

Bolton Senior Newsletter

June
2013
Issue 6

Bolton Senior center
Main St (Rt 117)
PO Box 342
Bolton, MA 01740

Center Director
Sheila Chmielowski
Phone: 978-779-3313

Hours: 9am-2pm 600 600
Tuesday, Wednesday,
Thursday



JOIN BOLTON'S 275TH CELEBRATION

Bolton will celebrate its 275th Anniversary this year. To celebrate this milestone a series of activities and events has been planned. The events will focus on the history and community spirit of our town.

Sunday, June 16, 2013 12 noon

Wachusett District Firefighters Muster

Saturday, June 22, 2013

Anniversary Weekend

9:00 a.m.

Hikes on conservation land

10:30 a.m.

Bike ride through Bolton

1:00 p.m.

Guided walking tours of Bolton town center

7:00 p.m.

Dedicatory Organ Concert and Strawberry festival
at the First Parish of Bolton

Revolutionary Quest Scavenger Hunt sponsored by the Historical Society, Inc. This event will take place **June 22, 2013 through Sunday, June 30, 2013.**

Sunday, June 23, 2013

10:00 a.m.

Eighteenth Century Worship Services at the
First Parish

1:00 p.m.

Bolton Celebrates 275th Parade and festivities
with music, refreshments at Memorial field

Friday, August 30, 2013, 2:00 to 7:00 p.m.

Farmer's Market

Saturday, October 26, 2013, 3:00 p.m.

Halloween Parade and Party

7:00 p.m.

Lantern light tour of South Cemetery

Sunday, November 10, 2013, 10:00 a.m.

Veterans Day Celebration; procession and
brunch

Sunday, December 1, 1:00 to 4:00 p.m.

Candlelight Christmas Tour of Historic Homes

12 noon to 5:00 p.m.

Historical Society Festival and Auction

5:00 p.m.

Tree lighting on the Old Town Common with
music, refreshments and visit from Santa

** For more details on each event please visit: www.bolton275.weebly.com or the Parks and Recreation page on the Town of Bolton website.**

SENIOR ACTIVITIES

COUNCIL ON AGEING BOARD

Chairman: Doris Ettinger 779-2717

Barbara Brown	Shirley Sefton
Emma Herbison	Panny Gerken
Margaret Nagle	Brooke James
Flora Wilson	Irene Spencer
Susan Tripp	

Meals on Wheels: Shirley Sefton 779-2216

Newsletter Co-editors:

Susan Tripp	susantripp@comcast.net
Tom Byron	tiktok@verizon.net

TRIPS

LOBSTER ROLL CRUISE

On Wednesday, June 26th we will be heading to Dennis (Cape Cod) for a fabulous Lobster Roll Cruise. Meal choices are as follows: The Lobster Roll grilled with lettuce, tomato, native lobster meat, celery and mayonnaise OR a Roast Beef Rollup on whole wheat with lettuce, tomato and light mayonnaise OR a Vegetarian Rollup with summer vegetables on whole wheat with a hint of mayonnaise. All selections are served with potato chips and cole slaw. OR Chicken Caesar Salad: Marinated chicken breast grilled and stacked atop crisp romaine lettuce tossed with our Caesar dressing, parmesan cheese and seasoned croutons.

All lunch cruises are one hour and thirty minutes long. We start boarding the boat at 11:30 a.m., lunch is served at 12:00 noon and the cruise ends at 1:30 p.m. The cost is \$36.00 per senior which includes, as usual, bus and all tips. Check in time at the Trinity Church will be 8:15 a.m. sharp for an 8:30 departure. Approximate time of arrival back to Bolton is 6:00 p.m.

Call Sheila at 779-3313 asap as the bus is filling up. Make checks payable to the Senior Citizen Assoc..

TAILS N' TUNES, YORK, ME

On Wednesday, July 24, 2013, we will head north to York, ME for a "Tails N' Tunes" meal (Double Lobster Bake with a Show by Don Who?) Our visit to Maine will start with a stop at Stonewall Kitchen and end with a visit to When Pigs Fly Bakery. We will travel to The Lobster Barn where you will start out your double lobster bake with chowder. Your main course will be served with steamers, rolls, potatoes, corn on the cob, as well as beer, wine or soda to go along with your tasty choice of either 2 One Pound Lobsters **OR** a ½ Baked Chicken. Watermelon will be your dessert and coffee will also be available. Then it's time to get ready for a memorable performance held right in the Lobster Barn's own Lobster in the Rough! Sit back and relax as you enjoy the mellow sounds of Don Who? as he croons all of the old favorites. Only \$56.00 per senior, which includes the transportation, double lobster bake or chicken with unlimited beer, wine, or soda, driver's and wait staff gratuities, taxes, and live show. Out-of Towners are welcome for an additional \$5.00. **A DEAL YOU WON'T WANT TO PASS UP!!!** Departure and arrival back home will be announced in our July Senior Newsletter. We recommend you sign up early as we anticipate this trip will be very popular. Thank you.

Trip Policies: In most cases money is due 1 month prior to guarantee your seat on the bus. Make checks payable to **Senior Citizens Assoc.** There are no refunds to "No Shows" on the day of the trip. Cancellations may incur a penalty or refunded. Call 779-3313 for definitive information. Out of towners are welcomed on a first come first served basis. Since the Town of Bolton subsidizes our trips Bolton residents do get priority on seats.

SENIOR ACTIVITIES CONTINUED

RELAX WITH REIKI: Linda will be here on Wednesday, June 5 at 1 pm. Reiki is a system of hands-on healing that allows you to feel relaxed, calm, and peaceful and its free.

LAWYER FOR A DAY: Attorney Chris Borzumato will meet with seniors this month on Wednesday, June 19 from 10:00 to 12 noon. Contact Sheila at 3313 to make a needed appointment for this free confidential legal advice.

ANY KIND OF NEEDLEWORK CLUB

Come join us for conversation and companionship on Thursday afternoons at the senior center at 2pm. Bring your current project and enjoy working with others. Beginners welcome.

YOGA FOR HEALTH: Yoga is held on Wednesdays at 10:15 to 11 am at the senior center. If interested just show up wearing comfortable loose clothing. Subsidized by FOBS the cost is only \$3.00 per session.

IN-HOME FIX-IT PROGRAM: Volunteer handy-people will assist elders at home. This service is free (you pay for supplies) for seniors whom do not have access to financial or manpower resources to meet said need. Call Sheila at 779-3313 for appointment.

TOWN NURSE: Tamara will be at the senior center on the third Thursday of the month, June 20 from 9:30 to 11:30 a.m. For immediate assistance, she can be reached at (978) 772-3335x340.

ELDER KEEP WELL CLINIC: Judy Manning sponsored by the VNA offers a clinic at the senior center on Thursday, June 13 at 12 noon.

Parking is in designated visitors parking only or in the parking lot to the left of the building.

MART VAN: Just a reminder that the van service is available to seniors and handicap persons on Tuesdays, Wednesdays and Thursdays from 9:30 a.m. to 3:00 p.m. For reservations, call (978) 779-3313 at least 24 hours in advance of the requested trip. The van is available for appointments, shopping, or meals, etc.

WHEAT FOOD BANK

The WHEAT food bank sign-up forms are available at the senior center. Wednesdays are designated senior's day at the WHEAT facility, which is located on the second floor at 500 Main St, Clinton. Drive to the back of the building as that is where the elevator is located. The hours are 10 a.m. to 4 p.m. For Mart van transportation or questions please contact Sheila at 779-3313.

WHEAT COMMUNITY CAFE'

The community Cafe' is located at 242 High St, Clinton. It offers a nutritious meal six nights weekly free of charge, and is open from 4:30 to 6:30 every night with exception of Saturdays. Dinner is served at 5:00 p.m.

SENIOR BOOK CLUB: meets at the Bolton Public Library on June 27 at 7pm. The book for this month is "Interred With Their Bones" by Jennifer Lee Carrell. Call Shirley Sefton for more information at 779-2216. All are welcome.

OUTREACH: Sally Steele will be at the Senior Center on Thursdays from 9:30 to 3:30 p.m. She can be reached at (978) 779-3314 or her cell (978) 870-8002 to make an appointment or to request a home visit.

BOLTON'S SHINE COUNSELOR: Marianne Winsser will be at the Bolton Senior Center on June 18 by appointment only from 10-12 noon in the upstairs medical room. Call Sheila at 779-3313 or Sally Steele at 3314 for appointment.

News from SHINE June, 2013

Medicare Fraud and Abuse

While most Medicare payment errors are simple billing mistakes, Medicare Fraud and Abuse does exist. **Fraud** occurs when someone *intentionally* falsifies information or deceives the Medicare Program. A common example of fraud is knowingly billing Medicare for services or equipment that were never provided or received. **Abuse** occurs when doctors or suppliers do not follow good medical practices. These practices may result in unnecessary costs to the Medicare Program for services that are not medically necessary. You can help stop fraud by reviewing your Medicare statement (Medicare Summary Notice – MSN) to make sure Medicare is not charged for items or services you did not receive. The MSN shows what Medicare was billed, what Medicare paid and what you may owe. If you have a question or concern regarding a Medicare claim, you should first discuss it directly with your physician, provider, or supplier that provided the service. Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

To make an appointment with our Shine representative, Marianne Winsser phone Sheila at 978-779-3313 at the senior center or Sally Steele at 779-3314. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



Shredding Party

Saturday, June 8th, 10-2 p.m.

25 Forbush Mill Road, Bolton, (Firewater & Wine parking lot)

\$5.00 per banker box — generosity welcomed!

All proceeds benefit Friends of Bolton Seniors — a 501(c)(3) corporation

www.fobsbolton.wordpress.com

BEFORE YOU GO TO THE DUMP, STOP HERE!

Get rid of those personal and business documents that have been “piling up” for years. Watch them being destroyed right before your eyes in a secure mobile document shredder from *P. Pellegrino Trucking Co.* www.pellegrinotrucking.com

Thanks to *Firewater & Wine* for the use of their parking lot. This event made possible by *Legacy Financial Advisors, Inc.* All donations are tax deductible as allowed by law.

FRIENDS OF THE BOLTON SENIORS (FOBS) CORNER

Tuesday Connections.

June 8: This is the last Tuesday Connections before our summer break and promises to be lots of fun. The program will be **HONKY TONK: OLD TIME PIANO.**

Gary Langdgren presents a lively piano performance from “the good old days” of the early 1920s and beyond. His ragtime music appeals to all ages with lots of hand clapping and toe tapping. Gary has been playing the piano for over 30 years. After the performance at 11:00 a.m., FOBS will be serving our annual International luncheon at noon. This is a program not to be missed!

Save the date for the Annual Senior Barbecue – August 20th from noon to 2:00 p.m. At Davis Hall. More information will be in future Senior Newsletters.

Shredding Party Fundraiser – June 8th from 10 to 2 at Firewater and Wine. Bring your papers and documents that you would like to dispose of safely and securely. There is a charge of \$5 per “Bankers Box.” All proceeds will be used to support programs and services for Bolton Seniors. If you want to find out more about the service check out the company’s website at www.pellegrinotrucking.com.

Yoga for Health. Chair Yoga is held on Wednesday mornings at the Manor from 10:15 a.m. to 11:00 a.m. The fee is \$3.00 and yoga mats are provided. Please just drop to give this gentle fitness program. **PLEASE NOTE: Yoga will not be held on Wednesday, June 26, 2013, due to a COA trip.**

Zumba Gold is held at Davis Hall Monday mornings at 9:30 a.m. Zumba combines exercise, simple dance moves, and Latin music for an overall happy experience. The fee is \$3.00 for people age 60 and over and \$5.00 for 50 to 60 year olds. If you are interested, please call Mary Ciummo at 978-779-5145 or email her at maryciummo@gmail.com.

Swim/Exercise Passes. Swymfit in Boxborough offers seniors discounted passes for their swimming pool and gym located at 90 Swanson Road. A book of 10 passes is only \$50 (which is half-price). Swimming is wonderful exercise and especially valuable in winter when it is difficult to get outside. Please make your checks out to Friends of Bolton Seniors and mail them to 62 Vaughn Hill Road, Bolton, and we will secure a pass for you. For more information contact Swymfit at www.swymfit.com or call (978) 635-0500.

Free Cell Phones. Qualified seniors may enroll for free cell phones from Safelink Wireless at www.safelinkwireless.com (800-977-3768) or Assurance Wireless at 888-898-4888. If you have any questions about either plan, please call Terry Abdalian at 978-634-1025.

Fuel Assistance. Even though this winter is over, our Fuel Assistance Program continues. In 2013, FOBS supplied over 15 seniors with 150 gallons of oil at no charge through generous donations from the Bolton community. Help us continue to provide this much needed assistance — contribute today or contact Terry at 978-634-1025 for more information.

Rep. Kate Hogan's Senior News

State House, Room 166, Boston, MA, 02133 / phone 617-722-2692 [Call for appointment]

District Office: Maynard Town Hall, 195 Main Street Email Kate.Hogan@mahouse.gov

House Passes Final FY 2014 Budget

My colleagues and I passed a balanced fiscal year 2014 budget aimed at increasing government efficiency, cutting costs and preserving essential services across the Commonwealth. The budget targeted increased funding in local aid and higher education, while increasing oversight across the Commonwealth to prevent fraud and hold state departments more accountable. The Senate will now take up the budget at the end of May.

I am proud that the House was able to increase funding in critical areas including programs for seniors. The House budget increases funding to the homecare programs and preserves vital funding to elder nutrition programs. The budget continued investments in elder protective services, while also establishing an Elder Economic Security Commission to create meaningful policies that will allow seniors to stay in the Commonwealth and in their communities. The House was also able to increase funding for local Councils on Aging. The amendment I sponsored, as co-chair of the Elder Caucus, increased funding \$1.28M and **raises the funding formula to \$8.00 per senior/** per year. This funding has been steadily rising over the last two years from \$6.25 per senior in FY'12 and \$7.00 per senior in FY'13. Through the amendment process we were also able to direct MassHealth to provide annual updates to all recipients over 65 regarding their options for voluntary senior care programs.

FREE AUDIO BOOKS, TELEPHONE NEWSPAPER ACCESS, BRAILLE BOOKS for eligible residents thru PERKINS BRAILLE & TALKING BOOK LIBRARY: Do you or does someone you know have trouble reading traditional print because of a disability? Whether the print is too small and it strains your eyes, or if you have trouble holding a book or turning pages, or if you have a reading disability like dyslexia, you are eligible for free library services from **The Perkins Braille & Talking Book Library**.

The Perkins Braille & Talking Book Library is a public library service that provides large print books, audio books and magazines along with playback equipment, telephone newspaper access, audio described videos and DVDs, and Braille books to people who have difficulty reading regular print, holding a book, or turning pages due to a visual or physical impairment.

There are many kinds of reading materials in the Perkins collection, including fiction and nonfiction, for both children and adults. Bestsellers, biographies, self-help, westerns, romances, mysteries, current events, and magazines, are just some of the materials that borrowers may select. **Additionally, the materials are mailed directly to your door and returned to us for free through the US Postal Service.**

If loss of vision or a physical or reading impairment is keeping you, or someone you know, from enjoying your favorite reading material, please contact the Perkins Braille & Talking Book Library by phone (617) 972-7240 or (800) 852-3133, e-mail library@perkinslibrary.org or visit www.perkinslibrary.org. or call my office for more info at: 617/722-2692.

June Office Hours: Everyone is invited to come to my Office Hours in Bolton on **Tuesday, June 18th from 5:00 to 6:00pm** at the **Bolton Public Library**. Please bring any questions, ideas or concerns you may have.

Happy Father's Day



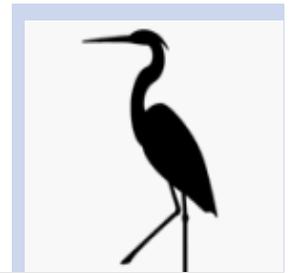
June



MON	TUESDAY	WEDNESDAY	THURSDAY	FRI
3 9:30 Zumba Davis Hall	4 10-2 Bridge/Skip-Bo 10 am COA meeting	5 10:15 Yoga Class 11:30 Tai-Chi 1 pm Reiki	6 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	7
10 9:30 Zumba Davis Hall	11 10-2 Bridge/Skip-Bo	12 10:15 Yoga Class 11:30 Tai-Chi	13 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class 12 noon VNA nurse 5 PM car pool-Stowe	14 Flag Day
17 9:30 Zumba Davis Hall	18 10-2 Bridge/Skip-Bo 10 am SHINE 11 am Tuesdays Connection	19 10 am Lawyer for a Day 10:15 Yoga Class 11:30 Tai-Chi	20 9:30 Outreach 9:30 Town Nurse 10-2 Bridge/Skip-Bo 10 am Painting Class	21 Summer is finally here
24 9:30 Zumba Davis Hall	25 10-2 Bridge/Skip-Bo	26 8:15 Trinity Church lobster cruise trip	27 9:30 Outreach 10-2 Bridge/Skip-Bo 10 am Painting Class	28

THANK YOU TO EVERYONE WHO WORKED SO HARD TO SHOW US ANTIQUES THAT WE ARE APPRECIATED. WE ALL HAD A GREAT TIME WITH FULL STOMACHS AND FULL HEARTS. THANK YOU AGAIN.

TAI CHI: Bolton Council on Aging with a back up from FOBS is sponsoring Tai Chi lessons at the senior center on Wednesdays at 11:30 to 12:30. Each session will run for 6 weeks and cost \$23.00 per senior. Out of Towners are welcomed at the cost of \$6.00 per session. This class is geared toward seniors who are capable of standing for 1 hour, and who want to improve their balance and strength. New participants are always welcomed.



Are you 60 or over? Do you live in Bolton?

Bolton Council on Aging – Thoughts and Ideas

There are 1053 persons in the Town of Bolton 60 and over. The breakdown is:

60-69	654
70-79	272
80-89	101
90-99	25
100+	1

This group of seniors is very diverse and may have needs and concerns which might be met by resources in Bolton.

One resource is the Bolton Council on Aging and the Senior Center. This group rent space at 600 Main Street from Bolton Country Manor. They both provide services for seniors. It is the intent of this article and the others that follow to discuss the resources that are available, needs that are not being met, and issues that arise from an aging population.

If you have thoughts on topics or issues of concern to you please contact Sheila Chmielowski, Director or Sally Steele Outreach Coordinator at 978-779-3313 or COA@TownofBolton.com.

NASHOBA VALLEY ROTARY

All summer long, the Rotary is hosting a car and plane show on Thursday nights from 5-8 p.m. at Minute Man Air Field in Stow, MA. Cars from all countries, as well as small airplanes, will be on show. There will be great food (pizzas, burgers, dogs, popcorn, ice cream, and drinks) from award-winning Nancy's Air Field Cafe. There is a simple donation of \$5 to benefit community service projects.

The Council on Aging, located at 600 Main Street, would like to encourage our senior citizens to gather at 5 p.m. on June 13 to carpool over to the airfield and enjoy an evening of mingling with new and old friends, seeing antique cars, having a picnic supper, and just enjoying an early summer evening out.

Please join us by just showing up at our parking lot, or going on your own. If you would like a ride, please contact Sally. If you cannot make Thursday, June 13, you can go any Thursday from June 6–August 29!

Sally Steele, Outreach Coordinator, Town of Bolton COA, 978-779-3314 or 978-870-8002