

# NEW GENERATION



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

**JUNE 2016**



## The View from Here

Congratulations to Joan Meakin for 26 years hosting the Drop-In at the Union Congregational Church. The Drop-In was an integral part of the senior community providing a special social opportunity to share lunch, play cards, celebrate the holidays and witness the tap dancing talent of Joan herself! Look for the Drop-In to locate to the Council on Aging in July, 9:00 – 11:00 a.m. on Tuesdays.



Many thanks to Catherine Evans for including us in her "Many Hands Working Together – Maynard Community Art Project." (see cover) We are looking forward to Catherine continuing to introduce the COA to a variety of crafts. Contact the COA for upcoming dates.



~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

## What's Next?

The Town of Maynard continues to improve itself. For those who attended Town Meeting in May that is obvious, as Town finances strengthen and many positive changes are still to come in local development.

So, what's next? The strongest communities are always looking ahead for new initiatives – ways to better themselves, reduce costs or increase services without increasing costs, and to add capacity. Maynard is strong in many ways and is looking to get stronger. One way is a program called 'Complete Streets' which the Board of Selectmen endorsed in 2015. 'Complete Streets' is a philosophy of development to create and update streets to safely accommodate the needs of all – walkers, bicyclists, and automobiles. Ideally, our streets will enrich the town by continuing its reputation of being 'walkable' while also providing safe ramps for those needing them, access to parking, and multi-modes of transit.

So, what's next? Maynard is also engaging all businesses and residents to boost the town's curbside appeal. If homeowners, landlords, and businesses all took care to make their corner of Maynard a little cleaner, neater, and brighter, the entire community would look to the outside world the way many of us feel about it on the inside. The Town is taking steps in this direction including cleaning up its own properties, beginning enforcement of code violations, and providing funds to assist local businesses to enhance their presence. We are also planning to add flower planters throughout the downtown during the summer of 2016.

So, what's next? We have a long list of internal process changes and long-term financial and development goals. We are also looking for your input. Tell us what's next on your list for improving Maynard. Contact me in Town Hall or via email or drop me note.

**Andrew Scribner-MacLean**

Maynard Asst. Town Administrator

[ascribner@townofmaynard.nett](mailto:ascribner@townofmaynard.nett) • 978 897-1375

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

**JUNE MEETING WILL BE HELD ON THURSDAY, JUNE 2 AT 10:30 A.M.  
THERE ARE NO BOARD MEETINGS IN JULY & AUGUST**

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

## June Luncheon

**Thursday, June 9 • Noon**

Stuffed Chicken Breasts, Roasted Carrots  
Rolls, Birthday Cake

**\$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.**

## Look Optical

Alex from Look Optical is back!

**Monday, June 13, 11:00 a.m.**



## “Home Safety Tips”

from CareOne in Concord

**Thursday, June 16 at 12:30 p.m.**

Lunch will be provided but you  
**MUST sign up in advance!**

## Keep Well Clinic

**Wednesday, June 22 • 1:00 p.m.**

This is an opportunity to follow up with your questions from Judy’s prediabetes presentation last month. Blood pressure, respiratory status, blood sugar testing and medication review will be provided. Judy Manning, RN from VNA Care Network facilitates the clinic.



**Wednesday, June 22, 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.

## The Walking Club

**Tuesdays at 10:30 a.m.**

The Council on Aging’s Walking Club is ready to move after its winter hiatus. Meet at the large Mill & Main parking lot across the street from St. Bridget’s Church, near the bridge and the Stratus sign. Enjoy great company and come see the new mural of the future of Mill & Main. Call the COA for more information and to sign up.

## Call The Council On Aging To Make A Reservation For:

### Dinner Trips & Open Table Pantry and Dinner

#### Open Table trips:

You must take the COA van to the Pantry to be able to enter at 4:00 p.m.  
The COA van seats 12— you will be on the list for the following week if the van is full.

To sign up for the Open Table trips you need call after Tuesday and before Friday to be able to go if there is space on the van.

You are not able to sign up for multiple weeks.



**FRIDAY, JUNE 24<sup>TH</sup>**

**3:00 - 4:00PM**

*Coffee with Kate*

**Light refreshments will be served.**

Maynard seniors – please join Representative Kate Hogan for conversation, coffee, and light refreshments. In a relaxed, comfortable environment, you can learn about what’s new at the State House and share what’s happening in your neighborhood.

Mark your calendars and be sure to invite your neighbors & friends. Please let Rep. Hogan know if you are able to join by June 22<sup>nd</sup>.

**You are  
Invited to  
Join**

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**State  
Representative  
Kate Hogan**

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**For Coffee &  
Conversation  
with Seniors**

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**Please RSVP  
& Join Us**

**AT  
SERENDIPITY  
CAFE**

**1 Nason Street  
Maynard, MA**

**RSVP: (617)722-2130**

**Or**

**[Karen.Freker@MAhouse.gov](mailto:Karen.Freker@MAhouse.gov)**

# Friends of the Maynard Library Used Book Sale

Maynard Public Library • Saturday, June 11 • 10:00 til 3:00

It's time to stock up on books for your summer reading! The Friends of the Maynard Public Library will hold a used book sale on Saturday, June 11 from 10 a.m. to 3 p.m. in the Roosevelt Room at the library. There will be a selection of paperback fiction, as well as biographies, cookbooks, gardening books and travel books for adults—perfect for taking to the beach, working in the yard or planning your vacation. There will also be a variety of children's and young adult books for sale. Proceeds benefit the library.

For questions about the book sale, send email to [fmplibrary@gmail.com](mailto:fmplibrary@gmail.com)  
or visit the library website at [www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org).



## Maynard Farmers' Market

2016 opening day: June 25 • Saturdays 9am – 1pm  
Mill Pond parking lot, Main St • [MaynardFarmersMarket.com](http://MaynardFarmersMarket.com)

Local Foods • Artisans • Wellness  
Special Events • Community Info  
Kids Activities • Serendipity Cafe Music Series

Farmers' Market Senior & WIC Coupons,  
SNAP/EBT all accepted

**Kicking off our third decade of food  
and fun all season long!**



## Learn A New Language With Mango!

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

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

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

Get started today at [www.maynardpubliclibrary.org/databases](http://www.maynardpubliclibrary.org/databases)

# "Mini Solo Exhibits"

Featuring the works of Constant Albertson and Alvina Laudani

Wednesdays through Saturdays, June 8 to July 1 from 11 am to 3 pm  
"Mini" ArtSpace Artists' Open Studios: Saturday, June 11th from 4 – 6 p.m.

**Opening Reception: Saturday, June 11th from 5 – 7 p.m.**

Gallery hours are  
Wednesdays-Saturdays, 11 a.m. to 3 p.m.

The ArtSpace Gallery is pleased to present an exhibit featuring the works of Constant Albertson and Alvina Laudani. Ceramist, Constant Albertson, presents her current hand built ceramic sculpture exploring unabashed political, social and economic storytelling. Alvina Laudani's work with wooden sticks feels that our humanity and emotions are best revealed by the way our faces look and how our hands present.



"Child Soldier" by Constant Albertson

## 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.



Image by: Alvina Laudani



Image by: Alvina Laudani

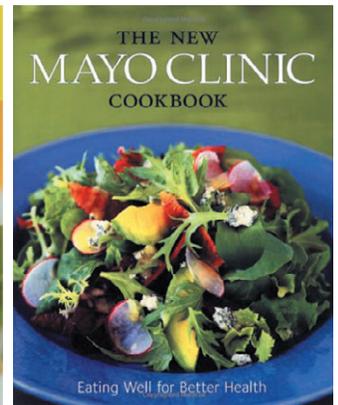
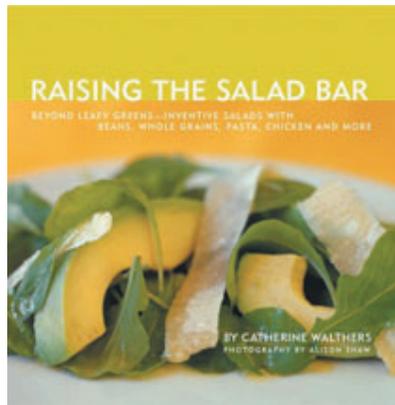
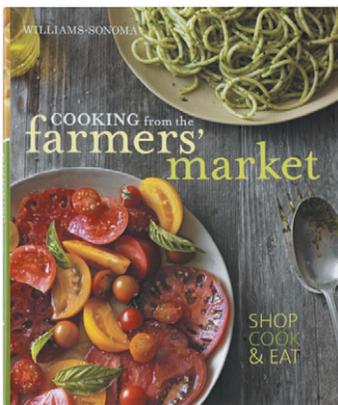
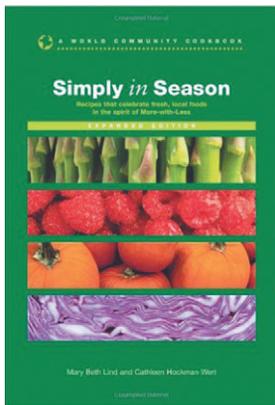
# Get on the Cloud with Google Drive!

Tuesday, June 14th @ 7pm

Maynard Public Library • Please register at the Reference Desk • (978)897-1010

Learn how to create, store, and collaborate on documents, spreadsheets, presentations, and more on Google's free adaptation of Microsoft Office.

Note: Please have a Google account already set up before attending.  
If possible, you are encouraged to bring a laptop to follow along.



## Cookbook Club

From The Market To The Library Table

Join us for a summer cookbook club that explores healthy and delicious seasonal food through four cookbooks

### HOW DOES IT WORK?

- You choose and make a recipe from the selected cookbook - preferably one using fresh local produce - and join us at noon for a pot luck lunch
- We will enjoy the food, evaluate the cookbook and talk about how we can make the most of the produce available at the market which will open - just in case you forgot - on Saturday, June 25 at 9 a.m.

<b>Monday, June 13</b>	<i>Simply in Season</i> by Mary Beth Lind and Cathleen Hockman-Wert
<b>Monday, July 11</b>	<i>Cooking from the Farmers' Market</i> from Williams Sonoma
<b>Monday August 8</b>	<i>Raising the Salad Bar</i> by Catherine Walthers
<b>Monday, September 12</b>	<i>The New Mayo Clinic Cookbook: Eating Well for Better Health</i>

Held in the Roosevelt Room at the Maynard Public Library, 77 Nason Street The chosen cookbooks will be available at the Library.

**PLEASE CALL TO REGISTER SO WE KNOW HOW MANY CHAIRS TO PUT OUT • 978-897-1010 ext: 4**

## Senior Watercolor Class Exhibition

The Maynard Council on Aging proudly presents works from the Senior Watercolor Class. Taught by ArtSpace's Sandy Wilensky, the exhibition celebrates diverse and exceptional talent over the last year of painting. Creative interpretations of sunflowers, milkweed, vegetables, birch trees and more reflect the changing seasons. Artwork will be displayed June through November in Town Hall. A can't miss event!



## Bridges: Growing Together Returns To Fowler In The Fall

Don't miss out on what has been described as an extraordinary experience by last year's Maynard senior volunteers. Spend time with 4th grade Fowler students once a week (an hour class) for six weeks.

In ***Bridges: Growing Together***, participants explore different aspects of their own life stories along with those of their families and the greater community through:

- interactive discussions
- a variety of projects utilizing the different multiple intelligences, including: creating graphic organizers, drawing, and activities with movement.

Favorite activities include sharing about an heirloom, a student-led tour of the school and/or community center, and teaching about a favorite topic.

### Participants will:

- learn about their family histories
- have the opportunity to lead and teach
- discuss changes in our world over time, such as the way we celebrate holidays
- recognize the way people are the same and different regardless of our ages

### Session titles include:

- Learning About Older Adults
- Getting to Know You
- Schools Then & Now
- Ethnicities, Heirlooms and Traditions
- Learning from Each Other
- Introduction to The Multiple Intelligence "Smarts" Theory
- How Old is Old?
- Celebrations



Volunteers are needed! Please contact Amy Loveless, COA Director, at (978) 897-1009 for more information.

# 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!

## **WALKING CLUB - TUESDAYS - 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.

## **GAMES - WEDNESDAYS - 10:30 a.m.**

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

## **YOGA WITH LISA - THURSDAYS - 10:00 a.m.**

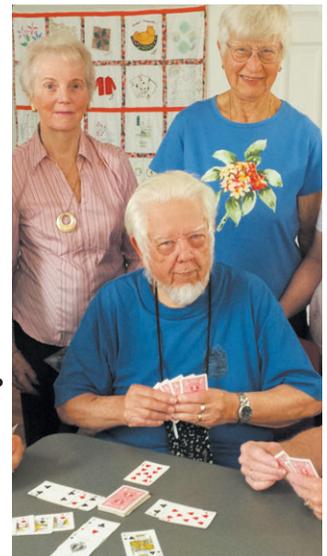
This yoga class teaches yoga postures as a way to develop "mindfulness in motion". Learn how using your Breath brings calmness to your everyday life. Experience how improving balance and increasing strength unifies Body, Mind and Spirit.

## **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.**



"Kings in the Corner"  
Fridays

# Maynard Council on Aging Trips

## COA DINNER TRIPS

**June 16**  
KIMBALL FARM,  
LANCASTER



**June 30**  
GRASSFIELDS RESTAURANT,  
WALTHAM

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.

## COA OUTINGS

**June 8**  
SHOPPING TRIP  
Walmart and Market Basket. Pick-ups start at 9am.

**June 10**  
SHOPPING & LUNCH  
Highland Commons Shopping, Lunch at 110 Grill. Pick-ups start at 9am.  
Stores at Highland Commons: T.J. Maxx, B.J.'s, PetSmart, Michaels, Market Basket, Sally Beauty Supply, Maurices Women's Clothing, Famous Footwear, Party City, Ulta Beauty, Five Below, Verizon, Bed Bath & Beyond, Lane Bryant, and Lowes

**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.

**June 15**  
THE BUTTERFLY PLACE, WESTFORD & LUNCH  
Pick-ups start at 9am.

**June 29**  
SHOPPING & LUNCH  
Shopping Trip to The Christmas Tree Shop, Five Below & Outback Steakhouse, Framingham. Pick-ups start at 9am.

## 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.



# 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 - Tuesdays at the Sudbury United Methodist Church on Route 27 - 6 pm

(The Sudbury United Methodist Church will be closing for renovations later in June. Transportation for Maynard seniors to the Open Table dinner in Concord will be available. Seniors: contact the Council on Aging for more information).

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)**



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**



## Voluntary Home Safety Visits!

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.”**

## Senior Citizen Emergency Database

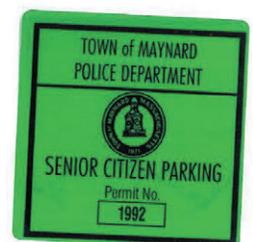
The Town of Maynard Public Safety Communications Department (Police and Fire Dispatch) has initiated a new program to assist seniors living in the Town of Maynard. Having seniors in our community that do not have family or friends checking up on them regularly has led the public safety department to develop a “Senior Citizen Emergency Database Program”. This program allows the public safety communications department to document in a computer database the names of senior citizens, where they reside, and important contact information. In addition, information concerning current medications and potential special needs during an unusual inclement weather event or natural disaster will be on file.

Many times the police and fire departments are called to check on a senior citizen’s welfare and there is no answer at the door. The Town of Maynard Police and Fire Departments are committed to making contact with the resident and at times officers and fire fighters have to force entry into the residence. By filling out the “Senior Citizen Emergency Database Program” contact form with emergency contact name and telephone numbers, we can first contact someone to see if they know of a reason the senior citizen may not be answering the door. Emergency contact information is also vital in the event a senior citizen is ill or has fallen and has to be taken to a hospital. The designated contact person(s) can be notified and answer important medical information.

Senior citizens or their relatives and friends are encouraged to fill out the contact form. Contact forms may be obtained through the Maynard Council on Aging Office, Maynard Housing Authority office and at the Police and Fire department headquarters. If you or someone you know is a candidate for this program, you may also contact Anne Camaro at 978-897-1011 or by e-mail at [acamaro@maynardpolice.com](mailto:acamaro@maynardpolice.com) to obtain the form or to inquire further about this program

## 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.





## Maynard Golf Course News

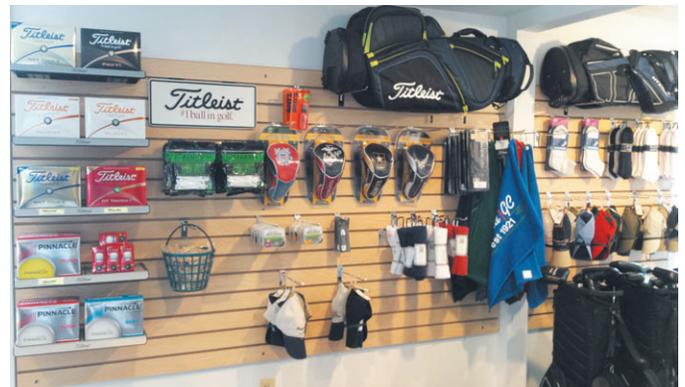
Formerly the Maynard Country Club, which was a member-owned semi-private golf club, it was purchased by the town of Maynard and a management contract was awarded to Sterling Golf Management in March of 2012. The course opened for the first time doing business as Maynard Golf Course on Saturday, March 31st. Nestled in the beautiful New England countryside, this par 70, 9-hole course was originally designed in 1921 by Wayne Stiles in the Donald Ross tradition. It is professionally maintained to provide an outstanding golf experience. The clubhouse offers a comfortable atmosphere with a full-service bar, function room with plenty of tables and chairs, pro shop and locker rooms. As with all Sterling Golf managed courses, we strive to provide the public with superior customer service and great golf in a relaxed friendly atmosphere. Come check out the newly renovated Pro shop. Call 978-637-2268 for tee times.

Looking for a space to have your next function then come on by and see our completely renovated hall with a gas fireplace and great golf course views and a lovely deck.

For more function information call Kerriann at 978-967-7723 or email her at [kerriann@sterlinggolf.com](mailto:kerriann@sterlinggolf.com)

Jim Callahan, PGA offers lessons for beginners and experienced players looking to take their game to the next level. During the summer Jim has Junior golf camps. For more information or to book a lesson email Jim at [Jcallahanpga@aol.com](mailto:Jcallahanpga@aol.com).

Looking for a place to hold your next golf outing contact Brad Durrin, PGA at [braddurrin@pga.com](mailto:braddurrin@pga.com)



## Lawn Mower Safety Tips

Gasoline and Lawn Mowers Gasoline vapors are highly flammable. They stay on your clothing and can ignite if you light a match or cigarette. Store gasoline only in approved containers, outside, or in a building not attached to the house. Never keep gasoline inside the home. Keep gasoline away from all heat sources such as smoking materials, pilot lights, campfires, and grills. Never fuel a lawn mower while it is hot. Let it cool off first. Keep hands and feet away from a mower while it is running.

## Barbecue Safety Tips

Use all barbecue grills away from the house, outdoors. Never leave a burning grill unattended. Children should never play near grills or propane cylinders. Never use gasoline on any grill! Gas Grills You should not use a gas or charcoal grill on any porch or balcony. Electric grills have no open flame and may be used. Gas grills can be used on first floor decks or patios only if there is an outdoor stairway to the ground, or it is at ground level. LP-gas is heavier than air and sinks. A leaky grill could pose a hazard to people below. Possible ignition sources include smoking materials, air conditioners, compressors, pilot lights and cars. Keep all LP-gas outside, 10 feet away from building openings such as doors, windows, dryer vents and 20 feet away from air intake vents and all ignition sources.

### BEFORE LIGHTING A GRILL:

- Make sure all connections are secure and tight, and open the lid.
- Caution! If the flame goes out, turn off the gas and wait 10 minutes for excess gas to dissipate before relighting.
- Make sure the grease trap is clean. Charcoal Grills Use only charcoal lighter fluid to start charcoal grills. Once coals are lit, never add more lighter fluid to the fire. Flames may travel up the stream of fluid resulting in serious burns. Dispose of ashes in a metal container.

## Home Turf Tips

Seems as though the cold weather is finally starting to loosen her grip on our area. This usually encourages everyone to finally get out there and start doing some yard work that they have been putting off over the last several weeks. As is customary with this time of year, I am pulled aside on multiple occasions and asked the inevitable "What should I do to my yard? Is it too early for this or that?"

So with that being said, I am going to give you the blueprint on what I do with my own yard (or at least what I set out to do anyway!). I usually start off with raking over the yard aggressively. My goal is to remove any thatch (Thatch is dead plant material) that may have built up over the winter. Once I have my yard cleaned up, I generally like to lime my yard. This is best to do both spring and fall. I have two dogs on a small yard so the liming helps me control the pH. If pH is something you are interested in delving into at your home, I suggest getting a soil test. I know Siteone in Hudson provides this service to homeowners. Like you, as a homeowner, I am limited to what products I can use. I highly recommend using a 3-step program, like Scotts or something similar to maintain and feed your property. You will want to start with the first-step soon, especially if you have crabgrass and weed infestation problems. You want to have that chemical barrier in place before the weed seeds start to germinate. From that point on the bags are pretty self-explanatory and walk you through the application intervals. If you have had grub problems in the past, I would suggest applying grub control around the 4th of July, this will ensure you won't have a torn up lawn come this fall. Hopefully this will help you get started in the right direction for the prized lawn you are looking for.

I would also like to add, please follow all direction and application guidelines on the bags of fertilizer and pesticides! They are there to protect you, your family, and the environment. After all, who wants that goofy striped lawn in the neighborhood.

We here at Maynard Golf Course and Sterling Golf Management, Inc. are looking forward to seeing you out on the course! You can follow us and our activities on our Facebook page. I also write a monthly blog on the happenings on the course, which can be found at [mgcgrounds.wordpress.com](http://mgcgrounds.wordpress.com) or follow me on twitter @patrickvanvleck.

**Most importantly have fun maintaining your lawn!**

**PATRICK VAN VLECK** Superintendent | Maynard Golf Course



## REP. KATE HOGAN'S SENIOR NEWS

### JUNE 2016

#### FY17 HOUSE BUDGET

As spring arrived in Massachusetts, so too did the state budget process for Fiscal Year 2017. The House budget, passed in late April, is meant to serve as a blueprint for continued economic growth in Massachusetts by investing in areas most critical to the government's core functions. As I write this update the budget is being considered in the Senate and will be signed by the Governor this summer.

Recognizing the changing demographics of our state, the House of Representatives is committed to serving the unique needs of our growing senior population. It is one of our greatest tasks to adequately support programs that enable seniors, of all ages, to participate in family, community, work, and civic events as valued and respected members of society. As Chair of the Elder Caucus I understand how critical these programs are to seniors in my district and across the Commonwealth.

I worked closely with House leadership to increase the formula for local Councils on Aging from \$9 per senior to \$10 per senior – an increase that will help Councils better connect seniors to programs, services, and activities.

#### Additional elder programs that received funding were:

- Home Care Services
- Supportive Senior Housing
- Elder Protective Services
- Elder Nutrition, including Meals on Wheels
- Grandparents Raising Grandchildren

**Maynard Senior Van Enhancement:** I successfully filed and passed an amendment that will add route and passenger capacity to the LRTA Senior Van Program to provide seniors with the freedom to keep their local appointments and maintain their independence. This amendment needs to be passed by the Senate and signed by the Governor.

**Rep. Hogan publishes an annual E-Newsletter with details about the House Budget. If you would like to receive this E-Newsletter, please call (617) 722-2130 or email my Communications Director at Kelsey.Schiller@MAhouse.gov.**



#### Coffee with Kate in Maynard

Join me for "Coffee & Conversation" on Friday, June 24th from 3-4p.m. at SERENDIPITY CAFÉ, 1 Nason Street, Maynard.

## Hogan's Office Hours

**Maynard Office Hours** will be held on Tuesday, June 14th from 6-7 p.m. at the Maynard Public Library, 77 Nason Street, Maynard.

**Bolton Office Hours** will be held on Thursday, June 23rd 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.

**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)

