

# Boxborough Seniors' Newsletter

December 2009/ January 2010 - A BULLETIN FROM THE COUNCIL ON AGING



## **Boxborough FCOA Holiday Party Wednesday, December 2nd**

The Boxborough Friends of the Council on Aging will hold its Annual Holiday Party and lunch on Wednesday, December 2nd from 12:00 to 2:00 pm in the Grange Room of Boxborough Town Hall. All are welcome to get together and have some fun seeing old and new friends. Santa will stop in and have a little present for everyone. The highlight of the lunch will be a panel discussion on "Boxborough Roots" featuring five of our most knowledgeable long-time residents. Feel free to bring your particular memories and chime in. Everyone is welcome; admission is free, but please call Laura Arsenault at the COA office (978-263-1116 extension 106) to make a reservation so that enough food can be prepared. Join us in making this a very special gathering!

## **BOXBOROUGH EMERGENCY RESERVE CORPS CAN HELP YOU PREPARE---**

### **Open House at the Library 1:00 to 3:00 Tuesday, December 8<sup>th</sup>**

The Town of Boxborough is fortunate enough to have a group of dedicated volunteers that formed a Medical Reserve Corps two years ago. The mission of MRC is **"Strengthening the Public Health Infrastructure and Improving Emergency Preparedness"**. MRC volunteers supplement existing local emergency and public health resources. Recently our volunteer team changed their and the MRC became the BERC.

**Council on Aging Office Hours:  
Mon, Tues, Wed, Thurs 9:00 to 4:00  
Laura Arsenault, Coordinator  
978-263-1116 ext. # 106  
The next Council on Aging Meeting  
will be held on January 14<sup>th</sup> at 3:00  
pm in the Grange Hall.**



The **Boxborough Emergency Reserve Corps.** & the Council on Aging will have a presentation and open house on Tuesday, December 8<sup>th</sup> starting at 1:00 pm at the library to let everyone know how to be prepared and safe in the event of an emergency. Since the ice storm of Dec. 08 a lot of planning has been done setting up systems that will make everyone safer. This event is open to all Boxborough residents. We encourage seniors and their families to attend. You can sign up to be on the check up list which means you will be contacted in an emergency to make sure you are safe and all right. There will be food served, please call Laura Arsenault for more details.

**Council on Aging Board Members**

identify needs, develop and implement programs and services, educate citizens and advocate on behalf of elders.

- Karen Smolin** Co-Chair
- Frank Sibley** Co-Chair
- Betsey Krusen** Recording Secretary
- Dave Birt**
- Barbara Wheeler**
- Susan Fredrickson**
- Tina Bhatia**
- Frank Powers** BOS Liaison

**The Boxborough Van Service**

is available from 9:00am to 3:30pm Monday through Thursday to all Boxborough seniors (60+) and to residents with disabilities. The van can be used for medical appointments, food shopping and most local programs. A ride is defined as a pickup and delivery to each destination. It is a minimum of \$2.00 RT (roundtrip) within Boxborough, Acton and Concord, \$10.00 RT to Burlington, and \$30.00 to Brookline and Boston. All passengers who accompany a primary rider pay \$1.00.

**Boxborough Van Service, How to Schedule a Ride.**

**Call (978) 263-1116, ext. 118** Monday, Tuesday, Wednesday and Thursday from **9:00am to 1:00pm**. Marcia McNeil is our Van Dispatcher. Please try to call at least 48 hours (two days) in advance and provide the following information: the date you need a ride, the name and location of your destination, the time of your appointment and time you will need to return home. **If you need to cancel a ride and it is after 1:00pm call the above number but use ext. 106**

**Road to Recovery.....1-800-227-2345**  
**Free Transportation and information**  
**services for cancer patients.**

**Volunteer Driver Transportation**

The following volunteers have offered to drive Boxborough seniors to medical appointments, shopping, or other local trips when alternate transportation is not available. You will need to call the volunteers directly with your request at least 48 hour in advance.

- Swan Anderson .....978-263-0272
- Brigid Bieber .....978-266-9487
- Ann Canfield .....978-263-2664
- Lorraine Carvalho.....978-263-8060
- Rita Gibes Grossman.....978-264-4077
- Kristin Hilberg .....978-501-2912
- Karyn Kealty.....978-635-9133
- Anne McNeece .....978-263-9626
- Susan Vine.....978-266-1266
- Jini Vockel .....978-929-9050

**COA ONGOING SERVICE OPTIONS**

The Council on Aging has the following services available:

**Durable Medical Equipment**

Walkers, Canes, etc.

**Transfer Station**

Transportation of items that are to difficult to manage on your own.

**Blood Pressure**

Residents can stop by the Fire Station at any time for free blood pressure checks.

**Library Books**

- Assistance in pick up /delivery of books.
- Personal Computers
- One on one help with your home system.

**Wellness Visits**

A volunteer Nurse can stop in for a wellness check once per month for a non-clinical visit.

**Harvard Ridge Fitness Pass**

Boxborough Senior Pass available once per week. Provided by the F.C.O.A.

Call the COA office at 978-263-1116, ext 106. for more details.

### **Friends of the Council on Aging**

President .....	Sheila Lloyd	Corresponding Secretary .....	Eunice Hinckley
Vice Presidents .....	Anne Becklean	Chairman of the Board.....	Astrid Perko
.....	Peggy Spinner	Directors.....	John Fallon
Treasurer.....	Patty Gayowski	.....	Kathy Blackey
Secretary .....	Shirley Warren	.....	Lorraine Carvalho
	Vice President Emeritus .....		Pat Fallon

**The Boxborough Friends of the Council on Aging provides financial and volunteer support for the programs, classes and special events of the Friends and the Boxborough Council on Aging.**

As the Friends go into the last few weeks of the calendar year we have much to be thankful for. We have an able and productive Board to support the ideas and events planned for the benefit, education and enjoyment of Boxborough's seniors. Many people, including the AB United Way, have come forward to financially support those endeavors with generous donations. In this challenging economic environment, such support is needed and deeply appreciated.

In the last six months seniors have visited the homes of the Adams Presidents, toured the Boston Public Library, been entertained by Ernest Hemingway, learned the ins and outs of container gardening, had a month-long art show, sold Friendly Fleas on Fifer's Day and sold baked goods in the pouring rain at the Ag Fair. They have eaten well at the Old Mill, the Rotary Barbeque at the Holiday Inn, lunch at the Concord Prison Farm, and a Ziti Supper as guests of the Blanchard School sixth grade. This is only a partial window on the many activities available to seniors in this special community.

**Sheila**

#### **Membership Information**

The Boxborough Friends support many of the activities available to seniors in town, including exercise classes, line dancing, Tai Chi, swimming, luncheons, speakers, programs, and trips. Our seniors are busy and we want to keep them that way! Attendance grows steadily for the classes and events. If you can help to keep our programs going with a contribution as a Friend or as a memorial, clip out the form below and send your tax deductible gift to the **Treasurer, Patty Gayowski, 31 Eldridge Rd., Boxborough, MA 01719. Please make checks payable to the Friends of the COA. Thank you!**

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 Individual (\$5)  
 Couple (\$10)  
 Donation (\$\_\_\_\_\_)

Boxborough Friends of the Council on Aging

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

**Senior Luncheon in Acton  
December 17<sup>th</sup> and January 28<sup>th</sup>**

The senior's luncheon at Mt. Calvary Church will be Thursday, December 17<sup>th</sup> and on Thursday, January 28<sup>th</sup> at noon in the Great Hall for reservations please call the church office at 978-263-5156.

**Attention Quilters  
Mt. Calvary Lutheran Church**

On Tuesdays from 9:00 am to 12:00 noon a group of quilters gather together to make quilts for the needy and enjoy time spent together. All are welcome. For more information please call Astrid at (978) 263-7016



**Monday Afternoon Movies@ the Library**

The library will now offers movies **Each Monday the library is open** at 1:00 PM. Some movie selections will be decided by the attendees from a list of old favorites. Everyone is welcome.

**Holiday Music @ the Library**

The ABRHS **Madrigal Singers** will perform their annual Traditional Holiday Music Concert at the Sargent Memorial Library on Wednesday **December 9, at 7:30 p.m.** This program is sponsored by the Friends of the Boxborough Library. For additional information, please call 978-263-4680, or visit our website at [www.boxlib.org](http://www.boxlib.org)

**Rummikub Game Day 1:00 pm  
January, 5<sup>th</sup> & 19<sup>th</sup> at the Library**

Come and play this popular tile game which is played all around the world! It is easy to learn and uses strategy similar to many card games. Once you start you won't want to stop.

The Library will be closed on December 24<sup>th</sup> and re-open on the 28<sup>th</sup>.

**Bridge at Town Hall**

The Thursday Bridge Group meets from 10:00 am to 3:00 pm, upstairs in Town Hall. If you are interested in joining call, Dean Machamer at 978-263-2976. New card players are always welcome. There will be Bridge on Wednesday, December 23<sup>rd</sup> and Wednesday December 30<sup>th</sup> to accommodate the holiday schedule.

**Boxborough Neighbors Luncheons  
Wednesday, December 9<sup>th</sup> and  
Wednesday, January 13<sup>th</sup>**

The P.T.F will be hosting the Neighbor's Luncheon on Wednesday, December 9<sup>th</sup> and Boxborough Town Employees will be hosting the luncheon on Wednesday, January 13<sup>th</sup>. We hope you will join us at the UCC for these luncheons. Come and visit with old friends or come to meet some new ones! Please call Mary Larson at 978-263-7632 to sign up in advance.

**COA Wellness Clinic  
Wednesday, December 9<sup>th</sup> and  
Wednesday January 13<sup>th</sup>**

The Nashoba Nursing Service will be having their next Wellness Clinics on Wednesday, December 9<sup>th</sup> and on January, 13<sup>th</sup> from 11:00AM to 12:00 noon at the Boxborough Church, 723 Massachusetts Avenue (978-263-7387). The Wellness Clinic is open to people of all ages. Blood pressure can be checked at this time.

**Chorus - Winter Performance and  
Breakfast at Blanchard School!**

**Thursday, December 10<sup>th</sup>,**  
Boxborough's senior citizens have been invited to a "Chorus Winter Performance," to be performed by Blanchard School students. This musical performance will be at 9:00am and seniors are welcome to attend a breakfast at 8:15 am in the cafeteria. Please call the COA office (978-263-1116 ext.106) if you are interested before December, 7<sup>th</sup>.



**Shopping at Soloman Pond Mall  
& Lunch at The Olive Garden.  
Tuesday, December 8<sup>th</sup>.**

The Council on Aging Van will offer two holiday shopping excursions in December. The first will be the Soloman Pond Mall in Marlborough with shopping from 10:00am to 12:30 pm. The van will then make the short ride over to the Olive Garden Restaurant where you can have lunch. The van will leave Town Hall at 9:15 am with an approximate return at 3:00 pm. Cost is \$7.00 for the van and lunch is on your own.

**Pheasant Lane Mall, Nashua NH  
Thursday, December 17<sup>th</sup>.**

Enjoy tax free shopping at the Pheasant Lane Mall. The Council on Aging Van will leave Town Hall at 10:00 am and should arrive at the mall before 11:00 am. You will have until 2:00 pm to shop and enjoy a bite to eat at the food court. Cost for the van is \$8.00. Please call the COA office soon to sign up if you would like to go on these trips (978-263-1116 ext.106)

**Gifts with a Boxborough Theme**

The Boxborough Museum at 575 Middle Road will be open from 2:00 to 4:00 pm on Saturday December, 5<sup>th</sup>. Come get a head start on your holiday shopping. Items available include the 1891 Lucie Hagar History of Boxborough, the 1983 Bicentennial Boxborough: a Portrait of a Town, the Boxborough Afghan (in green), and 1798 and 1875 Town maps.

**Tree Lighting Ceremony** at Old Town Center at 4:30pm Saturday, Dec.5th

**Tai Chi, New session Begins  
Tuesday, January 5th**

Tai Chi classes are held on Tuesdays from 11:00 am to 12:00 noon. This is an eight week session taught by Jeff Cote from the Traditional Arts Institute. The cost is \$25.00; we will need a class size of ten people it is open to all seniors. Classes begin on Tuesday, January 5th please call ahead to register.

**Line Dancing New Session Begins  
Thursday, December 17<sup>th</sup>**

Instructor Sam O'Clair begins a new 12 week Line Dance Class on Thursday, December, 17<sup>th</sup>. The cost is \$20.00 please call the COA office to register

**Exercise Classes**

Please call the COA office if you would like to sign up. Due to unforeseen circumstances the start date of a new session has not been determined, but you can join any time

**COA Office (978-263-1116 ext.106)**



**Hats Off to Middlesex Savings Bank**

Middlesex Savings Bank has graciously offered to pay for the printing of this issue of the COA newsletter as a community service.

**Town Offices will be closed, Friday  
December 25<sup>th</sup>, Friday January 1<sup>st</sup> and  
Monday January 18<sup>th</sup>.**

The following chart was published by the Massachusetts Department of Public Health and is provided as a reference. It is important for you to call your physician if you are sick or believe you have flu.

## DIFFERENCES BETWEEN **COLD**, **SEASONAL FLU** & **H1N1** SYMPTOMS

SYMPTOM	<u>COLD</u>	<u>SEASONAL FLU</u>	<u>H1N1</u>
FEVER	Fever is <b>rare</b> with a cold.	Fever is <b>common</b> with the seasonal flu.	Fever is <b>usually present</b> with H1N1 in up to 80% of all flu cases. A temperature of 101°
COUGHING	A hacking, <b>productive</b> (mucus-producing) cough is often present with a cold.	A dry and hacking cough is often present with the seasonal flu.	A <b>non-productive</b> (non-mucus producing) cough is usually present with H1N1 (sometimes referred to as dry cough).*
ACHES	<b>Slight</b> body aches and pains can be part of a cold.	<b>Moderate</b> body aches are common with the seasonal flu.	<b>Severe</b> aches and pains are common with H1N1.*
STUFFY NOSE	Stuffy nose is commonly <b>present</b> with a cold and typically resolves spontaneously within a week.	A runny nose is commonly <b>present</b> with the seasonal flu.	Stuffy nose is <b>not</b> commonly present with H1N1.
CHILLS	Chills are <b>uncommon</b> with a cold.	Chills are <b>mild to moderate</b> with the seasonal flu.	60% of people who have H1N1 experience <b>chills</b> .
TIREDFNESS	Tiredness is fairly <b>mild</b> with a cold.	Tiredness is <b>moderate</b> and more likely referred to as a <b>lack of energy</b> with the seasonal flu.	Tiredness is <b>moderate to severe</b> with H1N1.*
SNEEZING	Sneezing is commonly <b>present</b> with a cold	Sneezing is common <b>present</b> with the seasonal flu.	Sneezing is <b>not</b> common with H1N1.
SUDDEN SYMPTOMS	Cold symptoms tend to develop over a <b>few days</b> .	Symptoms tend to develop over a <b>few days</b> and include flushed face, loss of appetite, dizziness and/or vomiting/nausea. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.	H1N1 has a <b>rapid onset</b> within 3-6 hours. H1N1 hits hard and includes sudden symptoms like high fever, aches and pains. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.
HEADACHE	A headache is fairly <b>uncommon</b> with a cold.	A headache is fairly <b>common</b> with the seasonal flu.	A headache is <b>very common</b> with H1N1 and present in 80% of cases.*
SORE THROAT	Sore throat is commonly <b>present</b> with a cold.	Sore throat is commonly <b>present</b> with the seasonal flu.	Sore throat is <b>not</b> commonly present with H1N1.
CHEST DISCOMFORT	Chest discomfort is <b>mild to moderate</b> with a cold.	Chest discomfort is <b>moderate</b> with the seasonal flu. <i><u>If it turns severe seek medical attention immediately!</u></i>	Chest discomfort is often <b>severe</b> with H1N1.

### PREVENTION TIPS:

- ✓ cough & sneeze into your elbow
- ✓ wash hands with soap and warm water for a minimum of 15 -20 seconds. Sing your abc's or happy birthday to you
- ✓ use hand sanitizer when soap & water are not available
- ✓ avoid touching eyes, nose or mouth without washing or using hand sanitizer first



