

WESTFORD COUNCIL ON AGING NEWSLETTER SEPTEMBER-OCTOBER 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!

KIWANIS TAILGATE WITH HAMBURGERS, HOT DOGS, AND ALL THE FIXINGS

Cameron Field, Tuesday, September 1, 6PM

Come enjoy our yearly get together with our local Kiwanis friends. It will be a (hopefully) cool evening to catch up with one another and enjoy perhaps your last summer hamburger, hot dog or both. Feel free to bring a chair if you would like and your favorite face covering because we will have some undercover Kiwanis judges scoping out their favorite masks especially as it relates to this COVID Pandemic. Please RSVP and remember—if you need transportation, it will be provided by our COA van service.



DO IT YOURSELF MOSIAC GLASS SUN CATCHER

At the Cameron under our tents, Wednesday, October 7 at 10AM

Thanks to a grant from Elder Services of Merrimack Valley in response to COVID-19, we are glad to offer this creative art class. All you pay is \$5 and we will supply all the materials you will need. Take home your own piece of artwork and display it proudly in your window or gift to a friend. Please RSVP by calling 978-692-5523. Refreshments from **Muffins on Main** will be provided to all of our freestyle artists. Join Us!



BEGINNERS PHOTOGRAPHY: Fridays, September 18 through October 16, 12:30-2:00

Join Steve McGrath in this 5-week series. Here's an opportunity to learn from an expert in this seminar for beginners! Bring your camera and learn when and how to use its special features, such as program mode, manual mode, aperture and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography. Cost is \$50, paid directly to the instructor. Sign up is required at 978-692-5523 by September 14. Please provide an email address when you register for virtual learning in case we can't be in the building. **This program is subsidized by Elder Services of the Merrimack Valley.**



TRIVIA RETURNS: Tuesday September 22 1:30 - 3:30

Ken, our trivia King, would like to present a style of trivia that has "never been done before" ... Trivia A -Go-Go. Sample questions include: 1. Which state is directly south of Nebraska? 2. Who wrote the classic song, "This Land is Your Land"? 3. Who portrayed Sgt. Joe Friday? 4. In 1952 the Boston Braves baseball team moved from Boston. What city did they move to? 5. In what city was Bobby Kennedy assassinated? Due to social distancing we may be outside and will not be at tables but we have creative ways of playing and forming teams. \$2.00 per person for prizes and snacks. We would appreciate exact change that day. Sign up quickly because space will be limited. 978-692-5523.



AGING MASTERY PROGRAM RETURNS: Every Monday & Wednesday October 5 through November 4, 12:00-2:00

The Aging Mastery Program® (AMP) is a national program that uses evidenced based materials, expert speakers, group discussion and peer support to improve the physical, financial, and emotional wellness of older adults. This 5-week program (2x/week for 10 sessions) aims to empower participants to make and maintain small, impactful changes to their behaviors to live healthier, happier, and more secure lives. This series will be offered either in the building (pending the Governor's orders) and/or via an online computer teleconferencing site. The cost per person is \$15 for the materials and speaker series (actual value is \$60/person). Any questions please contact Annette at 978-399-2326. Please provide an email address when you register for virtual learning. Deadline to sign up is by September 9th so that we can order supplies. **The Aging Mastery Program returns to Cameron at a reduced rate thanks to funding from the Emerson Hospital Community Awards Program.**



Directors Report ...

Much to Share with YOU!

Our center is fortunate to have many people supporting operations and outreach during these challenging times of not being together. I want to share some of the goodness with you.

Muffins on Main, thanks to **Ellen Harde and one of their dedicated customers (who wishes to stay anonymous due to his funding support)**, is sponsoring a weekly "Birthday Delivery" of four fantastic muffins to a senior who may have otherwise had a little more quiet birthday. I want to thank **Alison Christopher** and **Martha Brockway** from our staff who helped support this very uplifting birthday outreach program.



As some of you may know, during this COVID pandemic Martha created a data base for every resident age 55 and older to help ensure we have basic personal information, updated contact information and your preferred method of receiving communications from the Cameron. For those of you who may have overlooked this request of information in our last newsletter edition (July/August) please call the front desk and update this requested information to better assist you.

Speaking of assisting, we recently were awarded a second grant from the **Greater Lowell Community Foundation COVID Relief Fund**. These funds will continue to support our food outreach efforts and programming needs, and have benefitted over 1050 older adults, as well as made these times of self-isolation more comforting and hopeful.

Also, our COA was awarded a grant from **Elder Services of Merrimack Valley** for \$8,396. These funds will continue to support our programming, center needs and social service outreach during these challenging times while our center is closed to the public. I hope you have been enjoying the programs we have been offering, and I encourage everyone who has not yet considered participating in a virtual program, Grab & Go, exercise class and other programs held virtually or outside to do so. As we move to close out August, I will be working with the Friends of the Cameron Senior Center to submit another Cummings Grant. I recently met with several Friends Board Members who are eager to participate in this process. I will be glad to share more about our funding application in your next newsletter.

I want to thank our **COA Board, Alison Christopher, Town Social Worker, Lisa Larrabee, Westford Housing Authority Director, Melissa Robbins, Attorney and I must mention Bob Tierney** although he's a COA Board Member for working with me over the last eighteen months to establish the Westford Rental Assistance Program. Recently, with the guidance of the **Community Preservation Committee and the funding from the Affordable Housing Trust**, our application was approved for a three-year pilot program in the amount of \$95,000. Currently, our COA Chair, Nancy Cook and I are finalizing some legalities and approvals with the Board of Selectman and other involved entities. We hope to be getting more details out about this program in the coming weeks.

Lastly, when our center re-opens, I hope you will look on the art gallery wall in the sitting area and enjoy the photography of **Jeffery Demers, Westford resident** highlighting our wall. These photos are for sale and he has been generous to the center by donating 10 percent back to support programs and services he enjoys at the Cameron.

Much to appreciate,
Jennifer

VOTING OPTIONS

Per the town clerk, you have 2 options if you don't want to go to the polls. You should fill out the card every voter got in the mail from the Secretary of State's office and mail it to the Town Clerk at 55 Main St, Westford and the clerk will send you a ballot. Or you can call the Town Clerk's office (978-692-5515) for an application for a ballot and they will mail you the application. Applications for the presidential election are due back to town hall by October 28th and actual ballots are due back by 8 pm on Election Day. Every vote counts, whether at the polls or from home!

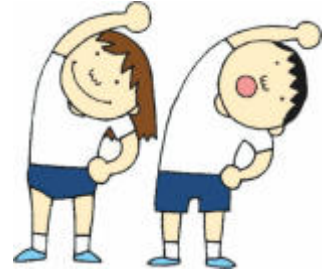


A BIG thank you to our friends at Westford Cable Access Television (W-CAT) for keeping us connected! All programs air on Comcast Channel 8 and Verizon Channel 35.

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



Cornhole each Monday in the Cameron parking lot From 9:30AM- NOON

Come enjoy this fun time with friends and all skill levels are welcome! Please register by calling our favorite front desk registrars! **We will have a special corn dog lunch for all of our players on September 14.** Please let us know if you would like to participate by a simple RSVP to Katie!



Ping Pong is offered every Friday from 9:30-12:30PM

Under our tents in the Cameron parking lot. New and advanced players make up this dedicated group of players. It is a great time to exercise and be with a vibrant active adults. Please RSVP by calling the center so we know how many tables to set-up just for you! **PIZZA will be available for players to enjoy on Friday, October 16.** Please RSVP with Katie.



PickleBall is played each Tuesday and Thursday on the Cameron Court from 9:30AM-Noon. If you want to play please RSVP by contacting our registrar at 978-692-5523. * **A special treat from Spring Brook Farms will be given to four pickleball fanatics on Thursday, September 24. Don't miss—especially if you like pickles.**



If you would like to check out our Pickleball equipment Monday thru Friday from 8:30-3:30 (except Tuesday and Thursday, from 9:30—Noon) please call at Katie at 978-399-2330. This equipment may only be used on our field adjacent to the Cameron.

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

Tuesdays beginning at 7:30 AM, through 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!



Additional ZUMBA class offered with Carol Wing

Now you can enjoy class held each **Wednesday at 8:15AM** outside under the beautiful morning sky. To sign up call 978-692-5523. To find out if a class is cancelled due to bad weather call the center or check or website for updated information. ***This class is being funded by a grant from Elder Services of Merrimack Valley.***



WELL BEING GROUP FITNESS OF Westford offers NEW Class:

**Well Being Group Conditioning
Tuesdays & Thursdays at 10am outside the Cameron
8 weeks starting Tuesday September 8th
Cost \$50.00**

A full body conditioning class focusing on core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Tap into the host of health benefits from a full-body workout around a cardio format while increasing strength and stamina. Burn, strengthen, and engage! Class size is limited please call to sign up at 978-692-5523.

****This class is being subsidized by Elder Services of Merrimack Valley and Friends of the Cameron Senior Center***

WEEKLY BINGO

Mondays at 1pm starting September 14

Join us outside for Bingo under the tents. \$1 for a colored dobber which you get to keep. \$3 per paper BINGO sheet that has 3 BINGO boards. Sign up at 978-692-5523.



Mini Golf

Friday, September 25th at 11am

Cost \$13

Join us for a day of fun at Kimball Farm! Enjoy a round of Mini Golf and a Kiddie ice cream. RSVP at 978-692-5523.



Bone Builders is coming back!

Once the center is open to the public Bone Builders will be held only on Monday and Wednesday from 9:30-11:30. So hang in there! If you would like to register please call the Cameron. In the meantime, if you should have any questions please feel free to call Maureen Thibodeau at 978-692-7634.

ARE YOU FEELING ISOLATED AND LONELY? CONSIDER LEARNING HOW TO CONNECT WITH OTHERS USING SIMPLE TECHNOLOGY. YOU CAN ALSO CALL ALISON OR ANNETTE AND WE CAN HELP YOU TO FIGURE OUT THE BEST OPTION FOR YOU.

Zoom Training

Looking for a simple, easy to use Zoom training videos that you can use to learn how to use Zoom. These videos are taught by an older instructor and use the right pacing and vocabulary to make Zoom accessible to all ages. All are produced by the Creative Life Center.

Joining a Zoom Call for the First Time: <https://www.youtube.com/watch?v=9isp3qPeQ0E&t=9s>

Virtual Programming through Massachusetts Councils on Aging

Check out the new additions to the MCOA virtual programming tab: <https://mcoaonline.com/virtual-programs/>

Need Tech Help?

Cyber-Seniors services are completely FREE to Senior Citizens.

Register for a Webinar, Book a one-on-one phone call for tech help, or

Call toll-free at **1-844-217-3057**. Cyber-Seniors also offers FREE membership in their online community, where you can take advantage of 1200 self-led tutorials, videos, a discussion forum, and other resources.

CONCERNED ABOUT THE COST OF INTERNET SERVICE?

Call Annette or Alison and ask about Comcast Internet Essentials or Lifeline Internet Service for low-income seniors.

AFRAID OF COMPUTERS? WANT TO USE THE PHONE INSTEAD?

Joining a Zoom Call via Phone for the First Time: <https://www.youtube.com/watch?v=d6QjODgTuQE>

DOROT

DOROT provides [telephone programs](#) that seniors can sign up for that function much like small classes. You'll join discussion groups of up to 12 people that are led by an expert on the subject in question. Classes are offered on a wide variety of subjects, so you can explore new topics and make new connections. To find out more about the available programs or get started, you can call 877-819-9147.

Lifetime Connection Without Walls

The Family Eldercare program [Lifetime Connection Without Walls](#) is another service that offers classes seniors can access over the phone. The classes are lead by volunteers and cover a wide array of subjects. Each session lasts 13 weeks and seniors can pay \$10 for unlimited access to all the courses, or \$5 if they just want to try out one. If you'd like to learn more or register over the phone, you can call 888-500-6472.

******NEW VIRTUAL SUPPORT FOR COPING WITH COVID RELATED STRESS AND MOOD CHANGES******

Mental health struggles are estimated to affect as much as 47% of the population sheltering in place during the Covid-19 pandemic. We know that this virus disproportionately impacts older adults (who are at higher risk of serious illness and negative impacts of isolation). We have heard about the stress that some Westford seniors are feeling while being unable to connect as much with others. If this sounds like you, consider joining Annette and Alison for a group discussion/connection/education/support group related to coping with these challenges. Members can drop in or join weekly by computer or phone. If you are interested, call 978-399-2325 and give Alison an email address. We can then invite you to the first session of this twice monthly group.

OTHER MENTAL HEALTH SUPPORT OPTIONS

If you feel that you need professional counseling services to help you cope during this challenging time, talk with your Primary Care MD about a referral, call Alison at 978-399-2325 for assistance accessing therapy options, or call William James Interface free therapy referral service at 888-244-6843. If you are having a mental health emergency, call 911 for immediate assistance.

COVID-19 RELATED HOUSING SUPPORTS AND RESOURCES:**Residential Assistance for Families in Transition (RAFT) Program and COVID-19 State of Emergency**

The new funding of \$5 million enables the RAFT (Residential Assistance for Families in Transition) program to create a special program for households facing instability as a result of a COVID-19 related housing crisis due to a loss of wages or increase in expenses (e.g., medical expenses). This additional funding will result in approximately 1,667 households impacted by COVID-19 being served.

The RAFT program helps keep households in stable housing situations when facing eviction, foreclosure, loss of utilities, and other housing emergencies caused by loss of income, increase in expenses, or both. RAFT assists households of all sizes and configurations with financial assistance up to \$4,000 per household to help preserve current housing or move to new housing.

RAFT funding is distributed by our partner Regional Administering Agencies. The websites of the Regional Administering Agencies are below. Please check these websites for information about how to apply for the RAFT program while offices are closed. All offices are operating remotely and will be able to take applications and questions.

Call Community Teamwork Inc. for information: 978-654-5607

Emergency Rental and Mortgage Assistance Program (ERMA)

On July 1, 2020 a new, \$20 million, state-wide fund, the Emergency Rental and Mortgage Assistance (ERMA) program, will provide direct funding to eligible households who have suffered financial hardship due to the COVID-19 pandemic and State of Emergency. ERMA can provide rental and mortgage assistance to low-income households who have been impacted by the crisis and may not be eligible for traditional or COVID-19 RAFT.

This program is available for households within the 50-80% range of Area Median Income (AMI). Like the RAFT program, ERMA may provide up to \$4,000 for eligible households to assist with rent or mortgage arrears accrued after April 1, 2020 and/or with upcoming rent or mortgage payments.

If you think you might be eligible, call Community Teamwork, Inc at 978-654-5607

Guidance for Tenants: Eviction Moratorium in Massachusetts**The Eviction Moratorium has been extended to October 17, 2020**

Governor Charlie Baker recently approved a new law that helps protect tenants during the COVID-19 state of emergency.

It is important for tenants to understand their rights and responsibilities under this law.

Guidance for Tenants – *Moratorium on Evictions during the COVID-19 Emergency*

For a limited time, ***in most cases***, this law prohibits your landlord from:

- Filing for eviction (“summary process”) in court; or
- Sending you any notice terminating your lease or demanding that you leave your unit.

Your landlord **can** still send you other kinds of notices, including a statement of amounts you owe.

Unless extended by Governor Baker, this protection will end on August 18, 2020 or 45 days after the end of the Massachusetts state of emergency, whichever comes first.

During this time, no court can:

- Accept a “summary process” filing for eviction.
- Schedule a court hearing on an eviction.
- Enter a judgment in an eviction case.

Issue an order (called an “execution”) allowing the landlord to have you and your belongings removed from your unit by the sheriff.

Please go to [mass.gov](https://www.mass.gov) or call Alison at 978-399-2325 if you need a form to tell your landlord or management company of any COVID-19 related financial hardships or increased costs. Please see [mass.gov](https://www.mass.gov) guidance on **tenant rights and responsibilities** during the COVID-19 emergency and instruction on how to fill out the form provided.

DON'T FORGET... September is the time to start thinking about your winter heating costs and Fuel Assistance. LIHEAP eligible households must have Household Gross Yearly Income below \$39,105 for one person or \$51,137 for two people. Further questions, call Alison at 978-399-2325 or Annette at 978-399-2326. For those who had fuel assistance previously, keep your eye out for mail from Community Teamwork and give a call if you need assistance with your renewal application.

OUTREACH

During these trying times we are all facing new challenges. We will problem solve with you to seek creative solutions. If you are lonely and simply need a friendly voice, please call. If you would like some company, I can visit with you outside or in your garage. It's important to stay connected with others so let us help you with that. Also, this is a busy time of year for people completing yearly applications for fuel and property tax relief assistance. We are here to support you through these application renewals. As your Outreach Worker, it is my honor to serve you and assist in any way possible. Please feel free to call Annette at 978-399-2326.

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.



FREE MEDICAL EQUIPMENT SHOWCASE: Wednesday, September 16, 9-2

We currently have a surplus of medical devices and limited storage space so we would love to find homes for the equipment. We have commodes, walkers, tub seats, wheelchairs, personal hygiene products (depends) and more. We will be putting a lot of equipment out in the back parking lot for you to select from. Rain date will be Monday September 21, 9-2. If you have needs prior to this date simply call 978-692-5523.

BOOK CLUB: Tuesday September 15 & October 20, 1:00

It's been so nice reconnecting with fellow readers in the parking lot despite the occasional distraction of lawn mowers and weed whackers. If you enjoy reading and would like to discuss books with others, join us on these dates. In September we will be reviewing *"The Indigo Girl"* by Natasha Boyd and in October *"The Orphan Keeper"* by Camron Wright. Due to the pandemic there are limits on borrowing books from other libraries. Ways to obtain these books are through Barnes & Noble, Amazon or online at Merrimack Valley Library Consortium "Overdrive". <https://mvlc.overdrive.com> The Overdrive website also has an app called Libby to search and take out books on your tablet, phone, or e-reader. Hoopla is another online option. If you have trouble finding a book let me know and I will help you locate a copy. Annette 978-399-2326.



SOCIAL SECURITY for NEW RETIREES: Thursday September 24, 5:00

Join this free workshop to learn how to maximize retirement income. Topics covered will include when to apply, how to estimate your benefits, how to coordinate with your spouse's benefits, how to minimize taxes and how to use other retirement income sources. This program will be held virtually so please provide your email when signing up at 978-692-5523. Sign up by September 21.



ORGANIC VEGETABLE DISTRIBUTION – Every Thursday at 1:30 through October

We are excited to continue our relationship with Gaining Grounds of Concord. Once again, they are offering their organic produce weekly to all Westford residents who meet income guidelines. (Fuel assistance criteria). To participate one must sign an income attestation on the day of produce pick up. Please bring your own pen for sanitary 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 prebagged 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 so we will pass out disposable numbers starting at 1:00. The freshly picked and packaged vegetables will be distributed at 1:30. Any questions call Annette at 978-399-2326.



FALL YARD CLEANUP: SIGN UP BY FRIDAY OCTOBER 2

With October around the corner, it is time for us to start thinking about fall yard cleanups. *Due to growing numbers of seniors requesting the service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc.* We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list by **Friday October 2nd**. Please also note that many of the volunteer groups may not be able to get the work done until mid November. Any questions, feel free to contact Annette, your Outreach Worker, at 978-399-2326



RIVERCOURT RESIDENCES SPONSORS A SPOOKTACULAR LUNCHEON AT THE HAUNTED CAMERON TENTS

To enter this luncheon please come dressed in the appropriate Halloween garb. We would hate for you to disappear because you don't look like the other goblins and witches. There will be a gruesome spread by the talented chefs at Rivercourt Residences that you won't want to miss. Don't make us **haunt** you down because that won't be pretty. **RSVP to 978-692-5523- limited seating.**



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.



Holiday Baskets

Cameron Senior Center will be partnering with The Saint Vincent de Paul 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 16th for both holidays.**



MEET THE REALTOR IS BACK!

Pandemic! Recession! My house! Oh My!

The current situation surrounding the pandemic has impacted the real estate market and the way business is conducted.

Kathy Cunningham from Coldwell Banker will be here to discuss how you can still sell and capture the equity in your home with health and safety in mind. Best of all, *she is participating in a program that allows any home seller to get many home repairs and updates made without paying until the sale is completed—and even includes hauling junk away.*

Come and join us on Thursday, September 17 at 1pm in the tent for this valuable information. RSVP at 978-692-5523.

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.





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



BRIAN MURPHY
itman
In-home Mac or PC Help
Hardware & Software Install
Training | Upgrades
Virus & Malware Removal
Brian@The-IT-Man.com
978-369-3348 | WWW.THE-IT-MAN.COM

MARGARET A. HOAG
KATHLEEN M. O'CONNOR
Estate Planning • Elder Law • Probate

978-266-0101

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



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

267 Great Road • Acton | www.eckel-law.com

J.A. Healy Sons
A Celebration of Life Funeral Home
57 North Main Street
Westford, Massachusetts 01886
978-692-6502
www.healyfuneralhome.com

HOW WILL YOU
BE REMEMBERED?



Tracy A. Shea CLU, ChFC, CFP®
LPL Financial Advisor



Helping you navigate to and through retirement.

(978) 256-4700 x 109

One Olde North Road, Suite 303
Chelmsford, MA 01824

www.CPFinancialAdvisors.com

Tracy@CPFinancialAdvisors.com

Securities and advisory services offered through
LPL Financial, a Registered investment advisor.
Member FINRA/SIPC



**ORTHOTIC
SOLUTIONS**

Covered by
Insurance for
People with
Diabetes with Rx



Call us today for a FREE in-home assessment 774-205-2278

NEW!
Slimline Rail
for curved stairs



GLIDE UPSTAIRS
with a Stannah Stairlift

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

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



Stay in the Home You Love!

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

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

Stannah

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

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

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

1-888-356-3130

Visit our showroom for a demo:

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

For more Stannah stairlift info visit:
Stannah-Stairlifts.com/Safe-At-Home



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

Westford COA, Westford, MA

06-5200

Bridges by EPOCH hosts Virtual Bingo October 15 at 5pm

Join us for an evening playing one of your favorite games... BINGO! Whether you join us in person at the Cameron Center or play right from your own home, we plan to have fun! Bridges will be using IN2L technology to provide this program. You will have the ability to pack your supplies and join us outdoors at the Cameron center or play from home using Zoom! Bridges will end the Bingo program with a cover all and whoever wins will receive a beautiful fall basket!

***Please reach out if you are interested in playing at home but need help setting up zoom on your device.**

**BIRTHDAY LUNCHEON RETURNS**

July and August birthdays join us on Tuesday, September 29, at noon at **Mr. Mac's** on 110, across from Whole Foods. Birthday folks will eat for free and others who sign up in advance will get a \$5.00 gift card towards lunch. Tables outside and inside will be reserved for our seniors! Come see your friends and celebrate together. Must sign up by Thursday September 24 at 978-692-5523.



September and October birthdays join us on Tuesday, October 27 at noon at Chili's on 110 with indoor dining. Birthday Celebrants will eat for free, people who live in Westford Senior Housing be \$3 and all other guests will be \$8. Please call or email Katie with your order at 978-399-2330 or krussell@westfordma.gov by Monday, October 19th.

Choose a Beverage: Fountain Drink (Coke products), flavored Iced tea or lemonade

Choose a Starter: Bowl of Soup (Chicken or Southwest Chicken), Bowl of Clam Chowder, House Salad or Caesar Salad

Choose an Entrée: Bacon Burger, Chicken Crispers, Cajun Chicken Pasta, Bacon Ranch Quesadillas or Margarita Chicken

This program was made possible by the Greater Lowell Community Foundation.

LEAGUE OF WOMEN VOTERS

Warrant Review will be held on Thursday, October 8. Watch the town website (www.westfordma.gov) for Zoom registration information. You can also view the meeting on Westford CAT.

**SPECIAL TOWN MEETING OCTOBER 17 AT 10 AM**

Please join us at Westford Academy Trustees Field for the Autumn Town Meeting. Transportation will be provided if necessary. Be sure to call Chuck at least one week in advance if you need a ride.



DOLAN FUNERAL HOME

James F. Dolan

978-251-4041

James F. Dolan II

106 Middlesex Street
North Chelmsford

www.dolanfuneralhome.com

Pre-Planned
Funeral Counseling

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.

Gift Card Program – Starts This Fall!

Last year, the Friends of Cameron's Gift Card Program was so successful, that we're offering it again this fall, enabling people to conveniently purchase gift cards for popular stores, restaurants, gas stations, and more – right at the Cameron. Use the cards for everyday shopping or give them as gifts to friends and family. Now you can get the grandkids a perfect holiday present – so they can buy what *they* want! Gift cards are convenient, available for most retail stores and services – and really handy when you run outta cash!

Order Forms are available at the Cameron Front Desk; on the COA website: www.westfordma.gov/COA or email Frances Kosenko at: vfkos@verizon.net. Due dates are: **October 28** (for November delivery) and **November 23** (for December delivery), just in time for the holidays!

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?

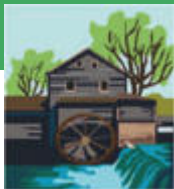
Ever sell on eBay? We'd love help to start a Friends' eBay store

Got a skill to share? Computer expertise? Business background? Fundraising experience? Give us a jingle!

CONTACT:

Barbara Upperman, 978-808-1386

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



Independent Living • Assisted Living • Memory Care • Respite Care

Proudly serving seniors and the community for over 15 years

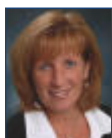
Spacious private or companion suites • Fine Dining • Housekeeping • Laundry
Transportation • Personal Care • Medication Management

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

www.rivercourtresidences.com - Call for a tour **978-448-4122** - 8 West Main St., Groton, MA

The St. Martin Team

Realtors Showing You The Way.



LAER Realty Partners

Colleen Murphy

508-344-6665

Info@StMartinTeam.com

www.StMartinTeam.com

R.A. NOLET
D.B.A.

A-1

Tree & Landscape

When only the best will do

Lawn, Tree & Shrub Maintenance
Hydroseeding • Snow Plowing

978-692-7825

Landscaping Excellence for over 50 years

Fully Insured • Bob Nolet SR., Horticulturist

www.a1treeandlandscape.com



Collision Repair • Computerized Measurement
Rental Cars • Certified Techs

"Free Local Pickup & Delivery"

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



BY EPOCH

MEMORY CARE ASSISTED LIVING
AT WESTFORD

COMPREHENSIVE MEMORY CARE

978.226.1094

Find Education & Support:
MemoryCareWestford.com

108 Littleton Road | Westford

MASS RELAY 711



Dwayne B. Baharozian, MD

Board Certified Ophthalmologist

Certified Refractive Surgeon

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



978.692.1400

5 Cornerstone Square • Westford, MA 01886 | www.familyeyeMD.com

Circle Health Westford



This facility offers key services including urgent care, a Lowell General patient service center, diagnostic imaging services, primary care physicians, obstetrics and gynecology, as well as specialty clinics with Boston's top pediatric specialists from the Floating Hospital for Children at Tufts Medical Center.



To learn more, visit www.circle-health.org/westford

Proudly wellforce

SPREAD THE WORD:

**A Thriving, Vibrant
Community Matters**



**Support Our
Advertisers!**

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!

litempleton@lpiSeniors.com or (800) 477-4574 x6377



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

Westford COA, Westford, MA

06-5200

COUNCIL ON AGING

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

PRESORTED
STANDARD
US POSTAGE

PAID

WESTFORD, MA
PERMIT NO. 202

Change Service Requested



Wonder How to Get Your Cameron News?

- 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.

SEPTEMBER FOOD PANTRY HOURS:

- **Wednesdays: Sept 2, 9, 16, 23 and 30** from 6:00 - 8:00 p.m.
- **Fridays: Sept 4, 11, 18, and 25** from 9:00 - 11:00 a.m.

OCTOBER FOOD PANTRY HOURS:

- **Wednesdays: Oct 7, 14, 21, and 28** from 6:00 - 8:00 p.m.
- **Fridays: Oct 2, 9, 16, 23, and 30** from 9:00 - 11:00 a.m.

BOARD MEETINGS

COA Board - September 16 and October 14
Bring a chair—we'll be under the tent
Friends of Cameron—September 17 and October 15

COUNCIL ON AGING STAFF

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

COUNCIL ON AGING BOARD MEMBERS

Nancy Cook, Chair
Robert Tierney, Vice Chair
Kathryn Wilson, Clerk
Helena Crocker
Patricia Holmes
Sandra Collins
Ret. Chief George Rogers
Ret. Veteran's Rep. Terry Stader

FRIENDS OF CAMERON BOARD MEMBERS

Barbara Upperman, President	Joan Greenwood
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	Donna Owens
Helena Crocker	
Paul Fassbender	