

NEW GENERATION



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

MARCH 2016



The View from Here

Our "Thanksgiving in February" luncheon was a delicious success! Collective taste buds reported the dinner being better than the first – thanks to Lee Ann & Kerriann from Events All In One. Even a vegetarian pronounced the turkey worth sampling!

The first Bridges: Growing Together was completed last month with three Fowler 4th grade classrooms finishing the cycle. To describe the experience as special is an understatement, perhaps "extraordinarily" special is more appropriate: lives were touched, memories made and perspectives changed. I want to thank our senior volunteers who joined the program: Lois Baker, Edward Freedman, Cathy Gannon, Barbara Horman, Nancy Lenichuk, Helen Micchiche, Martha Sughrue, Barbara Wagner and Nancy Whiting. You won't want to miss an opportunity to volunteer next year!

Bluebirds were spotted outside the COA windows – we look forward to observing goldfinches and friends at our new deck feeder thanks to Paul & Sylvia Guthrie.

Nothing better than rousing rounds of bingo, bite-size breakfast goodies and the oddest prizes around! Thank you to Joan Meakin for calling and keeping order!

~ **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.

MARCH MEETING WILL BE HELD ON THURSDAY, MARCH 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.

'Sayskwee' is Latin for Hard to Pronounce

In a few short years, Maynard will be 150 years young. A 150 year anniversary, called a Sesquicentennial, is definitely something worth celebrating and residents are already starting to consider what the Town's 150th Anniversary Celebration might look like. Some have looked at what was done in 1970-71 for the Town's Centennial – I've spoken to a handful who were there. This week, the Board of Selectmen were approached by the Historical Commission, in conjunction with the Cultural Commission, the Economic Development Committee, and the Historical Society, to create a planning and steering committee for an appropriate celebration.

In a related program, a local Girl Scout, Miss Haley Fritz, is coordinating commemorating April 19th as Maynard's Founder's Day as part of her Gold Award project. On that date in 1871, the Town's first charter was enacted. This year, on April 16-17, activities celebrating the Town's Founding will be held throughout the community. These activities will be announced throughout the community during the next few weeks and it is hoped that people will learn a little about the Town's history and to spend time with friends and family.

Maynard has accomplished a tremendous amount in its short history. From village to regional economic engine to home of a pioneering computer giant, this small town is often doing things in a big way. As we reflect on our founding and prepare for a difficult to pronounce anniversary, let's all remember to hold on tight because the next 150 will be twice as exciting.

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

Donations were made to the COA Gift Fund in memory of:

Benedetta Lannarelli

from:

**Nancy and Charles Legere
and Carol and John Doherty**

Highlights of Upcoming Events

MARCH LUNCHEON

is Thursday, March 17 • 12 Noon
Shepherd's Pie, Cornbread
Salad, 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 automatically sign you up for the luncheon.**

Look Optical

Alex from Look Optical is back!
Monday, March 21, 11:00 a.m.



Senior Citizens 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!

APRIL LUNCHEON WITH ENTERTAINMENT

Friday, April 1 • No Joke!
Soup, sandwiches & salad

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 automatically sign you up for the luncheon**

John Root will be performing
"A Celebration of Song" at 1:00 p.m.
John sings and plays the piano,
flute, clarinet and saxophone.
Best loved songs of the first five decades
of the 20th century – Not to be missed!

Keep Well Clinic

Wednesday, March 16, 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.

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

36th Annual Senior Conference

Thursday, April 21, 2016
8:00 a.m - 2:00 p.m.

hosted by State Senator Jamie Eldridge
Assabet Valley Regional Technical High School
215 Fitchburg St. Marlborough, MA

**DON'T MISS OUT ON THE FUN!
Workshops, Entertainment, Exhibits, Prizes,
Speakers and FREE Coffee, Donuts & Lunch!**

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.



POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

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

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

**Thursdays,
April 14 - May 19**

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

Powerful Tools for Caregivers was developed as a 6-week educational program to provide family caregivers with tools to increase their self-care and confidence.

Research studies find high rates of depression and anxiety among caregivers and increased vulnerability to health problems. Caregivers frequently cite restriction of personal activities and social life as problems. They often feel they have no control over events, and that feeling powerless has a significant negative impact on caregivers' physical and emotional health.

In the six 1½ hour classes, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare/service providers; communicate more effectively in challenging situations; recognize the messages in their emotions and deal with difficult feelings; plus make tough caregiving decisions (re: placement, driving issues, or finances). Class participants also receive a copy of The Caregiver Helpbook 2nd ed., developed specifically for the class.

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

Please call Amy Loveless at (978) 897-1009

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



FOUNDATION FOR METROWEST



Brain Health & Wellness Center

HealthCare Insights, LLC, Acton, MA 01720

"Brain Healthy Nutrition Matters."

a series of presentations for Maynard Seniors

**"Introduction to Healthy Eating
for a Healthy Brain-Memory
Preservation Nutrition®"**

Wed., March 30, 1:00 – 2:30 p.m.

**"Toxicity of Sugar - Do I have
to give up dessert?"**

Wed., April 13, 1:00 – 2:30 p.m.

**"The Importance of Fats and
What is a Healthy Fat?"**

Wed., April 27, 1:00 – 2:30 p.m.

Must sign up! \$5.00 (per presentation) contribution towards the cost of program.

All of the healthy foods featured by the Memory Preservation Nutrition ®, in the right combinations, provide the body with important disease-fighting antioxidants, nutrients with anti-inflammatory properties, and help to regulate blood sugar. The MPN™ also reduces animal foods, LDL (bad) cholesterol and saturated and trans fats. These changes are all important for brain health. Diet changes made through the program can benefit people of any age whether or not they have memory loss. The MPN™ program becomes even more important for those already experiencing problems. The primary foods that are recommended include fresh fruits and vegetables, especially leafy green vegetables, specific spices, whole grains, and foods containing omega-three fatty acids. The Memory Preservation Nutrition® program also focuses on reducing cholesterol and substituting healthy fats (omega 3 and mono-unsaturated fats) for saturated and trans fat foods. (from the Brain Health and Wellness Center)



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



COMING SOON! Maynard Book Festival

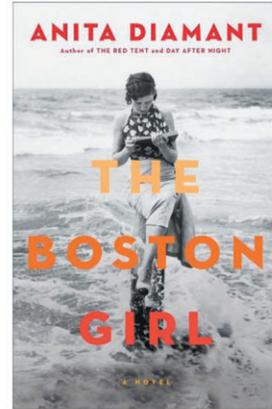
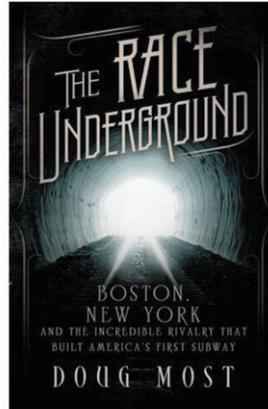
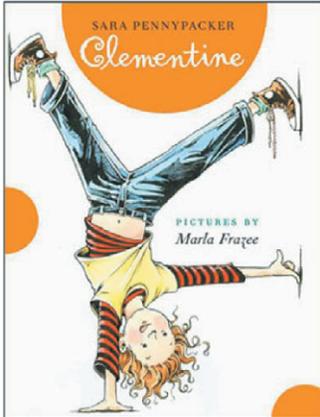
All Day Saturday, April 2

FEATURING

Children's Author
Sara Pennypacker
Clementine series, Pax

Doug Most
The Race Underground

Anita Diamant
The Boston Girl, The Red Tent



WITH

Horror Writers Panel Discussion with Christopher Golden and Friends
Writing Workshop for Teens, Book Arts Class for Adults Made in Maynard Art Exhibit

Brought to you by The Friends of the Maynard Library

“Body of Armor” ArtSpace, Maynard, MA

Featuring the works of Alicia Dwyer

Wednesdays through Saturdays, March 9 to April 1, from 11 a.m. – 3 p.m.

“Mini” ArtSpace Artists’ Open Studios: Saturday, March 12th from 4 – 6 p.m.

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



The ArtSpace Gallery is pleased to present an exhibit featuring the works of Alicia Dwyer. "Body of Armor" protects the body in battle. The work in this show explores how dresses act as armor, toy warriors engage on a miniature or life-size scale, and metal flower reliefs stage a battleground.

Themes of flight and armor are depicted in black and white oil paintings, metal sculptures, and charcoal drawings.

The exhibit runs through April 1. 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

Starting Your Genealogy with Ancestry Library Edition

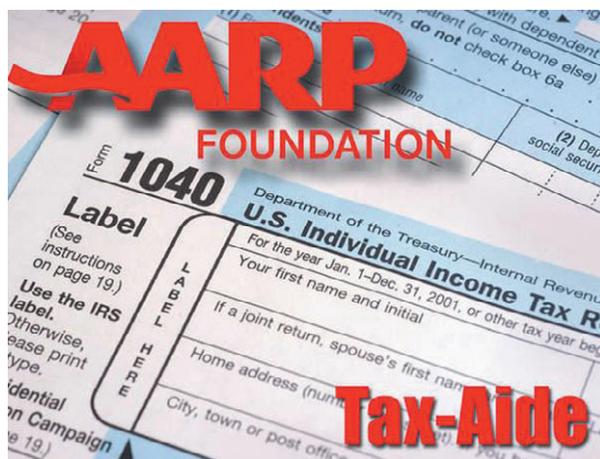


Tuesday, March 22nd @ 7pm | Roosevelt Room, Maynard Public Library

Learn search tips and techniques to view the incredible collection of content available on the web's best resource for genealogy. This e-resource is always available free at the library!

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

Please register at the library's Reference Desk or call 978-897-1010 x103.



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.

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:

- Mar. 29 - Euphoria (Lily King)
- May 31 - Being Mortal (Dr. Atul Gawande)
- Apr. 26 - Kindred (Octavia Butler)
- 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.

**“We don't stop playing because we grow old;
we grow old because we stop playing.”**

George Bernard Shaw

**JOIN US ON WEDNESDAY MORNINGS
AT 10:30 A.M.
FOR TWO NEW ACTIVITIES**

Relax

Socialize

ADULT COLORING

Relax and unwind. Like meditation, coloring has the therapeutic potential to sharpen focus, enhance mindfulness, and reduce anxiety. It allows you to use your imagination, be creative, exercise your fine motor skills and relieve stress while socializing with friends. Materials provided.

**Be
Creative**

Laugh

BOARD GAMES

Games are healthy for the mind and body. They provide a perfect combination of relaxation and stimulation. Connect with others in the spirit of competition and cooperation as you lose yourself in a pleasurable game. Have some fun improving your reasoning skills and share a few laughs with friends, old and new. Bring your favorite game or play one of ours.

**Have
Fun**

**Stay
Sharp**

Monopoly ~ Trivial Pursuit ~ Scrabble ~ Chess ~ Checkers

\$20
Donation

**LIVE
ONE NIGHT ONLY
The 50's, 60's and 70's
STARRING**

ESTABLISHED 1978

**SATURDAY, APRIL 9TH 6PM
MAYNARD LODGE OF ELKS**

Proceeds Benefit:

**Honor Flight
NETWORK**

**CONTACT: NICHOLE KARLON
NICHOLEKARLON@YAHOO.COM**

PRIZES FOR BEST COSTUME

**THE
AMAZING
SENSATIONS**



**THE
AMAZING
SENSATIONS**

“It's a musical show with all the favorite songs and dances from the 50's 60's and 70's. All proceeds will benefit Honor Flight New England a non-profit that brings WWII Veterans to Washington DC to visit the memorials dedicated to their service and sacrifice. This event is free to WWII Veterans.”

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.

GAMES - WEDNESDAYS - 10:30 a.m.

ADULT COLORING - WEDNESDAYS - 10:30 a.m.

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 - 9:30 a.m.

Join Rep. Kate Hogan on the third Friday of each month at 9:30 for updates, Q & A and warm hellos. **This month's meeting is on March 18.**



Maynard Council on Aging Trips

COA DINNER TRIPS

March 3

LONGHORN STEAKHOUSE & DOLLER TREE SHOPPING

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. 8:30 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

March 8

SCHEDULED SHOPPING TRIP

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

March 9
LUNCH

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

March 16

JOB LOT & IHOP

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

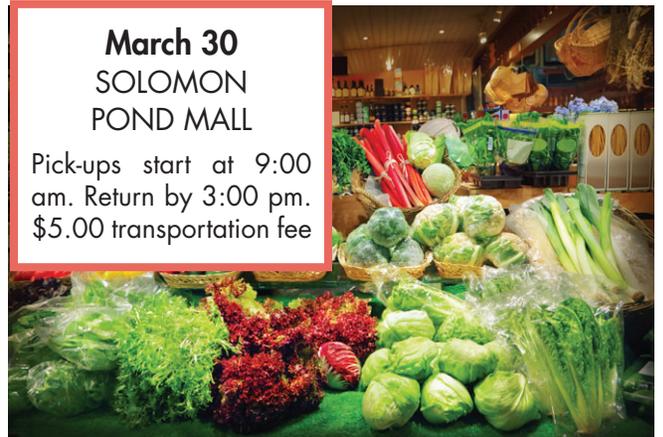
March 24
LUNCH

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

March 30

SOLOMON POND MALL

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



★ 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.

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

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.

Maynard Food Pantry

Offering free food aid to local individuals and families in need since 1992

OPEN EVERY MONDAY

(Tuesdays when Monday is a holiday.)*
10 a.m. to Noon
12 Bancroft Street, Maynard
off Parker Street (Rt.
27) behind Coolidge
Playground

We're in the basement of the Coolidge School. Our entrance is at the back of the building and is handicap accessible.

* (Tues. openings due to holidays: Memorial Day, Labor Day, and Columbus day. The pantry is closed on school snow days and will try to open the following day.)

WHO WE SERVE:

All local individuals and families in need may receive free food and health care products from the Maynard Food Pantry.

- Maynard residents may shop two times per month.
- Clients from Stow, Acton, Sudbury, and Concord can shop once per month.
- Those who need more food assistance may shop at the local food pantries in Acton, Stow, and Sudbury on the weeks they are not shopping at the Maynard Food Pantry.

WHAT WE OFFER:

Non-perishable items including pasta, cereals, rice, soups, bread, beverages, canned vegetables, fruit, and meat, and health care items. We also provide dairy items and frozen meat/chicken selections, and freshly grown produce in summer.

Thanksgiving & Christmas Dinner baskets with a frozen turkey or ham and all the fixings for a feast are offered for the holidays. Clients may also register their children to receive Christmas holiday gifts.

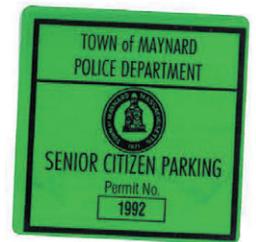
HOW TO GIVE FOOD:

Donations of non-perishable food or health care items can be brought to one of our two Maynard Food Pantry drop boxes in town – at the Middlesex Savings Bank on Nason Street, or at the Maynard Post Office.

We are committed to providing the greatest degree of confidentiality with the least amount of information being requested of our clients.

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.



Living Memorial

This form allows you to make a donation that will support and enhance the senior services in our Maynard community. The individual or families you have chosen to honor will be notified of your contribution.

Your support is needed and greatly appreciated.

I am enclosing \$ _____ In honor/memory of: _____

Send acknowledgement to: Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Make checks payable to: Maynard Council on Aging. Mail to: 50 Brown St., Maynard, MA 01754

Take Care of Smoke Alarms

- Once a month, vacuum or blow out dust from the alarms.
- Push the test button once a month.
- Change alkaline batteries in smoke alarms twice a year. An Easy way to remember is to change the batteries when you change your clocks. Some smoke alarms have 10-year lithium batteries.
- A "chirping" sound indicates that it is time to change the batteries.
- Never disable alarms. Only remove the battery when replacing it.



When the Smoke Alarm Alerts

- Leave the building.
- Get out; Stay out!
- Go to the family meeting place.
- Dial 9-1-1 from outside or a neighbor's house.

IRS Scams

Tax season is upon us and so are the increased scam calls. Maynard has been hit hard in the last few months with these calls. Recently, the most common scams are phone calls and emails from thieves who pretend to be from the IRS. They use the IRS name, logo or a fake website to try to steal your money or your identity. Here are several tips from the IRS to help you avoid being a victim of these tax scams:

The real IRS **will not**:

- Initiate contact with you by phone, email, text or social media to ask for your personal or financial information.
- Call you and demand immediate payment. The IRS will not call about taxes you owe without first mailing you a bill.
- Require that you pay your taxes a certain way. For example, telling you to pay with a prepaid debit card.
- Ask for your credit or debit card numbers over the phone.
- Threaten to bring in police or other agencies to arrest you for not paying.

Be wary if you get a phone call from someone who claims to be from the IRS and demands that you pay immediately.

If you **don't owe taxes**, or have no reason to think that you do:

- Do not give out any information. Hang up immediately.
- Contact TIGTA to report the call, by calling 800-366-4484.
- Report it to the Federal Trade Commission by calling 877-382-4357

If you have been a victim of one of these scams (gave your personal information or paid money as a result of one of these calls) contact the Maynard Police Department at 978-897-1011 to report the incident.

Voluntary Home Safety Visit!

The Maynard Fire Department is offering free home safety and smoke detector checkups to our residents. This is a great way for us to help our community stay safe. We will be able to give our safety recommendations and answer questions you may have during our visit.

We book our safety visits from April 1st - October 31st. All inspections are done at no charge and conducted on Saturdays. **Please call to book your appointment. Call Nancy Brooks (978) 897-1015**

"Working together we can keep our community safe."

Prescription Drug Costs too High?

Look into the Extra Help program from the Social Security Administration! You may be eligible to apply for Extra Help in meeting prescription drug costs... and you can be a homeowner and still potentially qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An Extra Help application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011	\$27,250

Social Security contact information: **1-800-772-1213**
or apply online at **www.socialsecurity.gov/extrahelp**.

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

MARCH 2016

Dear Friends,

Every March I like to highlight legal services that are available to seniors in our region. MetroWest Legal Services and Community Legal Aid both offer legal assistance to individuals 60 years and older who meet income requirements.

MetroWest Legal Services (MWLS) serves the towns of Hudson, Maynard, and Stow. MWLS' Senior Citizen's Legal Project offers a variety of senior legal services which include:

- Housing matters, primarily eviction cases involving public or subsidized housing; application denials for subsidized housing; and foreclosure defense
- Durable Powers of Attorney, Health Care Proxies, and Defense of Guardianships and Conservatorships
- Nursing Home Issues, including transfer and discharge, conditions, and evictions
- Benefits, including Social Security, SSI, Unemployment, MassHealth, and the Department of Transitional Assistance benefits
- Domestic Relations, including restraining orders, divorces for seniors who cannot afford private counsel, modification of divorce agreements, and contempt actions
- Bankruptcies and consumer rights issues
- Community Legal Education, where attorneys provide presentations to senior groups on legal topics of particular interest to elders

MWLS can be reached at www.mwlegal.org or (508) 620-1830.

Community Legal Aid (CLA) serves Worcester County and Bolton. CLA's Elder Unit legal services include:

- Housing cases
- SSI and Social Security
- Access to healthcare benefits including Medicare
- Nursing home rights
- Food stamps and other benefits
- Family law
- Financial exploitation and consumer rights issues

CLA can be reached at www.communitylegal.org or (855) 252-5342.



Rep. Hogan's St. Patrick's Day Boys & Girls Club Fundraiser

You're invited to my 6th Annual Saint Patrick's Day Fundraiser for the Boys & Girls Club of Assabet Valley on Friday, March 11th from 5:30-7 p.m. at the Maynard Country Club, 50 Brown Street, Maynard, MA.

Hogan's Office Hours

Maynard Office Hours will be held on Thurs., Mar. 3rd from 6-7 p.m. at the Maynard Public Library, 77 Nason Street, Maynard, MA.

Bolton Office Hours will be held on Thurs., Mar. 10th from 5:30-6:30 p.m. at the Bolton Public Library, 738 Main Street, Bolton, 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



HOW DO I TAKE CARE OF A PLANT IN A POT?

1. Make sure the pot you put it in allows water to drain out.
2. Keep it in a sunny spot
3. Remember to water it - not too much - but don't let it get really dry

(here's a trick - you can put an ice cube in your pot and it will water the plant gradually as it melts AND it won't freeze the plant).

PLANTS HAVE PARTS

ROOTS - collect water, they keep the plant on the ground, they store food and nutrients and they are part of helping the plant make new plants

LEAVES - are sugar factories. They take energy from the sun and use their chlorophyll to turn water and carbon dioxide gas into sugar and oxygen gas (they use what we breath out and we use what they breath out)

SEEDS - protect a new plant and provide food for it - help move the plant to new locations (wind, animals)

TRUNKS/STALKS/STEMS - support the leaves, flowers and fruit. It conducts water and food to the plant. It helps store water.

