music by Elgar, Haydn, and Mendelssohn, featuring beautiful romantic music pieces by Russian composers, Glazounov, Kopylov, Lyadov, and Sokolov. Hosted jointly by the Cameron Senior Center and Westford Chamber Players, the concert will be held at Westford Senior Housing, located at 65 Tadmuck Road, Westford, MA. Free admissions. Donations are welcome (\$5-\$10 suggested). There will be a post-concert reception for the performers and the audience to connect. WCP is a 501(c)(3) non-profit organization, consisting of student and professional musicians who strive to provide quality music education and community service. The organization aims at cultivating the joy of playing music together and achieving high standard through mentorship programs and public performances. Please sign up at 978-692-5523.



Whole Foods, Westford, donates various foods three days a week. All community members are welcome.

- Sign up at the front desk. People will be called in order.
- Please bring your own bags!
- Start times may be delayed if deliveries are held up.

Monday: 10:45 (or later)

Tuesday: 10:45 (or later)

Thursday: 2:00 (or later)

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 advance notice.

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 are not comfortable driving in the evening hours. To participate in this program we ask that you sign a liability waiver, and call Chuck at 978-399-2322 with a 24-hour notice requesting an Uber gift card. To use this program you 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. 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. 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.

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. They also have 6 new kits care partners can check out to reminisce and maintain connections and stimulation for folks living with dementia. Please call Judy Madsen, Homebound Coordinator at 978-399-2301.

WATERCOLOR CLASS

Class start on Thursday November 14th

Paula is back by popular demand now with another class! Join us for now a 5 weeks class on and **Thursday afternoons at 1p.m.** Cost for this class is \$50 for Westford Residents and \$55 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.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

Wednesday, November 6th at 6:30 p.m.

1st 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, November 18th 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, November 4th 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, November 4th, & 18th 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, November 12th at 9 a.m. at the Cameron Senior Center

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

ASK THE OFFICER

Thursday, November 14th 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, November 14th 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, November 20th 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 3rd Wednesday of the month 30 min. appointments are available between 10:30 and 12:30. Call the front desk to sign up, 978-692-5523.

ASK THE LAWYER

Tuesday, November 19th 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, December 30th

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 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>

HOME MODIFICATION LOAN PROGRAM

(HMLP) Since 2000, the HMLP has made loans that have helped over 3,000 Massachusetts households finance projects that help homeowners and small landlords to fund necessary changes to keep disabled or elderly family members in their own homes and communities. Project examples include ramps, lifts, bathroom and kitchen adaptations. This is for households at or below a gross income of 200% area median income. These are no interest, deferred payment loans. If you are interested in learning more, call Alison at 978-399-2325.

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. Anyone who is interested in attending meetings or offering input, call Alison at 978-399-2325 to be added to 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.**

WHAT IS OUTREACH? By: Annette, Outreach Coordinator

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

SOCIAL WORK SERVICES By: Alison, Social Worker

Sometimes we're so familiar with our jobs, we think everyone else is too! I thought I'd provide a bit of education to those who have not visited me in my office about what I do. As the Town Social Worker I have provided support to seniors and adults under age 60 with: health care needs coordination, elder care assessments and planning, mental health support and referrals, advance directives information, individual and family case management and brief counseling, subsidized housing assistance and eviction prevention support, referrals for legal services, fuel and food assistance applications, elder abuse/neglect/self-neglect reporting, screening applicants for the holiday basket program, and a range of other services. I work collaboratively with Annette, our Outreach Coordinator, and I tend to handle the more complex challenges that seniors face. We maintain confidentiality of client communications within the limits of social work ethics/law, which we can explain to you if you have questions. Last year we provided social work services via phone (3,566 calls) and in person (757 office visits and 293 home visits). If you haven't come to see me or Annette and you have an issue of concern, please feel free to call and arrange an appointment.

FALL YARD CLEANUP UPDATE

If you signed up for fall cleanup by the Oct. 4th deadline, we are doing our best to match you up with a volunteer group to perform this service. If you have not yet been contacted by a group and have any questions, please contact the Outreach Worker, Annette at 978-399-2326.

SAND BUCKETS

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

SNOW REMOVAL

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

PROPERTY TAX EXEMPTIONS – Are you eligible?

The town of Westford has several property tax exemptions for residents: the low income, blind, disabled, veterans and more. You may be eligible for a tax break and if you are interested in learning more about your options call Annette for an appointment to review them at 978-399-2326.

DEMENTIA FRIENDS

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

When & Where: Tuesday, November 19th, 4-5PM Roudenbush Community Center, 65 Main St., Westford RSVP: Alison Christopher, LICSW 978-399-2325



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Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong
4 9:30 Quilting Club 9:30 Bone Builders 10:00 Ask the Realtor 10:30 Mature Movers 10:45 Whole Foods 12:00 Open Art Studio 12:30 SHINE 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong	5 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 3:30 Tech Help with Vamsi 5:15 Line Dancing	6 9:00 Alterations 9:00 Fallon Health 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 6:30 Alz.Spt. Group 7:00 Train Club	7 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:00 Chair Movement 10:15 Yoga/ Pilates 12:30 Hand & Foot 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:15 Bridge 5:00 Piano Class 5:30 Medicare Open Enrollment 5:45 Yoga 7:00 BINGO 7:00 Qigong	8 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong 12:30 Abigail by Gail
11 	12 8:00 Men's Breakfast 8:15 Zumba at Mill Works 8:30 Billiard Players 9:00 Gentle Yoga 9:00 Blood Pressure 10:15 Upbeats 10:00 Watercolor Club 10:00 Chair Movement 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 5:00 Seoul Kitchen 5:15 Line Dancing	13 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 4:00 COA Bd. Mtg. 5:00 Piano Class 7:00 Train Club	14 7:00 Veteran's Breakfast 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:00 Friends Bd. Mtg. 10:15 Yoga/ Pilates 10:15 Chair Movement 11:00 Ask the Officer 11:00 Ask the Vet. Agt. 12:00 Census lunch 12:30 Hand & Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:15 Bridge 4:45 Hot Dog Night 5:00 Piano Class 5:45 Yoga 7:00 BINGO 7:00 Qigong	15 8:30 Aerobics 9:00 Woman's Breakfast 9:00 Music Makers 9:45 Ping Pong 12:00 Meet the Music Makers
18 9:30 Quilting Club 9:30 Bone Builders 9:30 Hearing Clinic 10:00 Acorn to Oaks 10:30 Mature Movers 10:45 Whole Foods 11:30 Elegant Chef 12:00 Open Art Studio 12:30 SHINE 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong 7:00 Westford Women's Club	19 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 9:30 Ask the Lawyer 10:00 Watercolor Club 10:00 Chair Movement 10:15 Upbeats 10:45 Whole Foods 12:15 Lunch & Learn 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 4:00 Dementia Friends 6:00 Book Club	20 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 10:30 Ask Annette 11:30 Restaurant Review 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club	21 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 & Foot 12:30 Birthday Lunch 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:15 Bridge 4:30 Movie Night 5:00 Piano Class 5:45 Yoga 7:00 BINGO 7:00 Qigong	22 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong
25 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	26 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 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 5:15 Line Dancing	27 9:15 Aerobics 9:30 Bone Builders The Cameron Senior Center will be closed at 12:00	 <p>Happy Thanksgiving</p>	



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Coldwell Banker Residential Brokerage donates \$2,900 to assist vulnerable older adults with heat and other basic needs this winter. Claro states, "These funds will be held in the Friends of the Cameron's Emergency Fund to allow our social services staff the needed financial resources to assist residents in financial crisis and/or emergency situations this winter. We are very appreciative of the financial generosity the Coldwell Banker team gives to the Cameron each year." Pictured L to R- Cheryl Major, Janet Morano, Branch, Manager, Leslie Thomas, Kathy Cunningham, Jennifer Claro, Cameron Senior Center Director, Marie Doctor, Selina Richall, Maura Fitzgerald Pique.



Much thanks to **Robert Barratta, Carpentry Instructor** and his talented **carpentry students from Nashoba Valley Technical High School** that built a special table to hold the new BINGO console. It is beautifully designed and crafted and we are looking forward to using it real soon.



MILLE GRAZIE!!

to a wonderful group who helped with the Root Beer Floats for the Delvena production of "Isabella". Pictured are Fran Kosenko, Pat Reppucci and Martha Brockway with additional help from Edna MacNeil, Alison Christopher, Annette Cerullo and Bob France. Thank You all again for a successful event!

Claire

Thank You

All of us here at the Cameron would like to thank would like to thank the **Highway Department** for re-painting the lines of our parking lot. This will enable easier parking and safety.

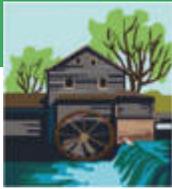
We would like to thank the **Friends of the Cameron** for purchasing a new bingo **system** we look forward to featuring it in our December newsletter. Also, we are pleased to have a new toaster that the Friends donated for the Men and Woman's monthly breakfasts.

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- 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/

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

Hours

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

NOVEMBER FOOD PANTRY HOURS:

- **Mondays: November 4, 18** from 1:30 - 3:30 p.m.
- **Wednesdays: November 6, 20** from 9:00 - 11:00 a.m. and **November 13, 20**, from 6:00 - 8:00 p.m.
- **Thursdays: November 7, 21** from 9:00 - 11:00 a.m.
- **Fridays: November 1, 8, 15, 22** from 9:00 - 11:00 a.m.
- **Saturdays: November 2, 16** from 9:00 - 11:00 a.m.

BOARD MEETINGS

COA Board— Wednesday, November 13th, at 4 p.m.

Friends of Cameron – Thursday, November 14th, at 10 a.m.

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Elder Services
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Claire France, Records Supervisor
Charles Dutton, Transportation Dispatch
Christopher Mitchell, Maintenance Supervisor
Katherine Russell, Senior Assistant
Martha Brockway, Senior Assistant
Edna MacNeil, Front Desk
John Wilson, Maintenance
Robert Rafferty, Night Supervisor

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