

WESTFORD COUNCIL ON AGING NEWSLETTER JULY-AUGUST 2020

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

20 Pleasant St., Westford, MA 978 - 692 - 5523 www.westfordma.gov/coa
<https://www.facebook.com/CameronSeniorCenter/>

Due to current COVID-19 precautions, Cameron programs may be changed, postponed or cancelled at any time. If changes do occur you will be notified as soon as possible by your COA staff. Thanks for your understanding!

Newsletter changes!

Beginning with this issue, all issues of the newsletter will be issued bi-monthly. Please check our Facebook page and website for updates and additions.

NEW PROGRAM OFFERINGS UNDER OUR NEW TENTS IN THE CAMERON PARKING LOT

Wednesdays at 8:15am Starting July 8th

Join Carol Wing for an Outdoor Zumba Class for the month of July!
Sign up at 978-692-5523.



This Photo by Unknown Author is

PING PONG TOURNAMENT

How good can you be after self-quarantine? We will see by just having fun

Wednesday, July 15th 9:30am

Singles only, double elimination tournament. Refreshments, prizes and fun
To register for this Singles Ping Pong Tournament please call 978-692-5523.



CAMP CRAFT TIME

Wednesday, July 22nd 9:30am

Who doesn't have fond memories of summer crafts? Let's enjoy that time together again and make a cool, colorful summer tie-dye t-shirt for you or send your grandchild a summer care package with your specially made shirt and friendship bracelet. Cost is \$ 5.00 which includes T-shirts and other supplies. Sign up at 978-692-5523 and don't forget to give the T-shirt size to the front desk by Friday, July 17th at noon.



Come have fun in an original Jimmy Buffet Style Corn Hole Tournament

Wednesday, July 29th 9:30am

We will have singles and/or double tournament entries. These tournaments will be double elimination so we can have fun together longer. Our Director is eyeing the coveted winner's sash, so practice up! Also, Katie has a few surprise activities up her sleeve while you wait your turn for tournament game(s). Light refreshments and fresh fruit shaved ice drinks will be available, along with a little Jimmy Buffet background music. Don't forget your lawn chair and parrot head paraphernalia. Tournament sign up call 978-692-5523.



A special thank you to Scott Topjian for donating our Cornhole games and making this tournament possible.

Directors Report ...

Eye on Soft Reopening
Hopefully in Phase Three

I know our staff is looking forward to welcoming back the lifeline of our center, YOU!

However, as you would expect, the workings of the Cameron will be different to ensure proper distancing, group sizes, face coverings and other guidelines our staff must follow to ensure everyone's health and safety. In this month's newsletter you will find the Cameron Reopening Plan to give you an idea of how the Cameron will be operating initially with shorter hours of operation due to the need for staff to disinfect, limited programming and participation, required registration for all activities inside the Cameron and more. Due to the amount of information about the center reopening, I ask you to please read over all the information found in your newsletter.



For additional updated information please watch our COA website (www.westfordma.gov/coa), Facebook (<https://www.facebook.com/CameronSeniorCenter/>) or simply call the center during regular hours of operation at 978-692-5523.

If you have any suggestions or thoughts you would like to share with me as always please send me an email at Jclaro@westfordma.gov or simply call me directly at 978-399-2323.

Stay encouraged,

Jennifer

If you would like to check out our Pickleball equipment Monday thru Friday from 8:30-3:30 please call at Katie at 978-399-2330. This equipment may only be used on our field adjacent to the Cameron.



EBI'S SUMMER BBQ COOKOUT IS BACK WITH WESTFORD'S VERY OWN FABULOUS MUSICIAN MICKEY LORDEN

Friday, August 14 at
12:00pm
Location: TBD



You will enjoy freshly grilled BBQ chicken and/or beef accompanied with rice, grilled tomato, dessert and beverages. A special thank you to **Ebi and Desiree Masalehdan** for this amazing spread of food. Please RSVP to 978-692-5523.

Are we able to contact you?

The COVID-19 pandemic has made it even more important that we keep in touch. Martha has been creating and populating a database with all town residents born 1965 and earlier. We may add non-resident center participants later. We would like your cell phone (for calls, and texting, if you agree) and your email so we can quickly communicate updates as they occur. We will have update forms for you to complete available at all programs and at the front desk. You can also call the Center (978-692-5523) to provide this information. We want to be able to keep in touch!



The "Cam Fam" That Walks Together Stays Together

Join our very own Chris Topjian and Fran Kosenko at the Westford Academy track each Monday and Thursday. Start time 8:00 and 8:30 (for later risers) and end time 9:30
Incentive: Make a personal goal you would like to achieve and share with Fran and Chris so they can cheer you on. Those who complete their goal will receive a must-have "Cam Fam" That Walks Together Stays Together t-shirt. You will carry your head high when you wear this prize t-shirt through the hallways of the Cameron. Bring your water and we can't wait to see you at the track.



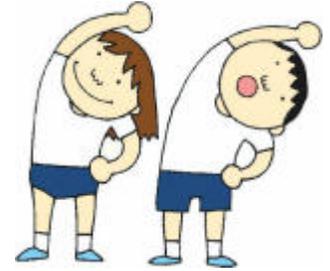
For more information please call Katie Russell at 978-692-5523.

A BIG thank you to our friends at Westford Cable Access Television (Westford CAT) for keeping us connected! All programs air on Comcast Channel 8 and Verizon Channel 35.

Any program on Westford CAT will also be posted on our Website and our Facebook Page.

Fitness Classes with Carol Wing will air as follows:

Monday - Yoga 9am, Tuesday - Chair 9am, Wednesday - Zumba 9am,
Thursday - Chair 9am, Friday - Zumba 9am



PRE-FOURTH OF JULY DRIVE THRU COOKOUT

Our Cameron staff in partnership with the Friends of the Cameron Senior Center Board are excited to grill hamburgers and hot dogs just for YOU. Come through our Cameron drive thru and see some



friendly faces perhaps you have not seen in a while on Wednesday, July 1st at 12:00PM. Sign up by Thursday, June 25 at noon by calling 978-692-5523 and ordering a burger, hot dog or both. Friends Members- \$3 and Non-Friends- \$6 **Feel free to dress up your vehicle. Most Patriotic AND Most Rockin' Patriotic will each win a FREE Cameron Bucks Card worth \$55 and free Day Trip your choice in 2020-2021.**

Most patriotically dressed from front windshield (your pants won't count!) wins a free 2020-21 Day Trip of their choice or Cameron Buck\$ card. We look forward to seeing you!

PODIATRY

Due to the COVID 19 virus, Dr. Gregorian **will not** be having a Podiatry Clinic here at Cameron in the foreseeable future. Dr. Gregorian is seeing patients in her Bedford office, if anyone is interested in scheduling an appointment please call her office at **978-501-7176. The office location is 41 North Road, Suite 202, Bedford, MA 01730 (take Rt. 225 to Rt. 4 intersection).**

TUESDAY GOLF AT QUAIL RIDGE GOLF CLUB, 354 GREAT RD, ACTON MA

Tuesdays beginning at 7:30 AM, now —October Cost: \$20 walking, \$30 with cart. Call Quail Ridge at (978) 264-0399 for your tee time and for **information about cart use under COVID-19 guidelines.** Make sure to say you're with the Westford Group to get this special price. Fore!



CASINO TRIP!

Due to the COVID 19 Virus we **will not** be going to Fowoods for the remainder of this year 2020.

We hope next Spring 2021 to once again be able to board our charter bus and head to Connecticut for our exciting casino trips! Looking forward to seeing everyone then! Stay well! *Clare*

OUR VANS ARE RUNNING WITH NEW COVID 19 REGULATIONS

For your safety:

- All drivers and riders must wear a mask on entering and while riding our vans.
- Only 2 riders on van at one time.
- Vans, seats and touch points will be disinfected in-between riders.
- Vans will be completely disinfected at end of each day.

COA TRANSPORTATION SERVICES FOR SENIORS 55+ AND THE DISABLED

Service areas and donation/fees:

Westford round trip: \$3.00

Acton, Carlisle, Chelmsford, Groton, Littleton, round trip: \$6.00

Ayer and Concord, and Lowell round trip \$8.00

Please call Chuck at 978-399-2322 **at least 48 hours prior to your appointment** to schedule your ride.

Tax Relief for Elderly and Disabled (TREAD)

Applications are available by request. Please call Alison to have one mailed to you. Applications are **DUE ON AUGUST 30th.** 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 TREAD Committee will meet to determine awards in December 2020. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325. Please note that we will not be scheduling in-person appointments until at least August, but we can coach over the phone until then.

HOUSING

Just a friendly reminder that affordable housing is very hard to find in Westford and the surrounding communities. 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. Many market rate rentals are not affordable for residents. So, please think ahead and consider putting yourself on waiting lists early if you think there is any chance that you will need this type of housing in the next 5 years. There are several new apartment complexes in the permitting and building process that will have "affordable" units by lottery. These are open to folks of all ages. Currently, Hanover Westford Hills is accepting lottery applications until July 21, 2020 at 2PM. For more information, see your June newsletter or call the senior center at 978-692-5523 to request a packet.

SNAP

Massachusetts has joined the pilot project to allow users to order food online from Amazon and Walmart. If you have a SNAP card and want to avoid shopping in stores during the Covid-19 crisis, consider this new option! Go to <https://www.mass.gov/snap-online-purchasing-program> and click on order from Amazon or order from Walmart for instructions.

DEMENTIA FRIENDLY WESTFORD

Our Dementia Friendly Westford group has not been able to meet since pre-Covid-19. However, we are still eager to support our community members living with dementia and their care partners. One of our DFW partner organizations, Bridges by EPOCH is offering many remote-support groups, memory cafes and education options for all. If interested, contact Sarah at 978-692-9541 or sturcotte@bridgesbyepoch.com

The Alzheimer's Association also has a new resource

The Alzheimer's Association MA/NH Chapter has developed resources to help those with Alzheimer's and dementia and their caregivers navigate the challenges presented by the COVID-19 crisis. They have also included information on our advocacy efforts, and ways you can get involved in the fight against Alzheimer's. Go To: ALZHereForYou.org. There are great interactive and online programs that can help you during this time. Their 24/7 Helpline is also still available for around-the-clock care and support at 800.272.3900. Feel free to contact them with any question, any time.

ALZHEIMER'S ASSOCIATION CAREGIVERS SUPPORT GROUP MEETING

With the ongoing COVID-19 situation still changing and evolving, we will once again be meeting virtually for our next Caregiver's Support Group meeting. It will be held over Zoom meeting on Wednesday, July 1 from 6:30-7:15 (we can extend the time if necessary). Please confirm via email (klapp4@comcast.net) or phone (978-758-6072) if you will be attending so I can gauge the number of folks joining the call. I will send a separate email to those folks wishing to join with a meeting ID and password. We will also meet on Wednesday, August 5 at the same time, but we aren't yet certain whether it will be face-to-face or again over Zoom.

If you cannot attend the meeting and need assistance/resources, please don't hesitate to contact me directly (978-758-6072) or reach out the Alzheimer's Association at <https://www.alz.org/> or use their 24/7 help line at 800-272-3900. Stay safe and well.

Friends Corner

President's Message

Hello Friends of Cameron!

What a hard time we have been having. Not being able to go to the Senior Center is frustrating. We are family and enjoy being together to take a class, have lunch, have a cup of coffee or just chat. Hopefully we can get back to seeing each other soon. Jennifer and her amazing staff are being a great support for all of us. Thank you to all our hard workers.

Stay safe, stay well and hopefully we will see you soon.

~ **Barbara Upperman**, President



We're on Amazon Smile!

AmazonSmile provides a simple way for you to support the Friends of Cameron every time you shop, at absolutely **NO** cost to you!

Simply go to: www.smile.amazon.com and select Friends of Cameron Senior Center as your designated charity. Shop from the millions of items available and the AmazonSmile Foundation will donate .5% of your eligible purchases to the Friends – at no additional cost to you.

AmazonSmile offers the same products, same prices and same service as Amazon, but you need to use the AmazonSmile website for us to get the donation.

2020 Friends Challenge – ARE YOU GAME?

With the Cameron being closed and many programs and events being cancelled due to Covid-19, we need to find more creative ways to keep us entertained, challenged and having fun. We need to develop innovative or different events and programs – with social distancing in mind.

With Trudy's Boutique closed for the season and craft fairs, festivals and other fall events cancelled, we also need to find new ways to raise funds to reach our revenue goals. Technology and internet use are becoming ever more important. If you have skills in this area, we can use them.

Please step forward and volunteer to participate on a committee, run for office, or help out as a consultant. We can use fresh ideas, talents, knowledge and skills!

2020 Book Award Winners!

We are pleased to announce the Class of 2020 winners of the Friends of Cameron Book Awards! Congratulations to graduating seniors: **Benjamin Greenwood & Melchizedek Robinson**, from Westford Academy; and **Matthew Sciuto and Taylor Short**, from Nashoba Valley Technical High School. Each received a \$500 award to help with book expenses, as they begin their college journey this fall. We wish them all well!

Workplace Giving – Matching Funds

Socially responsible companies often provide matching funds programs to help increase the impact of their employees' giving. If you are employed and your company has a matching funds donation program, please take advantage of it. Your dollars will stretch further – and that can mean a lot to any nonprofit organization you wish to contribute to (including the Friends of Cameron).

WANTED! VOLUNTEERS

- Got WordPress experience? Help us create a Friends website!
- Good at photography? We can use publicity photos for Facebook, Craigslist, Trudy's, etc.
- Want to be on a team planning a fall online auction to benefit the Cameron?
- Ever sell on eBay? We'd love help to start a Friends' eBay store
- Got a skill to share? Computer expertise? Business background? Fundraising experience? Give us a jingle!

CONTACT:

Barbara Upperman, 978-808-1386

Soft Reopening Plan for the Cameron possibly in Phase 3

Staff and Center Participants will have to take their temperature before leaving residence to ensure temperature is below 100 degrees before coming to the Cameron.

Cameron will be open to public Monday through Friday from 8:30 AM to 2:00 PM. The staff will report to work from 8AM to 4PM. When the center is closed to the public, staff will be cleaning and disinfecting for next day activities.

Please note some center activities may be held at alternate locations as well as outside underneath tents. Please check our COA website located at www.westfordma.gov/coa, Facebook <https://www.facebook.com/CameronSeniorCenter/> or simply call us at 978-692-5523 during hours of operation.

Westford residents will be given preference during this time due to group size limitations

Protection of Essential Services Offerings

Resident/patron safety measures

Staff Registrars will ask four questions before scheduling class/program time at the Cameron for center participants.

- In the last 14 days have you or anyone in your household had a fever of 100.3 or symptoms of shortness of breath, respiratory issues, or cough
- In the last 14 days have you traveled to an area that is a Covid-19 hotspot
- In the last 14 days have you had contact within 6 feet or had contact for more than 15 minutes with someone who has been diagnosed with Covid-19
- Has your Doctor diagnosed you with Covid-19

Center participants will not be required to check-in through MySeniorCenter. This will be done when the registrar schedules appointments and registration for programs. Volunteers who are providing services to the center will be given a monthly tally sheet by the Volunteer Coordinator to track their hours. Each month volunteers will turn in their monthly tally sheet of hours to the Volunteer Coordinator and receive a new Volunteer tally sheet

Special volunteer note for Trudy's Boutique: Trudy's Boutique will not be scheduled to open until September and again that could change at any time. Trudy's is projected to open three days a week from 9am- 1PM. Donations will not be accepted until January 2021.

We will provide hand sanitizing stations at the entrance and exit of the Cameron as well as other high usage areas in the center. Center participants **will be required to wear a mask** while inside at the center. If center participant forgets their mask, we will have limited masks available, as well as disposable gloves.

The Cameron will offer some in-house programs/classes, but center participants must register for program/classes before entering the building for center participation. Program/classes will be offered in select rooms for the day typically alternating room usage each day. This will help our staff keep up with needed disinfecting of used space. Cameron fitness room, computer and billiard room and library will be open but center participants will have to schedule an appointment for that room usage in one-hour increments. Fitness room can have no more than four individuals working out at one time, with one additional fitness room monitor. Computer and library will allow no more than two persons in rooms at one time. Billiard Room can't exceed more than four players in the room at one time.

- Limit one person in the elevator at one time
- Install markings on the floor to guide participants in one direction to ensure safe distancing
- Make lobby ENTRANCE ONLY. To EXIT the building, center participants will leave from the multipurpose room door located in the rear of the room at the stairwell. If center participant has difficulty with stairs, they will use the

- Plexiglass safety barrier at service location
- Bathrooms will be limited to the front lobby area which includes both a men's and women's restroom. Only one person at a time will be allowed in each restroom. Signage will be posted to prompt those on accessing restrooms safely. Not all bathroom stalls will be in use to ensure COA staff can maintain needed disinfecting in bathroom and throughout center. A bathroom will be available on the second floor which is wheelchair accessible and gender neutral.

Social Services

Our social service staff will continue to provide case management primarily by phone consultation unless staff recognizes a need to do a face to face appointment. If needs require client(s) to meet in the Cameron Center, appropriate questions will be asked in initial telephone interview highlighted above and staff will make an appointment. All appointments require a face covering unless there is a medical or mental health condition. Hand sanitizer will be available to clients prior to and after appointments. Clients are encouraged to bring their own pen.

Building open to necessary, in-person appointments:

In person appointments could include but are not limited to Social Service Assistance appointments which can't be handled remotely. Safety during in-person appointments:

- Any client entering the building will be instructed ahead of time to arrive wearing a face covering. Donated cloth mask will be provided if client does not have one
- The client is to sanitize their hands once in meeting space
- One on one meetings will take place outside under shaded tent or if medically necessary will occur in Professional Office
- Staff member not meeting with the client will wipe down glove and hand sanitizing station and anything else touched by client in the lobby area.
- No more than two appointments at a time if necessary and these could occur outside, professional office or library
- Two Sneeze Guards are available for staff attending appointments
- After client(s) leave, the staff member who met with the client is responsible for wiping down the meeting area and any surfaces both that staff member and client touched

Transportation

Driver / Passenger Safety

- No more than two passengers on the bus at a time
- Passengers are asked to fill rear seats of van first spacing out 6ft. amongst passengers
- Passengers are required to wear a mask on the van
- Drivers are required to wear a mask in assisting riders and outside vehicle in public
- Driver must use gloves and/or sanitize hands after assisting passengers during course of ride
- Drivers must wipe down handrails and seats after passenger use. Drivers must disinfect van at the end of day
- Bus brought to LRTA garage for complete clean-out weekly

Medical Loan Program

- Equipment loaned from COA inventory. Advanced reservation for equipment required
- COA staff must inform residents borrowing medical equipment that it must be wiped down before using.
- If medical equipment is being returned or donated it must stay outside for 24 hours and be sprayed with disinfectant before bringing into building for loan use.
- Staff must wear a mask and gloves when working with equipment for a resident or on its return to center

Public Meeting Space

The Cameron will not be providing space to outside groups that are not part of Cameron program and service delivery for six months after center is open to the public.

Please recognize that these Reopening Plans can be changed at any time due to unknown circumstances surrounding COVID-19. For further updated information please check our website at www.westfordma.gov/coa, Facebook- <https://www.facebook.com/CameronSeniorCenter> or call the center at 978-692-5523 Monday thru Friday from 8AM-4PM.



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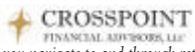


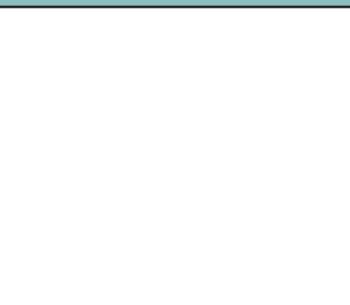
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OUTREACH AND SOCIAL WORK SERVICES

It feels like ages since we've seen you. You are missed! We hope you are finding ways to positively use your time — puzzles, reading, walking, calling friends, gardening and so much more. Even though we've had lots of restrictions it is a good time to reflect, reprioritize, and "stop to smell the roses". If you want some books or puzzles delivered from our Cameron library just call the center. Also, we want to make sure you all remain as connected with us as possible during these challenging times. If you haven't done so already, be sure to sign up on the town website for Council on Aging "news flashes". You can get them in your email or on your telephone. Go to the town website: <https://westfordma.gov/> then click on the icon "notify me" and then the notices you want. We don't want you to miss anything that we offer! If you need help let us know and we would be glad to sign you up. Alison-978-399-2325.

MEDICAL EQUIPMENT LOANER PROGRAM

We have equipment to borrow if you are in need. We can leave it for you outside our back door for pick up or it can be delivered to your home. Please only donate clean and functional equipment in excellent condition. We **CAN NOT** accept the following: crutches, knee/back braces, oxygen tanks and tubing, foam padding, dietary supplement drinks, and personal hygiene products. Any questions please feel free to call the center at 978-692-5523.

BOOK CLUB

Please join us as we discuss a book selected by the group each month! In July, we will talk about what we've been reading during the Covid-19 quarantine, and we'll pick a book for August. **Please join us under the tent on Thursday, July 16 at 1:00.** I'm very excited to see you again. **We will also meet on Thursday, August 20, at 1:00.** Make sure to register by calling the Center at 978-692-5523, in case we need to change our venue. Also, if you still have a copy of Maeve Binchey's Chestnut Street, please return it to the Westford Library at the book drop in the back of the building. Thanks!



Attention SNAP Recipients: Eating fruits and vegetables each day is important for your health. The Healthy Incentives Program (HIP) helps you buy more fruits and vegetables for your household.

You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. You can earn HIP incentives at participating agricultural retailers. How does HIP work? If you are a SNAP household you will be automatically enrolled in HIP.

You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. Look for the HIP logo or ask the vendor if they participate in the program before you pay for your purchase. You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. You can earn HIP incentives at participating: Farmers' markets, Farm stands, Mobile markets, Community supported agriculture (CSA) farm share programs. **Important:** You must have a SNAP balance to earn the HIP incentive benefit. Your monthly cap is based on your household size. 1-2 person households can receive up to \$40.00. Your receipt will show you the amount of your HIP incentive benefit after each eligible purchase. This amount will be credited back to your SNAP account. Use this extra benefit right away or save it for another shopping trip. Any questions, call Alison at 978-399-2325.



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Pre-Planned
Funeral Counseling

The Whole Foods Food Distribution is coming back – Tuesday August 4

The Whole Foods Distribution Committee has worked hard to bring back the program to the Cameron Senior Center starting Tuesday, August 4. Distribution will begin about 2:00 pm or shortly thereafter each Tuesday.

Due to COVID-19, the way that we distribute the food will be changing to comply with the rules of the Westford Board of Health. Distribution will be held outside in the back of the Cameron Senior Center near the back door area, under the tents.

All food and items will be prepackaged. There may be limited distribution depending on items donated each week, just as in the past.

What Participants need to do:

- Each person **must** call the Cameron Senior Center at 978-692-5523 to sign up for a designated time each Tuesday. We will need your name, phone and email address. **You will have the same time period each week.** Each 15-minute window will have only 5 people. You will be given a number to put on a paper plate or plain paper to put in your car window each week. This process may need to be adjusted depending on time taken to go through line.
- **Do not** arrive early. Come 5-10 minutes before your assigned time each Tuesday.
- Please park in the back parking area. Stay in your car until you are called by number. Make sure number can be seen by the Tent area from car window. The committee will have an assigned list each week. If you aren't here when it is your turn, we will go onto the next person. We will not be able to accommodate you for that week.
- You must wear a face mask and walk up to the table area (only one person can come up to the designated distribution area). For everyone's safety, you must stay behind the tape.
- You will be asked which items you want - All items will be put in disposable bags only by a table person. Some items may have limits. At the end of the line, your bag will be put on the table to have you pick it up. You must go back to your car and leave the Center parking lot.

As the Senior Center Restrictions are changed, the Whole Foods Program rules may change too. Watch for any updates. Distribution will be rain or shine unless it is a bad storm. If in doubt, call the Cameron Senior Center by 1 pm for any updates.

Gaining Grounds! ORGANIC VEGETABLE DISTRIBUTION Every Thursday, 1:30 pm

Gaining Grounds of Concord is once again offering their organic produce weekly to all Westford residents who meet income guidelines (fuel assistance income criteria). To participate, one must sign an income attestation on the day of produce pick up. Please bring your own pen for health/safety purposes. This distribution will be held at the Westford Housing Authority at 65 Tadmuck Rd in the Community Center parking lot. **Due to pandemic restrictions, the produce will be pre-bagged and handed out at 6-foot markers.** People will be encouraged to wait in their cars or apartments and not in groups nor in the community center hallway. Because this program is so desirable, people often arrive early. Therefore, we will pass out disposable numbers starting at 1:00 in the order that people arrive. The freshly picked and packaged vegetables will be distributed at 1:30. Please plan to pick up a bag for only **your own household**. If you have an extenuating circumstance and want to discuss alternate arrangements to get your bag, please call Chuck Dutton by the Monday prior to distribution. **Any questions call Chuck at 978-399-2322.**



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- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you. If you would like to know more, please contact Martha at 978-399-2324
- If you prefer receiving a newsletter via email, please go to town website and click on "Notify Me" and type in your email to sign in. Under "Agenda Center" Click on Council on Aging
- 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
lynnmroderick@aol.com

Hours

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

JULY FOOD PANTRY HOURS:

- **Wednesdays: July 1, 8, 15, 22 and 29** from 6:00 - 8:00 p.m.
 - **Fridays: July 10, 17, and 24** from 9:00 - 11:00 a.m.

AUGUST FOOD PANTRY HOURS:

- **Wednesdays: August 5, 12, 19, and 26** from 6:00 - 8:00 p.m.
- **Fridays: August 7, 14, 21, and 28** from 9:00 - 11:00 a.m.

BOARD MEETINGS

COA Board - July 15 and August 19
Friends of Cameron—July 16 and August 20

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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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