

NEW GENERATION



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

APRIL 2016



The View from Here

“Maynard Ladies Who Lunch”

If you've never taken a special COA trip, whether lunch at the Fife & Drum at the Concord Correctional Facility, IHOP & Ocean State Job Lot in Northborough, the Chateau or Longhorn for dinner you may be missing out! Each month the COA sponsors lunch trips, dinners and special outings to places with the most mischievous company.

Recently I received a report of a handsome and dashing 98 year old man delivering after dinner affection – with little discouragement! I had the opportunity to devour delicious pasta at the Chateau but must admit the stories of youthful dancing on tabletops certainly surpassed the delight of dessert!

Janine is our resident adventure planner and is always looking for the next hot spot – if you have a request call the COA.

On the cover a stop to the candy store after lunch at the Wayside Inn. Below a devilish grin before digging in!

Get ready for some real fun!

~ Amy Loveless

Director, Maynard Council on Aging & Senior Center



Happy Anniversary!

This year, the Town will celebrate its 145th anniversary on Tuesday, April 19, 2016. During the previous weekend, April 16th and 17th activities are planned for our first 'Founder's Day' event which will celebrate the history of the Town. Included in the activities are family friendly scavenger hunts and a guided walking and history tour of the Assabet River Wildlife Refuge.

Everyone in Town is encouraged to attend what is hoped to become an annual tradition. Check out the list of planned activities on the back cover of this newsletter.

The town is also starting to think about planning for its Sesquicentennial – its 150th Anniversary. If you would like to be a part of the planning of those events, please contact me in Town Hall.

Small towns require lots of input from its citizens to function well. Maynard is no exception. There are 190 volunteer or elected positions on Boards, Committees, and Commissions in Town. Most have members with one-three year terms, so in any year more than a third of those members may turnover. Many folks enjoy their commitment to the community and 're-enlist' for another term, but every year we are looking for a few good people to step up and help move the community forward.

Currently, there are about 15 openings on various boards. Terms typically end in June, so that number will grow in the near future. If you would like to help the community – perhaps you have a specific interest in conservation, recreation, planning, financial management, etc., or just want to give back to your community in some way – please consider serving on a Board, Committee, or Commission.

A list of current openings is available in Town Hall. To express your interest, submit a brief note to the Board of Selectmen Secretary in town hall or at bmosca@townofmaynard.net.

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

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

APRIL MEETING WILL BE HELD ON THURSDAY, APRIL 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.

Highlights of Upcoming Events



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!

Wednesday, April 20, 10:30 a.m.

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.

**Please call CrossTown Connect
if you would like ride to the
Senior Conference (978) 844-6809.**

Keep Well Clinic

Wednesday, April 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. Please sign up for a specific time to meet your schedule needs.

Look Optical

Alex from Look Optical is back!
Monday, April 4, 11:00 a.m.

Fans Of Film

**at Fine Arts Theatre, Maynard proudly presents
"The Great Race" directed by Blake Edwards.**

**Show dates and times are April 12 and 13
(Tuesday and Wednesday) at 7:30pm.**

This 1965 slapstick comedy adventure classic film has an all star cast. A spectacular land race from New York City to Paris in the early 20th century is planned, the two main competitors being the handsome, dashing hero in white, The Great Leslie (Tony Curtis), and the dastardly, black-suited Professor Fate (Jack Lemmon). While Fate's sidekick, Max (Peter Falk), attempts to sabotage Leslie and the other racers. Leslie finds an unlikely ally in Maggie DuBois (Natalie Wood), a suffragette and journalist-turned-racer whose car breaks down halfway through the event. Fans of Film shows are every second Tuesday and Wednesday of the month at 7:30pm. Ticket price are \$7.00 and should be purchased at the door.

The COA accepts durable medical equipment donations – please make an appointment for dropping off.

The COA is not able to store equipment on site.

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!

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.



POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Caring for a loved one is easier when you have support. We can help...

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.

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

On the fence?

**Meet the leaders and learn more:
Informational Coffee:
Thursday, April 7 1:00pm**

Program Details

Dates: Thursdays, April 14- May 19

Time: 2:00 - 3:30PM Meetings are once a week, for six weeks.

Location: Maynard Council on Aging
50 Brown Street

Cost: FREE, but space is limited!
Registration is required.

Contact: 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

By the Brain Health & Wellness Center of Acton

(Workshops will be at Maynard Council on Aging!)

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

Wednesday, April 13, 1:00

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

Wednesday, April 27, 1:00

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

The primary foods that are recommended by the evidence-based **Memory Preservation Nutrition®** program 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 focuses on reducing cholesterol and substituting healthy fats (omega 3 and mono-unsaturated fats) for saturated and trans-fat foods. Another major feature of the program is reducing the amount of refined sugar and high fructose corn syrup in the overall diet. 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 also help to regulate blood sugar. These changes are all important for brain health. *(from Brain Health & Wellness Center)*

The Memory Preservation Nutrition® (MPN™) program was developed by Dr. Nancy Emerson Lombardo in concert with several medical specialists. Dr. Lombardo has over 30 years of experience working on the treatment and prevention of Alzheimer's. She holds a Ph.D. from Yale University, is a co-founder of the national Alzheimer's Association and played a prominent part in the founding of Alzheimer's Disease International. She is also an Adjunct Research Assistant Professor of Neurology at Boston University School of Medicine.

**"EDIBLE FOOD DEMONSTRATIONS"
TAKE HOME TOOLS
EDUCATIONAL HANDOUTS**



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

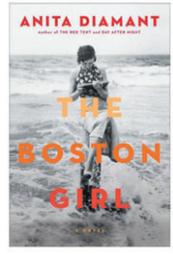
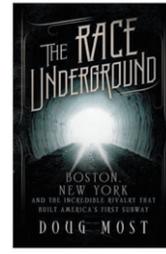
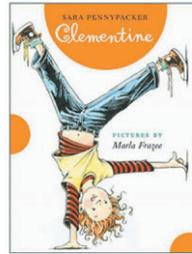
978-263-9101



Maynard Book Festival

Maynard Public Library • 77 Nason Street

**ALL DAY
SATURDAY,
APRIL 2**



EVENTS

- 10:30 AM** Sara Pennypacker, Pax and the Clementine series
- 11:30 AM** *Workshop: The Art of Making Books
- 12 NOON** Panel Discussion: Writing Horror, with Christopher Golden, James A Moore and Craig Shaw Gardner
- 1:30 PM** *Teen Writing Workshop
- 1:30 PM** Doug Most, The Race Underground and Joe McKendry, Beneath the Streets of Boston
- 3:30 PM** Anita Diamant, The Boston Girl and The Red Tent

* Please register at the Reference Desk at 978-897-1010 x103.

"ArtSpace Outdoors Inaugural Exhibit of Outdoor Sculpture"

Freedom Baird, Chris Lewis, Philip Marshall, Leslie Zelamsky and Bernard Zubrowski

Open to the public from April 15 through October 15, 2016

Opening Reception: Saturday, May 14th from 4 – 6 p.m.



The exhibit runs through October 15.
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

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



Get Started with **GMail!**



Tuesday, April 26th @ 7pm

Want to make the most out of your GMail account? See why GMail is the most popular e-mail service on the web and learn a variety of tips and tricks to become an expert user!

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

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

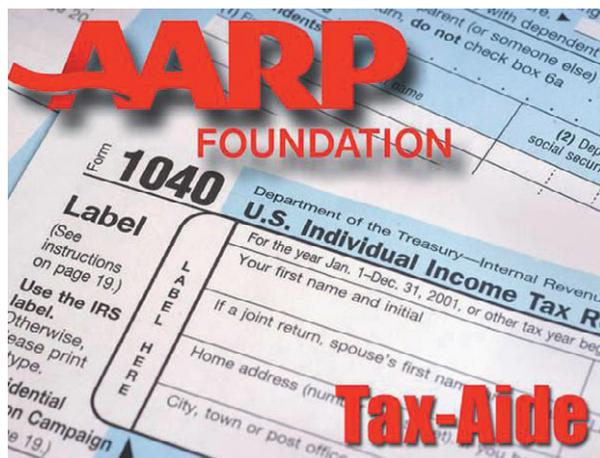
ConsumerReports.org[®]

Now Available: Consumer Reports Online

The library is excited to announce that we've added Consumer Reports Online to our growing list of subscription e-resources. It is available to Maynard residents from home and available to anyone using a library computer. From home, you will need your library card number to log in.

Consumer Reports Online features trusted and unbiased ratings and recommendations on thousands of products and services in categories including appliances, cars, electronics, computers, home & garden, food, health, personal finance, travel, and more.

Try it out today at: www.maynardpubliclibrary.org/databases



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.

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

George Bernard Shaw

Relax

**Be
Creative**

Socialize

Laugh

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

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.

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.

Monopoly ~ Trivial Pursuit ~ Scrabble ~ Chess ~ Checkers

**Have
Fun**

**Stay
Sharp**

“Gaze” ArtSpace, Maynard, MA

Featuring the works of Wesley Anderegg Sculpture, Jessica Beebe Photography, Christopher Fraser Painting, Clarissa Gerber Painting, Luanne Keen Sculpture, Alex Lopez Photography, Peter Mack Mixed Media, Michelle Arnold Paine Drawing and Painting, Joseph Vitone Photography

Curated by: Leslie Tane

Wednesdays through Saturdays, April 6 to April 29, from 11 a.m. – 3 p.m.

“Mini” ArtSpace Artists’ Open Studios: Saturday, April 9th from 4 – 6 p.m.

Opening Reception: Saturday, April 9th from 5 – 7 p.m.



The ArtSpace Gallery is pleased to present an exhibit featuring the works of 9 artists. “Gaze” is a show of figurative art by in a range of media by nine male and female artists, curated by Leslie Tane. Comparing works by gender, it asks the question: What is the effect of the artist’s gaze?

The exhibit runs through April 29th. 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 Street, Maynard, MA 01754

For more information, please call (978) 897-9828

or go to artspacemaynard.com and like us on Facebook

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 - 9:45 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.

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.

This yoga class teaches yoga postures as a way to develop "mindfulness in motion". Learn how using your Breath brings calmness to your everyday life. Experience how improving balance and increasing strength unifies Body, Mind and Spirit.

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 April 15.**



Maynard Council on Aging Trips

COA DINNER TRIPS

April 7 & 14
THE CHATEAU

Seating on the COA Van is limited so please call the Crosstown Connect dispatch center right away at (978) 844-6809 to reserve your seat. There is a \$5 COA Van transportation fee and meals costs are up to the individual. Pick-ups begin at approximately 3:00 p.m. and typical return time is approx. 7:30 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.

COA OUTINGS

April 19
SCHEDULED
SHOPPING TRIP

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

April 21
ANNUAL SENIOR
CONFERENCE

Call COA for pickup & return times.

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.



WHAT IS OPEN TABLE ABOUT?

COMMUNITY AND GOOD HEALTHY FOOD



Maynard Pantry - Coolidge School at 12 Bancroft Street - Mondays from 5 - 7 pm
Special session for senior citizens at 4 pm- call COA for transportation information
Sudbury Dinner - Tuesday at the Sudbury United Methodist Church on Route 27 - 6 pm

Concord dinner and pantry - First Parish Church at 20 Lexington Road
Pantry opens at 4:30 pm; Dinner is served at 5:30 pm

Open Table is free and open to all

Relay For Life Of Maynard

June 3-4, 2016 • 6:00 p.m. - 9:00 a.m. | Alumni Field • 1 Tiger Drive, Maynard, MA

The Council on Aging is forming a team of supporters and survivors to participate in the Relay for Life on June 3 & 4. The Relay starts with a ceremony at 6:00 p.m. to acknowledge those who are fighting cancer now or who have battled cancer in the past. Then we'll walk as a team, setting our own pace and walking as far as we'd like. It's not necessary for the team to raise money in order to participate. Please call the Council on Aging to sign up. We'll have meeting in May with organizers to have our questions answered. In the meantime we can be thinking of a name for our team. This is a great opportunity for our Walking Club and of course we'd like new faces!



Maynard Food Pantry

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

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.

Food Drives: Many groups run annual drives to support the pantry, including the Cub Scouts, Girl Scouts, school groups, and the Maynard Post Office. Also, many organizations, churches, and companies hold regular food drives. To organize a food drive for your school, organization or company, call 978-764-5279 or email mjtbrannelly@comcast.net.

Donations: Financial donations are always greatly appreciated and should be sent to the address listed below.

Need more info? Visit our website, call the number below or email mjtbrannelly@comcast.net

How to help:

Most Needed Items

- Canned fruit & vegetables
- Canned hash, beef stew, tuna, ham
- Pudding/jello mixes
- Coffee (instant and ground)
- White rice/ instant potato
- Stuffing mix
- Cocoa, tea bags
- Canned soup
- Macaroni and cheese
- Pancake mix/syrup
- Canned pasta meals
- Sugar/flour, sugar substitute
- Canned/jarred spaghetti sauce
- Tomato sauce/paste
- Jelly/jam
- Chunky peanut butter
- Laundry detergent
- Shampoo, deodorant, bar soap, mouthwash
- Feminine care products
- Paper towels, toilet paper, wipes



Open every Monday

(Tuesdays when Mon. is a holiday)

10 am to noon

12 Bancroft St., Maynard

(off Parker Street, behind Coolidge Park)

The Maynard Food Pantry
P.O. Box 55 • Maynard, MA 01754

978-764-5279

maynardfoodpantry.com

House Numbers

Is Your Number Clearly Visible from the Street?

Seconds Count in an Emergency

- Protect your family and your property by having large visible house numbers.
- Firefighters, police officers, and paramedics will find you faster when your home is properly marked.
- A visitor, child or injured person may be unable to give clear directions.
- Emergency personnel from a neighboring community may be unfamiliar with your area.

Use Large Visible Numbers

- Numbers need to be at least 4-inches in height and facing the street.
- Put the numbers under lighting, and use numbers with a contrasting background, so they will be visible at night.
- Be sure to use the E-911 address for the property.
- If your driveway is long, post your house number on both sides of a mailbox or sign pole at the end of the driveway near the road.
- Be sure to keep the numbers visible by trimming trees and bushes.



It's the law

- Massachusetts General Laws C. 148, S. 59.



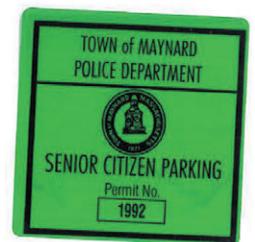
FireFACTORS

Office of the State Fire Marshal | Commonwealth of Massachusetts

P.O. Box 1025 State Road • Stow, Massachusetts 01775 • (978) 567-3300 • www.mass.gov/dfs

Senior Parking Stickers

The Town of Maynard has a Senior Parking Sticker program that allows residents who are 62 years old or older to park at any metered space free of charge for up to 2 hours. Residents interested in the program should bring their license and registration to the Maynard Police Station (197 Main St.) to be issued a sticker.



Voluntary Home Safety Visit!

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

We book our safety visits from April 1st - 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."

Are Your Possessions Taking Over Your Home? Our De-Clutterers' Group Can Help!

**10 week group starting
Friday, April 1 • 11:00AM-12:30PM**

Minuteman Senior Services • 26 Crosby Drive, Bedford, MA

Space is limited
Pre-registration required
For adults of all ages

For more information contact Susan at
781-221-7052 or rsvp@minutemansenior.org

 If you can answer "YES" to any of these questions, there is help and support for you.

Is clutter affecting you at home, work, or in your relationships?

Does your clutter create safety issues in your home?

Are you embarrassed or ashamed to have people in your home?



*This program is funded through a generous grant from: the Northwest Suburban Health Alliance/
CHNA 15 DoN funds from Lahey Hospital and Medical Center and Winchester Hospital*



Minuteman By Your Side New Package Options!

Minuteman By Your Side is pleased to announce new, private care management options for those who don't qualify for subsidized services or would like to add more care management support. Contract with us on an hourly basis or choose a package that meets your needs.

Home Safe Home - Our home safety assessment can help prevent falls and accidents.

Planning Ahead - An assessment of your abilities and challenges to independent living now and looking forward can help you reach your personal goals.

Caregiver Empowerment Package - Support on a short-term or ongoing basis through coaching, managing tasks for you and/or being your eyes and ears when you can't be there.

Successful Transitions Package - Whether you are recovering from a hospitalization, relocating or experiencing a major change, you don't have to go it alone.

For information or to make a referral, please call 888-222-6171 or email ByYourSide@minutemansenior.org

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



REP. KATE HOGAN'S SENIOR NEWS APRIL 2016

STATE BUDGET PRIORITIES FOR FISCAL YEAR 2017

At the end of April, the House of Representatives will debate the State Budget for Fiscal Year 2017. I have worked with other legislators and advocates to determine the most important budgetary priorities for seniors. These are the priorities I will fight for:

- **Local Aid to Councils on Aging:** Local Councils on Aging are the first stop on the elder care continuum and provide invaluable services and resources to the seniors in our communities. As Co-Chair of the Elder Caucus, I am seeking an additional \$1 per senior in FY17; which will increase the formula from \$9 per senior to \$10 per senior by a part of our plan to reach \$12 per senior by FY20.
- **Home Health Care Services:** Massachusetts remains one of only five states without state oversight rules and standards for home health care agencies. I am seeking to create a special commission of state legislators, state health officials and home health care leaders to make recommendations on state oversight and payment for medical in-home care services. The commission will analyze payment rates and methods, licensure, and the current number of home health agencies operating in the Commonwealth.
- **Bed Holds:** I will also file a budget amendment related to 10 day bed holds in nursing homes. When a nursing facility resident, who receives MassHealth benefits, enters a hospital, the division will pay to preserve his or her bed in the nursing home facility for a period of up to and including 10 days. MassHealth recipients will also be able to keep their bed in the nursing facility if they leave for a non-medical reason for up to and including 15 days.
- **Public Libraries:** As Co-Chair of the Library Caucus, I am seeking to restore funding for our public libraries. Libraries use state aid funds to meet the needs of local residents by keeping libraries open, purchasing computers and running homework centers and job-search workshops. The Library Caucus has also been able to expand library access for the elderly and people with disabilities. Some of these great programs include the Perkins Library. Through the Perkins School for the Blind, seniors can access large print books, books in Braille, and special listening devices to listen to books, newspapers and periodicals. Book mobiles deliver books to those confined in their homes and can also provide closed circuit televisions for magnified reading. For more information about the Perkins Library, please contact Karen in my office at 617-722-2130.
- **Maynard Senior Van Program:** I am seeking funds for expanding use of Maynard & Acton's Senior Van Program. This funding will assist with the purchase of two additional vans and associated costs. Expanded van service will allow more seniors access to medical appointments and provide an Acton Commuter Rail Shuttle that will encourage reverse commuting, reduce traffic congestion and spur economic development in our region.

Hogan's Office Hours

Bolton Office Hours will be held on Thurs., Apr. 14th from 5:30-6:30 p.m. at the Bolton Public Library, 738 Main Street, Bolton, MA.

Bolton Office Hours will be held on Tue., Apr 19th from 6:00-7:00 p.m. at the Hudson Public Library, 3 Washington Street, Hudson.

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



THE FIRST ANNUAL FOUNDER'S DAY

COME CELEBRATE AN HISTORIC DAY IN MAYNARD'S HISTORY!

Kick off Saturday, April 16th at 10:00 AM in Memorial Park
Closing ceremony Sunday, April 17th at 11:00 AM in Memorial Park
(Note: location is weather-dependent)

Support the Gold Award project of **local Girl Scout Haley Fritz** by attending this novel celebration of local history. Established in collaboration with the **Board of Selectmen, Maynard Business Alliance, and Maynard Historical Commission**, Founder's Day commemorates the first town charter through fun, educational, family-friendly activities, such as:

- ♥ **Enter to win prizes** by completing the scavenger hunt at the Maynard Public Library
- ♥ **See the original town petition** with Maynard history author David A. Mark
- ♥ **Take a guided tour of the Assabet Valley Wildlife Refuge**, courtesy of Paul Boothroyd (sign-ups required – e-mail halmfritz@gmail.com for more information)
- ♥ **View a documentary on the history of Maynard** at Fine Arts Theater
- ♥ **Listen to a special musical performance** from the Maynard Community Band
- ♥ **Do children's crafts from the 1800s** at smARTroom

...Plus promotional discounts from many local businesses!