

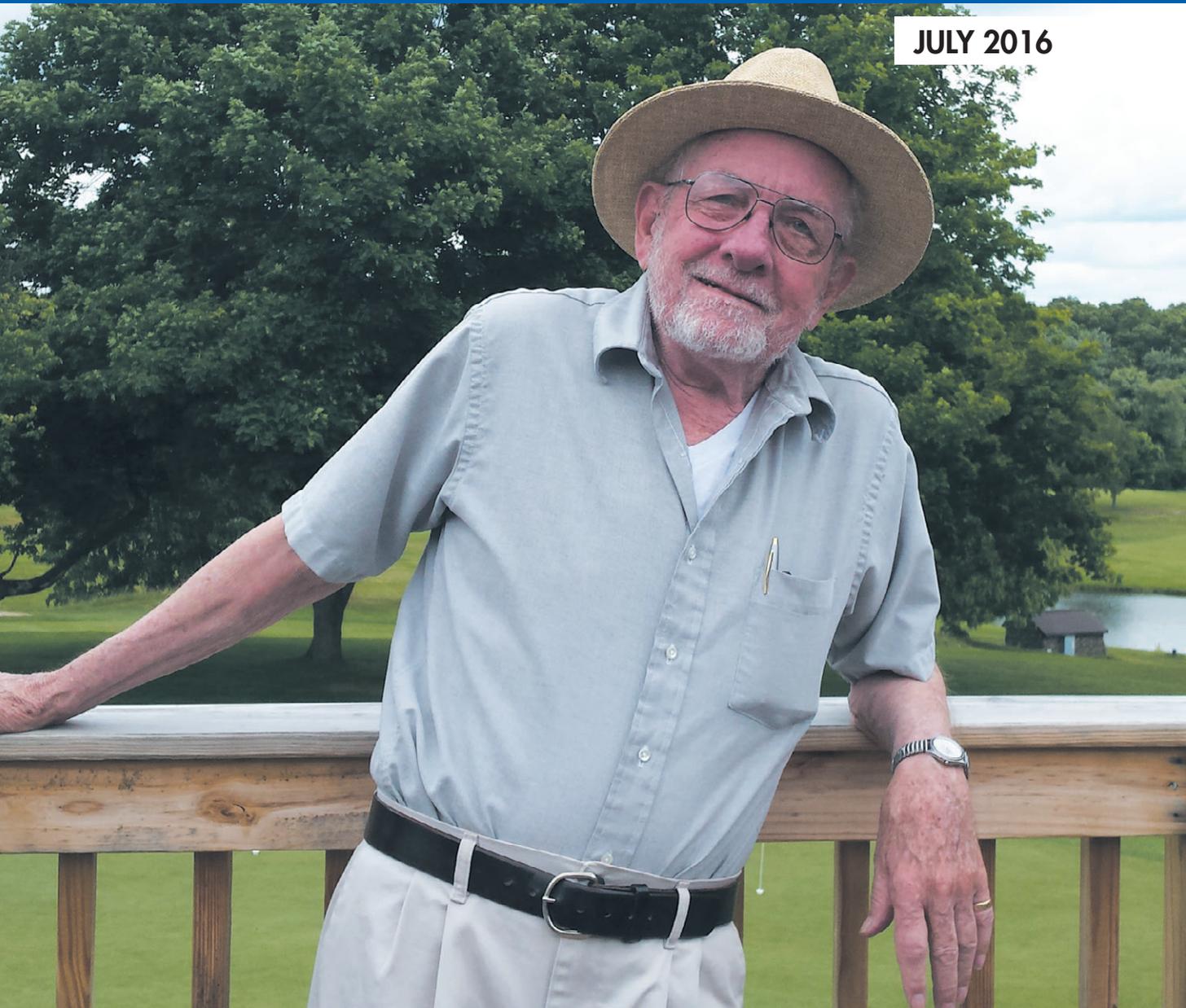
**NEW**

**GENERATION**



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

**JULY 2016**



## The View from Here

I'd like to thank C. David (Dave) Hull for his erudite perspective on our challenging political times – I've really enjoyed breaking the "I don't talk about politics" boundaries and have learned quite a bit from the "other side of the fence!" Thanks as always, Dave.

Drop in to the Drop-In starting July 5. The photos below encapsulate good times and special memories at the last luncheon. A great group of seniors created a warm and welcoming social place for many years and we look forward to adding another opportunity for friendships to develop at the COA.

We're looking for more volunteers for the Bridges program this fall at the Fowler School. There will be six 4th grade classrooms this year with two sessions of three classrooms. Volunteers from last year reported an extraordinary experience that few by too quickly. Intergenerational relationships are critical for changing perspectives on what it means to age and decreasing stereotypes. Building "Bridges" is one way to create a lasting effect on young lives and a wonderful opportunity to spend time with amazing Fowler teachers. (see page 4).

The COA is a perfect place to cool off with something for everyone to enjoy. Feel free to stop by, cool off with something and take in the view. The golf club offers delicious dinner and drinks on the deck.

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center



**A donation was made to the  
Council on Aging Gift Fund  
in memory of:**

*Alphonse Micciche*

## New Medical Transportation Service Coming To Maynard! Ride To Boston Area Hospitals Now Available.

On Mother's Day evening my mother fell in her home and broke her kneecap. She was unable to bend the leg for six weeks and couldn't drive, travel on stairs, or even walk without assistance. I live 100 miles away and was able to provide some assistance – I was with her when she fell – but for most of the past six weeks she has relied on van service rides provided by the Council on Aging in her town to get to her medical appointments. It has been a terrific help and great relief to my siblings, myself, and of course, to Mom, to know that she could get to appointments safely and without worry.

Appreciating the value first-hand, I am very excited to announce that the Maynard COA, working with its partners at CrossTown Connect, are able to provide similar services to our community. Working out these details started more than two years ago as many towns have identified this as an important service. Our efforts have been successful! Beginning in July 2016 (exact date to be determined) Maynard residents needing transportation to medical appointments in the greater Boston area – Lahey Clinic, MGH, the Brigham, etc., will be able to take advantage of the newest collaboration between CrossTown Connect partner towns.

The service will be in addition to current van services already offered. If a ride is needed to Lahey Clinic, for example, call CrossTown Connect as you do now (978-844-6809) for other transportation requests and book your trip. The van will be coming from Littleton or Boxborough (depending on the day) and will pick passengers up at their residence. The cost is \$7 each way, regardless of the hospital destination.

We know access to transportation is important to all our residents and we are happy to be able to add this service without diminishing the other transportation services currently offered.

As an added bonus, CrossTown Connect member communities have adjusted our rates so we are consistent. As a result, Maynard will no longer charge for van rides to and from the Maynard COA. Personal appointment trips, trips to the Emerson Hospital area, and shopping and excursions will all continue to be offered without rate increases.

**Andrew Scribner-MacLean**

Maynard Asst. Town Administrator

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

# Highlights of Upcoming Events

## The Walking Club

**Tuesdays at 10:00 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.

## Keep Well Clinic

**Wednesday, July 20 • 1:00 p.m.**

This is a great opportunity to ask Judy any questions you might have about medications, vitamins, supplements, nutrition, effects/concerns about hot weather, changes in sleep pattern, energy level as well as having a blood pressure checkup. Judy Manning, RN from VNA CareNetwork.

## The Drop-In

**Tuesdays • 9:00 a.m. - 11:00 a.m.**

The Drop-In has moved to the Council on Aging starting July 5. Join us for card games, DVD exercises great company and the best piano playing around!

## Senior Watercolor 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!

## Look Optical

on hiatus for the summer – stop by the store if your eyeglasses need a tune up.

## July Luncheon

**Thursday, July 14 • Noon**

BBQ chicken breast, Potato Salad  
Green Salad, Brownie Sundae  
**Deadline to sign up is July 11!**

**\$5.00 Pay at the door**

**Please sign up with the COA – making a reservation with CrossTown Connect does not automatically sign you up for the luncheon**

## CareOne Presents

**Thursday, July 21 at 12:30 p.m.**

Create a Healthier You! Understand the New Nutrition Facts Labels and incorporate healthy eating techniques using the nutrition facts. Samples from CareOne's cookbook will be provided. Lunch will be provided.

**You MUST sign up by July 18!**

**Please call the COA.**



**Wednesday, July 20, 11:00 a.m.**

Please sign up with the COA by Monday July 18 so we know how many sweet treats to order!



**Call the COA to sign up  
(978) 897-1009**

# 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.





## 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!**



## The World Famous Glenn Miller Orchestra



**Friday, July 15 • 7:00pm • NARA Park Amphitheater**  
**25 Ledge Rock Way • Acton • Massachusetts**

Tickets: \$10 in advance: [www.acton-ma.gov/register](http://www.acton-ma.gov/register) • \$15 at the door

Tickets are non-refundable. Gate tickets/gates open at 5:30 p.m.

Outdoor venue • All lawn seating • Bring your own chairs/blankets  
Food & drink available to purchase • No large coolers permitted

# Open Table at the Maynard Farmers' Market

The Maynard Farmers' Market starts its 21st season on Saturday, June 25. Open Table staff will be at the community table on August 13. Please plan to stop by and say hello. We are looking forward to lots of fresh produce for our community dinners and pantries. Here are some recipes that you might like to try once that local produce is available.

## Here Are Some Recipes

### Eggplant al Forno from The New Vegetarian Cooking for Everyone

- 2 medium eggplants (about 1 ½ lbs.)
  - Sea salt and freshly ground pepper
  - Olive oil
  - 1 ½ to 2 cups fresh tomato sauce (see below)
  - 8 large basil leaves, torn into pieces
  - 4 ounces mozzarella - thinly sliced if fresh - grated otherwise
  - ½ cup freshly grated parmesan
- Preheat oven to 375. Lightly oil an 8-cup gratin dish.

#### PREPARATION

Slice the eggplant into rounds about 1/3 inch thick. Unless the eggplant is garden fresh, sprinkle it with the salt and let stand for 30 minutes to an hour, then blot dry.

Preheat the broiler. Brush both sides of each round with olive oil and broil 5 to 6 inches from the heat until browned. Broil the second side until browned, then remove and season lightly with salt and pepper. Don't worry if the eggplant has a dry appearance.

Warm the tomato sauce with half the basil. Spread about a third of the sauce over the bottom of the dish, then make an overlapping layer of eggplant. Lay the mozzarella over the top, add the rest of the basil and sprinkle with the parmesan. Add the rest of the eggplant and cover it with the remaining sauce. Bake in the middle of the oven until bubbling and hot throughout, about 30 minutes. Serves 4.

### Fresh Tomato Sauce

- 3 lbs. ripe tomatoes, quartered
- 3 tablespoons chopped basil or 1 tablespoon chopped marjoram
- Sea salt and freshly ground pepper
- 2 tablespoons olive oil or butter

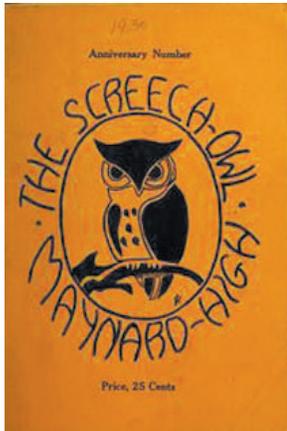
#### PREPARATION

Put the tomatoes in a heavy pan with the basil. Cover and cook over medium-high heat. The tomatoes should yield their juices right away but keep an eye on the pot to make sure the pan isn't dry. When the tomatoes have broken down after about 10 minutes, pass them through a food mill. Can return to pot and cook longer over low heat if you want it thicker. Season with salt and pepper and add oil.

# Are You A Maynard High School Graduate?

Thanks to a digitization project with Boston Public Library and Digital Commonwealth, you can now view Maynard High School yearbooks in their entirety online! Please note that we are missing some years.

Visit [www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org) and click on "MHS Yearbooks" under E-Resources to get started!



## Cookbook Club

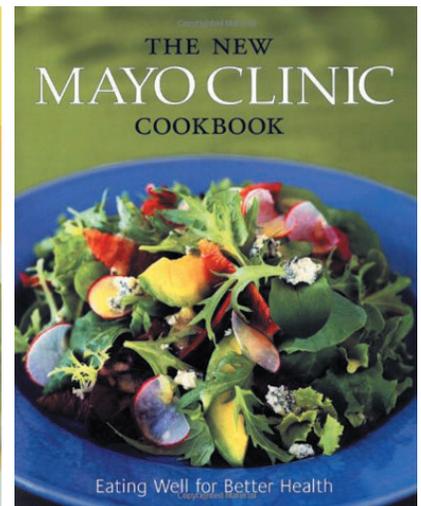
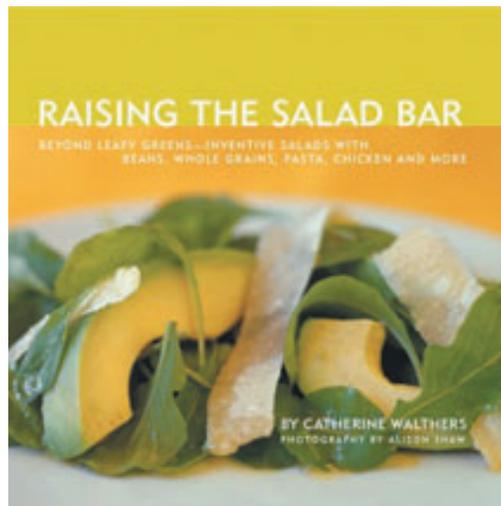
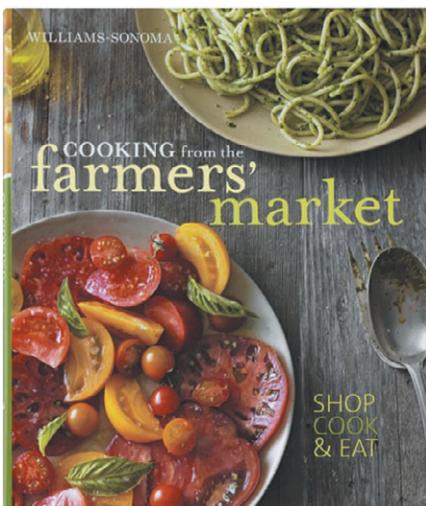
From The Market To The Library Table

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

- |                             |  |
|-----------------------------|--|
| <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 Walters                  |
| <b>Monday, September 12</b> | <i>The New Mayo Clinic Cookbook: Eating Well for Better Health</i> |

Cookbooks will be available at the library the week of June 20. Call 978-897-1010 ext 103 to register. Then choose the recipe you'd like to try and bring it to the Roosevelt Room at noon.

**Maynard Farmers' Market opened on Saturday, June 25 at Mill & Main - Stop by to pick up some fresh produce and then join the cookbook club to find new ways to enjoy it.**



# Maynard Council On Aging Fitbit Challenge

Welcome all senior walkers! Join us in a health-friendly competition during the month of August. Compete for the most number of pedometer-tracked\* steps against other Maynard Council on Aging members!

Everyone who participates has a chance to win!  
Report-in each week with the number of steps you walked.

**THE SENIOR WITH THE MOST STEPS WINS A FITBIT!**

Call COA at 978-897-1009 for more details.

\*PEDOMETER PROVIDED BY THE COA

## “Stress Management Through Self-Care”

(for Maynard Seniors)

**November 8 & 15 (Tuesdays) 1:00 – 2:15**

You are probably well aware that proper nutrition, exercise, and sleep are important tools for living a healthy lifestyle. But do you realize that your ability to manage stress is just as important for your overall health and well-being? Join Health and Wellness Professional Lauren McHugh as she describes the effect that stress has on our health and shares some simple but powerful strategies for preventing and reducing it. This interactive course will give you the opportunity to share ideas, meet new people, and create a plan to try every strategy discussed! Whether you are trying to prevent stress, reduce stress, or just take better care of yourself, this course will give you the tools you need!

*Lauren McHugh has a B.A. in Behavioral Sciences from Bentley University. She is a Wellcoaches' Certified Health and Wellness Coach, National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Fitness Nutrition Specialist, NASM Senior Fitness Specialist, and “A Matter of Balance” Coach.  
(Please contact Amy at the COA for more information – (978) 897-1009).*

## Chronic Pain Self-Management Program

The Chronic Pain Self-Management Program is a participant education program developed by Stanford University. The format of this program is similar to Matter of Balance, Healthy Eating for Successful Living and other programs from the Healthy Living Center of Excellence.

### SUBJECTS COVERED INCLUDE:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Education about appropriate use of medications
- Learn how to communicate effectively with family, friends, and health professionals
- Strategies on healthy eating and nutrition
- Pacing activity and rest; and
- How to evaluate new treatments

The overall goal is to enable participants to build self-confidence to assume an active role in managing their chronic pain.

**Start Date:** Wednesdays, October 12 - November 16

**Time:** 1:00 PM - 3:30 PM • Class meets once per week for 6 weeks

**Location:** Maynard Council on Aging, 50 Brown St., Maynard

**Contact:** Amy Loveless, 978-897-1009 • **Leaders:** Peg Mikkola & Judy Cotton

**Cost: FREE** • Register early as space is limited.

# 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 - 9:00 a.m. - 11:00 a.m.**

Now at the COA! Enjoy coffee, donuts, card games, chair exercise and great company!

## **WALKING CLUB - TUESDAYS - 10:00 a.m.**

## **YOGA WITH TERRY - TUESDAYS - 11:30 a.m.**

Yoga provides an opportunity to decrease stress and can lessen chronic pain while improving your overall health and wellbeing with increased strength, flexibility, balance and body awareness. Breathe your way into a positive outlook on life.

## **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.

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

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

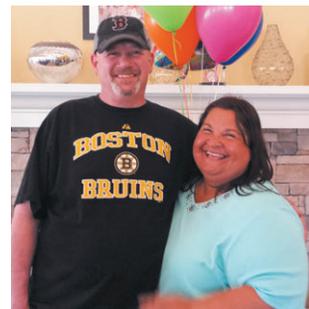
This yoga class teaches yoga postures as a way to develop "mindfulness in motion". Learn how using your Breath brings calmness to your everyday life. Experience how improving balance and increasing strength unifies Body, Mind and Spirit.

## **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.**



# Maynard Council on Aging Trips

## COA DINNER TRIPS

**July 12**  
LONGHORN STEAK HOUSE & DOLLAR TREE

**July 26**  
PAPA RAZZI, CONCORD

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

**July 6**  
LUNCH

Kimball Farm Lunch Trip. Pick-ups start at 10am. Van cost \$3.

**July 7**  
SHOPPING TRIP

Walmart and Market Basket. Pick-ups start at 9am. Van cost \$2.

**July 18**  
SHOPPING & LUNCH

Idylwilde Farms Shopping and Lunch Trip. Pick-ups 10 a.m. Van cost \$3.

**July 22**  
SHOPPING & LUNCH

Kohl's and TGI Fridays Shopping and Lunch Trip. Pick-ups start at 9 a.m. Van cost \$3.

**July 29**  
SHOPPING & LUNCH

Highland Commons Shopping, Lunch at 110 Grill. Pick-ups start at 9am. Van cost \$3.

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.

## Council On Aging Van

To schedule the van call CrossTown Connect:  
**(978) 844-6809**

The Council on Aging van runs from **7:30 a.m. to 3:00 p.m.** and provides low cost transportation to local hospitals, doctors, dentists, health care providers, pharmacies, as well as banks, the post office and to the Senior Center on 50 Brown Street in Maynard.

Arrangements must be made one day in advance before 1:30 p.m. (it is best to call several days in advance). Call well in advance regarding the monthly trips. A donation of \$1 is requested each time you get on the van. Anyone with weekly appointments (same time, same day) must arrange for a standing pickup. If you decide not to go you **MUST** notify the dispatch office.

Residents of Maynard, 60 years of age or older and handicapped 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 may be made in advance. 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 office to report the "no show" and leave for the next pickup. On very busy days the van can get behind schedule.



Cake was designed by Beth Woods of Shaw's Supermarket in Stow

## Council on Aging Van Reservations

Please call CrossTown Connect for all transportation reservations.

Only call the Council on Aging to sign up for events being held at the COA such as:

Luncheons • Presentations which often include lunch • Bingo – goodies are provided with coffee  
Walking Club • Open Table Pantry & Dinner



## 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  
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 Council On Aging Open Table Trips

The Council on Aging will be providing transportation to the Concord Open Table Dinner on Thursday nights – please call the COA to sign up.

You must take the COA van to the Open Table Pantry in Maynard 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.

## 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)**

# Habitat For Humanity NCM

Habitat for Humanity NCM provides critical home repairs for residents of Maynard earning 30-60% of area median income who don't have the resources to maintain their homes. The services include new roofing, installing handicap ramps, weatherproofing, and external home repairs to make existing homes safe and energy efficient. A brochure about the Critical Home Repair program and application can be found at <http://ncmhabitat.org/critical-repair>.

## Preventing Mulch Fires

Tips for Property Managers, Building Owners & Landscapers

- Provide a minimum of an 18-inch clearance between landscape mulch beds and combustible building materials, such as wood, vinyl siding and decks.
- Use non-combustible mulch such as rock or pea stone around gas meters and combustible portions of the structure.
- Provide proper receptacles for smoking materials at all entrances to public buildings and in designated smoking areas. Place them at least 18" away from the building, do not mulch in these areas and remember to regularly empty smoking receptacles.
- Grounds and maintenance crews should be aware when conditions are favorable for mulch fires and increase surveillance of mulch beds.
- Keep mulch beds moist when possible.

**THE COA BOARD WILL NOT MEET IN JULY & AUGUST**

# 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*

## Breathe Easy: Using Home Oxygen Safely

Using home oxygen increases the risk of fires and burns. When oxygen is used in the home, the amount of oxygen in the air, furniture, clothing and hair goes up, making it easier for a fire to start and spread. When more oxygen is in the air, fires will burn hotter and faster. When using home oxygen, learn how to handle it safely—especially if you smoke.

It is important to keep home oxygen and tubing 10 feet away from heat sources.

### COMMON HEAT SOURCES ARE:

- Matches • Lighters • Cigarettes • Candles • Gas stoves • Appliances
- Electric razors • Hair dryers • Heaters

### DON'T USE FLAMMABLE PRODUCTS SUCH AS:

- Oils • Grease • Petroleum products • Oil based lip balms or lotions



## 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.”**



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**

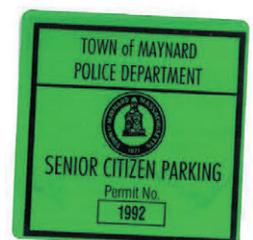
# Helpful Emergency Tips For Senior Citizens

- Invest in a touch-tone phone with large, easy-to-read numbers.
- Some phones can be purchased with a switch that will go from pulse dialing to touch-tone dialing - make sure the switch is set to touch-tone.
- Call 9-1-1 right away in an emergency.
- Dialing "0" will not always connect you with an operator nearby - it may connect you with an operator many hundreds of miles away.
- Always dial 9-1-1 for local police, fire or medical emergency assistance.
- Call 9-1-1 before calling a family member.
- Once help is on the way, arrangements can be made to notify your family.
- Stay on the line with the 9-1-1 call taker and answer all questions - the more information they have, the better able they are to help you.
- Be patient and stay calm.
- The call taker and emergency dispatchers may need to ask additional questions while help is on the way.
- The 9-1-1 system allows the call taker to know where you are calling from even if you cannot speak, for instance, if you are experiencing a stroke or if there is an intruder in your home - just dial 9-1-1 from your home phone and leave the phone off the hook. Do not hang up.
- Post your address by your telephone - if you have just moved after retirement, you may have a new address, but you may recite your old address in an emergency situation, or you may have visitors who are not familiar with your address. This makes it difficult for the call taker to verify the address that appears on the computer screen.
- Put your house number on your front, outside wall. Large white numbers against a dark background work best.
- Emergency responders cannot help you if they cannot find you.
- All calls to 9-1-1 are free, even from pay phones or cell phones.
- 9-1-1 is a 24 hour a day service.
- You should call immediately when an emergency occurs, even if it is in the middle of the night.
- Pick up a file of life for your medical information and register with our Emergency Contact Database – Both forms are available at the Maynard Police Department, Maynard Fire Department and Maynard Council on Aging.

**Anne Camaro** | Director of Communications | Maynard Public Safety

## 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.





## REP. KATE HOGAN'S SENIOR NEWS JULY 2016

### REP. HOGAN'S 2016 MEMORIAL DAY REMARKS

At a time when our country is divided on many issues, it is inspiring to see all of us come together, as we do every year, to share this day dedicated to remembering those who sacrificed their lives for our nation.

On May 27th I attended the Dedication of the Massachusetts Iraq & Afghanistan Fallen Heroes Memorial on the waterfront in Boston. This is our state's official memorial and is a permanent remembrance created to honor the sons and daughters of the Commonwealth who gave their lives since September 11,

2001 in the Global War on Terrorism: It is the first official memorial in the United States to do so.

The memorial stands 50 feet tall, with five sides, to represent each branch of the military and rises above a small reflecting pool. On one side of the pool, 219 names have been etched into three glass panels.

Those lost in combat or during their military service are listed in order of their deaths. More names will likely be added since American forces are still involved in conflicts in Iraq, Afghanistan and Syria.

The event was solemn and there were many Gold Star families in attendance.

This memorial is there for us all to remember, to pay respect and to honor their memory.

The Massachusetts House of Representatives understands the sacrifice made by military personnel and their families and passed legislation this session that:

- Increased access to housing for disabled and elderly Veterans;
- Updated existing law so that "Veterans Status" is a clearly protected employment category;
- Extended eligibility for the "Public Service Scholarship" to all children of POWs;
- Extended property tax-exemptions to service-connected blind Veterans;
- And fully abated any property taxes due by a surviving spouse following the death or MIA status of a Soldier, Sailor or member of the National Guard.

Our state will always be willing and honored to invest in our Gold Star Families and in all Veterans and we will never forget why it is appropriate for us to do so.

And on Memorial Day, the day set aside to remember all who have made the ultimate sacrifice to democracy, let each of us in our own way commit to a town, a Commonwealth, and a country worthy of their sacrifice.

They remain in our memory, and we remain forever in their debt.

God Bless those in harm's way; God Bless all our Veterans; God Bless the great Commonwealth of Massachusetts; and God Bless America.

- Rep. Hogan shared these remarks during Memorial Day ceremonies in Maynard and Stow

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### Hogan's Office Hours

Office Hours will be by appointment only for July and August. If you would like to meet, or have any issues or concerns, please contact my office at (617) 722-2130 to schedule an appointment.

**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)



# COMING SOON TO FINE ARTS THEATRE PLACE

## THE LEGEND OF TARZAN

COMING JULY 1ST

*Starring Margot Robbie & Alexander Skarsgard*

Tarzan, having acclimated to life in London, is called back to his former home in the jungle to investigate the activities at a mining encampment.

## THE SECRET LIFE OF PETS

COMING JULY 7TH

*Starring Jenny Slate & Kevin Hart*

From the humans behind Despicable Me...Ever wonder what your pets do when you're not home?

## THE THIRD MAN

COMING JULY 12TH

*Starring Orson Welles & Joseph Cotton*

In this 1949 classic, pulp novelist Holly Martins travels to shadowy, post-war Vienna, only to find himself investigating the mysterious death of an old friend, Harry Lime.

## STAR TREK BEYOND

COMING JULY 22ND

*Starring Idris Elba & Zoe Saldana*

Stranded on a hostile planet, Capt. Kirk, Spock, and the rest of the Enterprise crew face an alien threat

## ICE: COLLISION COURSE

COMING JULY 22ND

*Starring Adam Devine & Jennifer Lopez*

Scrat's epic pursuit of the elusive acorn catapults him into the universe where he accidentally sets off a series of events that transform and threaten the Ice Age World.

## JASON BOURNE

COMING JULY 22ND

*Starring Alicia Vikander & Matt Damon*

Jason Bourne, now remembering who

## Starting in July



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