

NEW GENERATION



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



The View from Here

Many thanks to the volunteers from the Maynard High School football and field hockey teams, the Girl Scouts and the Boys & Girls Club who tackled ten yards during the Council on Aging's Seasonal Cleanup Project on November 14th. The day started at 9:00 a.m. with close to 50 volunteers armed with rakes and leaf blowers eagerly waiting for their assignments in the golf course parking lot. As soon as the groups determined their destinations a flurry of cars and trucks disappeared into Maynard, wind blowing and air chilly. I frantically drove from yard to yard, taking pictures and witnessing very hard work. Residents came out with big smiles and words of appreciation – some yards held more than one season's worth of leaves. Students from the St. Bridget's Confirmation and Religious Education Programs, along with their parents, volunteered to rake a large yard on Sunday. Thanks to Middlesex Savings Bank for their donation for the purchase of leaf bags – over 300 were used! Reflecting on the success of the day, measured in productivity and satisfaction, only means one thing: we can call this our "Annual" Seasonal Cleanup Project and wait for next year!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center



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

DECEMBER'S MEETING WILL BE HELD ON THURSDAY, DECEMBER 3 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.

2015 Has Been Incredible And We Are Just Getting Started

The past year has been absolutely sensational for the Council on Aging and I'd like to thank all those who had a hand in it – especially past and current COA Board members - Tom and Mary Jane Papson, John Edson, Marilyn Hanson, Diane Wasiuk, Lee Acker, Anita Dolan and Paula Copley. Tom died in January and never saw the results of all his efforts. He was a substantial influence on the outcome of what has become a thriving COA. Our Director, Amy Loveless, deserves much of the credit, too. She has established a warm, inviting, and happy place for all to enjoy. Daily activities are finally bringing the joy and vibrancy to our COA that Maynard deserves. 2016 will be even more exciting.

I'd like to encourage all who read this to attend the Special Town Meeting on January 11th at the Fowler Middle School. The warrant will be posted by the time this is published and there are several important decisions for the Townspeople to make. Two decisions that will impact development in the Town are articles about the re-zoning requested by the Mill property and for the 129 Parker Street parcel. There have been and will be more public meetings, hearings, and information sessions on each of these projects in December 2015. Please take some time to learn about them and come to Town Meeting to make your opinion count.

Another important initiative the Town is undertaking in the coming year is an increased focus on code enforcement. There is a general sense that the Town could use some sprucing up and we would like to address this in multiple ways. First, the Town will do more to enforce code violations – these could be public health risks as well as nuisance issues. Second, the Town would like to encourage our business community and homeowners to do their part – proactively – to beautify Maynard. There is a strong sense of pride in Maynard as a community, its history, and its future. We want the Town to look as good on the outside as it feels on the inside. The Town is putting some resources into ensuring some positive impacts, through the Business Environment Enhancement Program (BEEP) to help businesses get there.

May all your holidays be bright!

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

Highlights of Upcoming Events

DECEMBER LUNCHEON

is Thursday, December 17 • 12 Noon
Soup, sandwiches, salads & dessert

Cost for the luncheon is \$5.00.

Pay at the door. Please call the Council on Aging to sign up by December 14! 978-897-1009

COA Van Riders

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

Update your phone numbers with CrossTown Connect. Extremely important if van is cancelled. Stock up on canned items, etc. in case a shopping trip is cancelled

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

VNACare
NETWORK & HOSPICE

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

Judy Manning, RN, (who is facilitating this program) has agreed to offer her talk from week 1 due to the enthusiasm of its participants (including Pat & Amy). This informational discussion is a MUST for everyone! Everything you might need to know and never thought to ask about medications (checking your prescriptions, how to take your prescriptions), finding your vitamins in food, sleep, exercise vs. moving, making your visit to your doctor more useful and much more. Those of you who have been participating in the program already know about Judy's wealth of information – come and find out for yourself!

(Dec. 4) Week 4 - Balance Screening & Orthostatic Blood Pressure Screening by appointment	(Dec. 11) Week 5 - Medication Review by appointment
	(Dec. 18) Week 6 - Safety Steps that Work for You!

For Week 4 & 5, December 4 & 11, please sign up for an appt. slot. Appointments are 15 minutes between 1:00 and 2:30. For the presentation on December 18 we need you to sign up as well. Judy's agreed to do the raffle for an American Express gift card even if you haven't attended all six 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!

INVITATION

26th Annual

A CHRISTMAS POPS

December 16, 2015 • 7:00pm

Conductor

Michael L. Karpeichik

and the

MAYNARD COMMUNITY BAND

Proudly Presents an evening of **Seasonal Entertainment**

Union Congregational Church

80 Main Street • Maynard, MA

www.maynardcommunityband.com

mkarp143@verizon.net • 508-485-3171

Maynard Senior Citizens Club

Dec. Meeting Dec. 2, 1:00 at the Elks

We'll be recruiting new members – come join us!

(Gift exchange optional - \$5.00 minimum)

Attention all Maynard seniors! The Maynard Senior Citizens Club & Best of Times Proudly Present "From Bourbon Street to Boston: A Mardi Gras Celebration." There's a trip to Historic Bull Run in Shirley on February 11, 2016. Transportation, lunch and show \$69.00 p/p. If you drive it's \$55.00 for lunch and show. Contact Robert or Nancy Hatch at (978) 897-1839.

Medicare Open Enrollment

through December 7

Contact the COA if you need an appointment with a SHINE counselor

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*



Holiday Sip & Stroll

The Maynard Business Alliance's 4th Annual "Holiday Sip & Stroll" will take place on Saturday, December 5th from 6-8 p.m. Please come down to enjoy the festivities beginning with the Lighting of Memorial Park at 6 p.m. and watch as Santa drives by in a fire truck on his way to Berkshire Hathaway HomeServices on Main Street where he will be handing out candy canes to the kids. Then take a "stroll" up to the Hot Chocolate House at Summer St. Fine Consign on Summer St. before heading downtown to visit the many retailers who will have Holiday Shopping Specials and light refreshments. Don't forget to vote for your Favorite Holiday Storefront Window at the Union Congregational Church while enjoying the sounds of carolers around the downtown. Later enjoy dinner at one of Maynard's many restaurants!



49th Annual Maynard Christmas Parade

The 49th annual Maynard Christmas Parade is scheduled for 2:00 p.m. Sunday, December 6, 2015. The theme is Inside Santa's Workshop. This longstanding, community tradition is sponsored by The Maynard Rotary Club. Bands, floats and marching units are all participating in this year's parade. Special appearances are expected, including Santa who will be the grand finale of the parade.

JINGLE ALL THE WAY 5K



TO BENEFIT

December 12, 2015 • 10:00 AM • Maynard, MA

\$30 Registration fee



Layer up and hit the road! The Greg Hill Foundation is proud to present this unique 5K celebrating all that is special about the season. Your registration fee includes a race entry, event shirt, finisher medal, post race food, complimentary beer and more! We have a runner & walker friendly course with surprises and treats along the way. Warm-up post race with hot holiday favorites.

Participants are encouraged to bring an unwrapped gift for our Christmas Toy Giveaway. Each year we provide toys to over 300 children in the New England Area.

www.TheGregHillFoundation.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 the Coolidge School 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 Library

December is a busy time but a stop by the Maynard Library offers not only a quiet place to sit and read or just rest for a while but the opportunity to buy a gift, talk about books, pick up a handout on book recommendations, learn a craft, borrow a museum pass or a book, a DVD, or a music CD.

Buy a gift? The sale shelf opposite the elevator on the first floor offers great bargains on a variety of books in excellent condition that would make a wonderful gift. Where else can you get a story to keep you spellbound for hours for only \$2 .. and that's for the hardcovers. The paperbacks are even cheaper. Beside the sale shelf is the magazine recycle box - a place to share your magazines when you are finished with them and help yourself to the ones that have been shared - that's free.

Pick up a handout on book recommendations? The Friends of the Maynard Library provide copies of Book Page every month that offer recommendations on a wide range of books - and it's free.

Learn a Craft? At 6:30 on Tuesday, December 8 Rose Salvati will be leading a class in glass painting - you can learn how to make decorated wine glasses (great for your own use or as a gift) and create your first glass in the process. Registration is required and limited. Sign up at the reference desk.

Borrow a museum pass? The Library currently offers passes that provide discounts or free admission to 21 museums in the area, most of which are paid for by the Friends of the Library.

Talk about books? The Library offers two book discussion groups. The Book Mill meets on the 4th Tuesday of the month at 7:00 and discusses one specific book.

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

Bagels and Books meets on the first Tuesday of the month at 2:30 and talks in general about books on a specific topic. For details and book lists check out the Library website at <http://www.maynardpubliclibrary.org/#!book-clubs/cg06>

And there are books, movies and music available for the borrowing. If the library doesn't have what you are looking for, you can request it through the Minuteman Library System to be delivered to Maynard.

So stop by the Library - a welcome respite in the midst of the holiday rush.

"From Cave Drawings to Selfies: #painting people" Art Exhibit

ArtSpace, Maynard MA

Wednesdays through Saturdays, December 9 through 31 from 11 am to 3 pm

Opening Reception: Saturday, December 12 from 5 – 7 p.m.

"From Cave Drawings to Selfies: #painting people" Exhibit at the ArtSpace Gallery
Featuring Ann Strassman and Youngsheen A. Jhe

The ArtSpace Gallery is pleased to present an exhibit by Ann Strassman and Youngsheen A. Jhe. The work of both women is contemporary using clothing, objects and architecture of current culture that reflects the choices of our times by depicting the human face and figure and how it has changed over the history and mankind, which gives the viewer a greater appreciation of this discipline.

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.

"Visual Narratives" by Studio 7 exhibiting from November 4 through November 27

Open Table Pantry



The Scout team who made the move work.

Open Table Pantry had a successful opening night at the Coolidge School on Monday, Nov 9. We are still working on finding ways to make the process faster and more efficient for our guests but we are grateful to everyone who made this move possible. Extra appreciation to David Lucier, a scout who made the move from Clock Tower place his Eagle project.

PUT THIS ON YOUR CALENDAR!

6 Bridges Gallery, located on Main Street in Maynard offers work by local skilled, professional artisans. To celebrate their first anniversary they are instituting 10% Tuesdays in December where 10% of their sales will be donated to local non- profits. They have selected Open Table to benefit from their sales on Tuesday December 8. What a great way to support your local crafts people, help Open Table and find wonderful gifts for your family and friends - or yourself.



Open Table volunteers who are also members of the Thoreau club join with staff member Travis Murray to demonstrate some of the possibilities available at the club.

Open Table will again be providing an opportunity for our guests to shop from gifts donated by community members. The Thoreau Club in Concord is sponsoring this year's holiday gifts. Any family who donates an unwrapped gift (suggested value \$20) will be invited to be a guest of the Thoreau Club. The Thoreau Club will be creating a list of exciting programs and activities throughout the week of November 27th – December 5th to engage the community. Please email Travis Murray at Travis@thoreau.com to request more information about the upcoming Open Table activity schedule at Thoreau.

Fans of Film at Fine Arts Theatre, Maynard



is pleased to present the first of its installation of films at the newly renovated Fine Arts Theatre Place in Maynard:

Join us December 8th and 9th at 7:30 pm for **"To Kill a Mockingbird"**. Tickets are just \$7.00.

Widely considered to be one of the greatest films ever made, "To Kill a Mockingbird" earned an overwhelmingly positive response from critics and won three Academy Awards (including Best Actor for Gregory Peck). It was nominated for eight others, including Best Picture, and marked the film debut of Robert Duvall.

Willow Bookstore will be in the lobby selling the two Harper Lee novels.

Films selected by the Fans of Film will be shown on the second Tuesday and Wednesday of each month, so mark your calendars.

"Like" us on Facebook at Fans of Film at Fine Arts Theatre to keep up-to-date on our group's film schedules. You can also "Like" Fine Arts Theatre Place or check their website www.fineartstheatreplaced.com

Fans of Film at Fine Arts Theatre, Maynard celebrating the art of film-making by promoting independent, art, documentary, foreign and classic films.

19 Summer Street, Maynard, MA • 978-897-8100 • www.fineartstheatreplaced.com

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.

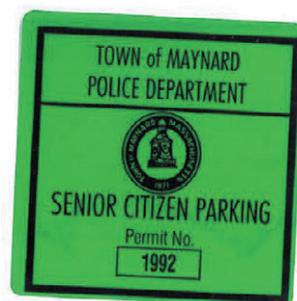
COFFEE WITH KATE - THIRD FRIDAYS - 10:00 a.m.

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 December 18.**



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.



Maynard Council on Aging Trips

COA DINNER TRIPS

December 10
RED GINGER

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

December 3
BREAKFAST &
SHOPPING

Breakfast at IHOP, trip to Christmas Tree Shop. Pick-ups start at 9:00 a.m. Return by 3:00 pm. \$5.00 transportation fee

December 4
SOLOMON
POND MALL

Pick-ups start at 9:00 am. Return by 3:00 pm. \$5.00 transportation fee

December 5
ART & LUNCH

ArtSpace Gallery and Lunch at River Rock Grill. Pick-ups start at 9:00 am. Return by 3:00 pm. \$2.00 transportation fee

December 9
LUNCH

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

December 15
SCHEDULED
SHOPPING TRIP

Walmart and Market Basket. Pick-ups start at 9:00 am. Return by 3:00 pm. \$2.00 transportation fee

December 17
LUNCH

Senior Luncheon. Pick-ups start at 10:30 am. Return by 2:00 pm. \$2.00 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.



To say the Bridges: Growing Together program has been a success is an understatement! Six weeks flew by and volunteers, 4th graders and their teachers, Alison Bullock and Katie Bratica, can't stop talking about what a magical experience it was. Volunteers from this group are excited to continue, new volunteers have signed up but we need more volunteers because the program will begin again in the other three 4th grade classrooms. **We need at least 10-12 new volunteers** for the session beginning January 7th. For (only) 6 weeks you'll attend a class on Thursday, from 11:00 to 12:00, building important relationships with four excited students. As a volunteer you'll participate in an activity the students and teachers have prepared. There is no additional preparation required for the volunteers except for attending a volunteer orientation with Amy Loveless (COA Director) and Norma Hill (Volunteer Ambassador). The orientation will be scheduled for either December 14 or December 16, from 3:00 to 4:00 p.m. at the Council on Aging. Please call Amy if you have questions or would like to join (978) 897-1009



Bridges: Growing Together

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

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



Tips for Calling 9-1-1

Most of us probably assume we know how to make a 911 call. In a high-stress situation, calling 911 should be the least stressful part of dealing with an emergency. But the act of effectively reporting a crisis is not as simple as just dialing 9-1-1.

One can only hope that you'll never have to make such a call, but if you ever do here are some tips that may help prevent some of the anxiety and confusion of calling 911:

- Try to remain calm. Take a deep breath when you're asked "What is your emergency?" This will help both you and the dispatcher to interact efficiently.
- Cell phone or land line? Yes, we are in the age of the smartphone, but 911 calls from cell phones do not tell the 911 dispatcher where you are. With land lines, however, the address associated with that number will show up on a dispatcher's screen.
- Know your location. If you do call 911 from a cell phone, this is crucial and important. The more accurate and detailed your location report is, the quicker dispatchers can get emergency crews to answer your call. Describing major cross streets and landmarks can help.
- Be aware of your surroundings. This is not only helpful in determining your location, but it's crucial in helping you to describe other victims, the suspects, or other details about the scene.
- Don't hang up. You may hear clicking, static, or pauses as the call progresses, but this doesn't mean your call has been dropped.
- Let the 911 dispatcher guide the conversation. They are trained in this process and know about pertinent details that are usually required in the given situation.
- Be patient. The call may seem to take forever or seem like it's being dragged out, but the dispatcher is most likely typing information into the system while simultaneously alerting services to your whereabouts.
- Follow all directions. Be sure to ask for clarification if you don't understand, especially if the 911 dispatcher directs you to provide emergency aid.
- Don't cry wolf. While you should feel free to call 911 in an emergency, if the situation does not require an immediate response by police, firefighters, or paramedics, consider calling a non-emergency number instead.



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: Maynard Police Dept., 197 Main Street, Maynard, MA 01754.

Life Care Center of Acton & Compassionate Care Hospice

Invite you to a holiday talk
Mingling Tinsel with Tears
Coping with grief during the holidays

Wednesday, December 3, 2015 • 4 pm to 6 pm
Life Care Center of Acton • 1 Great Road Acton

RSVP or questions 978-263-9101
Refreshments served

The Importance of a Personal Support Network

The American Red Cross recommends that senior citizens create a personal support network made up of several individuals who will check in on you in an emergency, to ensure your wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. Ideally, a minimum of three people can be identified at each location where you regularly spend time, for example at work, home, school or volunteer site.

There are seven important items to discuss and implement with a personal support network:

1. Make arrangements, prior to an emergency, for your support network to immediately check on you after a disaster and, if needed, offer assistance.
2. Exchange important keys.
3. Show them where you keep emergency supplies.
4. Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
5. Agree on and practice methods for contacting each other in an emergency. Do not count on the telephones working.
6. You and your personal support network should always notify each other when you are going out of town and when you will return.
7. The relationship should be mutual. You have a lot to contribute! Learn about each other's needs and how to help each other in an emergency. You might take responsibility for food supplies and preparation, organizing neighborhood watch meetings and interpreting, among other things.

Other Ways to Stay Safe

Subscribe to Lifeline: Knowing that you can't always be there when a loved one might need you, the Red Cross is proud to offer Lifeline. The Lifeline service allows people to get access to fast help, 24 hours a day, 365 days a year with the push of a button.

Get Informed: Want to know what else you can do to better care for your loved ones as they get older? Download our Disaster Preparedness guide so you both can prepare for emergencies.

Low Income Home Energy Assistance Program

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.



REP. KATE HOGAN'S SENIOR NEWS DECEMBER 2015

Home Care in the Commonwealth

Dear Friends,

What a great year it has been. 'Tis the holiday season when our hearts are warmed by family and friends. I continue to be thankful for representing you in the State House. I would like to take the opportunity this December to promote National Home Care Month and let you know how easily they can access services for themselves, a friend or a loved one.

Home care is an often invisible, but an essential and cost effective service allowing people in our communities to manage a chronic disease such as diabetes or COPD. Home health services help people recover in their own home following a hospitalization and retain their independence for as long as possible.

For people seeking services in their home, the Commonwealth has a web-based directory called MADIL, short for Massachusetts Aging and Disability Information Locator, which is available at www.MADIL.org. The site encompasses the state's elder services organizations that can connect people with Meals on Wheels, transportation to medical appointments, and homemaking services, among other things.

For those needing a higher level of care, MADIL also includes information from the non-profit Home Care Alliance of Massachusetts, including data on 200 home care agencies that provide a broad range of services, from skilled nursing or therapy care to aide and companion services. Many of these home care agencies are certified to provide Medicare and Medicaid-reimbursed care when called for while others offer privately-paid services that can help someone prepare a meal, take a bath or shower, or even get to an important medical appointment. All kinds of information on home care, including information on how to find a job in home care, is available on www.thinkhomecare.org.

For those eligible for MassHealth, a number of other service options are available from home health care and adult day health, to personal care attendants and durable medical equipment. More information on that can be accessed by calling 1-800-841-2900 (TTY: 1-800-497-4648 for people with partial or total hearing loss). The Executive Office of Elder Affairs can be reached at 617-727-7750 and at 1-800-AGE-INFO. Their website, <http://www.mass.gov/elders/>, is a great resource for information on the home care services provided through their 27 local Aging Services Access Points (ASAPs), eligibility criteria and payment information. For information on private home care, the Stow Council on Aging has the 2015 guide by the Home Care Alliance of Massachusetts.

I encourage elders and their families who may be struggling not to "go it alone." Seek out home services and support through these state resources. For any additional information, please do not hesitate to contact my office.

Hogan's Office Hours

There will be no office hours in December.

If you need assistance contact my office at **(617) 722-2130** or email Kate.Hogan@mahouse.gov.

I would like to wish you and your families a very happy and safe holiday season!

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

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