

NEW GENERATION



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

OCTOBER 2015



The View from Here

Take a look at the photo below. See three remarkable people who deliver the best dispatch service around. They are our CrossTown Connect team: Shannon, Gary and Scott (standing). Recently Janine and I visited the Woburn office where Shannon and Gary field your calls for the COA Van transportation (Scott's office is in Mill Clock Tower Place) and were very impressed – not by a luxurious layout (two desks and two computers, a small table and a water cooler, an enormous dry erase board and a special calendar just for Maynard's social trips) – but the exceptional amount of knowledge and data in that room. CrossTown Connect's data program provides what seemed like endless information to keep things moving smoothly – do you know they are able to view the COA van in real time? This feature enables them to answer questions such as when is the van picking me up, can I be picked up earlier, etc. Shannon and Gary, though, know you – your routine appointments, yes, but much more. Details about how you're feeling, your recent activities, visits with your family and knowing when a few more minutes of conversation can make all the difference. If you were at the luncheon on September 18 you were introduced to Gary and Scott – Shannon will be joining us for October's luncheon. Next time you call to make a reservation let them know you appreciate all they do for you.

~ Amy Loveless

Director, Maynard Council on Aging & Senior Center



Community Service Another Maynard Advantage

The Town has begun using a catch-phrase, 'The Maynard Advantage,' to capture the spirit of the many things we enjoy here. Our walkable downtown, our wildlife refuge, excellent dining options, artistic culture, and much more. Another advantage we are building on is the townspeople's sense of community service.

Last year, Middlesex Bank employees worked as a team to provide leaf pickup to several homes of seniors in Maynard. Just a small effort on the part of the bank's employees made a huge difference to those in need of the service – either physically or financially challenged to do the work themselves. I personally received thanks from recipients but it was the effort of those bank employees that made the difference in those folks lives. Giving service to your community is something many do, but in this small town it is especially meaningful as neighbors know one another and appreciate them greatly.

This year we have asked others to join us in this wonderful service effort. Scouts, students, teachers, and others are joining together to form crews to expand the program to a larger share of the community. We hope to provide this service to at many more homes this fall. There are over 4000 homes in this wonderful little town and we won't be able to do them all, but helping others is such a strong and vibrant part of so many in the community that many will be helped from the efforts and it makes a huge difference to each of them.

If you know a senior who needs help with leaf cleanup, please contact the COA at 978 897-1009 and ask to add them to the list. They'll need a name, address, and contact phone number. Once we know how many crews are available we will let folks know if their yard can be cleaned up by our crews. We will be doing the work on several dates in early November.

If you would like to sponsor a crew, also contact the COA and they will get your information and fill you in on the scope expected.

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

The Council on Aging Board meetings are held the first Thursday of the month at the Maynard Council on Aging & Senior Center.

OCTOBER'S MEETING WILL BE HELD ON THURSDAY, OCTOBER 1 AT 10:30 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

OCTOBER LUNCHEON

is Monday, October 29 • 12 Noon

The menu includes:

Cheese Lasagna • Meatballs • Penne Pasta
Green Salad • Garlic Bread • Dessert

Cost for the luncheon is \$5.00 Pay at the door
Sign up required - Call 978-897-1009



Thank you to Rep. Kate Hogan for dishing up delicious ice cream sundaes at our September luncheon.

Maynard Senior Citizens Club

Holiday Dinner

November 8 • 12:00 p.m. – 4:00 p.m.

(cocktails from 12 – 1 p.m., dinner at 1:00 p.m.)

Music for dancing by Trilogy

For tickets: call Nancy at (978) 897-1839

The Maynard Senior Citizens Club is celebrating its' 46th year October 15!

Next meeting is October 7, 1:00 p.m.
at the Elks Club

Look Optical

Alex Thayer from Look Optical will be at the Maynard Council on Aging on **Monday, October 19 from 12:00 - 1:00 p.m.** for eyeglass cleaning, alignment and light repair at no charge.

MUSIC, MOOD AND MEMORY

**Presented by Jane Brigham,
Chaplain at Life Care Center of Acton**

**Thursday, October 15, 2015 at 1:00 p.m.
At Maynard Council on Aging and Senior Center**

Come explore how music can lift our mood, help us remember and get us going! We each have favorite music that highlights our life's journeys. Melodies that bring back fond memories, tunes that make our feet tap, songs we still know all the lyrics to, and jingles that make us joyful. Join us to learn about the power of music in our lives. We will show you how to make a CD of your favorite tunes, and give you suggestions on how to use music to improve your day! Please bring a list of your favorite music to talk about.

Please sign up! Refreshments to be provided.

Senior Safety Expo

Saturday, October 24

10:00 to 2:00 p.m.

Fowler School

Maynard's Fire and Police Depts. providing information and presentations to increase safety awareness at home and in the community. Learn about how to prepare for an emergency with town, state and federal supports. The Council on Aging will be sponsoring representatives from senior services. Look more information upcoming on the Town website and weekly Action Unlimited. Contact the Council on Aging at (978) 897-1009.

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!



Is YOUR Medicare plan still right for you?

Medicare health plans change every year. This presentation will teach you how to review your options regarding affordability, health plan choices and prescription coverage.

Open Enrollment period is:
October 15 – December 7

This FREE Program Can Help!

When: Monday, October 26, 2015 at 1:00pm

**Where: Maynard Council on Aging/Senior Center
50 Brown Street (Route 27), Maynard, MA 01754**

For more information call 978-897-1009

This program is supported in part by Acton Boxborough United Way, Concord Carlisle Community Chest, Dana Home Foundation, Lahey Hospital & Medical Center, Maynard Community Chest, and Stow Community Chest.

**Minuteman Senior Services, 26 Crosby Drive, Bedford, MA 01730
Toll Free (888) 222-6171 ~ www.minutemansenior.org**



★ 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 • 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.

We are continuing to have wonderful produce donations to share at the food pantries
Mondays at 5 p.m. at Clock Tower Place in Maynard
and Thursdays at 4:30 at the First Parish Church in Concord.



Dinner is served at 5 at the First Parish Church on Thursday during the pantry and on Tuesday at the Sudbury United Methodist Church on Route 27 on Tuesdays at 6 p.m. The pantries and dinners are free and open to everyone.

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.

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

Maynard Public Library

October will be a busy month at the library

We start with our BIG annual book sale on Saturday, Oct 3 as part of MaynardFest. If you are a Friends member you'll be invited to the Friday Night Preview and everyone is invited to a final 1/2 price sale day on Sunday, Oct 4.

Join authors Holly Robinson with her new book *Chance Harbor* and her friend Sonja Yoerg author of *The Middle of Somewhere* on Tuesday, October 13 at 7 p.m. Refreshments served.

Please come to the Annual Meeting of the Friends of the Maynard Library on Tuesday, October 20. This year one of our favorite authors, Andre Dubus III will be joining us to talk about books and libraries and we'll offer a dessert buffet.

The Friends regular meetings are the first Monday of the month at 7 pm and open to everyone.

Tuesday is Book Group day at the Maynard Library.

On the first Tuesday of the month at 2:30 beginning Oct 6, the Bagels and Books Group meets. This group doesn't read a single book together – they choose a subject and everyone reads what they want and then we come together to share and have some tea and cookies. This year's sessions will focus on a Tour of the World via couch. On Oct 6 we'll be talking about books written by American Southern authors or books that have a southern location as their focus. The group will decide where we want to "visit" next.

On the fourth Tuesday at 7 pm the Book Mill meets and they do discuss a single title. Here is a list of dates and titles.

October 27	This Boy's Life by Tobias Wolff
December 1	The Yacoubian Building by Alaa Al Aswany
January 26	All the Light We Cannot See by Anthony Doerr
February 23	The Age of Innocence by Edith Wharton
March 29	Euphoria by Lily King
April 26	Kindred by Octavia Butler
May 31	Being Mortal by Atul Gawande
June 28	Everything I Never Told You by Celeste Ng

"Discovering the Extraordinary in the Ordinary" Art Exhibit

ArtSpace, Maynard MA

Wednesdays through Saturdays, October 7 through 30, 2015, 11 am to 3 pm

Opening Reception: Saturday, October 10 from 5 – 7 p.m.

The ArtSpace Gallery is pleased to present an exhibit by Sofi Inbar, whose photography explores the world and life and uncovers the unusual in the usual, creating exciting and unforgettable images from the seemingly "dull." Through experimentation with unconventional perspectives and angles, revealing her particular fascination with reflections, shadow, and overlooked details, her images provide these visions with unexpected lives of their own.

Come join the art scene in Maynard!

The ArtSpace Gallery located at 63 Summer Street in Maynard and is free to the public and is wheelchair accessible.

For more information, please call (978) 897-9828 or go to www.artspacemaynard.com and like us on Facebook

The Annual Concord Festival of Authors

October 15 - November 1

Two dozen varied events in the Concord area, most of them free. You can find a complete listing of events on-line at <http://www.concordfestivalofauthors.com/2015/events/> and copies of the schedule will be available at the Maynard Library.

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**

Keep Mercury Out of the Environment

Residents are reminded that button batteries and compact fluorescent light bulbs both contain mercury and should not be disposed of in the regular trash. Button batteries are the small flat batteries commonly used in watches, hearing aids, calculators, pacemakers, digital thermometers, bicycle odometer/speedometers, and some children's toys and games. Thanks to the support of some local Maynard organizations and businesses, they can be dropped off for safe recycling at a collection box located at: Department of Public Works (DPW), Lower Level Town Hall 195 Main St.; Maynard Public Library, 77 Nason St.; Aubuchon Hardware, 33-37 Main St.; Middlesex Savings Bank, 17 Nason St. or the new box at the Maynard Council on Aging, 80 Brown St (Maynard Golf Course);

Maynard residents may bring small numbers of compact fluorescent light bulbs to the Department of Public Works (DPW), Lower Level Town Hall for recycling; larger numbers should be taken to the DPW barn on a 2nd Saturday drop off day.

The Maynard Litter League, Maynard's year-round anti-litter organization, is working towards the goal of a litter-free Maynard by engaging all members of the community in litter prevention, cleanup, and education efforts. They ask all residents to do a weekly check of the around your property to pick up any litter or escaped recycling that has gathered. A small effort on everyone's part makes a big difference in the cleanliness of our town. For more information, visit www.facebook.com/MaynardLitterLeague.

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.

KNITTING & CROCHETING CLUB - MONDAYS - 9:30 a.m.

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



CRIBBAGE - TUESDAYS - 9:00 a.m.

WALKING GROUP - TUESDAYS - 10:00 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 - 10:00 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.

Maynard Council on Aging September Trips

COA DINNER TRIPS

October 5 & 12 THE VILLA

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.

COA OUTINGS

October 1 LUNCH

Lunch at Kimball Farm in Lancaster. Pick-ups start at 10:30 a.m. \$3.00 transportation fee

October 6 SCHEDULED SHOPPING TRIP

Walmart & Market Basket
\$2.00 transportation fee

October 14 LUNCH

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

October 22 CHRISTMAS TREE SHOP

Day trip to The Christmas Tree Shop in Framingham. Pick-ups start at 9:00 a.m. \$3.00 transportation fee

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.

To schedule the van call

CrossTown Connect dispatch office at (978) 844-6809
The last daily pick-up time by the COA van is 2:00 p.m.



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.

The last daily pick-up time by the COA van is 2:00 p.m.

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.

MAYNARD WALKING CLUB

Tired of walking alone? Looking for a way to incorporate fitness into your day? Ready to make new friends while exploring Maynard? The Maynard Walking Club welcomes new members! We meet every Tuesday at 10 a.m. at the Mill Pond parking lot on Main Street, across from Foley and Sons Faucetorium. Come join us for exercise and conversation as we plan scenic and historical walks around Maynard. New walkers please call Pat Kozik at 978-897-1009 for information.



Qigong and Tai Chi

The ancient Chinese over many years developed ways of improving their health through the use of herbs, movement, and pressure points. It was noted that energy flowed along lines on the body called meridians. Health problems were caused by blockages along these lines. Qigong is a series of movements which open up the flow of energy along these lines. Tai Chi which is one of the schools of qigong is a form involving a sequence of movements. Some of these are also found in qigong. It is considered meditation in motion. Both of these forms strengthen, improve balance, relax one, and help to reduce pain.

Join Judy Welsh on October 13 at 1:00 p.m. for a demonstration class. Judy is a certified instructor in Qigong and Tai Chi and was a student of Dr. Ming Wu. It's very important to sign up in advance as space is limited.

Where to Walk

www.townofmaynard-ma.gov/resources/walkmaynard

www.new-england-vacations-guide.com/fall-foliage-hikes-massachusetts.html

www.visit-massachusetts.com/state/foliage

www.massvacation.com/fall

americantrails.org/resources/statetrails/MAstate.html

www.massaudubon.org

www.fws.gov/refuges/profiles/ByState.cfm?state=MA

thefreedomtrail.org

www.mass.gov/eea/agencies/dcr/massparks/recreational-activities/walking-trails.html

www.visit-massachusetts.com/state/walking-and-hiking

Are Your Possessions Taking Over Your Home? Our De-Clutterers' Group Can Help!

If you can answer "YES" to any of these questions, there is help and support for you.

- Is clutter affecting you at home, work, or in your relationships?
- Does your clutter create safety issues in your home?
- Are you embarrassed or ashamed to have people in your home?

10 week group starting Wednesday, October 7 • 10:00-11:30am
Minuteman Senior Services 26 Crosby Drive, Bedford, MA

Space is limited • Pre-registration required • For adults of all ages
For more information contact Susan at 781-221-7052 or
rsvp@minutemansenior.org



www.minutemansenior.org

This program is funded through a generous grant from: the Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Hospital and Medical Center and Winchester Hospital



1 Great Road
Acton, MA 01720

“LET US GET YOU HOME WITH
CONFIDENCE AND PRIDE”

Short-term Rehabilitation • Respite • Long-term Care

CONTACT THE ADMISSIONS DEPARTMENT AT

978-263-9101

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.

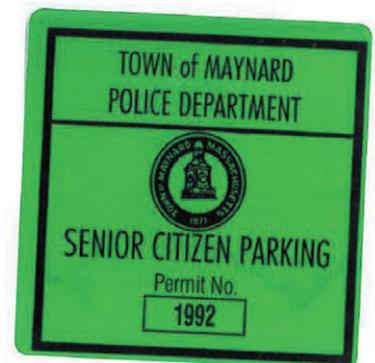
Many times the police and fire departments are called to check on a senior citizen's welfare and there is no answer at the door. The Town of Maynard Police and Fire Departments are committed to making contact with the resident and at times officers and fire fighters have to force entry into the residence.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

Grandparents Raising Grandchildren Informational Event

hosted by State Representative Kate Hogan
and the Commission on the Status of Grandparents Raising 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 raising grandchildren.

The Office of State Representative and the Commission on the Status of Grandparents Raising Grandchildren are hosting an informational event at the Hudson Senior Center on October 23rd from 10:30-12pm.

Often times, grandparents who are raising their grandchildren face many challenges: including legal questions, financial assistance, and the need for emotional support.

The Grandparents Raising Grandchildren Informational Event will include:

- **Rep. Kate Hogan**- Chair of the Joint Committee on Public Health, Chair of the Legislature's Elder Caucus, and strong supporter of the Grandparents Raising Grandchildren Commission
- **Former Rep. John Lepper**- Chair of the Commission on the Status of Grandparents Raising Grandchildren, and grandparent
- **Lynn Girton**- Vice Chair of the Commission on the Status of Grandparents Raising Grandchildren, grandparent, and former chief counsel for the Volunteer Lawyers Project of the Boston Bar will discuss legal options grandparents face.
- **Margo Chevers**- Commissioner and grandparent will explain what it takes to run a successful support group for grandparents raising grandchildren.



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



REP. KATE HOGAN'S SENIOR NEWS OCTOBER 2015

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 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 or call 1-866-527-7283.

Hogan's Office Hours

I will be holding office hours in Hudson on

Thursday, October 8th from 6:00 to 7:00 pm at New City Microcreamery, 28 Main Street

Bolton Office Hours will be held on

Thursday, October 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 October 16th 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** or the District Office at **978-897-1333** to schedule an appointment.

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

District Office Hours: Mondays and Thursdays, 10AM-3PM

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

MASSACHUSETTS EMERGENCY MANAGEMENT AGENCY EMERGENCY PREPAREDNESS GUIDE

BE INFORMED MAKE A PLAN BUILD A KIT GET INVOLVED

MASSACHUSETTS ALERTS ON YOUR SMARTPHONE

For severe weather alerts & emergency info from MEMA, download the free "Massachusetts Alerts" app.

Go to mass.gov/MEMA/mobileapp or search for "Massachusetts Alerts" in your app store.

STAY CONNECTED WITH MEMA

mass.gov/MEMA

twitter.com/MassEMA

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youtube.com/MassachusettsEMA

WHY SHOULD YOU PREPARE FOR AN EMERGENCY?

DISASTERS HAPPEN Anytime...Anywhere

Are You Ready For the Next Disaster?

Is Your Family Ready?

Severe Weather and Extreme Temperatures
Hurricanes and Tropical Storms • Flooding Earthquakes
• Fire • Power Outages • Terrorism

Cyber Disruptions • Health Emergencies

Prepare Now! Plan for your family's safety - Protect your property

Know your neighbors and be ready to help in an emergency

Build your community's resilience

Visit: www.mass.gov/MEMA for more emergency preparedness information

EMERGENCY KIT SUPPLIES

Water - 1 gallon per person per day for 3 days

Food - 3 day supply of nonperishable foods that do not need cooking

Tools

Radio - (battery-powered or hand crank), NOAA Weather Radio and extra batteries

Flashlight and extra batteries

First Aid kit

Diapers, wipes, baby food, formula, if needed

Pet food, supplies, tags and crates, if needed

Prescription medications and extra eyeglasses

Moist towelettes, garbage bags, soap, hand sanitizer, and other personal hygiene items

Copies of important documents and IDs (and cash)

Cell phone & charger (auto or solar charger may also be needed if power is out)

Place all items in a portable, watertight bin and store in an easy-to-access location.

For complete list go to: www.mass.gov/mema/ready

BE INFORMED

Know your hazards:

Learn the types of disasters and emergencies that may occur in your area:



Receive Emergency Alerts

- Sign up for your community's emergency alerting system
- Download Massachusetts Alerts: a free app from MEMA that delivers location specific weather warnings and emergency information to your smart phone
- Have a battery operated radio to monitor news broadcasts and weather forecasts
- Call 2-1-1 during a disaster to receive non-emergency information

Know Your Community's Plans

- Know your community's evacuation routes and shelter locations
- Know Your Zone. If you live or work in a coastal community, learn whether you live in a hurricane evacuation zone. Visit www.mass.gov/knowyourzone.

HAVE A PLAN

Develop A Family Disaster Plan:

Make a plan with your household members: know what you will do, how to find each other, and how to communicate in an emergency.

- Decide where you will meet in an emergency. Choose two locations: one place right outside your home and another outside your neighborhood.
- Identify exit routes from your home and neighborhood.
- Share phone numbers and email addresses with family members, and know how you will communicate. Identify an out-of-state friend or relative that household members can call.
- Plan for everyone's needs, especially people with medical needs or disabilities, seniors, children and pets.
- Know what to do if you must evacuate: know where you will go, what you will take with you, and how you will get there.
- Know what to do if you must shelter-in-place. Locate the safest locations in your home and place of work, and know what supplies you will need to be comfortable for up to 3 days.
- Share your plan with household and family members.

BUILD A KIT

Build Your Emergency Kit Now.

Emergencies and disasters sometimes happen without notice.

Use the Emergency Supplies Checklist in this Emergency Preparedness Guide, and consider the following:

- Keep your supplies in an easy-to-carry kit that you can use at home or take with you in case you must evacuate.
- Keep a kit in your car as well.
- Have enough food, water, medicine and other supplies to last for at least 72 hours.
- Include supplies for all members of your household, including seniors, children, people with disabilities, and pets.
- Include supplies in your kit to help you manage without basic services such as electricity, gas, water, sewerage and telephone.
- Collect and safeguard critical documents: financial and personal records, identification papers. See www.ready.gov/financial-preparedness.

Visit www.mass.gov/mema for a full list of supplies to include in your emergency kit.

GET INVOLVED IN YOUR COMMUNITY

Invest in your community's resilience and help it prepare for the next disaster.

Volunteer

Volunteer with a recognized disaster volunteer organization in your community.

Ask if your community has a Community Emergency Response Team (CERT), Citizen Corps program, or other volunteer opportunities.

Donate

Make a contribution to a one of the many non-profit organizations that are members of the Voluntary Organizations Active in Disasters (VOAD). (www.massvoad.org)

Know and Help Your Neighbors

During an emergency or disaster, check on your neighbors, particularly if they are elderly, have medical issues or disabilities, or do not speak English.



MEMA is the state agency charged with ensuring the state is prepared to withstand, respond to, and recover from all types of emergencies and disasters, including natural hazards, accidents, deliberate attacks, and technological and infrastructure failures. MEMA ensures the Commonwealth's ability to rapidly recover from large and small disasters by assessing and mitigating threats and hazards, enhancing preparedness, ensuring effective response, and strengthening our capacity to rebuild and recover.