



# BOLTON SENIOR CENTER

December  
2020

**THE CENTER IS CLOSED  
FOR ALL ACTIVITIES UNTIL  
FURTHER NOTICE.**

IF YOU HAVE ANY QUESTIONS  
OR NEED HELP GETTING  
FOOD OR SUPPLIES GIVE US A  
CALL! PHONE: 978-779-3313  
or 978-779-3314



@ Bolton COA

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[www.townofbolton.com  
/council-aging](http://www.townofbolton.com/council-aging)



**Happy December!**

**November left us feeling very thankful our Bolton community. Thanks to the generosity of the Friends of Bolton Seniors, we were able to provide 100 Thanksgiving dinners to Seniors in Bolton. Rotary was so kind to donate 50 mums for us to distribute to folks also. Everyone that took part in these events felt the love of their community.**

**With the Holidays approaching, we want to make sure everyone has what they need. If there is any way we can lend support to you, please reach out and let us know. We have volunteers willing to help with food shopping, lend an ear on a phone call, help you learn how to Zoom or use social media to stay connected. We can also schedule a van ride to an appointment, help you find a snow removal option, help with fuel assistance applications or SNAP benefit applications, and much more.**

**We are here for you!**

**Warm thoughts,  
The Bolton Council on Aging**



# STAFF, CONTACTS & CENTER INFO

## COA BOARD

### Chairman:

Panny Gerken

### Board Members:

Barbara Brown Charles McCormack

Shirley Sefton Carol O'Loughlin

Bonnie Jaffe Corinne Mackie

Doris Ettinger Tom Byron



## STAFF

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Heather Goodsell

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**Please remember– If you are experiencing an emergency call 911 for police or fire assistance.**



We are excited to be forming a new organization called Nashoba Neighbors in Bolton, Lancaster, and

Berlin! Our purpose is to help older adults stay in their homes by providing assistance and community.

Here are some questions that we get:

**Will you have an office?** Nashoba Neighbors is a virtual village, we will have no physical location. We have studied other villages and concluded that it is the most cost effective way for us to operate. Other villages that do have an office and paid staff need to charge their members a higher annual fee.

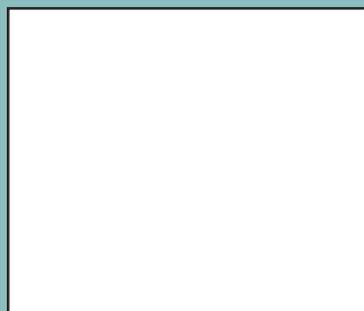
**Will you have a paid staff?** We will be run entirely by volunteers. Many of the volunteers will be members but we will also reach out to those in our communities who would like to volunteer.

**Are there other villages close by?** The closest village is Groton Neighbors (<https://www.grotonneighbors.org/>). They have been a great help to us in offering advice. Other villages are located in Newton at Home (<https://www.newtonathome.org/>), Villages of the Berkshires (<https://www.villagesoftheberkshires.org/>). There are more than 15 others in Massachusetts and another 10 in formation.

We want to start spreading the word about Nashoba Neighbors. Right now we are busy behind the scenes and won't enroll members and volunteers until the time is right. We do want to gather names and email addresses of people in our community who may be interested in learning more and keeping up to date with our progress. We are also looking for people to help us create and lead Nashoba Neighbors.

You can email Catherine Pfau at [catherinepfau@gmail.com](mailto:catherinepfau@gmail.com) or call at 978-337-3059 or Susan Henry at ([sfh744@mail.harvard.edu](mailto:sfh744@mail.harvard.edu)). Feel free to send us your questions as well!

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## Have you been procrastinating? Do you have a Will or Estate Plan?

### JOHN J. COSTANZO, ESQ.

713 B Main Street, Bolton, MA 01740

Phone: 781-643-1070

Email: [JCOSTANZO@JOHNCOSTANZOLAW.COM](mailto:JCOSTANZO@JOHNCOSTANZOLAW.COM)

Website: [WWW.JOHNOCOSTANZOLAW.COM](http://WWW.JOHNOCOSTANZOLAW.COM)

- Wills and Trusts
- Health Care Proxies and Powers of Attorney
- Estate Tax Planning
- Life Care & Elder Care Planning



# FITNESS CLASSES

Winter Fitness— We have shifted to online fitness classes for the winter months. For the time being we will hold our classes via Zoom.

Wednesdays @ 10AM Zumba Gold® w/ Deb Oliva. Cost: Free!

Thursdays @ 10AM TaijiFit w/ Kris Higgins. Cost: Free!

Thursdays @ 11AM Silver Sneakers® w/ Kris Higgins. Cost: Free!

Please call or email Heather (978-779-3314 or [hgoodsell@townofbolton.com](mailto:hgoodsell@townofbolton.com)) for the link to classes!



## Silver Sneakers® Classic

This class is designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.



## “New” Zumba Gold®

Zumba Gold® is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower intensity. The design of the class introduces easy to follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepared to leave empowered and feeling strong!

## TaijiFit

TaijiFit incorporates Tai Chi, strength, balance, and stretching. It is a fun way to exercise. Coordination is not required, but a sense of humor is! This is a low impact, gentle class.



## A NOTE FROM OUR REP— KATE HOGAN



### Year End Greetings

As we turn another page on our 2020 calendars, I think we can collectively look back and agree that it will be nice to put this unusual year behind us. But before we do that, I'd also like to shine a light on some of the good that was accomplished.

The COVID-19 pandemic disrupted our daily schedules, our social lives and family time; it also upended the Massachusetts legislative session this year. Despite the unforeseen changes in our schedule and legislative priorities, my House colleagues and I worked hard to meet the unique challenges that 2020 presented.

Before the pandemic, we were on track to pass an historic **transportation bill**, similar in scope and ambition to the landmark **investment in public schools**, known as the *Student Opportunity Act*, that the legislature enacted in 2019. Instead, however, my colleagues and I had to redirect our efforts to the COVID-19 State of Emergency. We passed major legislation that included provisions to **extend unemployment benefits**, **protect public health**, and institute landmark provisions for **remote voting in the House** and **mail-in voting for local, state and federal elections** held in 2020. The emergency legislation also included one of the strongest moratoriums in the country **protecting tenants and homeowners from eviction and foreclosure** and created **opportunities for restaurants** to serve alcohol, beer and wine for carry out service.

Working with our colleagues in the Senate, we also set out to address important healthcare, economic, climate and policing reform issues with new, comprehensive legislation. Additionally, I'm also proud of the important legislation that was enacted earlier in the 191<sup>st</sup> Session, including nation-leading legislation to **modernize tobacco control and ban all flavored tobacco**; **reduce distracted driving**; protect college students by ensuring **higher education financial stability and oversight**; **ban conversion therapy for minors**; ensure no student in-need would go hungry by requiring **breakfast after the school bell**, and provide supplemental funding for **women's reproductive health** organizations as a result of federal cuts to the Title X program, which was included as part of a supplemental state budget. We voted to help protect the most vulnerable children and families in the Commonwealth by lifting a **decades-old family welfare cap** and passed legislation creating a care registry to **protect persons with intellectual or developmental disability from abuse**. To address the complex health and wellness needs of the Commonwealth's 1.4 million children, the House led efforts this session passing comprehensive legislation to ensure increased access to services and a more holistic approach to **children's health and wellness** supports.

It was quite a year, but our work continues. I welcome your input and opinions on bills that are before the House and you can always monitor and track the status of legislation at <https://malegislature.gov/>. I'll also provide an update on what passed and how it will affect you as a senior in the Commonwealth. Now let's get started with a New Year and a new legislative session!

**Contact Rep. Hogan:** My (virtual) door is always open. If you need assistance or would like to contact me, please call me at (617) 722-2199 or email me at [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov).



Kate

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# GREAT NEWS FOR THE HARD OF HEARING!

*CaptionCall is a no-cost captioned telephone service that allows eligible people with hearing loss to read what a caller is saying - giving you the confidence and independence to use the phone again without worries. To be eligible for the service, you must have hearing loss that necessitates the use of captioned telephone service. The CaptionCall phone displays big, easy-to-read text that automatically scrolls during your conversation. It dials, rings, and works just like a regular phone. CaptionCall provides "red-carpet service" that includes more than just a no-cost phone and captioning service. You get no-cost installation, hands-on training, and ongoing customer support. Your satisfaction is guaranteed. CaptionCall is an FCC-authorized captioned telephone service provider and is compensated by the government for providing this service. No costs are passed on to qualified users.*



*To learn more, please join our Zoom presentation on Tuesday, January 19 at 10 AM. Our MA Account Manager, Peter Johnson, will demonstrate the CaptionCall products, answer questions, and assist attendees who are hard of hearing with ordering the phone and services at the conclusion of the presentation. Please call or email Heather for more information or if you wish to attend.*



As we wrap up the 2020 Open Enrollment period we wanted to let you know that SHINE (Serving Health Insurance Needs of Everyone) Counselors are still available to guide you through your Medicare questions or issues. Although they have temporarily suspended their face-to-face appointments, counselors are still available to meet with you via Zoom or over the phone consultations. If you are interested in making an appointment to "meet" with a counselor during Open Enrollment time, please call or email Heather @ 978-779-3314 or hgoodsell@townofbolton.com.



# RESOURCES FOR SENIORS

State resources: [www.mass.gov](http://www.mass.gov)  
 Alzheimer's resources: [www.alz.org](http://www.alz.org) (800-272-3900)  
 Unemployment: [mass.gov/unemployment/convid-19](http://mass.gov/unemployment/convid-19)

Montachusett Home Care: [www.montachusetthomecare.org](http://www.montachusetthomecare.org) (978-537-7411)  
 MOC Nutrition (Meals on Wheels): 978-345-8501 ext 2

## Snow Removal Resources

The COA has a list of plowing companies and snow shovelers for hire.



If you are in need of snow removal, please reach out to Lisa or Heather.

## Grocery Shopping, Pharmacy Run & More...

If you find yourself needing groceries, the pharmacy, the post office, or any other errand, WE CAN HELP! We can offer support and connect you to needed services and resources. We have a number of volunteers willing to pick up groceries, prescriptions, take in mail and help you navigate through any difficulties you might be experiencing. Please call us @ 978-779-3314, for help!

**Books To Go:** A great service for homebound Bolton residents. If you, or someone you know, would benefit from this FREE monthly book delivery program, please contact the Bolton Public Library for more information. Call 978-779-2839 and speak to Kelly.



**Transportation:** The MART van is available for medical appointments & essential trips. To schedule a ride, please call 978-779-3314 at least 2 business days in advance.



Acton	\$3
Ayer	\$5
Berlin	\$1
Bolton	\$1
Clinton	\$1
Fitchburg	\$5
Harvard	\$2
Hudson	\$2
Lancaster	\$1
Leominster	\$3
Marlborough	\$3
Southborough	\$5
Sterling	\$3
Stow	\$2
Worcester	\$5

We have recently reviewed our MART Van Fee's and lowered most of them! Listed are the round trip prices.

There is a 2 rider MAX on the van, most rides are just one rider.

Masks are worn by the rider and driver at all times.

The van is thoroughly sanitized between each rider.

If you do not see a town listed, please call us for pricing info.

# FRIENDS OF THE BOLTON SENIORS



## **SENIOR ASSISTANCE FUND:**

FOBS provides funds to Bolton seniors in need for unforeseen or emergency assistance. No one should have to make the decision to sacrifice essentials such as food or medication because of a financial crisis or unforeseen expenses. If you or someone you know is in need, we can help. For more information contact Mary at 978 779-5145 or at [fobsma@gmail.com](mailto:fobsma@gmail.com).

## **FOBS is looking for assistance....**

Let us know if you know anyone who would like to join our board (it is truly only 11 meetings a year and then ad hoc support). Everyone is welcome, and we would especially like to see a couple of seniors.



We wish everyone a very safe and happy Holiday Season. Happy Hanukkah, Merry Christmas, and a Happy New Year!

# ALCOHOLICS ANONYMOUS



Are you worried about your drinking? If you want help, Alcoholics Anonymous offers a solution for all ages and living situations.

To speak with an AA member contact: Worcester Area Intergroup Helpline: 508-752-9000, staffed 24/7/365 or email [steps@aaworcester.org](mailto:steps@aaworcester.org) or Boston AA Central Service: 617-426-9444 Mon-Fri 9AM-9PM/ Sat, Sun & Holidays 12-9PM or go to [aaboston.org](http://aaboston.org) for more information.

# NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



# DECEMBER HAPPENINGS



## VNA NURSE VISIT

VNA Nurse will be available for *Wellness Checks* on *December 1st from 9:30-11:30 AM* by appointment only. Call Heather at 978-779-3314 to schedule an appt!

## Holiday Fraud Prevention

Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation will lead a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them, and identity theft and fraud prevention on *Tuesday December 15th at 1PM*. Registration is required, Contact Heather to sign up!



## Reverse Drive Thru

On *December 16th at 12PM* we will have a reverse drive thru at the Town Common!! Bring a new, unexpired item to donate to the CARE Food Pantry and be entered in a raffle to win a Walmart gift card!

*Some items in high demand are: pasta, plain sauce, cereal, canned veggies, tuna, chicken & fruit, peanut butter, jelly, mac & cheese, and small bags of rice.*



## Holiday Hot Chocolate

Join Heather & Lisa on *Wednesday, December 9th at 4PM* as we virtually sip hot chocolate together and chat about our favorite holiday traditions and memories! Please let Heather know by 12/7 if you plan to attend, so she can drop off your "cocoa care package"!

## Bolton Access TV

Don't miss our prime time lineup of great local programming! Each week Bolton Access TV will be airing shows focused on Senior interests. Below is the *December Schedule*. If you have an idea for a topic, call or email Heather.

## SENIOR SPOTLIGHT

Week of:

### December 6th

3PM –Aging in Place-2018 COA Presentation  
4PM - Timing is Everything-Coping with the Holidays, Part 1

### December 13th

3PM - COA Fitness Class– July 2020  
4PM - Timing is Everything-Coping with the Holidays, Part 2

### December 20th

3PM - Concord Band Holiday Pops Concert  
4PM - Kathy Neptune's Kitchen-Christmas Breakfast

### December 27th

3PM - Nashoba HS Band Holiday Concert from 2016  
4PM - Nashoba HS Choral Holiday Concert from 2016

Special Holiday programming will also air daily at 8PM and 10PM throughout the month!  
These programs can be found on Comcast channel 8.

Holiday Drive Thru– *December 21st at 12PM* we will be handing out holiday goody bags at the Bolton Town Common! Simply drive into the common parking lot between noon and 1PM and pick up your treats. We may even have some special elves helping us! Supplies are limited.



## Taming Your Mind with Mindfulness Techniques

Presented by Janet Fontana, RN and Certified Health Coach , Sponsored by Blue Cross Blue Shield.

When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join us *Tuesday, December 8th at 2PM* to practice a mindful breathing exercise and a five-minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations. Call or email Heather for the link to this event.

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Bolton Senior Center  
600 Main St.  
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How many SNOWFLAKES can you spot in the newsletter?

Call or email Heather with your answer and be entered to win a prize!

Last Month *Rona Balco* won a gift card to Bolton Orchards! The correct answer was 12 Turkeys!!  
(978-779-3314 or [hgoodsell@townofbolton.com](mailto:hgoodsell@townofbolton.com))

## FUN FACT ABOUT BOLTON!

### Christmastime at The Cracker Barrel

Before the big box stores, small, local businesses were places where you could go and have a chat with a friend while you shopped. The Cracker Barrel was that kind of place. Built in 1820 on the corner of Main Street and Wattaquaddock Hill Road, the store operated under 17 different owners with different names for around 150 years. It was last named The Brick Store before being sold to a real estate business in 1973. But back in the 1940's it was owned by Warren Colby. It was Warren who restored the building to its original brick red with white trim after discovering the true colors in an old doorway that had been boarded up for fifty years. He named the store The Cracker Barrel and supplied it with more than just groceries; it also carried shoes, boots, slippers and socks, skis, tools, paint, housewares, and small appliances. Weekly flyers announced the specials; and during the month of December the flyers were filled with Christmas items. The store sold Balsam trees for 50 cents to \$2.00, Christmas tree lights, wrapping paper, ribbon and cards, and games and toys. Food for the holidays included oysters, Devonshire plum pudding, Schraffts gift boxed chocolates, spices to make Wassail and local turkeys. The Cracker Barrel also had a "Milk Bar." One flyer announced: "To wish you a Merry Christmas, Alice Santa Claus Smith will be serving free coffee all day Wednesday Dec. 24<sup>th</sup>. Hot chocolate will be served to the young and to those otherwise not wishing to indulge in stimulants." Having stood vacant for several years, the fate of Bolton's old general store was uncertain; but fortunately, the Winner family of Bolton recently bought the building with plans to return it to a general store, using the back portion as a community space where people can come together and be creative.

*Many thanks to Mary Ciummo and the Historical Society for this contribution!*

