



October 2014

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# Maynard's Senior Scene

## New Officers and Board Members

In late July two new Board members were appointed by the Town Selectmen. Diane Wasiuk and John Edson joined the Board at their July 31st meeting. At that same meeting new officers were elected:

John Edson – Chairperson  
Diane Wasiuk – Secretary  
Tom Papson – Treasurer

At our September 18<sup>th</sup> meeting, Anita Dolan and Carol Milioto joined the Board. Sadly, Ms. Milioto died suddenly on September

26, 2014. (see page 2).

The purpose of the Board is to help meet the needs of Maynard's seniors by working with the COA Director on the development of programs and activities. You need not be a senior to be on the committee just a desire to help current and future seniors. If interested or for more information:

Andrew Scribner-MacLean  
978-897-1375  
Assistant Town Administrator

## WE ARE WORKING!

Under Town By-laws the Board of the Council on Aging is responsible for coordinating and carrying out programs designed to meet the problems of the aging.

Based upon the results of a questionnaire that was sent out in the last newsletter, the Board has identified several areas of improvement to be addressed, including:

1. Relocating the Senior Center
2. Regular exercise programs
3. Information about staying healthy and other topics concerning our overall well-being.
4. Transportation beyond Maynard.

Please contact John Edson – Chairperson at 508-314-4454 with other ideas or concerns for the Board to consider.

To book a ride on the COA Van, simply call 978 844-6809

Health Care appointments, shopping, social visits, work, learning – when you need a ride, we'll get you there.



## *IN MEMORIAM*

**Carol Ann (Lopez) Milioto**  
**July 15, 1942 – September 26, 2014**

The Board mourns the passing of our colleague Carol Millieto and offers its deepest sympathy to Carol's family and friends.

## **Concord Street Circle Party**

Our first COA Luncheon was held Wednesday, September 18<sup>th</sup> at Concord Circle. A GOOD TIME was had by all. We thank all who participated. The luncheon will be held the 3<sup>rd</sup> Wednesday of each month at 12:30 pm in the Main Building at 15 Concord Circle. Please call for reservations: 978-793-3733. Next luncheon is November 18<sup>th</sup>



## Representative Kate Hogan's Senior News – October, 2014 Home Heating Assistance for Seniors



Dear Friends,

As cooler weather fast approaches, I wanted to share some state programs that can help you with home heating assistance and savings on energy bills:

### **Low Income Home Energy Assistance Program (LIHEAP)** – LIHEAP

helps low-income individuals and seniors pay their heating bills during the winter. Eligible recipients can either own or rent their home and cannot have an income greater than \$31,218 for a single person or \$40,824 for two. For more information, please call the Massachusetts Heat Line toll-free at 1-800-632-8175.

**Citizens Energy Heat Assistance Programs** – Citizens Energy Heat Assistance has two programs for home heat assistance. The Citizens Energy Oil Heat Program offers free heating oil to people in need. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil. The Citizens Energy / Distrigas Heat Assistance Program gives a \$150 utility bill credit to eligible households who heat with natural gas. Eligible recipients are facing a financial hardship and are not eligible for LIHEAP, or have used up their LIHEAP benefits. To apply, please visit [www.citizensenergy.com](http://www.citizensenergy.com) or call 1-877-JOE-4-OIL.

**Weatherization** – The Weatherization Assistance Program (WAP) is a government-funded program to help low-income homeowners and renters lower their energy costs by making their homes more energy efficient. The program saves households an average of \$350 per year in energy costs. Energy inspector's visit eligible households to see what work needs to be done to save energy. The inspectors also do a health and safety check to make sure that all energy-related systems are working properly. Weatherization workers then make energy-saving improvements as needed. You can get free WAP services if you are eligible for the LIHEAP Fuel Assistance program or if someone in your household gets SSI or TAFDC. For more information, please call the Massachusetts Heat Line toll-free at 1-800-632-8175.

**MassSave** – MassSave is an energy savings program for Massachusetts homeowners and renters. MassSave offers energy tips and information about free home energy assessments, energy-saving products, and loans, rebates, and other incentives for energy-saving home improvements. MassSave is for Massachusetts residents who want to save money by making their homes more energy efficient. Anyone can use the MassSave web site or telephone line to see which rebates, loans, home energy assessments, or other energy programs are available to them. Most programs are for homeowners or tenants who live in 1-to-4 unit dwellings and pay their own heat or electricity. Low-income residents may qualify for free services. For more information, please visit [www.MassSave.com](http://www.MassSave.com) or call 1-866-527-7283.

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## Massachusetts State House: More 2013-2014 Legislative Highlights

We have had a successful two-year session. Here are some more legislative highlights that benefit seniors:

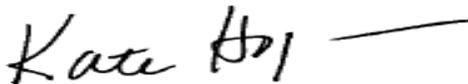
### FY2014 Budget Highlights

- **Councils on Aging**- The grant increased from \$7 to \$8 per senior per year.
- **Home Care**- Waitlists were eliminated with funding secured for this program.
- **Notification of Senior Health Care Options**- The budget directed MassHealth to provide each beneficiary age 65 and over with an annual notice of the options for enrolling in voluntary healthcare programs
- **Senior SAFE Program**- The Senior SAFE Program was an amendment I proposed to the FY2014 budget. Senior SAFE is a grant program to local fire departments to support fire and safety education for older adults, those most at risk of dying in fires in our state. This program builds on the successful 19 years of the school-based Student Awareness of Fire Education Program.

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**Rep. Hogan will be in the Council on Aging offices on October 24, 2014 at 11 am.**

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Proudly represents Bolton, Hudson, Maynard, and Stow  
State House, Room 166, Boston, MA, 02133 / Phone: 617-722-2692/ [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)

## *News from Minuteman Senior Services*

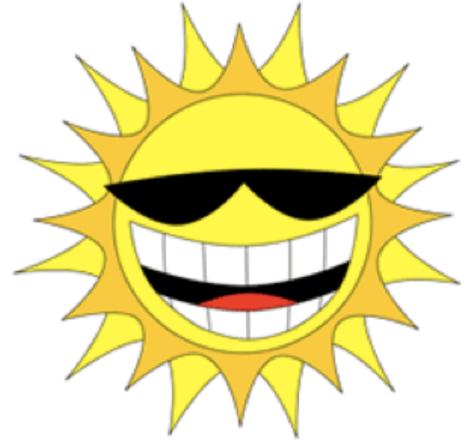
### CARE MANAGEMENT FOR EVERYONE

Introducing *Minuteman By Your Side*

Minuteman Care Managers are problem solvers that work as part of an interdisciplinary team to help seniors, disabled adults and their families understand their options and arrange services. Care management has always been one of our core services, provided to eligible consumers under state and private contracts. Our goal has been to make care management available and affordable to all who want it and to fill a service gap that now exists in our communities. To that end we are proud to announce a new fee based care management option: **Minuteman By Your Side** which is available to seniors, disabled adults of all ages and their family caregivers. Please visit our website to learn more about the **By Your Side Team** and what we call the **Minuteman Advantage** – what makes our service unique. Call 781-272-7177

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# SHINE On! Seniors!



## New Medicare Open Enrollment Information

**Medicare open enrollment starts on October 15th and ends on December 7, 2014 for changes effective January 1, 2015.**

There will be changes to Medicare prescription drug and health insurance plans. Please ensure your health care providers and medications are covered as you expect.

The Minuteman Senior Services SHINE Program will present Medicare Plan changes for 2015 and answer questions for beneficiaries, family and caregivers. SHINE can help you review your Medicare options including changes to prescription drug plans and Medicare Advantages plans. Your health can change through time and your plan costs and coverage will change.

Learn what your Medicare options are. The SHINE open enrollment presentation is at *Maynard Municipal Golf Course Clubhouse at 50 Brown St. (Rt 27), Maynard* hosted by the Council on Aging on Thursday, November 6, 2014 at 10:00 am

SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For more information, call toll-free 888-222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org)

**The Minuteman Senior Services SHINE Program can help you review your options.**

- What are the changes to your prescription drug plan?
- What are your options for Medicare coverage?
- How does your particular health insurance plan work and how does it compare to others?

A SHINE representative will be available every Monday, Wednesday, and Friday morning from 8:30 am to 12:30 pm in the lower level Conference Room of Town Hall. Call David Hull at the Senior Center for reservations – 1-978-897-1009. There is no charge for this service.

# Calendar of events



## SHINE Presentation

November 6, 2014, 10 am  
Maynard Golf Course Clubhouse

Private SHINE Appointments available  
Town Hall – OMS Conference Room LL  
Call 978 897-1032 to make appointment.

## Line Dancing

Concord Street Circle, Thursday's 2-3 pm

## Drop-in Center

at Congregation Church  
Tuesdays 9 – 1, lunch available.

## Town Meeting –

October 27<sup>th</sup> at 7 pm, Fowler School

## General Election

November 4, 2014

## Nutrition Class

Nov. 18<sup>th</sup> 11 – 1 at the Congregational Church.

## Shopping trips via van

2<sup>nd</sup> and 4<sup>th</sup> Tuesday's Call CTC to reserve  
a seat 978 844-6809.



## Become an Open Table Volunteer and serve the hungry in our community

Do you believe that no one should go hungry in our community? Have you ever wanted the opportunity to plan a meal for a large group of people and have the satisfaction of seeing the result? Open Table currently has a variety of volunteer positions that we need to fill for the upcoming holiday season. With a commitment of just **three hours** a month you could make a significant contribution.

Volunteer positions are needed in both our Maynard and Concord locations. **If interested please contact** us by sending email to [info@opentable.org](mailto:info@opentable.org) . You can also leave us a voicemail at 978-369-2275 (Concord) or 978-823-0082 (Maynard).

Open Table's dinners and open-market style food pantries, founded in 1989, provide a welcoming community of support and assistance to families and individuals, including seniors and children. Visit [opentable.org](http://opentable.org) if you would like more information.



## ***SENIOR CENTER NEWS & ACTIVITIES***

While we await the renovations of our new Senior Center, our existing one, at Clock Tower, is still running with lots of good activities:

- Mondays- 9-1 -Join Roy as he teaches piano
- Tuesdays – 9-1 Cribbage and other fun games
- Wednesdays – 10 am – Tapes of Musicals
- Fridays – Card games, exercise tapes and sing- a- long with Roy
- 11 am tea, cookies, cake, fruit and lots and lots of good fun conversation
- 2<sup>nd</sup> Friday Get your glasses cleaned by Alex from Look Optical
- Friday 10/24 @ 11:15 am – Meet your State House Representative, Kate Hogan

**Directions:** Enter CTP Main Entrance, opposite Post Office. Go down hall and take elevator on the left to 1<sup>st</sup> floor. Exit elevator and turn left and follow hall to second left to Pavillion. Turn right and go all the way down the hall. Council on Aging is on the right.

### **Library Offers Computer Classes**

Maynard's Public Library offers free instruction in computers. Check at the reference desk for upcoming dates and times.



### **Free Fall Yard Cleanup Opportunity**

Middlesex Bank employees will be providing free fall yard cleanup on November 7<sup>th</sup> for five Maynard property owners. Call Andrew at 978 897-1323 for more information.

### **Join our Friends**

The Friends of the COA is a non-profit, charitable organization raising funds to contribute to the Maynard COAs goals. Contact Tom Papson to get involved. 978 897-1669

Town of Maynard Council on Aging  
195 Main Street  
Maynard, MA 01754

ADDRESS CORRECTION REQUESTED

|   |
|---|
| BULK RATE<br>US POSTAGE<br>PAID<br>Maynard, MA 01754<br>PERMIT NO. 10 |
|---|

## Residential Customer

### ***SENIOR DINING and Meals on Wheels***

**Senior Dining** is available 5 days a week at the Main Building at Concord Circle. Join your friends for a delicious meal and some great conversation. Lunch is at 11:30 am and a \$2.00 donation is suggested. Lunch is also served, Tuesdays at the Congregational Church at 11:30 am. Call Heidrun Dickson at 339-234-3726 by 10:30 am the day before for reservations at either location.

The **Meals on Wheels** (MOW) program delivers lunch to homebound seniors who are unable to provide their own meals, and who meet certain guidelines. Special dietary considerations are available for those with chronic health conditions such as [diabetes](#) and heart disease. This daily check in by a volunteer driver may be the only daily contact and helps reduce the isolation often experienced by disabled seniors. Drivers are trained to identify and report observations or emergencies that might indicate a medical problem or the need for more [intervention](#).

Deliveries are made between 11 am and 1 pm, Monday through Friday. The meals provide:

- One-third of the Recommended Daily Dietary Allowances
- 700-800 calories
- Reduced sodium (part of a no-added-salt diet)

Call 781-272-7177 for more information

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