

*The Council on Aging office hours are Monday to Friday 8:00 AM – 4:00 PM and the telephone number is 978-692-5523. MISSION STATEMENT: The mission of the Council on Aging is to promote physical, emotional, and economic well-being of older adults and to promote their participation in all aspects of community life.*

### **COUNCIL ON AGING STAFF**

*Joanne Sheehan  
Director of Elder Services  
Judith Ramirez  
L.I.C.S.W./Social Worker  
Annette Cerullo  
Elder Outreach Coordinator  
Claire France, Records Supervisor  
Marjorie Hunter, Registrar  
Jean Mahoney, Registrar  
Eugene Jungbluth, Lead Van Driver-Admin.  
Laura Mathis, Lead Van Driver-Dispatch  
Marie Lawrence, Nutrition Site Manager  
Mary Sudak, Evening Supervisor  
Christopher Mitchell, Maintenance  
Angela Gagne, Volunteer Coordinator*

### **COUNCIL ON AGING BOARD MEMBERS**

*Helena Crocker, Chair  
Robert Tierney, Vice Chair  
Nancy Cook, Clerk  
Dorothy Hall  
Patricia Holmes  
Ret. Chief George Rogers*

### **FRIENDS OF THE CAMERON OFFICERS**

*Richard Severyn, President  
Joan Greenwood, Vice President  
Joyce Cederberg, Secretary  
Marjorie Hunter, Treasurer  
Marie Lawrence, Asst. Treasurer*

### **SYMPATHY**

A kind expression of sympathy goes out to the Healy Family on the passing of their mother on September 10<sup>th</sup>. “C” was a member of the Council on Aging for over 40 years and a member of the Friends of the Cameron Senior Center. Donations can be made to the Healy/LeBlanc Fund or the Friends of Cameron, P.O. Box 2223, Westford, MA.

### **SUNDAY HOURS**

The Cameron Senior Center will be open on Sunday afternoons for socialization and fitness from Noon until 3 PM. Please bring your own lunch and something to share with others “Pot Luck” style. **The Center will be closed on October 9<sup>th</sup> and 10<sup>th</sup>.**

### **REMINDERS: TIME FALL BACK AND ALARM CHECK-UP**

On Saturday Evening, **November 5<sup>th</sup>**, you will need to change your clocks; they should **Fall back by one hour**.

We would also remind you to check your smoke/carbon monoxide alarms. Each Fall and Spring the Council on Aging and Westford Fire Department partner to assist seniors who need help changing their smoke/carbon monoxide detector batteries. If you need assistance and would like to be put on a list for battery replacement, please call the Cameron at 978-692-5523 and you then will be notified when the Fire Department is available, **please do not call the Fire Department.** *If you live in a **condo, your condo association should take care of this for you.*** Please note that smoke detectors should be replaced every ten years.

### **CAMERON HARVEST FAIR**

**PLEASE JOIN US on Friday, October 28<sup>th</sup> and Saturday, October 29<sup>th</sup> from 9 AM – 2 PM at Cameron, 20 Pleasant Street, Forge Village and support our Annual Fund Raiser.**

The Friends of Cameron Harvest Fair will feature homemade knitted goods, jewelry and vintage jewelry, American Doll clothes, gift baskets, games of chance and a lot more. Our baked goods are always very popular. The general public is invited. Tables are available to rent for \$15 by calling 978-692-5523. Stop by and do some shopping, purchase a lucky raffle ticket and browse in our thrift shop. If you are too busy that weekend perhaps you can donate a prize that can be raffled.

### **FLU/PNEUMONIA CLINICS**

The Westford Health Department announces the 2011 flu/pneumonia clinics. Please bring insurance information to the clinic as the town can seek reimbursement from insurance carriers. For residents 60 and over:

**Date: Thursday, October 20<sup>th</sup>**

**Time: 12:30 PM – 3:30 PM.**

Please adhere to the following time schedule. Last names beginning with:

- **A-J – 12:30 – 1:30 PM**
- **K –P – 1:30 – 2:30 PM**
- **Q-Z – 2:30 – 3:30 PM**

**Location: Franco-American Club**

Transportation is available by calling **978-399-2322** early in the month. For additional information and for those requiring a **home visit**, please call **978-692-5509**.

**The 2011-2012 vaccine provides protection against an A/California/7/2009 (H1N1)-like virus; an A/Perth/16/2009 (H3N2)-like virus; and a B/Brisbane/60/2008-like virus. It will not prevent illness caused by other viruses. It takes up to 2 weeks or more for protection to develop after the vaccine. Protection lasts**

**about a year. Anyone with an allergy to egg cannot receive this vaccine.**

***\*\*People with known allergies to eggs should not receive the flu shot. Anyone with a history of Guillian-Barre Syndrome should check with their Doctor before receiving this vaccination.***

### **MINI GOLF AT KIMBALL FARM**

Come out and enjoy a game of mini golf on **Thursday, October 5<sup>th</sup> at 10:30 AM**. A lunch will follow with a choice of hot dog or hamburger, a drink and a small ice cream. \$14 fee includes all. Register early at 978-692-5523. Arrive and check in at 10:15 AM.

### **CAMERON CLOSET**

Please visit our Thrift Shop located on the second floor of the Cameron Senior Center. We are looking for savvy bargain shoppers for our nice assortment of clothing. New treasures arrive daily. We are in need of men's and children's fall/winter clothing, knick-knacks accepted in the shop only on Tuesday mornings.

### **RESTAURANT REVIEW**

Ladies, mark your calendars for our next outing on **Wed, October, 26<sup>th</sup> at 11:30 a.m. at Bamboo Fine Asian, 1 Lan Drive, Westford. (off Rt. 110, near Residence Inn)**. Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". If you have any suggestions for restaurants, let Annette know.

### **SALAD BAR**

Our salad bar is available at Cameron on Thursdays and Fridays at 11:30 AM. The last day for Salad Bar will be October 21<sup>st</sup>.

### **VOLUNTEER CORNER**

**Harvest Fair** needs help with set up on Thursday, October 27<sup>th</sup> at 12:30 PM at

Cameron. Volunteers needed Saturday, October 29<sup>th</sup> at 1:30 PM for fair break down.

We are seeking a few folks who have “**handyman**” skills, free time and would be willing to assist our seniors with various tasks. We often get requests for putting in and taking out air conditioners, small paint jobs, lamp repair, etc. You would work closely with the Outreach Worker, Annette, who receives the requests from the seniors.

Morning and afternoon shifts are available to work in our **thrift shop**, shifts are 3 hours at a time. We are also looking for volunteers who would like to sort clothing as it comes in and organize it to be sold, sorting shifts are flexible.

**Women’s Breakfast** is seeking volunteers to assist with shopping, cooking, set-up, serving and clean-up.

**Food Pantry** volunteers are needed for food moving, bringing products from the basement up to the food pantry. This volunteer position requires bending, lifting and carrying.

If you would be interested in volunteering for any of the above opportunities or have any questions please contact the Volunteer Coordinator, Angela at 978-399-2330 for a CORI application.

Volunteer needed to help with our **fuel assistance program**, if you have either a nursing or social services background this may be for you. Please contact Joanne at 978-399-2323 for details.

### **PROPERTY TAX PAYMENT**

On **Wednesday, October 26<sup>th</sup> from 11:30 – 12:30 PM**, someone from the **Tax Collector’s** office will be at the **Senior Center** to accept tax payments. You can pay by either cash or check and you need to have your tax bill with you at that time. The Senior Center is handicap accessible.

### **TREAD PROGRAM**

Applications for the TREAD Program (Tax Relief for the Elderly and Disabled) will be available mid-October. If interested, call 978-692-5523. If you were a recipient last year, you will automatically be sent an application again this year. This program is income and asset based and for both low-income elderly and disabled of all ages who have a State recognized disability. Awards will first be made to those with lesser incomes and assets. All applications are treated as confidential. The money for this program comes from the generosity of local businesses and private citizens. **No application will be reviewed unless it is returned complete and accompanied with the necessary documentation.** Awards will be made in December to be applied to the tax bill due in January. Please refer all questions to Pat, Program Coordinator, at 978-692-5523

### **FUEL ASSISTANCE APPLICATIONS**

Fuel assistance re-certification applications for those receiving fuel assistance last year were mailed directly to you from CTI in August. Please complete and return the application ASAP. New applicants’ appointments begin in November at the Senior Center for all residents by calling 978-692-5523. If you are a new applicant with a termination notice on a gas or electric bill please call CTI at 978-459-6161. They will schedule an appointment ASAP to avoid termination of utilities. If you have less than a quarter of a tank of oil, propane or kerosene call CTI at 978-459-6161 for an October appointment and have your application approved to request a delivery of fuel on November 1<sup>st</sup>. **They do not pay for any deliveries before November 1<sup>st</sup>.**

Household Size	Maximum Gross Income
1	31,218
2	40,824
3	50,429
4	60,035

### **FOOD PANTRY**

The community Food Pantry is located at the Senior Center and staffed by volunteers. The **expanded hours for October** are as follows:

- ❑ The third **Monday, October 17<sup>th</sup>** from 1:00 - 3:30 PM.
- ❑ The third **Wednesday, October 19<sup>th</sup>** from 8:30-11:30 AM.
- ❑ The third **Thursday, October 20<sup>th</sup>** from 8:30-11:30 AM and **Thursday evening October 20<sup>th</sup>** from 6:30 – 8:30 PM.
- ❑ The third **Friday, October 21<sup>st</sup>** from 8:30 – 11:30 AM.

The Westford Community Food Pantry is located on the first floor at Cameron. We have implemented new procedures. The dates and times will remain the third Monday, Wednesday, Thursday and Friday of the month. The communities in our area of service will be Westford and the towns which border us Littleton, Tyngsboro, Chelmsford, Carlisle, Acton and Groton. Residents of other communities will be supplied with pre-packaged items.

### **LUNCH**

The Merrimack Valley Nutrition Program provides anyone age 60 and over, or couples with one partner having reached the age of 60, with low cost nutritional meals at Cameron, Monday – Friday at 11:30 AM. Call 978-476-2206 a minimum of two days in advance between 10:00 - 11:00 AM to make your reservation. The donation is \$2.00. Menu can be found on our website

[www.westfordma.gov/coa](http://www.westfordma.gov/coa). Come and enjoy the new dining room!

### **WISDOM WORKS**

This is an employment program for job seekers age 55 and older to help you increase your income and enhance your quality of life. This four week job search training workshop helps teach techniques; and consists of a two hour session each week. Completion of this workshop will allow members to rejoin the workforce, earn additional income, and receive psychological benefits of employment. The trainers are local Human Resource Professionals. The next class workshop will be on Tuesday evenings, October 18, 25 and November 1 and 8, 2011 from 6 – 8 PM at the Billerica Senior Center, 25 Concord Road, Billerica. If you are interested in participating or want more information please call 978-671-0916. The fee is \$10 payable to the Billerica COA and you must commit to the entire four week session.

### **NEW – DEMONSTRATION OF VISUAL AID DEVICES**

**Friday, October 21<sup>st</sup> at 12:30 PM** Erica from ABiSee Inc. will be offering here at the Cameron a hands on demonstration of blind and low vision devices that enable seniors to view magnified text as well as have the text read aloud. The devices make it easier to read pill bottles, newspapers, crosswords and recipes. It's as simple as placing a page under the camera and within 3-5 seconds the device starts to read the print out loud. Come meet Erica and learn about these products. Light refreshments will be served. Please call 978-692-5523 to register.

### **NEW – PRESENTATION ON DE-CLUTTERING YOUR HOME**

Join us **Friday, Nov. 18<sup>th</sup> at 12:30 PM** for a presentation by Claire from WITZ END, a relocation concierge. Claire will share

creative suggestions on ways to de-clutter and organize your home making your quality of life simpler, safer and less overwhelming. She will help guide you through the process of moving or downsizing as well. Light refreshments will be served. Please call 978-692-5523 to register.

## **ACTIVITIES**

*The Cameron Center will be closed Monday, October 10<sup>th</sup> due to the Columbus Day Holiday. Confirm class dates with your instructor also the Harvest Fair is on October 28<sup>th</sup> and Oct. 29<sup>th</sup> check with your instructor about class.*

AEROBICS with Elaine Wednesdays at 9 AM and Fridays at 8:30 AM. The fee is \$3.00 per class.

### **ART-OPEN STUDIO**

Any person who paints in oils or watercolors is welcome to join our open group on Mondays from 12 noon – 3 p.m. A donation of \$1.00 is requested.

### **ART CLASS with Stella**

Bring your medium/project and Stella, a lifelong artist with over 60 years of teaching, will help take you to the next level. Her classes are Wednesday mornings from 9 until 11:30 AM and the cost is \$5.00 per class. Drop ins welcome!

### **BILLIARD TABLE**

We have a billiard table available for your enjoyment Monday-Friday 8 AM - 4 PM; also on Mondays and Wednesdays at 10 AM there will be players available if you would like to come and partner up.

BINGO – **Thursday's, 7-9 PM**, doors open ½ hour early; also on **Monday's, 1 – 3 PM**. *If you need a ride call the transportation line at 978-399-2322 in advance.*

**Reminder: Due to the Harvest Fair there will not be Bingo on Thursday, October 27<sup>th</sup>.**

### **A MATTER OF BALANCE**

The Westford Council on Aging is proud to offer **A MATTER OF BALANCE**, an award winning program designed to manage falls and increase activity levels. This is an 8 week program which currently meets for 2 hours each week and has been very successful. We are hoping to offer the program again in the Spring if there is enough interest. There is no charge for this program, but regular attendance is expected. If you think you would like to participate in this program in the spring, please call our main number at 978-692-5523 to register and we will look at scheduling it again in the March/April timeframe. You will be notified late winter if there is enough interest to confirm dates and times.

### **BONE BUILDERS**

We will continue with our ongoing afternoon classes on Tuesday & Thursday. We are also starting a new morning session if the interest is there for a **Monday and Wednesday session at 9:30 AM beginning November 7<sup>th</sup>**. Call to enroll in this **FREE** program that can help you with balance and strength building. ***Call 978-692-5523 to ask for a form and then stop by to complete the paperwork prior to the start of class. There will be an informational session on Wednesday, November 2<sup>nd</sup> at 9:30 AM.***

### **BOOK DISCUSSION GROUP**

On Friday, October 14<sup>th</sup> the Cameron Book Discussion group will meet at 10 AM to discuss the novel, "The Help", by Kathryn Stockett. Copies of the current discussion book are available at the Library. Copies of the November book will also be available at the meeting.

## BOWLING

Wednesdays at 9:15 AM at Brunswick Lanes in Lowell. Call Norman at 978-692-6792 for more information

## MEN'S BREAKFAST

The October Men's Breakfast will be held on **Tuesday, October 11<sup>th</sup>**. Breakfast is served at 8:00AM followed at 8:30 with a special presentation. Our guest speaker will be **David Brody**, author of the Cabal of the Westford Knight a novel inspired by the legend of the Westford Knight. The legend recounts how Scottish explorers secretly visited Westford, Massachusetts in 1398, where they carved an effigy in stone to commemorate the death of a fallen comrade, a carving that remains visible today. But who were these explorers, and why did they come? The author will discuss the artifacts and history that support this legend and evidence a hidden history of exploration of North America. David S. Brody is a Boston Globe best-selling author of four novels. He has appeared on both History Channel and Discovery to discuss his research. A resident of Westford, he is a graduate of Tufts University and Georgetown Law School." **Please** register for the Men's Breakfast by calling 978-692-5523 or e-mail [jramirez@westfordma.gov](mailto:jramirez@westfordma.gov) .

**\*\*It is important to register for the Men's Breakfast so enough food will be available\*\***

## WOMEN'S BREAKFAST

Please join us for our Women's Breakfast **Thursday October 6th at 8:30 AM**. We are pleased to have Kate Smyers, RN, BSN, Certified JSJ Practitioner, Healing Arts Collaborative. She will be discussing Jin Shin Jyutsu which is a complementary therapy combining philosophy, psychology and physiology to unlock the natural energy of the body and mind. Learn how Jin Shin Jyutsu helps with healing many illnesses,

injuries, allergies, cancer treatments and surgery. Kate will talk about this gentle hands on art and teaches you a self-help technique to facilitate your body's own healing capacity, reduce pain, lower blood pressure and help you to relax. You won't even have to leave your chair. **\*Please call and register in advance at 978-692-5523 so we can accurately plan for food.\***

## INTRO-COMPUTER

If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will then be called by our instructor Mary Eve to set up a time for your instruction. We are now WiFi ready. A donation of \$3.00 is suggested.

## CONTRACT BRIDGE

**Advanced Players:** meet on Fridays from 12:30 – 4:00 PM. All players are required to stay until 4:00 PM.

## CAKE/CUPCAKE DECORATING DEMONSTRATION CLASS

Come and learn holiday cake/cupcake decorating with Jean. Classes will be held on the second Thursday of each month **October 13<sup>th</sup>, November 10<sup>th</sup>, and December 8<sup>th</sup> from 1:30 – 2:30 PM**. Cost will be \$5.00 per class. Bring home a sample! You must pre-register at 978-692-5523.

CANASTA – has a lively and fun group that currently plays every **Thursday from 1:00-3:30 P.M.** Feel free to join us.

## CRIBBAGE

This game minded fun group meets every **Wednesday from 1 to 3 PM. Come join us!**

## CHAIR MOVEMENT EXERCISE

**Tuesday and Thursday 10:00–11:00 A.M.** This is our popular gentle exercise class that includes all elements of Body Conditioning

and Aerobic Activity, breathing techniques, stretching, toning and gentle core muscle workout. Hand weights and stretch bands may be used and are provided as well as optional for the participant. Our instructor is Jo. The fee is \$3.00 per class.

#### NEW-INTERNATIONAL FOLK DANCING

Our chair aerobics instructor, Jo, has 30 years training in this art form. She will be offering this 5 week cultural opportunity to learn easy village dances from Eastern Europe, France, Japan etc. These dances are mostly done in joined circles with some being individual and some with a partner. The class will be held on **Thursday afternoons from 2:30 to 3:30 PM starting October 13<sup>th</sup> and ending November 10<sup>th</sup>**. The first class will be a “free trial” and if you like the class you may pay upfront \$10 for the remaining 4 classes or the “drop in” rate will be \$3.00 a class. Please call the front desk at 978-692-5523 to register.

#### FITNESS/STRENGTH TRAINING ROOM

Come join the 280 seniors who are getting fit the Cameron Way! The Fitness Room hours are Monday - Friday, 8AM to 3:30PM. Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. Complete the registration and liability waiver form, annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. Registration Forms are available at Cameron. A special thanks to our fitness center volunteers whose help with those using the fitness room have contributed to a positive experience. You may be eligible for reimbursement through your insurance.

KNITTING-BUSY FINGERS – This group meets every Monday & Wednesday in the Welcome Area from 1-3 P.M. to make knitted and crocheted items. Great conversation! Stop in to see what we have for sale. If you love to knit we would welcome a donation to our annual Fall Fair.

#### ASK THE LAWYER

Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, November 16<sup>th</sup>, from 9:30 AM –Noon** call 978-692-5523 to reserve a time.

#### MAH JONGG

Join this well received group on **Wednesdays at 1 PM**. Mah-Jongg trains your brain with games. All level of players are welcome.

#### MEDITATION

This is an ongoing class that helps relax the body and calm the mind. Our instructor, Pat, is a certified yoga instructor and older fitness instructor. **The classes will be on Tuesdays thru November 8<sup>th</sup>** in our billiards room. The drop in fee is \$4 per class. If you are planning to attend the class please call the front desk at 978-692-5523 to sign up as the class is limited to 12 attendees.

#### MOVIE AND POPCORN

This activity has been temporarily put on hold due to low turnout. We would love to start up again as soon as we have a couple of volunteers who would be willing to coordinate it. Suggestions welcome please contact Angela at 978-399-2330 for questions or suggestions. Hopefully we can get this going again!

#### MUSIC MAKERS

Meet on **Friday mornings from 9 – 10:30 AM**. If you like to sing you are invited to

join this lively group of seniors every Friday morning. No auditions just come and sit in on a couple of rehearsals to see if you would like to participate. For more information call Ann at 978-692-6779. **There will not be a rehearsal on Friday, October 28<sup>th</sup>.**

#### PERCUSSION GROUP

If you love “UPBEAT” music, then join the band **Tuesday mornings from 10:15-11:15 AM**. No experience is necessary, simply a love of music and desire for some carefree fun. Rhythm patterns will be taught. If you already play an instrument, bring it along too. Call 978-692-2851 for more information.

#### QUILTING CLUB

The Cameron Quilters will meet at Cameron on Monday’s, October 3<sup>rd</sup>, 17<sup>th</sup>, and 31<sup>st</sup> from 9:30 to 11:30 AM. Interested quilters please come with your talents and ideas! This group is currently working on a quilt to be raffled off at the December Luncheon. The raffle will benefit the Cameron Senior Center. If anyone is willing to donate time to help machine quilt a current project, please call Roberta at 978-692-3292.

#### ASK OUR REALTOR

Local real estate agent Kathy Cunningham of Coldwell Banker will be here at Cameron on **Monday, October 17<sup>th</sup> from 10:00 – 11:00 AM**. Please sign up by calling 978-692-5523.

#### SCRABBLE

The group plays on Tuesday afternoons from 1:00 PM to 3:30 PM. More players are always welcome.

#### FORMING Wii BOWLING TEAMS

We are excited to announce that we have an instructor willing to demonstrate the Wii. The Wii is a television gaming system that simulates real sports, golf, tennis, bowling

etc. So if you love to bowl or want to learn, we are forming teams now. Our indoor, free “bowling league” will be on **Monday mornings from 10:30 AM to Noon** in the Billiards room here at Cameron. If interested please call the front desk to sign up at 978-692-5523. We can match you up with someone or come with your own partner. It is lots of fun and gentle exercise. You can do this activity standing or sitting in a chair. Come check it out!

#### GENTLE STRETCH YOGA

Based on Peggy Cappy’s wonderful book and videos, *Gentle Stretch Yoga* is a modified series of traditional poses which can be done by almost anyone—of any age or ability. *Our instructor Pat is a certified yoga and older adult fitness instructor*. This weekly class is held on **Wednesdays, from 1:30 – 2:30 PM**. The fee is \$3.00. It is suggested that you bring a mat with you. If you are interested in this class please call 978-692-5523 to sign up.

#### BASIC ZUMBA

New day, new time! Basic Zumba is a great way to get moving and have fun. Join Carol our new instructor for class on **Thursdays at 8:30 AM** at \$3 per class. It's a great way to start your day!

#### DID YOU KNOW?

When resources come across our desk we want to make you aware of what’s available out there. Here are a few you may want to check out. The “Senior Care Mall” at [www.seniorcaremall.com](http://www.seniorcaremall.com) is an online website that has hundreds of products and services that will make life safer and easier for seniors. The company is owned and operated by Occupational Therapists, rehab specialists. They claim that their prices are always below MSRP. By using the promotional code: OFFER111 you can receive 10% off all orders and free shipping

is offered for orders over \$75. For more information call 859-577-6255. Another resource to check out is the "Elder Insider" which is a guide for information on options and resources to aid and assist in aging independently. The newsletter can be received by email free and the website is [www.theelderinsider.com](http://www.theelderinsider.com)

### **MEDICAL INFORMATION** **PODIATRY CLINIC**

Dr. Weakland will be at the Senior Center on **Wednesday, October 5<sup>th</sup> at 1:00 PM.** The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523. The next clinic date is December 7<sup>th</sup>.

### **BLOOD PRESSURE & MORE:**

These provide a blood pressure reading, medication review, weight check and an opportunity to have other concerns reviewed. Both screenings are held at **Senior Center.** Dates and times are:

- Second Tuesday of the month, **October 11<sup>th</sup>** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **October 26<sup>th</sup>** 8-10 AM with the Lowell VNA on the second floor of Cameron.

### **MEDICARE OPEN ENROLLMENT IS CHANGING!**

**New Dates: OCTOBER 15 – DECEMBER 7**

The annual Medicare Open Enrollment (**October 15 - December 7**) is the time to enroll in or CHANGE your Medicare coverage for next year. You can make as many changes as you want; but remember the last change that is made is the one that will take effect. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment. In September, if you are a

member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment.  
**Remember: The Medicare Open Enrollment ends on December 7<sup>th</sup>!**  
**DO NOT WAIT UNTIL IT'S TOO LATE!**

### **IMPORTANT SHINE PRESENTATION**

Susan Cripps Shine Coordinator from Elder Services of the Merrimack Valley will be at Cameron on **Monday, October 17<sup>th</sup> at 10:00 AM** to speak about the changes in Medicare for 2012 and will answer any of your questions. Please sign up by calling 978-692-5523.

### **SHINE**

If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions please call the Senior Center at 978-692-5523 and sign up by leaving your name and phone number. The next scheduled date is **Tuesday, October 4<sup>th</sup> with appointments starting at 1:00 PM.**

### **BOARD OF HEALTH CLINIC**

#### **Hearing & Hearing Aid Test**

Appointments are required by calling the Board of Health at 978-692-5509. The clinic date is **Monday, November 21<sup>st</sup> from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions. The next clinic date will be in January 2012.

### **OUTREACH**

I chuckle to myself when I think back to 5 years ago when I first started this job. Director, Joanne Sheehan, instructed me that my primary job as an Outreach Worker was to reach out and meet all the seniors in town.

This was not a simple task to achieve since there were approx. 2700 of you out there at the time. Since then our senior population has risen to 3700 senior residents in town. I try to get out into the community at least three days a week and I know I've met many of you but definitely not all of you. So, if we haven't met yet, give me a call, say hello when you are at the center ... help me put your name with a face! Always remember, we are here to serve you and to be a resource for you. Contact Annette at 978-399-2326.

### **DO YOU NEED HELP WITH THE HIGH COST OF GROCERIES?**

If you are 60 years or older, you may qualify for food assistance. Approximate monthly guidelines are household of one person below \$1,734; two person household below \$2,334. For more information call the Food Source Hotline at 1-800-645-8333.

### **TRANSPORTATION**

Call 978.399.2322 or e-mail [lmathis@westfordma.gov](mailto:lmathis@westfordma.gov) as soon as you anticipate needing a ride to a medical appointment, a shopping trip, the hairdresser, or a visit to the Cameron Senior Center. The cost for a round-trip ride within Westford is \$3. The round-trip charge for surrounding towns is \$4, and \$6 for out-lying towns. Our van goes every Wednesday to Market Basket, with a stop at Tadmuck Road Housing. Please call to reserve your ride to Market Basket on Wednesdays in advance.

### **SUPPORT GROUP**

#### **ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS:**

- ✓ The Cameron Senior Center, 20 Pleasant Street, Westford, for those caring for someone with Alzheimers or other Dementias, meets the 1<sup>st</sup> Wednesday of each month at 6:30 PM at Cameron. For information

contact Sandy at 978-758-6072 or Judy at 978-399-2325 or e-mail [jramirez@westfordma.gov](mailto:jramirez@westfordma.gov).

- ✓ The Inn at Robbins Brook, Rte. 27 Acton, meets the 4<sup>th</sup> Wed. of each month, 4-5:30 p.m. and a light supper will be served. Registration required, call Maura Capriccio at 978-264-4666.
- ✓ Chelmsford Senior Center, meets the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month from 1-2:30. For information call 978-251-8880.

### **COMPANION & RESPITE CARE**

For age 60 & over and/or disabled residents. This service provides supervisory care to allow the caretaker a time of rest. This service is available days, evenings, overnights and weekends, on a temporary or permanent basis. For more information call Jodi at the Chelmsford Senior Center at 978-251-8491.

### **MISCELLANEOUS FAMILY SERVICES DETECTIVE**

Westford Police Department Family Services Detective, Matthew Furlong, will be available for consultation at Cameron monthly on the **2<sup>nd</sup> Thursday of each month from 11AM to 12Noon** – he will be here on **October 13<sup>th</sup>**. If you would like to schedule an appointment, you may reserve time with Matt, or walk-ins will also be welcome as time permits. Matters discussed will be kept confidential. Please call 978-692-5523 for an appointment.

### **THANKSGIVING DINNER**

Jim Geraghty, family and friends, will host for the **thirteenth year**, a Turkey Dinner for Westford Seniors age 60 and over on **Sunday, November 20<sup>th</sup> at Westford Academy**. Bingo will be from 10 AM to 12 Noon with lunch starting around Noon. Volunteers will serve this full course

homemade dinner to you. Seating is limited; reservations are necessary so please call 978-692-5523.

### **HAM AND BEAN SUPPER**

The Annual Ham and Bean Supper will be held at the Franco American Club with a tentative date of **Saturday, November 12<sup>th</sup> at 6 PM, doors open early.** The dinner is being sponsored by the Westford Firefighters Association, the American Legion Post 159 and the Franco American Club. There is no charge for the dinner but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978-692-5523.

### **HOLIDAY LUNCHEON**

Join us for a catered holiday luncheon at the **Cameron Senior Center on Tuesday, December 6<sup>th</sup> seating at 11:00 A.M.** Lunch will be prepared by Shirley Caterers and served around Noon. Fee for lunch is \$7.00. There is limited enrollment and is opened to Westford Residents Only. Call 978-692-5523 by November 22<sup>nd</sup> for reservations.

### **FALL LEAF PICK-UP**

The Acme Company has agreed to have two (2) leaf pickup days. They will be on Saturday, November 12<sup>th</sup> and Saturday, December 3<sup>rd</sup>. Your paper leaf bags need to be curbside by 7:00 AM. There will be a \$20 minimum charge for one (1) to sixteen (16) bags. Any additional bags will have an additional cost of \$1.25 per bag. You will need to attach your payment to the bag(s). Please call the town clerk's office at 978-692-5515 to get put on the schedule.

### **WISH LIST**

We are in need of new items to be donated for our Harvest Fair. The following is just a list of suggested items that you may wish to donate: new crafts, knitted goods, new

prizes for games of chance, silent auction items, basket of goodies and gift certificates. Please drop items off at Cameron clearly labeled Harvest Fair. We are also in need of brown grocery bags for the food pantry.

### **VETERANS SERVICES**

The town's Veterans Services department will be holding office hours at Cameron Senior Center every Thursday from **8:30 AM to 12:30 PM** please feel free to stop by to speak with Terry, Westford's Veterans Service Officer, you can call him at 978-392-1170 or email him at [veterans@westfordma.gov](mailto:veterans@westfordma.gov).

### **DAY TRIPS**

**Call 978 692-5523 for reservation and information on the following trips. Payment is due upon signing up for a trip. Please only register for self and spouse/companion for the trip. Transportation departs and returns from the parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.**  
**Tuesday, October 11, 2011, "Mohawk Trail Foliage Tour"**, Village of Shelburne, lunch at Chandlers, a visit to Atkins Farm and return home at 5 PM. Fox Tours coach departs from the rear of the Franco parking lot at TBD. The cost of this all inclusive trip is \$60 p/p. *Waiting list only.*

**Tuesday, November 8, 2011, "Mohegan Sun"** Buckingham Motor Coach departs the Franco American Club at 7:30 A.M. The fee of \$28 includes driver gratuity and is due at time of sign up. Receive bonus and food coupon.

**Saturday, December 10, 2011, "Portland Symphony's The Magic of Christmas"**, travel to Maine and enjoy a full course buffet luncheon at the Old Country Buffet and then on to enjoy the Portland

Symphony's 'Magic of Christmas' with scenes from the Nutcracker, A Christmas Carol and the Christmas Story with Nativity all set to music. Fox Tours coach departs from rear of Franco at 9 AM returning at approximately 6:30 PM. The cost for this all inclusive trip is \$79 p/p.

**Wednesday, January 18, 2012,**  
**"Luncheon at the Colonial Inn"** we will travel by motor coach to historic Concord, MA and enjoy a wonderful lunch. Look for details in upcoming newsletter.

**Monday, February 13, 2012, "The Elderly Brothers Show"**, A Valentine's celebration at DiBurros Function Hall, Haverhill with wonderful songs from the 50's that were sung by the hit duo 'The Everly Brothers'. There will be a sit down luncheon with your choice of either baked stuffed boneless chicken breast or roasted top beef sirloin, salad, vegetable, dessert and beverage. Pick up and return time TBD from the rear of the Franco. The cost for this all inclusive trip is \$61 p/p.