

NEW GENERATION



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

OCTOBER 2016



The View from Here

Recently I received a call from a relative of a senior who was wondering how to start a conversation suggesting it might be time for the senior to increase her social supports after the loss of her spouse. We spoke at length about the wide array of activities at the COA and how she might encourage her to consider stopping by – I suggested they both stop by and experience first-hand the warm and friendly feel of the COA. I asked if she had a copy of the COA newsletter (which she did and was going to share) and she asked who was responsible for the newsletter. I replied that I had the great fun of putting things together, whether information about events in the community, projects of town depts. and important resources. She responded, with exclamation, that it was obvious I loved my job by how wonderful the newsletter felt to her. I emphatically agreed! She shared the quote “Choose a job that you love and you will never work a day in your life” and we decided this thought summed it up.

Jeremy Robichaud (Maynard Library’s Reference Services) & Casey Petipas-Haggerty (Maynard Library’s Young Adult Librarian) are two reasons why I really enjoy what I get to do. Jeremy received a grant for financial literacy programs for seniors and has brought together a tremendous group of presenters focusing on topics of great importance to seniors and to their families – not to be missed! (See page 7) Casey and I are collaborating on an oral history project (see Andrew’s column for more description of StoryCorps) bringing young and older adults for a journey through the life experiences of some of Maynard’s most amazing storytellers. Please contact me if you are interested in participating.

Thanks to Captain Sean Kiley, Fire & Police Dept. staff and community healthcare providers for a very successful Health & Safety Expo on the 24th. We were joined by Life Care Center of Acton, Concord Park, Emerson Home Care, Partners LifeLine, Nashoba Nursing Services, CareOne, Visiting Angels, VNA CareNetwork, Emerson Hospital and Minuteman Senior Services. We’re looking forward to the Expo becoming an annual event – see you next year!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

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

Mildred Duggan

StoryCorps

In mid-September my mother and I travelled to New Jersey for her sister’s birthday. I drove round-trip, and shared about sixteen hours in a car with Mom from Friday until Sunday. I’m one of six children, so it was easily the most consecutive hours I have spent alone with my mother since the womb.

Driving over 800 miles in three days will give the closest of relations pause but I thoroughly enjoyed the time with Mom – even more than the incredible family reunion birthday bash. It was made special listening to Mom’s tales of her childhood and other memories. Trips to ‘the shore’ on hot summer weekends with her sisters and grandparents – invariably having to stop to fix a flat tire (a common problem in the 1930s and 40s.) As a schoolgirl, she and her sisters or friends could safely walk to the movies in downtown Newark (she grew up on 3rd Street). Stories about relatives I never met, rationing and recycling during World War II (did you know you couldn’t drive a car without a special permit?), meals at ‘Georgette’s’ a hamburger stand, of school teachers and classmates.

Much has changed in New Jersey and elsewhere since then, radial tires, strip malls, and lives filled with abundance (no rationing due to any wars in my lifetime) but it doesn’t change her history and the many things that shaped her life. Some of the stories I’d heard before, family lore, but as the miles flew by, new stories poured out. Interesting to me as her son, of course, and independently – a snapshot of mid-20th century middle class American life. I think Mom enjoyed the telling as much as I enjoyed the listening.

Which brings me around to the title of this essay – StoryCorps. For those unfamiliar, StoryCorps started in 2003 as a way to document humanity. It is broadcast regularly on NPR stations and is produced by the Corporation for Public Broadcasting. Several collections of interviews are also presented in book form. Maynard’s Council on Aging is excited to announce that StoryCorps is coming to record personal histories and recollections in October and November. I’ve enjoyed listening to StoryCorps many times and regret not having recorded some of Mom’s recent recollections. Maynard residents will have many exciting stories to share and we look forward to listening to them.

For more information check with the Council on Aging. Also, to learn more about StoryCorp, go to www.cpb.org and www.npr.org.

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.

NOVEMBER MEETING WILL BE HELD ON THURSDAY, NOVEMBER 3 AT 10:30 A.M.

This meeting is an open meeting – come one and come all! It’s a great opportunity to hear what’s currently happening at the Senior Center and what’s on the horizon. The purpose of the COA Board is to support the services of the Council on Aging through various means by determining the needs of the seniors in the community at large.

Highlights of Upcoming Events

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

November Luncheon

Thursday, November 10 • Noon

Turkey, stuffing, gravy & cranberry

Mashed potatoes & butternut squash

Salad & Cornbread, Pies

Deadline to sign up is Monday, November 7!

\$8.00 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

“Name That Tune” & Ice Cream Sundaes

Thursday, October 20 • 12:30 p.m.

You MUST sign up by Monday, October 17!

Please call the COA to sign up – limited to 25

“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)



Wednesday, October 19 • 11:00 a.m.

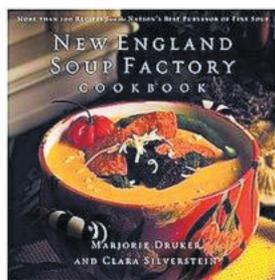
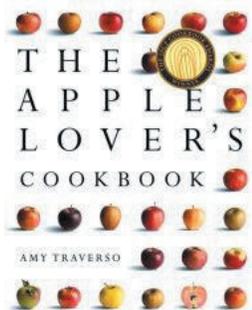
Re-gift by bringing “tchotchkes” from home for bingo prizes.

Please sign up with the COA by Monday, October 17



Contact the COA about Seasonal Cleanup (978) 897-1009.

COA • (978) 897-1009



Maynard Library Cookbook Club

The Friends of the Maynard Library and the Maynard Farmers' Market have extended their Maynard Library cookbook club sessions into October and November. This is an opportunity to try some new recipes focusing on healthy and locally produced foods in a friendly setting. The cookbook is available at the library and we all get together for a pot luck lunch at noon with everyone bringing something they have made from the cookbook. October's meeting will be on October 17 (to avoid Columbus Day) and we will be looking at recipes from **The Apple Lover's Cookbook** by Amy Traverso. We hope to also have a tasting of several apple varieties. On November 14 - to help prepare us for winter - we will be looking at soup and bread and using two cookbooks: **The New England Soup Factory Cookbook** by Marjorie Druker and Clara Silverstein and **The Hot Bread Kitchen Cookbook: Artisanal Baking from Around the World** by Jessamyn Waldman Rodriguez and Julia Turshen. The group is open to everyone but we do ask that you call 978-897-1010 ext 103 to register so we know how many places to set.

Bagels And Books Discussion Group

The Bagels and Books discussion group will meet at the Maynard Library in the Trustees Room at 2:30 p.m. on the 3rd Tuesday of the month beginning on October 18. At this meeting we'll talk about what we've been reading since we last met – it's been a while so we should get some good recommendations to consider. We'll also talk about what we'd like to focus on reading – subjects, categories, places, etc. Bagels and Books is a different kind of book group because we don't read a single book together for discussion - we choose a topic and share the books we have read on or close to that topic. It gives us an interesting way to hear about a lot of books and to go home with a list of want-to-reads (and sometimes – "don't bother"). The meetings are free and open to everyone. Tea and cookies sustain us through the discussions. If you would like to see what kinds of things we discuss check out our BLOG at bagelsandbooks.com where we have four years of recommendations in our archives.

Concord Festival of Authors begins on October 20 and continues through November 6 with literary events of all types at various locations in Concord. Most of them are free. You can see the schedule at www.concordfestivalofauthors.com/2016/events.

Starting Your Genealogy With Ancestry Library Edition

Tuesday, October 18th @ 7pm • Roosevelt Room, Maynard Public Library



Learn search tips and techniques to view the incredible collection of content available on the web's best resource for genealogy. This e-resource is always available free at the library!

(While not mandatory, please bring a laptop to follow along if possible.)

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

Succeeding In Retirement Seminar Series

Elder Law 101: Keeping Control As You Get Older



Join us as Arthur P. Bergeron, an elder law attorney at Mirick O'Connell will present, ELDER LAW 101: KEEPING CONTROL AS YOU GET OLDER. Attorney Bergeron will introduce some of the financial issues that affect seniors.

His practice is almost entirely devoted to Elder Law. What's that? It's the law that is relevant to seniors as you are retiring, slowing down, and trying to figure out the rest of your life. Will there be enough money to live out the rest of your life?

If there's an emergency or disability, how and who will be handling things for you? What kinds of benefit programs may be helpful to seniors? The goal of most seniors is to live in their own home until they die. Attorney Bergeron will explain how to increase the chances of making that a reality. He will also discuss how if you die owning any assets, you can plan to have those assets go where you want them to.

Wednesday, October 19th @ 5:30pm

Maynard Council On Aging • 50 Brown Street (Inside Maynard Country Club)

Please sign up at the Maynard Library's Reference Desk or call 978-897-1010 x103

Brought to you with federal funds provided by the Institute of Museum and Library Services and administered by the Massachusetts Board of Library Commissioners.

Succeeding In Retirement Seminar Series

At The Maynard Public Library

Thursday, November 17th @ 7pm

Planning Ahead – Wills, Trusts, & Having an Estate Plan

"Planning Ahead" will focus on the importance of proper estate planning and the consequences that arise when an individual fails to plan for incapacity.



Tuesday, December 6th @ 7pm

Changing Careers – Reinventing Oneself for Employment in Retirement

Transitioning into a new profession can be a challenging and daunting undertaking. We will discuss and explore various strategies to help make the transition from one industry to another a smooth one. This is a group discussion where everyone's experiences and opinions are welcomed.

Please sign up for programs at the Reference Desk or call 978-897-1010 x103

Brought to you with federal funds provided by the Institute of Museum and Library Services and administered by the Massachusetts Board of Library Commissioners.

ArtSpace
Maynard



THIS MONTH

Weds. - Sat.
11am - 3pm

63 Summer Street

FREE PARKING

annual group show

with the works of over 70 artists!



at the Gallery in ArtSpace, Maynard 63 SUMMER STREET

ArtSpace Annual Group Show

63 Summer Street • Maynard, MA 01754 • 978-897-9828

ArtSpace, one of the largest arts centers in New England, invites you to attend it's Annual ArtSpace Artists' Group Show event here at 63 Summer Street, Maynard, MA

Visit the studios and view the work of more than 70 artists, both emerging and long practicing, including painters, sculptors, bookbinders, ceramicists, a milliner, photographers, print makers, illustrators and writers. Here we invite you to explore the artists' world outside of the normal gallery experience. Meet the artists, ask questions and see how they work in their own studios.

- WHEN:** September 7 to October 15
HOURS: Wednesdays through Saturdays 11 am to 3 pm
COST: Free and Wheelchair accessible
INFO: visit us on our web at: www.artspacemaynard.com

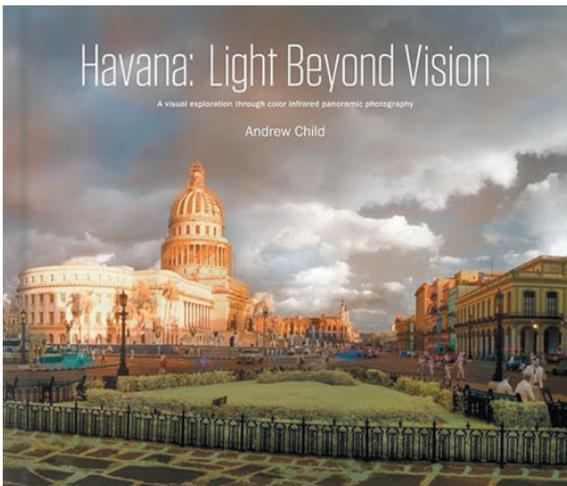
ArtSpace: Havana: Light Beyond Vision

artspacemaynard@gmail.com • www.artspacemaynard.com

**"Havana: Light Beyond Vision: Featuring the photographic work of Andrew Child
Wednesdays through Saturdays, October 19 – November 26 from 11 am to 3 pm**

"Mini" ArtSpace Artists' Open Studios: Saturday, October 29th from 4 – 6 p.m.

Opening Reception: Saturday, October 29th from 5 – 7 p.m.



The ArtSpace Gallery is pleased to present an exhibit featuring the work and book of photographer Andrew Child, as he explores Havana, Cuba and its surrounding areas through full-color, infrared panoramic photography, a unique technique which makes it possible to capture sunlight that is otherwise invisible to the human eye.

The exhibit runs through November 26th

Come join the art scene in Maynard!

For more information, please call (978) 897-9828 or go to www.artspacemaynard.com and like us on Facebook

Grandparents!



Barbara Iannarelli with Maci, Michael and Anthony (great-grandchildren)



Barbara Iannarelli with Maci, Bruce Jr., & Bruce Sr. (four generations)



Marion Gross and Kevin (grandson)



Marjorie Glencross with Hillary, Kelly and Allyson (granddaughters)



Marge Doyle and grandchildren



Lois Baker with Monique (grandchild)

Maynard Senior Citizens Club

Wednesday, October 5, 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

Chicken Dinner

On Saturday, October 22, 2016

From 5-7 pm

At Maynard Lodge of Elks

Powder Mill Road, Maynard

Cost: \$10 **OR \$7 for seniors**

and children under 12

All proceeds benefit The Maynard Emblem Club #205 In their mission to support local charities.

Community Box Top Drive!

Green Meadow Elementary School is reaching out to the community to support our Box Tops for Education program. Box Tops labels can be found on hundreds of products like Progresso soups, General Mills products and Kleenex tissues. Every Box Top donated is worth 10 cents and your help is needed! All money goes directly to the Green Meadow PTO (Parent Teacher Organization) to fund enrichment programs like assemblies and field trips for Preschool through 3rd grade, teacher start-up funds so teachers can buy extra materials for their classrooms, among other educational activities and events. The community can help the PTO reach their goal of \$1,500 by clipping Box Tops and dropping them in one of our convenient locations around town, including a box at the COA Senior Center. There are also boxes at CVS, Maynard Town Hall, Anytime Fitness, Jam Time, Middlesex Savings Bank, Toast N' Shine, The Flower Pot, Green Meadow School and the Maynard Public Library. Thank you for your support - every Box Top counts!



AN EASY WAY TO EARN CASH FOR GREEN MEADOW!

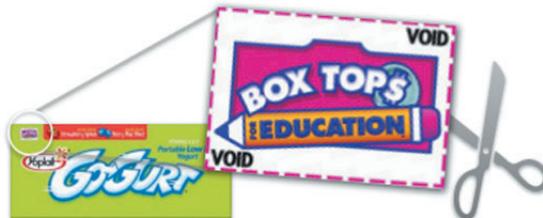
Look for the pink Box Top on hundreds of participating products. Each is worth 10¢ for Green Meadow!

1



BUY your favorite Box Tops Products.

2



CUT out the Box Tops from each package.

3



DROP Box Tops in collection box.

4



GREEN MEADOW GETS CASH for every Box Top collected to help support educational programs. All those Box Tops really add up!

Go online to www.bfe.com/products for a complete list of participating box tops products.

CALENDAR

WORK OUT WITH WILMA - MONDAYS - 10:00 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 - 10:30 a.m.

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

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

ZUMBA GOLD - WEDNESDAYS - 9:30 a.m.

Zumba makes exercise fun! Strengthen your heart, improve your balance, posture and range of motion while moving to the steps of the cha-cha, salsa and merengue.

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

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

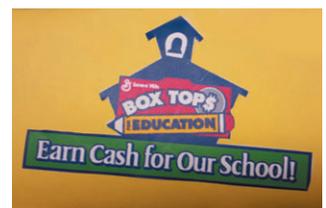
This yoga class teaches yoga postures as a way to develop "mindfulness in motion". Learn how using your Breath brings calmness to your everyday life. Experience how improving balance and increasing strength unifies Body, Mind and Spirit.

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

October 25 PAPA RAZZI

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 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.

October 18 WHOLE FOODS TOUR

This special tour of Whole Foods Market in Westford is a unique opportunity for Maynard seniors to add another component to the knowledge you've gained from our many healthy eating programs. You will have an exclusive chance to ask questions about products and nutrition, find out where specific items are located, talk about food allergies, and more. Pick-ups start at 9:30 a.m. Van cost \$4.00. Lunch following at Panera. Lunch cost on your own.

October 24 SHOPPING TRIP

Solomon Pond Mall Shopping. Pick-ups start at 9:30 a.m. Van Cost \$4.

COA OUTINGS

October 5 SHOPPING TRIP

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

October 13 PEABODY ESSEX MUSEUM

The Peabody Essex Museum in Salem, Massachusetts is one of the oldest continuously operating museums in the United States. We will have a Guided Highlights tour of the museum followed by some time to enjoy the exhibits on your own. Admission, tour and transportation \$25.00. Lunch on your own – café in museum. Pick-ups start at 9:30 a.m.

October 11 FALL FOLIAGE TRIP

Sit back and relax as our van takes you to peak foliage vistas! For lunch we will relish the rustic beauty and delicious food at The 1761 Old Mill Restaurant, Cracker Barrel Pub, and Country Store. Tuesday is senior citizen 10% discount day! Take home treats like corn fritters and pecan rolls from The Old Mill Bakery, browse the Country Store for unusual gifts and candy, and enjoy the charm of the covered bridge and mill dam while you dine. Pick-ups start at 9:30 a.m. Van cost \$6.00. Lunch cost on your own.

October 26 THE SCOTTISH RITE MASONIC MUSEUM AND LIBRARY

Formerly the National Heritage Museum, this small, intimate venue offers easy accessibility and an opportunity to explore American history and culture. Current exhibits include "Keeping Time: Clockmakers and Collectors" featuring the history of more than 50 innovative and whimsical clocks and their skilled clockmakers. Also featured are exhibits of Campaign Banners from 1844-1936, Invention and Innovation in the Decorative Arts, and Red, White, and Blue, about the history of the American flag. Following the museum we will visit Wilson's Farm in Lexington. A "Best of Boston" winner multiple times, this farm stand offers fresh produce, specialty foods, as well as seasonal items such as pumpkins and apple cider donuts. Then it's off to Mario's Italian Restaurant for a delicious lunch! Pick-ups start at 9:30 a.m. Van cost \$4.00. Museum is free. Lunch and Wilson's Farm cost on your own.

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. Transportation to the COA is free! 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.

CrossTown Connect & the COA must take a waitlist for trips in order to first determine van availability (8 seats or 12 seats). Any questions regarding this please contact the Council on Aging.



A Community Conversation



Thursday, Oct. 6, 2016

The Maynard Library
77 Nason Street

Reception: 6:00pm

Discussion: 6:30pm

A light supper will be served.

Please join Representative Kate Hogan along with representatives from Minuteman Senior Services and the LGBT Aging Project for a special reception for LGBT older adults, friends and caregivers.

Our goal for this gathering will be to have a community conversation on LGBT aging in our area. We want to know the needs and concerns of community members and how elder services can best support you as you age. Please come, meet new friends and catch up with old ones as you share your thoughts and ideas with us.

- Representatives from Minuteman Senior Services and The LGBT Aging Project, a program of Fenway Health, will facilitate the discussion.
- There is no cost for this event, but reservations are encouraged to help us plan for food. Please RSVP to Hilary Viola at 781-221-7060 or h.viola@minutemansenior.org.

Minuteman Senior Services, 26 Crosby Drive, Bedford, MA 01730
Toll Free (888) 222-6171 • www.minutemansenior.org

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

ACT *My* AGE?

Personalized short-term therapy to help you feel younger.

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1 Great Rd.
Acton, MA 01720
LifeCareCenterOfActon.com

Life Care Center of Acton
Joint Commission accredited

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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."

Massachusetts Alerts App



Massachusetts Alerts: to receive emergency information on your smartphone, including severe weather alerts from the National Weather Service and emergency information from MEMA, download the Massachusetts Alerts free app. To learn more about Massachusetts Alerts, and for information on how to download the free app onto your smartphone, visit: www.mass.gov/mema/mobileapp.



Key Features

- Customize the types of alerts you receive.
- Your privacy and identity are 100% protected. No personal information is required, ever.
- Alerts may include links to websites, informational bulletins, or videos.
- Share alerts with others through your social media networks.
- Audio alerts with attention-getting sounds.

The Massachusetts Alerts app is currently available for iOS (Apple) and Android platforms.

Massachusetts Alerts

- Receive emergency alerts and information based on your location, proximity to an event or incident, and the preferences you select.

User receives real-time information, including:

- Severe weather about to affect your area
- Amber alerts for missing children
- Critical information during disasters such as evacuation or shelter-in-place information and emergency shelter locations
- Other information to keep you safe during emergencies

Do Not Ignore Medicare Mail

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have information from your plan by the end of September. This information explains changes in your plan for 2017. During Medicare Open Enrollment (October 15 - December 7), you will have a chance to change your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. To schedule a SHINE appointment call the COA at 978-897-1009. For other SHINE matters, call 1-800-243-4636, then press or say 3. You will get the SHINE answering machine, leave your name and number and a volunteer will call you back.

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.



Create A Better Day Café

Are you caring for someone with Alzheimer's or other dementia? Create A Better Day Café encourages socialization with other caregivers and loved ones where you can just be yourself. This is a wonderful opportunity to get out with your loved one and have an enjoyable afternoon. It's a time to step out of the daily routine, leave the disease at the door, and enjoy a positive experience in a supportive environment. The afternoon will consist of conversation, a variety of entertainment, music, alternative therapies, pet therapy, arts, games, refreshments, and most importantly, laughter. It is open to anyone in the community at any stage of the disease process accompanied by friends, family, and loved ones. There is no cost.

The café is usually held the 4th Sunday of each month

Please attend our next Café on Sunday, October 23rd, 2016 from 1:00pm to 3:00pm at Pleasantries Adult Day and Consulting Services, 195 Reservoir Street, Marlborough

Please join us for a wonderful engaging program "Meet Me At The Movies" sponsored by Hearthstone Alzheimer's Care. Please contact Tammy for more information at 508-481-0809 or email tammy@pleasantriesads.com. Due to the possibility of cancellation please call prior to attending and listen to voice message.

Alzheimer's Caregivers Support Group

If you are caring for a loved one with Alzheimer's disease, please attend this powerful resource group. We provide information, education, and resources on Alzheimer's disease. Caregivers share stories along their caregiving journey offering support and making connections with other members.

When: 2nd Monday of each Month • 6:00pm to 8:00pm

Where: Pleasantries Adult Day and Consulting Services, 195 Reservoir Street, Marlborough, MA

Pre-screening by email or phone is required prior to attending

Please contact Tammy Pozerycki at 508-481-0809 or tammy@pleasantriesads.com

alz.org | alzheimer's association

Pleasantries 
ADULT DAY AND CONSULTING SERVICES

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 OCTOBER 2016

Happy autumn, friends! Around this time each year I like to share with you some state programs that can help with home heating assistance and savings on energy bills:

- **Low Income Home Energy Assistance Program (LIHEAP)** – LIHEAP helps low-income individuals and seniors pay their heating bills during the winter. Eligible recipients can either own or rent their home and cannot have an income greater than \$34,001 for a single person or \$44,463 for a two-person home. For more information, please call the Massachusetts Heat Line toll-free at 1-800-632-8175 or visit tinyurl.com/MassHeat. Inquire about fuel assistance at your Council on Aging.
- **Citizens Energy** – Citizens Energy Corporation has two programs that provide home heat assistance. (1) The Oil Heat Program offers free heating oil to people in need and (2) the Natural Gas Heat Assistance Program gives a \$150 utility bill credit to eligible households who heat with natural gas. To apply, please visit citizensenergy.com or call 1-877-JOE-4-OIL.
- **Weatherization** – The Low Income Weatherization Assistance Program (WAP) provides eligible households with full-scale home energy efficiency services to help homeowners and renters lower their energy costs. WAP is funded by an annual grant from the U.S. Department of Energy and administered by a network of local agencies; you can receive WAP services if you are eligible for LIHEAP or if someone in your household receives SSI or TAFDC. For more information, please call the Massachusetts Heat Line toll-free at 1-800-632-8175 or visit tinyurl.com/lowincomeweatherization.
- **MassSave** – MassSave offers Massachusetts homeowners and renters energy tips and information about free home energy assessments, energy-saving products, and loans, rebates, and other incentives for energy-saving home improvements. Low-income residents may qualify for programs to help manage energy costs. For more information, please visit www.MassSave.com or call 1-866-527-7283.

All-Electronic Tolling

The Massachusetts Department of Transportation (MassDOT) is transitioning to an all-electronic tolling system on October 28th. Toll gantries along the Massachusetts Turnpike will replace exit tollbooths and drivers will be charged when they pass underneath the gantries. To ensure residents pay the lowest possible toll rates under the new system, MassDOT is encouraging residents to obtain a free E-ZPass transponder as soon as possible by signing up online at ezpassma.com or by visiting certain RMV branches, AAA locations, or E-ZPass customer service centers; locations can be found by visiting mass.gov/ezpassma.

I will also host a MassDOT van at this year's MAYNARD FEST, where a MassDOT employee will be available to help you sign up for an E-ZPass transponder. MAYNARD FEST will be held on October 1st from 9 a.m. - 3:30 p.m. in downtown Maynard. Look for the purple van!

Should you have any questions about All-Electronic Tolling or need any assistance obtaining an E-ZPass transponder, please feel free to contact my office.

Hogan's Office Hours

Stow Office Hours will be held on Thursday, October 13th from 6-7 p.m.
at the Randall Library, 19 Crescent Street, Stow.

Bolton Office Hours will be held on Tuesday, October 25th 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

Deepwater Horizon

COMING SEPTEMBER 29TH

Starring Mark Wahlberg & Kate Hudson

A story set on the offshore drilling rig Deepwater Horizon, which exploded during April 2010 and created the worst oil spill in U.S. history

Birth of a Nation

COMING OCTOBER 13TH

Starring Nate Parker & Armie Hammer

Nat Turner, a literate slave and preacher in the antebellum South, orchestrates an uprising.

Rear Window

COMING OCTOBER 11TH

Starring James Stewart & Grace Kelly

Fans of Film Presents: In this 1954 Hitchcock classic, a wheelchair-bound photographer spies on his neighbours from his apartment window and becomes convinced one of them has committed murder.

Inferno

COMING OCTOBER 27TH

Starring Tom Hanks & Felicity Jones

When Robert Langdon wakes up in an Italian hospital with amnesia, he teams up with Dr. Sienna Brooks, and together they must race across Europe against the clock to foil a deadly global plot.

FRIGHT NIGHT FILMS

10/3-10/5- Amityville Horror (1979)

10/6-10/7- The Shining (1980)

10/10-10/12- The Exorcist (1973)

10/13-10/14- Poltergeist (1982)

10/17-10/19- Scream (1996)

10/20-10/21- The Blair Witch Project (1999)

10/24-10/26- Nightmare on Elm Street (1984)

10/27-10/28- Friday The 13TH (1980)

Halloween Night (10/31)- Halloween (1978)

Tickets Just \$3!

Bring this ad in for a free ticket with the purchase of any combo!*

*excludes kids combo

FINE ARTS THEATRE PLACE

19 SUMMER STREET, MAYNARD MA 01754

www.fineartstheatreplace.com

(978) 298-5626

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