CHELMSFORD SENIOR CENTER

MESSENGER

MAY 2021

75 Groton Road, N. Chelmsford, MA 01863
Office Phone: 978-251-0533 **Website: www.ChelmsfordMA.gov**
Email: dsiriani@ChelmsfordMA.gov **Office Hours: 8:30am - 4:00pm**
Facebook Page: https://www.facebook.com/ChelmsfordSeniorCenter

From the Director's Desk…

Things are going well with our soft reopening, and the tax appointments, exercise classes, and walking group are all doing just fine. This coming month, we will be resuming our Companion Program in-home visits as well as inviting people back by appointment to our Library/Puzzle room and Fitness Room. Anyone who was a Fitness Room member as of last March, 2020 is welcomed back for a free year of fitness (details on page 3).

Each month will be changing, depending on COVID 19 numbers in the community, state regulations, and the success of our in-house programming, so stay tuned! Please know that each time you come into the building, whether you have been vaccinated or not, you will be expected to attest that you have no COVID symptoms and have not been in contact with someone with COVID or COVID symptoms, you will also be required to wear a mask and to keep social distancing to 6 feet from others. All these precautions will help us to open more and more activities as the months progress!

Be Well,
~Debi

We can only see a short distance ahead, but we can see plenty there that needs to be done."
— Alan Turing

Dear Residents,

Happy Mother's Day to all mothers, grandmothers, and great-grandmothers!

The Annual Town Election resulted in Mark Carota joining the Select Board. George Dixon was re-elected to the Board for another three-year term. Thank you to all who participated in the town electoral process. The Town is in the midst of preparations for the Spring Annual Town Meeting.

If you are interested in serving your town on an appointed Board & Committee, now is the time to act. Many terms expire on June 30th. In preparation for renewals, we look at whose term is about to expire and we reach out to those Board and Committee members to ask if they would like to seek re-appointment. If they do not wish to remain in the position, the Committee Vacancy list is updated and it is promoted so that other citizens can apply to fill that seat. If there are any committees that are of interest to you, a Committee Application form is available at the Town Manager's Office or on the Town's website.

This year, Memorial Day will be observed on Monday, May 31. Due to the COVID-19 pandemic, there will not be a traditional Memorial Day parade. Chelmsford Telemedia will be cablecasting a Memorial Day tribute.

As always, please contact my office at 978-250-5202 with any questions or comments. Please log in to the Town of Chelmsford website www.townofchelmsford.us for departmental information and other current information affecting the town.

Happy Spring!

Paul Cohen
Town Manager

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SENIOR CENTER ACTIVITIES

NOW OPEN BY APPOINTMENT: SENIOR CENTER FITNESS ROOM

Hours of Operation:
Monday, Wednesday, Friday, 8:30am—1:30pm
MUST make appointment for a 45-minute use of the Fitness Room, up to 2x a week. Limited to two members at a time, plus a fitness room monitor. Masks and social distancing are REQUIRED.

Call the Senior Center 978-251-0533 to reserve your time slot. You will fill out paperwork your first visit back. ***Please note: we are only able to accommodate fitness room members with active memberships from March 2020 at this time.***

INDOOR SIT & GET FIT CLASS

9am, $5/class, held in the hall
Instructor Marian Silk will take you through a series of seated exercises. Wear comfortable clothes and bring your own water. Limited space available.
Register for one class per week, Monday, Wednesday or Friday. Call 978-251-0533 or email Natalie ndussault@chelmsfordma.gov for class availability.

In order to comply with state guidelines, please carefully note the following:
- All seniors **MUST** pre-register for class by calling 978-251-0533 or email ndussault@chelmsfordma.gov. No drop-ins.
- You must arrive at 9am for COVID-19 pre-screening questions and pay $5 class fee. Exact change (preferred) or check.
- Masks and social distancing are **REQUIRED**.

CHELMSFORD SENIOR CENTER WALKING GROUP

Thursdays, 9:30am, Senior Center
Meet at the Chelmsford Senior Center, **75 Groton Rd. N. Chelmsford** for a 30-minute walk by Freeman Lake.
Please note masks must be worn and social distancing guidelines followed.
Register by calling 978-251-0533 or email Natalie ndussault@chelmsfordma.gov.
We will not meet if inclement weather.
Call the Senior Center **978-251-0533** with any questions.

GRAB & GO LUNCH

Friday, May 14, 11:30am—12:30pm
We would love to see you for our May Grab & Go lunch in honor of Older Americans Month! Menu is Chicken Jambalaya with Vegetables (not spicy) at the **Chelmsford Senior Center You must call 978-251-0533 to reserve a meal by Friday, May 7.**

Even though it is still a drive-through, we will have musical entertainment by Eric Baldwin!

If your last name begins with A-M, arrive at 11:30am. If your last name begins with N-Z, arrive at 12pm. Follow directions once you get to the Senior Center parking lot. In order to adhere to social distance guidelines, your meal will be delivered to you through your car window. Please wear a mask. We look forward to seeing you!

GRAB & GO ICE CREAM TRUCK

Thursday, May 20, 1pm —2pm
Stop by for an ice cream treat courtesy of **Benchmark** at the **Chelmsford Senior Center on Thursday, May 20. Call 978-251-0533 to reserve an ice cream treat by Friday, May 14.** If your last name begins with A-M, arrive at 1pm. If your last name begins with N-Z, arrive at 1:30pm. Staff from Chelmsford Crossing & Atrium at Drum Hill and the Senior Center will be on hand to pass out ice cream. Please wear a mask.

NOW OPEN BY APPOINTMENT: LIBRARY/PUZZLE ROOM

Monday and Thursday afternoons 12:30pm-3:30pm by appointment only.
Call the Senior Center at 978-251-0533 to reserve your 30-minute time slot to browse. One visitor (or couple from the same household) at a time
Books and puzzles available to borrow– no check out required– just drop off when you are done.

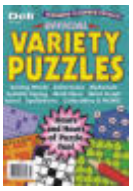
CALL IN BINGO

Every Tuesday, at 1pm, call in for a friendly game of BINGO.
Starting at 12:50pm, call 978-250-5200, then dial 6199. The game will begin at 1pm. New players, please call Natalie at 978-251-0533 for BINGO cards and instructions.

CHELMSFORD SENIOR CENTER

Available for contactless pickup at the Chelmsford Senior Center:

NEW Hat Door Hanger Craft on Zoom. (please call 978-251-0533 or email Natalie ndussault@chelmsfordma.gov to register.)



- Paperback Books
- Spring Adult Coloring Pages
- BINGO Kits
- Crossword Puzzles/Word Search
- Puzzles
- Cloth Masks
- File of Life Cards
- Limited Medical Equipment available

Please call the Senior Center at 978-251-0533 or email ndussault@chelmsfordma.gov.

THANK YOU AARP TAX VOLUNTEERS!

AARP tax volunteers completed another successful year providing free tax services at the Chelmsford Senior Center. Despite all the restrictions and safety protocols due to the pandemic, five volunteers completed 250 tax returns and answered many, many tax-related questions. ***Thank you to this dedicated crew!***

FRIENDS OF THE SENIOR CENTER

Calling All Friends of the Senior Center

This is the time of the year that many of our Friends think about renewing their Annual Voluntary Contributions. The months of May and June are commonly considered as the beginning of the opportunity to maintain your status as a current and active "Friend" of the Chelmsford Senior Center by making a donation.

Annual Donations to the Friends of the Senior Center, Inc.

Please make checks payable to the Friends of the Senior Center, Inc. Any contribution amount is appreciated. The Friends maintain a cumulative contribution tracking system to recognize our annual donors with name-engraved plates mounted on plaques in the lobby entrance. For annual donors totaling $100 -$499, this is the Contributor Level; for annual donors in the $500-$999 range, Patron Level; and for annual donors totaling $1000 or more, they receive Benefactor Level recognition. The Friends also appreciate gifts in memory of loved ones who have known and participated in the many benefits available at the Center.
Thank you for remembering the Friends in your annual giving plans.

CHELMSFORD LIBRARY

Pop-Up Library Visits the Senior Center!

Friday, May 21 from 10am-11 am in the parking lot.

The library will be visiting the Senior Center with our Pop-Up Library. Masks and social distancing are required, but you can browse our selection, get a new library card, and more! Make sure to check our website https://www.chelmsfordlibrary.org, follow us on Facebook, or join our mailing list to get updates in case we have to cancel due to weather conditions.

50+ Job Seekers Networking Group of Greater Lowell

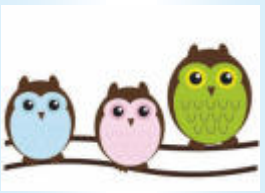
The Group meets the 1st and 3rd Wednesdays of the month, 9:30am to 11:30am, via Zoom.

If you are unemployed and actively looking, underemployed, seeking a new career direction, re-entering the job market after a long employment gap, or recently retired and looking for your "Encore Career," this networking group program is perfect for you. Remember, 85% of jobs are found through networking! Join us in a professional forum for networking with peers in a safe and comfortable environment conducive to developing new relationships and developing skills and strategies to help in your career transition. Each biweekly meeting is facilitated by Deborah Hope, MBA, PCIC. - an experienced executive career coach.

First time attendees need to register at 50plusjobseekers.org.

Chelmsford Senior Center, 75 Groton Rd.,
N Chelmsford, 978-251-0533

Meals on Wheels ONLY Menu MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tuna Sandwich Cole Slaw Mandarin Orange	4 Stuffed Shells Broccoli Apples	5 Chop Suey Garden Salad Mixed Fruit	6 Pizza Caesar Salad Pudding	7 Mother's Day Lunch Chicken Broccoli Ziti Alfredo Cupcake
10 Chicken with Rice & Gravy Corn Peaches	11 Chef's Salad-Ham, Turkey, Cheese, Egg Gelatin	12 Meatball Sub French Fries Cole Slaw Pudding	13 Fish with Tartar Sauce French Fries Broccoli Pears	14 Chicken Jambalaya with Peppers & Onions Chocolate Chunk Cookie
17 Fish Rice Tartar Sauce Mixed Vegetable Pears	18 Taco Salad Cheese Salsa Gelatin	19 General Tso's Chicken Mixed Vegetable Orange	20 Cuban Sandwich-Pulled Pork Ham, Cheese Cole Slaw Fig Bar	21 Lasagna Broccoli Apricots
24 BBQ Chicken Rice Carrots Mixed Fruit	25 Egg Salad Sandwich Cole Slaw Apple	26 Meatloaf Mashed Potato Green Beans Peaches	27 Pizza Pasta Salad Orange	28 Fish Rice Peas Pineapple
31 MEMORIAL DAY CENTER CLOSED				

All meals include milk & margarine. **MENU SUBJECT TO CHANGE WITHOUT NOTICE**. Suggested donation is $2.50 per meal; under age 60, cost is $4.50. This program has been made possible in part by funding from Older Americans Act as granted by Elder Services of the Merrimack Valley.

CHELMSFORD SENIOR CENTER

Calendar

MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 9am Sit & Get Fit 	**4** 1pm Call in BINGO 4:30pm Table of Plenty	**5** 9am Sit & Get Fit 	**6** 9:30am Walk, Meet Senior Center 1pm Coping and Connecting on Zoom: The Healing Power of Nature	**7** 9am Sit & Get Fit
10 9am Sit & Get Fit 1pm Alzheimer's/ Dementia Caregiver Support Group	**11** 1pm Call in BINGO 2pm LGBTQ Zoom 4:30pm Table of Plenty	**12** 9am Sit & Get Fit 2pm Zoom Hat Craft 	**13** 9:30am Walk, Meet Senior Center 	**14** 9am Sit & Get Fit 11:30am-12:30pm GRAB & GO, to register call 978-251-0533 4pm Zoom Happy Hour — Favorite Movies
17 9am Sit & Get Fit 	**18** 1pm Call in BINGO 4:30pm Table of Plenty	**19** 9am Sit & Get Fit 1pm Zoom Ensuring Your Present Estate Plan Meets Your Needs	**20** 9:30am Walk, Meet Senior Center 1pm-2pm Ice Cream Truck Grab & Go, to register call 978-251-0533	**21** 9am Sit & Get Fit 10-11am Pop-up Library visits the Senior Center
24 9am Sit & Get Fit 1pm Alzheimer's/ Dementia Caregiver Support Group	**25** 1pm Call in BINGO 2pm LGBTQ Zoom 4:30pm Table of Plenty	**26** 9am Sit & Get Fit May Full Moon– Flower Moon	**27** 9:30am Walk, Meet Senior Center 	**28** 9am Sit & Get Fit *Enjoy Memorial Day Weekend!*
31 CENTER CLOSED 				

CHELMSFORD TELEMEDIA — PUBLIC ACCESS TV

May 2021 "Senior Block" on CTM COMCAST 8 | VERIZON 38

Mondays: 1pm On the Move (exercise program); 2pm For the Young at Heart (D'Youville Life & Wellness Community production); 2:30pm All Things Aging (Elder Services of the Merrimack Valley production); 3pm Fred's Last Tapes (various PBS programming from 60's through 90's produced by Chelmsford's own Fred Barzyk).

Tuesdays: 1pm Sit & Get Fit with Frankie Vale; 1:30pm Travels with Jack—Tanzania; 2pm Hollywood Classic Movies & commentary

Wednesdays: 1pm On the Move; 2pm Cooking Show; 2:30pm The Savvy Caregiver Program, *caring for those living with Alzheimer's or related dementias*

Thursdays: 1pm Shakti Yoga; 1:30pm All Things Aging; 2pm Scam Presentation for Seniors with Marian Ryan, DA of Middlesex County, MA

Fridays: 1pm Chair Yoga and Meditation for Seniors with Sylvia Thornton; 1:50pm Cooking Show 2:20pm Hollywood Classic Movies & commentary

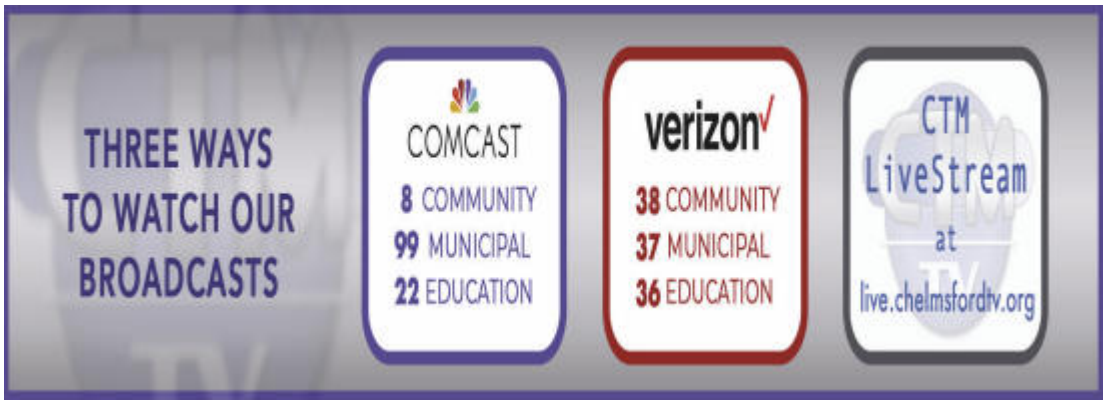
Saturdays: 1pm (also at 8am) Seniorcise with Caroline;1:30pm For the Young at Heart 2pm Scam Presentation for Seniors with Marian Ryan

Sundays: Starting at 5pm Misc. Religious Services & music

May Specials on CTM Senior Block:

Wednesdays at 2:30pm — **The Savvy Caregiver Program**, ***caring for those living with Alzheimer's or related dementias.*** Join us for an information session on The Savvy Caregiver program, a 6-week training program for caregivers who care for someone with Alzheimer's or related dementias. The program is based on the notion that family members who become caregivers need to be trained to assume a new role, caregiving, for which they are unprepared and untrained. Caregivers will be urged to learn, develop and modify their strategies so they can accomplish their role of caregiving, which includes the contented involvement of the person they care for. The program builds information and knowledge about the illness, developing skills to manage daily life, and fosters a different attitude towards caregiving.

Thursdays and Saturdays at 2pm—Scam Presentation for Seniors with Marian Ryan, DA of Middlesex County, MA. District Attorney Ryan discusses the far-reaching impacts of the COVID-19 pandemic including the increase in scams that target older adults and other vulnerable populations.



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HELPFUL INFORMATION

TRANSPORTATION SERVICES

RIDES: $3 round trip within Chelmsford (9am-2pm); $5 round trip for MEDICAL TRIPS ONLY to Lowell/Westford (9am-2pm). All ride REQUESTS must be called in **AT LEAST 2 business days** prior to your appointment. **You will receive a call back to let you know whether or not we can honor your request, based on availability.** ***Masks are required. The protocol for the occupancy in the Senior Center vans allows for up to 2 passengers in the van at one time.***

FRIDAY GROCERY TRIPS (4-bag limit): All Grocery Trip ride requests must be called in AT LEAST 2 business days before Friday trip. You will receive a call back to let you know if we can honor your request, based on availability.

Need a ride to Lahey? Please call 978-251-0533, *based on driver availability*. Cost: $15 roundtrip (additional parking fees may apply).

CareRide is for non-emergency medical transportation, offered by Elder Services of the Merrimack Valley, Inc. Eligibility: 65+ residing in Greater Lowell area (Lowell, Billerica, Dracut, Tewksbury, Dunstable, Tyngsboro, Chelmsford, Westford) with no other transportation available.

SOCIAL SERVICES

…coordinated through the Chelmsford Senior Center…

Please contact **Elena Dear at 978-251-0533.** *Our goal is to help Seniors remain independent in their homes for as long as possible.*

Services available include:

- **Meals on Wheels**
- **Social Service Coordination**
- **Handicap Placards**
- **Small home repairs serviced by volunteers**
- **SNAP (Supplemental Nutrition Assistance Program)**
- **Fuel Assistance**

OTHER HELPFUL INFORMATION

Elder Services of Merrimack Valley, Inc. (ESMV): Provides info. on services/programs supporting older adults. Call 800-892-0890.

Mass Med Line: Concerned with the cost of your prescription meds? MCPHS offers a confidential helpline to all MA residents. Call 1-866-633-1617.

Massachusetts Senior Legal Helpline: 1-800-342-5297. This helpline provides FREE legal information, advice and referral services for MA senior citizens (60+). Call Mon—Fri 9am-12pm.

Fuel Assistance: For help with recertification, call 978-251-0533. For all new Fuel Assistance applications, call CTI 978-459-6161.

COVID VACCINE

If you are 60 plus and having difficulty making a vaccine appointment, please call the Senior Center at 978-251-0533 or email dsiriani@chelmsfordma.gov for assistance.

For current information regarding the COVID 19 vaccine, go:
https://www.mass.gov/covid-19-vaccine

To schedule an appointment go to:
https://vaxfinder.mass.gov/

If you do not have a computer, or someone who can help you make an appointment, dial 2-1-1 and press option 2 for vaccine scheduling Monday—Thursday 8:30am-8:30pm and Friday—Sunday 8:30am-5pm.

Fewer than 50% of eligible Seniors receive SNAP benefits to assist with purchasing food and groceries. **You could be eligible!**
Contact Elena Dear at the Senior Center at 978-251-0533 or Jen Melanson, Community Services Coordinator at 978-254-0446.

SENIOR RESOURCES/ Q & A

Is the Senior Center open? The Center is open for limited programs with prior registration only. In addition, the staff is available Monday through Friday to answer questions and provide assistance.

Can I get Meals on Wheels? We are sending out Meals on Wheels to homebound seniors each weekday. If you or someone you know is in need, please call 978-251-0533, and ask for Elena Dear. The Meals on Wheels team has strict protocols and social distancing guidelines to keep everyone safe.

Can I still get Transportation? Transportation Services are available for medical, food, and other essential services. Please call 978-251-0533.

Can I still get medical equipment from the Senior Center? We have a limited amount of equipment to offer. Please call us, and we can arrange a pickup time. Please call Elena Dear at 978-251-0533 for any medical equipment donation arrangements.

TAKE CARE OF YOURSELF. Take care of your emotional health and help others do the same. If you need emotional support during these stressful times, call 2-1-1 and choose the CALL2TALK option. **Call the Samaritans.** During this unprecedented time, it can feel overwhelming to receive constant messages about COVID-19. Call or text the free, confidential 24/7 helpline at 877-870-4673.

MEDICARE QUESTIONS? Contact the SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program and a certified counselor will offer FREE confidential counseling. Call 1-800-AGE-INFO (1-800-243-4636) and press 4, leave your name, phone number and town. A counselor will call you back as soon as possible.

COMMUNITY RESOURCES

TABLE OF PLENTY Grab 'N Go Meals on Tuesdays serving from **4:30pm—5:30pm** at the Chelmsford Senior Center. Please wear a face mask and do not leave your car. For more information or the weekly menu, please contact us at 978-710-8328, email us at tableofplentyinchelmsford@gmail.com or visit our Facebook page.

CHELMSFORD FOOD PANTRY The Chelmsford Community Exchange is ready to assist residents in need of supplemental foods. The Food Pantry is located behind the Town Offices (50 Billerica Rd.) adjacent to the ball fields. Their hours of operation are Wednesday: 5pm – 8pm; Thursday: 2pm-4pm; Friday: 6:30pm-8pm.

COMMUNITY TEAMWORK Resource Center/General Emergency Referrals, call 978-654-5607 or email CovidResponseCTI@commteam.org

ELDER ABUSE HOTLINE If you are concerned about an older adult (age 60 or older), and have reason to believe he/she is a victim of elder abuse, neglect, self-neglect or financial exploitation, call the MA-based **Elder Abuse Hotline** at **1-800-922-2275, operating 7 days a week, 24 hours a day.**

NURSING HOME FAMILY RESOURCE LINE Families with loved ones in nursing homes in MA can call **617-660-5399** to get information and resources. Call 9am-5pm, 7 days a week.

WILLIAM JAMES INTERFACE REFERRAL SERVICE
Referral Service Helpline 888-244-6843 (toll free), Monday—Friday 9am—5pm
The William James INTERFACE Referral Service is a mental health referral service and is not designated to respond to urgent situations where someone's well-being is an immediate and serious risk.

SCAMS ARE ON THE RISE.

BE ESPECIALLY AWARE OF SCAMS:
Do NOT provide any personal information over the phone or on the computer.
The government will NOT call to request any bank account, social security or other information.

VIRTUAL PROGRAMMING

Hat Craft on Zoom

Wednesday, May 12, 2pm, Zoom

Join in on the Zoom craft fun to decorate a straw hat for door decoration or to wear!

Call 978-251-0533 or email Natalie at ndussault@chelmsfordma.gov to register, then come by the Center to pick up your kit. You will need scissors and glue for this project.

Ensuring Your Present Estate Plan Meets Your Needs

Wednesday, May 19, 1pm, Zoom

Attorney Tamburro will cover basic questions that will help you get the most out of your estate plan. He will also go over the following topics: When is it the right time to meet to discuss new estate planning needs? Are you sure your estate plan will be carried out correctly when needed? What estate documents do you currently have? How old are they? Call 978-251-0533 or email Natalie at ndussault@chelmsfordma.gov and you will receive a link to join the meeting.

Friends Café Social on Zoom

Call or email Natalie to register 978-251-0533 or ndussault@chelmsfordma.gov and you will receive a link to join the meeting.

Favorite Movies Zoom Happy Hour

Friday, May 14, 4pm — 4:45pm

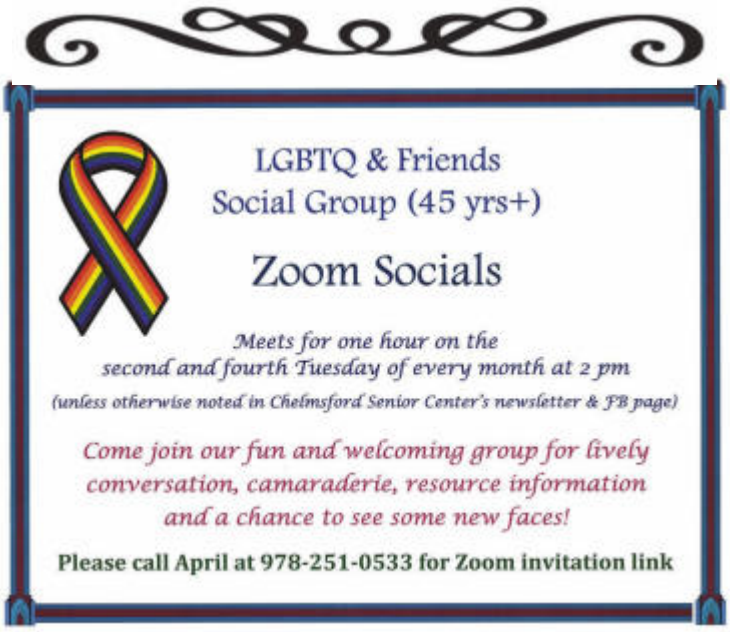
Drop in this fun Zoom to chat about your favorite movies!

Coping and Connecting Series hosted by William James College, Katherine King, PsyD, Clinical Psychologist and Doctoral Students

The Healing Power of Nature
Thursday, May 6, 2021, 1-2pm

As the weather gets warm, many of us are drawn to spending more time outside. Did you know that time in nature not only feels good, but is good for us? In this session, we will discuss the surprising mental, emotional, and physical health benefits of spending time in nature. We will brainstorm ways of getting outside more often, reminisce about past adventures in the great outdoors, and discuss how to savor these experiences and get the most out of the glorious weather coming our way.

Telephone Call In:
Dial: 1-312-626-6799
then Meeting Number: 8-414-475-4192
Zoom Video Link:
https://williamjames.zoom.us/j/84144754192



Alzheimer's/Dementia Caregiver's Support Group (open to all):

Meet the second and fourth Monday of each month on Zoom at 1pm. Newcomers are welcome and encouraged to join, 18 years plus. Please call Colleen or April at 978-251-0533 to register.

Buried in Treasures Workshop:

The group meets every Wednesday via video conferencing. Please contact April at 978-251-0533 x 6171 or ahunt@chelmsfordma.gov for more information. (Please note this is a closed group for registrants only.)

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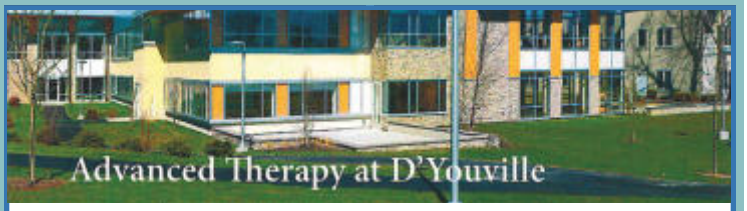

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Friday, May 14, 11:30am—12:30pm
Join us for our May Grab & Go lunch at the Chelmsford Senior Center in honor of Older Americans Month! Menu is Chicken Jambalaya. Call 978-251-0533 to reserve a meal by Friday, May 7. Please wear a mask. We look forward to seeing you!

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