

NEW GENERATION



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

NOVEMBER 2015



The View from Here

One of my most fulfilling experiences as director of the COA was the first class of the Bridges: Growing Together program with the 4th grade students at the Fowler School. My feelings are best captured in an email I sent to Andrea Weaver, Founder and Executive Director of the Bridges Together programs, "As I write to you I feel like one of the excited 4th graders I observed today. Today was the launch of Bridges at Fowler! A wonderful success with grinning volunteers, beaming teachers and enthusiastic children. Alison Bullock and Katie Bratica are amazing teachers: the children were well oriented to the material, responsive to their direction and eager to get to know their volunteers. Jeff Mela stopped in several times to each class room to take pictures and was grinning like the rest of us. After the class was over I walked down the hall with inspired volunteers who were glad to have joined the program and looking forward to the next class." Calling all volunteers! Join us in January – don't miss out!

~ Amy Loveless

Director, Maynard Council on Aging & Senior Center



The COA is presented with a new eight seat van. (from left to right) Andrew Scribner-MacLean, Asst. Town Administrator; Amy Loveless, COA Director; Kate Hogan, State Representative; Janine Parker, COA Van Driver; James Scanlan, Lowell Regional Transit Authority (LRTA) Administrator; Kevin Sweet, Town Administrator; Chris DiSilva, Chairman of Board of Selectmen.

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

NOVEMBER'S MEETING WILL BE HELD ON THURSDAY, NOVEMBER 5 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.

Veterans Day and Maynard's History of Service

Last month's column focused on community service as one of the many advantages Maynard enjoys. It is both a reflection of the Town's dedicated citizens and a demonstration of their commitment to our community. During the month of November, there is rightfully a special focus on our military service veterans and their families. As many of you may already be aware, on November 11th there will be a special dedication at Town Hall of the photographs of 44 Maynard servicemen killed in action since World War I.

In working with American Legion Post 235, which is donating the photographs and organizing the event, it became obvious to me how impactful military service has been on the families of Maynard. Seeing the photographs of those who answered the call to service, knowing they died too young, is painful, yet inspirational. The family names of those lives lost aren't gone. Some are as well known today as any in our 145-year history: Demars, Tomyl, Whitney, Lalli, Foster, Ouellette. Other names also help us trace our rich history of immigration and those individuals the various mills – paper, powder and woolen – employed beginning in the 19th century who also served: Wattu, Kodzis, Girdzewski, Popienuck. There are Poles, Russians, Italians, Jews, Finns, and many others from around the globe who served from our small town. Only a few names are listed in this column; unfortunately, there are many more. Enshrining them in a public place – our Town Hall – will help ensure we never forget the service and sacrifice these 44 servicemen, and many others, made in defense of our nation.

Wayne Stanley, our local Veterans Services Officer, brought me a printed roster of Maynard residents who have enlisted in the armed services since WWII. There are nearly 3000 men and women from WWII and more than 1000 more serving since, including conflict theaters in Korea, Vietnam, Bosnia, Kuwait, Iraq, and Afghanistan. The Town's commitment to defending our freedom has been strong, as these lists demonstrate. Dedication to military service continues with those from Maynard serving today and from countless others offering support locally as mentioned in last month's piece.

When including those enlisted during WWI, there are well over 4000 local men and women who have served this great country. The 44 who died in action are too many, but their photographs will remind us of what and for whom these brave souls fought and lost their lives protecting.

At 11:00 am, on the eleventh day of the eleventh month of 2015 – coinciding with the 97th anniversary of the date and time the Armistice of the Great War was declared – Maynard will dedicate a Wall of Honor to these soldiers, marines, sailors, and flyers. Please join us in the lower level of Town Hall for this important event.

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

Highlights of Upcoming Events

NOVEMBER LUNCHEON

is Monday, November 16 • 12 Noon

Traditional Thanksgiving Fare

Turkey & Stuffing • Mashed & Sweet Potatoes • Green Bean Casserole
Rolls & Butter • Pumpkin & Apple Pie

Cost for the luncheon is \$7.00. Pay at the door. Please call the Council on Aging to sign up by November 12! 978-897-1009

COA Van Riders

Weather's Changing!
Be ready 15 min. early
Check Channel 4 for cancellations

VNA Care Network Presents: "Stay Upright with Fall Prevention"

VNACare
NETWORK & HOSPICE

Program Schedule (all programs are Fridays at 1:00 p.m.)

(Nov. 6) Week 1 - Stay Upright with Fall Prevention Talk	(Dec. 4) Week 4 - Balance Screening & Orthostatic Blood Pressure Screening by appointment
(Nov. 13) Week 2 - Osteoporosis Screening by appointment	(Dec. 11) Week 5 - Medication Review by appointment
(Nov. 20) Week 3 - Exercise Class with a Physical Therapist	(Dec. 18) Week 6 - Safety Steps that Work for You!

There will be two nurses facilitating Weeks 2, 4 & 5 and it's important to sign up for an appointment time – appointments are 15 minutes between 1:00 p.m. and 3:30 p.m.

For presentations (Weeks 1, 3 & 6) we need everyone to sign up! There will be a raffle for an American Express gift card and other prizes if you attend all sessions.

The program will be held at the Maynard Council on Aging & Senior Center.

Please call (978) 897-1009 for more information and to sign up!

Senior Citizens Club News

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

November 4th Monthly Meeting

1:00 p.m. at the Elks

Ruth Harcavitz will entertain with selections from WWII songs to honor Veterans Day. The last time Ruth sang she received standing ovations!

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

Mitten Tree

All mittens will go to Beacon Santa

"Coffee with Kate"

Join Rep. Kate Hogan on the third Friday of each month at 10:00 for updates, Q & A and warm hellos.
This month's meeting is on November 20.

Tai Chi Class

Begins on Monday, November 2, at 1:00 p.m.

You may have missed the demonstration class but please feel free to join us –

Tai Chi is an ancient form of movements considered meditation in motion. It helps strengthen muscles, improve balance and reduce pain. This first class will be a review of everything from the demonstration class last month.

November is National Family Caregivers Month

Top 10 Ways to Celebrate National Family Caregivers Month

1. Offer a few hours of respite time to a family caregiver so they can spend time with friends, or simply relax.
2. Send a card of appreciation or a bouquet of flowers to brighten a family caregiver's day.
3. Encourage local businesses to offer a free service for family caregivers through the month of November.
4. Help a family caregiver decorate their home for the holidays or offer to address envelopes for their holiday cards.
5. Offer comic relief! Purchase tickets to a local comedy club, give a family caregiver your favorite funny movie to view, or provide them with a book on tape.
6. Find 12 different photos of the caregiver's family and friends. Have a copy center create a 2016 calendar that the family caregiver can use to keep track of appointments and events.
7. Offer to prepare Thanksgiving dinner for a caregiving family in your community, so they can just relax and enjoy the holiday.
8. Take a few minutes to write a letter. Encourage your faith community to ask for prayers not only for those who are ill, but also those who care for them.
9. Encourage family caregivers to become a part of the National Family Caregiver Story Project. It's a great place to not only share but read about others in like situations.
10. Help a family caregiver find new educational materials and support through family caregiving web sites or by calling local social service agencies for help. Encourage caregivers to attend Powerful Tools for Caregivers workshop.

Create A Better Day Café

Are you caring for someone with Alzheimer's or other dementia? Create A Better Day Café encourages socialization with other caregivers and loved ones where you can just be yourself. This is a wonderful opportunity to get out with your loved one and have an enjoyable afternoon. It's a time to step out of the daily routine, leave the disease at the door, and enjoy a positive experience in a supportive environment. The afternoon will consist of conversation, entertainment, music, arts, games, refreshments, and most importantly, laughter. It is open to anyone in the community at any stage of the disease process accompanied by friends, family, and loved ones. There is no cost.

The Café is held the 4th Sunday of each month

Please attend our next Café on Sunday, November 22nd

1:00pm to 3:00pm at Pleasantries Adult Day and Consulting Services, 195 Reservoir Street, Marlborough

Please contact Tammy for more information at 508-481-0809

Due to the possibility of cancellation please call prior to attending and listen to voice message.

Alzheimer's Caregivers Support Group

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

The SHINE Program



The **SHINE Program** provides free health insurance information, counseling, and assistance to Massachusetts residents with Medicare and their caregivers. SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with Minuteman Senior Services and is partially funded by the federal Administration for Community Living.

SHINE counselors are extensively trained and re-certified annually by the Executive Office of Elder Affairs. Services are available to Massachusetts residents for assistance with Medicare Parts A&B, Medicare Advantage Plans, Medicare Prescription Drug Coverage (Medicare Part D), Medicare Supplement Plans, MassHealth and various assistance programs for people with limited resources. Counselors are hosted at Councils on Aging and other community settings. Most counselors are volunteers.

SHINE counselors can:

- Help Medicare beneficiaries and their caregivers navigate the complex health insurance options.
- Simplify the language and explain how the components work.
- Review current coverage; compare costs and benefits of options available.
- Assist those with limited resources enroll in helpful programs.

Please call the Maynard Council on Aging to set up an appt. with a SHINE counselor. (978) 897-1009.

Medicare Open Enrollment is NOW! You need to check your plan!

Here is Beth's story. Beth was in Okeydokey Drug plan in 2015 and decided to see a SHINE counselor in her town to compare Okeydokey to other plans for 2016.

She was surprised to find that two of her medications won't be covered on her drug plan next year and it would cost her \$550 a month to pay for them!

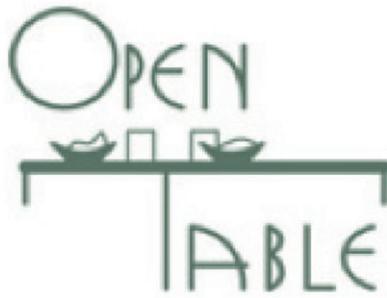
The SHINE counselor helped her find a new plan – and she saved over \$6000! Success!

To find a SHINE counselor, go to your Council on Aging or call 1-800-243-4636.

You can also look on the Plan Finder yourself at www.medicare.gov or call Medicare 24/7 at 1-800-633-4227

“Navigating the Maze of Medicare, Medicaid and Nursing Homes”

Levine-Piro Law and Life Care Center of Acton are pleased to announce our upcoming free seminar, “Navigating the Maze of Medicare, Medicaid and Nursing Homes” to be held on December 16, 2015 at 7:00 p.m. at our office located at 63 Great Road, Suite 101, Maynard, MA. The session will include a discussion of the differences between Medicare and Medicaid and the coverage provided by each program. We will also walk through the basic Medicaid planning process to explain how it works and discuss common questions regarding assets and income. We meet with many people who are overwhelmed and apprehensive about applying for Medicaid and we hope to dispel some of those fears with information! We will also discuss the various types of long-term care placements available, the differences between the services each provides and payment options for each. Local seniors, their families and the community are invited to attend. Light refreshments will be served.



★ 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.

Open Table Is On The Move

Open Table Pantry which has served the greater Maynard community for seven years is moving to a new location. Beginning on Monday, November 9 we will be located on the first floor of the former Coolidge School at 12 Bancroft Street. The town of Maynard under the leadership of Andrew Scribner-MacLean, Assistant Town Administrator, has been instrumental in assisting Open Table in finding a new location and in making the former school available to us.

Open Table Pantry serves an average of 100 families each week, providing them with meat, eggs, dairy products, fresh produce and baked goods in addition to packaged non-perishable food and household items. An all-volunteer organization, Open Table welcomes all comers to both the food pantry and to their community dinner which is currently served at the Sudbury United Methodist Church on Route 27 on Tuesday evenings at 6 p.m.

While we are continuing to look for a permanent location in the Maynard area where we can provide both the dinner and the food pantry, we are extremely grateful to both the Town of Maynard and the Sudbury United Methodist Church for providing us with temporary locations where we can continue to offer this critical service to our neighbors.

Tuesday Is Book Group Day At The Maynard Library

On the first Tuesday of the month at 2:30, 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. 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.

Dec. 1	The Yacoubian Building by Alaa Al Aswany	Apr. 26	Kindred by Octavia Butler
Jan. 26	All the Light We Cannot See by Anthony Doerr	May 31	Being Mortal by Atul Gawande
Feb. 23	The Age of Innocence by Edith Wharton	Jun. 28	Everything I Never Told You by Celeste Ng
Mar. 29	Euphoria by Lily King		

"Visual Narratives" Art Exhibit | ArtSpace, Maynard MA

Wednesdays through Saturdays, November 4 through 27, from 11 am to 3 pm

Opening Reception: Saturday, November 14th from 5 – 7 p.m.

"Visual Narratives by Studio 7" Exhibit at the ArtSpace Gallery

Featuring the works of: Sara Arshad, Ruth d'Autremont, Caroline Lindeke, Nancy Mimno, Jane Paulson, Ann Schauffler, Pamela Wickham

Curated by Sally Santosuosso

Since prehistoric times, artists of every culture, period and genre have crafted visual stories to describe their history, beliefs, values and important events. Such stories spring from within our collective intellectual and imaginative experience. Stories are essential to convey and honor the nuanced spectrum of human life. The ArtSpace Gallery is pleased to present a group exhibit of 7 artists from Studio 7, representing an eclectic variety of collage, assemblage, painting, drawing, ceramics and fiber art as they share their vision of "Visual Narratives."

The exhibit runs through November 27th.

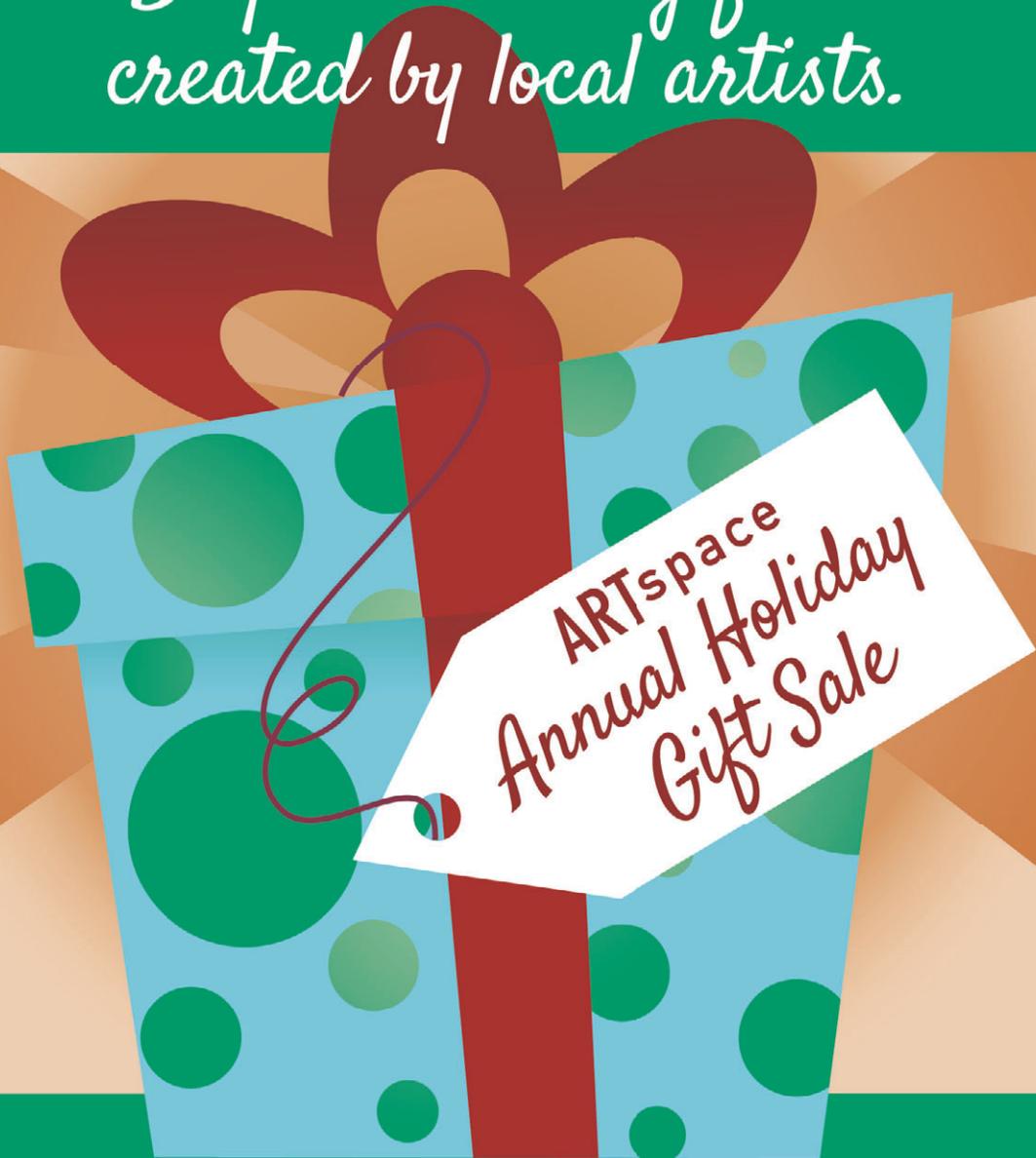
COME JOIN THE ART SCENE IN MAYNARD!

The ArtSpace Gallery located at 63 Summer Street in Maynard 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

Gallery Open Wednesdays through Saturdays 11 am to 3 pm • www.artspacemaynard.com

Forget ordinary!

*Buy stand-out gifts
created by local artists.*



Friday, December 4th, 5–8pm
Saturday, December 5th, 10–5pm
Sunday, December 6th, 12–5pm

*Learn more on Facebook at [ArtSpaceMaynardHolidaySale](#)
ArtSpace Maynard, 63 Summer St., Maynard. 978.897.9828*

CALENDAR

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



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

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

CRIBBAGE - TUESDAYS - 9:00 a.m.

DROP-IN CENTER - TUESDAYS - 8:00 a.m. - NOON

Union Congregational Church (Main Street). Enjoy coffee, donuts, card games, chair exercise and great company!



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.



INTRO TO SEWING - TUESDAYS - 1:00 p.m.

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.



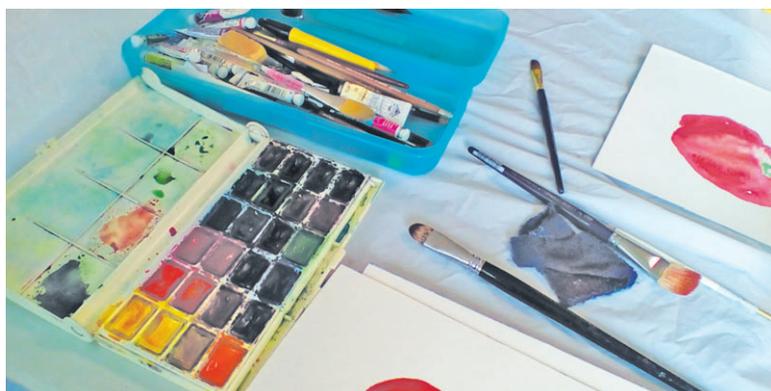
YOGA WITH LISA - THURSDAYS - 10:00 a.m.

ART/WATERCOLOR PAINTING - FRIDAYS - 8:30 a.m. - 10:30 a.m.

Openings available – call Amy at the Council on Aging

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

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



Art/Watercolor Painting - Fridays - 8:30 a.m. to 10:30 a.m.
Openings available – call Amy at the Council on Aging

Intro To Sewing - Tuesdays - 1:00 p.m.

Maynard Council on Aging Trips

COA DINNER TRIPS

November 2 & 9 CHATEAU

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

November 4 LUNCH

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

November 5 SCHEDULED SHOPPING TRIP

Walmart & Market Basket
\$2.00 transportation fee

November 18 LUNCH

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

November 10 SOLOMON POND MALL

\$5.00
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.



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.

LSB Players: Wonderful Town

Book by Joseph Fields and Jerome Chodorov
(Based upon the play "My Sister Eileen"
by Joseph Fields and Jerome Chodorov and
the stories by Ruth McKenney)
Music by Leonard Bernstein
Lyrics by Betty Comden and Adolph Green.
Sketches for "What A Waste
by Betty Comden and Adolph Green

November 18, 19, 20 & 21 at 7:30 pm

Director & Choreographer: Carly Evans Music Director:
Michael Bunting Conductor: Thomas Grandprey
**Kirshner Auditorium,
Lincoln Sudbury Regional High School
290 Lincoln Road, Sudbury**

For tickets visit: www.lsrhs.net/sites/lspbplayers/tickets
\$15 Adults, \$8 Students/Seniors

WONDERFUL TOWN
is presented by arrangement with
TAMS WITMARK MUSIC LIBRARY, INC.

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.

Bridges: Growing Together

"The Bridges class was such a surprise for me. I have been involved with children all my life. What a delight to remember how much I enjoy being with them. Thanks to Dottie (MacKeen) for the push I needed to join this program. I loved today and what I learned. The big thing I learned is how much joy the 4th grade students have to share" ~ Shirley Grigas

More volunteers are needed to participate in the Bridges: Growing Together program with the 4th grade students from Fowler School! In January the program will be held in all four 4th grade classrooms. The program is only one hour a week from 11:00 a.m. to 12:00 p.m. for 6 weeks. If you are interested in becoming a volunteer, please contact Amy Loveless, Director of Maynard Council on Aging at (978) 897-1009.



THE WALKING CLUB ON THE TOBIN BRIDGE

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.

Prevent Wintertime Slips and Falls



No matter how often snow and ice is salted and removed from walking surfaces, you will probably encounter slippery surfaces this winter. Walking in parking lots, on sidewalks and between buildings during winter months requires special attention to avoid slipping and falling. We often forget how dangerous slipping and falling can be.

Hazards to watch for:

Snow - covered ice • Black ice • Uneven surfaces • Unsalted sidewalks and parking lots

Here's what to do:

- Wear shoes or boots that provide traction on snow and ice. Avoid boots or shoes with smooth soles and heels.
- When getting in and out of vehicles, use the vehicle for support.
- Walk in designated walkways as much as possible. Taking shortcuts over snow piles or other frozen areas is dangerous.
- Look ahead when you walk. A snow or ice covered sidewalk may require travel along its grassy edge for traction.
- Focus completely on getting from point A to point B safely.
- Do the "Penguin Shuffle." Walking like a penguin can reduce your chances of slipping and falling.

Here's how it's done:

- focus on your footing
- slowly take short steps or shuffle
- walk flatfooted
- keep your head up
- extend your arms out to your sides for balance

If you do fall, try to avoid landing on your knees, wrists, or spine. Relax your muscles and fall on your side!

Slipping and falling on ice can cause serious injuries that may require months to recover. By following the simple steps above, you can reduce your chances of slipping and falling.

Source: SFM 5 Minute Solutions • Funding for this Healthy Aging message provided in part by

**TUFTS  Health Plan
FOUNDATION**



Life Care Center of Acton

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.

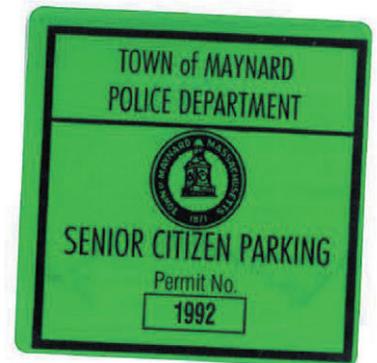
Many times the police and fire departments are called to check on a senior citizen's welfare and there is no answer at the door. The Town of Maynard Police and Fire Departments are committed to making contact with the resident and at times officers and fire fighters have to force entry into the residence.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

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.



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 NOVEMBER 2015

A Tribute to Our Veterans

Dear Friends,

As we reflect this Veterans Day on the sacrifice our Veterans have made to ensure our freedom and uphold the values of the American dream, I want to focus on how our Commonwealth continues to provide more comprehensive services to Veterans than any other state in the country and provide important information regarding services that are available to senior Veterans.

State and Federal Benefits Available to Veterans

Chapter 115, General Financial Assistance

The Commonwealth provides a needs-based means tested program of financial and medical assistance for indigent Veterans and their dependents. Qualifying Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care based on the number of dependents and level of income. Eligible dependents of deceased Veterans are provided the same benefits as if the Veteran were still living. To apply, contact the Veterans' Service Officer in Maynard or visit www.mass.gov/veterans.

Property Tax Exemption for Disabled Veterans

Eligibility is determined by disability level, and must be designated as at least 10% disabled in order to qualify for a \$400 property tax credit. Contact the Department of Revenue at (617) 626-2300, www.mass.gov/dor, or the Maynard Veterans' Service Officer for more information.

Veteran Survivor Benefits

When a Veteran passes away, depending on the amount of time and when they served, their surviving spouse and children, mother or father, brother or sister (in that order) are eligible for the following benefits: WWII and Korean War Veterans, either \$100, \$200, or \$300 depending on length of service. Benefits vary for Vietnam War and later Veterans. Contact the Veterans' Service Officer for more information.

Burial Benefits

Any Veteran who was discharged under honorable conditions and was a MA resident at the time of discharge is eligible for burial free of cost at one of the two State Veterans Cemeteries in Agawam and Winchendon. Spouses of Veterans are also eligible for burial at a nominal fee. Visit www.cem.va.gov, or contact the Maynard Veterans' Service Officer for more detailed information.

For more information on benefits available to Veterans, contact Wayne Stanley, Maynard Veterans Service Officer at 978-897-1361, or wstanley@townofmaynard.net. The Veteran Services Office is located on the lower level of the Maynard Town Hall, and is available from 6-8pm Tuesdays or by appointment.

Honor Flight New England

Honor Flight New England is a non-profit organization created to honor America's Veterans for all of their sacrifices. Through generous donations, Honor Flight New England transports our heroes to Washington, D.C., to visit and reflect at their memorials at no cost to the Veteran. Top priority is given to World War II Veterans. For more information, contact Honor Flight New England's founder Joe Byron at 603-518-5368, or contact my office at 617-722-2130.

Hogan's Office Hours

I will be holding office hours in Maynard on Thursday, November 5th from 6:00 to 7:00 pm at the Maynard Public Library, 77 Nason Street.

Bolton Office Hours will be held on Tuesday, November 10th from 5:30 to 6:30 pm at the Bolton Public Library, 738 Main Street.

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
District Office Hours: Mondays and Thursdays, 10AM-3PM
By appointment: Call 617-722-2130 or email Kate.Hogan@mahouse.gov

They're coming to a yard near you! **LET US HELP YOU GET RID OF THEM**

The Town of Maynard COA and Middlesex Savings Bank are teaming up to offer lawn cleanup.

If you or someone you know needs a little help getting those pesky leaves off your lawn, call 978 897-1009 and ask to have a team come around to your place.

Groups of students and other volunteers will work with Town support to rake and bag fallen leaves.

Please thank our volunteer students and sponsoring organizations local scouts, the B&G club, and Middlesex Savings Bank.



The Town of Maynard and the American Legion

Veteran's Day Dedication Ceremony

November 11, 2015

11:00 am

at Maynard Town Building

Maynard's Annual Veteran's Day activities are taking a special turn this year as the historic sponsor, the American Legion, is closing its doors and donating special artifacts to the Town.

Please join local veterans, town, and state officials as we dedicate forty-four photographs of Maynard residents who were killed in action in service.

Please park at the Main Street parking lot of Mill & Main diagonally across from Town Building. The ceremony will be held in the rear of the Town Building lot and inside of the Town Building.