

WESTFORD COUNCIL ON AGING NEWSLETTER NOVEMBER-DECEMBER 2020

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.

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!

GERAGHTY'S FAMILY AND FRIENDS 23rd ANNUAL THANKSGIVING DINNER

Sunday, November 22

COVID-19 has changed the world, but not the generosity and community spirit of the Geraghty family and friends. Due to current restrictions on gathering sizes, this year's meal will be a TO-GO meal. The traditional Thanksgiving meal will be prepared at

Westford Academy and will be provided to center participants in to-go containers. The menu will include turkey and dressing, gravy, sweet potatoes, corn, pies, and more. **There will not be BINGO this year.** To reserve, call the Cameron and register for the number of meals you will be picking up at WA, and your pick-up time slot—12:00-12:30, 12:30-1:00, 1:00-1:30 and 1:30-2:00. We will schedule only forty households per time slot. There will be volunteers to direct you where to park, check you in, and bring your special "To Go Thanksgiving Dinner Bag" full of savory goodness and much gratefulness for YOU. RSVP to 978-692-5523. Meals can be delivered if you have a transportation hardship. Please call Chuck by November 17 if you need this service. **The Council on Aging is very appreciative of the time and effort that Jim Geraghty and family, friends have put into providing this event for our center population and residents age 55 and over.**



VETERANS DRIVE THRU LUNCH SPONSORED BY BRIDGES

Tuesday, November 10 at 12:00pm

To honor our veterans and their spouses, the chefs at Bridges by Epoch Westford will be preparing grab-and-go meals to be taken and brought home to be heated up and eaten. We will also have a patriotic photobooth available for picture taking. Veterans and spouses are free. Please sign up at 978-692-5523 and give us the branch of the military in which you served. This event will take place in the Cameron parking lot.



JOIN US FOR A HOLIDAY BREAKFAST SPONSORED BY THE FRIENDS OF THE CAMERON

Monday, December 14th at 8:30AM Paul's Diner will be the site of our festive holiday cheer this year, at a spectacular Holiday Breakfast that will delight one and all with a special menu. We are excited to share an early December morning with you whether you order your holiday breakfast to go or choose to order tableside at Paul's Diner in their function room. Paul's Special Holiday menu will include the following selections: Marinated steak and eggs, Eggs Benedict, Holiday omelet of your choosing, Two eggs with a choice of meat, a winter waffle or three pancakes or three pieces of French toast. Limited seating is available. Cost (includes tip) is \$5 for Friends members and \$8 for Non-Friends members. Our COA sleigh is available for your transportation needs—please call Chuck (978-399-2322) to make arrangements by December 11th at noon.

RSVP SOON- 978-692-5523. Door prizes provided by your COA elves and you don't have to be present to win!



LET'S RING IN THE NEW YEAR TOGETHER

Wednesday, December 30 at 12p.m.

Join us for a New Year's Eve to-go lunch! Donna Dutton will be preparing ham, potatoes and her famous broccoli salad for us as we finish the last days of 2020 and start a new year! Cost is \$5.00. Please call to sign up. 978-692-5523.



Directors Report ...

“Remember That Everyone Is Different Like Everyone Else”— a favorite quote of recent WA 9th grade donor- Estella Cui



Recently I had the opportunity to meet **Estella Cui, a ninth grade student at Westford Academy, who wanted to donate her hard earned summer money to benefit older adults.** Estella earned nearly \$900 by giving private piano lessons and swimming lessons over the summer. She especially wants you to know you are not alone during this difficult time of self-isolation due to the COVID-19 pandemic. Estella thoroughly researched, cited case studies and endorsements by such medical institutions as Houston Children's Hospital in support of purchasing an **Austin Healthcare Air Purifier** for our Fitness Center. Estella donated close to \$900 to purchase this air purification system, and food, gas and other gift cards for center needs.



With our fitness center doors open, our new air purification system is running around the clock much like our fitness center members who are exercising again, enjoying the friendly faces of our fitness monitors and reconnecting with fitness friends.

We are honored by Estella’s thoughtfulness and generous donation to the Cameron. As Estella’s favorite quote says, “Remember That Everyone Is Different Like Everyone Else,”. What a wonderful way to think as we all have this opportunity to be together once again at the Cameron!

In closing , our COA staff, with the support of our COA Board, Health Department and Town Manager will continue to bring back more classes and programs. We can have only twenty-five individuals in our building at a time and that number includes our staff. So let’s enjoy these small re-opening steps and thank you for wearing a mask, respecting distancing and just being mindful of everyone’s well-being while you’re with us at the Cameron. Feel free to reach out to me for any needs and/or to talk at 978-399-2323.

All the best,
Jennifer

Don’t miss Friends of Cameron fundraising efforts—see page 10!

Westford Community Gardens Supports Community With A Healthy Heart

Each week the Cameron Senior Center and Westford Food Pantry are beneficiaries of a variety of organically grown fruits and vegetables to distribute to older adults and/or recipients of the food pantry. The donations have been extraordinarily abundant this year and we would like to thank Jo Crawford, Community Garden Liaison, The Teysseidou family pictured (special thanks to Darren, Garden Organizer and the creator of the Donation Station and for tending to an additional plot for just donations) and the many generous gardeners of the Westford Community Garden.



Highlights Cameron Food Distribution Program

In October, Whole Foods had a special Community Day for their team members to share how their store benefits the community. Several entities were represented, including the bi-weekly distribution program that Whole Foods sponsors at the Cameron, coordinated by **Patti Mason** and **Fran Kosenko**. Pictured, Fran and Patti sharing with the Whole Foods team members how important their weekly donations are to the 90+ participants who benefit and appreciate this weekly distribution program made possible by our local Whole Foods.

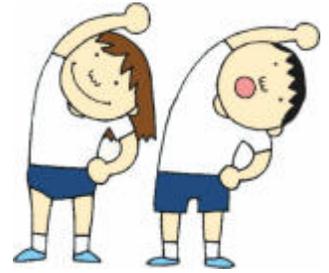


A BIG thank you to our friends at Westford Cable Access Television (W-CAT) for keeping us connected! All programs air on Comcast Channel 8 and Verizon Channel 35.

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



ZUMBA CLASS WITH CAROL WING

Now you can enjoy class held each **Wednesday at 8:15AM inside** the Cameron. To sign up call 978-692-5523. Spaces are extremely limited for this 8 week session. There will be no class on November 11 as the center will be closed in honor of Veteran's Day. Classes will start inside Wednesday, November 4.

CHAIR MOVEMENT CLASS WITH CAROL WING

Now you can enjoy class held each **Tuesdays at 1:30PM** inside the Cameron. To sign up call 978-692-5523—spaces are extremely limited for this 8 week session. Classes will start inside Tuesday, November 10.

PING PONG

Friday Afternoons 12pm -2:30pm

Sign up to play is a must! Games will be singles only and masks must be worn at all times in the building. Call 978-692-5523 to sign up.

BILLIARDS ROOM—REOPENING

By Appointment Only

Please sign up for an hour time slot to play billiards. Two people in the room at a time. Call 978-692-5523 to sign up.

SNOW DAY FUN DAY

The date and time is weather dependent

A day of fun with snowman making and drinking hot cocoa. If this is something you might be interested in, please sign up at 978-692-5523 and we will call you to schedule a few days after a good snowstorm.

WELL-BEING GROUP CONDITIONING

Tuesdays & Thursdays at 10am at Wellbeing Fitness Center in Cornerstone

8 weeks starting Tuesday, November 3 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. **Class will not be held on Thursday, November 26th or Thursday December 24th. *This class is being subsidized by Elder Services of Merrimack Valley and Friends of the Cameron Senior Center.**

Meals on Wheels needs volunteers like you!

A Meals on Wheels volunteer driver may be the only person a home-bound senior sees in a day, or sometimes a week. Volunteers offer a daily dose of human connection and a nutritious meal that helps keep seniors happy and healthy. Become a volunteer driver today. Contact Elder Services of the Merrimack Valley and North Shore at nutrition@esmv.org or call 978-686-1422

Senior FRIDAYS DISCOUNT DAY

25% OFF
EVERY FRIDAY
(from 10:00am - 5:00pm)

Habitat for Humanity ReStore

We love our Seniors! Spend a Friday Shopping with us and get a 25% DISCOUNT!
Customers 60+ years of age
Purchases up to \$100

978-215-9975
www.LowellHabitat.org/ReStore
100 Chelmsford Road, North Billerica

SOCIAL SERVICES AND OUTREACH NEWS

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 Community Teamwork Inc. Please check their website 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 at 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

FOOD ASSISTANCE

SNAP is the Supplemental Nutrition Assistance Program. For qualified seniors, you can apply and receive a debit card to be used at the grocery store. During the Covid-19 crisis, all 1 person households have been receiving the maximum household benefit, which is \$198/month. The Department of Transitional Assistance (DTA) administers the SNAP program and is currently completing all applications via phone. You may call 1-833-712-8027 to apply with the Senior Assistance Office for applicant age 60 or over.

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.

WESTFORD COVID -19 RELIEF FUND

The goal of the Covid-19 Relief Fund is to provide financial assistance to Westford residents who have experienced financial hardship related to the Covid-19 pandemic. This may be as a result of job loss, decreased working hours and income, or increase in expenses. The assistance that the Fund provides is available as a result of donations from members of the community and is administered through the Westford Council on Aging. Awards are based upon level of demonstrated need and the available balance in the fund at time of application. If you'd like to apply, contact Alison at 978-399-2325. If you'd like to donate, you can do so on the Westford COA website or by check to Cameron Senior Center and note Covid-19 Relief in the Memo line.

LIHEAP

If you haven't applied for LIHEAP winter heating assistance in the past and would like to apply this year, Community Teamwork is facilitating applications by phone. Please call 978-459-6161 to schedule a phone appointment. If you have questions, call Alison at 978-399-2325 or Annette at 978-399-2326.

FRIENDLY CALLS

This pandemic has created social challenges for many leading some to isolation and loneliness. If you would like to hear a friendly voice, I can set you up with a volunteer for regular calls. This is a win/win program where volunteers get to help and folks home alone benefit from contact. Please let me know if you are interested in this program. Annette at 978-399-2326.

FREE MEDICAL EQUIPMENT

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, personal hygiene products (depends) and more. Please call 978-692-5523.

OUTREACH

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 if you have any concerns about your elder friends so that we can make a call or home visit to assess the situation. With the cold weather upon us, we want to be sure our seniors have the essentials like heat and lights. If you or someone you know may be living in difficult conditions please contact the Social Work/Outreach dept. by calling 978-692-5523 and ask for Alison, the Social Worker, or Annette the Outreach Worker. All contacts will be handled with the utmost concern for your privacy. Thank you for caring about your neighbors!

**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.

BOOK CLUB

Tuesday November 17 and December 15 NEW TIME 10:00

With the cold weather here we can now hold book club indoors. If you enjoy reading and would like to discuss books with others, join us on these dates. In November we will be reviewing ***Where the Crawdads Sing*** by Delia Owens and in December we will be watching the movie, ***The Help*** based on the book by Tate Taylor. 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 Ipad, phone, kindle. Hoopla is another online option. If you have trouble finding a book let me know and I will help you locate one. Annette 978-399-2326.

**FALL YARD CLEANUP UPDATE**

If you signed up for fall cleanup by the October 2 deadline, we are doing our best to match you up with a volunteer group to perform this service. If you have not been contacted yet 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 to review them at 978-399-2326.

THANK YOU!!!

Sincere thanks to all our Fall Cleanup Volunteers: scout groups, church groups and students who helped seniors have beautiful yards. A very large thank you to the Concord Gaining Ground program that gave us 25 weeks of organic vegetables for low income residents. This program would not have been possible without the dedicated weekly help of the greatest volunteers: Ed DeMarino, Mike Dyer, Dennis and Shirley Smith and staff member Chuck Dutton. A big thank you to Ken Clough for his very creative and successful 3rd Trivia event held outside. Ken puts in many hours of planning and it is appreciated by all. Lastly, a sincere word of appreciation to all the participants and presenters for the Aging Mastery Program that was sponsored by Emerson Hospital. We are grateful for our wonderful volunteers who bring much joy to our seniors. Thank you all!



THANKSGIVING WREATH CENTERPIECE WORKSHOP**Sponsored by Westford Florist****Cameron Senior Center, Tuesday, November 17 at 11AM**

Come join Paula Sullivan, owner and floral designer of Westford Florist for this holiday workshop.

Paula is thrilled to help you create your own Thanksgiving centerpiece. Fresh greenery, pinecones, ribbon and other decorations will be provided. If you have your own special adornments, please bring them with you. Cost \$8 RSVP-978-692-5523. **This program is being subsidized by a grant from Elder Services of Merrimack Valley.**

**GRAB AND GO HAM & BEAN SUPPER**

Saturday, November 21st, Time is TBD

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 to-go dinner, but we encourage you to bring an item for the Community Food Pantry. Please pre-register for a time slot at 978-692-5523.

**2020 TAXES**

Hal Schreiber will once again be preparing taxes next year. Please call the Center at 978-692-5523 **after January 1, 2021**, to schedule your appointment. You may also drop off your paperwork once you have received all your tax documents.

LIBRARY—REOPENING**By Appointment Only**

Please sign up for a 30 min time slot to look for a book or two. One person in the room at a time. Call 978-692-5523 to sign up.

HAPPY 100TH BIRTHDAY TO JEANNE FALLIER

Annette Cerullo enjoyed a birthday invitation to celebrate Jeanne Fallier's 100th Birthday. Jeanne, a long standing Cameron participant, recently moved out of Westford, but it is wonderful to see such a special lady still warming our hearts and doing very well.

**COOKIE DECORATING****Tuesday, December 22nd at 10am**

Join us for cookie decorating listening to holiday music while we drink eggnog and hot cocoa. Call 978-692-5523 to sign up. Space is limited.

QUILTING CLUB**Tuesdays 9am – 11:30am in the Arts & Crafts Room**

Join the crafting crew and bring your own projects. To sign up please sign up 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 4 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 for round trip:

Westford \$3.00; Acton, Carlisle, Chelmsford, Groton, Littleton, \$6.00; Ayer and Concord, and Lowell \$8.00

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

HEARING SCREENING

At the Cameron Monday, November 9 at 9:30 AM and Monday, December 14 at 9:30 AM

Dr. Megan Ford from HearSmart Audiology of Littleton, 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 9 at 10:00 a.m. Monday, December 14th at 10:00 a.m.

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

NEED ASSISTANCE WITH MEDICARE? SHINE CAN HELP!

SHINE = **S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone on or eligible for Medicare. Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. **Mark your calendar: Medicare Open Enrollment: October 15 – December 7.** This is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2021, or to see if there is another plan that may be more cost-effective for you. You may also benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs. Due to the current COVID-19 pandemic, SHINE counselors are meeting by phone. To schedule a SHINE appointment or for more information call the Cameron at 978-692-5523. Counselor Fred Baumert will be available **Mondays, November 9th, 16th, 30th and December 14th at 12:30 p.m.**

ASK THE LAWYER

Tuesday, November 10 beginning at 9:30 am

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by phone appointment only. Please call 978-692-5523 to reserve a timeslot.

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.

WEEKLY BINGO

Mondays at 1pm

Join us for BINGO inside the Franco American Club. \$1 for a colored dobber which you get to keep. \$3 per paper BINGO packet. Sign up at 978-692-5523.

**BIRTHDAY LUNCH CELEBRATIONS**

Tuesday, November 17, 12:00 at Seoul Kitchen on 110

Wednesday, December 9th, 12:00 at Evviva Trattoria in Cornerstone

Birthday folks will get a \$15 gift card towards their meal and others who sign up in advance will get a \$5.00 gift card towards lunch. Come see your friends and celebrate together. Must sign up at 978-692-5523.





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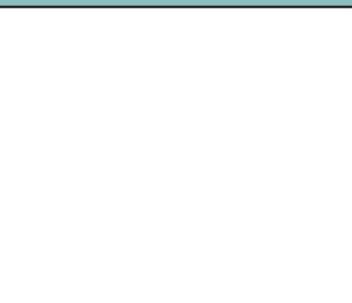
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for curved stairs


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with a Stannah Stairlift

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and safety!

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that fold up neatly at the push of
a button, and recharge themselves
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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

The staff of the Cameron Senior Center wishes you a very happy and healthy holiday season!

Massachusetts

Locate words to characterize Massachusetts

B	T	R	Y	R	A	W	Y	R	A	N	O	I	T	U	L	O	V	E	R	Y
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ABOLITIONIST ADAMS FAMILY AMERICAN HISTORY AMERICAN REVOLUTION ATLANTIC OCEAN BOSTON BOSTON CELTICS BOSTON RED SOX BOSTON TEA PARTY CAPE COD	COMMONWEALTH CONNECTICUT CRADLE OF LIBERTY ENGLAND HARVARD UNIVERSITY INDEPENDENCE KENNEDY FAMILY MARTHA'S VINEYARD NANTUCKET NEW ENGLAND	NEW HAMPSHIRE NEW YORK NORTHEASTERN PLYMOUTH POPULOUS REVOLUTIONARY WAR RHODE ISLAND VERMONT WEALTHIEST
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Pre-Planned
Funeral Counseling

Friends Corner

President's Message

I hope you are all doing well. We are all pleased to see Massachusetts and our senior center starting to re-open slowly, as we adjust to the new "normal" way of life.

The spirit of volunteerism among the Friends is strong – and getting involved and staying active is a surefire way to improve your spirits. The Friends can use whatever skills you may have to share, as we plan future events and fundraising projects. If you have any ideas and would like to help, please contact any of the officers. We can use your talents!

Stay well and safe.

~ Barbara Upperman

Gift Card Program – Gift-Giving Made

Easy!

For a limited time, you can still purchase gift cards for popular stores, restaurants, gas stations and more through the Friends of Cameron's Gift Card Program. Use the cards for everyday shopping or give them as gifts to friends and family. Now you can get everyone a perfect present – so they can buy just what *they* want!

Order Forms are available at the Cameron, on the COA website: www.westfordma.gov/COA or email Frances Kosenko at vfkos@verizon.net.

Orders are due: **November 23** (for delivery in December), just in time for the holidays!



Thank You!

Special thanks to Karen Bigelow – and volunteers Sandy Sechovich and Pat Reppucci – for organizing a Friends Yard Sale, which took place as part of the Town-wide Yard Sale, Saturday, Sept. 19. Together, they raised over \$200 to benefit the Cameron!

FALL ONLINE AUCTION HELP WANTED!

The Friends are pulling together a team to host our very 1st online auction – the biggest fundraiser of the year – with proceeds to benefit the Cameron!

We hope to have it ready in time for the holidays – but that's up to you!

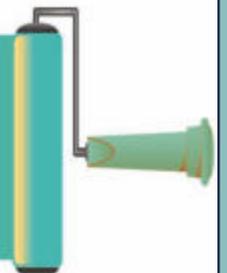
WE NEED HELP!

- Are you good at photography? We can use some folks to photograph items for the auction.
- If you have suitable items to donate – new items, gift cards, services, event tickets, and more – please let us know.
- Want to help? Give us a jingle!

CONTACT:

Pat Reppucci, 978-835-6568
patreppucci@comcast.net

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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.

NOVEMBER FOOD PANTRY HOURS:

- **Wednesdays: Nov 4, 11, 18** from 6:00 - 8:00 p.m.
- **Fridays: Nov 6, 13, and 20** from 9:00 - 11:00 a.m.

DECEMBER FOOD PANTRY HOURS:

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

BOARD MEETINGS

COA Board - November 18 and December 9
Friends of Cameron—November 19 and December 10

COUNCIL ON AGING STAFF

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

COUNCIL ON AGING BOARD MEMBERS

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

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