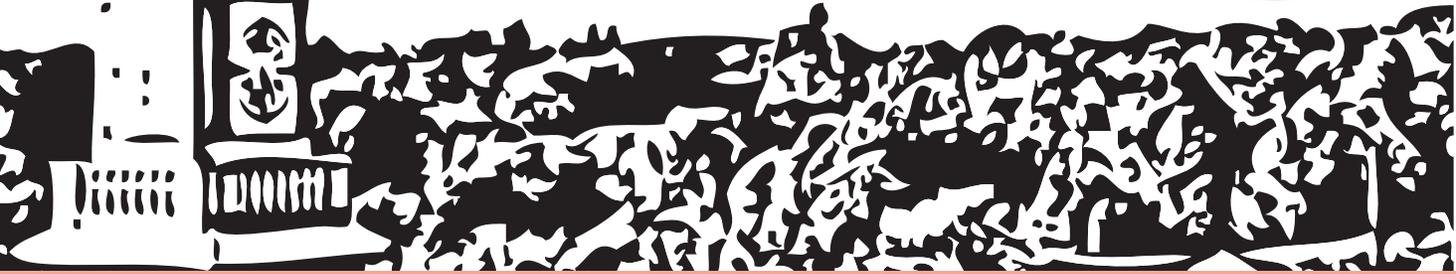


NEW

GENERATION



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

FEBRUARY 2018



Patrick and Arlene Casey

The View from Here

You may not be inquisitive about birds but odds are someone you know is passionate about them. Whether watching from a kitchen window or carrying binoculars in the car, we can't help but notice that streak of red flying through the backyard or a surprise visitor when feeding ducks at Hager Pond. Chances are with any activity outdoors or through the kitchen window, any time of year birds are close by and aware of you even if you're not aware of them. House sparrows don't let us forget they're around as they fill bushes with their loud chatter or empty our feeders. It's the red tailed hawk quietly floating across the putting green that takes my breath away. Golf balls fly in the spring but so do bluebirds setting up their nest boxes. A great chorus sings from the many beautiful trees surrounding the course.

Birds have the ability to bring us together, telling us about each other and the world around us. We're rarely at a loss for words when someone shares an anecdote about a bird. I've met many new faces since sharing some of my stories – those who've wanted to commiserate, yes, about the house sparrows, or share a recent visit from unexpected visitor in their backyard. Almost daily I get reports of a Carolina Wren sidling up a deck railing, yards full of Starlings and the pleasure of watching Titmice scooping up peanuts. At the COA it never seems quite right if finches, nuthatches, downy woodpeckers and titmice aren't providing a delightful backdrop to activities. The presence or absence of birds can indicate changes to time, weather, food availability or a change in habitat. For those of us who watch birds it also effects how we feel, think or act.

2018 is the Year of the Bird celebrating the centennial of the Migratory Bird Act. Check out the display at the Maynard Library. Go online and learn more at the National Geographic website. February is National Bird Feeding Month (Congressional citation in 1994). Create conversations about why birds matter to you and the world.

Happy Birdwatching!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center



Farewell to Kevin Sweet

As many already know by now, Kevin Sweet, our Town Administrator has accepted a new position in Wrentham, Massachusetts, which is near his home in Franklin. Kevin has worked in Maynard since 2009, first hired as Health Director and then served as both the as the Assistant Town Administrator and the Acting Town Administrator until he was appointed Town Administrator in mid-2013. Under his leadership, the Town has thrived as he guided the processes that secured development of the Rail Trail, coordinated the complex process to the Maynard Crossing development, and improved internal and external services and operations in every department.

Kevin pushed the Town into becoming a Green Community, which has led to nearly \$1Million in grant funding to make our Town facilities more energy efficient and to light our streets with high efficiency LED streetlight bulbs. His expertise in Emergency Management has resulted in a coordinated emergency response system that includes volunteers and professionals ready to assist the entire community should a natural disaster or other large-scale emergency occur. Within Town Hall, Kevin initiated more effective and efficient government services through the creation of the Office of Municipal Services – a consolidation of our Building, Planning/Zoning, Conservation, Board of Health, and Inspectional Services divisions – and by modernizing our technology to meet the needs of our changing service requirements.

For those of us in local government, there is no beginning or end to our efforts. Communities have existed for thousands of years and will continue long after we have moved on. When we leave, our success is often measured incrementally and by looking to see if the organization and community is better and stronger than when we arrived. By any measure, Maynard has become better and stronger under Kevin's leadership. Please join me in thanking him for his outstanding service to the Town, and wishing him well as he begins the next part of his journey in Wrentham.

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

ascribner@townofmaynard.net • 978 897-1375

Highlights of Upcoming Events

February & March Luncheons

will be held at the Maynard Lodge of Elks, 34 Powdermill Road, Maynard

February Luncheon

Thursday, February 8 • Noon

Meatloaf with Gravy, Mashed Potatoes
Carrots, Salad, Corn Bread
Dessert

\$8.00 Pay at the door

Deadline to sign up is January 31 by noon

March Luncheon

Thursday, February 8 • Noon

Stuffed Chicken Breast or Stuffed Pork Chop
Rice Pilaf, Peas & Salad
Rolls & Dessert

\$8.00 Pay at the door

Deadline to sign up is February 28 by noon

Please remember to sign up for the luncheon by the date listed above ~ we need to give Flo a count.
If you need to cancel please do so by the dates listed above.



Wednesday, February 21 • 11:00 a.m.

Win or Lose You're Bound to Have a Ball!
We're ready for new tchotchkes! (Bingo prizes)

Keep Well Clinic

Wednesday, February 21 • 12:30 p.m.

Stop by and check in with Judy Manning, RN,
from VNA CareNetwork. Have a blood
pressure reading as well as discussing
medications, changes in sleep patterns and
individual issues.

CareOne Presents

**"Label Reading 101"
February 15, 12:30 p.m.**

Learn about changes to the food label and what
"Expires by" & "Sell B" really mean. Lunch
provided. **Sign-up is required** – limited to 25.

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.

Enjoy Irish Music

with Roger Tincknell performing "Ireland to
America" at the March Luncheon.



Senior Valentine's Day Luncheon

Wednesday, February 14

sponsored by Open Table
33 Main St. Maynard

Come tour our new food pantry followed by a
meal compliments of Paparazzi of Concord
Doors Open/Tour 11:30. Lunch 12:00.
Please RSVP by Monday February 9 to the
Maynard Council on Aging at 978-897-1009
COA van available for Maynard residents.

Life Care Center of Acton

Wednesday, February 28, 12:00 p.m.

at the Maynard Council on Aging

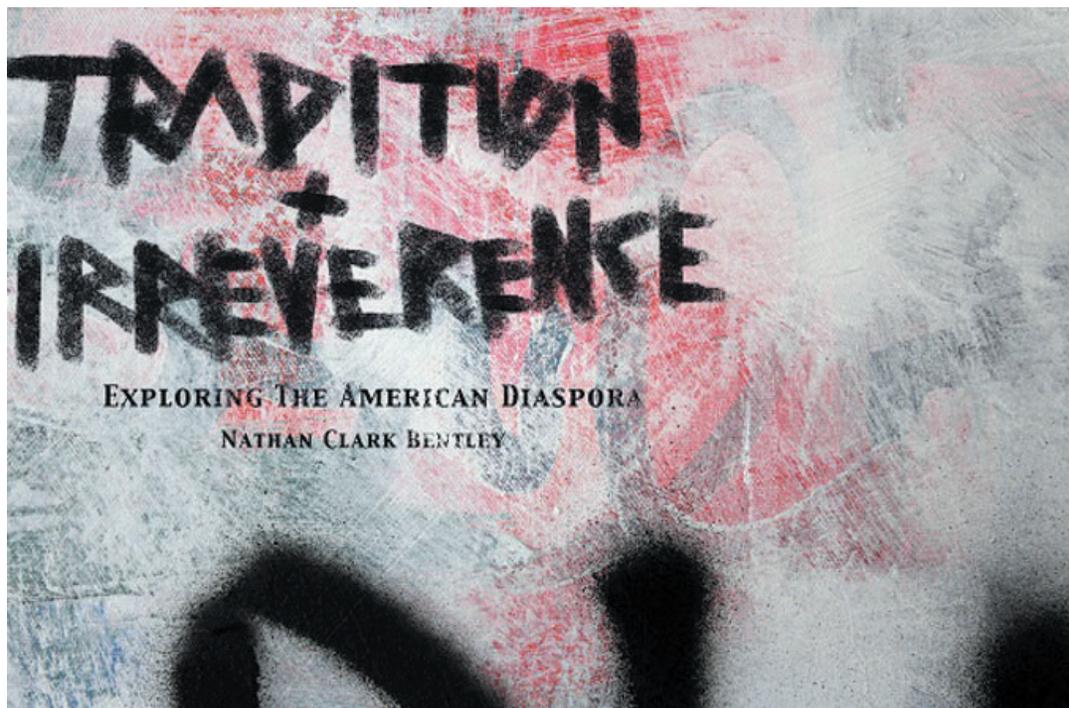
Menu to follow.

Please contact the COA to sign up.



Tradition and Irreverence: Exploring the American Diaspora

63 Summer Street, Maynard • 978-897-9828
artspacemaynard@gmail.com • www.artspacemaynard.com



**Wednesdays through Saturdays,
January 17th through February 23rd**

Tradition and Irreverence: Exploring the American Diaspora examines the expanse of American Culture through both symbols and written language. By focusing on graffiti and our urban landscape, each piece searches for continuity between tradition and our prevailing cultural irreverences.

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

Come join the art scene in Maynard!



6 Bridges Gallery

FINE ART AND CRAFT

Gifts • Jewelry • Fiber • Cards • Photography
Ceramics • And More

EXHIBITS



Samantha Pasapane
“Precipice” – Large steel
& mixed media sculpture

February 6 – March 3
Reception: Feb. 17, 4–6pm



Julie L'Heureux
“Food as Art” – Photography

March 6 – April 14
Reception:
March 10, 7–9pm

77 Main Street, Maynard
6BridgesGallery.com • 978.897.3825

Friends of Maynard Seniors

On January 19 the Friends of Maynard Seniors' Board of Directors welcomed over 70 guests to the Maynard Golf Course to celebrate the beginning of the organization's work. The Friends will be planning events to raise money to support the COA's programs and bring together members of the Maynard community for many diverse social opportunities. The Friends Board presented Rep. Kate Hogan with a proclamation of honorary membership. Join by completing the membership form below!



Join The Friends of Maynard Seniors, Inc.!

We promote fundraising events and activities to help support programs and services at the Maynard Council on Aging & Senior Center.

Name _____

Address _____

Email (optional) _____

Phone (optional) _____

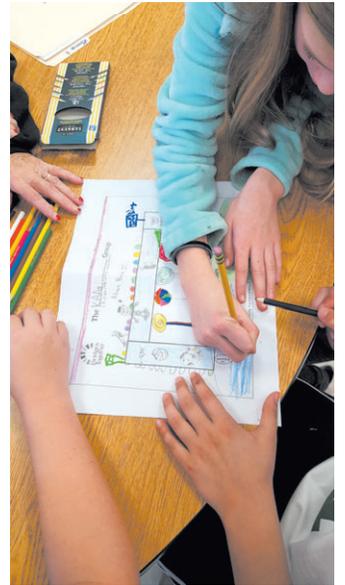
Annual Dues are \$15.00
 Payable to: Friends of Maynard Seniors, Inc.
 195 Main Street, Maynard, MA 01754
 Membership dues and donations are tax deductible

Can You Volunteer a Few Hours to Help Launch Our New Organization?

Event Planning Event Set-up Event Promotion Other _____



Building Bridges Together



GARDENING IS Murder

Thursday,
February 8
7p.m.
Free and open
to everyone

A Humorous Talk
about Gardening
by author
Neil Sanders

Maynard Public Library
77 Nason Street

February Cookbook Club Evening Dessert Buffet

Tuesday, February 13 • 7:00 pm



In February, join us for a special evening meeting of the Cookbook Club. To celebrate Valentine's Day, we'll be cooking fabulous desserts from Joanne Chang's cookbooks *Flour* and *Flour, Too*.

Borrow either cookbook at the Circulation Desk, select a recipe and prepare it for the buffet on the 13th. Significant others are welcome!

Drinks and place settings provided.
Sponsored by the Friends of the Maynard Library.

The Taste

The Maynard Education Foundation (MEF) is excited to host the 16th Annual The Taste
on Sunday, March 4, 2018, 4 PM to 7 PM

at the Maynard Lodge of Elks, 34 Powdermill Road, Maynard.

Restaurants will be serving appetizer, entree and dessert delicacies from 4-6 PM;
entertainment will continue until 7 PM.

Every year, this is a "not to be missed" event, with the general public being encouraged to come and enjoy exceptional samples of food specialties from local food establishments in the Maynard, Acton, Stow, Concord, Hudson and Marlboro area. There will also be a cash bar, entertainment by the local sensation "Jae Mannion" and fabulous raffle/silent auction prizes.

Tickets are available in advance for \$30/adult, \$10 children ages 5-12 and free for children 4 and under by calling (978) 938-4262 or at Middlesex Savings Bank, 17 Nason Street, Maynard or by visiting any of the three Maynard public schools. Tickets may also be purchased by going to MEF's website www.maynardeducation.org. Tickets will be available on a first come first serve basis at the door for \$35/each.

All proceeds benefit MEF's grant programs for teachers, students, and administrators.

Monthly Events

Drawing For All

**Starts Tuesday, February 13
and continues on Tuesdays**

All levels of experience are welcome to this drawing class. Participants will build skill upon skill while experimenting with various drawing techniques and materials. Classes will begin with a drawing warm-up to be followed by a skill/technique lesson that will then be incorporated into a finished drawing. Learning about line, shape, value, texture and perspective, will be woven into the class instruction over time.

Drawing subjects will include still life, landscape and the natural world. The initial approach to subjects will be realistic with a focus on personal expression and developing a style of one's own. Drawings will be shared with the group with a goal of positive affirmation of learning.

Tuesdays, 1:00 to 3:00 p.m. The class is limited to 12 participants (Maynard seniors) and has a \$7.00 per class fee and is limited to Maynard senior residents.

The class is being taught by Sandy Wilensky who has had a career in education, experience-teaching people from age 3-83+ She is a certified art instructor and believes strongly in the ability of all people to learn in a supportive setting and that enhanced learning occurs when interest is high and the student knows what he wants to learn. Teaching in her classes responds to the needs of the group and to the needs and interests of individuals in the group. Sandy's art is has been shown in many locations locally, can be seen at ArtSpace in Maynard and she is represented in a gallery in Mystic CT.

The Wonders of the National Parks

**Fridays, February 9th, 16th and 23rd
Maynard Council on Aging • 11:30 a.m.**

In February we will continue our wonderful program about The Wonders of the National Parks. Discover awe-inspiring natural landscapes and explore the geological histories and mysteries of our national parks with this National Geographic program. A light lunch will be provided. Sign-ups are required for those who wish to attend. Limit: 20. We would love to have you join us!

Indian Hill Concert

Thursday, February 15, 2018 • 11 a.m.

Come to the Cabaret! This performance features Mary Crowe on vocals and Evelyn Harris on piano. Complimentary coffee, tea, and cookies will be available. Pick-ups start at 10 a.m. The concert is free. Van cost is \$5.00.

Pizza and a Movie

Wednesday, February 7th • 11:00 a.m.

What could be better on a cold, winter afternoon than watching a movie with friends? One week we will watch a classic movie and the next week a contemporary one. Pizza will be available to purchase for lunch. Popcorn and drinks will be provided. Come have some fun with us!

Inclement Weather & Safety Concerns at the COA during Winter Months

With winter officially here there are some safety cautions to be aware of when attending classes and activities at the Council on Aging. Remember that when the Maynard schools close the COA is always closed and if there is a delay in the schools' opening the COA will always have a delay in opening. With any snowy and icy conditions the parking lot may not be plowed before the COA's scheduled time to open. (the COA's hours are 9:00 a.m. – 3:00 p.m.)

In addition to the parking lot sloping upward, the walkway to the COA has a steep incline before you get to the main stairs. We do have a railing on the right side of the walkway but with any inclement conditions (even when treated) the walkway may be of risk. As well the steps in the front of the building can be slippery (even when treated) – please use the railings on either side of the steps. At the front entrance melting and dripping water off the roof can be of concern as it can form a puddle which will freeze in certain conditions. Every attempt is made to treat slippery and icy areas but things will refreeze quickly in certain conditions. Orange cones will be put out when it isn't safe in certain areas including the walkway facing the golf course. The steps and walkway on the back side of the building facing the upper parking lot should never be used to enter the COA.

It is a priority of the COA to keep anyone entering the building safe. In addition, even when the schools are open you may receive a "robo-call" from the COA advising you access to the building is not safe and classes and activities will be cancelled. Always call the COA if you are not certain the COA is accessible and open. We're not able to include you in a "robo-call" without your phone number in our My Senior Center program – please call the COA and sign up.

CALENDAR

Z-GOLD TONING WITH RITA V. - MONDAYS - 9:00 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 - 12:30 p.m.

DROP-IN CENTER - TUESDAYS - 9:00 a.m. - 11:00 a.m.

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

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

ZUMBA GOLD - WEDNESDAYS - 9:00 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.

YOGA WITH LISA - THURSDAYS - 9:30 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.

ZUMBA GOLD - FRIDAYS - 9:00 a.m.

KINGS IN THE CORNER SOCIAL CLUB - FRIDAYS - 9:00 a.m.

**COA
BOARD
MEETING**

**FEB. 20
9 a.m.**



Please extend a warm welcome to Mary Redford, our new COA van driver. Mary's bubbly personality will sure to put a smile on your day! Many thanks to Janine for her superb training skills!

Maynard Council on Aging Trips

SCHEDULED SHOPPING TRIPS

**Mon & Wed
Stop & Shop in Acton**

**Monday
Trader Joe's in Acton**

**Friday
Shaw's in Stow**

One hour is allowed for shopping. Shoppers should call at least 2 days in advance to schedule their shopping times.

Note Change! Shaw's in Stow Now on Friday

COA OUTINGS

The COA will be offering transportation to Walmart and Market Basket on different days to accommodate the schedules of individuals who wish to go to one location and not the other. You may sign up to go to both. The transportation fee is \$3.00 per trip/day. Pickups start at 9:00. Continue to call the COA to signup. Limited to 8 per trip.

February 13 MARKET BASKET

Market Basket. Pick-ups start at 9:00 a.m. Van cost \$3.00.

February 20 WALMART

Walmart. Pick-ups start at 9:00 a.m. Van cost \$3.00.

Contact CrossTown Connect to make a reservation for:

- Medical Appointments
- Grocery shopping at Shaw's and Stop n Shop
- And other types of shopping such as CVS, Kmart, Trader Joe's, etc.

Council On Aging Van

To schedule the van call CrossTown Connect: (978) 844-6809

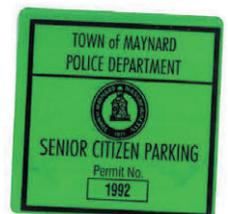
The Council on Aging van runs from **7:00 a.m. to 3:00 p.m.** and provides low cost transportation to local hospitals, doctors, dentists, health care providers, pharmacies, as well as banks, the post office and to the Senior Center on 50 Brown Street in Maynard.

Arrangements must be made one day in advance before 1:30 p.m. (it is best to call several days in advance). 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.

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.



The Maynard COA & Senior Center Presents!



FOXWOODS®

RESORT ♦ CASINO

Visit Foxwoods - The World's Largest Casino!

Bingo is available Monday through Friday. Admission is \$15.00 per person and the payout is \$700.00.

Bingo admission is not included in your Foxwoods package.

Foxwoods reserves the right to alter, cancel this program without notice.

TOUR INCLUDES

- Luxury Silver Fox CD/DVD/WiFi Motor Coach
 - Exciting Foxwoods Casino Bonus!!!
 - Festival Buffet or \$10.00 Food Voucher And \$10.00 Casino Slot Play)
- Please Note: Foxwoods reserves the right to alter, modify, or cancel this program without notice.

Tour Cost: \$30.00 Per Person (Includes Driver Gratuity)

Tour Date: March 14, 2018 (Wednesday)

Tour Departs: 8:00 AM Maynard Elks

Tour Arrives Foxwoods: 10:00 AM

Tour Departs Foxwoods: 3:30 PM

Return Home: 5:30 PM

For Reservations, Please Contact: The Maynard Council on Aging @ 978.897.1009

Get To The Woods! Foxwoods!

Maynard Council on Aging Day Trip Policies

- Day trips are open to Maynard seniors (60+). Seniors from outside of Maynard may request to be put on a waiting list.
- Please call the Council on Aging at (978) 897-1009 to make a reservation. Payment is due when you sign up.
- Make checks out to "Maynard Council on Aging" and drop off at the COA or mail to: Maynard Council on Aging, 195 Main Street, Maynard, MA, 01754. Make out a separate check for each trip.
- Refunds will only be given if a trip is cancelled by the COA. Trip insurance, purchased 60 days prior to departure, is available for an additional fee. Please contact Pat at the COA for the application. If you must cancel, you may sell your ticket to a senior on the waiting list.
- All trip participants must have an updated Maynard Senior Center Registration Form and emergency contact information on file at the COA.
- All attendees must bring a current copy of your "File of Life" card with them on the trip. "File of Life" cards are available at the COA.
- If a medical emergency arises on the trip, COA staff will procure medical assistance as needed, but cannot accompany seniors to the hospital. Transportation back to Maynard will be the responsibility of the individual.
- All trip attendees must attend each segment of the trip and stay with the group. No one will be allowed to stay behind on the bus.
- If you are not self-sufficient or have special needs, you must travel with a companion who can provide assistance to you. The COA staff or trip driver cannot be expected to provide assistance. Call the COA for details if you are unsure of the demands of a trip. The COA is unable to change the limitations of the travel company's service.
- Parking for all trips will be at the Maynard Lodge of Elks at 34 Powdermill Road, Maynard, MA unless otherwise noted.



Come to a Community Supper!

All are welcome! Bring friends and neighbors!

Every Tuesday, 5:30 at 33 Main St. in Maynard.

Every Thursday, 5:00 at First Parish Church in Concord.

**Pantry Hours: Mondays, 3:00 to 7:00, Tuesdays, 1:00 to 3:00 (Seniors Only),
Thursdays, 3:00 to 7:00**

We'd love to have you join us!

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

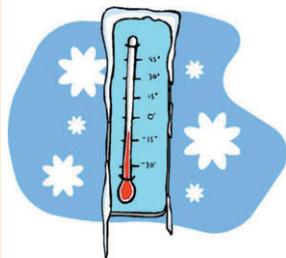
maynardfoodpantry.com

NEED HELP PAYING HEATING COST???

Help is Available!!! The Fuel Assistance Program helps income eligible households pay a portion of their heating costs. If your Gross Income falls within the limits shown below you may be eligible! You may also qualify for electricity discounts and weatherization programs!

Deadline to Apply is April 30, 2018

Household size	Maximum Gross Income
1	\$34,380
2	\$44,958
3	\$55,537
4	\$66,115
5	\$76,693
6	\$87,272
7	\$89,255



For More Information Contact Maynard Council on Aging to schedule an appointment with Pat Kozik at 978-897-1009



Senior Circuit Breaker Credit

Put up to \$1,070 in YOUR pocket!

The MA "Circuit Breaker" Income Tax Credit For Homeowners and Renters Age 65 and Older YOU MAY GET A CASH REFUND ON YOUR STATE INCOME TAXES

The Massachusetts "Circuit Breaker" tax credit program is a program for adults age 65 + whose property taxes and half of the water and sewer bills are more than 10% of their annual gross income (or for renters, if their rent is greater than 25% of their income) and who meet a few other rules. Adults can get this income tax credit even if they owe no income taxes. Also, you can get this refundable tax credit if you also receive a property tax exemption from their town assessor.

The value of the refundable credit can be as high as \$1,070 for 2016 tax filers.

To obtain the credit, you must file a MA Income Tax "Form 1" and the "CB Form" for the 2016 tax year. You may file to get a refundable credit for the last 3 years* tax returns, if you have not yet done so. In addition to this year's credit, the maximum credit you may receive for the past 3 tax years is: \$1,070 in 2015; \$1,050 in 2014; and \$1,030 in 2013.

You must meet the following guidelines to qualify for this refundable tax credit:

1. Be 65 or older by the end of the tax year for which you are filing.
2. Have Income Below the Maximum Level: (including Social Security and other income not ordinarily taxed in Massachusetts)

<u>Income For Tax Year</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>
Single	55,000	56,000	57,000	\$57,000
Head of household	69,000	70,000	71,000	\$71,000
Married, filing jointly	82,000	84,000	85,000	\$86,000
Married, filing separately, not eligible				

3. The property that you own or rent must be residential property in Massachusetts that is your primary residence. (Renters of public housing or with subsidized rental agreements are not eligible.)
4. The assessed valuation of your home cannot be greater than \$720,000 for tax year 2016. Maximum home values for prior tax years are: 2013 – \$700,000; 2014 – \$691,000; 2015 – \$693,000.
5. There are no other assets limits for defining who may be eligible to get the tax credit.
6. **10% rule for Owners:** The credit will equal the amount your property tax bill (plus 50% of your water and sewer fees if not part of your property tax bill) exceeds 10% of your income, up to the maximum credit of \$1,070 in 2016. If you also receive a local property tax exemption for seniors or earn a senior tax work off reduction that is okay. This credit will be applied to your reduced property tax bill amount.
7. **25% Rule for Renters:** The credit will equal the amount by which 25% of your rental payments exceed 10% of your income, up to the maximum credit of \$1,070 in 2016. The law assumes that 25% of rent goes toward property taxes.
8. **Even if you don't normally file with the state, if you meet the above criteria you are most likely due a "refund" check/tax credit from the Dept. of Revenue.** *If you have an accountant, ask him/her for help with this year and /or previous years.*
9. **The deadline for filing retroactive or amended tax returns (going back 3+ years) is April 15, 2017. For more information and to get the proper forms, call the Mass. Department of Revenue Customer Service at (617) 887-6367 for information and/or tax forms for this year and the past three years.**

For help filing a tax return or amended returns for prior years, call your local Council on Aging for information about where to meet with a volunteer tax aide. Or, hire an accountant to file your state income taxes for all the years you may be eligible. **To download the tax forms** — Form 1 and the CB Form – go to the official Department of Revenue site at: <http://www.mass.gov/dor/individuals/seniors-students-and-military-personnel/seniors-and-retirees/>.



New Support for Caregivers

If you are caring for someone living at home with Alzheimer's Disease or dementia, we can help!

Savvy Caregiver Program, with Respite Support

This 6 week workshop will help you gain the special skills and knowledge you need to be a successful caregiver while taking good care of yourself. The workshop is free, and if paying for care for your loved one is a barrier to your attendance, we can help with financial support for respite care.

Please see www.minutemansenior.org for an up-to-date schedule and registration info.

Technology Solutions

We have information about technologies that can help make caring for someone with dementia easier, as well as financial assistance and training on their use. Examples include:

- Portable digital music players • GPS and other tracking devices
- Electronic medication management systems • Communication aids
- Video monitoring devices

Nutrition Consultation

People with dementia are at higher risk for poor nutrition, weight loss or gain, and dehydration. Our Registered Dietitian will consult with you at home, and provide an individual care plan, caregiver coaching, adaptive equipment and follow-up support.

For more information, please contact: 888-222-6171 or elderinfo@minutemansenior.org

These Resources are funded through grants from the Administration for Community Living in collaboration with the MA Executive Office of Elder Affairs and Elder Services of the Merrimack Valley; and the Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Hospital and Medical Center and Winchester Hospital.

26 Crosby Drive • Bedford, MA 01730 • www.minutemansenior.org

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

FEBRUARY 2018

Friends,

Every year at this time I provide information on various tax programs offered to seniors by our state and federal government. Please contact my office at 617-722-2130 or kate.hogan@mahouse.gov for any questions, brochures, or additional information.

State Programs

- **Senior Circuit Breaker:** The Circuit Breaker Tax Credit allows income-eligible seniors to receive a tax credit for property taxes they have paid during the tax year. For more information, visit tinyurl.com/rephoganCB.
- **Senior Property Tax Work-Off:** This program allows seniors to volunteer with their local towns in exchange for a reduction in property taxes. You can apply to this program through your local Council on Aging (COA).
- **Property Tax Deferral:** Seniors can defer all (or some) of their taxes with interest. To qualify you must have lived in Massachusetts for 10 years, owned a home for 5 years, and your annual income cannot exceed \$20,000. For more information, visit tinyurl.com/rephogandeferral
- **Property Tax Exemptions:** Seniors may qualify for exemptions to their property taxes if they meet specific ownership, residency, income, and asset requirements.
 - **Clause 41:** Seniors may qualify. For more information, visit tinyurl.com/rephoganclause41
 - **Clause 17:** Seniors may qualify. In contrast to Clause 41 (above), this exemption provides a reduced benefit, but has less strict eligibility requirements. For more information, visit tinyurl.com/rephoganclause17
 - **Clause 22:** Disabled veterans and their spouses may qualify. For more information, visit tinyurl.com/rephoganclause22

Federal Programs

- **Higher Standard Deduction for Seniors:** If you do not itemize deductions, you may be eligible for a higher standard deduction amount if you and/or your spouse are 65 years or older.
- **Publication 554:** This is a booklet that explains all of the benefits available to seniors at the federal level and what the eligibilities are. If you would like a copy of Publication 554, call Rep. Hogan's District Director Karen Freker at 617-722-2130.

AARP Foundation Tax-Aide: This free program assists low-to moderate-income individuals ages 50+ with tax services and helps ensure they receive applicable tax credits and deductions. Tax-Aide is offered in cooperation with the IRS. Please call 888-687-2277 for a location near you or visit tinyurl.com/rephoganaarp

Hogan's Office Hours

District Office Hours will be held in Stow on Tuesday, February 13th from 6 to 7 p.m. at the Randall Library, 19 Crescent Street. All questions, ideas, or concerns are welcome. If you are unable to attend office hours, call the State House at (617) 722-2130 to schedule an appointment. Staff is also available at the District Office on all Mondays from 10 a.m. to 3 p.m. (Closed Holiday Mondays)

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

I, Tonya

COMING FEBRUARY 2

Starring Margot Robbie & Sebastian Stan

Competitive ice skater Tonya Harding rises amongst the ranks at the U.S. Figure Skating Championships, but her future in the activity is thrown into doubt when her ex-husband intervenes.

Peter Rabbit

COMING FEBRUARY 9TH

Starring Daisy Ridley & Margot Robbie

Feature adaptation of Beatrix Potter's classic tale of a rebellious rabbit trying to sneak into a farmer's vegetable garden.

The Hundred-Foot Journey

COMING FEBRUARY 13TH & 14TH

Starring Helen Mirren & Om Puri

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery.

Black Panther

COMING FEBRUARY 16TH

Starring Chadwick Boseman & Michael B. Jordan

T'Challa, after the death of his father, the King of Wakanda, returns home to the isolated, technologically advanced African nation to succeed to the throne and take his rightful place as king.

We have Exciting News!

Beginning in March, Fine Arts Theatre Place will be removing our current seating in theatre 1 and replacing them with brand new seats. The new seats will be the same as in Theatre 3.

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

*excludes kids combo, Some Restrictions May Apply

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!