

NEW

GENERATION



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

AUGUST 2016



The View from Here

A year ago the Council on Aging launched this newsletter. The goal was and is to connect the community of Maynard to a vibrant Council on Aging. I'm proud to report its success is evidenced by increased attendance on a weekly basis, energized lives and a scenic social setting offering a great place to gather. In addition many individuals and families receive support and referrals to resources needed to improve their daily lives.

I'd like to give special thanks to my cohort in layout, Sarah, from Action Unlimited. The attractive style of the newsletter is an illustration of the talent Sarah possesses in addition to endless patience with my frantic emails changing copy at the last minute.

I'd also like to extend appreciation to the town departments and local organizations for providing information about services and events. The Maynard community has so much to offer and this newsletter exemplifies it. As well surrounding towns have joined in sharing opportunities for music, art and recreational events.

The Council on Aging's Principal Clerk, Pat Kozik, brings enthusiasm and warmth that touches all of us on a daily basis. We're hard pressed to start our days without her joyous "Hello Everybody!" every morning and grateful for her commitment to the COA and compassion towards others. All of you who know Pat know exactly what I'm talking about and love her as much as we do!

Working with Andrew Scribner-MacLean I've found nothing is unimaginable. His passion for Maynard's seniors was contagious when we first met and continues to inspire.

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

No Sticks

Last Saturday, I went blueberry picking in Tyngsboro, Massachusetts. It was at a lovely farm with lots of things for folks to enjoy – ice cream, freshly made donuts using blueberries, apples, or strawberries, depending on the season; an animal viewing area with goats, rabbits, and honey bees; and of course an array of fresh produce – picked or pick your own. It is generally hot on picking days and Saturday was no exception. Even the tallest bushes in the patch only provide a little shade. But the end justifies the means as few treats bring as much happiness as fresh berries. Tasty and sweet – no one can stop at just one! I return every summer because I enjoy the blueberry picking and the blueberry eating.

Every time I come to pick, I hear the voices of others in the patch. The tall wide bushes obscure those picking but the hidden speakers can be easily heard from near and far. Young children calling out to siblings and parents 'look at the size of this one!', or 'Mom, there are a million on this bush!' Words I undoubtedly shouted to my family many decades ago. Their joy is palpable. Many of the 'hidden voices' speak languages I do not. Tyngsboro is between my home in Nashua, New Hampshire and Lowell, Massachusetts. Each is a gateway city in their respective State with large groups of immigrants from across the world - Asia, Europe, and the Americas. I hear their voices, too. Speaking in Khmer, Mandarin, Hindi, Vietnamese, Spanish, or Russian, and other languages I can't identify. Even though I don't speak any of those languages – other than a commonly known phrase or two – it is easy to understand the universal sound of happy families chattering away – saying those same things the young English speaking children are saying (that I said!) but in their own language, their own shared joyfulness.

This universality is important for all of us. These lovely families have immigrated to the US for work, to be with family, for freedom and opportunities they don't have elsewhere. Maynard is similar to the large 'gateway' cities across the state. There has been a history of immigration in Maynard dating back to the Town's founding. Immigrants literally built the mill and then stayed around for generations to work in the factory and technology companies it housed. Third and fourth generation Americans call Maynard home and retell the story of their ancestors coming for work, family, freedom, and opportunity, just as immigrants do today.

A South-east Asian father in the patch was having a wonderfully troublesome time with his young son, perhaps two years old, who was putting anything he could find in the blueberry bucket. The father kept gently asking the boy to only pick 'blue' blueberries – Given the father's heavily accented English and the child's continued actions, I'm not sure the boy knew what his father meant. The father laughed as leaves and grass and other items found their way into the bucket. When he said 'No sticks!' I knew the young lad had gone too far. The father kept on laughing, though. He knew the little boy was just trying his best.

We hear a lot of negativity toward immigrants these days. Sadly, it has always been thus. Hopefully, we can find a way to embrace the wonder and joyfulness that people bring with them – their culture, traditions, food, and language should be celebrated. And we must always remember – No sticks!

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

ascribner@townofmaynard.net • 978 897-1375

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!

Highlights of Upcoming Events

CareOne Presents

Thursday, August 18 at 12:30 p.m.

Learn more about the effects of diet and nutrition on memory. Luncheon to feature brain healthy foods

You MUST sign up by August 15!

Please call the COA.

Many thanks to Karen Halloran and staff from CareOne for the informative presentations and delicious luncheons.

Keep Well Clinic

Wednesday, August 17 • 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 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.

Look Optical

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

CrossTown Connect

CrossTown Connect would like to hear from you! Please take a moment to complete a quick survey online

<http://app.keysurvey.com/f/1053850/358c/>.

Paper copies will be available on the vans and at the Council on Aging.

August Luncheon

Thursday, August 11 • Noon

Scrambled eggs, Bacon or Sausage
Home Fries, Fruit & Pastry

Deadline to sign up is August 8!

\$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



Wednesday, August 17, 11:00 a.m.

Re-gift by bringing tchotchkes from home for bingo prizes!
Please sign up with the COA by Monday August 15 so we know how many sweet treats to order!

September Luncheon

Thursday, September 8 • Noon

Meatloaf, Mashed potatoes & gravy
Salad, Corn Bread, Dessert

Deadline to sign up is September 5!

\$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

Save The Date!

Senior Health & Safety Expo on September 24
Demonstrations, presentations, raffles and surprises!

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!

COA • (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 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 Summer Concert

American Idol's Siobhan Magnus with Brian Stratton
 Thursday, August 4 at 6:00pm
 Memorial Park • Summer St, Maynard

FREE AND OPEN TO ALL

Rain Location: Maynard High School
 Rain location requires a free ticket available at
 the Maynard Library Children's Desk

Maynard Public Library | 978-897-1010
maynardpubliclibrary.org

Brought to you by Middlesex Savings Bank,
 Maynard Cultural Council, Bose Corporation,
 and the Friends of the Maynard Library



Maynard Farmers' Market

2016 opening day: June 25 • Saturdays 9am – 1pm
 Mill Pond parking lot, Main St • 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!**

Sing With Sounds Of Stow Chorus And Orchestra

Singers! Don't miss this unique opportunity to experience the exciting world of Berlioz's choral music, with full orchestral accompaniment! Artistic Director and Conductor Barbara Jones has selected Berlioz's "Messe Solennelle." The music is alternately dramatic, intimate, challenging – and fun! The concert will be on Sunday Nov. 20th at 3:00.

Open rehearsals are Monday nights at the First Parish Church, 353 Great Road, Stow, beginning on Monday, August 29, from 7:30-9:30. Participation in the SATB chorus is open to all—no auditions required—and offers the opportunity to learn exciting music in a supportive atmosphere. Visit www.soundsofstow.org for more information, or call 978 707-9887.

Sounds of Stow, now in its 38th season, is supported in part by the Massachusetts Cultural Council as administered by the Stow, Acton-Boxborough, Bolton and Hudson Cultural Councils.

Cookbook Club

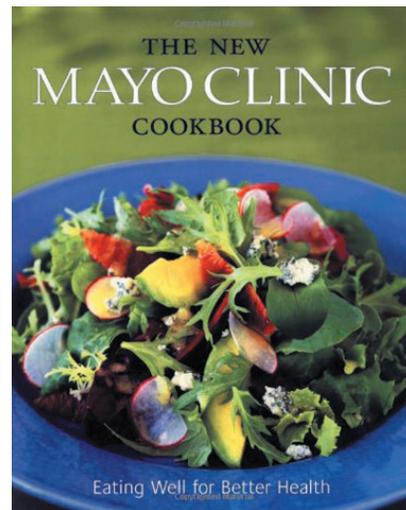
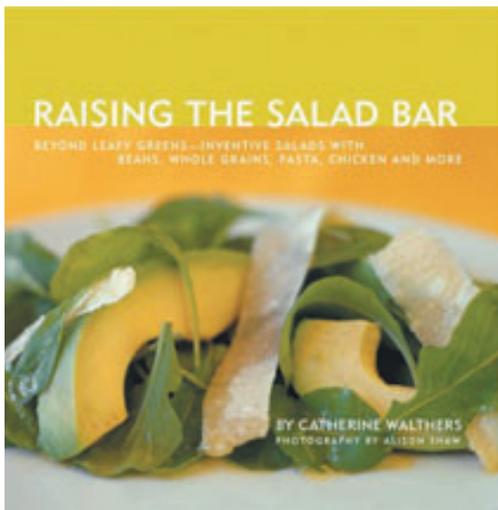
From The Market To The Library Table

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

Monday August 8 *Raising the Salad Bar* by Catherine Walters
Monday, September 12 *The New Mayo Clinic Cookbook: Eating Well for Better Health*

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.



Recipe

Grilled Zucchini with Salsa Verde

- 3 medium zucchini or other summer squash, sliced into ¼-inch thick rounds at a steep angle
- Olive oil for brushing squash
- Sea salt
- ½ bunch parsley, finely chopped or any combination of oregano, basil and parsley
- 1 medium to large clove garlic, minced
- 1½ tablespoons lemon juice
- ¼-1/3 cup good olive oil
- Salt and freshly ground pepper

PREPARATION

You can cook the squash one of three ways. You can brush with olive oil and sprinkle with a little salt and broil on a sheet pan, flipping once browned on one side until slightly browned and tender on both sides. You can grill on the barbecue, or you can cook in a large heavy skillet on the stovetop in just a touch of olive oil. All work well and the stovetop is probably the fastest. However you cook them spread them out on sheet pan or platter in a single layer to cool—this prevents them from getting mushy. Serves 4.

Massachusetts Ranked Healthiest State In The Nation For Older Adults

State rises from sixth place in rankings of senior population health

Massachusetts is the healthiest state in the nation for older adults, according to the recently released 2016 America's Health Rankings Senior Report. This is the fourth year the comprehensive analysis of senior population health was published by the United Health Foundation. Last year Massachusetts was ranked sixth.

"This report highlights the outstanding collaborative work being done by state agencies and our private partners in ensuring the health and wellness of our older adults," said Governor Charlie Baker.

Among the report's findings, Massachusetts scored highly due in part to reductions in rates of physical inactivity and smoking, a low rate of hip fractures, and greater availability of community support for older adults. It also ranks Massachusetts as #1 in the nation in two key senior health benchmarks: the percentage of adults aged 65+ who have a dedicated health care provider, and the percentage of adults aged 65-75 who are actively managing their diabetes.

America's Health Rankings Senior Report ranks the health of older adults on a national and state-by-state basis across 35 measures of senior health.

"The findings of this report are especially encouraging as our senior population continues to increase in Massachusetts," said the Secretary of the Executive Office of Health and Human Services, Marylou Sudders. "It is gratifying to see that older adults are living longer and healthier lives and that the state plays a role in helping them maintain their independence and good health – both mental and physical."

"This report reflects successful, collaborative efforts in the Commonwealth that have resulted in improvements in physical health, such as fewer hip fractures and greater self-management of diabetes. We plan to continue with those efforts, as well as focusing on initiatives to improve the mental and cognitive health of older adults," said the Secretary of the Executive Office of Elder Affairs, Alice Bonner. "We will continue to build on Massachusetts' strengths in addressing social determinants of health such as food security, nutrition, and our overall commitment to community support to improve the health of seniors."

"This ranking highlights the incredible work being done by stakeholders across the public health and healthcare spectrum to ensure that all citizens of the Commonwealth lead healthy, productive lives," said Commissioner of the Department of Public Health, Dr. Monica Bharel. "Massachusetts consistently leads the way in public health measures, and we are proud of the work being done by the state and our partners for older adults."

The report, which is meant to serve as a resource for individuals, community leaders, policymakers and public health officials to benchmark each state's performance on key measures of health and wellness, includes specific indicators which illustrate how Massachusetts came to be ranked as first in the nation for senior health, including:

- In the past year, physical inactivity decreased 12% from 33.1% to 29.1% of adults aged 65+ in fair or better health.
- In the past year, smoking decreased 20%, from 9.6% to 7.7% of adults aged 65+.
- In the past two years, hip fractures decreased 23% from 6.5 to 5.0 hospitalizations per 1,000 Medicare beneficiaries.
- In the past year, Massachusetts ranked second a measure of community support; that is spending for older adults living in poverty (\$4,053 per individual over age 65 living in poverty)
- In the past year, 96.9% of adults aged 65+ had a dedicated health care provider.
- In the past year, 86.2% of Medicare beneficiaries aged 65-75 diagnosed with diabetes actively managed their conditions.

Maynard COA Is Proud To Provide Programs Supporting The State Initiatives To Improve Senior Health And Wellness

Maynard Council On Aging Fitbit Challenge

Welcome all senior walkers! Join us in a health-friendly competition starting in September.

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

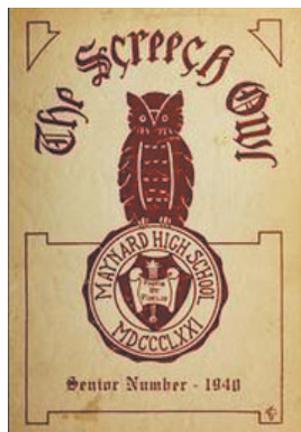
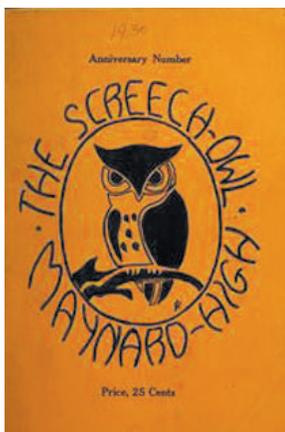
You are probably well aware that proper nutrition, exercise, and sleep are important tools for living a healthy lifestyle. **But do you realize that your ability to manage stress is just as important for your overall health and well-being?** Join Health and Wellness Professional Lauren McHugh as she 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)

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 and click on “MHS Yearbooks” under E-Resources to get started!



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

August 16 GRASSFIELDS

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

August 5 SHOPPING TRIP

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

August 25 SHOPPING

Solomon Pond Mall. Pick-ups start at 9 a.m. Van cost \$5.

August 31 LUNCH

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

August 15 LONG LAKE BEACH TRIP

Rain date August 22

Is the summer heat getting you down? Join us for an uplifting day of fun at beautiful Long Lake Beach in Littleton. Relax under the shady trees or dip your toes in the water! Bring along your picnic lunch and a beach chair. The Beach Shack has snacks, chips, ice cream and drinks to purchase. Pick-ups start at 10 a.m. Return by 2 p.m. Van cost \$3.

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.

As of July 11th, all services in Acton, Boxborough, Littleton and Maynard are now operating as a single service.

What Does This Mean for You?

Standardized Fares

- All rides within the four (4) town area are now **\$1.00 PER ONE-WAY**
- All rides to and from medical facilities in Concord are now **\$1.00 PER ONE-WAY**
- Rides to and from a Council on Aging in any of the four (4) towns are **FREE**

Friday Medical Trips to Boston Area and Lahey Clinic in Burlington

- \$7.00 per one-way trip
- Boston: 1st and 3rd Friday of each month
- Lahey: 2nd and 4th Friday of each month

More Vans Available to You

- If your town's vans are busy, a van from a neighboring town may be able to help out.
- Vehicles in all four (4) towns are wheelchair accessible

Extended Hours

Hours vary by service, but with more services available to you, it may be possible to book rides at times that you previously could not.

What Stays the Same?

Phone Number: Book your reservations by calling Dispatch at 978-844-6809.

Special Shopping Trips: Each service continues to offer the **SAME** scheduled shopping and other trips.

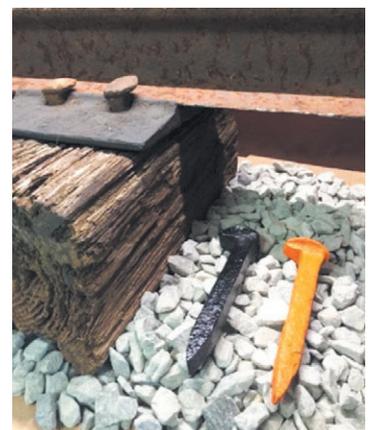
New Rail Exhibit On Display At Town Hall

Be sure to come by and see the new "Railroad to Rail Trail" exhibit on display upstairs at Town Hall! Author David A. Mark has incorporated much of Maynard's rail history in this unique exhibit. An actual Maynard section of the Boston and Maine railroad is on display, including a tie, baseplate, spikes, rail, and "date" nails, all recovered from the former rail corridor. The Assabet River Rail Trail is being built on the existing rail bed and will be open for use in the spring of 2018.

To read more about the rail trail's history, visit Mark's blog at:

www.maynardlifeoutdoors.com/2016/06/history-of-assabet-river-rail-trail.html

Mark's books, "MAYNARD: History and Life Outdoors" and "Hidden History of Maynard" are both available for purchase at the Maynard Paper Store.



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



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



Expired/Unused Medication Collection Services

MAYNARD POLICE DEPARTMENT | CHIEF MARK DUBOIS



Starting on July 1st, 2016 the residents of Maynard will have two different options for disposing of unwanted medication:

OPTION 1:

Residents may drop off prescription or over-the-counter medications (no needles or sharps) in a collection kiosk located in the lobby of the Maynard Police Department, 197 Main St. Maynard, MA. Residents can place unused household medications/drugs into the collection kiosk anonymously. There is no fee for the disposal service.

OPTION 2:

The Maynard Police Department will pick up the Maynard Police Medication Bags from the resident's home. The self-sealing medication bags are available at the Maynard Police Department, Maynard Fire Department and Maynard Council on Aging.

THIS OPTION IS ONLY AVAILABLE FOR SENIOR CITIZENS OR RESIDENTS WITH MOBILITY DIFFICULTY.

If you are a senior citizen or have mobility issues, please call 978-897-1011, option 8 to schedule a pick up.

ACCEPTED		NOT ACCEPTED	
Prescription – Pills or Capsules.	Pet Medication	Needles	Inhalers
Over the counter medicines: Pills, Capsules, Vitamins	Sample Medication	Thermometers	Aerosol Cans
		Hydrogen Peroxide	Liquids, Lotions or Ointments

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 to obtain the form or to inquire further about this program. Participation in this program is completely voluntary. Forms are to be completed and returned to Anne Camaro:

By Mail: Maynard Police Department Attn: Anne Camaro 197 Main Street • Maynard, MA 01754

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.



House Numbers: Is Your Number Clearly Visible from the Street?

Seconds Count in an Emergency

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

Use Large Visible Numbers

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

It's the law

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



FireFACTORS

Office of the State Fire Marshal | Commonwealth of Massachusetts

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

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.”

Living Memorial

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

Your support is needed and greatly appreciated.

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

Send acknowledgement to: Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

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



REP. KATE HOGAN'S SENIOR NEWS AUGUST 2016

CARING FOR OUR SENIORS

As you know, Councils on Aging (COAs) are the community focal point for social and support services for elders, families, and caregivers. Three hundred and forty nine communities in Massachusetts have established a municipally-based COA. Each COA is eligible to receive what's known as a "formula grant" in the annual state budget, based on the community's 60-and-older population, which currently equates to \$9 per senior, per year.

The formula is set by the count of the April 1, 2010 U.S. Census; however, the 60-and-older population is growing quickly. Since the 2010 U.S. Census was released, the 60+ age cohort in Massachusetts has increased from 19% to 22% of the state's total population. By the next U.S. Census in the year 2020, projections indicate that the 60 and older population will comprise 24% of the Commonwealth's population.

Recognizing the changing demographics of our state, the state legislature aims to accommodate this growing group of seniors by increasing the formula grant rate. In our FY17 budget, the legislature increased the COA formula grant from \$9 to \$10 per senior, per year – a significant step forward in reaching our end goal of \$12 per senior, per year by 2020. While a \$1 increase might seem inconsequential, the extra funds will go far in helping councils better connect seniors to programs, services, and activities.

In June I informed you of some of the other senior programs that were included in the House budget. Since then, the Senate also passed their budget, a conference committee resolved the differences between the two bills, and a final legislative budget has been sent to the Governor for his approval. Programs that received funding in the final FY17 budget include Home Care Services, Supportive Senior Housing, Elder Protective Services, Elder Nutrition (including Meals on Wheels), and the Commission on the Status of Grandparents Raising Grandchildren. Each of these programs received increased funding over FY16 levels.

In addition, the FY17 budget included an outside section that will study the feasibility of allowing spouses to be financially reimbursed as official caregivers. This study aims to recognize the sacrifices many individuals in Massachusetts make to care for their loved ones.

When individuals age they have changing requirements for health care services and delivery systems, housing, transportation, economic well-being, socialization, nutrition, family and community support, and security. As Chair of the Elder Caucus I will remain committed to supporting the unique needs of our remarkable seniors.

Rep. Hogan publishes a quarterly E-Newsletter with information about legislative and budgetary accomplishments and events around the district. If you would like to receive this E-Newsletter, please call (617) 722-2130 or email my Communications Director at Kelsey.Schiller@MAhouse.gov

Hogan's Office Hours

Office Hours will be by appointment only for 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 or need our assistance.

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

Fine Arts

COMING SOON TO FINE ARTS THEATRE PLACE

Suicide Squad

COMING AUGUST 5TH

Starring Margot Robbie & Ben Affleck

A secret government agency recruits imprisoned supervillains to execute dangerous black ops missions in exchange for clemency.

Florence Foster Jenkins

COMING AUGUST 11TH

Starring Meryl Streep & Hugh Grant

The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice.

Tulpan

COMING AUGUST 9TH

Starring Tolepbergen Baisakalov

Asa, a recently discharged Russian Navy sailor, living in the remote Kazakhstan steppe, dreams of becoming a herdsman and owning his own ranch, but he believes that to attain this goal, he must first marry.

Pete's Dragon

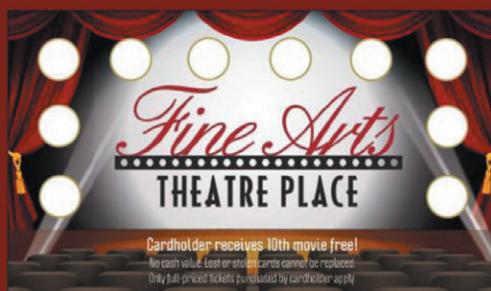
COMING AUGUST 12TH

Starring Robert Redford & Karl Urban

The adventures of an orphaned boy named Pete and his best friend Elliot, who just so happens to be a dragon.

New in August

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Loyalty
Program



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*excludes kids combo

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