

NEW GENERATION



MAYNARD COUNCIL ON AGING & SENIOR CENTER
50 BROWN ST., MAYNARD, MA 01754 • 978-897-1009



The View from Here

This past Friday (the anniversary of the Council on Aging's open house - January 22, 2015) I found myself quite enamored with a 98 year "young" man. He had been brought by his daughter-in-law with the intent of engaging him in the activities at the COA. At first he really didn't want to leave home being content to watch the birds from his window each day. He regaled me with endless stories about his life in Maynard, his experience as a "balloon sergeant" in WWII and his Italian heritage – not to mention a bit of flirtation. When he left plans had been made for him to be on the next lunch trip to the Fife & Drum and visit a yoga class. I couldn't stop smiling as I finished my day.

Our Bridges volunteers tell me about the special thrill they feel when a 4th grade student from their group excitedly greets them in town. "Hi Mrs. —" or "there's Mrs. —!"

Frank and Barbara Hill (upper right photo on cover) have been married for 62 years. They met when they were 9 years old as Mary and Joseph in the church play. They were in college studying to be teachers when during an activity Mrs. Hill started to fall off a stepladder – upon catching her Mr. Hill thought to himself "why haven't I dated this one?" The secret to their marriage according to Mr. Hill: "I married my best friend."

~ 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.

FEBRUARY MEETING WILL BE HELD ON THURSDAY, FEBRUARY 4 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.

Reflecting On The Future

Every January, the Massachusetts Municipal Association holds its annual meeting, conference and trade show in Boston. The organization provides cities and towns throughout the Commonwealth with expert advice, best practices, legislative support, and more. The conference provides beneficial workshops, time with experts in government and business, and networking opportunities with colleagues. Each facet holds something valuable to those attending.

A year ago, folks remarked on how little snow had fallen up until then. As the conference ended, on a Saturday afternoon, the flakes started flying and didn't stop for about six weeks and nine feet as I know I don't need to remind anyone. This year, we watched from afar as those in the mid-Atlantic coast got hit hard, gratefully, we were spared - this time. In being spared, we focused our attention on bettering our communities, rather than the weather radar.

Guy Raz, host of NPR's TED Radio Hour, was the opening keynote at the conference and made some terrific points on how organizations and communities evolve and change over time. His points can be applied to many circumstances and certainly they resonated with me in regards to Maynard. Our Town is evolving and changing in many ways as the 21st Century rolls forward. Significantly, we as a community get to shape those evolutions and changes.

At Town Meeting in January, the Town took one step along that path, modifying zoning in two places to allow the development of commercial, residential, and retail that aligns with the needs of our modern society. These changes can already be seen as the owners of Mill & Main have begun demolition on a small building on Main Street. This and other plans will open up the property to Main Street - extending Main Street and creating a stronger bond between the Town and the property that has always been the symbol of it. In the coming months we'll see the details of the Capital Group plans for the Parker Street development.

These two large developments will shape the future of Maynard for many years so it is critical that they meet our needs and move us forward. The Town will continue to move to modernize while trying to maintain its character. To do so, we'll need everyone's input. Make some time this year to attend our public hearings, join a Board, Committee, or Commission, and help shape our future.

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

Highlights of Upcoming Events

Breakfast



February 22, 9:30 – 11:30

Come play bingo and enjoy breakfast goodies! See what lucky numbers “spin” your way while sipping a cup of coffee with friends. Please call the COA to sign up; call CrossTown Connect to reserve transportation.

FEBRUARY LUNCHEON

is Wednesday, February 17 • 12 Noon
Thanksgiving returns! Enjoy turkey, stuffing, mashed potatoes, squash, vegetable and rolls along with apple and pumpkin pie. Before we finished our last bit of pie at November’s luncheon many asked why not enjoy again – why wait another year?!

Cost for the luncheon is \$7.00.

Pay at the door. Please sign up with the COA; make van reservations with CrossTown Connect.



Look Optical

Alex from Look Optical is back!
Monday, February 22, 11:00 a.m.



Inclement Weather Policy

The Council on Aging is closed when the Maynard Public Schools are closed. 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.



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

Senior Citizen’s Club

Senior Citizens’ Club meets the first Wednesday of each month at 1:00 at the Elks Club. Feel free to attend and learn about the Club’s activities. A great opportunity to meet and make new friends!

Keep Well Clinic

Wednesday, February 17, 1:00 to 2:30 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. Next clinic is March 16.

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.



★ 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.

AARP's Tax-Aide Program

Get your taxes prepared for free **at the Maynard Council on Aging** as we host the AARP's Tax-Aide program. AARP Tax-Aide is the nation's largest free, volunteer-run tax preparation and assistance program. It serves low and middle income taxpayers with special attention to those ages 60 and older.

Call 978-897-1009 to set up an appointment.

AARP volunteers are at the Council on Aging on
WEDNESDAY FEBRUARY 24, 2016
FROM 9:00 A.M. TO 2:30 P.M.

Thank You Concord Park

We'd like to thank Concord Park for their "Brain Healthy" Mediterranean diet based presentation and the delicious luncheon. Attendees received seasoning and cinnamon to take home along with recipes and grocery lists. Lucky Angie Flannery won a raffle gift bag. Special thank you to Maryellen King, Director of Community Relations.

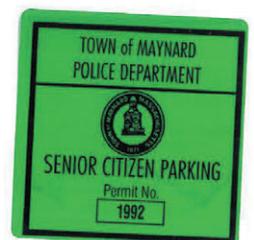


Open Table Maynard

Open Table Maynard is offering Maynard COA participants early pantry hours **if they need** transportation assistance (4:00 to 5:00 p.m. on Mondays). Those COA participants **who do not need** COA van transportation are encouraged to come during regular pantry hours: Mondays between 5:00 -7:00 p.m. at the Coolidge School (Bancroft Street). The COA van also offers service to the Open Table dinners at the Sudbury United Methodist Church every Tuesday night. For specific transportation pick up times, please call (978) 897-1009.

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.



News from the Friends of the Maynard Library

Call for Recipes: Do you have fond memories of your mother or grandmother baking your favorite cookies? Did she specialize in lebkuchen, madeleines, amaretti, nissu nassu, speculaas, biscoitos, oreshki or koulourakia? The Friends of the Maynard Library are looking for traditional cookie recipes for a cookie exchange to be held in February (date to be announced) to celebrate Maynard's rich cultural heritage. If you have a recipe for great traditional cookies, please send it by email to fmplibrary@gmail.com, by mail to Friends of the Maynard Library at 77 Nason Street or drop it off in the box at the library.

Stay tuned for information about the cookie exchange—we will be looking for bakers and snackers!

Book Discussion Groups: The Maynard Library offers two book discussion groups. The Book Mill meets on the 4th Tuesday of each month at 7 p.m. and discusses a book that has been selected jointly by the group. Jan Rosenberg leads the group and it is open to everyone and free. Books being discussed can be requested at the library through the Minuteman Library System. Following is a list of the books being discussed over the next few months:

- Feb. 23 - The Age of Innocence (Edith Wharton)
- Mar. 29 - Euphoria (Lily King)
- Apr. 26 - Kindred (Octavia Butler)
- May 31 - Being Mortal (Dr. Atul Gawande)
- June 28 - Everything I Never Told You (Celeste Ng)

Bagels and Books is a different type of book chat group where everyone shares what they have been reading around a specific topic. It meets at 2:30 p.m. on the first Tuesday of each month through March. Topics for the next two months - continuing our arm chair travel theme - are books about or written by Scandinavian or Icelandic authors on February 2 and books based in Africa on March 1. Tea and cookies help provide a comfortable opportunity to talk about what we all love - reading. Like all events at the library it is free and open to everyone.

"Mini Solo Exhibits" ArtSpace, Maynard, MA

Featuring the works of **Adria Katz, Jennifer Langhammer and Jaeok Lee**

Wednesdays through Saturdays, February 10 to March 4 from 11 a.m. to 3 p.m.

"Mini" Open Studios: Saturday, February 13 from 4 – 7 p.m.

Opening Reception: Saturday, February 13 from 5 – 7 p.m.

The ArtSpace Gallery is pleased to present an exhibit featuring the works of Adria Katz, Jennifer Langhammer and Jaeok Lee. Adria Katz's work demonstrates the boundaries between ecosystems known to hold the most diversity using coral. Jennifer Langhammer explores a commensalistic relationship of host and growth with orbs and ovals. Jaeok Lee's small ceramic works have produced a vocabulary that builds upon specific themes from small seeds, pods, cigar boxes and wooden trays.



Adria Katz, Jennifer Langhammer, Jaeok Lee

MINI SOLO EXHIBITS
February 10 - March 4

The exhibit runs through March 4th. Gallery hours are Wednesdays-Saturdays, 11 a.m. to 3 p.m.

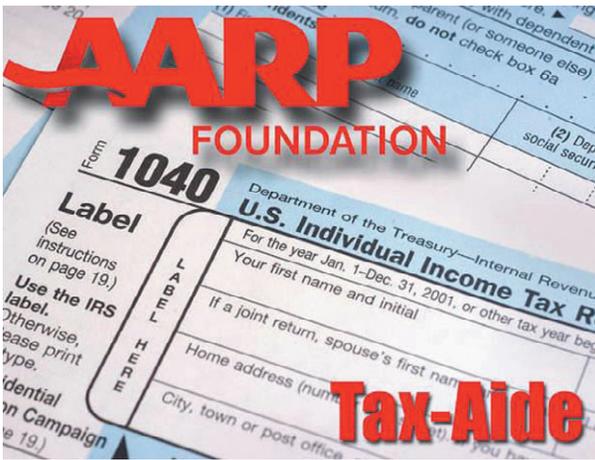
COME JOIN THE ART SCENE IN MAYNARD!

The ArtSpace Gallery is free to the public and is wheelchair accessible.

ArtSpace Inc. 63 Summer St.

Maynard, MA 01754 • (978) 897-9828

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



Need Tax Assistance?

Get your taxes prepared for free at the Maynard Public Library as we host the AARP's Tax-Aide program. AARP Tax-Aide is the nation's largest free, volunteer-run tax preparation and assistance program. It serves low and middle income taxpayers with special attention to those ages 60 and older.

Call 978-760-9146 to set up an appointment.

AARP volunteers are at the library on Saturdays (10am-5pm) from February 6th – April 9th.



Introduction To Craigslist Workshop

Looking for a job, an apartment, or someone to buy your old couch? Craigslist can help! Learn the ins and outs of the Web's most prominent classifieds listing site with this 1 hour workshop!

(While not mandatory, feel free to bring a laptop to follow along)

Tuesday, February 9th @ 7pm
Roosevelt Room, Maynard Public Library

Please register at the Reference Desk

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



Town of Maynard 2016 Tax Exemptions Available to Seniors

Deadline to file is March 31, 2016

Please call the Assessor's Office if you have questions • (978) 897-1304

Exemption Clause 17D – Seniors/ Surviving Spouses

- As of July 1st of the tax year, a surviving spouse or a minor with a parent deceased who owns and occupies the property as his/her domicile OR a person 70 years or over who has owned and occupied the property as his/her domicile for at least 10 years
- Asset qualification

Documentation: Birth Certificates/ Evidence of domicile and occupancy/ Income tax return

Exemption Clause 41C – Seniors

- An individual must be 65 years or older or joint owner with a spouse 65 years or older as of July 1st of the tax year
- An individual must own and occupy the subject property on July 1st of the tax year, in addition an individual must have been continuously domiciled in Massachusetts for the 10 years before the application and have owned and occupied the property or any other property in Massachusetts for 5 years.
- Asset and Income qualification

Documentation: Birth Certificates/ Evidence of domicile and occupancy/ Income tax return

Exemption Clause 41A - Tax Deferral

Unlike an exemption which discharges a tax obligation, Clause 41A permits a senior taxpayer to delay payment of property taxes.

A qualified applicant must enter into a written tax deferral and recovery agreement with the assessor who records a statement at the Registry of Deeds to continue the lien that exists on the property by laws to secure payment. Joint owners, remainder men and/or mortgagees must give prior written approval.

- 65 years or older as of July 1st of the tax year
- An applicant must have had a domicile in Massachusetts for ten consecutive years. The applicant must also be domiciled in the property that is the subject of the application.
- An applicant must have owned and occupied the subject property or other real property, in the commonwealth as a domicile for at least 5 years. The years do not have to be consecutive or for the same location.
- Income cannot exceed \$40,000
- A person who qualifies may defer payment of all or a portion of the taxes each year provided this amount does not exceed 50% of the value of the property. Interest on the deferred taxes accrues at 2% interest.
- The payment of taxes and accrued interest is due upon the sale of the property or the death of the taxpayer.

Documentation: Birth Certificates/ Evidence of domicile and occupancy/ Income tax return

Senior Work off Program

- Age 60 or older as of July 1st of the tax year
- Owner of domicile
- Work the necessary hours at minimum wage, for up to \$1,000 off tax bill

Contact Council on Aging to arrange for work and once work is completed the recorded hours worked would be submitted to council on aging for processing.

Community Preservation Act Low/Moderate Income Exemption

- Own and occupy the property as domicile as of January 1
- **Applicant and each co-owner must have household income for the calendar year before January 1 at or below the limit for that owner's household type and number of persons.**
- Household Annual Gross income from all sources: Includes wages, salaries and bonuses, public and private pensions, retirement income, Social Security, alimony, child support, interest and dividend income, net income from business, public assistance, disability and unemployment insurance, regular contributions/ gifts from party outside the household. Includes income of all household members who were 18 or older and not full time students during calendar year.

Deduct: Dependents Allowance: number dependents on January 1st (not spouse) of \$300.00

Deduct: total out of pocket medical expenses of all household members for the calendar year exceeding 3% of household annual gross income along with health insurance premiums, payments to doctors, hospitals and other health care providers, diagnostic tests, prescription drugs, medical equipment or other expenses not paid or reimbursed by employers, public/private insurers or other third parties.

Veterans:

- A veteran must have been a Massachusetts domiciliary for at least six months before entering the service OR have lived in Massachusetts for at least 5 years.
- A veteran, or if deceased, the veteran's surviving spouse or parent, must occupy the property as his or her domicile on July 1st of the tax year.
- A qualifying applicant must possess a sufficient ownership interest in the domicile as of July 1st of the tax year. This ownership requirement is satisfied if the person's ownership interest is worth at least an amount ranging from \$2,000 to \$10,000 depending on the exemption.

Clause 22: Veterans with a service connected disability of 10% or more as determined by the Veterans Administration or the branch of service from which separated. Veteran was awarded the Purple Heart. Gold Star mothers and fathers

Clause 22A: Veterans who lost, or had permanent loss of use of, one hand, foot or eye in the line of duty or were awarded Congressional Medal of Honor, Distinguished Service Cross, Navy Cross or Air Force Cross

Clause 22B: Veterans who lost or had permanent loss of use of, two hands, feet or eyes in the line of duty

Clause 22C: Veterans with 100% disability in the line of duty and whose domicile is specially adapted housing acquired with assistance from the Veterans Administration

Clause 22D: Surviving spouses of service members or guardsmen who died from injury or disease due to being in combat zone, or who are missing in action and presumed dead due to combat

Clause 22E : Veterans with 100% disability in the line of duty

Paraplegic Veterans

This exemption is available to veterans who are certified by the Veterans Administration as paraplegic and their surviving spouses.

Exemption Clause 37A – Blind

- Applicants must submit a current certificate from the Commission for the Blind with each year's application.

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!

BRIDGE - 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 February 19.**



Maynard Council on Aging Trips

COA DINNER TRIPS

February 4

RIVER ROCK GRILL

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.

COA OUTINGS

February 5

**SCHEDULED
SHOPPING TRIP**

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

February 11

LUNCH

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

February 23

LUNCH

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

February 25

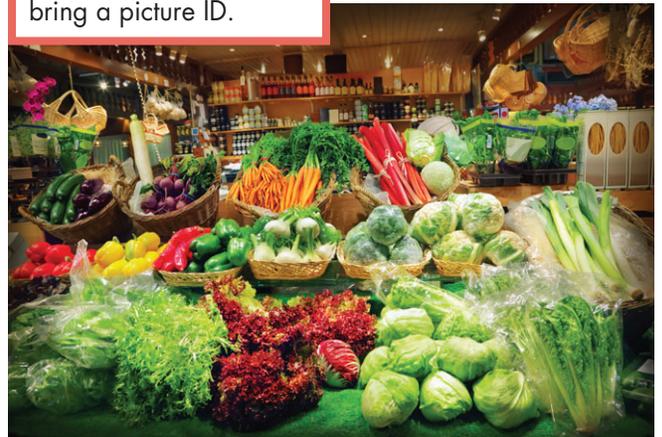
**SOLOMON
POND MALL**

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

Have A Healthy Heart - February Is Heart Health Month!

During the month of February, Americans see the human heart as the symbol of love. February is also American Heart month, a time to show yourself love. Learn the risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.

Cardiovascular Disease (CVD), including heart disease, stroke, and high blood pressure is the number one killer of women and men in the United States. It is the leading cause of disability, preventing Americans from working and enjoying family activities. Many CVD deaths could have been prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes.

Take it one step at a time. You can control a number of risk factors for CVD, including:

Diet • High Blood Pressure • Physical Activity • High Blood Cholesterol
Tobacco Use • Diabetes • Obesity

As you begin your journey to better heart health that can last a lifetime, keep these in mind:

- **Try not to become overwhelmed.** Every step you take brings you closer to a healthier heart, and every healthy choice makes a difference!
- **Partner up.** The journey is more fun and often more successful when you have company. Ask a friend or family member to join you.
- **Don't get discouraged.** You may not be able to take all of the steps at one time. Get a good night's sleep, also important for a healthy heart, and do what you can tomorrow.
- **Reward yourself.** Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with family or friends.

Source: Centers for Disease Control and Prevention



**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

MEMA ISSUES POWER OUTAGE SAFETY TIPS

- Check flashlights and portable radios to ensure that they are working.
 - A radio is an important source of weather and emergency information during a storm.
 - Use flashlights for lighting, not candles which can be a fire hazard.
- Fully charge your cell phone, laptop, and any other devices before the storm.
- Ensure that you have extra batteries as part of your Emergency Kit.
- If you own a car, purchase a car phone charger so that you can charge your phone if you lose power at your home.
- Download the free Massachusetts Alerts app to your smartphone to receive important weather alerts and messages from MEMA.
- Consider purchasing a generator to provide power during an outage. Follow the manufacturer's instructions and guidelines when using a generator.
 - Always use outdoors, away from windows and doors. Carbon Monoxide fumes are odorless and can quickly accumulate indoors.
 - Never try to power the house wiring by plugging the generator directly into household wiring, a practice known as "backfeeding." This is extremely dangerous and presents an electrocution risk to utility workers and neighbors served by the same utility transformer. It also bypasses some of the built-in household circuit protection devices.

- Don't get overheated. If the power goes out when it is hot outside, stay in the lowest level of your home where it will be coolest, put on light-weight, light-colored clothing, and drink lots of water. Remember to give your pets and/or service animals fresh, cool water; and if you need it, see if your community has "cooling centers" or shelters open.
- Do not call 9-1-1 to report your power outage or to ask for information; use 9-1-1 only for emergencies. Contact your utility company to report the outage and get restoration information.
- Check in on friends, family, and neighbors, particularly those most susceptible to extreme temperatures and power outages such as seniors and those with access and functional needs.

FOOD AND WATER PREPARATION

- If you have a water supply that could be affected by a power outage, such as a well-water pump system, fill your bathtub and spare containers with water.
 - Water in the bathtub should be used for sanitation purposes only, not as drinking water.
 - Pouring a pail of water from the tub directly into the bowl can flush a toilet.
- Set your refrigerator and freezer to their coldest settings (remember to reset them back to normal once power is restored). During an outage, minimize the number of times you open the refrigerator or freezer door.
 - Food can stay cold in a full refrigerator for up to 24 hours and in a well-packed freezer for 48 hours (24 hours if it is half-packed).

MEDICAL CONSIDERATIONS

- Find out about individual assistance that may be available in your community if you need it.
 - Register in advance with the local emergency management agency, the local fire department, other government agencies or non-profit groups.
- If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.

- If you use medical equipment in your home that requires electricity, talk to your health care provider about how you can prepare for its use during a power outage. Ensure you have extra batteries for medical equipment and assistive devices.
- If you have life-support devices that depend on electricity, contact your local electric company about your power needs for life-support devices (home dialysis, suction, breathing machines, etc.) in advance of an emergency. Some utility companies will put you on a "priority reconnection service" list.
 - Talk to your equipment suppliers about your power options.
 - Let the fire department know that you are dependent on life-support devices.

TRAVELING DURING A POWEROUTAGE

- Keep the gas tank in your car at least half full because gas stations rely on electricity to power their pumps.
- Know where the manual release lever for your electric garage door opener is located and how to operate it. Garage doors can be heavy, so you might need help to lift it.
- If a traffic light is out, treat it as a four-way stop.

SAFE RESTORATION OF POWER AND RECOVERY

- In order to protect against possible voltage irregularities that can occur when power is restored, you should unplug all sensitive electronic equipment, including TVs, stereos, VCRs, microwave ovens, computers, cordless telephones, answering machines and garage door openers.
- Leave one light on so that you will know when your power returns.
- Be extra cautious if you go outside to inspect for damage after a storm. Downed or hanging electrical wires can be hidden by trees or debris. Never attempt to touch or moved downed lines. Keep children and pets away from them.
 - Call your utility company to report any outage-related problem such as downed wires.
- Throw away any food that has been exposed to temperatures 40° F (4° C) for 2 or more hours or if it has an unusual odor, color or texture. When in doubt, throw it out!

For additional information about MEMA go to www.mass.gov/mema. Continue to follow MEMA updates on Twitter at www.twitter.com/MassEMA; Facebook at www.facebook.com/MassachusettsEMA; and YouTube at www.youtube.com/MassachusettsEMA.

MassAlerts: to receive emergency information on your smartphone, including severe weather alerts from the National Weather Service and emergency information from MEMA, download the Massachusetts Alerts free app. To learn more about MassAlerts, and for information on how to download the free app onto your smartphone, visit: www.mass.gov/mema/mobileapp.

Carbon Monoxide Safety

Hundreds of people die accidentally each year from CO poisoning caused by malfunctioning or improperly used fuel-burning appliances (EPA data). According to the Journal of the American Medical Association (JAMA), CO is the number one cause of poisoning deaths in the U.S.

Carbon monoxide gas is produced whenever any fuel, such as gas, oil, kerosene, wood or charcoal is burned.

Symptoms of Carbon Monoxide (CO) Poisoning

CO enters the lungs and blood where it competes with oxygen normally carried by red blood cells. CO attaches to the cells 200 times easier than oxygen. Without oxygen, cells begin to die.

Exposure to carbon monoxide can produce flu-like symptoms such as:
Headache • Nausea • Dizziness • Confusion • Fainting

At higher levels, CO exposure can cause:
Unconsciousness • Death

What To Do If You Suspect CO Exposure

- Get out of the house or car and get fresh air.
- Call the fire department from a neighbor's house.
- If you have symptoms, seek medical help immediately.

Protect Your Family

- Install carbon monoxide alarms on every level of your home, except unfinished basements or attics.
- Since 2006, state law has required carbon monoxide alarms in most homes.
- Locate CO alarms near bedrooms so family members will awaken at night.
- Alarms should be kept away from open windows or doors, excessively hot, cold or damp areas and "dead-air spaces" such as corners of rooms and peaks of ceilings.
- Do not place a CO alarm in a garage, furnace room, near the stove or fireplace.
- Change the batteries according to directions.
- Change the back-up batteries after a prolonged power outage.
- Know the difference between the alarm signal and the low battery alert.

What Kind of CO Alarms to Purchase

- Make sure that any alarm you purchase is approved and certified by a nationally recognized testing agency, such as Underwriters Laboratory (UL).
- Several types of alarms are allowed in Massachusetts:
 - Battery powered with battery monitoring (a low battery signal);
 - Plug-in (AC powered) units with battery backup;
 - Hard-wired with battery backup (usually involves hiring an electrician);
 - Combination smoke detectors and CO alarms that have a signal as well as a voice alert;
 - Low-voltage with secondary power
- Follow installation instructions carefully.

Appliances and CO Safety

If appliances that burn fuel are properly maintained and used, the amount of CO produced is usually not hazardous. Read and follow the manufacturer's instructions that come with fuel-burning devices. However, if appliances are not working properly or are used incorrectly, dangerous levels of CO can result.

- Have a qualified service technician inspect your appliances yearly, before the heating season.
- Check vent pipes, flues and chimneys for leaks or blockages.
- Un-vented kerosene heaters are illegal in MA.
- Never use a charcoal grill indoors!
- Do not use a gas oven to heat your home.
- Don't leave a vehicle running inside a garage, even if the door is open. Fumes will build up quickly inside the home.
- Snow can block car tailpipes outdoors.
- Never use gasoline-powered engines (generators, chain saws, blowers, weed trimmers, mowers or snow blowers) indoors or near doors or windows.

Replace Aging CO Alarms

- Replace aging CO alarms every 5-7 years according to directions.
- Newer model CO alarms have a 10-year sealed lithium battery that does not need changing. At 10 years, the entire device is replaced.

Sources of CO:

- Furnaces and water heaters
- Chimneys and woodstoves
- Gas and oil fueled space heaters
- Blocked furnace and dryer vents
- Car tailpipes blocked by snow
- Generators • Running vehicles
- Barbeque grills and camping stoves
- Gas ovens used for heat
- Gas tools such as snow removal and yard equipment

Carbon Monoxide is:

- Poisonous
- Odorless
- Colorless
- Tasteless

Office of the State Fire Marshal
www.mass.gov/dfs • (978) 567-3300

Can I Still Change My Medicare Plan?

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2016.

Newly Available: Medicare's 5-Star Special Enrollment Period

You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. This year in Massachusetts, Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2016. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically dis-enroll you from your previous plan.

For those with a Medicare Advantage Plan (HMO or PPO):

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:

You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

The Minuteman Senior Services SHINE Program (Serving Health Insurance Needs of Everyone...on Medicare) can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call The Minuteman Senior Services SHINE Program at 781-221-7029.

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 FEBRUARY 2016

Every year at this time I provide information on **various tax programs** offered to seniors by our state and federal government. Please contact my office with any questions or for any additional information.

State Programs

- **Senior Circuit Breaker:** The Senior Circuit Tax Credit allows income-eligible seniors to receive a tax credit for property taxes they have paid during the tax year. For more information, visit <http://tinyurl.com/rephogan16>.
- **Senior Property Tax Work-Off:** This program allows seniors to volunteer with their local towns in exchange for a reduction in property taxes. You can apply to this program through your local Council on Aging (COA).

- **Tax Deferral:** Seniors can defer all (or some) of their taxes at a rate of 5% interest. To qualify you must have lived in Massachusetts for 10 years, owned a home for the last 5 years, and your annual income cannot exceed \$40,000.
- **Clause 17D:** This program allows a tax break of \$208.39. To qualify seniors must be over 70 years old and have owned and lived in their home for 5 years.
- **Clause 22:** Disabled veterans and their spouses may qualify for this tax break of \$400 to \$1,000. It requires a certificate stating war-related disability and honorable discharge.

Federal Programs

- **Standard Deduction for Seniors:** If you don't itemize deductions, you may still be eligible for a higher standard deduction amount if you and/or your spouse are 65 years or older.
- **Publication 554:** This is a booklet that explains all of the benefits available to seniors at the federal level and what the eligibilities are. It is available at this link <http://tinyurl.com/RepHogan2> or call Jordan at 617-722-2130.

AARP Foundation Tax-Aide: This program assists individuals ages 60+ with tax services and helps ensure they receive applicable tax credits and deductions. Tax-Aide is offered in cooperation with the IRS. Please call 888-687-2277 for a location near you or visit <http://tinyurl.com/rephoganaarp>.

For any brochures or questions, please contact my office at 617-722-2130 or email me at kate.hogan@mahouse.gov.

Tips from Kate: Smoke Alarm Lifespan

How long has it been since you replaced your smoke alarms - not just the batteries? Major manufacturers of smoke alarms suggest they have a service life of ten years and should then be replaced. There is a label on the alarm with the date of manufacture. If you don't know how old they are, it is best to install new ones! For more information, contact the Maynard Fire Department at 978-897-1015 or visit <http://tinyurl.com/khsmokealarms>.

Stay Tuned: Grandparents Raising Grandchildren

I am pleased to work with the Commission on the Status of Grandparents Raising Grandchildren, our local Councils on Aging, and senior service organizations to create a regional support group for grandparents raising grandchildren. The support group will meet to empower parenting grandparents with information and connections to help support them and their families. The support group will begin in February; Please contact the Maynard Council on Aging at 978-897-1009 or the Hudson Council on Aging at 978-568-9638 for more information.

Hogan's Office Hours

Bolton Office Hours will be held on Thurs., Feb. 11th from 5:30-6:30 p.m. at the Bolton Public Library, 738 Main Street, Bolton, MA.

Hudson Office Hours will be held on Thurs., Feb. 18th from 6-7 p.m. at the Hudson Public Library, 3 Washington St, Hudson, MA.

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

Caring for a loved one is easier when you have support



We can help...

POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Caring for a relative, a friend or someone with a chronic illness can be stressful physically, emotionally and financially. We can help!

Join our Powerful Tools for Caregivers six week class that is designed to provide you, the family caregiver, with the skills you need to take care of yourself.

This workshop is conducted in 1 1/2 hour sessions, once a week, for six consecutive weeks.

This workshop is FREE, but space is limited! Registration is required.

**Please call Amy Loveless
at (978) 897-1009**

**Information Session:
Thursday, March 10, 1:00pm**

When you take care of yourself, everyone benefits!

Powerful Tools for Caregivers will help you to:

- ✓ Reduce Stress
- ✓ Improve self-confidence
- ✓ Balance your life
- ✓ Better communicate your feelings
- ✓ Increase ability to make tough decisions
- ✓ Locate helpful resources

**Thursdays,
April 14- May 19**

**Maynard Council on Aging
50 Brown Street
Maynard, MA 01754**

For more information on our Healthy Living Programs, contact the Healthy Living Department at 781-221-7095



Toll-Free (888) 222-6171
www.minutemansenior.org

This program is funded in part through



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