

NEW GENERATION



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



SEPTEMBER 2015

The View from Here

Recently I was having difficulty hearing Pat's response to my comment. When I remarked it was just too loud at the COA today, we smiled simultaneously and Pat said, "But isn't it so wonderful so much is happening - listen to how happy everyone sounds!" It's true! We've had a summer full of enthusiastic fitness classes (requiring the addition of another Workout with Wilma!), a festive and delicious luncheon serving food from Events All In One Catering, new seniors stopping by or calling to see what's happening here, and many days just enjoying the air conditioning while playing a game of cards and catching up.

This month's newsletter is packed full of a wide array of activity at the Senior Center and in the community. Take a look – there's something for everyone!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

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

If you are interested in the development of "The Friends of Maynard Seniors"

now is the time! The "Friends" is a 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!

Lots Of Exciting Changes Coming To Town

Many in Town are excited to see the changes that the COA has made this year. Activities, trips, food and plenty of time to talk and enjoy each other's company. It is a welcome sight and we are glad to be a part of it. Maynard has many other wonderful things happening throughout the community, too. From Artspace to FineArts Theatre to MayDog to the Wildlife Refuge there are possibilities for everyone and there is more to come – much more.

In the past few weeks the Town has completed its portion of the Assabet River Rail Trail planning. The project is now heading to the Commonwealth of Massachusetts which will coordinate the construction of the rail trail beginning in early 2016. This will provide access to and from South Acton Commuter Rail through the Town center to the Stow border near the wildlife refuge. A recreational and functional benefit for the entire community to enjoy.

The new owners of the Mill have renamed the property 'Mill & Main' and are developing plans for the property that will carry it through the 21st century. This includes opening up the property to the downtown, adding tenants, and perhaps a fountain in the pond. BattleRoad Brewery has announced plans to open a brewpub at the Mill in the fall of 2015. This local craft brewery promises to become a destination of its own, right in our downtown.

Within the downtown are more than a dozen restaurants, a cinema, art gallery, art and dance studios as well as professional offices and services, the famous Outdoor Store, and the original Paper Store. This combination and concentration of businesses gives Maynard a special feel and has created a strong sense of place among the residents of Maynard.

As the summer draws to a close, two widely anticipated events appear on the local calendar – MaynardFest and OctoberFest. These events and others like the Sip & Stroll and ArtWalk collectively express the diversity and spirit of the Town. I hope you find some time to participate in these events – perhaps some are exactly what you enjoy, others you've been meaning to try. Come on out and enjoy all your community has to offer.

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

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.

SEPTEMBER'S MEETING WILL BE HELD ON THURSDAY, SEPTEMBER 10 AT 9:00 A.M.

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 by determining the needs of the seniors in the community at large.

Highlights of Upcoming Events

September Presentations

Held at the Maynard Council on Aging

Sign up is very important as presenters bring refreshments or materials.

Tuesday, September 8 at 1:00 p.m.

Alzheimer's disease The Basics

An educational and informative discussion about Alzheimer's and other dementias, learn the facts. (Alzheimer's Awareness Series presented by Tammy Pozerycki from Pleasantries Adult Day Services).

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

Effective Discharge Planning

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 own 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.

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

Health Care 2.0 - Building Your Medical Team

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. Ann Rosas, Director of Admissions & Marketing, Life Care Center of Acton.

Thursday, September 24 at 1:00 p.m.

File of Life & Dispatch Update

Sean Kiley of the Maynard Fire Dept. and Anne Camero from the Maynard Police Dept.

**NEW HOURS STARTING IN
SEPTEMBER
9:00 to 3:00**

OUR NEXT LUNCHEON

is Friday, September 18 • 12 Noon

The menu includes:

Hamburgers & Hot Dogs • Potato Salad & Baked Beans
Watermelon or Fruit Salad



Kate Hogan sponsoring an Ice Cream Social directly after luncheon



Cost for the luncheon is \$5.00

Sign up required by 9/14 – pay at the door

Look Optical

Alex Thayer from Look Optical will be at the Maynard Council on Aging on **Monday, September 21 from 12:00 - 1:00 p.m.** for eyeglass cleaning, alignment and light repair at no charge.

AARP Smart Driver Program

Wednesday, September 30

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.**

Maynard Public Library

There's still time to join the Adult Summer Reading Club!

Maynard Public Library Adult Summer Reading Program! Summer Reading Bingo is fun and easy! Get your card at the Reference Desk and start to play. Just finish any four activities in a row, get your activities stamped at the Reference Desk and enter into the raffle of your choice. You can fill in as many cards as you like before Labor Day! You may need some information to complete some tasks on your card.

Try a little variety! We encourage you to read something different this summer! Here's where you can find various collections and displays in the library: Mysteries-2nd floor, left of the Reference Desk. Poetry-2nd floor, in the 800 section of nonfiction, above the Circulation Desk, Cookbooks-2nd floor, in the 641 section of nonfiction, above the Circulation Desk. Biographies-2nd floor, in the 92 section of nonfiction, above the Circulation Desk. Graphic Novels- 3rd floor. Local History-2nd floor, near the restrooms. New Fiction-1st floor, New Nonfiction-2nd floor, to the right of the Reference Desk. DVDs and CDs-1st floor. Magazines-2nd floor. Classics, historical fiction, thrillers and bestsellers can be found mixed in with fiction. And, on top of everything else, we have pretty good air-conditioning!



Starting Your Genealogy with Ancestry Library Edition

Thursday, September 17th @ 3pm

Roosevelt Room, Maynard Public Library

Learn search tips and techniques to view the incredible collection of content available on the web's best resource for genealogy. This e-resource is always available free at the library!

(While not mandatory, please bring a laptop to follow along if possible.)

Please register at the library's Reference Desk or call 978-897-1010 x103.

Bridges: Growing Together

Volunteers are needed to participate in the Bridges: Growing Together program with the 4th grade from Fowler School!



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 for shared experiences and collaborative learning. Bridges Together has been a successful part of Sudbury's schools since 1991 and we're excited to launch it here in Maynard.

Bridges: Growing Together The lessons include a presentation by the teacher, sharing ring by both the children who interviewed their grandparents or other older adults, and the volunteers who reflect on their life experiences, followed by a collaborative group activity.

To prepare for each lesson, questions inspire volunteers to reflect on their lives and children to learn from their grandparents or another elder in their circle of love. Young people are often stymied about what to discuss and how to begin conversing, especially with people in an older generation. These questions provide starting points and also help the children learn about their family history. They also provide their grandparents with the opportunity to reflect on their lives, an important socio-emotional human development process.

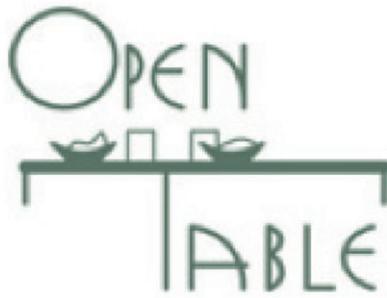
There are also activities and projects that encourage collaboration between the students and adults. Through Bridges, you'll be helping children in our community understand older adults, especially as you share your kindness, life experiences and wisdom. Intergenerational relationships, like ones built in Bridges, are a form of generativity and giving back. Bridges promotes socio-emotional development for children and adults.

The program is only one hour a week from 11:00 a.m. to 12:00 p.m. for 6 weeks beginning Thursday, October 15. There is also a training session and a reunion. Volunteers are scheduled to the same classroom which enables relationships to be built.

For October we will be starting with two classrooms and will need 16 adult volunteers. Volunteers will be paired with approximately 4 children. Three more sessions will be held during the school year if you are not able to participate in the first session. Volunteers can participate in more than one session during the school year.

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.** to sign up for the volunteer training on October 8 at 10:30 a.m.

DON'T MISS THIS EXCITING OPPORTUNITY!



★ Free ★ Community Supper

*All are welcome!
Meet new friends and
enjoy a home cooked meal!*

Please join us for a weekly free supper at
Sudbury United Methodist Church
every Tuesday, beginning August 18 • 6-7pm



Doors open at 5:30pm

251 Old Sudbury Rd., (Rte. 27) Sudbury

Transportation available from Maynard.

Please contact us at info@opentable.org or 978-369-2275 for more info.

NEWS FROM OPEN TABLE

Open Table offers weekly community supper programs and food pantries in Concord and Maynard to more than 300 guests. The dinner and pantry are open to all who come. Have you ever wondered what a typical dinner might be?

THIS IS A RECENT MENU:

Grapes and cheese, Rolls and green salad, Arctic Char (with chicken for the non-fish eaters),
Baked potatoes, Banana crunch ice cream with cookies.

We offer nutritious food that our cooks work hard to make tempting and delicious. The dinner is held on Tuesdays at the Sudbury United Methodist Church on Route 27 at 6 p.m. Transportation is available from Maynard.

The Maynard pantry is held at Clock Tower Place on Mondays from 5 - 7 p.m.

Contact us at info@opentable.org or 978-369-2275 for more information.

Open Table also holds a dinner and food pantry in Concord on Thursday evenings at the First Parish Church at 20 Lexington Road. The pantry opens at 4:30 and dinner is served at 5:30.

Maynard Farmers' Market

Maynard Farmers' Market continues Saturdays until September 26: 9 a.m. - 1 p.m., rain or shine, in the Mill Pond parking lot on Main Street at Clock Tower Place in Maynard (near intersection with Sudbury Street). SNAP/EBT accepted. On October 3, vendors will be downtown as part of Maynard Fest. Weekly vendors include Applefield Farm, Balance Rock Farm, Brigham Farms, Cookie Lady Treats, Fior D'Italia, Hobson's Homemade, Made From Scratch, Nagog Hill Farm, Pete & Jen's Backyard Birds, and Zoll Cellars Winery.

The Market also features weekly artisans, wellness practitioners, music, children's events, and community information. On September 12, the Apple Pie Baking contest returns to the Market. Bakers are asked to pre-register and make a pie using apples from a local orchard. Those who are more tasters than bakers can come down that morning and vote for the crowd favorite.

For the latest schedule updates,
visit: www.facebook.com/MaynardFarmersMarket



**Life
Care
Center**
of Acton

1 Great Road
Acton, MA 01720

“LET US GET YOU HOME WITH
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Short-term Rehabilitation • Respite • Long-term Care

CONTACT THE ADMISSIONS DEPARTMENT AT

978-263-9101

A Matter of Balance Fall Prevention Program



A Matter of Balance - Fall Prevention Program

Is returning to the Maynard Council on Aging!

Starting October 21 through December 9 • Wednesdays 1:00 – 3:00

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

**Signing up is required – program is limited to 18 participants.
Please contact Amy Loveless at the COA – (978) 897-1009**

KNITTING & CROCHETING CLUB

Knitting & Crocheting Club
now being held on

Mondays at 9:30 a.m.

Join us to learn, teach and
hear a good “yarn!”



WALKING GROUP

Tuesday, September 15 at 10:00 a.m.

Meet at the Maynard Council on Aging

Scenic and Historical Walks will be
planned around Maynard.

Call 978-897-1009 for more information.

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.

ANOTHER WORK OUT WITH WILMA - MONDAYS - 10:00 a.m.

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.

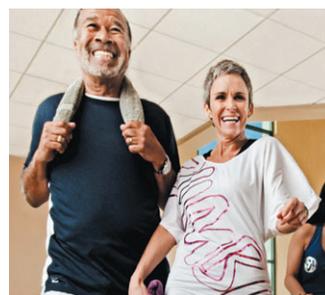
KINGS IN THE CORNER SOCIAL CLUB - FRIDAYS - 9:00 a.m.

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.

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.



Maynard Council on Aging September Trips

COA DINNER TRIPS

September 2 & 9 LONGHORN RESTAURANT

Seating on the COA Van is limited so please call the Crosstown Connect dispatch center right away at (978) 844-6809 to reserve your seat. There is a \$5 COA Van transportation fee and meals costs are up to the individual. Pick-ups begin at approximately 3:00 p.m. and typical return time is approx. 7:00 p.m. For the convenience of everyone the van fee as well as the meal payment must be in form of cash only. We look forward to seeing you on the trip.

Scheduled Shopping Trips

Monday and Wednesday – Stop & Shop in Acton
Thursday – Stop & Shop in Acton & 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.

COA OUTINGS

September 11 LUNCH

Lunch at Fife and Drum Restaurant. Pick-ups start at 10:30 a.m. \$2.00 transportation fee

September 21

(September 24 if wait list)

LUNCH

Lunch at the Wayside Inn and visit to the Country Store. Pick-ups start at 10:30 a.m. \$3.00 transportation fee

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

September 17 CRAFT SHOPPING

Day Trip Craft Shopping trip to AC Moore, Michael's at Shopper's World. Pick-ups start at 9:00 a.m. \$3.00 transportation fee

September 9

SOLOMON POND MALL

\$5.00 transportation fee

September 30

SCHEDULED
SHOPPING TRIP

Walmart & Market Basket
\$2.00 transportation fee



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.

Upcoming at the Maynard Council on Aging

Tuesday, October 13 at 1:00 p.m. - 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 10 at 1:00 p.m. - 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)

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.

Monthly Educational Series

With David Currier, Life Care's Dementia Specialist

Wednesday, September 23, 6:00 – 8:00 p.m. A Virtual Dementia Experience

This workshop was especially designed to let participants experience firsthand how dementia affects perception and creates challenges for individuals and their caregivers. A lively discussion will follow the demonstration and attendees will learn about ways caregivers can change their approach to make things easier when interacting with loved one living with Alzheimer's disease.

Wednesday, October 21, 6:00 – 8:00 p.m. Family Habilitation Tips

This workshop will offer suggestions on how to make caring for someone with dementia less stressful.

Held at Life Care Center of Acton, 1 Great Road, Acton (978) 263-9101

Powerful Tools for Caregivers coming soon!

Still Parenting

A 6 session series for parents caring for adult children with mental illness

Location: Minuteman Senior Services 26 Crosby Drive, Bedford, MA 01730

When: Wednesdays, September 30-November 4, 2015 Time: 1:00 pm to 2:30 pm
Group forming now. Pre-registration required.

TAKING CARE OF YOURSELF PART 1: Physical and emotional safety; setting limits and boundaries; de-escalation strategies

THE DOCTOR IS IN: An opportunity to ask a psychiatrist about diagnosis, medications, HIPAA issues, and what family members should be asking the medical community

TAKING CARE OF YOURSELF PART 2: Parenting adult children; stigma and guilt

COMMUNITY BASED MENTAL HEALTH SERVICES: Housing, day programs, supportive services

PLANNING FOR THE FUTURE: An opportunity to ask an attorney about public programs, trusts, and guardianships

STRESSED OUT?: Physical and emotional impact of stress, stress-busting strategies Participation in this 6 session series is free, thanks to a generous grant from the Foundation For MetroWest.

For more info or to register, please call Susan Adams at 781-221-7052

www.minutemansenior.org

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.

There's No Place Like Home

"There's no place like home," chants Dorothy in the Wizard of Oz, tapping her heels three times. Dorothy is right. There is no place like home, and for people faced with a new or progressive disability or limitation, living at home independently shouldn't feel like a dream at the end of a rainbow.

No and Low-interest loans for Home Modifications are available for Massachusetts Homeowners and Small Landlords

While many Commonwealth programs are facing budget cuts, long waiting lists and lack of resources, the Home Modification Loan Program is well funded and seeking applicants. The program serves elders, as well as adults and families with children with disabilities. Since 1999 these loans have helped hundreds of Massachusetts residents finance; the addition of ramps and lifts to improve their ability to get in and out of the home, kitchen and bathroom modifications to improve their ability to live independently within the home, and the widening of doorways and floor renovations to improve mobility within the home.

The Massachusetts Rehabilitation Commission (MRC), in partnership with the Community Economic Development Assistance Fund (CEDAC), funds these no and low-interest loans of up to \$30,000 for eligible homeowners. Landlords with buildings with fewer than 10 units can also apply for a 3% loan to improve accessibility for a tenant. Program income guidelines are quite generous, for example a family of two with an income of \$78,800 or less would qualify for a 0% loan. Additionally, applicants eligible for 0% loans make no monthly payments, no interest accrues and they do not have to repay the loan until the property is sold or transferred. Regional nonprofit agencies around the Commonwealth handle the application process and determine the eligibility of the modification and the applicant. For regional agency contact information, or for more information about the program, visit www.mass.gov/mrc/hmlp, or contact Susan Gillam at 617-727-5944 or sgillam@cedac.org

Telephone 411 Directory Assistance Surcharge Exemption for Seniors

By Bob Mahoney, President, Dennis Friends' Group

The elimination of residential white page phone books has reduced paper and ink use, saving phone companies a large expense. And by gaining regulatory approval to charge a fee, \$2.49 is added to the monthly bill for each 411 directory assistance request. This addition also increases the taxable total of the monthly phone bill.

While computer literate individuals can get numbers free at website, a large segment of the population, senior citizens and those with certain medical conditions, are beholden to directory assistance as the only means to obtaining an unknown but desired number.

Fortunately, in Massachusetts, Representative George Peterson of Grafton, introduced an enabling bill "An Act regarding regulation of directory assistance" in 2013. The bill proposed to exempt from director assistance charges, "Customers who are certified handicapped or elderly." Hearing were held at the State House, modifications were made, and the bill became law. The Commonwealth remains the only state to allow exemption by age.

The major phone companies serving Massachusetts have forms available for their customers to apply for the exemption. Comcast at 1-855-270-0379 and Verizon at 1-800-974-6006.

The age exemption form requires the applicant be 65 or older. For Comcast, the customer must present a copy of a photo-identifying document "that includes date of birth or other proof of age." The medical disability exemption requires a "letter of eligibility" from your doctor, as regards physical disability, cognitive/intellectual disability or visual impairment.

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.

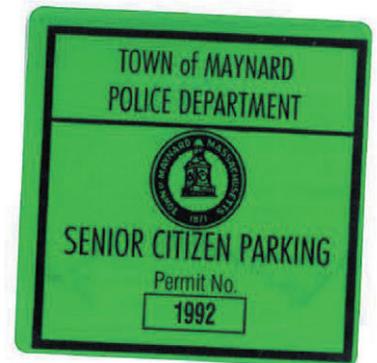
Many times the police and fire departments are called to check on a senior citizen's welfare and there is no answer at the door. The Town of Maynard Police and Fire Departments are committed to making contact with the resident and at times officers and fire fighters have to force entry into the residence. 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

Senior Parking Stickers

The Town of Maynard has a Senior Parking Sticker program that allows residents who are 62 years old or older to park at any metered space free of charge for up to 2 hours. Residents interested in the program should bring their license and registration to the Maynard Police Station (197 Main St.) to be issued a sticker.



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."



www.benefitscheckup.org

About BenefitsCheckUp

BenefitsCheckUp is 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 • Taxes
- In-home services
- Transportation
- Employment Training

Minuteman Board of Directors

Minuteman Senior Services, located in Burlington, is a non-profit organization serving seniors and their caregivers in 16 communities: Acton, Arlington, Bedford, Boxborough, Burlington, Carlisle, Concord, Harvard, Lexington, Lincoln, Littleton, Maynard, Stow, Wilmington, Winchester and Woburn.

Our mission is to help seniors and individuals with disabilities live in the setting of their choice by engaging community resources and supporting caregivers.

The Board meets the first Wednesday of every month from 9:15 a.m. to 11:45 a.m. and its duties are as follows:

- Work as a team with the Executive Director to achieve objectives of the agency
- Represent the needs of seniors in your community and the Minuteman region and be an ambassador from Minuteman to your community.
- Approve and monitor the organization's programs and services.
- Provide effective fiscal oversight and ensure adequate financial resources.
- Advocate for services to seniors, disabled adults and caregivers.
- Support fundraising efforts and contribute commensurate with your ability.
- Participate in strategic planning efforts.

Minuteman Board Members are special people who care about their senior neighbors and who want to be a part of developing a comprehensive long-term care network in our region. Excellent orientation and trainings are offered to Board members on an ongoing basis.

Joan Butler, Executive Director Minuteman Senior Services

26 Crosby Drive, Bedford MA 01730 (781) 221-7087 j.butler@minutemansenior.org



REP. KATE HOGAN'S SENIOR NEWS SEPTEMBER 2015

Means Tested Senior Citizen Property Tax Exemption Program

Dear Friends,

This month I want to highlight a program passed by the Town of Sudbury - in 2012 - that aims to reduce the tax burden on seniors to ten percent of total income, after qualifying for the Circuit-Breaker tax credit.

As you know, the Circuit-Breaker is a means-based tax credit created in 1999 by the state legislature to assist senior citizens with local property tax. The amount of the credit would be the amount necessary to reduce the property tax burden to ten percent of income, but with a maximum credit of \$1,000. The Circuit-Breaker has been highly successful, and is currently helping roughly 85,000 Massachusetts seniors; however in some towns it still leaves folks with a significant tax burden.

Sudbury's new Means Test Senior Tax Exemption was approved by the town at their annual town meeting and sent to pass the legislature as a home rule petition. The main principle of the Sudbury Means Test Senior Tax Exemption program is for all town property owners to agree to a small increase in property taxes to help seniors remain in their home by assisting with their property tax.

I have co-sponsored H.2524, An Act relative to the establishment of a means tested senior citizen property tax exemption by State Representative Carmine Gentile. This bill creates a means tested senior property tax exemption as a local option in towns across the Commonwealth without the need for the legislative process. Towns are given the ability to vote on tax relief for seniors who are eligible.

"This bill will allow seniors to remain in our communities and in their own homes, easing pressure on educational costs while providing generational diversity," said Rep. Carmine Gentile (D-Sudbury). "For the many towns that elect to adopt this legislation, seniors, taxpayers, and all those in the community will benefit. It has worked extremely well in Sudbury for the past few years and we hope to continue this program moving forward."

I think this is an important program - and a potential option - for all the towns in my district. I look forward to discussing the merits, costs, and benefits if the bill were to pass into law this session. Please contact my office at (617) 722-2130 for more information.

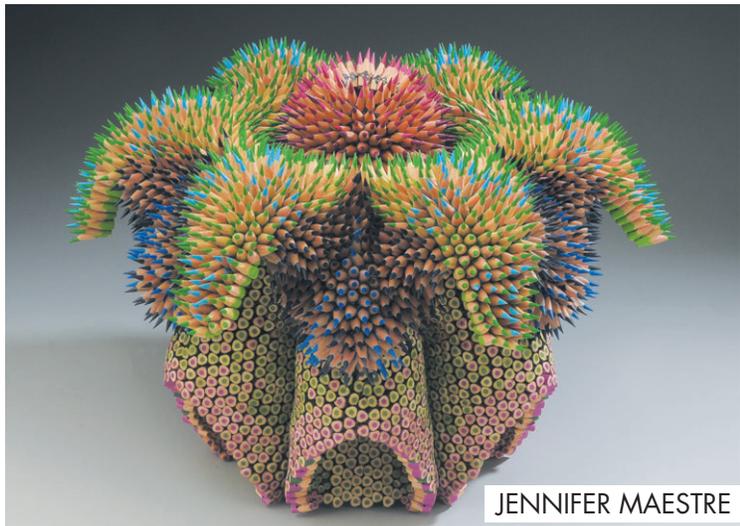
Hogan's Office Hours

I will be holding office hours in Stow on Tuesday, September 8th from 6:00 to 7:00 pm at the Randall Public Library, 19 Crescent Street.

Bolton Office Hours will be held on Tuesday, September 22nd from 5:30 to 6:30 pm at the Bolton Public Library, 738 Main Street.

I will also be attending the Stow COA breakfast on September 18th from 7:30 to 9:00am. Please bring any questions, ideas or concerns you may have. If you are unable to attend Office Hours and have an issue or concern, please call the State House at **(617) 722-2130** to schedule an appointment with me.

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, Maynard, MA
By appointment: Call 617-722-2130 or email Kate.Hogan@mahouse.gov



JENNIFER MAESTRE



DENISE SHEA



PRISCILLA ALPAUGH COTTER

ACME THEATER | DON ALDEN | TRINA BAKER | STEVEN BOGART | HELEN CITRON BOODMAN DORIS CARLSON
 LOLA CHAISSON | SARAH JEPSON | DONNALISA JOHNSON | JANE MCKINNON JOHNSTONE | MAUREEN KIMBALL
 RACHEL KORN | MARGARET KUSNER | JULIE L'HEUREUX

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OPEN STUDIOS

Saturday, Sept. 26 noon - 5:00 pm • Sunday, Sept. 27 noon - 5:00 pm
 Artist Group Exhibition: 9/9 – 10/2, 2015 • Gallery hours: Weds.-Sat. 11:00 am- 3:00 pm

PRISCILLA ALPAUGH COTTER | DOUG MOORE

"SECOND SATURDAYS" FREE CONCERT

The ArtSpace Gallery | THE FAREWELLS

Folk and Americana Original Music
 Sunday, September 27 from 5:15 - 6:00 pm
 design by Kathleen Volp

JENNA DELUCA | JULIE DUFFY | JOYCE MCJILTON DWYER | GAIL ERWIN | CATHERINE EVANS | JIM FERGUSON | ARLENE FINS
 CYNTHIA FROST | MICHELLE GARRO | INGRID GOLDBLOOM BLOCH | ERIK HANSEN | KAY HARTUNG | WHITNEY HEAVEY | RON HERTZ
 LISA HEFFLEY | GEORGE HERMAN | LAURA HOWICK | CURVIN HUBER | SUE HUSZAR | JUDITH JAFFE | MARY MORAZZI-HENDERSON GWEN MURPHY |
 BARBARA O'BRIEN | KIIRJA PAANANEN | DIANNE PAPPAS | KRISTIN REGAN | SAUNDERS FAY SENNER | COLLEEN PEARCE
 ALICE SHAFER | DONNA SHAPLEIGH | DENISE SHEA | ERNEST STONEBRAKER | BERIT STRONG | VICTORIA VANDERLOOP
 MICHELE VITTI | KATHLEEN VOLP | PATRICIA WARD | KATE WHEELER | SANDY WILENSKY | JEANNE WILLIAMSON | LESLIE ZELAMSKY

ARTISTS' TALK & RECEPTION SATURDAY 9/12 from 5:00 - 7:00 pm