

NEW GENERATION



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

NOVEMBER 2016



The View from Here

Our cover is a photograph of a mural in the Fowler Middle School hallway – one of many beautiful representations of the students' enthusiasm throughout the school. We've started our second year of Bridges Together in the 4th grade! I'm proud of our senior volunteers continuing to create lasting impressions and amazed by the students' excitement each time they greet the volunteers in the lobby and walk them to their classrooms. Special relationships are being built each week – we've started with three classrooms in this session and in January we will continue with the other four. More volunteers are needed! I encourage you to share six weeks (one hour a week) for a transformative experience.

I'd like to thank Polly Mendoza, the Executive Director of Neighborhood Brigade for her article on page 11. We look forward to the support of their volunteers in the Maynard community. This issue of the COA newsletter shares information about many supportive services: Open Table's 27th Annual Thanksgiving Dinner, hours for the Open Table and Maynard Food Pantries, Habitat for Humanity, Mass 211, Volunteer Home Safety visits from the Maynard Fire Dept. and the many resources for home energy assistance.

As well, November is National Alzheimer's Disease Awareness Month. CareOne is sponsoring another wonderful presentation. Take a look on page 8 for information about local support groups.

I'd like to send a personal thank you to a devoted husband, who when stopping by to pick up a newsletter for his wife, picked up a low vision magnification projector from the COA. We were both teary as we loaded it into his car – realizing what a difference it was going to make in their lives. The newsletter was going to be read in color, magnified 50X if needed. Many other aspects of their everyday life will now change for the better giving both of them something to be thankful for. He called this morning, to thank me again, but I'm thanking him.

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

21st Century Solutions

As Maynard moves boldly into the 21st century it must manage many challenges it has encountered before and will undoubtedly face new ones, as well. For instance, parking and traffic issues have been a concern in town since the heyday of Digital Equipment Corporation. These issues can wax and wane with the economy and development but for the most part are ever present.

Planning for the future of Maynard is a core part of what we, as town administrative staff, do. While involved in planning projects, I am frequently reminded of a quotation attributed to Albert Einstein: "We cannot solve our problems with the same thinking we used when we created them." Simple enough. So to solve some 20th century problems, we'll just need to use 21st century thinking.

Parking is an example. Currently, our parking lots and spaces downtown are treated inconsistently. We don't have meters at all of them, we enforce during the day, but studies show there is more demand in the evening, and we don't provide enough spaces for employees and customers during peak demand. What are some 21st Century Solutions for this?

Traffic is another. Our car centric culture has blossomed around a non-car centric road system. We see the tie-ups at traffic signals downtown and anticipate even more as much needed redevelopment comes to Maynard. What are some 21st Century Solutions for that?

Our newly launched commuter shuttle could be a solution. Leveraging existing equipment and an existing five-town public transportation collaboration, Maynard and Acton are providing trips to and from the South Acton Commuter station every weekday morning and evening. Stops at the Mill and in the downtown as well as at a residential center in Acton are providing public transit for residents needing to commute to jobs and employees coming to Maynard. This thinking can reduce traffic and parking congestion. Admittedly, public transportation isn't truly a 21st century idea, but it is a 21st century attempt to provide services and opportunities at a low cost of entry. A 20th century model might have invested in a fleet of busses with stops throughout both towns without knowing if there was any demand. We surveyed businesses and residents about demand, already own the fleet, and are using grant funds to pay the drivers. For today, I'll call that a 21st century solution. Maynard has many challenges ahead this century. Help us solve them!

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.

DECEMBER MEETING WILL BE HELD ON THURSDAY, DECEMBER 1 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

**The COA will be closed on
Friday, November 11,
in honor of Veterans Day**

Silk Scarf Painting Class

**Wednesday, November 9
11:00 a.m. - 12:30 p.m.**

Back by popular demand, this wonderful class, taught by Karen Halloran from CareOne at Concord, will give you the opportunity to create a 'one of a kind' silk scarf for yourself or for a gift. No experience or artistic skills needed! Supplies provided. This class is limited to 10 Maynard seniors who have not taken this class before. Cost: Free.

CareOne Presents

"Dementia and the Holidays"
(See PAGE 8 for more information)

Thursday, November 17 • 12:30 p.m.

Join us for lunch and an important program discussing how the stress and change in routines around the holidays can affect us and our loved ones. Sign up by Monday, November 14. Limited to 25.



Wednesday, November 16 • 11:00 a.m.
Please call by Monday, November 14 to sign up.

The Maynard Senior Citizens Club

The Maynard Senior Citizens Club meets the first Wednesday of the month at 1:00 at the Maynard Lodge of Elks.

COA • (978) 897-1009

Voting Schedule

The Council on Aging Van will be providing transportation to polling sites on November 8.

Scheduled pickups:

10:00 Summerhill Glen

11:00 Concord St. Circle

12:00 Powdermill Circle

Call the Council on Aging before 3:00 on Monday, November 7, if you live in the community and need a ride. You will receive an estimated pickup time for Tuesday. (Do not call CrossTown Connect).

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

December Luncheon

Thursday, December 8 • Noon

Stuffed Chicken Breast, Roasted Vegetables,
Salad, Rolls, Dessert

Deadline to sign up is Monday, December 5!

\$7.00 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

The Walking Club

Tuesdays at 10:30 a.m.

Walk with friends and enjoy the ever-changing and picturesque scenery in Maynard. Meet at the Stratus sign at the large Mill & Main parking lot across the street from St. Bridget's Church. Call the COA to sign up so current walkers will be sure to welcome you.

Open Table Invites You
to join us for our 27th annual

Thanksgiving Dinner

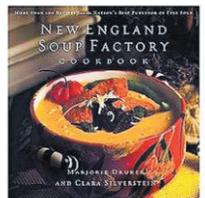
Thursday, November 24, 2016
Thanksgiving Day
4:00 Appetizers - 5:00 Dinner Served
First Parish Church
20 Lexington Road, Concord

All who come are welcome
Please RSVP by November 18th
events@opentable.org, 978-369-2275

Open Table is a non-profit that provides healthy food, friendship,
and support to those in need while respecting their privacy and dignity.

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. **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.



Succeeding In Retirement Seminar Series At The Maynard Public Library

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

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

Jillian Wickman is the Managing Attorney of the Estate Administration Department at Cushing & Dolan, P.C. where she focuses her practice in probate estates, estate tax preparation, and funding inter-vivos and irrevocable trusts. Jillian works with clients after the passing of a loved one to assist them in fulfilling their fiduciary obligations and achieving the objectives established by the estate plan.



Thursday, November 17th @ 7pm

MAYNARD PUBLIC LIBRARY • 77 Nason Street

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

**For transportation call the Council on Aging
by November 16. (978) 897-1009.**

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

Keeping Seniors Safe: A Forum & Discussion

Maynard Council on Aging Senior Center
50 Brown Street, Maynard MA

November 22, 2016 • 10:00 a.m.

AGENDA

Welcome/Introductions

Chief Mark Dubois | Maynard Police Department

Remarks & Program Overview

Middlesex District Attorney Marian Ryan

Financial Exploitation & Safe Banking Practices

Living Safely at Home

Protective Services

Minuteman Senior Services

Wrap Up/Q&A

Middlesex District Attorney Marian Ryan

The Council on Aging is sponsoring
a light lunch at 11:30

Please sign up by Friday, November 18.

Rep. Hogan's Hours

**Maynard Public Library
77 Nason Street, Maynard
November 10
6:00 p.m. - 7:00 p.m.**

Coffee With Kate

**Tuesday, November 29
9:00 a.m.
Maynard Council on Aging**

**Rep. Hogan's
electronic newsletter:
<http://conta.cc/2cYC1fH>**

CALL TO MAYNARD ARTISTS

"Only from Maynard" Show

January 18 through February 25, 2017 • Opening Reception January 28, 2017 from 5 to 7 pm.
Confirmation Form Due Date: November 15, 2016 by 5 pm.

Once again, ArtSpace would like to invite artists who live in Maynard or have studios in Maynard to submit work for an exhibition at ArtSpace Gallery from January 18 to February 25, 2017.

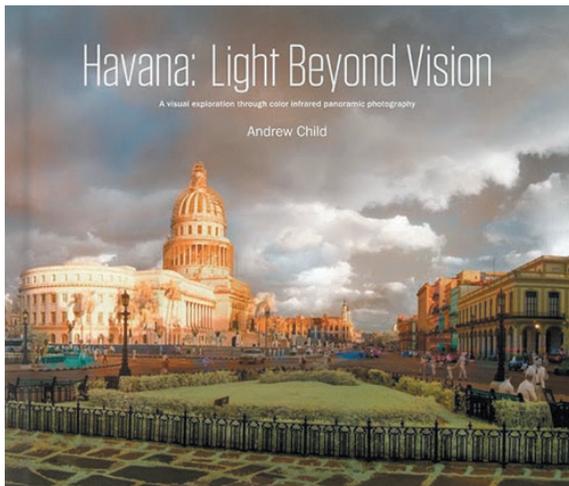
- Artists may submit 2 pieces, no larger than 40" x 40" with the understanding that only one may be displayed. We will accept work in all media except video. This will not be a juried show.
- All work to hang on the wall must have a secure wire on the back. No toothed hangers. No "frameless" frames with exposed glass edges. Any special hanging instruction must be supplied by the artist.
- To be included in the exhibition, please send the Confirmation Form found on the ArtSpace website at www.artspacemaynard.com to our address at 63 Summer Street, Maynard, MA 01754. You may also send a 300 dpi jpeg image, 1200 pixels at largest side, for publicity purposes to our email address at: artspacemaynard@gmail.com
- Delivery Dates to the ArtSpace Office: January 10 - 13 between 10 am - 4 pm.
- An ArtSpace Gallery Consignment Agreement Form found on the website must be filled out and signed upon delivery of the artwork.
- Artists are asked to provide a beverage or snack for the Opening Reception on January 28th.
- A postcard will be printed and artists may request up to 25 postcards for their own mailings. An email version will also be provided.
- ArtSpace will promote this show via Social and Local Media.



"Havana: Light Beyond Vision:

Featuring the photographic work of Andrew Child

Wednesdays through Saturdays, October 19 – November 26 from 11 am to 3 pm



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.

Come join the art scene in Maynard!

The ArtSpace Gallery located at 63 Summer Street in Maynard and is free to the public and is wheelchair accessible.

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



Pinterest For Beginners Workshop

Tuesday, November 15th @ 7pm

Maynard Library

Pinterest is an exciting online tack board for posting, collecting, and organizing stuff you love. If you find something you want to buy, cook, build, or do, just "pin" it!

This program will show you how to set up an account and go over its basic uses. (While not mandatory, please bring a laptop to follow along if possible.)
Please register at the Reference Desk - (978) 897-1010 ext. 103

Sounds Of Stow Chorus And Orchestra Perform Berlioz And Mozart On November 20

Come join us for a special concert with full orchestra and chorus. Artistic Director Barbara Jones will lead the chorus and orchestra in a rare performance of Berlioz' Messe Solennelle with Mariah Wilson, soprano, Rosario Caltabiano, tenor, and James Dargan, baritone. This early work was lost to the music world until 1991 when the score was found in an organ loft. The music is exciting, exuberant and colorful

and dramatic. The concert also features Mozart's Sinfonia Concertante in E-flat for Oboe in which the orchestra pairs with Veronica Kenney, oboe, Grant Anderson, clarinet, Jeff Stewart, horn, and Leo Kenen, bassoon.

The concert is Sunday, November 20th at 3:00 PM in Hale School auditorium, 55 Hartley Rd, in Stow (junction of Rte.117/62). Tickets are \$25 general admission, \$20 for seniors and adult students, and \$10 for students 18 and under. Introduce your children and grandchildren to classical music by bringing them to the Open Rehearsal on Saturday, November 19th at 1:30 p.m. A donation of \$5 is requested. For more information visit www.soundsofstow.com.



Hale School is fully handicapped accessible. Stow COA will also provide rides from the parking areas near 117 and 62. Sounds of Stow is supported in part by the Massachusetts Cultural Council as administered by the local cultural councils of Stow, Acton-Boxborough, Bolton and Hudson and four complimentary tickets are available through your local COA.

Forget ordinary!
*Buy stand-out gifts
 created by outstanding artists.*

Friday, December 2nd, 5-8pm
Saturday, December 3rd, 10-5pm
Sunday, December 4th, 12-5pm

Learn more on Facebook at [ArtSpaceMaynardHolidaySale](https://www.facebook.com/ArtSpaceMaynardHolidaySale)
 ArtSpace Maynard, 63 Summer St., Maynard. 978.897.9828

President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983.

CareOne Presents: "Navigating The Holidays With Dementia"

Thursday, November 17 • 12:30 p.m.

The holidays are a time when family and friends come together. These times can be challenging for families living with Alzheimer's and other dementias. With some planning and adjusted expectations, your celebrations can still be happy, memorable occasions.

Join us to learn ways to keep the holidays joyous for all.

Guest Speaker Jenn Quinn, M.Ed | COMFORCARE HOME CARE OWNER/PRESIDENT

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, November 27th, 2016 from 1:00pm to 3:00pm
at Pleasantries Adult Day and Consulting Services, 195 Reservoir Street, Marlborough**

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

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.

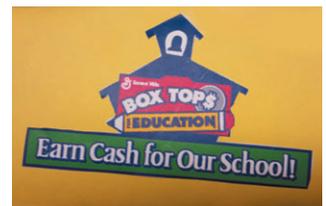
This yoga class teaches yoga postures as a way to develop "mindfulness in motion". Learn how using your Breath brings calmness to your everyday life. Experience how improving balance and increasing strength unifies Body, Mind and Spirit.

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

CrossTown Connect will begin taking reservations for November trips at 11 a.m. on Monday, November 7, 2016. No reservations will be accepted before 11 a.m. or by voicemail. Thank you.

COA DINNER TRIPS

**No COA DINNER TRIPS
November & December**



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

**November 9
SHOPPING TRIP**

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

**November 14
SHOPPING TRIP**

Shop 'til you drop! Our destinations include the Christmas Tree Shop, Yankee Candle, JoAnn Fabrics, Ocean State Job Lot, Ann & Hope, and the Dollar Tree. We will stop for a rest and lunch at IHOP. Pick-ups start at 9:30 a.m. Van cost: \$5.00

**November 16
BROWN BAG
CONCERT ~
U.S. ARMY FIELD
BAND JAZZ
AMBASSADORS**

Bring your own "brown bag" lunch and delight in an amazing noontime performance at Mechanics Hall in Worcester. This 19-member official touring big band of the United States Army has received abundant acclaim for their diverse repertoire of tunes including big band, Latin, popular, Dixieland, patriotic, and more. The concert is free. Van cost is \$5.00. Pick-ups start at 9:30 a.m.

**November 29
MUSEUM OF
RUSSIAN ICONS**

Possessing the largest collection of Russian icons in North America, the beauty and appreciation of Russian culture unfolds in the more than 1000 Russian icons and artifacts housed at this museum. Join us as we learn about and enjoy the spirit and beauty of this distinctive art form. Following the museum we will enjoy wood-fired pizza and BBQ at Slater's. Cost for transportation, museum and tour: \$10.00. Lunch cost on your own. Pick-ups start at 9:30 a.m.

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.

Neighbor Brigade

One thing I think we can all agree upon, no matter what generation you come from, there is a sigh of relief that the political campaigns are over! It has become clear that we are a polarized nation and are in desperate need of coming together to learn more about one another instead of pointing fingers and blaming the other side. We are approaching a season of celebrations, a season that presents the opportunity of uniting together with perhaps friends or family but if we are truly lucky we are coming together with strangers and people that are different from ourselves. How boring to always be among a group of people who look like us and talk like us. And yet how beautiful to experience our differences, laugh about our commonalities and teach one another.

The joy of the holiday season is in sharing and giving and there is no better way to show you care than to give your time or share your skills. "Volunteerism: the practice of volunteering one's times or talents for charitable, educational, or other worthwhile activities, especially in one's community (www.dictionary.com)."

There are so many opportunities year-round, but especially during the holidays, to reach out and get to know your diverse neighbors and donate your time and skills. At the same time, you will be giving back to yourself and starting those New Year's resolutions early because volunteering proves to have health benefits! "Those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer...Several studies have also looked specifically at the effects of volunteering on those with chronic or serious illness. These studies have found that when these patients volunteer, they receive benefits beyond what can be achieved through medical care ("The Health Benefits of Volunteering: A Review of Recent Research" by the Corporation for National and Community Service, Washington DC 2007)." So why not give the gift that also gives back to you?

There are 77 million Baby Boomers out there, perhaps some of you reading this article are of that generation born between 1946-1964 and the roles in your life are shifting and changing. Many Baby Boomers and people from other generations as well can relate to the struggle of finding yourself when your role in society is suddenly different than what it used to be. Some of you may be transitioning from being wage-earners or full-time parents and perhaps you are looking for new ways to identify yourselves and connect with others. There are so many outlets in our communities that rely heavily upon the in-kind hours of volunteers to provide much needed skills.

Your time and skills have a value, but how does that translate in financial terms? There is a great value in tracking your hours of service and expenses both for you personally and for the organization you serve. While you cannot deduct the value of your hours of volunteer time you can deduct any direct expenses related to performing the volunteer task. For example, a professional chef that volunteers their time to cook meals for a group cannot deduct the amount they would earn if they were charging for their culinary expertise at an event. However, the direct expenses, including all of the food that the chef purchased can be counted as a tax deduction. If you have to buy a bus pass to get to your volunteer location each week you can deduct that cost. If you drive you can deduct the non-profit rate for gas mileage currently at 14 cents per mile. For more useful information on charitable contributions and how to report out-of-pocket expenses when giving services see IRS Publication 526.

Our schools, libraries, food pantries, places of worship, Council on Aging, museums, community centers, theaters and many more places all use and need volunteers. "If we engage Baby Boomers and others in substantial volunteer experiences, we may not only help solve community problems, but simultaneously enhance the health of the growing numbers of older adults ("The Health Benefits of Volunteering: A Review of Recent Research" by the Corporation for National and Community Service, Washington DC 2007)." Volunteering is a win-win. Transportation for example, is an on-going community problem that challenges many towns but often times it is volunteers that create a meaningful solution by volunteering their time to drive residents to their doctor's appointments or to pick-up their prescriptions. For people that are experiencing isolation either physically or psychologically, volunteering is one of the many proven isolation intervention and prevention techniques as suggested by the AARP Foundation in their publication "Framework for Isolation in Adults over 50." There is great motivation and inspiration in your life when you have a meaningful impact on your community and when you feel that you are influencing the next generation.

What is your skill, your hobby, your gift to share with the world? Perhaps it is simply a listening ear, or a home cooked meal, your time to help with basic administrative tasks, planting a garden, reading a book, driving someone to medical appointments or walking a neighbor's dog. Chances are if you have a skill, there is an organization out there that can use it. And perhaps along the way you meet someone, someone different than you who opens your mind and heart to a different way of thinking and another perspective that you never considered before. Then also perhaps along the way we stop being a polarized nation and flourish as a united nation.

Author Polly Mendoza is the Executive Director of Neighbor Brigade (www.neighborbrigade.org), a nonprofit organization with 25 Chapters across the state of Massachusetts including the newly opened Chapter in Maynard where Polly resides. Neighbor Brigade relies upon 4,000 dedicated volunteers that help neighbors in their community that are experiencing a temporary crisis such as cancer, surgery, fire, illness, death in the family or complicated pregnancies. To learn more about volunteering or receiving services with Neighbor Brigade email polly@neighborbrigade.org or call (781)325-8580.

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

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.

978.263.9101
1 Great Rd.
Acton, MA 01720
LifeCareCenterOfActon.com

Life Care Center of Acton
Joint Commission accredited

78559



Habitat For Humanity

Habitat for Humanity NCM provides critical home repairs for residents of Maynard earning 30-60% of area median income who don't have the resources to maintain their homes. The services include new roofing, installing handicap ramps, weatherproofing, and external home repairs to make existing homes safe and energy efficient.

Contact us! (978) 348-2749 • chr@ncmhabitat.org

Need Help & Don't Know Where To Turn?

Every day, someone somewhere in Massachusetts needs to find essential community services, an after school program, a food bank, or where to secure care for an aging parent. Many face these challenges, but don't always know where to turn for help. The Solution is to Dial 2-1-1.

Mass 211 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Always a confidential call, Mass 211 maintains the integrity of the 9-1-1 system saving that vital community resource for life and death emergencies.

Available 24 hours a day, 7 days a week, Mass 211 is an easy way to find or give help in your community.

Mass 211 responds immediately during times of crisis, to field calls regarding the crisis and to direct callers to services most appropriate for their needs. If you are unable to reach 2-1-1 due to your telephone or cell phone carrier, a toll-free number is available 1-877-211-MASS (6277); Hearing impaired callers can reach us using 508-370-4890 TTY

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. **All inspections are done at no charge and conducted on Saturdays. Please call to book your appointment. Call Nancy Brooks (978) 897-1015**

"Working together we can keep our community safe."

Senior 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.



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 two. For more information, please call the Massachusetts Heat Line toll-free at 1-800-286-6776.

Citizens Energy Heat Assistance Programs – Citizens Energy Heat Assistance has two programs for home heat assistance. The Citizens Energy Oil Heat Program offers free heating oil to people in need. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil. The Citizens Energy / Distrigas Heat Assistance Program gives a \$150 utility bill credit to eligible households who heat with natural gas. Eligible recipients are facing a financial hardship and are not eligible for LIHEAP, or have used up their LIHEAP benefits. To apply, please visit www.citizensenergy.com or call 1-877-JOE-4-OIL.

Weatherization – The Weatherization Assistance Program (WAP) is a government-funded program to help low-income homeowners and renters lower their energy costs by making their homes more energy efficient. The program saves households an average of \$350 per year in energy costs. Energy inspector's visit eligible households to see what work needs to be done to save energy. The inspectors also do a health and safety check to make sure that all energy-related systems are working properly. Weatherization workers then make energy-saving improvements as needed. You can get free WAP services if you are eligible for the LIHEAP Fuel Assistance program or if someone in your household gets SSI or TAFDC. For more information, please call the Massachusetts Heat Line toll-free at 1-866-397-8478.

MassSave – MassSave is an energy savings program for Massachusetts homeowners and renters. MassSave offers energy tips and information about free home energy assessments, energy-saving products, and loans, rebates, and other incentives for energy-saving home improvements. MassSave is for Massachusetts residents who want to save money by making their homes more energy efficient. Anyone can use the MassSave web site or telephone line to see which rebates, loans, home energy assessments, or other energy programs are available to them. Most programs are for homeowners or tenants who live in 1-to-4 unit dwellings and pay their own heat or electricity. Low-income residents may qualify for free services. For more information, please visit www.MassSave.com or call 1-866-527-7283.

ENERGY ASSISTANCE PROGRAMS

Discount on Monthly Electric Bill

www.nationalgridus.com
1-800-322-3223

Past Energy Debt Issues

National Grid Arrears Management Program
1-800-233-5325

Eversource Discount Rate

www.eversource.com/nstar/DiscountRate
1-800-566-2080

NSTAR Arrearage Forgiveness Program

1-866-315-2496

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 NOVEMBER 2016

A Tribute to Our Veterans

Dear Friends,

Veterans Day is a time of reflection and gratitude to those who served our country in the Army, Navy, Air Force, Marines, and Coast Guard. Let 11/11/16 also be a day that we commit to an America worthy of their sacrifice. Let us reflect on what has been given and what has been sacrificed by this generation of American Servicemen and Women - and all those that have come before. As they have been willing to invest in our future, let us be willing to invest in theirs and let us never forget why it is appropriate for us to do so.

I am proud to say that The Commonwealth of Massachusetts is the national model for comprehensive services to our Veterans. Just this year, the Massachusetts legislature passed the HOME Act, which provides a range

of additional support for members of the Armed services, Veterans, gold star families, and the Commonwealth's two Soldiers' Homes. One provision of the HOME Act affords Veterans - many of whom are required to work on Veterans Day - the opportunity to participate in important Veterans Day activities such as parade and ceremonies with paid time off. This flexibility will provide younger Veterans the ability to carry on the Veterans Day traditions of generations past. For more information about the HOME Act, please contact my office at 617-722-2130.

State Benefits Available to Veterans

Chapter 115, General Financial Assistance: The Commonwealth provides a program of financial and medical assistance for indigent Veterans and their dependents. Qualifying Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care based on the number of dependents and level of income. Eligible dependents of deceased Veterans are provided the same benefits as if the Veteran were still living. To apply visit www.mass.gov/veterans or contact the Maynard Veterans' Service Officer at 978-897-1361.

Property Tax Exemption for Disabled Veterans: Eligible Veterans, spouses, and parents can qualify for property tax exemptions. For more information contact the Department of Revenue at 617-626-2300 or www.mass.gov/dor, or contact the Maynard Veterans' Service Officer at 978-897-1361.

Veteran and Veteran Survivor Benefits: The Commonwealth provides a bonus to Veterans who lived in Massachusetts immediately prior to entering the armed forces. When a Veteran passes away, their surviving spouse and children, mother or father, or brother or sister (in that order) are eligible for the bonus. For more information visit www.mass.gov/veterans, or contact the Maynard Veterans' Service Officer at 978-897-1361.

Burial Benefits: Any Veteran who was discharged under honorable conditions and was a Massachusetts resident prior to or following military service is eligible for burial, free of cost, at one of the two State Veterans' Memorial Cemeteries in Agawam and Winchendon. Spouses of Veterans and qualified dependents are also eligible for burial at a nominal fee. For more information contact the Maynard Veterans' Service Officer at 978-897-1361.

Honor Flight New England

Honor Flight New England is a non-profit organization created to honor America's Veterans. Through generous donations, Honor Flight New England transports our heroes to Washington, D.C., at no cost to the Veteran, to visit memorials that are dedicated to honor their service and sacrifices. Top priority is given to World War II Veterans and Veterans who may be terminally ill. For more information contact Honor Flight New England's Founder Joe Byron at 603-518-5368 or contact my office at 617-722-2130. You can download an application form at www.honorflightnewengland.org.

Veterans Day 2016

The Maynard Veterans Day Parade will be held on Friday, November 11th at 10:30 a.m. The parade will start and end at Mill & Main parking lot across from River Rock Café.

Hogan's Office Hours

Maynard Office Hours will be held on Thursday, November 10th from 6-7 p.m. at the Maynard Public Library, 77 Nason Street.

Bolton Office Hours will be held on Tuesday, November 15th from 5:30-6:30 p.m. at the Bolton Public Library, 738 Main Street.

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

Trolls

COMING NOVEMBER 4TH

Starring Anna Kendrick & Justin Timberlake

Enter a colorful, wondrous world populated by hilariously unforgettable characters and discover the story of the overly optimistic Trolls, with a constant song on their lips, and the comically pessimistic Bergens, who are only happy when they have trolls in their stomach.

Fantastic Beasts

COMING NOVEMBER 17TH

Starring Eddie Redmayne & Ezra Miller

The adventures of writer Newt Scamander in New York's secret community of witches and wizards seventy years before Harry Potter reads his book in school.

Persona

COMING NOVEMBER 8TH

Starring Bibi Anderson & Liv Ullmann

A nurse is put in charge of an actress who can't talk and finds that the actress's persona is melding with hers.

Moana

COMING NOVEMBER 22ND

Starring Dwayne Johnson & Alan Tudyk

A young woman uses her navigational talents to set sail for a fabled island. Joining her on the adventure is her hero, the legendary demi-god Maui.

ASK ABOUT OUR GIFT BASKETS

DATE NIGHT PACK- \$25

- 2 Movie Passes
- 2 Small Pop Corn Passes
- 2 Medium Soda Passes
- 2 Candies
- (\$40.50 Value)

FAMILY FUN PACK- \$50

- 5 Movie Passes
- 5 Small Pop Corn Passes
- 5 Medium Soda Passes
- 5 Candies
- (\$103.75 Value)

VIP PACK- \$100

- 12 Movie Passes
- 12 Small Pop Corn Passes
- 12 Medium Soda Passes
- 12 Candies
- (\$249 Value)

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!