

NEW GENERATION



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

JANUARY 2016



The View from Here

Last January 22 we celebrated our new Council on Aging location. A year later the enthusiasm generated only continues to increase! The addition of classes, activities and events has engaged Maynard's seniors and created a sense of community. We've been blessed with gifted instructors. The artistic endeavors of our watercolor class and knitting/crocheting club have brought color to our space. Best of all is the constant "buzz" – the sound of voices engaged in animated conversation and camaraderie!

Please note the smiling faces on page 5! December 17 was the Bridges Reunion for two 4th grade classrooms at the Fowler School. I'd like to formally acknowledge our volunteers for helping to launch this program:

**Carole Davies, Claire Farrell, Angie Flannery
Fiona Frazer, Shirley Grigas, Frank & Barbara Hill
Norma Hill, Dottie MacKeen, Bob May
Jane Roseland and Linda Uglevich**

I'd also like to thank the Daisies for their lovely holiday art work for the Senior Center; Emerson Home Care for their outreach gifts and the Cub Scout Pack Troop 130 for their donation of card games.

On Wednesday, December 23, 2015 the Maynard Council on Aging and Senior Center welcomed the Fowler School Chorus, directed by Mr. Kevin Kozik, followed by members of the Maynard High School Chorus, directed by Mrs. Cindy Blanchard. This special Christmas concert resonated with traditional Christmas carols and many fun sing-along opportunities. Many thanks to these wonderful singers for sharing their Christmas spirit with our Maynard seniors!

~ **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.

**JANUARY MEETING WILL BE HELD ON
THURSDAY, JANUARY 7 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.

Happy New Year!

Throwing out your old calendar and hanging a new one is often the motivation to create New Year's Resolutions. We all know that no one actually keeps them, but our road through life is paved with these good intentions and we make them each year anyway.

Here are some of mine – and perhaps a few suggestions for you.

Attend Town Meeting (January 11th, 7 pm at the Fowler School), and voters - choose to make the Town better.

Stay informed about municipal issues. For me these includes attending best practices workshops and activities, reading journals, and meeting with colleagues. For residents of Maynard it might be an effort to understand the many dimensions of local government decisions and to help us make these decisions well.

Help others. Many people volunteer, make donations, or support a person or group in some way. The means aren't the thing. Helping others establishes a bond or strengthens those already made. These bonds are what make our communities strong.

Praise Mother Nature for a record setting snow free winter.

Here is hoping that 2016 is everyone's best year ever. That we are healthier, wealthier, and wiser a year from now.

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

The COA Van will be providing transportation to the Special Town Meeting on January 11. Please contact the COA if you are interested in attending.

If you'd like a perfect opportunity to reach out the entire town of Maynard advertisement space in this newsletter is available. Cost of ad space goes directly to the cost of printing the newsletter.

Call Amy at the COA – (978) 897-1009.

Highlights of Upcoming Events



BRAIN HEALTHY COOKING program

Brain Healthy Cooking

Thursday, January 21, 11:30 A.M.
SIGN UP A MUST!

Brain Healthy Cooking is an educational program that allows individuals to learn and experience a way of eating and cooking that promotes a healthy brain. This presentation demonstrates how easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory. The presentation is followed by a Brain Healthy meal.

SLR's Brain Healthy Cooking program is largely based on the popular and well researched Mediterranean Diet, and features "brain healthy foods" such as dark berry fruits, leafy green vegetables, whole grains, herbs, spices, fish and seafood.

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

JANUARY LUNCHEON

is Thursday, January 14 • 12 Noon
Soup (minestrone & Italian wedding),
finger sandwiches (chicken & tuna salad, ham
and roast beef), salad and dessert.

Cost for the luncheon is \$5.00.
**Pay at the door. Please sign up with the COA –
making a reservation with CrossTown Connect
does not sign you up for the luncheon!**

Look Optical

Alex from Look Optical is back!
Monday, January 11, 11:30 a.m.

Inclement Weather Policy

The Council on Aging closes if the schools close. If there is a school delay morning classes could be cancelled dependent upon parking lot being cleared so call before coming. Check channel 4 for notifications.

Bring Bridge Back!

We're looking for intermediate level players – if you are interested call Carole at (978) 897-8902.

Senior Citizen's Club

Gary Lundgren will be the featured entertainer at the monthly meeting on
Wednesday, January 6th
(1:00 at the Elks Club).

Gary really "entertains" with his unique style of playing Honky Tonk music. It's guaranteed to lift your spirits – it's lively! Come and join in on the toe-tapping experience.

VNA Care Network

Thank you to the VNA Care Network and Judy Manning, RN for a successful "Stay Upright with Fall Prevention" series. Judy will be joining us for the following:

Pre-Diabetes Presentation

Wednesday, January 13, 1:00 p.m.

Pre-Diabetes occurs when you have blood glucose levels higher than normal but not high enough to be diagnosed as diabetes. This condition puts you at a higher risk for developing type-2 diabetes and cardiovascular disease. Research shows that making healthy changes in your diet and activity has been shown to prevent or delay development of type-2 diabetes. Come and learn how to make these lifestyle changes and be screened. Please call the COA to sign up.

Pre- Diabetes Screening

Wednesday, January 27, 1:00 p.m.

Please call the COA to sign up: 978-897-1009.

Keep Well Clinic

Wednesday, January 20, 1:00 to 3:00 p.m.

The Council on Aging will be offering a monthly drop-in clinic. Blood pressure, respiratory status, blood sugar testing and medication review will be provided. No appointment necessary. Judy Manning, RN from VNA Care Network will be facilitating the clinic. Continues February 17 and March 16 both days at 1:00 p.m.



★ 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.



Bridges Reunion Brunch



"Route 66 What Once Was As It Is Now" ArtSpace Art Exhibit

Featuring the photographic works of Rich Perry
Opening Reception: Saturday, January 9 from 5 – 7 p.m.
"Route 66 What Once Was As It Is Now" at the ArtSpace Gallery

The ArtSpace Gallery is pleased to present an exhibit featuring the works of photographer Rich Perry who was inspired by the music, movies, literature and television depicted by Route 66 and has reflected through his works the essence of what remains of the original road.

The exhibit runs through January 29th. Gallery hours are Wednesdays-Saturdays, 11 a.m. to 3 p.m.



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

News from the Friends of the Maynard Library

Have you ever wondered what happens to the dues you pay the Friends and the money they raise at their book sales? All of it is used to support library activities from concerts and author events to copies of Book Page, available to be picked up each month. We've also provided other additions such as new blinds in the Roosevelt Room to permit afternoon film screenings. A significant expense every year is the museum passes that the Friends support. The Historic New England pass is donated by the Maynard Historical Commission. The other 19 passes are provided by the Friends. These passes offer free or reduced admission to a wide variety of museums and parks in the area. Our most recent addition is a pass to the Worcester Art Museum. We have also added several more including Einstein's Workshop in Burlington and the Boston Harbor Cruises during their active season. Maynard Public Library passes are available to anyone who holds a library card for the Minuteman Library Network (MLN). Passes should be reserved in advance at the Circulation Desk in person or by calling 978-897-1010. Check out the Maynard Public Library website at maynardpubliclibrary.org for details on what passes are available and what each pass provides.

Again this year we will be celebrating Valentine's Day with an opportunity for you to have a blind date with a book. A wide variety of books (wrapped so you can't see the titles) will be available on the table just inside the library door starting the beginning of February. Pick up one of these books and spice up your reading life.

Did Santa bring you a tablet, e-reader, or smartphone?

Now you can download FREE e-books from the library!
Register for a 30 minute one-on-one session with a Reference librarian to learn how!



Tuesday, December 29th 7PM – 8PM

Wednesday, January 6th 10:30AM – 11:30AM

Monday, January 11th 3PM – 4PM

Thursday, January 14th 3PM – 4PM

Thursday, January 21st 3PM – 4PM

All sessions held in the Cullen Room on the 2nd floor. Participants are asked to bring their device, charging cable, laptop (if needed), and their library card.
Sign up at the Reference Desk or call 978-897-1010 x103.

Succeeding on eBay Workshop



Tuesday, January 19th @ 7 p.m. | Maynard Public Library

From its first online auction sale in 1995 to today, eBay has grown from a seemingly-impractical idea to a multibillion-dollar juggernaut. Now, everyday people can leverage the power of eBay to sell items in a worldwide online community.

During this interactive, hour-long seminar, we will cover topics including: eBay profile set-up, effective pages for selling items, seller reputation development, common beginner mistakes, dispute resolution, shipping techniques, PayPal usage, security best practices, and much more. All attendees receive a handout with detailed notes and links to further online resources.

Please sign up at the Reference Desk or call 978-897-1010 x103.

Learn a New Language with Mango!

Mango is free for all library patrons and can be accessed anywhere with an Internet connection. Each lesson combines real life situations and audio from native speakers with simple, clear instructions.

The courses are presented with an appreciation for cultural nuance and real-world application by focusing on the four key elements of language learning: vocabulary, pronunciation, grammar, and culture.

Mango offers access to 70 foreign language courses and 17 English courses taught completely in the user's native language. Mango can be accessed at the library, remotely, or even on-the-go with apps for iPhone®, Android™, Kindle® and Nook®.

Get started today at www.maynardpubliclibrary.org/databases

Learn a new language



Watercolor Class

Fridays 8:30 – 10:30

Spaces available! Beginners especially welcome! Don't miss a wonderful opportunity to "brush up" on technique if you've painted before or experience the pleasure of trying something you've always wanted to do – our class is taught by Sandy Wilensky who has a studio at ArtSpace and taught in Sudbury. Each week Sandy brings everyday seasonal objects: summer vegetables, cattails & milkweeds, apples and lemons, birch and evergreen branches from which participants create unique portraits. Come by to try a class or just take a look at the COA gallery! Contact Amy at the COA for more information/to register.



Knitting and Crocheting Club

Congratulations to the Maynard Council on Aging's Knitting and Crocheting Club! This club, which began in September, is comprised of a lively group of seniors who range from first-time knitters to accomplished blue ribbon winners. Meeting every Monday morning at 9:30, they encourage and challenge each other while having fun and making new friends. These impressive seniors, so thankful for all the Maynard Council on Aging offers them, set a primary goal to find a way to give back to the community. Their first charitable endeavor was to knit hats for the Oncology and Maternity Units at Emerson Hospital. The second project involved knitting and crocheting items to be auctioned at the Beacon Santa Telethon. Telethon viewers could bid on the wonderful hats and scarves knitted in the traditional black and orange colors of Maynard schools, as well as afghans, baby outfits, and hand puppets. Representatives from both Emerson Hospital and Maynard High School's WAVM reached out to thank these seniors for their kindness and generosity. Kudos to these outstanding knitters! We can't wait to see what you do next!



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!"

TAI CHI - MONDAYS - 1:00 p.m.

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!

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 January 15.**



Maynard Council on Aging Trips

COA DINNER TRIPS

January 7

RIVER ROCK RESTAURANT

Seating on the COA Van is limited so please call the Crosstown Connect dispatch center right away at (978) 844-6809 to reserve your seat. There is a \$5 COA Van transportation fee and meals costs are up to the individual. Pick-ups begin at approximately 3:30 p.m. and typical return time is approx. 7:00 p.m. For the convenience of everyone the van fee as well as the meal payment must be in form of cash only. We look forward to seeing you on the trip.

Scheduled Shopping Trips

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

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

COA OUTINGS

January 4

**SOLOMON
POND MALL**

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

January 5

LUNCH

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

January 13

**WALK THE
SOLOMON
POND MALL &
LUNCH**

Pick-ups start at 9:30 a.m. Transportation fee \$3.00

January 20

**SCHEDULED
SHOPPING TRIP**

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

January 26

LUNCH

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

January 28

**BREAKFAST &
SHOPPING**

Breakfast at IHOP, trip to Jo-Ann Fabrics. Pick-ups start at 9:00 a.m. Return by 3:00 pm. \$3.00 transportation fee

Council on Aging Van

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

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

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

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.

Mall Walking

Walking is great exercise, and walking in the mall is second only to walking in neighborhoods in popularity.

Malls are great places to walk because they provide a sheltered indoor space free from traffic and bad weather.

January 13

WALK THE SOLOMON POND MALL & LUNCH

Pick-ups start at 9:30 a.m. Transportation fee \$3.00

THERE ARE MANY BENEFITS TO WALKING IN THE MALL:

- You can walk alone or with a group. Even if you arrive at the mall alone, you'll probably meet other walkers. The support of others can help motivate you to keep going.
- It's convenient. Although a formal mall walking program may have set hours, you can also set your own schedule, and walk any time the mall is open.
- Malls are easy to get to. Many have bus stops on site or nearby. Malls are pedestrian-friendly. They have level floors, benches or other places to rest, water fountains, and accessible restrooms.
- It's free. You might be tempted to window-shop, but you don't have to buy anything. If you do shop, some stores may give discounts to mall walkers.
- You don't need special exercise equipment other than comfortable walking shoes.
- Walkers of all ages and fitness levels are welcome.
- Malls are accessible to those with varying physical abilities.
- You can walk at your own pace. As you get used to walking, increase the frequency, intensity, and/or duration of your walk to improve your fitness. Try taking the stairs to the second level instead of the escalator.
- Mall walking is non-competitive. You can exercise and socialize in a friendly environment.
- Security staff help make malls a safe place to walk.

QUICK TIP

For a complete workout, combine mall walking with the strength, balance, and flexibility exercises found in *Workout to Go*.

VISIT

www.nia.nih.gov/Go4Life

- See sample Go4Life exercises.
- Find other walking resources.



Everyday Fitness Ideas from the National Institute on Aging at NIH
www.nia.nih.gov/Go4Life

Join Tai Chi! Mondays at 1:00 p.m. • Taught by Judy Welsh

Balance is important to help you perform many of your daily activities and prevent falls. In Tai Chi, which is sometimes called "moving meditation," you work to improve your balance by moving your body slowly, gently, and precisely, while breathing deeply. Other benefits from practicing tai chi include: improvements in bone and heart health, easing of pain and stiffness from osteoarthritis, better sleep and improvements in overall wellness. (from the National Institute on Aging at NIH)

Bereavement Support Group

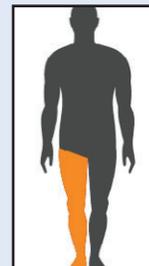
The Acton COA received a grant from MCOA (Massachusetts Association of Councils on Aging) to begin a regional bereavement support group. Grief counseling helps the individual recognize normal aspects of the grieving process, cope with the pain associated with the loss, feel supported through the anxiety surrounding life changes that may follow the loss, and develop strategies for seeking support and self-care. Over time, a bereavement support group can help people develop a new sense of self to reflect the many changes that occur after they lose their loved one. The goals of the group will be to lend support and encouragement as well as to offer opportunities to form new friendships. The day and time of this group has yet to be determined. Please call 978-929-6652 if you are interested in attending.

Living with Amputation

Featured Speaker—**Rose Bissonnette**

Founder New England Amputee Association
Amputee Coalition Massachusetts Peer
Visitor Program Facilitator

Rose speaks about what it is like living with Amputation and the programs the New England Amputee Association provides.



Tuesday, January 12, 2016
1 Great Road Acton MA 01720
5:00 pm to 6:30 pm

Call 978-263-9101 to RSVP

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

Chip Card Scams

For increased security, your credit card company is probably changing over to EMV Credit Cards – also known as chip cards. These cards improve payment security and make it more difficult for fraudsters to successfully counterfeit cards.

However, scammers are sending emails posing as your card issuer. The scammer claims that in order to issue your new chip card, you need to update your account by confirming your personal information. If you reply to the email with personal information, the scammer can use it to commit identity theft.

Or the scam email may contain a link to click on to continue the process. If you click on the link, you may unknowingly install malware on your computer or device. Malware programs can cause your device to crash, monitor your online activity, steal personal information and more.

So, how can you protect yourself?

- Don't respond to an email or phone call that asks you to provide personal information or your card number. Your card issuer already has this information.
- If you aren't sure if the email is a scam, contact your card issuer at the phone number listed on your card.
- Don't trust links in emails. Only provide personal information through a company's web site if you typed in the web address yourself and the web site is secure (i.e., the URL begins with https – the "s" stands for secure).

Stay savvy and watch out for chip card scams.

From DCU

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.



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.

2016 Medicare Part B Premium

You may have heard your Medicare Part B premium is going up. This is not true for everyone! Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month.* Those newly enrolled in Part B this year will likely pay \$121.80 per month.

People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 per year (\$170,000 for a couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you through free, confidential counseling on all aspects of health insurance. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636) then press or say "3". Once you get the SHINE answering machine, leave your name and telephone number and a volunteer will call you back as soon as possible.

*There was no cost of living increase in Social Security benefits for 2016 and the law prevents benefit checks from being reduced

SHINE Counseling

SHINE counseling is available. Please call the Council on Aging at (978) 897-1009 to set up an appointment.

Low Income Home Energy Assistance Programs

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 JANUARY 2016

Planning for the Future

Dear Friends,

As the busy holiday season winds down and we begin making plans for the New Year, I want to discuss the importance of planning for your long-term health care needs.

Advance Care Planning is about taking charge of your health care choices and deciding exactly what you want for your future. Take steps now to make sure you get the medical care you would want if you were too sick or hurt to express your wishes, even when doctors and family members are making those decisions for you.

We often see the consequences of these decisions not being made in advance. Without an advance care plan, it can become difficult for your loved ones to carry out your wishes. Although it can be tough to think about future healthcare choices, it is important to talk with your doctors, family members, and trusted love ones about your goals, values, and wishes, regardless of your current health needs.

There are state and national resources that can help guide you through this decision-making process.

Massachusetts Health Care Proxy Form

- This is a simple document, legally valid in Massachusetts, which allows you to name someone (an "agent") to make health care decisions on your behalf if you are unable to make or communicate those decisions. Find more information, instructions, and the form here: www.massmed.org/healthcareproxy.
- In addition, Honoring Choices, Massachusetts offers translations of the Health Care Proxy Form in Spanish, Portuguese, Vietnamese, Haitian Creole, Russian, Chinese, Arabic, and Khmer). Find this form here: www.honoringchoicesmass.com

The NIH National Institute on Aging

- This organization offers a publication about advance care planning with information and resources to help you begin your planning process. Find the publication here: <https://www.nia.nih.gov/health/publication/advance-care-planning>

The Conversation Project

- The Conversation Project is an organization dedicated to helping people talk about their wishes for long-term care. Find their website here: <http://theconversationproject.org/>

Maynard Public Library

Library E-Books: You can now download library eBooks to your Kindle, iPad, smartphone, laptop, or other electronic device. Find a large variety of popular fiction, non-fiction, children's and young adult books available from OverDrive. Check out our E-Reader/E-Book page (www.maynardpubliclibrary.org/#databases/c6hn) for helpful resources, or contact the Reference Desk at 978-897-1010 x 103 with any questions.

Interested in learning a new language? The Maynard Public Library now has a subscription to Mango Languages, which offers access to 60 foreign language courses and 17 English courses taught in your native language. Mango is free for all library patrons and can be accessed at the library, remotely, or even on-the-go with apps for iPhone, Android, Kindle, and Nook.

Hogan's Office Hours

I will be holding office hours in Bolton on Thursday, January 14th from 5:30-6:30 p.m. at the Bolton Public Library, 738 Main Street. Stow Office Hours will be held on Thursday, January 21st from 6:00-7:00 p.m. at the Randall Library, 19 Crescent Street. Please bring any issues, questions, ideas or concerns. If you are unable to attend office hours, please call the State House at (617) 722-2130 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

Fans of Film
at Fine Arts Theatre, Maynard
presents:

Celebrating the art of film-making by promoting independent, art, documentary, foreign and classic films.

SIX FILMS TO GET
EXCITED ABOUT SEEING
at the Fine Arts Theatre, Maynard

Fans of Film at Fine Arts Theatre happily present their first installation of movies. Showing at 7:30. Tickets are just \$7!

December 8-9: "To Kill A Mockingbird"

January 12-13: "Clouds of Sils Maria"

February 9-10: "Don't Look Now"

March 8-9: "Sex, Lies, and Videotape"

April 12-13: "The Great Race"

May 10-11: "Il Postino"

And more to come!

"Like" Fans of Film at Fine Arts Theatre and Fine Arts Theatre Place on Facebook to keep up-to-date on film schedules. Guests are encouraged to visit local pubs for continued discussion of the film.



Fans of Film
FINE ARTS THEATRE, MAYNARD

We are an independent group of moviegoers whose mission is to promote the showing of exceptional films at Maynard's Fine Arts Theatre Place.

Fine Arts Theatre Place | 19 Summer St., Maynard, Mass. | 978.298.5626 | fineartstheatreplace.com