

NEW

GENERATION



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

DECEMBER 2016



Dave Salmi, Nayer Esmaili, Jane O'Rourke, Lois Baker, Eileen Palmacci, Maryanne Carey and Joan Meakin



The View from Here

As a passionate birder one of my favorite times of year starts with the Cornell FeederWatch project. Every Saturday and Sunday (days are my choice) from November 12 through April 7 I start my weekend with a cup of coffee in a cozy chair facing the back porch. Whether the goal is how many birds of a particular species are present at any given moment (Cornell's) or how many different species stop by (mine), it's always a great spectacle for a morning wakeup. Often it seems like a scaled down version of O'Hare Airport with arrivals and departures between feeders and trees. Stepping outside to fill the feeders or break the ice on the bird baths (soon the heated bath will come out) brings a cacophony of thank you's.

I highly recommend a bird feeder (the COA now proudly watches its own squirrel-proof feeder while cards are played and scarfs are knit) or anything bringing something beautiful to one's eyes. A loved one's face, a work of art from the ArtSpace Holiday Gift Show, a leaf-free yard, the "Dance of Choosing a Christmas Tree" (I saw this outside at Russell's Garden Center) – you get my "snowless" drift. Take the time to tune in to all the beauty around us and in others.

Happy Holidays!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

The Council on Aging Board meetings are held the first Thursday of the month at the Maynard Council on Aging & Senior Center.

JANUARY MEETING WILL BE HELD ON THURSDAY, JANUARY 5 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.

Predicting The Future

Last month, the Governing Leadership Forum came to Boston. I was fortunate to attend and was treated to excellent presentations from a dozen topical experts on health policy, leadership, technology innovations, finance and more. By far, the most intriguing was the lunchtime presentation on futurism.

Rebecca Ryan (<http://www.rebeccaryan.com>), presented and she was dynamic and insightful in making her points. Futurism, is not the early 20th century Italian art movement, but a process for improvement used by individuals and organizations. At its core, futurism turns strategic planning around – rather than using the past to project where you or your organization are headed, place yourself instead where you wish to be, then look back to today and figure out how you got yourself there. It sounds simple, but requires effort and continual focus on ever changing objectives. One consideration is projecting alternatives to your plans. When a "What if..." actually happens, you have already mapped out what your reaction will be.

Doing this in our personal lives is a challenge and with an organization, complex. Attempting it with an entire community, even a small one like Maynard, is exponentially more complex. Still, it is worth doing. Maynard intends to create a new Master Plan in the near future. Master Plans are terrific at guiding us along a path that is in sync with our community's values and intentions. None of those are static, therefore refreshing, updating, and even replacing a Master Plan is a necessary practice. Maynard's is currently 26 years young. Written when DEC was still in its heyday, when only Agent 86 had a Smartphone, and before 30% of Maynard's current residents were born!

In 1991, DEC was planning to catch IBM and sci-fi didn't get early 21st century technology right. We don't know what the next 25 years will bring so let's follow Rebecca Ryan's advice – figure out what we'd like to be in 2040 and work backwards from there. How much should we grow? Autonomous cars – an exciting idea – but how does it change public safety? If climate change is happening, how will winters and summers impact town services?

We can't wait. Change happens fast. In 2006, 3% of Americans had Smartphones, in 2016, 97% do. In 1999, Don Nelson, a cognitive scientist and futurist, predicted wearable technology would replace PCs in the early 21st century. You can look that up on your Apple Watch if you don't believe it.

If you have ideas and input, send them along to me at ascribner@townofmaynard.net

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

ascribner@townofmaynard.net • 978 897-1375

Highlights of Upcoming Events

Inclement Weather Policy

The COA closes when the Maynard Public Schools close. If there is a school delay please contact the COA as morning classes may be cancelled dependent on the COA parking lot being cleared. Check WBZ Channel 4 for notifications.

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 COA will be closed on
December 23 & 26**

**January's Newsletter will be
in mailboxes 1/7/17**

January Luncheon

Thursday, January 12 • Noon

Meatloaf & Gravy, Mashed Potatoes
Salad, Dessert

Deadline to sign up is Monday, January 9!

\$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.

CareOne Presents

Fall Prevention Tips

Thursday, December 15 • 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, December 12. Limited to 25.

Keep Well Clinic

Wednesday, December 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 cold weather, changes in sleep pattern, energy level as well as having a blood pressure checkup. Judy Manning, RN from VNA CareNetwork.



Wednesday, December 21 • 11:00 a.m.

Please call by Monday, December 19 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.

Beacon Santa Telethon

Featured on our cover are a few members of the Maynard Council on Aging Knitting and Crocheting Club. These dedicated, hard-working and talented seniors have been focused on creating as many items as possible to be auctioned off at the Beacon Santa Telethon this December. Beautiful, warm and festive hats, scarves, and afghans, in Maynard black and orange colors, as well as delightful puppets will be a wonderful addition to the telethon. We are proud of these seniors and very appreciative of their desire to give back and help others.

COA • (978) 897-1009



Maynard Library Cookbook Club

January 9 @ Noon

We'll be exploring the world of pasta and noodles and we'll do it using our favorite recipes. We aren't selecting a cookbook this month. We are inviting you to share your favorite pasta or noodle recipe. Would be nice if you could bring copies of the recipe for the group to share. Do you like your pasta hot or cold? Do you like a lot of veggies in it? Are you fond of Chinese or Thai noodles?

WATCH FOR INFORMATION ABOUT OUR VALENTINE EVENING COOKBOOK CLUB MEETING
Hint: chocolate is involved!

Warm Up With A Book At The Maynard Library!

Are you always looking for books to read? Would you like to try books outside your favorite genres? This discussion might be for you! The Friends now host a new kind of book discussion called **Bagels and Books**. This is different from a traditional book club in that you don't need to read a specific book. Instead, we'll suggest a genre for the month and you can read any book you like from that category. When we gather, we'll trade suggestions and book recommendations (and pans!) Everyone who participates will come away with a reading list. Since we have moved this group to the afternoon, we have replaced the bagels with tea and cookies! So you like the idea, but need some suggestions to get started? Go to bagelsandbooks.com and read the conversations for any of the topics there. You don't need to create an account or remember a password to read posts. But if you want to add your own thoughts, you need to enter your name and email address for the first post. Tuesday, December 13th @ 2:30pm (Topic TBA) is our next meeting.

The **Book Mill**, Maynard Library's book discussion group for adults, first met in October 1999 and rated The Bird Artist by Howard Norman a 6.3 out of 10! While the **Book Mill** no longer rates the books discussed, it continues to meet monthly from January through June, and from August through November, typically on the last Tuesday of the month at 7:00 p.m.

Over the years, the **Book Mill** has evolved into a thoughtful group with particular interest in reading about different cultures and creating reading lists that mix contemporary fiction, classics, and, occasionally, nonfiction.

Only books that are available through the Minuteman Library Network or in paperback are included in each year's reading schedule. Meetings last under an hour and a half, although at times they spill over enthusiastically. Any reader who enjoys reading with a questioning mind, entertaining diverse perspectives, and sharing their thoughts is welcome to join us for one or many **Book Mill** meetings. To contact our facilitator, Jan, email janrosenberg708@gmail.com.

The reading selections for 2016-2017 are shown below. Printed copies of this list can be found at the Reference Desk.

2016-2017 Book Mill Reading List:

- January 31, 2017 Jayber Crow by Wendell Berry
- February 28, 2017 Strapless by Deborah Davis
- March 28, 2017 The Submission by Amy Waldman
- April 25, 2017 The Round House by Louise Erdrich
- May 30, 2017 The Boys in the Boat. by Daniel James Brown
- June 27, 2017 My Brilliant Friend by Elena Ferrante

Succeeding In Retirement Seminar Series At The Maynard Public Library



Changing Careers – Reinventing Oneself for Employment in Retirement

Transitioning into part-time work in retirement can be a challenging 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.



Tuesday, December 6th @ 7pm
MAYNARD PUBLIC LIBRARY • 77 Nason Street

Please sign up 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.

For evening transportation call the Council on Aging at (978) 897-1009

Approaching Retirement - Maynard Library

The Maynard Library has been developing a new collection of books aimed at people in or approaching retirement. Book topics include maximizing Social Security and Medicare benefits, investing after retirement, creating a retirement plan, working in retirement, and other financial advice. The collection will also cover the social aspects of retirement, avoiding scams and identity theft, and legal planning. The collection is housed in a dedicated bookcase on the second floor of the library and will continue to grow over the next year.

To supplement the print collection, the library has curated a set of web resources for seniors including volunteering opportunities, information about assisted living, local senior agencies and services, and life-long learning sites. A link to the resource guide and announcements about the year-long seminar series can be found at <http://www.maynardpubliclibrary.org/retirement>.



Get Started With Microsoft Excel!

Tuesday, December 20th @ 7pm
Maynard Library

Learn the basics of spreadsheets with this Excel beginner class! Excel is essential in any office and also has many useful at-home applications! Master navigating around and between worksheets, inserting data, performing quick calculations, resizing columns and rows, and much more!

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

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



The Fabric of Life: Themes from the Personal Well

December 7 to January 13

Opening Reception ~ Saturday, December 10, 5:00 – 7:00 p.m.

"Mini" ArtSpace Artists' Open Studios: Saturday, December 10 from 4 – 6 p.m.



The ArtSpace Gallery is pleased to present "The Fabric of Life: Themes from the Personal Well" featuring mixed media works by Susan Denniston, Virginia Fresina, Lisa Daria Kennedy, Marie Peters, and Stephanie Roberts-Camello. The fabric of life is complex and layered and unravels at times in everyone's life bringing with it challenge and loss. These 5 compelling artists used their art as a vehicle to process and express some of the obstacles that life throws in our paths. Each addressing an inner urge or force, they found the courage to confront and share their personal vision on the fragility of life and the discoveries they have made along the way. Mediums present will include, oil, acrylic, printmaking, collage, encaustic wax, and installations.

Gallery hours are Wednesdays-Saturdays, 11 a.m. to 3 p.m. 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

ArtSpace 100th Centennial Event

The East Wing of the ArtSpace building turned 100 years old on October 2nd. To commemorate this special occasion a display acknowledging this 100th centennial event is currently on exhibit in the ArtSpace Gallery Wednesdays through Saturdays from 11 am to 3 pm until December 31st.

Life-long Maynard residents 70 and older would have graduated high school from the building that now hosts ArtSpace. When viewed from Summer Street, the wing on the right side was Maynard's fourth high school. It opened on October 2, 1916, making the class of 1917 the first graduating class. Construction cost \$61,600. The town's voters had approved the idea of a new high school in 1913, then more specifically a school on this site in 1915. This is the part of the structure that is 100 years old. The rest was built ten years later.

In 1916 Maynard had a population of 6,770, with town water (but no town sewer system), electric street lights, houses lit by gas lamps or electric lights, more horses than cars, a train station, and a trolley line servicing Hudson, Stow, Maynard, Acton and Concord. There were five hotels. Silent movies were shown at Colonial Hall, above what is now Roasted Peppers restaurant.

High school classes were at this site from 1916 to 1964, then relocated to a new building on the south side of town. The vacated building became Emerson Junior High School (1964-1980), later renamed Fowler Middle School (1980-2000). The left wing - initially housing Fowler Elementary school - opened in 1926, as did the center building, containing George Washington Auditorium.

Back in 1916-17 the school year was Labor Day to the end of June. Morning classes were 8:30 to 11:45. Afternoons 1:15 to 3:45. Half-days Wednesdays. There was no school lunch, nor any school bus transportation. The school had eight classrooms and 165 students – 78 boys and 87 girls. In that era school was mandatory through age 16, so the two lower grades had about 60 students each, whereas there were only 30 in the junior class and 16 in the graduating class.

The Principal was Horace F. Bates, graduate of Harvard. His salary was \$1,480. Teachers included graduates from Wellesley College, Brown College and Boston University. Curriculum was basic – divided into Academic and Commercial tracks. Music and art were each taught once a week. No foreign languages. No AP courses. The school was actually nameless until 1932, when "Maynard High School" was approved at a Town Meeting vote. The year after the new school opened football was re-started as a school team, after twelve years without. The team lost the first game by a score of 59-0.

As noted above, the high school relocated to the south side of town in 1964. The elementary school was next, followed last by Fowler Middle School in 2000. Four years earlier the town had voted to appoint a Fowler School Building Reuse Committee. The conclusion, reached in 1999, was that the only realistic plan was to lease the space to a non-profit arts/cultural group.

The official transfer of the building to ArtSpace Inc. took place January 2001. Today, ArtSpace provides 43 studio spaces for 80 artists. Demand remains high, with perhaps two or three studios becoming available each year. Rent for the artists is about nine dollars per square foot. The money raised suffices to pay for staff and operating costs. The town owns the building and property but pays nothing toward maintenance or operating costs.

ArtSpace continues to be fully occupied by artists, some in place since the start, and has a waiting list of applicants. Priority is given to Maynard residents. Many of the studios are open to the public during the Opening Receptions. The ArtSpace Gallery is a wonderful exhibition space presenting new and important contemporary art by both in-house and nationally known artists. All this offers a wonderful - and free - opportunity to see art, chat with artists and buy their art. Acme Theater offers a place for people to collaborate in all aspects of theater production and performance. Together, these organizations are an essential part of Maynard's cultural variety and strength. More information at www.artspacemaynard.com and www.acmetheater.com.

Bridges: Growing Together Returns To The Fowler Middle School For Its Second Year

The Bridges Growing Together program has started its second year at the Fowler Middle School in Maynard. The program brings together older adult volunteers and 4th grade students to explore different aspects of their own life stories through interactive discussions and exercises. The students take the lead in activities about family histories, cultural experiences and growing older. Session titles include "Schools Then and Now," "Ethnicities, Heirlooms, and Traditions," and "Learning From Each Other." We need volunteers for the second session starting in January when we will be participating in three classrooms. Every Thursday for six weeks, from 10:00 to 11:00 a.m. you'll be building important relationships with four or five excited students eager to share their life experiences and learn about yours. You'll witness the exceptional talent of the Fowler 4th grade teachers who make the Maynard community proud. As a volunteer you'll participate in an activity the teachers and students have prepared – there is no additional preparation required for volunteers. Please call Amy Loveless, the director of the Maynard Council on Aging at (978) 897-1009.



CareOne Presents: Scarf Painting. On November 9, Karen Halloran from CareOne, facilitated another create-your-own-masterpiece scarf workshop. Fun and fashion go together!

CALENDAR

Z-GOLD TONING WITH RITA V. - MONDAYS - 10:00 a.m.

Rita'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!

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 December trips at 11:00 a.m. on Monday, December 5. No reservations will be accepted before 11:00 a.m. or by voicemail. Thank you.

COA DINNER TRIPS

No COA DINNER TRIPS 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.

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.

COA OUTINGS

December 6

SHOPPING TRIP

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

December 9

SHOPPING TRIP

Solomon Pond Mall & Northboro Crossing (Kohl's, etc.) Pick-ups start at 9:30. Van Cost is \$5.00

December 14

CATALDO'S GIFT AND GARDEN

You won't want to miss this special trip to Cataldo's, where a festive extravaganza of Christmas spirit awaits! The holiday season comes alive with beautiful hand decorated trees, Christmas villages, and a huge selection of Christmas ornaments, gifts and décor. Do some shopping or just enjoy this exquisite holiday experience. Following Cataldo's we will take a short jaunt to Yangtze River for a delicious lunch buffet. Pick-ups start at 9:30 a.m. Cost of lunch on your own. Van cost is \$5.00.

December 7

BROWN BAG CONCERT ~ U.S. NAVY BAND AND NEW ENGLAND CONSERVATORY

Bring your own lunch and celebrate the spirit of the season as we travel to Mechanics Hall in Worcester for a holiday concert. One of the 11 official U.S. Navy bands worldwide, the U.S. Navy Band Northeast is a 35-musician ensemble based on board NAVSTA Newport. They will join the New England Conservatory Symphonic Winds & Chamber Singers and provide a broad repertoire of holiday cheer. The concert is free. Pick-ups start at 9:30 a.m. Van cost is \$5.00.

CHRISTMAS LIGHTS TOUR

Would you like to join us as we meander around Maynard finding the best Christmas light displays in town? Maybe stop for some hot chocolate and Christmas cookies? Call Pat at 978-897-1009 if this evening light viewing will add to your Christmas cheer!

December 16

VAILLANCOURT FOLK ART MUSEUM & SANTA CLAUS STUDIO IN SUTTON, MA

Best known as one of America's premier Santa Claus studios, Vaillancourt Folk Art produces hand-painted collectible chalkware figures for all seasons. Our visit will include a walk through the museum featuring one of the largest collections of antique confectionary moulds, a tour of the studio observing pouring, hand painting, antiquing and hand signing of each piece, and a visit to the gallery featuring hand-blown Polish ornaments and English Creamware. We'll head off to the Blackstone Valley Shoppes for lunch where there are diverse restaurants to choose from. Interested in some holiday shopping? The option to visit a wide array of stores are available if the group would like to stay a bit later.

Cost for tour and transportation is \$20.00 (Includes a free ornament from the gallery). Pickups start at 9:30. Drive to Sutton is approximately 45 minutes. Tour at 11:00. Lunch 12:30/1:00. Return time is group decision.

WAVM
Beacon Santa Telethon
December 9th, 10th and 11th!



Starting Friday at 8:00pm
Ending Sunday at noon

Be sure to watch
Comcast Channels 8 and 10
Verizon Channel 28



Tune into Radio on 91.7 FM
You can also find us on the Web
at WAVM.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

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

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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!

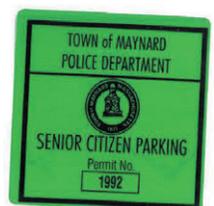


The Maynard Fire Department is offering free home safety and smoke detector checkups to our residents. This is a great way for us to help our community stay safe. We will be able to give our safety recommendations and answer questions you may have during our visit. **All inspections are done at no charge 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: 195 Main St., Maynard, MA 01754



REP. KATE HOGAN'S SENIOR NEWS DECEMBER 2016

Home Care in the Commonwealth

Dear Friends,

Here's wishing you a joyous holiday season. As I take time to reflect on blessings this time each year, I continue to be thankful for representing you on Beacon Hill. This December, I would also like to take the opportunity to promote home care and let you know how easily seniors in Massachusetts can access services for themselves, a friend, or a loved one.

Home care is an often invisible, but an essential and cost effective service allowing people in our communities to manage a chronic disease such as diabetes or COPD. Home health services help people recover in their own home following a hospitalization and retain their independence for

as long as possible. You may have heard that this year, as a result of revenue shortfalls for Fiscal Year 2017, the Executive Office of Health and Human Services implemented a waiting list on September 1, 2016 for residents applying for help with meal preparation. I am pleased to tell you that on September 29th the legislature engrossed a spending bill that increased home care funding—putting an end to the waiting list and ensuring that residents in need of meal preparation assistance can receive care.

For people seeking services in their home, the Commonwealth has a web-based directory called MADIL, short for Massachusetts Aging and Disability Information Locator, which is available at massdil.org. The site encompasses the state's elder services organizations that can connect people with Meals on Wheels, transportation to medical appointments, and homemaking services, among other things.

For those needing a higher level of care, MADIL also includes information from the non-profit Home Care Alliance of Massachusetts—including data on close to 200 home care agencies that provide a broad range of services, from skilled nursing or therapy care to aide and companion services. Many of these home care agencies are certified to provide Medicare and Medicaid-reimbursed care when called for, while others offer privately-paid services that can help someone prepare a meal, take a bath or shower, or even get to an important medical appointment. All kinds of information on home care, including information on how to find a job in home care, is available on thinkhomecare.org.

For those eligible for MassHealth, a number of other service options are available—from home health care and adult day health, to personal care attendants and durable medical equipment. More information on that can be accessed by calling MassHealth Customer Service at 1-800-841-2900 (TTY: 1-800-497-4648 for people with partial or total hearing loss). The Executive Office of Elder Affairs can be reached at 617-727-7750 or at 1-800-243-4636. Their website, mass.gov/elders, is a great resource for information on the home care services provided through their 26 local Aging Services Access Points (ASAPs), eligibility criteria, and payment information. For information on private home care, your Council on Aging has the 2016 guide by the Home Care Alliance of Massachusetts.

I encourage elders and their families who may be struggling not to "go it alone." Seek out home services and support through these state resources. For any additional information, please do not hesitate to contact my office.

News from Beacon Hill

Governor Baker recently signed into law S.1984, "Resolve creating a commission to study ways to prevent bullying of tenants in public and subsidized multi-family housing." This resolve was initiated by individuals who lived in public housing and were victims of bullying and abuse at the hands of housing managers and other residents. The commission will study the prevalence and impact of tenant bullying in public and subsidized housing, with a focus on elderly and disabled tenants. If you or a loved one is experiencing bullying in public or subsidized housing, or you want further information about this commission, please contact my office for assistance.

Hogan's Office Hours

There are no office hours in December. However, if you need assistance do not hesitate to contact my office at (617) 722-2130 or email Kate.Hogan@mahouse.gov.

Proudly represents Bolton, Hudson, Maynard, and Stow
State House, Room 130, Boston, MA, 02133 / Phone 617-722-2130
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA
District Office Hours: Mondays and Thursdays, 10AM-3PM
By appointment: Call 617-722-2130 or email Kate.Hogan@mahouse.gov

Fine Arts

COMING SOON TO FINE ARTS THEATRE PLACE

Moana

COMING NOVEMBER 24TH

Starring Auli'i Cravalho & Dwayne Johnson

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.

Some Like It Hot

COMING DECEMBER 13TH

Starring Marilyn Monroe & Tony Curtis

When two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in.

Star Wars: Rogue One

COMING DECEMBER 15TH

Starring Felicity Jones & Mads Mikkelsen

The Rebellion makes a risky move to steal the plans to the Death Star, setting up the epic saga to follow.

Sing

COMING DECEMBER 22ND

Starring Matthew McConaughey & Reese Witherspoon

A koala named Buster Moon has one final chance to restore his theater to its former glory by producing the world's greatest singing competition.



Merry Movie Classics

Join Fine Arts Theatre Place As We Celebrate The Holiday Season With Some Of Hollywood's Greatest Hits!



- 11.29 - The Santa Clause (1994) PG
- 12.1 & 12.3 - A Christmas Story (1983) PG
- 12.4 & 12.6 - White Christmas (1953) NR
- 12.8 & 12.10 - Christmas Vacation (1989) PG-13
- 12.11 & 12.13 - Home Alone (1990) PG
- 12.15 - 12.17 - Miracle on 34th Street (1947) A
- 12.18 & 12.20 - Elf (2003) PG
- 12.21 & 12.22 - It's A Wonderful Life (1946) PG
- 12.23 & 12.24 - The Polar Express (2004) G



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!