

NEW

GENERATION



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

SEPTEMBER 2016



Shirley Grigas & Henry Michael (great-grandson)



Diane Wasiuk & Madison (granddaughter)

The View from Here

September is Intergeneration Month kicked off by Grandparents Day on September 11. (But really, shouldn't every day be Grandparents Day?) Start celebrating with the warm, joyful smiles on these pages. There's no better picture taking experience than having the opportunity to hold **Shirley Grigas's** wiggling, wide-eyed great-grandson, Henry Michael. I love how **Marge Mallinson** keeps a copy of her grandsons' photo affixed to the back of her cellphone – what a handsome lineup! Great to have **Chieko Loy's** mother, Sumie, enjoy a workout at the COA while visiting from Japan. We've enjoyed the artistic talents of **Maddie & Sabrina (two of Judy Burgess's granddaughters)** who've visited the COA watercolor class to share their color wheel project.

One way to celebrate intergenerational relationships is to volunteer with the **Bridges** program <http://www.bridgestogether.org/> at Fowler School. Spend six weeks (one hour a week) getting to know some remarkable 4th graders with the opportunity to impact how young people perceive age and aging. Enjoy sharing heirlooms, comparing school experiences and dynamic activities.

Celebrate Intergeneration Month by sharing your life experiences. Casey Petipas-Haggerty (Young Adult Librarian at the Maynard Library) and I are leading a **StoryCorps oral history** <https://storycorps.org/> project bringing seniors and teens together to document the rich diversity of the lives of Maynard's older adults.

I'd love to hear from you: whether you'd like to volunteer for Bridges at Fowler or if you'd like to participate in sharing your memories. I know many of you will want to share pictures of grandchildren – feel free to email me at aloveless@townofmaynard.net and I'll add them to the newsletter over the next year.

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

**Sign up for COA Annual
Seasonal Cleanup
Call the COA at (978) 897-1009**

Sounds Like Maynard

I often listen to music while walking in my neighborhood. My Shuffle is loaded with a large playlist and I'm often amazed at what plays for me at random. Songs I've forgotten about or which include a telling lyric seem to play just when needed. Recently, 'Big Yellow Taxi' (the Counting Crows cover of the Joni Mitchell classic) queued up and was followed by '(Nothing but) Flowers,' the Talking Heads ironic sendup of Mitchell's environmentalist song. Both songs have a lot to say and as I listened, I began to relate them to Maynard.

Saying Maynard is an urban paradise surrounded by apple farms is an easy tongue-in-cheek description that is also fairly accurate. The downtown is open and friendly, and this summer has been filled with folks enjoying the restaurants and shops, concerts, movies, and more. But our downtown has been paved over and more pavement is coming to the **Assabet River Rail Trail** in the very near future. I'll take this added pavement, though, as Maynard is also doing its part to enhance its natural appeal, too.

While paving a trail through our 'paradise' downtown, we are also adding active recreational opportunities. The bike and pedestrian trail will allow residents to enjoy nature up close, leading users to Maynard's stunning 800+ acres of the **Assabet River National Wildlife Refuge**. We have applied for a **Cultural District** designation that embraces the arts and culture in town, are adding a public garden and will be adding flower baskets throughout the downtown in the spring of 2017. These baskets will be in addition to the wonderful efforts of the **Maynard Community Gardeners**, who do so much to make our downtown pop already. Another important initiative is from the **Conservation Commission** that is calling for volunteers to help improve our existing hiking trails, including the eight already established (who knew?).

Taken separately, each of these is an important part of our community. Together, they are a powerful reminder that while we may have 'paved paradise' we also have a lot that David Byrne might describe by saying 'this used to be real estate, now its only fields and trees.' So, I'll keep listening, I like what I'm hearing.

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

ascribner@townofmaynard.net • 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.

**OCTOBER MEETING WILL BE HELD ON THURSDAY, OCTOBER 6 AT 10:30 A.M.
THERE WILL BE NO MEETING IN SEPTEMBER**

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

September Luncheon

Thursday, September 8 • Noon

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

Deadline to sign up is Tuesday, September 6!

\$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, September 15 • 12:30 p.m.

The "H" Word: Myths and Facts about Hospice

You MUST sign up by Monday, September 12!

Luncheon is provided

Please call the COA to sign up – limited to 25



Wednesday, September 21 • 11:00 a.m.

Re-gift by bringing "tchotchkes"
from home for bingo prizes.

Please sign up with the COA by
Monday, September 19

Keep Well Clinic

Wednesday, September 21 • 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.

Senior Health & Safety Expo

Saturday, September 24 • 9:00 - 2:00 p.m.

Fowler School

Sponsored by the COA and the Maynard Fire Department

- Pulmonary and Bone Density Screenings
- BP Clinic
- Brain Healthy Eating
- Honoring Choices: health care choices and legal documents
- Presentations on Cooking Safety, CPR & Choking and Scams
- New medication management devices
- LifeLine

Call the COA for transportation

October Luncheon

Thursday, October 6 • Noon

Soup, Sandwiches, Salad & Dessert

Deadline to sign up is Monday, October 3!

\$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

Fire Dept. Presents:

Monday, September 26 • 11:00 a.m.

Updates on the Home Safety Visit Program and more! Please sign up for light refreshments.

Look Optical

Friday, September 23 • 11:00 a.m.



COA • (978) 897-1009

Happy Grandparents Day!



Judy Burgess with Stella, Maddie, Jane, Sabrina & Lucy (granddaughters)



Pat Walazek and Adam (grandson)



Joan Meakin with her grandchildren



Nayer Esmaili with Colin, Chelsea & Courtney (grandchildren)



Marge Mallinson with Mark, Troy, Ryan, Nick, Cam and Chris (grandsons)

CELEBRATE ●●●● INTERGENERATION MONTH!



Chieko Loy and Sumie (mother)



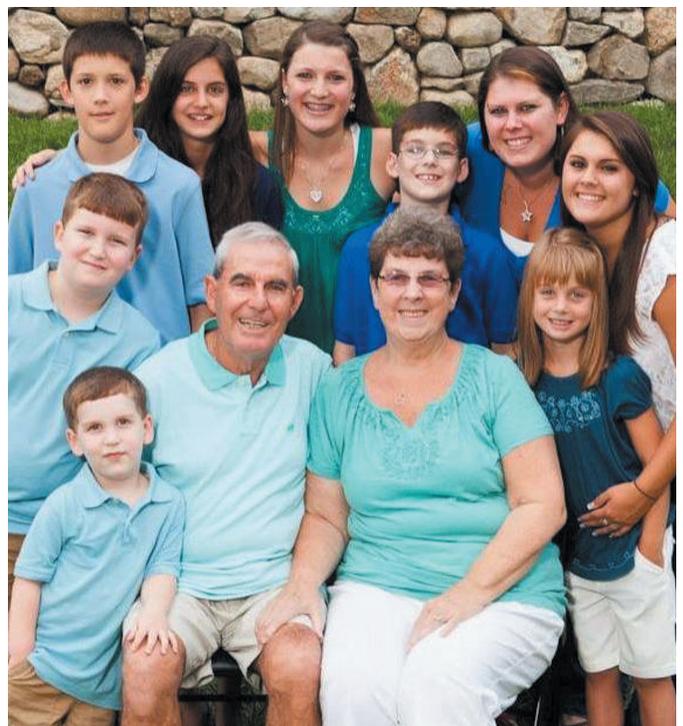
Hazel Pratt with Rowan & Breckin (great-grandsons)



Eileen Palmacci with Alisha & Alia Eileen
(granddaughter & great-granddaughter)



Eileen with Kathryn, James & Owen (daughter & grandsons)



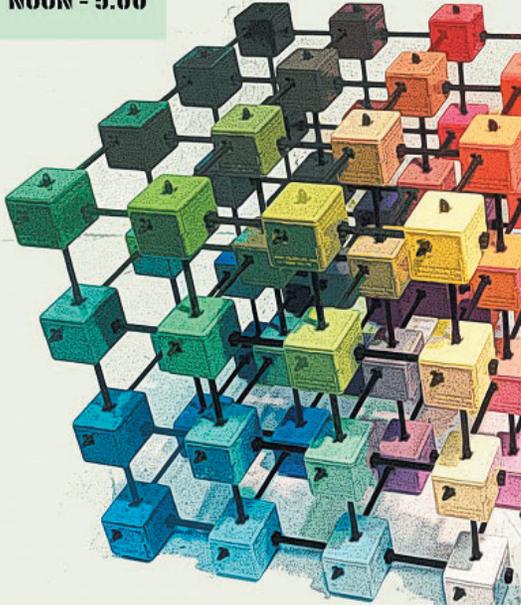
Sandra Martucci with Colby, Jessica, Evan, Katelynn,
Shelby, Amelia, John & Sandra Martucci, Dominic, Anthony
and Connor (grandchildren)

ArtSpace Maynard Open Studios

63 Summer Street, Maynard, MA • 978.897.9828
www.artspacemaynard.com

ARTSPACE.MAYNARD OPEN STUDIOS

SEPT. 24 & 25
NOON - 5:00



OPEN STUDIOS

Saturday, Sept. 24 noon - 5:00 pm

Sunday, Sept. 25 noon - 5:00 pm

Artist Group Exhibition:

September 7 – October 15, 2016

Gallery hours: Wed.- Sat. 11:00 a.m.- 3:00 p.m.

Artists talk and reception

Saturday September 10 • 5:00 - 7:00 p.m.

FREE CONCERT • The ArtSpace Gallery **Sikaya**

musical trio performing an eclectic mix of jazz, rock and Latin music

Saturday, September 24 from 5:15 - 6:00 pm

ACME THEATER
DON ALDEN
TRINA BAKER
STEVEN BOGART
HELEN CITRON BOODMAN
LOLA CHAISSON
LILY CHEN
ANDREW CHILD
BRENDA CIRIONI
TETE + ELIZABETH COBBLAH
DEE COHEN
BILL COHN
MERRILL COMEAU
BETSY CONSTANTINE
PRISCILLA ALPAUGH COTTER
JULIA CRAPO
DARTHEA CROSS
JENNA DELUCA
JULIE DUFFY

JOYCE MCJILTON DWYER
GAIL ERWIN
CATHERINE EVANS
JIM FERGUSON
ARLENE FINS
CYNTHIA FROST
MICHELLE GARRO
INGRID GOLDBLOOM BLOCH
ERIK HANSEN
KAY HARTUNG
RON HERTZ
WHITNEY HEAVEY
LISA HEFFLEY
GEORGE HERMAN
LAURA HOWICK
CURVIN HUBER
SUE HUSZAR
JUDITH JAFFE
DONNALISA JOHNSON

JANE MCKINNON JOHNSTONE
MICA KNAPP
MAUREEN KIMBALL
RACHEL KORN
MARGARET KUSNER
JULIE L'HEUREUX
SAMANTHA LINNANE
HELENA LONG
SUE KIM LUCCHINI
NATALIE MACKNIGHT
JENNIFER MAESTRE
SUSAN MARSHALL
SARA MATIAS
CATHY MCCARTHY
DONNA MELANSON
MARY MOONEY
DOUG MOORE
MARY MORAZZI-HENDERSON
GWEN MURPHY

BARBARA O'BRIEN
WENDY OLTSIK
DIANNE PAPPAS
COLLEEN PEARCE
JILL POTTLE
KRISTIN REGAN SAUNDERS
FAY SENNER
DONNA SHAPLEIGH
DENISE SHEA
STEVE SMITH
ERNEST STONEBRAKER
BERIT STRONG
VICTORIA VANDERLOOP
KATE WHEELER
SANDY WILENSKY
TOBY WILLIAMS
JEANNE WILLIAMSON
LESLIE ZELAMSKY

Seasonal Flu Clinic

For Maynard Residents Age 65+

Tuesday – September 20th • 10:30am – 11:30am

Council on Aging at Maynard Golf Course

✓ **Vaccines are FREE!**

Please be sure to bring your insurance card with you to the clinic

Note: We DO NOT offer High-Dose Vaccines

Clinics hosted by the Board of Health and staffed by Emerson Hospital Home Care



Medicare Open Enrollment

Medicare Open Enrollment period is coming - October 15 through December 7th.
Discover things you should do every year!

As our life and health may change over time, so can our medical insurance plan! Be sure to review your current coverage for next year – 2017. Is it still the right coverage for your needs? Watch your mail! By the end of September you will receive the "Annual Notice of Coverage" from your current plan. This is a summary of your benefits and provides the opportunity to insure that the premium is still affordable, that your medical providers still accept the plan, that your medications are still covered and more.

From October 15 through December 7th you can make any necessary changes to your coverage effective for January 1st 2017.

**SHINE presentation at the Maynard Council on Aging on
Wednesday, September 28 at 1:00 p.m.**

**The Minuteman Senior Services SHINE Program will make you aware of things to consider when
evaluating your health plan and answer questions for beneficiaries, family and caregivers.**

Please RSVP to the COA ~ (978) 897-1009.

The Minuteman Senior Services SHINE Program can help to examine your plan and compare it to others available in your area. SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling for Medicare beneficiaries and their caregivers. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For more information, call toll-free 888-222-6171 or visit www.minutemansenior.org.

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

“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)

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!

Maynard Senior Citizens Club

Wednesday, September 7, 1:00 p.m.

The Club meeting is the 1st Wednesday of the month at 1:00 p.m. at the Maynard Lodge of Elks

Join us for entertainment, luncheons,
holiday party and more

Dues are \$20.00 for the year
(includes dessert, coffee, tea at each monthly meeting)
Meets September – June

Silk Scarf Painting Class

Wednesday September 7 at 10:30 a.m.

Karen Halloran from CareOne at Concord will be teaching this special, one-time class.

No experience or supplies needed.

Cost: Free • Limit: 10

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

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

September 20 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.

Scheduled Shopping Trips

Monday and Wednesday – Stop & Shop in Acton
Thursday – Stop & Shop in Acton & Shaw's in Stow

One hour is allowed for shopping. Shoppers should call at least 2 days in advance to schedule their shopping times. As of February 1, 1994 it is a mandatory law in Massachusetts that passengers are required to use seatbelts. Van drivers have the authority to insist that seatbelts be worn or a passenger not ride in the van. If there is a medical reason why a passenger cannot use a seatbelt there must be a letter from their physician. Passengers are required to keep buckled in their seats while the van is in motion.

COA OUTINGS

September 9 SHOPPING TRIP

Walmart and Market Basket. Pick-ups start at 9:30 a.m. Van cost \$2.00.

September 14 THE BUTTERFLY PLACE

Walk along winding pathways and enjoy a beautiful indoor garden filled with hundreds of butterflies. Admission cost is \$8. Lunch following (cost up to the individual) at the 99 Restaurant. Pick-ups start at 9:30 a.m. Van cost \$5.00.



September 13 TOWER HILL BOTANIC GARDEN

Delight in 132 acres of carefully planned gardens displaying some of the most exquisite plants in the world. Admission is free. Lunch following (cost up to the individual) at IHOP. Pick-ups start at 9:30 a.m. Van cost \$5.00.

September 19 SHOPPING TRIP

Shopping Trip to Cornerstone Square, Westford. Stores include Sweet Kiwi Frozen Yogurt, Panera, Five Guys, Marshalls, Verizon, Petco, Dalla Nails, Home Goods, Great Clips, Sally Beauty, UPS and more. Pick-ups start at 9:30 a.m. Van cost \$5.00.

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.



Twitter for Beginners Workshop

Tuesday, September 13th @ 7pm (Roosevelt Room, Maynard Public Library)

Join us for our Twitter workshop, where we'll show you how to set up an account, find people and organizations to follow, and create a following for yourself or your business!

*A basic knowledge of computers and online experience is required for this class. While not mandatory, please bring a laptop to follow along if possible.

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



Maynard Farmers' Market

June 25 - October 1 • 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!**



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Personalized short-term
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feel younger.

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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

Open Table Announces Its New Home! and a change to how we do leadership -

It's been a long time coming, but Open Table has finally found a home in Maynard: 33-37 Main Street, the site of the former Aubuchon building. For the first time, we will have our own designated space, giving us more control over our services and allowing us to customize those services to better serve our guests.

Since losing our space in the Clock Tower Building in May of 2015, we have been bouncing from site to site. Thanks to the generosity of the town of Maynard, which offered us temporary leased space at the Coolidge School, we have continued to provide food to those in need while searching for a more permanent space for both our pantry and our weekly dinners. This new facility more than fulfills those needs; it is scheduled to open by January 2017.

Having a permanent site means we can choose our hours of operation and won't have to set up and tear down after every event. The onsite refrigeration allows us to safely store food when it's ready to be picked up and not just on the day we have the space. It also means we can offer fresh, healthy food for our guests to take home to their own pantries, in addition to shelf-stable food. These plans include expanded pantry hours, arranging transportation for senior citizens, and hosting community events. The idea is to make food fresh, accessible and comfortable to access, to anyone who needs it.

Research by Greater Boston Food Bank and other food relief organizations similar to Open Table has found that to do this kind of work requires hiring paid staff, as volunteers frequently don't have the time and schedule flexibility to take on this effort.

Recognizing this, Open Table has also hired our first paid staff member, Jeanine Calabria, as our part-time Executive Director. Jeanine has had a long and successful relationship with Open Table, having volunteered as a cook, shopper, and fundraiser. Most recently, she has served as Open Table's president for the past three years.

In her new position, Jeanine will focus on strategic planning, community outreach and fundraising, ensuring that Operations has the support they need to continue Open Table's excellent record of building community, stocking pantries and being open to all who come. She started her new position as Executive Director on August 1.

2016 Maynard Road Race

Saturday, October 8th

*All Proceeds to Benefit
The Boys & Girls Club of Assabet Valley*



Main Race

5K Run/2M Walk

Start Time 11:00 AM

Entry Fee: \$35 in advance, \$40 Day of Race, \$25 for ages 18 and under

Kids 1M Fun Run

Ages: 4-11 yrs old

Entry Fee: \$10

(Include Bib #s, medals, snacks)

****All races start and end at Mill and Main Parking Lot on Summer Street**

New to Running? Join our Couch to 5K Training Program

Mondays & Thursdays

August 1st-October 6th (Program has began but you can still join)

@ 5:30 pm

Meet at the track at Alumni Field in Maynard

\$35 to join. Fee includes your registration into the Maynard Road Race.

Join our Couch to 5K Program! Ever wanted to enter a road race but didn't know where to start? Here is your answer! Get off your couch and join us today! An instructor will meet you at the track each Monday & Thursday to start walking your way to running in the Maynard Road Race! The Couch to 5K program is for all ability levels. This is a gradual training program designed to get you in shape to run a 5K!

****Register Today at maynardroadrace.com**

T-shirt is guaranteed for registration received by September 23, 2016.
All Runners 21+ that pre-register will receive a Battle Road Beer Ticket!

THANK YOU TO OUR SPONSORS!



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Maynard Police, Fire & DPW
REX Construction, Maynard MA

Minuteman Senior Services Seeks Volunteer Board Member

Minuteman Senior Services, a non-profit organization serving 16 communities, is seeking a Maynard resident to represent the needs of the town on its Board of Directors. The ideal candidate is committed to the agency mission of helping seniors and people with disabilities live in the setting of their choice by engaging community resources and supporting caregivers. The Board meets the first Wednesday morning of every month at their Bedford office.

Board members are volunteers and function as a team with the Executive Director to achieve the objectives of the agency, including oversight of 20+ programs. Opportunities include networking with like-minded individuals and learning from expert guests in the medical, legislative and non-profit service fields. Responsibilities include representing the needs of seniors in the communities Minuteman serves, acting as an ambassador from Minuteman to the community, providing fiscal oversight and supporting fundraising efforts. Board members provide a critical link between the Council on Aging and Minuteman Senior Services.

See www.minutemansenior.org for more information about the agency. If you are interested please call Karen D'Amico, Board Liaison, at 781-221-7011.

Massachusetts Senior Legal Helpline 1-866-778-0939

DO YOU NEED HELP APPLYING FOR LEGAL SERVICES?

The Helpline provides assistance to Massachusetts senior citizens (60 years or older) applying for free legal help. Call to complete an intake if you need legal help in one of the following areas:

- Social Security/SSI
- Veterans Benefits
- Mass Health
- Medicare
- Consumer issues
- Public Benefits
- Unemployment
- Foreclosures
- Bankruptcy
- Evictions
- Landlord/Tenant
- Utilities
- Executing advance directives & simple wills
- Family law
- Nursing Homes

Our staff will screen you, the elder caller, for eligibility. If you are not eligible for free direct representation, we may be able to give you advice or reduced fee referrals. If you get our voicemail, please leave your name, telephone number and the town where you reside for a call back. We provide interpretation services in many languages.

The Massachusetts Senior Legal Helpline is a collaboration between the Massachusetts Association of Councils on Aging, the Legal Advocacy & Resource Center and Community Legal Aid with funding from the Massachusetts Executive Office of Elder Affairs.

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 SEPTEMBER 2016

Dear Friends,

I hope each of you had a relaxing summer. As the weather cools and autumn approaches, I want to highlight a few state programs designed to keep seniors healthy year-round.

Just recently, Massachusetts was ranked the healthiest state in the nation for older adults - rising from sixth place last year. The report, published by the United Health Foundation, benchmarks each state's performance on key measures of health and wellness for the senior population. Massachusetts has seen success in reducing rates of physical inactivity and smoking while providing seniors with better access to community support and dedicated health care providers.

As Chair of the Joint Committee on Public Health and Co-Chair of the Elder Caucus, I'm proud of the progress we've made in working to guarantee that seniors have the tools they need to make choices and ensure ongoing support. The Massachusetts Executive Office of Elder Affairs website provides information about a variety of state health and wellness programs available to support our seniors. Find information about these programs here: mass.gov/elders/

I want to tell you about **MassOptions**, a new program available to Massachusetts seniors and individuals with disabilities. MassOptions is a free, 7-days a week service that connects individuals to multiple agencies with just one phone number, staffed by a team of trained specialists who will provide referrals to services like in-home supports, day services, equipment and supplies, and mental health and personal care services. This one-stop referral program aims to eliminate the confusion of calling multiple agencies to access critical services. You can connect with a specialist at MassOptions every day from 8 a.m. to 8 p.m. by calling the toll-free phone number 1-844-422-6277 (1-844-422-MASS) or by visiting the website at MassOptions.org.

If you have any questions or would like more information about senior programs, please do not hesitate to contact my office.

Hogan's Office Hours

Hudson Office Hours will be held on Tuesday, September 13th from 6-7 p.m.
at the Hudson Public Library, 3 Washington Street, Hudson.

Bolton Office Hours will be held on Thursday, September 29th 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



COMING SOON TO FINE ARTS THEATRE PLACE

Bad Moms

COMING AUGUST 26TH

Starring Mila Kunis & Kathryn Hahn

When three overworked and under-appreciated moms are pushed beyond their limits, they ditch their conventional responsibilities for a jolt of long overdue freedom, fun, and comedic self-indulgence.

Searching for Sugar Man

COMING SEPTEMBER 13TH

Starring Rodriguez & Steph Segerman

Two South Africans set out to discover what happened to their unlikely musical hero, the mysterious 1970s rock n roller, Rodriguez.

Sully

COMING SEPTEMBER 8TH

Starring Tom Hanks & Anna Gunn

The story of Chesley Sullenberger, who became a hero after gliding his plane along the water in the Hudson River, saving all of the airplane flights 155 crew and passengers.

Storks

COMING SEPTEMBER 22ND

Starring Andy Samberg & Jennifer Anniston

Storks have moved on from delivering babies to packages. But when an order for a baby appears, the best delivery stork must scramble to fix the error by delivering the baby.

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