

WESTFORD COUNCIL ON AGING NEWSLETTER MARCH-APRIL 2021

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. We hope for the best, but strongly encourage you to make your attendance decisions based on current public health guidelines. Thank you for your understanding. We can't wait to be back to normal—we miss you!

TAKE OUT BIRTHDAY LUNCH CELEBRATIONS

March's gift card is for Diggy's Pizza in Westford

April's gift card is for Panera in Westford

Let us help you celebrate your birthday month with a \$15 gift card to a local restaurant, to be used at your convenience. Others get a \$5 gift certificate. This program is limited to the first 30 people who sign up. Please RSVP by calling the Center at 978-692-5523. *This program is being subsidized by a grant through Elder Services of Merrimack Valley*



BOOK CLUB

Tuesdays March 16 and April 20 1 PM

March will be offered virtually to enhance your safety but April may be warm enough for us to be outside. Call me and I will send you the invite link to join virtually. The March book is the mystery, *When She Was Gone* by Lisa Jewell and April is *The Giver of Stars* by Jojo Moyes. This novel is based on a true story. I will order books through the town library and can deliver them to your home. Other ways to obtain 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, smart phone, Kindle, or Nook. Hoopla is another online option. Happy Reading! Annette 978-399-2326



TO-GO BOILED DINNER

Tuesday, March 16 12:00 PM

Enjoy a traditional Saint Patrick's Day boiled dinner prepared by our own Bob Rafferty. He's cooking red corned beef, potato, cabbage, and carrots. **Erin go Bragh!** Cost is \$10. Sign up by calling 978-692-5523.



"SO GOOD! THE NEIL DIAMOND EXPERIENCE" AND BOXED SANDWICH LUNCH

Friday April 23 at 1 PM

"So Good! the Neil Diamond Experience" is a tribute to one of the greatest and most successful recording artists in history. Broadway, television, and motion picture actor Robert Neary creates an incredible tribute show. The Neil Diamond Experience will leave you speechless. Call the front desk to sign up for this amazing event at 978-692-5523. Please let us know box lunch sandwich preference: Turkey and cheese, Pastrami and swiss cheese, Roast beef, or veggie. Cost is \$3.00 Call the front desk at 978-692-5523 to sign up for this amazing event. *This program is being subsidized through the Greater Lowell Community Foundation- COVID 19 Relief Fund*

EAGLE SCOUT PROJECT AND WELCOME BACK GIFT CONSTRUCTED BY VAMSI VESTA

The Cameron Senior Center extends its sincere gratitude to Eagle Scout Vamsi Vesta and Scout Troop 159 for the construction and generous donation of the pictured exterior cedar furniture. Vamsi also donated countless hours to the Cameron Center in his role as a tech advisor, helping our center participants with all things technology for many years, and we are very grateful to him for all his help. We are sure this gift from Troop 159 will serve our center for many years to come. Pictured, from left to right, are Mike Mulligan (Troop 159), Vamsi Vesta, Hari Vesta (Vamsi's father), and Derek Anderson (Troop 159)



MONTHLY VIRTUAL BINGO

Monday, March 8th at 1pm and Monday, April 12th at 1pm

Join Bob and Katie for call in BINGO for super fun prizes, including a gift bag from Rivercourt, a popcorn maker, a Red Sox Blanket, and so much more! To sign up call 978-692-5523.

Directors Report ...

What We Have Gained...

Over the last twelve months, during this health pandemic, our COA team has worked tirelessly and passionately to support our older adult community. We have been challenged to configure a new style of programming and service-delivery that recognized the fear of jeopardizing our center population's health, self-isolation, respecting social distancing and one's purpose each day. Recently, our efforts have turned to the dissemination of current and accurate vaccination and registration information. I am sure our COA Team will still be greeted with new challenges but I know our emotional perseverance and tremendous and varied skill set will not waiver because of everyone's passion to see our center back as we remember.



I could not be more grateful and proud to work beside these incredible individuals who make up our COA team. I would like to share some excerpts from an email I recently received titled, Sending Message of Thanks, "Keeping Whole Food donations coming on a weekly basis has helped keep us out of the grocery stores, arts and crafts and exercise classes are not the easiest virtually but thank you, cookie decorating had to be cancelled b/c center closed again but dough, decorations were delivered by Katie to all." A card recently received expressed, "I can't thank you all for keeping us informed when there is so much information bombarding our TV's, computers and always changing."

In closing, I would be remiss if I did not acknowledge the support our department has received from our Town Manager, Select Board, fellow departments, COA and Friends Boards, community volunteers especially our Medical Reserve Corp, Westford CAT, philanthropic organizations, places of worship, local businesses, Elder Services of Merrimack Valley and the Executive Office of Elder Affairs.

As John F. Kennedy said, "We must find time to stop and thank the people who make a difference in our lives."

Jennifer

Westford Seniors Means Property Tax Exemption Signed by Governor Baker

WESTFORD, MA -- State Representative James Arciero and State Senator Edward Kennedy announced in January that Governor Baker has signed House Bill 4469, an Act Authorizing the Town of Westford to Establish a Means Tested Senior Citizen Property Tax Exemption.

The measure was proposed by the Westford Senior, Low-income, Disabled Tax Relief Committee (SLIDTR Committee) in order to give many seniors on fixed income some property tax relief. It was passed by Westford Town Meeting in October 2018 and filed as a home rule petition in the Massachusetts legislature.

"There now remains one more step before the adoption of this measure by the Town—it must be approved at an upcoming election. The Select Board will discuss putting this on as a ballot question at our upcoming Town elections in May," said Andrea Peraner-Sweet, Chair of the Westford Select Board.

The bill will apply to residents of Westford who are 65 years of age or older who occupy the property as their primary residence and have lived in town for at least 10 years. Several other provisions provide for the exemption to not exceed 50% of total taxes assessed and has an asset limit for applicants. The Westford Board of Assessors will administer the program if accepted by the town, as it does for other real estate tax abatement programs under Chapter 59 of the general laws of the Commonwealth.



SLIDTR Committee members at the State House

PROGRAM PAYMENTS BY CREDIT CARD—CHANGES

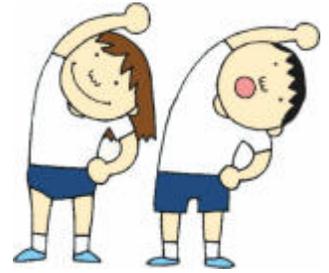
Effective March 2, Unipay is charging a fee of \$0.50 per transaction to cover their costs. This is in addition to the structure of fees charged based on the amount of each transaction. We still accept cash and checks for those not wanting to incur these costs.

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 - Qigong 9am, Tuesday - Chair 9am, Wednesday - Zumba 9am, Thursday - Chair 9am, Friday - Zumba 9am



ZOOM DANCE FITNESS CLASS WITH CAROL WING

Now you can enjoy class held each Wednesday at 8:15am **online**. To sign up call 978-692-5523 with your email address to get the Zoom link. There is a \$5 cost per class for non-Westford residents who wish to participate. Mail payments to Cameron Senior Center, 20 Pleasant Street, Westford, MA 01886. *This class is being subsidized by a grant thru Elder Services of Merrimack Valley*

ZOOM CHAIR MOVEMENT CLASS WITH CAROL WING

Now you can enjoy class held each Tuesday at 1:30pm **online**. To sign up call 978-692-5523 with an email address to get the Zoom link. There is a \$5 cost per class for non-Westford resident who wish to participate. Mail payments to Cameron Senior Center, 20 Pleasant Street, Westford, MA 01886. *This class is being subsidized by a grant thru the Executive Office of Elder Affairs.*

ZOOM WELL-BEING GROUP CONDITIONING

Tuesdays & Thursdays at 10am 8 weeks starting Thursday, March 4 Cost \$50.00 (Friends Members) \$65 (all others)

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 with your email address at 978-692-5523 to receive the ZOOM link for your participation. *This class is being subsidized by Elder Services of Merrimack Valley and Friends of the Cameron Senior Center*

NUTRITION AND YOUR HEART

April 6 10 AM via Zoom

Join registered dietitian Leigh Hartwell for a virtual nutrition lecture about how to care for your heart through nutrition. Topics covered include ♥Heart disease risk factors ♥Cholesterol 101 ♥How nutrition can help lower heart disease risk ♥Food myths debunked! ♥Heart healthy recipes ♥Q & A with the dietitian. Please sign up at 978-692-5523. *This program is brought to you by the Elder Services of Merrimack Valley.*

FALLON HEALTH

Fallon Health is presenting semi-weekly webinars for anyone who wants to learn more about the Fallon Medicare Advantage or Supplement plans. Pre-registration is required. Please note that Worcester County residents can learn all about their options at a "Central" meeting, while residents of all other counties should select a "Broad" meeting to attend. Here is the link to our virtual (ZOOM) presentations through March 30, 2021: <http://www.fchp.org/en/find-insurance/medicare/meetings.aspx>

STRENGTHEN YOUR IMMUNE SYSTEM WITH QIGONG – AN 8-WEEK HEALTH PRESERVATION SERIES **NEW PROGRAM!**

Mondays at 9am starting on Monday March 8 on the Westford Cat on Comcast Channel 8 and Verizon Channel 35.

This will be replacing yoga for 8 weeks.

Qigong, a holistic healing art over 5000 years old, combines gentle, balance-enhancing movements with non-judgmental, in-the-moment awareness to transition your mind & body into a calmer and more peaceful state (sometimes referred to as being more grounded or centered). Each 45 minute class in this 8-week series, taught by Dave Crocker of Cultivating Qi, will include a 10-15 minute warm-up followed by the teaching and practice of 2-3 qigong movements from a popular qigong set. Each movement in the qigong set focuses on a different part of the mind and body, enhancing your body's natural ability to heal itself. By the end of the 8-weeks, you will be well equipped to incorporate this qigong set into your regular, health focused activity schedule. *This program is brought to you by Elder Services of Merrimack Valley and COA Gift-COVID Relief Assistance Fund.*

SOCIAL SERVICES AND OUTREACH NEWS

Dementia and Caregiver Resources

We understand that the pandemic has increased the strain on everyone and especially on people with dementia and their care partners. Fewer in-person supports are available and the extended periods of time at home can be challenging. The dementia support community is aware and is offering many good resources that can be accessed virtually. See the options below. If you don't have access to a computer or internet, please call us and we will help you access those through donations or low-cost internet options. We also have staff who can assist you with using your devices. -Alison Christopher, LICSW, Social Worker

Free WIFI Option

Libraries across Massachusetts are addressing the digital divide by helping older adults and those in the community in need of an internet connection. The Massachusetts Board of Library Commissioners (MBLC) developed a map of local libraries offering internet access via wi-fi signals **outside** of their buildings. While some libraries require an access code or library card to gain access, many of the local libraries offer free guest wi-fi. The map notes which libraries offer this service, and, in some cases, where to get the best signal on the property. <https://libraries.state.ma.us/wifi#> The closest libraries to Westford are Boxborough, Carlisle, Acton and Chelmsford.

New Virtual Memory Café! Featuring Live Music!

A virtual Memory Café is a place where people with memory loss and their caregivers can be themselves, share stories, and discover helpful hints in a supportive, safe, and fun environment. They will occur monthly on the 3rd Thursday of the month from 10-11AM via ZOOM. Please RSVP to Candace Walker at 978-569-1016 or email at memorycafe@dyouville.org no later than the Monday before the café to reserve your space and receive your ZOOM link. Registration is free and easy.

The Alzheimer's Association New England regional chapters have 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 their advocacy efforts, and ways you can get involved in the fight against Alzheimer's.

The 24/7 Helpline is available for around-the-clock care and support at 800.272.3900. Feel free to contact us with any question, any time. Their Virtual Education page has many live education programs for caregivers, people with memory loss, and others. Check it out here: https://www.alz.org/manh/helping_you/community_family_education

FREE Wellness Guide to Overcoming Isolation During COVID-19: Being Connected, Staying Connected, and Choosing Connection

As the COVID-19 pandemic continues, people are reporting high levels of emotional distress, with a growing negative impact on mental health and wellness. To support people who are struggling with isolation and loneliness during this difficult time, Advocates for Human Potential (AHP) has adapted their evidence-based Wellness Recovery Action Plan (WRAP) to produce a special publication that addresses isolation and loneliness. Their goal is to help as many people as possible overcome isolation and make healthy connections. That way—together—we can reduce suffering during COVID-19. The "Wellness Guide to Overcoming Isolation During COVID-19: Being Connected, Staying Connected, and Choosing Connection" is a new WRAP resource from AHP's Human Potential Press, available for free! The resource can help you engage in connection activities with others and in online support groups. You can access the guide at <https://www.wrapandrecoverybooks.com/store/wellness-guide-for-isolation-during-covid-19-being-connected-staying-connected-and-choosing-connection--details.html>

For more information regarding WRAP or to receive the *WRAP Up* monthly newsletter, please contact mjaffe@ahpnet.com.

FREE INCONTINENCE PRODUCTS

We currently have a surplus of personal hygiene products that can be yours by calling Annette at 978-399-2326.

NATIONAL HEALTHCARE DECISIONS DAY (NHDD) is on April 16! We want to encourage all adults to discuss and plan for care **before** a serious illness occurs. During the pandemic, there has been a tremendous increase in individuals wanting to discuss and document their wishes. We have 5 Wishes packets from Aging with Dignity. It is a great tool to think about your health care wishes in a wide range of situations and to document them for your loved ones, in case you need them to help with decision making in the future. If you are interested in virtually learning about the form and having one sent to you for completion, call Alison at 978-399-2325.

OUTREACH

With February behind us and the scramble to find a vaccine, I hope that the arrival of spring brings us all more hope. We can start getting outside again and see many of you for outdoor programs and driveway home visits. With your health being the primary concern this past year please make it a point to fill out a **File of Life** magnetized card that goes on your fridge. If EMT's ever have to go to your home they will look for this file that has your pertinent information on it i.e. emergency contacts, MD, hospital preference and allergies. If you would like a File of Life just let me know. And remember - better days are coming! Annette 978-399-2326.



HOW TO OBTAIN THE COVID-19 VACCINE

Phase 2 of the vaccine rollout in Massachusetts began February 1st, 2021. Phase 2 is tiered in an order of priority. The first priority in Phase 2 is Seniors age 75 and older. After they are vaccinated, the next group is individuals 65 and older **or** those with 2 or more health conditions that put them at greater risk for developing COVID related problems. In turn, the State will move down the list of priorities until all eligible are vaccinated. To find a vaccine site, go to <https://vaxfinder.mass.gov/>

When you're eligible, you will need your ID, insurance cards, and an attestation form. The attestation form is available on the Mass.Gov website. We also have copies at the Cameron Center. **The vaccine is free to all, whether or not you have insurance. No one will be charged. You should NOT be asked for a credit card or your Social Security number during this process.** The vaccination consists of two separate shots. After you receive your first shot, the clinic will schedule your second shot. Depending on the brand of the vaccine you receive, your second shot will be administered either 21 or 28 days later.

If you are having any problems in this process, and don't have a loved one, family member, or friend who can help you with it, please reach out to the Cameron Center at (978) 692-5523. Annette Cerullo and Bob Rafferty are available to assist you.

SPRING CLEAN UP—Deadline April 16

It is that time of year when many of you will be thinking about spring yard cleanup. Due to growing numbers of seniors requesting this 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, but **we will be prioritizing seniors with a demonstrated need first** – financial, health, 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 April 16.**

IPADS & LAPTOPS

With the pandemic isolating everyone for the last year and so much happening virtually on line we want to be sure you all have access to technology so you don't miss out. If you are in need of an Ipad or laptop and don't have the funds to purchase one, let us know because we have obtained some used ones and would be happy to set you up. Call 978-692-5523 and ask for Bob or Annette.

DID YOU KNOW?

Town of Westford's Upcoming Electric Aggregation Program Contract dates January 1, 2021 to December 31, 2023
Effective January 2021, the town's new electric aggregation program will provide 4 options for residents and businesses to select from. The default rate for the entire town will be \$0.10793, which will include 10% additional renewable energy above the state's minimum requirements. The term "default rate" refers to the electric supply rate that all program participants will be placed in upon the start date of the contract. Residents and businesses will reserve the right to opt down to the base supply rate or to opt up to two increased levels of renewable energy. Your electric bill will still come from National Grid and the supplier listed on the back will say "Constellation" not "Public Power".

4 Supply Rate Options - Effective January 1, 2021

Base supply rate: \$0.10470

10% additional renewable energy: \$0.10793 (**default rate for town**)

50% additional renewable energy: \$0.12083

100% additional renewable energy: \$0.13695

Website for additional information: <https://masscea.com/westford/> Any questions feel free to call Annette at 978-399-2326.

ASK THE REALTOR

With Kathy Cunningham of Coldwell Banker, Westford

Mondays, March 8 and April 12 at 10 AM

To speak with local realtor Kathy Cunningham about your personal real estate questions, call 978-692-5523 to schedule an appointment.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?

SHINE (Serving Health Insurance Needs of Everyone) CAN HELP!

Mondays March 8 and April 12 by appointment

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. 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.

ASK THE LAWYER

Virtual one on one appointments Tuesday, March 30 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 a virtual web meeting. Please call 978-692-5523 to reserve a timeslot.

CAN WE EMAIL YOU?

We have been very happy to be able to reach our seniors via email with information about COVID-19 and other time-sensitive matters. If you are over age 75, and you haven't received an email from us, please consider giving us your email address. If you are 65—75, expect to hear from us as soon as vaccines are offered for your age group. If you are younger than 65, we'd still like your email so we can communicate with you. If you don't have an email address, you can provide us with one for a friend or family member who will then call you with the information provided. If you haven't already, please email Martha at mbrockway@westfordma.gov or call her at 978-399-2324 to give her your email address.

NEWS FROM THE WESTFORD RECYCLING COMMISSION

On Saturday, May 8th, 2021, the Westford Recycling Commission will hold its next Household Hazardous Waste Collection event from 9am-2pm at the Westford Highway Department, located at 28 North Street. We are expecting a record turnout because of the extra time residents have spent at home and working on home projects this last year. To help manage the high volume of participation and minimize wait times, **preregistering for the event will be required.** Details are in the event's flyer that will arrive in residents' mailboxes in early March. The preregistration will be online. To assist residents who would like help with online preregistration, the Westford Recycling Commission is partnering with the Cameron Senior Center. Please call the Cameron at 978-692-5523, leave your name and number, and a member of the Recycling Commission will call you to help you preregister and answer any questions related to this event. Please note that there is a fee (\$30 or \$50 per car depending on volume) to bring hazardous waste to the town's collection event. We encourage residents to partner with friends and neighbors to consolidate what you have, to save both time and money.

CAMERON APPROVED TO BE A SNAP SITE FOR TOWN RESIDENTS

The Cameron Social Services staff has been trained in taking new SNAP applications and state-required recertifications for all town residents. There is no age requirement for this benefit! Recipients must meet income guidelines which are currently \$25,520 for a household of 1, and \$34,480 for a household of 2 (gross annual amount). If you would like to see if you qualify, please call the Center 978-692-5523 and we will schedule a telephone appointment for you with either Annette or Alison. Food insecurity is a significant problem for many families, and receiving SNAP benefits can make a big difference in your family's monthly food budget.

**COFFEE WITH KATIE**

Tuesdays at 9 AM via ToGoWebinar

Do you want a little special extra flavor to your daily coffee time? If so, Coffee with Katie will not disappoint! With light-hearted and cathartic conversation, and possibly a little fun twist. Everyone is welcome so grab your coffee and join "Coffee with Katie" online. To register, simply call Katie at 978-399-2330 or email her at krussell@westfordma.gov with your email address. She'll send you the link to join the ToGoWebinar. If you are not familiar with ToGoWebinar just let Katie know and she can help you. There will be no Coffee with Katie on Tuesday March 16th due to the boiled dinner that day.



Friends Corner

What a year it's been! The Friends of the Cameron Senior Center, a 501(c)(3) non-profit volunteer organization, provides services and fellowship to seniors throughout the local community. Due to COVID-19, this year, most of the Friends' sponsored programs and activities had to be cancelled or redesigned to meet the requirements of social distancing.

We continue limited fundraising and assisting qualified seniors with emergency financial assistance for food, housing, utilities, medical services and transportation.

We are starting our annual March Friend's membership drive - look for the blue membership flyer in your mail box. New this year—all Friends **annual memberships run from July 1st -June 30th**. All current 2020-2021 memberships have been extended **over one full year** until June 30, 2022. New members and volunteers are always welcome!

The Friends are happy to announce our new Friends website, where you can renew your membership, make donations or bid on the latest auction items! Follow our blog for the latest Friends, activities plus town and state information

<https://westfordmafriensofcameron.com/>

Thank you for your support,
Barbara Upperman, President

FINANCIAL MATTERS

ESTATE PLANNING SEMINAR

Thursday March 18 at 10 AM

Kelly Longtin Law will be presenting on the legal aspects of estates, wills, and trusts along with the pros and cons, do's and don'ts, and specifics around what can and cannot protect your assets legally from long-term care expenses. She will also review what happens with any outstanding loans and debt after someone is deceased.

Thomas Howard and Lala Rushin from Peoples United Bank will review the pros and cons of various account titling and what happens when an owner is deceased; what documents banks in general need to establish accounts for trusts and estates; what is needed when trustees can no longer manage a trust and it is taken over by successor trustees; and how to apply for an EIN/Tax ID Number for trusts and estates. The seminar will end with a Q&A session and private breakout rooms can be made available to those that need it for up to 30 -minutes after the conclusion of the seminar. Sign up at 978-692-5523.

CHOOSING A FINANCIAL CAREGIVER

Presented by Peoples United Bank Thursday, April 15 at 10 AM

Choosing a Financial Caregiver was developed by the American Bank Association Foundation. This program helps older adults recognize what to look for when choosing a financial caregiver and emphasizes the vital role that banks play in preventing financial fraud and protecting customers' financial assets. The seminar will end with a Q&A session and private breakout rooms which will be made available to those that have personal questions in 30-minute increments after the conclusion of the seminar. To RSVP call 978-692-5523.

2020 INCOME TAX HELP

Hal Schreiber, our volunteer tax expert, will be back this year to complete 2020 federal and state income tax returns. Dick Severyn will also be back to assist Hal. This is a free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978-692-5523 to add your name and telephone number to the list for having your tax return prepared (depending on the "virus" situation, we do not know at this time, whether appointments or drop-off will be used). Hal has all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms or instructions with you.

NORTHEAST LEGAL AID ANNOUNCES THE OPENING OF NEW LOW INCOME TAXPAYER CLINIC (LITC)



Our Taxpayer Clinic assists low-income taxpayers who have controversy with the IRS. We provide assistance to individuals that have been notified by the IRS that they owe taxes, are under audit, have filed a petition with the U.S. Tax Court and individuals who need help in obtaining other relief for a tax obligation or IRS collections. **We do not generally assist in tax return preparation.**

Contact information for the clinic: Northeast Legal Aid's Intake Line: 978-458-1465



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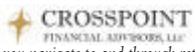


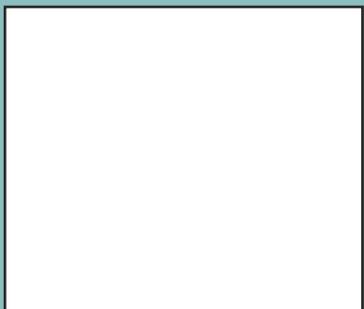
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For more Stannah stairlift info visit:
Stannah-Stairlifts.com/Safe-At-Home

TRANSPORTATION MATTERS!REGISTRY OF MOTOR VEHICLES VIRTUAL WORKSHOPS**Wednesday, March 24 at 10 AM**

Discussion about Real Id and information about new federal and state requirements concerning driver's license and ID card renewals.

Tuesday, April 27 at 9 AM

Learn about Disability Placards and Plates—how to obtain them well as the laws governing the use of these special identification markers. To RSVP for both or only one workshop call :978-692-5523

Door prizes:Car wash and gas gift cards and helpful buckets of car supplies every car needs.THE MASSACHUSETTS REGISTRY OF MOTOR VEHICLES

Has extended through Senior Hours on Wednesdays through March for customers who need to conduct RMV transactions. The closest designated RMV service centers for customers 75+ are: Danvers, Lawrence, and Leominster. A reservation is required for all transactions. To use this service, follow the instructions below or call Alison or Annette at (978) 692-5523 for help. Select the "Senior Transaction" option in the "Make/Cancel a Reservation" transaction at www.Mass.Gov/RMV to view availability and make a reservation at one of these locations. If you are a AAA member, you may make a reservation now to renew your driver's license/ID or registration at a AAA location. Visit www.aaa.com/appointments to schedule your visit. Email the RMV for assistance at MassDOTRMVSeniors@dot.state

SENIOR JOYRIDES!

Are you tired of being home? Are you feeling lonely? Would you like to see friends AND socially distance? We have the solution for you!

The Cameron senior center vans are able to drive clients to lunch, shopping, scenic rides, whatever your heart desires (within our service area.) Our vans are disinfected daily and follow all covid-19 guidelines. Mask wearing is mandatory on the van.

Give us a call at 978-399-2322 and let us know what you want to do!



We prefer participant limits of 3 people for safety reasons, but are able to accommodate up to 4.

OUR VANS ARE RUNNING WITH 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, and Littleton, \$6.00; Ayer, Concord, and Lowell \$8.00

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

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An invitation to participate in a program to promote safety and wellbeing for seniors.



District Attorney Ryan will discuss the far-reaching impacts of the COVID-19 pandemic including the increase in scams that target the elderly and other vulnerable populations.

Discussion will also focus on the lasting impacts of isolation and provide advice on how to mitigate feelings of loneliness.

Tuesday, March 16th at 11:00 a.m.
Virtual Meeting

https://actonma.zoom.us/webinar/register/WN_hdCeI3hLT9KfKhpTOL7DvQ

Please contact Sheryl Ball sball@acton-ma.gov ; 978-929-6453 for questions or help registering for this event.

Zoom information will be sent to you upon registration.



PAINTING AT HOME

Thursday, April 8 at 1 PM

Join the incredible instructors from MUSE Paint Bar as they take you step by step through creating the painting of Sunset on the Pier, all in your own home! Call to sign up at 978-692-5523. \$15 cost is for the paint kit you can get at the senior center with contactless pick up. Already have paint and canvases at home and want to join in on the fun? Call the front desk and we will send you the link.



CHRISTINE M. MORGAN
ATTORNEY AT LAW

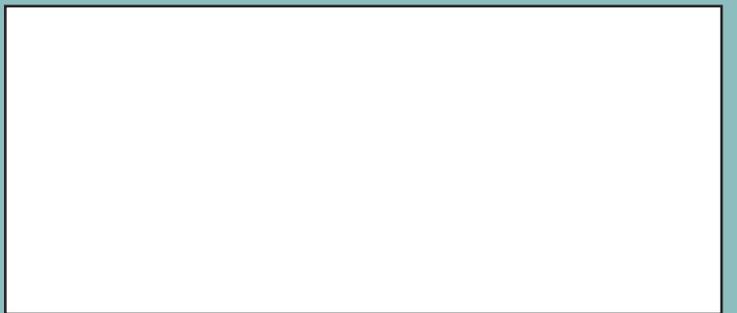
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Wonder How to Get Your Cameron News?

- 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.

MARCH FOOD PANTRY HOURS:

- **Wednesdays: March 3, 10, 17, 24, 31** from 6:00 - 8:00 p.m.
- **Fridays: March 5, 12, 19, 26** from 9:00 - 11:00 a.m.

APRIL FOOD PANTRY HOURS:

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

www.westfordfoodpantry.org

BOARD MEETINGS

COA Board - March 10 and April 14
Friends of Cameron—March 18 and April 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. Veteran's Rep. Terry Stader

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