

NEW GENERATION



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

JUNE 2019



Diane Wasiuk



The View from Here

I'd like to thank Life Care Center of Acton for sponsoring a truly memorable event on May 22. Lucky attendees were mesmerized by George Capaccio's performance as Albert Einstein and enthralled by an intimate storytelling experience. I'd especially like to thank David Coughlin, Life Care Center of Acton's Director of Business Development for all his enthusiastic effort into making this special event happen.

We've all been the beneficiaries of Sylvia Guthrie's recently discovered artistic talent. Sylvia introduced her teaching talent last month with two rock painting workshops and participants discovered their own unique talents. The likenesses of a Bluebird, Cardinal and Puffin were carefully painted onto rocks handpicked by Sylvia. My kitchen window sill holds a Robin, Sandpiper and a Long-tailed duck while on my desk a beautiful Barred Owl keeps watch - thank you Sylvia! (see photos on page 5).

Speaking of beneficiaries of beautiful things, Diane Wasiuk has been showing off her ten green thumbs the last three years. Each spring empty boxes are brought to the back deck railing by the COA entrance and magic ensues. All summer long we start our days with stunning flowers framing a view of the golf course. The cover photo on top is the before (taken last week) and the other photos are the coming attractions! Please be sure to walk around the deck and take a look when you come to visit.

~ Amy Loveless

Director, Maynard Council on Aging & Senior Center



Transition

Thank you for your support of Town Meeting held on May 20th: Whether you were able to attend; read the Warrant online, in the Action Unlimited, or at a municipal building; or even just asked neighbors and friends about it and helped get the word out. It's a uniquely special tradition of direct democracy in New England, but is only valuable if the community embraces the opportunity to participate. You can read the results of the meeting on the Town's website under the header "Government" and sub header "Town Meeting".

Council on Aging Director Amy Loveless presented an overview of the Council on Aging to the Board of Selectmen at the board's meeting held May 21, 2019. Amy did an excellent job highlighting the many exciting activities presented by the COA and its supporters, and the Board of Selectmen were impressed with Amy's leadership and stewardship in support of the community, and its seniors in particular. Thank you, Amy, for all that you do for Maynard! And Pat, too!

I think of June as one of the primary months of "transition" in the year. The school year ends, air conditioning kicks on, and there are summer-time activities nearly every weekend in town. Town Hall staff is experiencing its own transition, as Aaron Miklosko recently resigned from his position as Director of the Department of Public Works (DPW). Aaron's professionalism, responsiveness, and community presence has set a high standard for his successor to meet. I wish all the best for Aaron and his family in his career progression, and I look forward to seeing what a new Director can bring to Maynard.

And speaking of public works, I appreciate all of your patience as we transition into the busy season for construction work around town, as well as with ongoing projects. With May's rain hopefully behind us, work can proceed at a regular pace, and we can begin to see the fruits of your patience and cooperation with the town's plans soon.

Sincerely,

Greg Johnson

Town Administrator | gjohnson@townofmaynard.net

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

Richard Martin

From the Micciche & Murray families

Council On Aging Board Meetings

The Council on Aging Board meetings are held the 3rd Tuesday of the month at 10:30 a.m. (June 18) at the Maynard Council on Aging & Senior Center. 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. No meetings in July & August.

Highlights of Upcoming Events

June & July Luncheons

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

June Luncheon

June is National Turkey Lovers Month!

Thursday, June 13 • Noon

Turkey, stuffing, mashed potatoes, gravy, vegetable, cranberry sauce, rolls and dessert.

\$8.00 Pay at the door

Deadline to sign up is June 6th 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.**

July Luncheon

Thursday, July 11 • Noon

Fish - Baked or Fried,
Fries & coleslaw, Dessert

\$8.00 Pay at the door

Deadline to sign up is July 3rd by noon

Tower Hill

Thursday, June 13th and 20th • 3 p.m.

Please join us for a beautiful evening at Tower Hill Botanic Garden. Stroll through the gardens, sit and meditate, and be amazed by thousands of beautiful blooming flowers. You will enjoy a plethora of seasonally interesting plants, trees, foliage and miles of walkable, wooded trails! Visit the Farmer and the Fork for a snack, or bring your own to eat while relaxing in the gardens. Trip cost is \$3.00 Limit: 8. Preference will be given to those who have not attended previous Tower Hill trips.

Thrifty Shopping Trip

Mondays, June 10th & 17th • 9:00 a.m.

Are you a shopper who loves a great deal? Are you looking to live a greener lifestyle? Please join us for a fun day shopping for bargains! We will start at Savers thrift store in Marlboro. Every year, North Americans send 12 million tons of textiles into the landfills, 95% of which could be reused or recycled. This means our clothing habits are creating an overflow in our landfills. Savers is committed to raising awareness and prompting action around the issue of textile waste. Following Savers, if time allows, you can browse for deals in Ocean State Job Lot or poke through the clearance racks in Marshalls. Let's find some treasures! We will stop for lunch, cost on your own, before heading home. Pick-ups start at 9 a.m. Cost of trip: \$3. Limit: 8. Preference will be given to those who did not go on our previous Thrift Store trip.

CareOne Presents: It's Never Too Late To Stand Straight!

Thursday, June 27 • 12:30 p.m.

Join CareOne's rehab staff to learn about proper posture as we age as well as careful ways to stand, reach and move to prevent strain.

Mark's Magical Mystery Tour

Friday, June 14th • 9:30 a.m.

Sit back, relax, and let the day unfold as Mark takes you to surprise locations with beautiful scenery. Enjoy the camaraderie on the van chatting with friends. Try to guess which restaurant awaits you for lunch. Let's kick-off summer with some fun! Cost of lunch is the responsibility of the individual. Trip cost: \$3. Limit: 12.

Lunch and Listen at St. John Lutheran Gary Landgren

Honky-Tonk Piano Player

Tuesday, June 11 • Noon to 2 p.m.

Come for a hot lunch, with live music provided by Gary Landgren, the Honky-tonk Piano Man. The luncheon will be held on Tuesday, June 11, at St. John Lutheran Church in Sudbury. Our menu will feature barbecued chicken breasts, baked potato, baked beans, cole slaw, and tossed salad.

Although St. John's is now in Sudbury, the church was founded in Maynard in 1894 and many members still come from Maynard. Please join us for lunch!

A suggested donation of \$8 is asked. To sign up, call the church office at 978-443-8350 by noon on Monday, June 3rd. The church is located at 16 Great Road, just over the line from Maynard.

"Edge of Chaos"

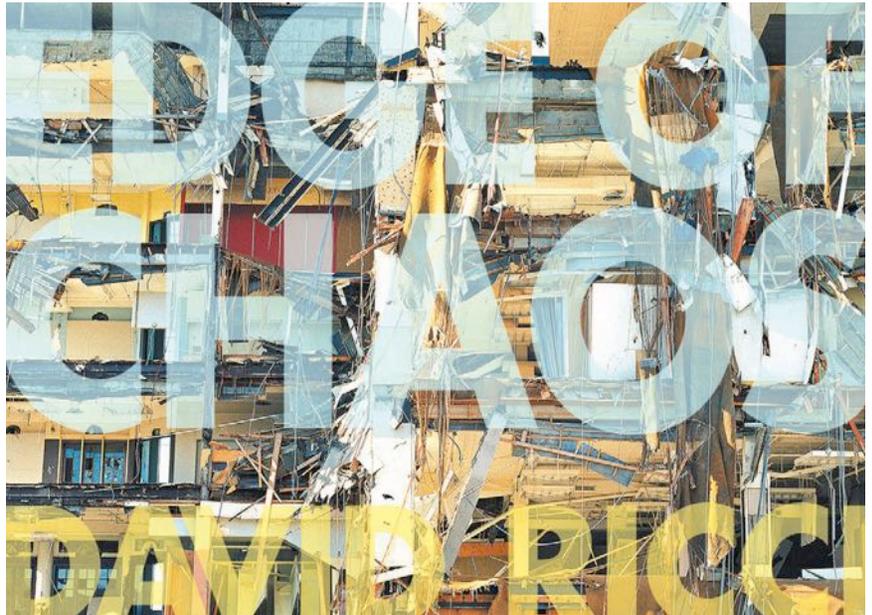
Solo Exhibition featuring the works of David Ricci

May 22nd through June 28th

"Mini" ArtSpace Artists' Open Studios: Saturday, June 1st from 4 – 6 p.m.

Opening Reception: Saturday, June 1st from 5 – 7 p.m.

ArtSpace Maynard Gallery is pleased to present this solo exhibition by David Ricci featuring photographs from his book, "Edge of Chaos," a series of unique photo essays that explore human presence in peopleless environments and reveal unexpected beauty entrenched in haphazard scenes. A broad range of subject matter from abandoned amusement parks and dismantled factories to scrap metal heaps, building demolition and commercial fishing vessels is captured in intricate, visually dense compositions.



6 Bridges Gallery

FINE ART AND CRAFT

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

EXHIBITS

Old Spaces, Ancient Places: Scotland and Ireland



by Joyce McJilton Dwyer

May 21 - June 29, 2019

Reception: June 1, 7:00–9:00 pm

77 Main Street, Maynard
6BridgesGallery.com • 978.897.3825



Gallery hours are Wed - Sat , 11 a.m. to 3 p.m.

The ArtSpace Gallery is 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.

Come join the art scene in Maynard!



Thank You!

Maynard seniors recently enjoyed two wonderful performances by the Maynard Public Schools' instrumental band students. The Maynard High School Symphonic Winds thrilled us with dance music from around the world, and specifically chose music to honor the cultures of some of our seniors. The Fowler band students exhibited enthusiasm as they performed challenging Folk music. As a special "Thank You" to these talented musicians, senior watercolor artist, Nayer Esmaili, was commissioned to create three music-themed paintings. She presented them to the band Director, Mr. Kevin Kozik, for the many concerts he has organized for Maynard seniors over the last four years. Following the concert the seniors enjoyed Erickson's Ice Cream with the musicians. Thank you again to Mr. Kozik and his talented students!



Margit Kohl & Sylvia Guthrie



Sybil Borders



Maynard Farmers' Market

June 29 - Sept 28 • Saturdays 9am – 1pm
 Mill Pond parking lot, Main St • MaynardFarmersMarket.com

2019 Vendors

Weekly: Applefield Farm, Balance Rock Farm, Brigham Farms, Cookie Lady Treats, Deano's Pasta, Hudson Hives, Muddy Water Coffee Roasters

Periodic: Burro Tails Farm Succulent Arrangements, The Compulsive Baker, Joni's Cannolis, Pony Shack Cider

Our third decade of food and fun all season long!

Farmers' Market senior & WIC coupons accepted
 local foods - artisans - special events - community info - kids activities
 weekly music series sponsored by Serendipity Cafe





SPRING BOOK SALE

MAYNARD PUBLIC
LIBRARY
SATURDAY, JUNE 8
10:00 to 4:00

Stock up now for all your summer reading! Find cookbooks, gardening, travel, biographies, mysteries and beach books. We will also have DVDs and CDs. Most items \$2 or less!

Sponsored by the Friends Of The Maynard Library

Maynard Public Library 77 Nason Street www.maynardpubliclibrary.org

The Maynard Public Library welcomes

Keith O'Brien

Author of *Fly Girls: How Five Daring Women Defied All Odds and Made Aviation History*

Wed, June 5 • 7:00 pm

"Exhilarating."

- New York Times Book
Review

"Riveting."

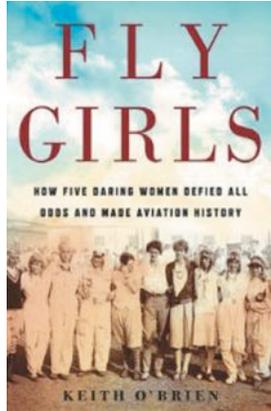
- People

A New York Times Bestseller

An Amazon Best Book of the Year

A New York Times Book Review
Editors' Choice

A Time Best Book for Summer



Books for purchase and signing provided by The Silver Unicorn Bookstore.

Keith O'Brien is a former reporter for the Boston Globe and a frequent contributor to NPR, including on All Things Considered, Morning Edition, and This American Life. He has also written for the New York Times Magazine, Politico, and Slate.

Maynard Public Library • 77 Nason Street
978-897-1010 • www.maynardpubliclibrary.org

June Cookbook Club

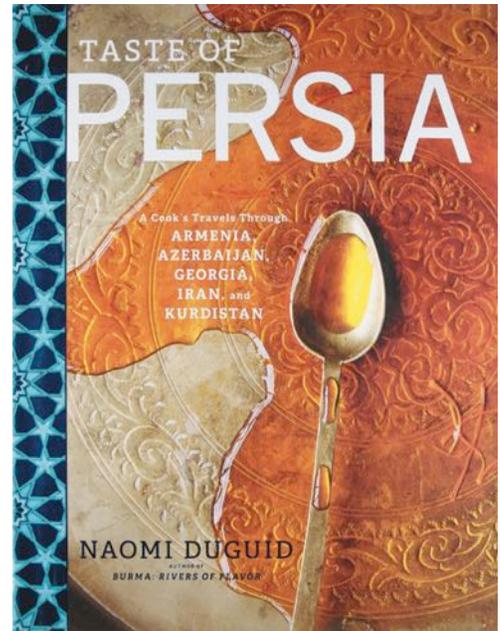
Monday, June 17 • 12:00 Noon

In June, we will explore flavors of ancient Persia with Naomi Duguid's *Taste of Persia: A Cook's Travels through Armenia, Azerbaijan, Georgia, Iran and Kurdistan*.

Borrow a cookbook at the Circulation Desk, select a recipe and prepare it for the potluck lunch on the 17th.

Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library.



Using the E-Resources of the Maynard Public Library

Tuesday, June 25 @ 7pm

Roosevelt Room, Maynard Public Library



ONLINE RESOURCES

Our library has over 60 different e-resources! Get an overview and learn how to use some of our most popular online tools such as Kanopy Streaming Films, Ancestry.com, Freegal Music, Consumer Reports, Pronunciator Languages, NYTimes.com, & more!

Please register online at
www.maynardpubliclibrary.org
or call the Reference Desk at 978-897-1010 x103.

ALL EVENTS HELD AT MAYNARD PUBLIC LIBRARY

Monthly Events

SIGN-UPS ARE REQUIRED FOR ALL PROGRAMS • Limit: 25

How The Cape Was Formed

Friday, June 21st • 11:30 a.m.

We have a special treat to get us ready for our Cape Cod Canal trip! Andy Mitzcavitch will present a wonderful lecture on how the Cape was formed from a geological perspective. Whether you plan to attend the trip or not, please join us for this interesting and informative program.

Pizza and a Movie

"The American President"

Wednesday, June 12th • 11 a.m.

Andrew Shepherd is approaching the end of his first term as President of the United States. He's a widower with a young daughter and has proved to be popular with the public. His election seems assured. That is until he meets Sydney Ellen Wade, a paid political activist working for an environmental lobby group. This Oscar nominated film starring Michael Douglas and Annette Bening is rated PG13. Pizza will be available to purchase for lunch.

"National Treasure"

Wednesday, June 26th • 11 a.m.

Benjamin Franklin Gates is a third generation treasure hunter. All his life, Gates has been searching for a treasure no one believed existed: amassed through the ages, moved across continents, to become the greatest treasure the world has ever known. Gates' life-long journey leads him to the last place anyone thought to look: a map hidden on the back of the Declaration of Independence. Rated: PG Pizza will be available to purchase for lunch.

Indian Hill Music

Thursday, June 20th • 11 a.m.

Join us for a trip to Indian Hill to listen to The World of Operetta. This concert features Martha Warren, soprano, Rob Woodin, baritone, and Eric Kamen playing piano. Please call the COA to reserve a seat at our table for this wonderful performance. Complimentary coffee, tea and cookies will be served. The concert is free.

JOIN US FOR PATRIOTIC-THEMED PROGRAMS THIS MONTH

ARLINGTON: CALL TO HONOR

Friday, June 7th • 11:30 a.m.

Every graveyard tells a story, but few can talk to the living like Arlington National Cemetery. Visit the final home of war heroes from the Revolutionary War to 9/11 to the current struggle in Iraq. The American flag flies at half-staff more often than not as more than twenty-seven burials take place daily. Each section of the cemetery reflects a time in history, and each stone signifies a hero.

A STAR-SPANGLED STORY: BATTLE FOR AMERICA

Friday, June 14th, Flag Day • 11:30 a.m.

"The Star-Spangled Banner" is known by all, treasured for its powerful melody and stirring lyrics. And yet, only about 40% of U.S. citizens know all the words. And even fewer know their meaning. Join us as we travel back to 1814, when Washington D.C. was under British attack during the "Second War of Independence," and the very bricks and mortar of American democracy were reduced to smoking rubble. We examine the battle that inspired witness Francis Scott Key to immortalize its final moments, and then reveal how his poem transformed into an anthem.

AMERICAN PASTIME

Friday, June 28th • 11:30 a.m.

Emmy award-winning producer, Barry Rosenbush, delves once again deep into the heart of America with this heartfelt family drama set against the true story of a community in crisis in a World War II Japanese-American internment camp. Their loyalties questioned, their freedom suspended and their lives interrupted, numerous American families of Japanese descent were forced to live in internment camps. Unshakeable in their patriotism, they turned to the most American of sports – baseball – as an escape from their hardship. While the film is a dramatic narrative, it is based on true events and depicts life inside the internment camps, where baseball was one of the major diversions from the reality of the internees' lives. Location scenes were filmed in bleak, desolate land, not far from the site of the actual internment camp.

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.

STRETCH N' FLEX - MONDAYS - 10:30 a.m.

Increase both strength and flexibility while connecting breath to movement. Start on mats with gentle stretches, moving to your feet with warm up exercises and finishing on the mat using blocks and straps.

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

CHAIR YOGA - TUESDAYS - 9:30 a.m.

Stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Most of the class occurs seated but there are some standing exercises using the chair as a prop and for our balance. The hour session ends in a relaxing Savasana.

LINE DANCING - TUESDAYS 9:30 a.m.

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

Yoga provides an opportunity to decrease stress and can lessen chronic pain while improving your overall health and wellbeing with increased strength, flexibility, balance and body awareness.

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.

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
JUNE 18**

No meetings
July & Aug.

Bingo
Wed., June 19th
11:00 a.m.

**Keep Well
Clinic**
Wed., June 19th
12:30 p.m.



Maynard Council on Aging Trips

COA OUTINGS

SCHEDULED SHOPPING TRIPS

Mon - Thur
Stop & Shop 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.

June 4 MARKET BASKET

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

June 18 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.



Ready for another adventure? Join us for: Narragansett Lighthouse Cruise Thursday, September 5th

On Thursday, September 5th, the day will start with a delicious luncheon at the Quonset Point Officer's Club in Kingstown, Rhode Island. After lunch we'll be boarding the Millennium Ferry for a narrated Narragansett Bay Lighthouse tour including ten beautiful lighthouses and a visit to the Newport Harbor. We'll cruise under the breathtaking Jamestown and Newport bridges, past mansions, historic Fort Adams and many other famous Rhode Island sights. Cost is \$90.00. Please contact the Maynard COA at (978) 897-1009.



Our Awesome Italian Dinner Was Awesome!

The Friends of Maynard Seniors hosted their second Annual Awesome Italian Dinner on May 3rd at the Elks Lodge. We had a very enthusiastic crowd and a super fun evening. Over 70 people were in attendance and enjoyed great food, great music by the Maynard High School Jazz Band, and 18 creative and festive raffle baskets. The event was well enjoyed. Eighteen raffle baskets were donated, helping raise funds for the FoMS mission to support the Maynard Senior Center. Thank you all to those who attended the dinner and to everyone who made the event so special. A great big thank-you to the board members of the Friends of Maynard Seniors, to the talented Maynard High School jazz musicians, to all the creative basket donors, and to Flo of the Maynard Elks for her delicious food and her warm welcome. We look forward to hosting this event for many years to come.

Peg Brown | President, Friends of Maynard Seniors, Inc.



Join Today or Renew Your Annual Dues!

FRIENDS OF MAYNARD SENIORS, Inc.*

We support programs and services for the Maynard Senior Center and are a 501(c)(3) charitable organization. Checks payable to: Friends of Maynard Seniors, Inc., 195 Main Street, Maynard MA 01754

See us on Facebook!



\$15

ANNUAL DUES:

\$15 INDIVIDUAL

\$30 COUPLES

\$50 SUPPORTER

\$75 BUSINESS or CORPORATE

Name _____

Address _____

Email _____

Phone _____

Additional Donation _____

New? Renewal? Date _____



Community Dinners & Pantry

Join us for our Community Dinner at our 33 Main Street location in Maynard on Monday evenings, 5:00 to 7:00 p.m. Doors open at 5:00, dinner served at 6:00. Our Concord Community Dinner is at First Parish Church, 20 Lexington Road in Concord on Thursday evenings, 4:45 p.m. to 6:30 p.m. Doors open at 4:45, dinner is served at 5:30. All are welcome!

Pantry Hours:

Tuesdays, 3:00 to 6:30 p.m.

Thursdays, 3:00 to 6:30 p.m.

Pantry service is available for seniors only (55 years and older) on Tuesday afternoons (12:45 to 3:00) by appointment.

Pantry shopping is available by appointment; please contact us (info@opentable.org) for more information or to schedule an appointment.

Open Table Special Dinners

Every fourth Thursday of the month will see a specialty dinner at our First Parish Concord location. June is "something fishy"; July will be (appropriately) BBQ. Check our Facebook page or website for details closer to each date.

Open Table will be closed the week of July 4 at all locations.

REMINDER THAT THERE WILL BE NO DINNERS IN CONCORD IN AUGUST BUT WE INVITE OUR GUESTS TO JOIN US ON MONDAYS AT THE LOCATION IN MAYNARD - Dinner served at 6 pm.

Maynard Food Pantry

Serving Maynard since 1992

The purpose of the Maynard Food Pantry is to provide food assistance to any individual or family in need. The Maynard Food Pantry serves residents of Maynard, Acton, Stow and Sudbury. Maynard Shoppers are welcome to shop two times/month and out-of-town residents are welcome to shop one time monthly.

Hours of Operation: The Maynard Food Pantry is open Mondays from 10:00 a.m. to Noon. On some holidays that fall on Mondays, we will be open the next day.

Directions: 82 Main Street, Maynard, MA 01754
978-764-5279

Parking is on River Street (a one way street accessible from Main Street and across from Open Table). Look for the "Maynard Food Pantry Parking" sign.



GUEST TABLE



AT FIRST PARISH

Free Community Dinner at First Parish Church in Stow (353 Great Road) - Guest Table holds monthly dinner first Friday of the month from 5:30 - 6:30 pm. Everyone welcome and there is no charge but donations are gratefully accepted. Doors open at 5pm. Email fpcguesttable@fpc-stow-acton.org or call 978-897-8149 for more information. Guest Table is made possible from grants from Stow Community Chest, Acton Boxborough United Way, and private donations.

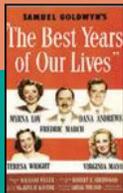
MORE GREAT FILMS

JUNE-DEC. 2019

Our movies are shown the second Tuesday and Wednesday of each month. The movies start at 7:30. Tickets are just \$7.

In our eighth series, Fans of Film presents:

- June 11 & 12 **Clockwork Orange** 1971 (Classic)
- July 9 & 10 **Garden of the Finzi-Continis** 1970 (Foreign Classic)
- Aug. 13 & 14 **Festival** 1967 (Documentary)
- Sept. 10 & 11 **Best Years of Our Lives** 1946 (Classic)
- Oct. 15, 16, 17, 18 **Ibero-American Film Festival -**
Best new juried films
- Nov. 12 & 13 **Round Midnight** 1986 (Indie - French American)
- Dec. 10 & 11 **Frozen River** 2008 (Indie)



And keep an eye out for other upcoming great "pop-up" movies by "liking" us on Facebook:

[!\[\]\(51c8b64a0f70f0b96d4cbd0a65299579_img.jpg\) Fans of Film at Fine Arts Theatre, Maynard](#)

We're an independent group whose mission is to promote the showing of exceptional films at our local theater.

Celebrating the art of film-making by promoting independent, documentary, foreign, and classic films.



FansOfFilmAtFineArts@gmail.com | 978.298.5626
19 Summer St., Maynard | fineartstheatreplace.com

Medicare in a Minuteman Minute Traveling with Medicare and Medicare Advantage

Written by: Elaine Miller, Minuteman Senior Services Regional SHINE Program Director. For more information visit www.medicare.gov/coverage/travel

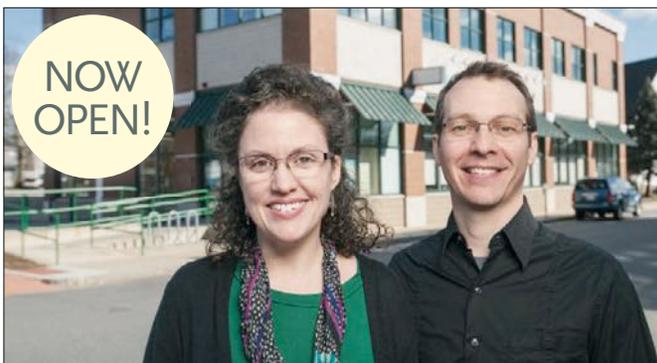
So, you've spent hours excitedly planning your next vacation destination and can't wait to travel but did you also research how well your health insurance plan will travel with you?

People with Original Medicare (OM) can travel anywhere in the United States and its territories with access to medical care from most doctors and hospitals. The covered services and copayments associated with Medicare Part A and Medicare Part B remain the same nationwide. If you're heading to the Virgin Islands, Puerto Rico, or Guam you're covered! You are also covered if you're on a cruise ship and fall ill in waters connected to United States land or if you are on vacation closer to Canadian or Mexican emergency services than American.

But what about travel abroad? Does Medicare provide coverage if you're touring Europe? Original Medicare generally doesn't provide for medical care outside of the United States, but most Medicare Advantage or Medicare replacement plans do provide global coverage for emergencies so it's a good idea to contact your insurance provider prior to traveling. In many cases, a foreign hospital will bill your plan so don't forget to pack your MA card. If the medical facilities abroad will not bill your insurance directly keep all receipts until your return home and submit to your MA plan for reimbursement.

Travel insurances is also available at an additional cost—it provides seamless coverage for medical emergencies and evacuations. If you do plan to be out of the country for an extended period it's worth a visit to your travel agent to learn about some of the short term plans available for purchase that will provide extra emergency medical benefits.

For more information regarding your Medicare benefits contact Minuteman Senior Services Regional SHINE program at 781.221.7070 or your local Council on Aging to speak with your SHINE counselor. SHINE is a free health insurance counseling program designed to assist Massachusetts residents and their caregivers administered by the Executive Office of Elder Affairs in partnership with elder serving agencies and the Councils on Aging.



Emerson Family Medicine, Maynard

Emerson Family Medicine, Maynard is now open and providing care for the whole family. Enjoy access to a single medical practice that delivers a holistic approach to primary care. Our expert Family Medicine specialists are trained to care for individuals of all ages, from newborns to elders.

Emerson Medical at Maynard
21 Main Street, Maynard
(in the former Walgreens)

To schedule an appointment,
call: 978-318-1870

Learn more at Emersonhospital.org



DRS. BROWN AND GOUPL ARE ON THE ACTIVE MEDICAL STAFF AT EMERSON HOSPITAL.

Nashoba Nursing Service & Hospice

Providing Home Health, Palliative & Hospice Care

24 hours/day—7 days/week



978-425-6675 or 800-698-3307

www.nashoba.org

3 Patterson Road, Shirley, MA 01464

Your Community, Your Choice, Since 1931



REP. KATE HOGAN'S SENIOR NEWS

JUNE 2019

House budget highlights for Maynard seniors

This spring, I was proud to join my colleagues in the House to vote for our Fiscal Year 2020 (FY20) state budget, which funds a whole gamut of programs important to Maynard seniors. I like to think of the budget debate as an opportunity to put state resources to work addressing some of our most essential questions. Questions like: how can we increase senior access to transit? Making these decisions about how and where to maximize state dollars is also a way of saying that these programs have demonstrated impact in our community. Or: these programs matter.

It is a privilege to sit down with my fellow lawmakers from across the Commonwealth to discuss our shared goals for the state and how funding programs on the ground in

our communities can help us meet and achieve them. As much as I love to hear about initiatives making a difference statewide, I will bet you can guess my favorite part of this deliberative process: highlighting the great programs at work here in Maynard, particularly in the senior community.

Every day in Maynard, municipal leaders and service providers work together to improve the quality of life of those in our community. When I share this story with my colleagues in the House to ensure our programs have the dollars they need to reach residents, it is with tremendous pride: you can be sure that what we have in Maynard is a model for the state. My job is to advocate for the state's partnership in amplifying what is already working – for and by Maynard seniors.

Now that the budget is with the Senate for consideration, I wanted to provide a run-down of priority programs for Maynard seniors that received funding in the FY20 House budget:

FY20 House budget by the numbers for Maynard seniors:

- \$100K for Maynard senior and commuter transit – continuing and enhancing the Maynard senior van service
- \$15K for Maynard's 150th Celebration – helping the town ring in its sesquicentennial birthday
- \$18 Million for Councils on Aging – strengthening the heart of senior-friendly communities
- \$9.7 Million for Elder Nutrition Program – reaching residents with nutritious meals and companionship
- \$114K for Grandparents Raising Grandchildren – supporting seniors with caregiving responsibilities
- \$179K for LGBTQ training for senior care providers – reaching all seniors with safe and supportive care
- \$3.7 Billion for MassHealth Senior Care – including the MassHealth Senior Care Options program

If you would like to sign-up for my e-newsletter on the FY20 budget – or have any questions or comments – please do not hesitate to contact my office at (617) 722-2199.

I look forward to seeing all of you around the district this summer!

Hogan's Office Hours

Stow Office Hours: Thursday, June 6th from 6 to 7 p.m. at the Randall Public Library, 19 Crescent Street, Stow

Hudson Office Hours: Friday, June 28th from 10 to 11 a.m. at the Vintage Cafe, 246 Main Street, Hudson

If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, her staff is available in the District Office at Maynard Town Hall, 195 Main Street, on 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

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Rocketman

COMING MAY 31

Starring Taron Egerton & Richard Madden

A musical fantasy about the fantastical human story of Elton John's breakthrough years.

Secret Life Of Pets 2

COMING JUNE 7

Starring Patton Oswalt & Kevin Hart

Continuing the story of Max and his pet friends, following their secret lives after their owners leave them for work or school each day.

Toy Story 4

COMING JUNE 21

Starring Tom Hanks & Keanu Reeves

When a new toy called "Forky" joins Woody and the gang, a road trip alongside old and new friends reveals how big the world can be for a toy.

Yesterday

COMING JUNE 28

Starring Ana De Armas & Lily James

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

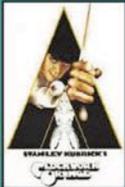
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Clockwork Orange, (Classic) 1971
June 11 & 12



Garden of the Finzi-Continis, (Foreign Classic) 1970
July 9 & 10



Festival, (Documentary) 1967
Aug. 13 & 14



Best Years of Our Lives, (Classic) 1946
Sept. 10 & 11



Ibero-American Film Festival
Oct. 15-18: Best new juried films



Round Midnight, (Indie, French American) 1986
Nov. 12 & 13



Frozen River, (Indie) 2008
Dec. 10 & 11

Fans of Film

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