

# NEW GENERATION



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

**MAY 2016**



## The View from Here

I'd like to thank Judy Welsh for introducing Tai Chi (cover) to us. Judy volunteers and teaches a wonderful class. Tai Chi is a low impact form of exercise through which a series of motions improve balance, flexibility and balance. Tai Chi can be described as "moving meditation." Consider stopping by to observe a class on Mondays at 1:00 p.m.

Many thanks to the Senior Citizens Club for their contribution to the COA programs.

Congratulations to the Maynard seniors who dominated the raffle prizes at the State Senator Jamie Eldridges' Annual Senior Conference. Early Christmas presents!

This newsletter is full of something for everyone – take a look!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

**A Donation was made  
in memory of:**

*Ben Iannarelli*

**by: Lee and Mary Stone**

## Annual Town Meeting

Annual Town Meeting is  
**Monday, May 16**

Call the COA to sign up for the van by May 12.  
Early return available. No transportation fee.

## We Want You!

May 16th is the date for this year's Annual Town Meeting. Set by Town Charter for the 3rd Monday in May, this event is similar to those being held throughout the Commonwealth from February to June. To a certain extent, these meetings are rituals. We follow a script to set in place our next annual budget (beginning July 1, 2016) and make other decisions based on state law. During the Annual meeting, we also convene a Special Town Meeting to deal with changes required within the current budget year. For example, a deficit in the snow & ice budget can be paid for with money we haven't budgeted to spend (free cash) or can be rolled into next year's spending – the voters get to decide. Voters also decide what to do with our surplus revenues – typically we use this for one time items like capital investment or put it into a stabilization account for future needs.

The business of a small Town like Maynard can be arcane, but it is important that voters be in the midst of the financial decisions. The Selectmen and Town employees manage the long-term direction and the daily business of the Town, but we answer to the voters who tell us whether we are doing what they agree with by raising their voices (in elections – May 3rd – by the way) and at Town Meeting by approving or disapproving the recommendations on the Warrant.

We hope to see you at the Fowler School, 3 Tiger Drive, at 7 pm on the 16th.

The Town currently has nearly 200 volunteer positions on boards, committees, and commissions. While a handful of these are elected, most are appointed. Each year, about 33% of the terms expire and there is additional turnover when members can no longer fulfill their commitment. Of course, some members renew their involvement for another term, but the Town is always looking for membership on one board or another.

Please consider serving the Town by joining a Board, Committee, or Commission, most are three years, beginning July 1st. A list of openings is available in Town Hall and on our website. Perhaps there is one for which you have an interest or expertise. The wisdom of the community is far greater than that of any individual and the Town needs the input of many to make great decisions for its future.

**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, MAY 5 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

## May Luncheon

Thursday, May 12 • Noon

Lasagna, Green Salad, Garlic Bread, Dessert

**\$5.00 pay at the door**

**MUST sign up with the COA – making a reservation with CrossTown Connect is not the same as signing up for the luncheon.**

## Honoring Choices

Karen Halloran, Community Liaison from CareOne at Concord, will be providing monthly presentations from the Honoring Choices program.

The first presentation in the series is:  
"Who's Your Agent?"

**Thursday, May 19, 12:30 p.m.**

You will learn about 5 very important documents. These include Health Care Proxy, Durable Power of Attorney, Living Will, MOLST and DNR/DNH.

Forms will be available. A question and answer segment will take place at the end of the presentation.

**A light lunch will be served. MUST sign up so we know how lunches to provide.**

## Look Optical

Alex from Look Optical is back!

**Monday, May 16, 11:00 a.m.**



**Wednesday, May 11, 11:00 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.

## "Tunes And Spoons" A Special Spring Concert For Maynard Seniors

Mr. Kevin Kozik, Director of Bands at the Fowler School, invites you to a spectacle of live wind band and choral music. Come enjoy a mid-day show featuring tunes, songs, and images from around the world!

The Fowler School • 3 Tiger Drive, Maynard, MA



**Friday, May 13, 2016**

**11:30 a.m. – 12:30 p.m.**

Admission: FREE  
No Transportation Fee



Join us for sweets at Erikson's Ice Cream following the concert! (ice cream on your own)

The Council on Aging van will be available for transportation. Call Pat Kozik at 978-897-1009 to schedule a ride.

## Prediabetes

Prediabetes – FYI! (for your information) Prediabetes is a warning sign that you are at risk for type 2 diabetes. The risk for getting prediabetes and type 2 diabetes increases with age. Learn about risk factors and healthy choices needed to prevent it. Presented by Judy Manning, RN from VNA CareNetwork.

**Wednesday, May 18 • 1:00 p.m.**

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

The COA is not able to store equipment on site.



## “Spring ArtWalk”

The Maynard Business Alliance’s 4th Annual “Spring ArtWalk” will take place on Saturday, May 7th from 5-7 p.m. Enjoy an evening of Art & Music in downtown Maynard!! There will be artwork by students from Garro Studios in retail stores throughout downtown and the Maynard High School Jazz Band will be playing at LOOK Optical. Enter to win a painting by Lola Chaisson or an inkjet print by Priscilla Alpaugh Cotter by participating in the Passport Raffle, and get a coupon for 10% Off Dinner at participating restaurants. There will be Plein Air artists from ArtSpace Maynard dispersed in front of stores creating artwork and students from Acton Art drawing a mural outside at Berkshire Hathaway for all to see. Plus lots of live music and local art to see at participating businesses!!!!

## Free Accessible Tour of Acton Arboretum

Saturday, May 7 10:00 am—11:00 am



Participate in an “out and back” tour, approximately 1,000 feet, along a (hard-surface) stone dust trail, past interesting trees and flowers to a garden and a pond. The destination sensory garden has smell- and-touch plants. Lilacs should be in bloom! Visit a pond and a wooden boardwalk to see frogs and turtles. Listen to and try to identify songbirds. This program is designed for people and families with accessibility needs. Trail is mostly level and accommodates most wheelchairs and walkers. Limit: 15 people. Registration required.

To register, visit [www.svtweb.org/calendar](http://www.svtweb.org/calendar) or call 978-443-5588 X123

Sudbury Valley Trustees and nearly 3000 members protect and care for land and wildlife habitat in 36 communities surrounding the Concord, Assabet, and Sudbury Rivers.

## 43rd Annual Sounds Of Stow SpringFest Concert

Sunday, May 15, 2016

The Sounds of Stow’s 43rd annual Spring Festival Concert is dedicated to the great American musician Robert Shaw, as we commemorate the 100th anniversary of his birth. No other single person has contributed as much to the growth of choral singing in America, through his training of generations of singers and conductors, his research into American folk music and spirituals, his many recordings which breathed new life into the vast repertoire we now take for granted. He set high standards for us all – singers, players, listeners – and through his work with Alice Parker, made appealing literature available to singing groups of all levels, ages and abilities.

Instrumental selections by local musicians will fill out the program, including piano performance by ninth grade piano phenom Katie Painter, and ensemble selections including flutist Katherine Kleitz.

The concert will be held at 4:00 on Sunday, May 15 at the First Parish Church in Stow center (junctions of Rts 117 and 62.) Admission: \$10 adults; \$5 children 18 and under, with a household family maximum of \$25.

Sounds of Stow is supported in part by the Massachusetts Cultural Council as administered by the local cultural councils of Stow, Acton-Boxborough, Bolton and Hudson.

## **Ruth Harcovitz** **Songs of World War II**

Community-Wide Celebration  
70th Anniversary of the End of the Second World War

**Wednesday, May 4, 2016**

**MAYNARD Senior Citizen Club**

Maynard Elks Lodge, 34 Powder Mill Road, Maynard, MA

FREE CONCERT • 1:30 PM

refreshments following

This performance is supported in part by a grant from the Maynard Cultural Council, a local agency, the Massachusetts Cultural Council, a state agency, the Maynard Senior Citizens Club, and the Maynard American Legion.



## **Rodgers & Hammerstein's Carousel**

**Saturday, June 18, 2016**

The Seniors Citizens Club is sponsoring a trip to see the Regal Players' production of Rogers & Hammerstein's Carousel on June 18. Contact Nancy Hatch for more information/to order tickets at (978) 897-1839.

Events Sponsored by The Seniors Citizens Club

The Senior Citizens Club meets the first Wednesday of the month – 1:00 p.m. at the Elks Club.

## **The Walking Club**

**Wednesdays at 10:30**

The Council on Aging's Walking Club is ready to move after its winter hiatus. Meet at Mill on Main by the sign for Stratus. Next to entrance for second lot from Main Street near bridge on Sudbury Street. Enjoy great company and come see the new mural of the future Mill & Main. Call the COA for more information/to sign up.

<http://www.townofmaynard-ma.gov/resources/walkmaynard/>

<http://www.massaudubon.org/>

<http://www.fws.gov/refuges/profiles/ByState.cfm?state=MA>

<http://thefreedomtrail.org/>

<http://www.visit-massachusetts.com/state/walking-and-hiking/>

# "ArtSpace Outdoors Inaugural Exhibit of Outdoor Sculpture"

Featuring the works of 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.



## "Plein-Air Abstractions"

Featuring the works of Richard Kattman

Wednesdays through Saturdays, May 11 to June 3 from 11 am to 3 pm

"Mini" ArtSpace Artists Open Studios: Saturday, May 14th from 4 – 6 p.m.

Outdoors Installation Exhibit and Reception: Saturday, May 14th from 4 – 6 p.m.

Opening Reception: Saturday, May 14th from 5 – 7 p.m.

"Plein-Air Abstractions" features an exhibition of large format paintings by Richard Kattman as Artist in Residence at La Macina di San Cresci, Italy, 2015"



The exhibit runs through June 3.

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](http://artspacemaynard.com)

and like us on Facebook.

ArtSpace Maynard invites artists in all media — except video — to submit proposals for one month solo or group exhibitions for the 2016-2017 season; the deadline for proposals is May 18. The proposed exhibit should be based on a unifying concept that is social, historical, philosophical, cultural, political or other. The ArtSpace Gallery is one of the largest nonprofit exhibition spaces in Massachusetts. Preference will be given to New England artists. For guidelines, go to: <http://artspacemaynard.com/proposals>.



# Google™ Calendar

## Google Calendar Workshop

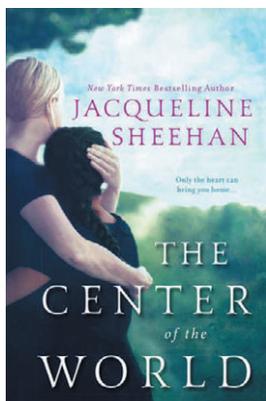
Tuesday, May 24th @ 7pm

Never forget an appointment again! Get yourself organized and synced with this 1 hour workshop. Join us as we learn how to create, maintain, and share an online calendar using one of Google's most useful tools!

(If possible, you are encouraged to bring a laptop to follow along.)

**Maynard Public Library**

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



## An Evening with Jacqueline Sheehan

*The Center of the World* is a captivating story of a mother and her adopted teenage daughter who revisit their past in war-torn Guatemala to unlock a long-held family secret. Jacqueline Sheehan is also the author of the contemporary novels *Picture This*, *Now & Then*, *Lost & Found* and the historical fiction *The Comet's Tale*, based on the life of Sojourner Truth.

**Thursday, May 26 • 7:00 pm**  
**Maynard Public Library • 77 Nason Street**

Brought to you by the Friends of the Maynard Library



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**

# Don't Miss This LIVE CONCERT EVENT

COMING SOON TO  
**FINE ARTS THEATRE PLACE**

## THE JUNGLE BOOK

**COMING 4/15**

*Starring Bill Murray & Ben Kingsley*

The man-cub Mowgli flees the jungle after a threat from the tiger Shere Khan. Guided by Bagheera the panther and the bear Baloo, Mowgli embarks on a journey of self-discovery, though he also meets creatures who don't have his best interests at heart.

## EYE IN THE SKY

**COMING 4/22**

*Starring Helen Mirren & Alan Rickman*

Col. Katherine Powell, a military officer in command of an operation to capture terrorists in Kenya, sees her mission escalate when a girl enters the kill zone triggering an international dispute over the implications of modern warfare.

## CAPTAIN AMERICA: CIVIL WAR

**COMING 5/6**

*Starring Chris Evans & Robert Downey Jr.*

Political interference in the Avengers' activities causes a rift between former allies Captain America and Iron Man

## IL POSTINO

**COMING 5/10**

*Starring Philippe Noiret & Massimo Troisi*

Simple Italian postman learns to love poetry while delivering mail to a famous poet; he uses this to woo local beauty Beatrice

## THE HAL MCINTYRE ORCHESTRA COMES BACK TO FINE ARTS THEATRE!

Don't miss this LIVE CONCERT EVENT featuring vocalist Jody Ebling for a tribute to Peggy Lee!

**THIS 12 PIECE ORCHESTRA WILL BE LIVE ON STAGE IN OUR THEATRE FOR ONE NIGHT ONLY!**

THURSDAY, MAY 26, 2016 AT 7:00 PM

Tickets are on sale now through out Box Office | \$28 for General Admission and \$25 for Seniors.

Mention this ad and receive 2 free movie passes with your advanced ticket purchase!\*

\*Must purchase tickets in advance

Bring this ad in for a free small popcorn with purchase of a movie ticket & drink!

### FINE ARTS THEATRE PLACE

19 SUMMER STREET, MAYNARD MA 01754

[www.fineartstheatreplace.com](http://www.fineartstheatreplace.com)

(978) 298-5626

Email us at [info@fineartstheatreplace.com](mailto:info@fineartstheatreplace.com) to join our mailing list, or visit us online or Facebook for weekly show times and special screenings!

# 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.**

## **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 - 9:30 a.m. - 10:30 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.

## **WALKING CLUB - WEDNESDAYS - 10:30 a.m.**

See details on page 5.

## **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.**

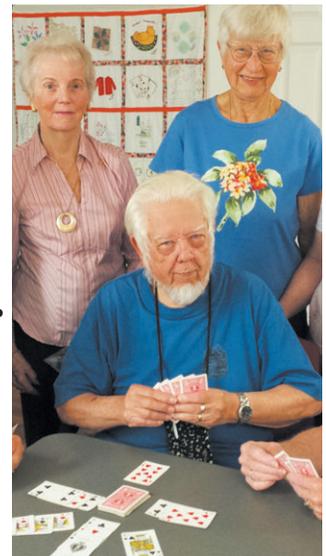
Openings available – call Amy at the Council on Aging. \$7.00 per class.

## **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. **May's Meeting TBD. Call COA before coming.**



**"Kings in the Corner"  
Fridays**

# Maynard Council on Aging Trips

## COA DINNER TRIPS

**May 5** OLIVE GARDEN & **May 19** GUISEPPE'S GRILLE

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 3pm. and typical return time is approx. 8pm. 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

**May 4**  
 SHOPPING & LUNCH  
 A. C. Moore and Uno Pizzeria & Grill. Pick-ups start at 9am. Return by 2pm. \$3 van transportation fee.

**May 11**  
 SOLOMON POND MALL  
 Pick-ups start at 9am. Return by 2pm. \$5 transportation fee.

**May 13**  
 CONCERT & ICE CREAM  
 Fowler Concert and Erikson's Ice Cream. Van transportation available. Call COA.

**May 16**  
 ANNUAL TOWN MEETING  
 Van Transportation available. Call COA.

**May 18**  
 BREAKFAST  
 Breakfast Trip to Stephen Anthony's Restaurant. Pick-ups start at 8:30a.m. Return by 1pm. \$3 van.

**May 17**  
 SHOPPING TRIP  
 Walmart and Market Basket. Pick-ups start at 9am. Return by 3pm. \$2 transportation fee.

**Fridays**  
 TRADER JOES  
 Pick-ups start at 7:45am.

**May 25**  
 SHOPPING & LUNCH  
 Shopping Trip to Ocean State Job Lot in Bedford. Lunch at The Great Wall Chinese Restaurant. Pick-ups start at 9am. Return by 2pm. \$3 van.

## 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



State Senator Jamie Eldridge sponsored a delicious chicken parmesan dinner and chatted with constituents.

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 - Tuesdays 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

## 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 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](http://maynardfoodpantry.com)**

# Relay For Life Of Maynard

June 3-4, 2016 • 6:00 p.m. - 10:00 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!



## Walking Safely in Urban Areas

### Go4Life has safety tips for enjoying a walk in the city:

- Choose routes that are well used, well lit, and safe, and those with places to sit in case you want to stop and rest.
- Walk on a sidewalk or a path whenever possible.
- Check out city parks. Many parks have walking or jogging trails away from traffic.
- Stay alert at all times. If you're listening to music as you walk, turn down the volume so you can still hear bike bells and warnings from other walkers and runners coming up behind you.
- Carry your ID with emergency contact information, and bring along a phone and a small amount of cash.
- If possible, walk during daylight hours.
- Watch out for uneven sidewalks, which are tripping hazards.
- Cross at crosswalks or intersections. Jaywalking increases your risk of a serious accident.
- Before you start to cross a street, make sure you have plenty of time to get across. Rushing increases your risk of falling.
- Pay attention to the traffic signal. Cross only when you have the pedestrian crossing signal, and look both ways as you cross.
- Never assume a driver sees you crossing the street. Try to make eye contact with drivers as they approach.
- Be seen to be safe. Wear brightly colored clothing during the day, and wear reflective materials or carry a flashlight at night.



Everyday Fitness Ideas from the National Institute on Aging at NIH  
[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

## MAY Is Electrical Safety Month

**Preventing Electrical Fires at Home** When we think about electricity, we think about electric current. Electric current is the power running along wires in our home and generates heat as it travels. The electrical current is like water running through a hose. The size of the cord can carry only so much electricity before it starts to overheat. The insulation on home wiring fuses and other parts of the electrical system are all designed to carry a certain amount of electricity safely. The more electricity you draw along a cord, the more quickly it heats up. For instance, an appliance like a space heater can draw a lot of current and needs to be plugged in with a properly designed cord.

**Electrical Fires: A Leading Cause of Fire Deaths From 2010-2014**, Massachusetts fire departments reported 2,743 home fires caused by electrical problems. These fires caused 42 civilian deaths, one fire service death, 121 civilian injuries, 310 fire service injuries and an estimated dollar loss of \$136 million. The average loss per fire was \$49,598. Electrical fires were the leading cause of fire deaths in 2011 and 2014, and they were tied as the number two cause in 2012 and 2013.

**Extension Cords** The plugs on cords are the places where heat builds up and the more cords you connect together, the more trouble spots you have. The connection between an extension cord and an appliance cord does not have the same safety features (like fuses or circuit breakers) as those that are built into a wall socket. That is why extension cords are for temporary use only.

**Preventing Electrocutions and Shocks Safety Tips:**

- Read and follow instructions and safety tips provided with electrical appliances and equipment.
- Install plastic safety covers in unused electrical outlets to protect children from shock hazard.
- When unplugging a cord or appliance from an outlet, pull the plug not the cord. Pulling by the cord can cause damage to the wiring at the connection.
- Do not defeat polarized plugs (one prong larger than the other) or the third or ground prong.
- Keep electrical appliances and cords away from water. Keep yourself alive by keeping water and electricity separate.

## Prevent Dryer Fires

In 2014, there were 118 dryer fires that caused six civilian injuries, seven fire service injuries, and \$1.6 million dollars in property damage. Over half of the fires, 51%, occurred in 1- and 2-family homes.

**Clean the filter screen after each load** This will keep the vent clear. When accumulated lint clogs the vent, the dryer can overheat and a fire can result.

**Wash filter screen every 6 months** Wash with warm, soapy water and a soft brush to remove chemical residues left by dryer sheets which can clog the filter and overheat the dryer causing a fire.

**Stay home while the dryer is in use** Turn off the dryer before leaving the house.

**Clean vents to the outdoors** Clean the hose pipe that vents to the outdoors twice a year. Use a vacuum cleaner to clean out accumulated dust and lint.

**Vacuum the motor area** The dust and lint in the vent pipe can ignite if it gets hot enough. Vacuum the motor area if you can get to it. You may have to remove a panel.

**Clean commercial dryer vents regularly** Commercial dryers get a lot of use and will have a common venting system.

**Don't dry mop heads** The dryer's heat can ignite cleaning chemical residue on mop heads.

**Keep the surrounding area clear** Don't leave clothing or other ordinary combustibles close to the dryer. The dryer's heat may ignite them.

 **FireFACTORS** Office of the State Fire Marshal • [www.mass.gov/dfs](http://www.mass.gov/dfs) • (978) 567-3300

## 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.”**

# Calling 911

When you or a loved one suffers a life-threatening medical emergency or injury, you know to call 911. But often it's just as important to know what to do before the call and while you're waiting for help to arrive. While you can never predict when you might need emergency care, following a few steps can help you be prepared in the event that you do.

When accidents happen you often need to act quickly, but in the heat of the moment it's easy to become confused and disoriented. That is why we recommend that you prepare for an emergency before it happens by gathering all the information you'll need to provide the 911 operator and the emergency responders. The Police and Fire Departments in Maynard have forms available for residents to fill out with their emergency contact and disability information. We can also provide residents with "File of Life" forms which contain all medical information needed in case of a medical emergency.

Someone is sick or has suffered an injury. You've placed a call to 911. Now what? Let the operator drive the call! Callers should not interrupt the 911 operator, should follow all instructions given and be ready to answer questions. All the questioning is not delaying the response, but will help us decide what the best response is.

Do not hang up until the 911 operator tells you to do so. While waiting for emergency responders follow any instructions given by the 911 operator, reassure the injured person that help is on the way, turn on an outside light, gather any medications, make sure the front or entry door is unlocked, and put away any family pets.

Once emergency responders arrive provide them with the medications currently being taken by the patient, or a list of them and advise responders of any pertinent medical history. Following these steps will ensure a fast and smooth response, which in turn leads to a faster treatment and recovery.

Anne Camaro | Director of Emergency Communications | Maynard Public Safety

## Scam Alerts

### What to know and do about scams in the news

Crooks use clever schemes to defraud millions of people every year. They often combine sophisticated technology with age-old tricks to get people to send money or give out personal information. They add new twists to old schemes and pressure people to make important decisions on the spot. One thing that never changes: they follow the headlines — and the money.

Stay a step ahead with the latest info and practical tips from the nation's consumer protection agency. Browse FTC scam alerts by topic or by most recent. **Sign up for email alerts at <https://www.consumer.ftc.gov/scam-alerts>**

## What is MassOptions?

MassOptions is a free resource linking elders, individuals with disabilities, caregivers, and family members to services that help you or a loved one live independently in the setting of your choice. We help individuals avoid the frustration of calling multiple agencies and navigating various networks.

### What does MassOptions do?

MassOptions can help individuals link to information about a broad range of services including:

Caregiver Support Services • Care Management Services • Community Life Services  
Coordinated Care Programs • Day Services • Employment and Training Services • Equipment & Supplies  
Financial Assistance Services • Food and Nutrition Services • Health and Therapeutic Services • Housing  
In-Home Supports • Mental Health Services • Personal Care Services • Protective Services  
Substance Abuse Services • Transition Assistance • Transportation Services

Contact MassOptions by calling the toll free number at 1-844-422-6277 or chat online at the MassOptions website where a trained specialist will provide referrals to services that best fit your individual needs. The MassOptions call center and online chat are available **7 days a week from 8AM to 8PM.**



## REP. KATE HOGAN'S SENIOR NEWS

### MAY 2016

#### JOINT COMMITTEE ON PUBLIC HEALTH

Happy Spring, friends. As we leave winter behind, I am hopeful that May will bring warmer weather and blooming buds. Around this time last year, I shared with you my news of being appointed House Chair of the Joint Committee on Public Health. Over the past year my tenure as Chair has allowed me to work on and promote public health policies and programs that will benefit individuals in Massachusetts. The Committee recently reached "Joint Rule 10" day – a deadline on which we released dozens of important bills from the Joint Committee on Public Health to further their advancement

in the Legislature. Many of the bills that we released have the potential to directly impact and assist seniors across the Commonwealth.

#### Legislation of Interest to Seniors

- H.4067, "An Act relative to home health and hospice aides," would allow home health aides to provide seniors with certain medications that, currently, only a nurse can provide. This change would be more convenient and cost-effective for many seniors, because they would no longer require a separate visit from a nurse to receive certain medications. This bill has been referred to the Committee on Health Care Financing.
- S.1162, "An Act relative to chronic care coordination," would streamline the system of care for individuals with one or more chronic illnesses. A more streamlined system would ensure the patient's needs and preferences are known and communicated at the right time to the right people, and that this information is used to guide the delivery of safe, appropriate, and effective care. This bill has been referred to the Committee on Health Care Financing.
- S.2147, "An Act establishing a commission on malnutrition prevention," is a bill that I co-sponsored. It would establish a commission to study malnutrition, specifically of seniors. This bill has been referred to the Senate Committee on Rules.

#### Bed Holds Update

Last month I informed you that I would file a budget amendment seeking to extend bed holds in nursing homes. I am pleased to share that MassHealth has recently increased their policy to 20 Medical Leave-of-Absence days and will continue to pay for 10 Non-Medical Leave-of-Absence days, preempting the need for my amendment. I am glad that MassHealth sees the benefit that this change in their policies will provide for seniors in nursing home facilities across the Commonwealth.

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### Hogan's Office Hours

**Stow Office Hours** will be held on Tuesday, May 17th from 6-7 p.m. at the Randall Library, 19 Crescent Street, Stow.

**Bolton Office Hours** will be held on Thursday, May 26th from 5:30-6:30 p.m. at the Bolton Public Library, 738 Main Street, Bolton.

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.

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**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](mailto:Kate.Hogan@mahouse.gov)

# Has cancer touched your life?



**6pm Friday, June 3<sup>rd</sup> to  
10am Saturday, June 4<sup>th</sup>  
Alumni Field at  
Maynard High School**

- \*Raffle Baskets
- \*DJ / Music
- \*Games
- \*Temp Tattoos

- \*Food
- \*Contests
- \*Theme Laps
- \*Tie Dye Shirts

- \*Kid Activities
- \*Pancake Breakfast
- \*Face Painting
- \*Dancers

This is Relay For Life, a team event where people come together to remember loved ones, inspire others and celebrate life. It's your chance to make a difference in the fight against cancer.

[www.RelayForLife.org/MaynardMA](http://www.RelayForLife.org/MaynardMA)