

NEW GENERATION



MAYNARD COUNCIL ON AGING & SENIOR CENTER
50 BROWN STREET, MAYNARD, MA 01754

AUGUST 2015



The View from Here

I hope you enjoy our first official newsletter. The Council on Aging & Senior Center newsletter will be published monthly as an insert in the Action Unlimited. We'll continue to add information about classes, trips and events into the Saturday edition so don't forget to look for something new. As well, information about the Council on Aging can be found on the Town website: www.townofmaynard-ma.gov under Government - click on Departments then click on Council on Aging and Senior Center. Right around the corner we will be introducing our own Facebook page.

I'm very excited about our fall lineup which includes new and diverse programming – something for everyone! We'll be expanding our hours from 9:00 a.m. – 1:00 p.m. to 9:00 a.m. – 3:00 p.m.

I'd like to extend a warm welcome to Pat Kozik, the COA's new Principal Clerk. Pat brings a background of eldercare and a passion for working with seniors on every level. We're pleased to have her join us and know you will be too!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

Welcome New COA Clerk

Please join us in welcoming a new employee to the Town of Maynard and the Council on Aging.

Patricia Kozik,

a resident of Maynard,
joins the COA as its new
Principal Clerk.

Ms. Kozik recently worked as a home care aide through the Partners Health Care system and has extensive experience with senior's health care issues and the administrative skills required by the COA.

As the COA has evolved over the past year, providing more services and programs, more transportation options and professional management, so too have our administrative needs changed. Ms. Kozik will help develop the technical aspects of this modern office to ensure we continue to provide the highest quality services to the entire community.

The Council on Aging Board meetings are held the first Thursday of the month at 9:00 a.m. at the Maynard Council on Aging & Senior Center. This meeting is an open meeting – come one and come all! It's a great opportunity to hear what's currently happening at the Senior Center and what's on the horizon. The purpose of the COA Board is to support the services of the Council on Aging through various means of determining the needs of the seniors in the community at large. The greater the attendance at these meetings increases the opportunity for the Board to learn the needs and concerns of our seniors and to advocate for those needs.

Next meeting is August 6, 9:00 a.m., at the Council on Aging & Senior Center

Housing Survey Input Needed

We want to know what you think about housing for Maynard!

Please complete the Maynard Planning Office Housing Survey by going to:

www.surveymonkey.com/r/maynardhpp

The survey goal is to gather your input about housing needs and opportunities in Maynard. This information will aid the Town in developing a Housing Production Plan (HPP). The HPP will assess housing in Maynard and recommend strategies to help the Town plan for the kind of development it wants.

The survey is anonymous and is being administered by the Town of Maynard in conjunction with the Metropolitan Area Planning Council. Information collected may be used by local Town officials and departments.

The survey is also available in printed format at the COA and the Maynard Public Library.

Highlight of Upcoming Events

Pleasantries Adult Day Services

PLEASE SIGN UP

Alzheimer's Awareness Series presented by Tammy Pozerycki from Pleasantries Adult Day Services. These presentations will help to understand and differentiate what are common cognitive changes within the aging process and what are concerning changes such as the early onset of Alzheimer's and other forms of dementia.

- Tuesday, September 8th:** **Alzheimer's disease.....The Basics** (An educational and informative discussion about Alzheimer's and other dementias, learn the facts)
- Tuesday, October 13th:** **Concerns about Alzheimer's** (An informative and engaging conversation about caring for a loved one with Alzheimer's or other dementia, learn how to manage caregiver stress)
- Tuesday, November 10th:** **Alternatives in Alzheimer's Care™** (Learn community options, resources, and supports that can Create A Better Day™ for both the individual with Alzheimer's or other dementia and the Caregiver)

1:00 p.m. to 2:00 p.m. at the Maynard COA & Senior Center.

In 2008, Tammy Pozerycki created Pleasantries Adult Day Services, LLC in Marlborough, MA. Pleasantries is a successful home-based social model adult day program specializing in memory care for guests in the earlier stages of Alzheimer's or related dementia. Tammy is personally familiar with Alzheimer's as her maternal grandmother lived with the disease for years. It was a firsthand experience on how this affected her family members. Her passion to work with older adults with Alzheimer's or other dementia and their families is a lifelong commitment.



Calling All Knitters & Crocheters!

Come to the Council on Aging
to learn, teach and enjoy a good "yarn."

We're forming a group
of crafters and would
like to know if you're
interested so we can
set up day and time.

Please give the
COA a call.



Bridges: Growing Together

The Maynard Council on Aging will be partnering with the Fowler School for an intergenerational program, Bridges: Growing Together, which brings together older adults and students of the 4th grade for shared experiences and collaborative learning.



In Bridges: Growing Together, participants explore different aspects of their own life stories along with those of their families and the greater community through interactive discussions and projects. Children are invited to take a lead in discussions about family histories, cultural touchstones, and growing older. Session titles include "Schools Then and Now," "Ethnicities, Heirlooms and Traditions," "Learning from Each Other," and "Introduction to The Multiple Intelligence 'Smarts' Theory," among others.

Through participation in Bridges Together programs, friendships across generations are cultivated. Families and communities are strengthened. Older adults are able to share, reflect, engage and learn. Children discover that seniors are valuable, interesting, knowledgeable and fun. Fond memories are imprinted on young hearts and minds leading to life-long personal and professional commitments to elders.

In each Bridges Together program, pairs of older adults collaborate with small groups of approximately five children, usually with three or four such groups in a classroom.

Volunteers (older adults) are needed for this program. You will be trained by the Bridges Intergenerational Leadership Team of Volunteer Coordinator (Amy Loveless) and Norma Hill, senior volunteer (ambassador) who will have both been trained by Bridges Together staff.



If you are interested in becoming volunteer and participating in the Bridges: Growing Together program at the Fowler School this fall, please contact

Amy Loveless, Director of Maynard Council on Aging at (978) 897-1009.

DON'T MISS THIS EXCITING OPPORTUNITY!

Farmers' Market Open!

Farms and specialty vendors at the Maynard Farmers' Market offer shoppers local fruits, vegetables, eggs, meats, poultry, coffee, pasta, wine, vanilla extract, maple syrup, honey, a wide variety of baked goods, and crafts. Celebrating its 20th season this year, the Market will run every Saturday from 9am-1pm, rain or shine, from June 27 until Sept 26 in the Main St. parking lot at Clock Tower Place. SNAP/EBT accepted.

The Market also hosts a weekly music series as well as children's, wellness and other special events and is a fun place to visit with friends and neighbors. For the latest schedule information, visit: www.facebook.com/MaynardFarmersMarket



SEASONAL FLU CLINIC

For Maynard Residents Age 65+

Tuesday, September 22nd

10:30am – 11:30am

Council on Aging at Maynard Golf Course

Vaccines are FREE!

Please be sure to bring your insurance card with you to the clinic

Clinics hosted by the Board of Health and staffed by Emerson Hospital Home Care

Look Optical

Alex Thayer from Look Optical will be at the Maynard Council on Aging on

Monday, August 17 from 12:00 - 1:00 p.m.

for eyeglass cleaning, alignment and light repair at no charge.



AARP Smart Driver Program

Wednesday, September 29 • 10:00 a.m. – 3:00 p.m. • Maynard Council on Aging

Cars have changed! So have traffic rules, driving conditions and the roads we drive on every day. Be a smart driver and brush up on your driving skills to stay safe! This is a great opportunity to better understand the updated technologies in new vehicles and strategies to compensate for age-related changes in vision, hearing, response time and much more. No written exam – no driving test. The course is part instructor, part video and covers a wide range of information focusing specifically on the aging process and how it affects our driving.

AARP offers a 4 hour classroom refresher course with a certificate of completion which may qualify you for an insurance discount. The cost is \$15.00 for AARP members and \$20.00 for non members (cash or check made out to AARP). Limited to 16. Lunch will be provided. The instructor is Helen Easton who you may remember as a co-facilitator for the Healthy Eating for Successful Living program.

Please sign up! Call the COA at (978) 897-1009.

Council on Aging Van

To schedule the van call CrossTown Connect dispatch office at (978) 844-6809

The Council on Aging van runs from **7:30 a.m. to 3:00 p.m. Monday through Friday** and provides low cost transportation to local hospitals, health care providers (doctors, dentists), pharmacies as well as banks, the post office and to the Senior Center on 50 Brown Street in Maynard.

We also provide transportation to Stop & Shop in Acton and Shaw's in Stow. Monthly trips are made to Market Basket and Wal-Mart in Hudson or Solomon Pond Mall in Marlborough as scheduled.

Reservations must be made two days in advance before 1:30 p.m.

For Monday transportation call the CrossTown Connect dispatch office the Wednesday before that Monday by 1:30 p.m.

Your pickup will be scheduled one hour before your appointment.

Please do not schedule a doctor's appointment after 1:00 p.m. Call well in advance regarding the monthly trips. A donation of \$1.00 is requested each time you get on the van.

Pickups may begin 15 minutes before the scheduled time to accommodate more than one passenger. The van will wait no longer than 5 minutes for a passenger to emerge at which time the driver will call the CrossTown Connect dispatch office to report the "no show" and leave a message for the next pickup.

On very busy days the van can get behind schedule.

Residents of Maynard, 60 years of age or older and disabled persons of any age, may use the van. If the rider is handicapped in any way please mention this when scheduling the pickup so any accommodations can be made in advance. We have an ADA compliant van (with wheelchair lift – 500 lbs. maximum) partially funded by the Massachusetts Office of Transportation and Construction.

Anyone with weekly appointments (same day, same time) must arrange for a standing pickup. If you decide not to go you **MUST** notify the dispatch office or leave a message on the van cell phone.

Please update CrossTown Connect with any changes in address or phone numbers.



Scheduled Shopping Trips

Monday and Wednesday – Stop & Shop in Acton
Thursday – Stop & Shop in Acton and Shaw's in Stow

One hour is allowed for shopping. Shoppers should call at least 2 days in advance to schedule their shopping times. As of February 1, 1994 it is a mandatory law in Massachusetts that passengers are required to use seatbelts. Van drivers have the authority to insist that seatbelts be worn or a passenger not ride in the van. If there is a medical reason why a passenger cannot use a seatbelt there must be a letter from their physician. Passengers are required to keep buckled in their seats while the van is in motion.

YOU ARE INVITED TO

The Forever Young
Prom

("Seniors" and Juniors too)

SATURDAY, SEPTEMBER 19, 2015
FROM 6:00PM TO 11:00PM

AT

THE MAYNARD LODGE OF ELKS
34 POWDERMILL ROAD MAYNARD, MA 01754

Cost: \$10.00 per Person

Meal: Shepherds pie

Dessert: Strawberry Short Cake

**There will be a DJ, dancing, door prize,
raffle formal photo, and cash bar for the night**

Please RSVP to Kim Lalli at 978-897-9907

Or by email Kim.Lalli@comcast.net or

Cathy Hill at 978-897-7256 by September 15, 2015

Checks can be made out to: "Maynard Emblem Club" and mailed to
P.O. Box 126 Maynard, MA 01754

ALL PROCEEDS BENEFIT:
THE MAYNARD EMBLEM CLUB # 205
In their mission to help support local charities.

CALENDAR

WORK OUT WITH WILMA - MONDAYS - 11:00 a.m.

Wilma's classes contain exercise with balls, weights and bands, standing or sitting for total body conditioning. Increase strength, range of movement, flexibility, balance and coordination. Format for this class allows you to participate at your own pace & ability.

CRIBBAGE - TUESDAYS - 9:00 a.m.

YOGA WITH TERRY - TUESDAYS - 11:30 a.m.

Yoga provides an opportunity to decrease stress and can lessen chronic pain while improving your overall health and wellbeing with increased strength, flexibility, balance and body awareness. Breathe your way into a positive outlook on life.

ZUMBA GOLD - WEDNESDAYS - 9:30 a.m.

Zumba makes exercise fun! Strengthen your heart, improve your balance, posture and range of motion while moving to the steps of the cha-cha, salsa and merengue.

YOGA WITH LISA - THURSDAYS - 11:00 a.m.

ZUMBA GOLD - FRIDAYS - 11:30 a.m.

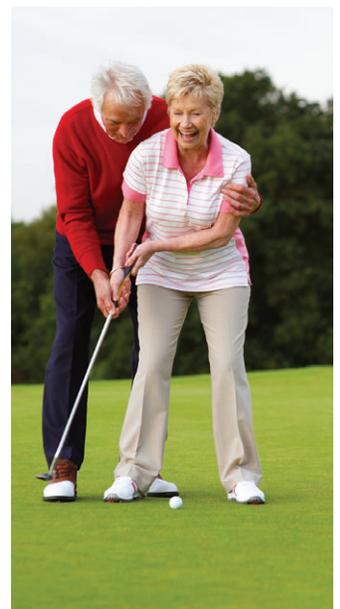
KINGS IN THE CORNER SOCIAL CLUB - FRIDAYS - 9:00 a.m.

TRIPS WITH THE SUDBURY SENIOR CENTER

The Maynard Council on Aging is pleased to announce we will be partnering with the Sudbury Senior Center on their trips. It's a great opportunity to enjoy the wonderful trips they offer and help gather the numbers required to guarantee the adventure will begin! The flyers/brochures for trips will be available at the Maynard Senior Center and you will contact their trip coordinators for information and reservations. If you need information about trips you can ask for **Joanne or Joe**, Sudbury's volunteer trip coordinators.

GOLF SCRAMBLE

Every Wednesday until late October. Arrive at 11:30 to sign up, start time is 12:00 p.m. sharp. Open to all men but primarily intended for seniors. Format is 4 or 5 men team scramble — a scramble occurs when all members of a team hit a ball and the best shot from all team members is used for the next shot. This format continues all the way from the tee to the cup on each hole. As a result golfers of all skill levels can compete. Call the Maynard Golf Course at (978) 637-2268 for more information.



Life Care Center of Acton Presents:

Health Care 2.0 - Building Your Medical Team

Thursday, September 17 at 1:00 p.m.

PLEASE SIGN UP

Start with your Primary Care Physician and build a medical team that works for you and your health needs. We'll also talk about strategies for getting the most out of your office visits and how to keep track of all your health information. Refreshments will be provided.

Ann Rosas

Director of Admissions & Marketing
Life Care Center of Acton
1 Great Road
Acton, MA 01720

Effective Discharge Planning

Tuesday, September 15 at 1:00 p.m.

PLEASE SIGN UP

Returning home from the hospital can be confusing, especially when you have to manage instructions from the hospital and doctors, arrange for nursing visits and other care and deal with insurance companies. A good discharge plan with adequate instructions and support can mean the difference between a smooth transition and a readmission to the hospital. Find out what you need to know to be prepared in advance for your return or that of a loved one. Pamela Connolly of HOME INSTEAD senior care will discuss what a good discharge plan should include and tips for working with the hospital both before and after the return. Bring your questions and concerns. Refreshments will be provided.

A Matter of Balance Fall Prevention COMING SOON



A Matter of Balance is a proven, award-winning fall prevention program designed for adults. This program focuses on useful strategies to manage falls.

Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to lessen the risk of falls at home
- Exercise to increase strength and balance

Who should attend?

Anyone who...

- is concerned about falls
- has fallen in the past
- is interested in improving balance, strength and flexibility

Notice to Medicare Subscribers

Medicare subscribers **may appeal decisions you disagree with**, but all steps in the appeal process have specific time frames and other requirements. ***You must pay close attention to the time limits for appeals!***

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage of your medication

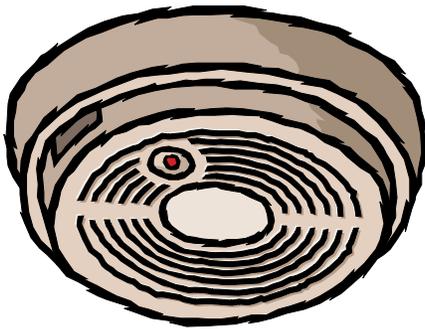
The **Medicare Advocacy Project (MAP)** provides **free** advice, assistance with appeals and legal representation. **MAP** can help anyone with Original Medicare or a Medicare Advantage Plan regardless of income. To reach **MAP** call the Massachusetts Senior Legal Helpline at **1-866-778-0939**.

To understand and access Medicare benefits, call your senior center and ask for a **SHINE** appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor at **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 counselor will return your call as soon as possible.

Voluntary Home Safety Visit!

The Maynard Fire Department is offering free home safety and smoke detector checkups to our residents. This is a great way for us to help our community stay safe. We will be able to give our safety recommendations and answer questions you may have during our visit.

We book our safety visits from April 1st to October 31st. All inspections are done at no charge and conducted on Saturdays. Please call to book your appointment. Call Nancy Brooks (978) 897-1015



“Working together we can keep our community safe.”



Senior Citizen Emergency Database

The Town of Maynard Public Safety Communications Department (Police and Fire Dispatch) has initiated a new program to assist seniors living in the Town of Maynard. Having seniors in our community that do not have family or friends checking up on them regularly has led the public safety department to develop a "Senior Citizen Emergency Database Program". This program allows the public safety communications department to document in a computer database the names of senior citizens, where they reside, and important contact information. In addition, information concerning current medications and potential special needs during an unusual inclement weather event or natural disaster will be on file.

Many times the police and fire departments are called to check on a senior citizen's welfare and there is no answer at the door. The Town of Maynard Police and Fire Departments are committed to making contact with the resident and at times officers and fire fighters have to force entry into the residence. By filling out the "Senior Citizen Emergency Database Program" contact form with emergency contact name and telephone numbers, we can first contact someone to see if they know of a reason the senior citizen may not be answering the door. Emergency contact information is also vital in the event a senior citizen is ill or has fallen and has to be taken to a hospital. The designated contact person(s) can be notified and answer important medical information.

Senior citizens or their relatives and friends are encouraged to fill out the contact form. Contact forms may be obtained through the Maynard Council on Aging Office, Maynard Housing Authority office and at the Police and Fire department headquarters. If you or someone you know is a candidate for this program, you may also contact Anne Camaro at 978-897-1011 or by e-mail at acamaro@maynardpolice.com to obtain the form or to inquire further about this program. Participation in this program is completely voluntary. Forms are to be completed and returned to Anne Camaro:

By Mail:
Maynard Police Department
Attn: Anne Camaro
197 Main St.
Maynard, MA 01754

Alzheimer's Caregivers Support Group

alz.org | alzheimer's  association

If you are caring for a loved one with Alzheimer's disease,
please attend this powerful resource group.

We provide information and education on Alzheimer's disease. Caregivers share stories along their caregiving journey offering support and making connections with other members.

When: 2nd Monday of each Month • 6:00pm to 8:00pm

**Where: Pleasantries Adult Day Services
195 Reservoir Street • Marlborough, MA**

Pre-screening by phone is required prior to attending: Tammy Pozerycki at **508-481-0809**

CHESS CLASSES

The Acton Council on Aging invites Maynard seniors to come and enjoy the chess activities at the Acton Senior Center.

Beginner's Chess Class - Thursdays, 1:00 - 2:00

For players with no or very limited knowledge of chess. Learn how the pieces move, what check and checkmate are, and the 10 golden rules of chess.

Intermediate Chess Class - Thursdays 2:00 - 3:00

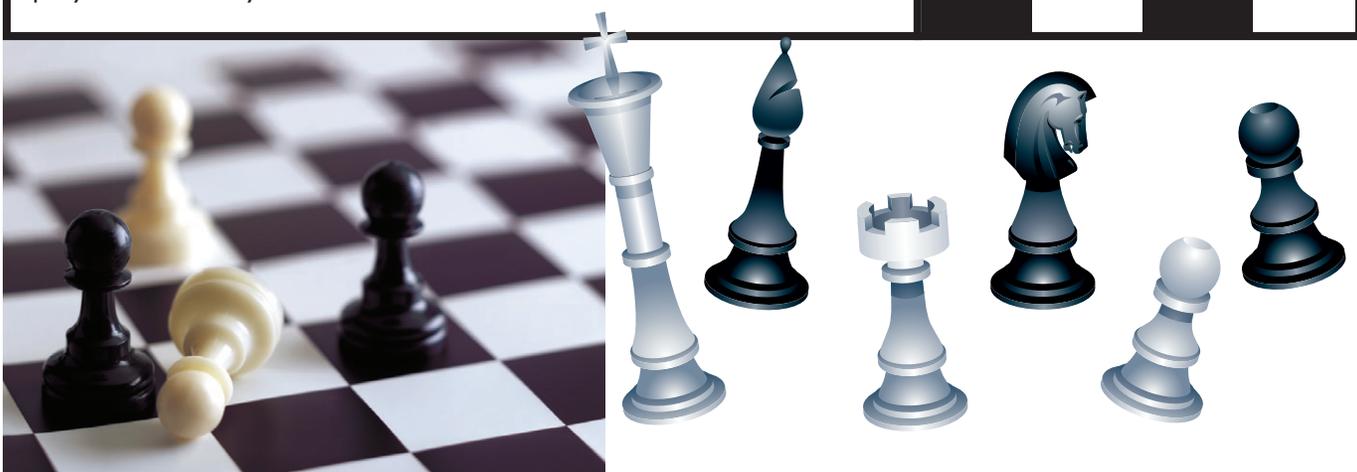
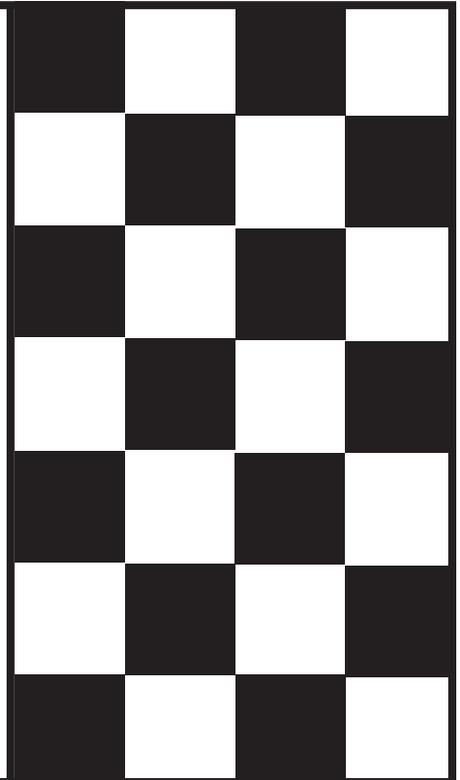
For players who already know how the pieces move and what check and checkmate are. This class focuses on playing games where the players discuss their moves with the teacher.

Chess Club - Thursdays 2:00 - 4:00

Players with some experience get together to play games. You only need to know the basics. Chess sets and board are supplied by the ACOA.

Inter-generational Chess Matches - Thursdays 2:00 - 4:00

Once or twice a month, chess club members play matches against a group of under-10 age students. New senior players are always welcome.



All chess activities are guided by Ken LeBow.

Ken has been playing chess for almost 60 years and has had 5 games published in the NY Times and the Boston Globe, although he is quick to point out that all except one of them were losses. Prior moving to Acton 4 years ago, he ran a chess club for a seniors' organization in the Philly area. If anyone has questions, they should feel free to call Ken 484-318-1186.

Minuteman Senior Services

Minuteman Senior Services is an Aging Service Access Point or ASAP which provides direct services to seniors (disabled adults and caregivers as well). The Council on Aging facilitates referrals to Minuteman services which include care management, meals on wheels and senior dining sites, home care, personal care, grocery shopping, laundry, caregiver support and respite, adult day care, health benefits counseling, nursing home assessments, legal services and elder protective services. Minuteman describes their services as a "one stop resource." When calling regarding these types of services and more your Council on Aging will often refer you to Minuteman. Minuteman Senior Services is located in Bedford 01730 at 26 Crosby Drive. Their toll free phone number is (888) 222-6171.

SHINE

(Serving the Health Insurance Needs of Elders)

SHINE provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers. SHINE counselors help navigate through the complex health insurance system addressing Medicare Parts A&B, Medicare Advantage, Medicare Part D, Medigap, Prescription Advantage, MassHealth, etc. You can contact your Council on Aging for a referral to a SHINE counselor or contact Minuteman Senior Services directly at (800) 243-4636.

Elder Hotline

Finding the answers to questions about elder issues can sometimes be confusing. The Attorney General's Office has a statewide, toll-free telephone hotline to assist individuals on a wide range of elder issues.

The number to call is:

1-888-AG-ELDER

(1-888-243-5337)

TTY: (617) 727-4765

The Elder Hotline is available to callers Monday through Friday, from 9:00 a.m. to 5:00 p.m. The hotline provides a valuable service to Massachusetts' senior citizens, their families, and others seeking information about elder-related issues and programs throughout the Commonwealth. The hotline, which is staffed by senior volunteers, provides dispute resolution services and is a comprehensive resource for information and referral on a full range of concerns. Common concerns include:

- Debt and debt collection practices
- Health insurance
- Home improvement
- Landlord/tenant issues
- Long-term care insurance
- Scam awareness
- Telemarketing





www.benefitscheckup.org

About BenefitsCheckUp

BenefitsCheckUp is a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC.

Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply.

BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with:

- Medications
- Food
- Utilities
- Legal
- Health care
- Housing
- In-home services
- Taxes
- Transportation
- Employment Training



REP. KATE HOGAN'S SENIOR NEWS AUGUST 2015

Grandparents Raising Grandchildren

Dear Friends,

This month I want to highlight the important programs and services available to grandparents who are raising their grandchildren. The groundbreaking Commission on the Status of Grandparents Raising Grandchildren was created in 2008, as part of the Child Advocate bill. The Commission's primary purpose is to serve as a resource to the Commonwealth on issues affecting grandparents. The 4th Annual Conference was held in June with this year's focus on issues facing grandparents who serve as a child's primary caregiver.

The House champion on this issue, Representative Paul Donato (D-Medford), states "It is important that grandparents who have stepped into the position of raising their grandchildren be provided with the necessary resources, as well as the access to the proper agencies, that will assist them in raising and nurturing these children."

There are programs and services geared to assist grandparents and I want to highlight several of them:

- **Financial Assistance** - If you are the primary caregiver for your grandchild, you may be entitled to get cash assistance, and food stamp benefits. Contact the local Department of Transitional Assistance: 473 Main Street Fitchburg, MA 01420 (978)-655-8700
- **Healthcare and Insurance Options** - There are many health insurance options for you to choose for your grandchild. These options include private insurance, COBRA, MassHealth, Commonwealth Care, Commonwealth Choice, Children's Medical Security Plan, the Health Safety Net and the Special Kids/ Special Care Pilot Program. For more information you can access the Commonwealth Health Insurance Connector at mahealthconnector.org or Healthcare For All at hcfama.org or call (800) 272 4232.
- **Counseling, Mental Health and Disabilities** - In many situations, children and grandparents may benefit from professional help in coping with a variety of emotional and psychological issues. There are a number of different agencies which provide counseling and other supportive services. You should contact your insurance plan to determine your coverage. If you are concerned about your grandchild's behavior or moods, contact the child's school guidance counselor or doctor's office for assistance and referral.
- **Support Groups for Grandparents** - Participation in a grandparents support group is a great resource. These groups exist to advocate and organize grandparents in a supportive environment to share common concerns, solutions, resources, and to develop friendships in a caring and confidential manner. I am looking to start a support group for grandparents in my district and the region. If you are interested in starting a support group, please contact my office. I will be hosting an informational event on support groups throughout the district later this year. Contact my office if you have any questions on grandparents raising grandchildren or services you may be eligible for.

Office Hours will be by appointment for August:

If you have an issue or concern, please call the State House at **(617) 722-2130** or e-mail Kate.Hogan@mahouse.gov, to schedule an appointment with me. I look forward to hearing from you.

Proudly represents Bolton, Hudson, Maynard, and Stow
State House, Room 130, Boston, MA, 02133 / phone 617-722-2130
District Office: Maynard Town Hall, 195 Main Street
By appointment: Call 617-722-2130 or email Kate.Hogan@mahouse.gov

The **Maynard Advantage** New England Living for Everyone



walkable small town lifestyle

metropolitan amenities

community for a lifetime

national wildlife sanctuary

robust arts community

corporate and start-up space

If you are interested in the development of the “Friends of Maynard Seniors”

now is the time! The “Friends” is group of volunteers constituting a non-profit organization which functions to provide support to the Maynard Council on Aging & Senior Center through advocacy and fundraising which contributes to the expansion of programs and services. Please contact the Council on Aging.

Watch for the Maynard Council on Aging & Senior Center’s Facebook page!