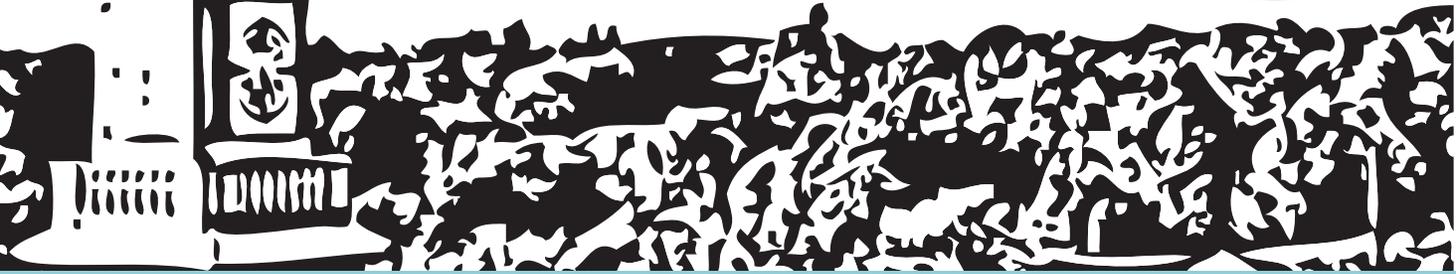


NEW

# GENERATION



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

APRIL 2018



Joan Meakin

## The View from Here

Last month I wrote about spring's return being eminent with the sounds of red winged blackbirds in cat tails around the fields where I live. Those words were written on February 26 - then March arrived. The red winged blackbirds, at a loss for finding anything to eat under two feet of snow, gathered around my backyard feeders to look for handouts (dropped seeds perhaps with small kernels) from the chickadees, titmice and nuthatches. Riots ensued when the grackles arrived. Sunflower shells layered between each storm so with two feet of snow or more I've bagged quite a few pounds of empties. I've got pictures of chipmunks and squirrels standing or half buried in snow. But today, March 26, as I write this I caught a bluebird poking its head into the nest box below the COA and then chasing its mate through the trees. A male house finch is turning rosy red in a prelude to seeking out a potential mate. Male mallards are wooing females with more attention to fighting off each other. Listen to how much bird sound fills each morning when you wake and return home from work. Mother Nature battles with hard wired bird migration patterns. I'm betting on the birds.

### ~ Amy Loveless

Director, Maynard Council on Aging & Senior Center

I need to publicly express great appreciation (overdue!) for Sarah S. at Action Unlimited (who publishes our newsletter). I send in COA updates, pictures, community event materials and rough templates and Sarah works her magic to assemble it into the attractive newsletter you receive each month. She's patient with my frantic, last minute changes and looks at the layout with a keen, creative eye. I couldn't do it without Sarah - thank you Sarah!

## A Mill Town Milliner

This month, I'd like to celebrate another Maynard Advantage. Regular readers of this space know that recognizing all the terrific things about Maynard is an endless task, likely to get routine in repetition, but some still stand out. One such stand out is Denise Shea, a local artist, and a Maynard Advantage.

Denise is a milliner - a maker of hats, with a studio in ArtSpace. You can spot her most days somewhere in town as she wears her products every day. Her hats are wonderful expressions of art that bring joy to their owners and on-lookers alike. But being a talented milliner is only about the fifth or sixth best thing to know about Denise.

We met about two years ago when she, as half of the dynamic duo that started the Honey Bee Meadow, began sending me terrific ideas. The creative energy she brings everywhere is complimented with a positive attitude and a conviction that Maynard deserves to be and can be a better place. This energy and attitude are infectious and I look forward to seeing her knowing I will learn something special about the Town, something unique about someone, an historical tidbit, or a point of view I hadn't considered before. Denise is a business person who still finds time to volunteer and invest herself in the local community. She puts this energy out to the world with a regular blog that promotes local business, provides information to the community, and allows everyone to experience her passion for all things Maynard.

'The Maynard Advantage' is a bit of word craft to express appreciation for something unique in our Town. We can recognize so many things about Maynard that are unique and worthy of praise. As a Milliner in a Mill Town, Denise brings these attributes together. There is a lot to like about Maynard, hats off (and on!) for Denise.

### Andrew Scribner-MacLean

Acting Town Administrator

[ascribner@townofmaynard.net](mailto:ascribner@townofmaynard.net) • 978 897-1375

**A donation to the COA's Gift Fund  
was made in loving memory of:**

*Dennis Bernhardt*

# Highlights of Upcoming Events

## April & May Luncheons

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

### April Luncheon

**Thursday, April 12 • Noon**

Hot Dog, Potato Salad  
Coleslaw, Baked Beans  
Salad, Dessert

**\$8.00 Pay at the door**

**Deadline to sign up is April 4 by noon**

### May Luncheon

**Thursday, May 10 • Noon**

BBQ Chicken, Baked Potatoes  
Corn-on-the-Cob, Caesar Salad  
Cornbread, Dessert

**\$8.00 Pay at the door**

**Deadline to sign up is May 2 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, April 18 • 11:00 a.m.**

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

**Enjoy "Elvis to the Everly Brothers"**

musical performance

by Roger Tincknell at the APRIL Luncheon!

**The COA will be closed  
on Monday, April 16  
in observance of Patriots' Day**

**Celebrate World Tai Chi Day with  
members of the COA's Tai Chi class  
on Saturday, April 28 11:00 to 1:00  
at the Maynard Library!**

### Keep Well Clinic

**Wednesday, April 18 • 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.

### 38th Annual Senior Conference

Hosted by State Senator Jamie Eldridge  
Thursday, April 19 from 8:00 a.m. to 2:30 p.m.  
Assabet Valley Reg. Tech. High School  
Workshops, Entertainment, Exhibits and Speakers

### CareOne Presents

**April 19, 12:30 p.m.**

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.

**Many Thanks to  
Life Care Center of Acton  
for a delicious lunch last month!  
And a special thank you to  
David Coughlin  
(LCC of Acton's Director of Business Development)  
for such great service!**



# BIOMORPHIC ALCHEMY: Kay Hartung + Michelle Lougee

April 11- May 18, 2018



Kay Hartung  
*Entanglements 24*  
Encaustic and mixed media

**Opening Reception: April 21, 5 - 7 pm**  
**Artist Talk: Saturday, April 28, 3 pm**

Biomorphic Alchemy, Kay Hartung and Michelle Lougee present sculptural works, paintings and wall installations. Kay Hartung and Michelle Lougee are artists interested in life forms, varying from those under the sea to those that can only be seen under a microscope. The mysterious yet familiar forms strive to replicate the animated quality that all living things possess.



Michelle Lougee  
*Orange Rib*  
Crocheted plastic, wire, resin

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 info, please call (978) 897-9828 or go to [www.artspacemaynard.com](http://www.artspacemaynard.com) and like us on Facebook

**Come join the art scene in Maynard!** | 63 Summer Street, Maynard, MA 01754

## “ArtSpace Artists” Art Exhibit

ArtSpace Maynard is pleased to announce their exhibit, **ArtSpace Artists**, displaying at the Maynard Public Library.

This exhibit features the mixed media artwork of 20 many talented ArtSpace artists: Lola Chaisson, Caleb Cole, Gail Erwin, Cynthia Frost, Kay Hartung, Lisa Heffley, Laura Johnson, Mica Knapp, Margaret Kushner, Julie L’Heureux, Samantha Linnane, Carole McNamee, Barbara O’Brien, Fay Senner, Donna Shapleigh, Jenny Sorblom, Judi Stein, Mary Webber and Toby Williams

The exhibit will run from April 2nd through April 27th. The public is also invited to an Opening Reception on Thursday, April 5th from 5 – 7 p.m.

For viewing hours, please contact the Maynard Public Library at (978) 897-1010.

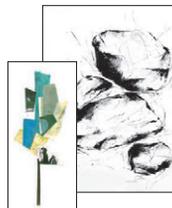


## 6 Bridges Gallery

FINE ART AND CRAFT

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

### EXHIBITS



**Natalie MacKnight**  
“Listening to the Wind” –  
Works on paper  
April 17 – May 26  
Reception: April 21, 7–9pm



**Tai Chi in the Gallery**  
by Sihing Eliot Prisby  
of Metrowest Kung Fu  
Friday, May 11, 6–7pm

Registration required: [6BridgesGallery@gmail.com](mailto:6BridgesGallery@gmail.com)

77 Main Street, Maynard  
6Bridges.Gallery • 978.897.3825



# MAYNARD BOOK FESTIVAL

April 5 - 7  
Maynard Public Library  
77 Nason Street

## Thursday, April 5

5 -7 pm            Made in Maynard ArtSpace Exhibit Reception

## Friday, April 6

7:00 pm            Wolverine Jazz Band Concert

## Saturday, April 7

10:30 am           Middle Grade Author Tui Sutherland—*Wings of Fire* and  
*Warriors* series, at Fine Arts Theater

10:30 am           Special Festival Storytime and Craft

11:00- 12:30       \*Family Stories Through Art Workshop with Sharon Santillo

1:30 pm            Sports Panel Discussion with Charlie Pierce and Leigh Montville

3:00 pm            Jessica Shattuck—*The Hazards of Good Breeding* and  
*The Women in the Castle*

*\* Please register online or at the Reference Desk at 978-897-1010 x103*

***Brought to you by The Friends of the Maynard Library***  
*with grant funding from the Massachusetts Cultural Council*

*Books for signing provided by Porter Square Books*

**[www.maynardpubliclibrary.org/mbf2018](http://www.maynardpubliclibrary.org/mbf2018)**



## Celebrating Maynard's Founder's Day!

Maynard Public Library  
Thursday, April 19 • 7:00 pm

In honor of the founding of Maynard on April 19 in 1871,  
local writer and historian David Mark will give a talk  
on How Maynard Became Maynard.

Free and open to all. Celebratory snacks will be served.

**Seniors: Call the COA for  
transportation at (978) 897-1009**

# ArtSpace Maynard

ArtSpace Maynard invites artists in all media (except video) to submit proposals for one month solo or group exhibitions for the 2018-2019 season. The proposed exhibit should be based on a unifying concept that is social, historical, philosophical, cultural, political or other. The ArtSpace Gallery is one of the largest nonprofit exhibition spaces in Massachusetts. Preference will be given to New England artists.

For guidelines go to:

<http://artspacemaynard.com/proposals>

**Deadline: May 14, 2018 by 5 pm**

Gallery Open Wednesdays through Saturdays 11 am to 3 pm

[www.artspacemaynard.com](http://www.artspacemaynard.com)

Fred Batstone, President and Director | Linda Spear, Administrator  
ArtSpace Gallery and Studios  
63 Summer Street, Maynard, MA 01754 • 978-897-9828



Our home health professionals work as part of a multidisciplinary team, closely communicating with each other, the patient's referring physician, family members, as well as other caregivers. The multidisciplinary team consists of nursing staff, rehabilitation therapists, home health aides, and medical social services.

For more information, call 978-287-8300.

 **Emerson Hospital  
Home Care**  
[emersonhospital.org](http://emersonhospital.org)

## TOM HANKS FILM SERIES

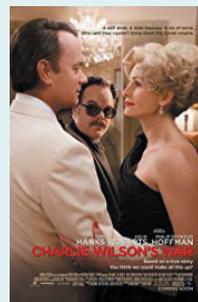
Tom Hanks – who has been described as “America’s Dad” – started his career with some wonderful comic films before performing in more serious movies. Join us for a retrospective of his range.



### Sleepless In Seattle

Wed, April 4 @ 3:30PM

A recently widowed man's son calls a radio talk show in an attempt to find his father a partner.



### Charlie Wilson's War

Thurs, April 26 @ 6:30PM

A drama based on a Texas Congressman's covert dealings in Afghanistan, where his efforts to assist the rebels in their war with the Soviets have some unforeseen and long-reaching effects.

Free and open to all. Refreshments served.

Sponsored by the Friends of the Maynard Library

Maynard Public Library • 77 Nason St • 978-897-1010

[www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org)



## ArtWeek

ArtWeek is an award-winning innovative festival (April 27- May 6, 2018) featuring hundreds of unique and creative experiences that are hands-on, interactive or offer behind-the-scenes access to arts, culture, and the creative process. Now an annual statewide festival, ArtWeek was born in Boston in 2013 and recently expanded its footprint across the Commonwealth. For more information on ArtWeek, visit [www.artweekma.org](http://www.artweekma.org)

### ArtSpace In Maynard Invites You To Join Us during the Spring 2018 ArtWeek Festival

Don't miss our exciting event:

**April 28th from 12-3:** open studios, printmaking demonstration, tour Acme Theater

**April 28th from 2-3:** musical performance by classical guitarist and ArtSpace artist Berit Strong

**April 28th from 3-4:** Artist Talk by ArtSpace Artist Kay Hartung

Free admission

ArtSpace Maynard | 63 Summer Street, Maynard, MA 01754

### Celebrating Poetry As Part Of Maynard's ArtWeek

All are invited to present a favorite poem to the audience

Did you grow up with A Child's Garden of Verses or The Nonsense Poems of Edward Lear?

Are you comforted by Robert Frost or moved by Gwendolyn Brooks or entertained by Billy Collins?

Do you write your own verse?

Join us for an evening of poetry, selected by and  
shared with your friends and neighbors.

Maynard Public Library • Thursday, May 3 • 7:00 pm

### Spring ArtWalk

The Maynard Business Alliance's 6th Annual "Spring ArtWalk" will take place on Saturday, May 5th from 5-7:30 p.m. Enjoy an evening of Art & Music in downtown Maynard!! The MHS Jazz Band will be playing at LOOK Optical, there will be a wine tasting demo at Art's Specialities, a fashion show at Raspberry Beret, kids art activities and more! Enter to win a painting by Sam Linnane or a photograph by Julie L'Heureux by participating in the Passport Raffle. Plein Air artists from ArtSpace Maynard will be dispersed in front of stores creating artwork and there will be live music and local art at participating businesses!!!!

# Monthly Events

## Brains & Balance

**Mondays, 11:00 a.m. - 12:00 p.m.**

**April 9 – June 2 (no class on May 28)**

Falls are the leading cause of hospitalization and long term care in the US. Researchers no longer believe that falling or losing mental capacity are inevitable parts of the aging process. Discover how much fun balance training can be while you exercise your brain with specially designed "Train the Brain" drills. These drills are designed to improve your memory, reasoning, conceptualization, language and problem solving skills.

**Class size will be limited, \$25.00 for the 10 week program. Don't miss out! Bring a friend! Previous participants are strongly encouraged to attend again!**

## The Vietnam War

**Fridays, April 13, 20, and 27 • 12:30 p.m.**

This documentary series by Ken Burns and Lynn Novick tells the epic story of one of the most consequential, divisive, and controversial events in American history. This series explores the human dimensions of the war through testimony of witnesses from all sides. Please join us at the Council on Aging for this special program. Light lunch will be provided. Sign-ups required. Limit: 25.

## Indian Hill Concert

**Thursday, April 19 • 11 a.m.**

Springtime flutes are sure to delight in this wonderful concert at Indian Hill Music. The New England Flute Orchestra of IHM will be conducted by Eileen Yarrison. Complimentary coffee, tea, and cookies will be available. Pick-ups start at 10 a.m. The concert is free. Van cost is \$5.00.

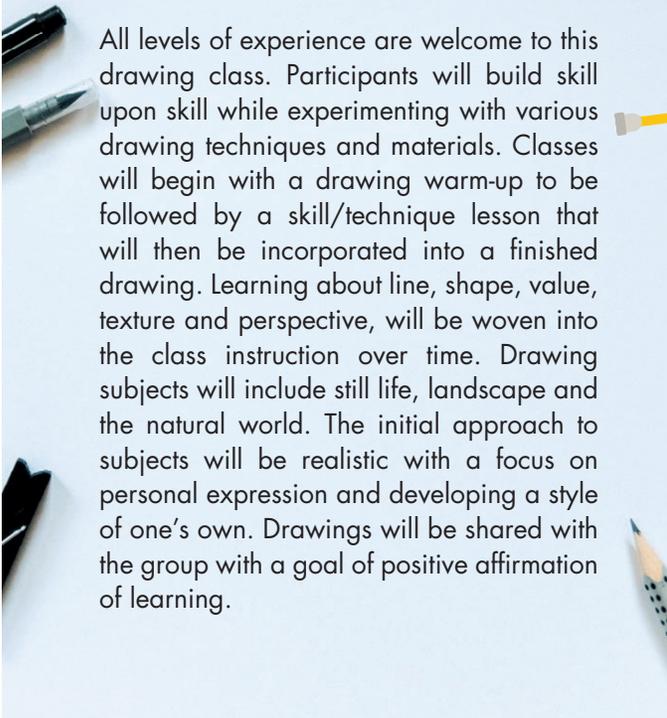


## Drawing For All

**Tuesdays, 1:00 – 3:00 p.m.**

**\$7.00 per class, limited to Maynard residents**

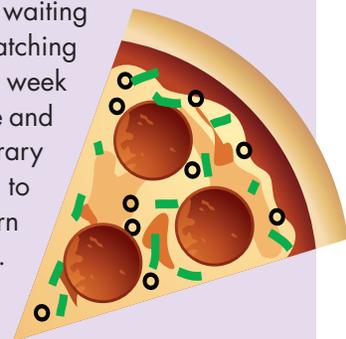
All levels of experience are welcome to this drawing class. Participants will build skill upon skill while experimenting with various drawing techniques and materials. Classes will begin with a drawing warm-up to be followed by a skill/technique lesson that will then be incorporated into a finished drawing. 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.



## Pizza and a Movie

**Wednesday, April 11 • 11:00 a.m.**

What could be better, while waiting for the spring thaw, 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!



# 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. AND 10:30 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  
APR. 17  
9 a.m.**

## **Chess Classes and Club | Thursday Afternoons**

at the Acton Senior Center • 30 Sudbury Road Rear, Acton

**Beginner Chess Class meets 12:30-2:00**

**Intermediate Chess Class meets 2:00-3:30** for players who know how the pieces move and the concepts of check and checkmate; you will play games and get feedback

**Chess Club meets 1:30-4:30** for players with some experience

There is no charge and all equipment is supplied; open to all age 60 plus  
Contact Ken 484-318-1186 or euterpe20@aol.com with questions or more details.

# 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.

### APRIL 10 WALMART

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

### APRIL 24 MARKET BASKET

Market Basket. 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

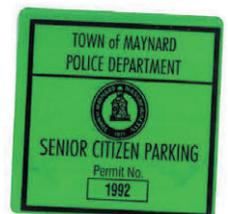
The Council on Aging van runs from **7:00 a.m. to 3:00 p.m.** and provides low cost transportation to local hospitals, doctors, dentists, health care providers, pharmacies, as well as banks, the post office and to the Senior Center on 50 Brown Street in Maynard.

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.





# SAVE THE DATE! FRIDAY, JUNE 1

## All-You-Can-Eat Italian Buffet Supper

At The Maynard Lodge Of Elks

Musical Entertainment | Cash Bar

Sponsored By The Friends Of Maynard Seniors

### Mission Statement of the Friends of Maynard Seniors, Inc.

The primary purpose of the Friends of Maynard Seniors, Inc. is to further the mission of the Maynard Council on Aging by providing financial and operational support. Support may include, but is not limited to, membership drives, fundraising events, increased volunteer participation, sponsorships, grant applications, and solicitation of individual and corporate donations to the Council.

The Friends of Maynard Seniors also seeks to increase community awareness of the existence and the scope of the Maynard Council on Aging. The goal of the Friends of Maynard Seniors is to expand, enhance, and supplement both current and future COA programs and services.

### 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 \_\_\_\_\_



# 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!**

## OPEN TABLE CONCORD EVENTS

Open Table Concord will be offering special dinners the first Thursday of each month. While details on menus aren't set yet, we know they will be delicious! The evenings will include entertainment and/or music before the dinner with the event starting at 5 p.m. at the First Parish Church on Lexington Road in Concord. We had a delicious Irish treat in March. On April 5 we will celebrate Greek food and culture and on May 3 we will be celebrating Cinco de Mayo. These dinners are open to everyone. We hope you'll plan to join us.

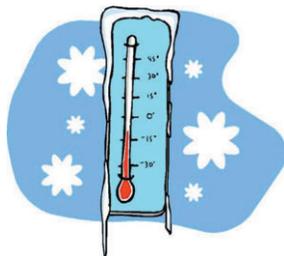


Trish Grieve, Amy Loveless and Jane O'Rourke

## 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



Jeanine Calabria,  
Exec. Director of Open Table  
Amy Loveless,  
Director of the  
Maynard Council on Aging



From left to right: Hazel Pratt, Diane Wasiuk, Jane O'Rourke, Dave Salmi, Nayer Esmaili, Mark Koenig, Judy Neergaard and Gail Bannon enjoyed Open Table's Breakfast for Dinner on March 20th

## 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**

## 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 and education 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 from 6:00pm to 8:00pm

Please call 508-481-0809 as prescreening is required

## DayBreak Program

DayBreak, an adult social day program, provides respite for caregivers and socialization, lunch and activities for loved ones. DayBreak offers 3 hours of structured quality time for loved ones three times per week at the following locations:

**Northboro Senior Center on Tuesdays 11:30am-2:30pm**

**Marlboro Senior Center on Wednesdays 11:30am-2:30pm**

**Hudson Senior Center on Thursdays 11:30am-2:30pm**

You can register for one, two or three days a week.

DayBreak includes a healthy lunch and engaging activities for those who require some supervision. For more information please contact Lisa Bazarian Gardner at 978-568-9638 or lbbazarian@gmail.com.

Support for this project provided in part by the MetroWest Health Foundation. It is available to any area care givers in need of respite. A suggested voluntary donation of \$15 would be appreciated but is not necessary to participate in the program.

## 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, entertainment, music, arts, games, refreshments, and most importantly, laughter. It is open to anyone at any stage of the disease process accompanied by friends, family, and loved ones. There is no cost.

The Café is held on the fourth Sunday of each month at Pleasantries, 195 Reservoir Street, Marlborough, MA



The Support Group and Café are both held at Pleasantries

Due to possible cancellation from unexpected events, please call 508-481-0809 prior to attending and listen to voice message



## REP. KATE HOGAN'S SENIOR NEWS

### APRIL 2018

Friends,

I take great pride in serving as House Chair of the Joint Committee on Public Health—the committee responsible for vetting all health-related bills before the Legislature. After holding hearings on the 300+ bills that were referred to us this session, the Committee voted in February to advance a number of bills that will positively impact health care in the Commonwealth. Two of the several bills that would help improve the health of our seniors, in particular, are:

- **House Bill 2440, “An Act relative to protecting senior health.”** This bill would require hospitals to offer flu immunizations to all inpatients 65 years of age and older prior to discharge between the dates of October 1st and March 1st. The flu can be particularly dangerous for seniors; it is important for seniors who are already in the hospital dealing with medical issues to have easy access to the vaccines that keep them healthy.
- **House Bill 1187, “An Act relative to home health and hospice aides.”** This bill would allow registered nurses to delegate the administration of or assistance with the administration of certain medications in the home to a home health aide who has completed required training, making it easier for seniors to get the health care they need in the comfort of their own homes.

After receiving a favorable report from the Joint Committee on Public Health, both H.2440 and H.1187 were referred to the Joint Committee on Health Care Financing, where they will be evaluated for their fiscal impact to the Commonwealth. I will continue to track these and all other senior-related bills closely as we move toward the final months of this legislative session.

### State Budget Preview

Later this month, the House of Representatives will begin crafting our state budget for Fiscal Year 2019. As always, I am committed to advocating for programs that help meet the unique needs of our state’s growing senior population. Some of the programs I will be fighting to fund this year include Councils on Aging, Home Care Services, Supportive Senior Housing, Elder Protective Services, Elder Nutrition (including Meals on Wheels), and Elder Homeless Placement. Once the House budget is finalized in May, I will provide an update on how these programs were funded. If you have any questions about the state budget, or if there are any specific programs you want me to keep an eye on throughout budget deliberations, please don’t hesitate to call the State House at (617) 722-2130.

### Hogan’s Office Hours

District Office Hours will be held in Hudson on Thursday, April 19th from 6 to 7 p.m. at the Hudson Public Library, 3 Washington St. 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](mailto:Kate.Hogan@mahouse.gov)

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\*Some exclusions apply