

NEW

GENERATION



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

AUGUST 2019



Karen Weir, Maureen Casey and Linda Cetrone enjoy the Cape Cod Canal Cruise Trip

The View from Here

All this month we're celebrating National Honey Bee Day (August 17). In 2010 the U.S. Secretary of Agriculture, Tom Vilsack, issued a proclamation acknowledging the honey bee as being critical to the process of pollination with one bite of food in three benefiting from directly or indirectly from pollination. (See the full proclamation on www.keepbackyardbees.com). Melissa Ljosa, keeper of the Maynard Honey Bee Meadow, is giving a special presentation on bees. Don Rota, bee keeper, will be speaking on pollinator gardening and the health benefits of honey bee products followed by a tour of his hives at the Virginia Thurston Healing Garden in Harvard. Nashoba Nursing Service and Hospice is sponsoring Lucia Camara's presentation "Honey as Medicine." We'll be showing three special documentaries, *The World of Bees*, *Vanishing of the Bees* and *More Than Honey*. I must give all the kudos to Pat for her enthusiastic research!

As you can see by the photos on page seven, ten and the cover, our Cape Cod Canal Cruise trip was enjoyed by all. Norma Hill's son, Chip, greeted the ship with a sign from the shore wishing Maynard's seniors a Bon Voyage! Of course "Maynard" was in orange and black letters! Our Narragansett Lighthouse Cruise on September 5 is now full so we've added another trip in October just in time for the fall foliage with lunch on the New Hampshire Turkey Train.

Enjoy!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center



Mystery Tour with Mark!

Lovin' Summer

While people may have a differing preference between the winter's snow and the summer's heat, everyone can point out one favorite aspect of each season to look forward to or enjoy in the moment. Long days and light attire for evening outings are at the top of my list for the summer. But while I hope you and your family are enjoying the summer, please be careful of the extreme heat too. Per the town's recent warnings:

"Never leave children or pets alone in a closed vehicle, stay hydrated, dress in loose-fitting clothing, stay out of the sun as much as possible, especially during peak midday hours, and watch for heat-related illnesses. As always, check on your family, friends, and neighbors, especially the elderly, to make sure they are safe during this extreme heat."

The start of August means I've been in the position of Town Administrator for a year. In thinking back on those twelve months, I've learned so much about the town and its community members, history, public servants, as well as my own role and myself, that it's difficult to isolate single events or lessons to highlight. My thoughts are filled with visions that reflect Maynard's pride, hard working ethic, welcoming nature, and passion. I'm sure I'll continue to feel simultaneously inspired, grateful, overwhelmed (at times), and most of all proud in these next twelve months of my second year at the TA desk.

Sincerely,

Greg Johnson

Town Administrator | gjohnson@townofmaynard.net



Highlights of Upcoming Events

August & September Luncheons

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

August Luncheon

Thursday, August 8 • Noon

Barbeque Chicken, Potato Salad, Baked Beans
Green Salad, Corn Bread, Dessert

\$8.00 Pay at the door

Deadline to sign up is July 31st by noon

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

September Luncheon

Thursday, September 12 • Noon

Meatloaf, Mashed Potatoes, Vegetable
Salad, Rolls & Dessert

\$8.00 Pay at the door

Deadline to sign up is September 4th by noon

Rock Painting Returns!

Mondays, 1:30 – 2:30 p.m.

Back by popular demand, we will have an ongoing Rock Painting class on Mondays from 1:30 to 2:30 p.m. Stop in to start a new work or to finish a previous project. Our rock painting specialist, Sylvia Guthrie, will be on hand to help, answer questions, and offer her expertise. There is no cost for this class. Painting materials will be provided. Please bring your own rocks. Sign-ups would be appreciated for planning purposes.

Take Me Out to the Ballgame

Wednesday, August 14th • 11 a.m.

Don't sweat the Dog Days of summer! Embrace baseball season! Come stay cool with us at the COA as we watch a baseball-themed movie. Hot dogs will be available to purchase for lunch. Drinks, popcorn and ice cream will be provided.

Honey Bees & Hives at the Healing Gardens

**Monday, August 26 & Tuesday, August 27
Presentation & Tour 4:00 – 5:00 p.m.**

Don Rota has been a beekeeper for four years and a member of the Middlesex Beekeepers Association. He started with two hives and now has over ten. Two hives are at the Virginia Thurston Healing Gardens in Harvard. Don will be presenting on pollinator gardening and honey bee products and their health benefits. Weather and bees permitting a tour of the hives will follow with a taste of honey. This is a **MUST SIGN UP!** Limited to eight on van with those who would like to drive encouraged to attend.

Emerson Hospital Wound Care Presentation

Thursday, August 29 • 12:30 p.m.

Come listen and learn from one of the local Program Directors from Emerson Hospital Center for Advanced Wound Care. Diana Philips Cuyppers, RN, BSN, will talk about how to care for wounds and how to know when you should seek care at an emergency room or outpatient center. Learn what it means if your wound hasn't started to heal in two weeks. Ask questions and gather information that will help you or your loved ones stay healthy. Light refreshments will be served.

Curious about Honey? Honey as Medicine

Thursday, August 15, 12:30 p.m.

Lucia Camara, Bereavement Coordinator and Bee Keeper, presents the medicinal history and value of honey. The ancient Egyptians made offerings of honey to their gods, and used it as an embalming fluid and dressing for wounds. Today many people swarm to honey for its antibacterial and anti-inflammatory properties. Holistic practitioners consider it one of nature's best all-around remedies. Samples and handouts provided.



ArtSpace Maynard Presents
"ArtSpace Outdoors 2019"

featuring the sculpture of seven talented artists situated on the spacious grounds of ArtSpace.

Exhibiting artists include:

CASSIE DOYON

KEVIN DUFFY

SHAWN FARRELL

CORTNI FRECHA

R. DOUGLASS RICE

ERIC ZELLER

BERNIE ZUBROWSKI

ArtSpace Outdoors 2019

4th Annual Exhibit of Outdoor Sculpture

April 20 – October 15, 2019



The Gallery is closed July & August.

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!



6 Bridges Gallery

FINE ART AND CRAFT

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

Through the Surface

4th Annual Juried Exhibit

Through August 17, 2019

Affinities

Works by the 6 Bridges Gallery artists

August 23 – October 5, 2019

Reception: September 7, 7:00–9:00 pm

77 Main Street, Maynard
6BridgesGallery.com • 978.897.3825



**Please contact
the COA if you
need a ride.**

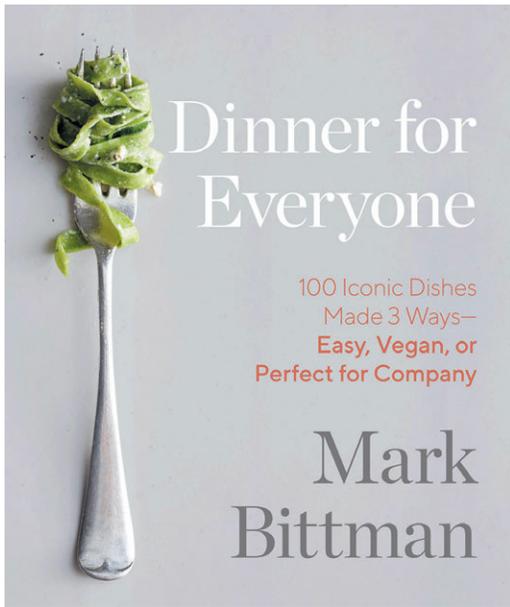


The "Play/ Toy" Painting Project was inspired by a gift of stuffed animals to Sandy Wilensky, instructor of the Maynard Council on Aging Senior Watercolor class, to be used as painting subjects. This led to the seniors being teamed up with Green Meadow students for artistic interpretations. The children chose meaningful toys for their acrylic on canvas paintings and the seniors chose from the toys selected by the children for their watercolor paintings.

This project has culminated in a show of 21 pairs of "Play/Toy" paintings that can be viewed in the Roosevelt Room at the Maynard Library from July 10-August 30. A reception will be held on Wednesday, August 28 from 6:00 to 7:00 p.m. This will be an exciting opportunity for the senior watercolor painters and second grade acrylic painters to meet each other.

Maynard COA painting instructor Sandy Wilensky teamed up with Susan Arcelay, Green Meadow art teacher, and Deb Holly's class of second grade students to complete this rewarding project.





August Cookbook Club Monday, August 19 • 12:00 Noon

Mark Bittman's new cookbook *Dinner for Everyone* includes three variants of classic dishes—Easy, Vegan, or Perfect for Company. Which will you choose?

Borrow a cookbook at the Circulation Desk, select a recipe, shop at Farmers' Market and prepare your dish for the potluck lunch on the 19th.

Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library.



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!

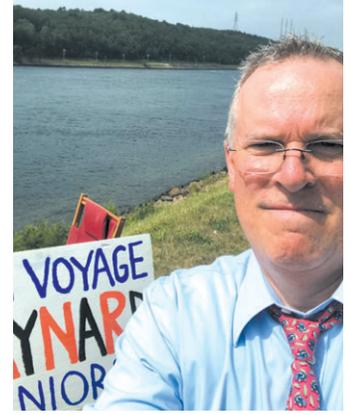
Farmers' Market senior & WIC coupons accepted
local foods - artisans - special events - community info - kids activities
weekly music series sponsored by Serendipity Cafe



August At The Farmer's Market

In addition to the weekly vendors you can visit each time you visit the Market, you'll also find a selection of our periodic vendors, local artisans, great musicians, a local community group and activities for the kids. New to the Market? Stop by the Community Information table and ask for a tour.

Category	August 3rd	August 10th	August 17th	August 24th	August 31st
Periodic Vendors	Joni's Cannolis Burro's Tail Succulents	The Compulsive Baker Pony Shack Cider House		Pony Shack Cider House	The Compulsive Baker
Artisans	Brookfield Candle Co. B-Organic Bags	Jennifer's Handmade Soaps B-Organic Bags	Everything Alpaca	B-Organic Bags Nourish Shakti	B-Organic Bags Everything Alpaca
Music	Paul Driscoll		Hip Swayers	Crosstracks	Graham Peck
Community Table(s)	MayDOG	Assabet Village Coop	Friends of Maynard Public Library; BCH - Environmental Health Ed	Maynard Cultural Council	Maynard Historical Society; Maynard Repair Café
Kids Activity	Discovery Museum	Kids Artisan Day	Storytime with Mr. Mark	Chalk & Bubbles	Chalk & Bubbles
Special Activities	groovyhome	Suzanne Selig Massage	Friends Booksale		groovyhome



Cape Cod
Canal Cruise
Trip on
July 17th



Maynard Farmers' Market • Saturday, September 7th Apple Pie Contest

Most Beautiful • Best Crust • Audience Favorite • Best Filling • Best Overall

Calling all bakers! Bake your pie with **local** apples and deliver your pie in a disposable pan with a copy of your recipe to the **Maynard Farmers' Market Table** by 9:00AM. Entry form and \$10 for all entries is required. Pre-registration is welcome and encouraged! Email Alannah at events@opentable.org

Are you a better taster than baker? Come vote for the Audience Favorite category. Tasting cups will be available for a donation. Proceeds to support Open Table.

Visit the market every Saturday from 9AM to 1PM for artisan goods at the market in the **Mill Pond Parking Lot** on Main Street at Mill & Main (near the Sudbury St. intersection) in Maynard, MA.



National Honey Bee Day is August 17th

JOIN US FOR BEE-THEMED PROGRAMS THIS MONTH

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

Special Bee Presentation By Melissa Ljosa

Friday, August 16th • 11:30 a.m.

Melissa Ljosa, keeper of the Maynard Honeybee Meadow, will give us a special presentation on bees. Melissa was instrumental in getting the meadow designated as an official Monarch Waystation. She will answer all your questions and may even have some honey for tasting! Sign-up required. Limit: 25.

Breakfast and Bees

Mondays, August 12th & 19th • 9:30 a.m.

Please join us for a sumptuous breakfast at Michael's Bridge Diner in Lancaster. There are so many breakfast items to choose from you'll have a hard time deciding what to order! Following breakfast we will go on a field trip to the Maynard Honeybee Meadow. Cost of breakfast is up to the individual. Trip cost is \$3.00. Limit: 8.

Tower Hill

Thursday, August 22 • 3:00 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.

The Biggest Little Farm

Friday, August 30th • 11:30 a.m.

The Biggest Little Farm follows two dreamers and a dog on an odyssey to bring harmony to both their lives and the land. When the barking of their beloved dog Todd leads to an eviction notice from their tiny LA apartment, John and Molly Chester make a choice that takes them out of the city and onto 200 acres in the foothills of Ventura County. The land they've chosen, however, is utterly depleted of nutrients and suffering from a brutal drought. The film chronicles eight years of daunting work and outsize idealism as they attempt to create the utopia they seek.



The World of Bees

Friday, August 2nd • 11:30 a.m.

The World of Bees is an entertaining video about honey bees. Honey bees are marvelous, fascinating creatures, and this video will give you a glimpse into their world after which you will have a better understanding of how they live and work and why they are so important to us all. The World of Bees is educational and rich in information, fascinating details, and exquisite images. Topics covered include how bees survive winter, how they gather pollen and nectar, why and how queens fight, bee beards, pollination, bee stings, how honey is harvested and much more. The author, Charles Hofmann, was a master beekeeper and an exceptional photographer who invented equipment and techniques for capturing close-up photographs of bees.

Vanishing of the Bees

Friday, August 9th • 11:30 a.m.



This documentary takes a piercing investigative look at the economic, political and ecological implications of the worldwide disappearance of the honeybee. This phenomenon, known as "Colony Collapse Disorder" has brought beekeepers to crisis in an industry responsible for producing apples, broccoli, watermelon, onions, cherries and a hundred other fruits and vegetables. Vanishing of the Bees follows commercial beekeepers David Hackenberg and Dave Mendes as they strive to keep their bees healthy and fulfill pollination contracts across the U.S. The film explores the struggles they face as the two friends plead their case on Capitol Hill. To empower the audience, the documentary provides viewers with tangible solutions they can apply to their everyday lives.

More Than Honey

Friday, August 23rd • 11:30 a.m.



Academy Award winner Markus Imhoof tackles the vexing issue of why bees are facing extinction. Exquisite macro-photography of the bees in flight and in their hives reveals a fascinating, complex world in crisis. He captures the breeding of queen bees in minute detail, ventures to a laboratory to witness a bee brain scan, and discovers the dangerous prospects of a hive facing the infection of mites. This is a strange and strangely moving film that raises questions of species survival in cosmic as well as apian terms.

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.

TAI CHI - MONDAYS - 12:30 p.m.

STRETCH & FLEX - MONDAYS - 10:30 a.m.

Increase both strength and flexibility while connecting breath to movement. Start with gentle stretches, moving to your feet with warm up exercises and finishing, 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.

**NO COA
BOARD
MEETING
IN JULY
& AUG.**

Bingo

Wed., Aug 21st
11:00 a.m.

Keep Well Clinic

Wed., Aug 21st
12:30 p.m.



Maynard Council on Aging Trips

COA OUTINGS

SCHEDULED SHOPPING TRIPS

STOP & SHOP
Monday through Friday

SHAW'S
Friday Only

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

August 6
MARKET BASKET

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

August 20
WALMART

Pick-ups start at 3:00 p.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.



Delicious Lunch on the Ship



Visit to the Sandwich Glass Museum

Volunteerism

Volunteerism is the strongest and best way anyone can “pay back” to their town. Raise your hand for the cause! Step forth and be heard! As the Army slogan suggests: Be All That You Can Be. Uncle Sam posters during the WWII era were more blunt and forthcoming – I Want You!

Volunteerism is a most rewarding contribution and activity; it is the chance for us as individuals to make a difference and for participants to contribute in a meaningful way toward a special cause or project.

Becoming a FOMS volunteer allows you to connect with like-minded individuals working toward a common goal – the well-being of our Maynard seniors – by providing the best possible services and support for seniors in our town. Serving on our board will allow you to work side by side with others who are concerned about funding senior services, providing social and educational programming, purchasing equipment and supplies, and meeting the ongoing needs of both our “junior seniors” and our “senior-seniors”.

Ultimately, FOMS hopes to be instrumental in advocating for and paving the way to a new Senior Center that will meet the increasing needs of this growing segment of our society.

Can you offer a few hours this year toward a great and noble cause? The Friends of Maynard Seniors meet only eight times per calendar year (no board meetings in December, July, or August). We are looking for 2-3 volunteers to either serve on our board of directors or join us as alternate members.

We are seeking new ideas, fresh thoughts, and an influx of energy to help grow our contribution to Maynard’s senior citizens. Simply put, we want to support our seniors who have been the lifeblood of this town for many decades. Do you fit the bill? Can you lend us a hand??

Feel free to contact the COA at 978-897-1009 if you are interested, or attend our next meeting on Thursday September 12th to see who we are and what we do. Join in the fun and help us MAKE A DIFFERENCE in the lives of Maynard seniors. Become a FOMS volunteer today and get a free and awesome FOMS tee shirt, to boot!

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





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. Check our Facebook page or website for details closer to each date.

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.



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.

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 _____

The Maynard COA & Senior Center Presents!

New Hampshire Turkey Train

*Featuring Scenic Foliage Train, Hart's Turkey Lunch & Sightseeing
October 17, 2019 (Thursday)*

8:00 AM Depart from the Maynard Elks, 34 Powder Mill Road, on your luxury Silver Fox Motor Coach and join us for a colorful and exciting day as we travel to scenic New Hampshire. Traveling north, you'll enjoy the changing colors of sugar maples which signal nature's change of seasons. On your arrival at the station, ***All Aboard!*** You'll board the Scenic Railroad Dining Car for your train ride, traveling by beautiful Lake



Winnepesaukee. You'll be served a delicious full course Luncheon (included) featuring ***Hart's Turkey Farm Roast Turkey with whipped potatoes, butternut squash, a beverage and an ice cream sundae for dessert. Yum!*** After our train returns, you'll board your coach for local sightseeing and foliage viewing. ***Arrival back home will be at 5:30 PM after a delightful tour enjoying the beautiful foliage in New Hampshire, 'The Granite State.'***



Tour Departs: 8:00 AM

Tour Returns: 5:30 PM

Tour Cost: \$90.00 Per Person

Tour Date: October 17, 2019 (Thursday)

Please Contact:

The Maynard COA @ 978.897.1009

Get On Track For N.H.'s Turkey Train!

Medicare Minute From Minuteman Senior Services

Preparing for retirement or having a 65th birthday soon? Thinking about Medicare? There are a few simple things to know before you make decisions regarding your healthcare coverage and Medicare.

- Learn all about Medicare by visiting <https://www.medicare.gov>

- Identify your Medicare initial enrollment period.

- Decide if you want or need Medicare Part A & B.

*Most people should enroll in Part A at age 65 even if they continue to receive employer health coverage and there is no cost for Part A for those with adequate work history; You may delay Part B without penalty provided you demonstrate "creditable" employer/spouse coverage saving the \$135.50 monthly cost.

- Review and select additional healthcare coverage which best meets your needs with the help of your local SHINE counselor or by visiting:

<https://www.medicare.gov/find-a-plan/questions/home.aspx>

- Enroll in Medicare online at www.socialsecurity.gov or in person at your local Social Security office.

- Keep in mind that if you do choose to work beyond age 65 covered by an employer-based health plan, the employer must have 20 or more employees or can request that you enroll in Medicare Part B.

- If you are unmarried and in a domestic partnership and receive health insurance under your partner's health plan, you do not have the same right to delay Part B without penalty except when:

1. You live in one of the few states that recognize common law marriage and your relationship falls within your state's definition of common law marriage.

2. You are under 65 and have Medicare due to disability, your partner's employer has 100+ employees, and you are on the plan as a "family member"

SHINE is a State Health Insurance Program (SHIP), and a program of Minuteman Senior Services, offering free health insurance counseling for Medicare beneficiaries of all ages through a network of state certified staff and volunteers. SHINE is partially funded by the federal Administration for Community Living with local funding provided by Lahey Health, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private donations.

For more information, please call 888-222-6171 or visit www.minutemansenior.org.



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 GOUJIL ARE ON THE ACTIVE MEDICAL STAFF AT EMERSON HOSPITAL.

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR.

Name: _____	Sex:	YR.
Address: _____	M	F
Doctor: _____	Phone #: _____	
Preferred Hospital: _____		
EMERGENCY CONTACTS		
Name: _____	Phone #: _____	
Address: _____		
Name: _____	Phone #: _____	

Your latest medical information – including allergies, medications, contact persons and more – all in one safe place. Recognized and Endorsed by Hospitals, EMTs, COAs, TRIAD's, Municipal, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments. Please contact the Council on Aging if you would like one mailed or stop by and pick one up!



REP. KATE HOGAN'S SENIOR NEWS AUGUST 2019

REAL ID FAQ

What is a REAL ID and how do I get one?" It is a question I have heard a lot this summer while catching up with constituents at the farmer's market or a barbecue. With federal REAL ID law slated to become the state standard next year, residents here in Maynard – seniors in particular – are starting to think about what the shift might mean for them. Since it is important to me as your representative to be a bridge between state programming and our towns, I wanted to provide some helpful tips to get you started.

What is a REAL ID and why is Massachusetts adopting it? Like a number of changes to modern travel, it has to do with boosting security. The REAL ID was adopted back in

2005 as the federal government implemented more rigorous safety measures. It is the security standard for IDs at the national level. This means that come 2020, you will need a REAL ID or a passport to fly within the United States or enter a federal building in Massachusetts.

Do I need one? Maybe. Both a REAL and standard ID are valid as a driver's license or state-issued identification card. The key difference between them is that, starting in 2020, only the REAL ID will be a valid form of federal identification. This matters if you travel by plane or enter federal buildings to access services, like Social Security, and you do not have a current passport.

If you have a valid Massachusetts driver's license and only need to use it to drive, then you do not need to get a REAL ID. You can also continue to use your up-to-date passport for domestic air travel and entering federal buildings. Don't have a current passport and like to hop on a plane to visit grandkids or catch some sun during the winter months? Getting a REAL ID is your best bet. The same applies if you need to enter federal buildings here in the Commonwealth. The Registry of Motor Vehicles (RMV) has a helpful tool on their website you can use to navigate this decision: <https://tinyurl.com/REALDecision>

How do I get started? The application process for the REAL ID requires an in-person visit to an RMV service center but you can get started online on the MY RMV webpage: <https://tinyurl.com/StartREALIDApp> At the end of the online application, you will be provided with a list of documents to bring with you to complete the process at your in-person visit.

What documents will I need? At your RMV appointment, you will need original documents that can prove your: 1) United States citizenship or lawful presence; 2) Social Security number; and 3) Massachusetts residency. I encourage you to visit the online help center for a full list of options that best match your situation: <https://tinyurl.com/REALIDreqs>

Where can I get help? I have hosted and will continue to sponsor local "RMV Help Desk" events in the coming months, bringing RMV officials to town to answer questions. Stay tuned for more information! The Stow Council on Aging (COA) is also a great resource for help compiling your documents. You can call the COA for more information at (978) 897-1880 or contact my Maynard office for assistance at (978) 897-1333.

Cost: Getting a REAL ID when your current license expires costs the same as a standard renewal: \$50. If you would like to replace your valid driver's license with a REAL ID, the conversion will cost \$25.

The bottom line: You have plenty of time to figure out what works best for you – and many places to find a helping hand.

Hogan's Office Hours

Office Hours will be by appointment in August. Please contact my office at (617) 722-2199 to schedule an appointment.

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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

COMING AUGUST 9

ART OF RACING IN THE RAIN

Starring Milo Ventimiglia

A family dog named Enzo evaluates his life through the lessons he has learned from his human owner, a race car driver named Denny Swift.

AUGUST 13 & 14th ONLY

FESTIVAL

1967 DOCUMENTARY

Black and white footage of performances, interviews, and conversations at the Newport Folk Festival, from 1963 to 1966.

COMING AUGUST 15

ANGRY BIRDS 2

Starring Jason Sudeikis & Peter Dinklage

Red, Chuck, Bomb and the rest of their feathered friends are surprised when a green pig suggests that they put aside their differences and unite to fight a common threat.

COMING AUGUST 15

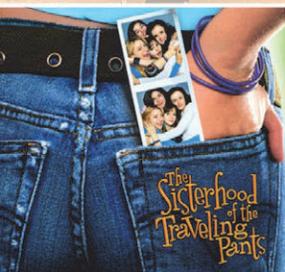
WHERE'D YOU GO BERNADETTE

Starring Cate Blanchett & Kristen Wiig

Bernadette Fox seems to have it all, but when Bernadette suddenly disappears, her concerned family sets off on an exciting adventure to solve the mystery of where she might have gone.

Throwback Thursday's Summer Series

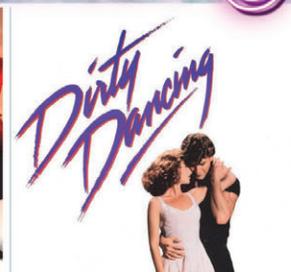
TICKETS ARE JUST
\$5 each



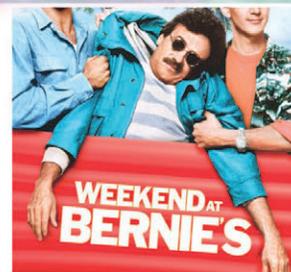
SISTERHOOD OF THE
TRAVELING PANTS (2005)
playing
AUGUST 1, 2019



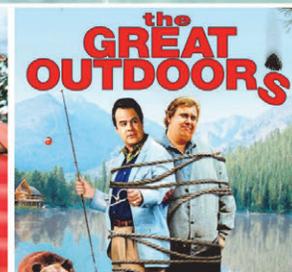
THE PARENT TRAP
(1961)
playing
AUGUST 8, 2019



DIRTY DANCING
(1987)
playing
AUGUST 15, 2019



WEEKEND AT BERNIE'S
(1989)
playing
AUGUST 22, 2019



THE GREAT OUTDOORS
(1988)
playing
AUGUST 29, 2019

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