



Medicare Open Enrollment ends December 7th.

Last Chance to Meet a SHINE Worker, Monday, December 5 – pages. 5 & 12

HIGHLIGHT OF UPCOMING EVENTS:

- Dave's Diner, Dec. 5, p. 6
- Nurse Talk, Dec. 7, p. 6
- Silk Scarf Painting Workshop, Dec. 8, p. 6
- Coping with the Holidays, Dec. 12, p. 5 & 7
- Holiday Light Tour, Dec. 12. p. 7
- Boxwood Tree, Dec. 13, p. 7
- Holiday Party, Dec. 14, p. 7
- Sodium Talk, Dec. 15, p. 7 and 10
- Reiki Clinic, Dec. 15, p. 5 and 7
- Twin River Casino, Dec. 21, p. 7
- Colonial Inn, Dec. 28, p. 7



HOORAY, WE PLAN TO BE OPEN FOR BUSINESS AT OUR NEW HOME
(Pompositticut Community Center. Located at 509 Great Road) DECEMBER 1st!
In the near future (once we are settled in), we will have an Open House and Tours!
(Pardon our appearance & please bear with us while we get everything set up)!

**Our Best Wishes for a Joyous Holiday Season! From all the staff at the Council on Aging
Office Closed Monday, December 26 for Christmas.**

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STOW COUNCIL ON AGING

Pompositticut Community Center

509 Great Rd. Stow, MA 01775

Monday - Friday 8am - 4pmE-mail: coa@stow-ma.govWebsite: www.stow-ma.gov**Tel. # 978-897-1880****Fax # 978-897-0486****Mission Statement**

The Town of Stow Council on Aging is here to provide support to those age 60+, by being a resource of information on elder affairs, providing social activities, outreach services, and helping people remain in their homes as long as safely possible.

Council on Aging Staff

Alyson Toole, Executive Director

Dave Ashman, FT Van Driver/Dispatch

Sharon Funkhouser, Outreach/Vol. Coord.

Betty Sauta, PT Van Driver

Suzanne Howley, Outreach Worker

Jim Sauta, PT Van Driver

Gigi Lengieza, Front Desk Coordinator

Chris Schuch, PT Van Driver

Council on Aging Board Members

William Byron, Chair

Susan Matatia, Member

Newton Wesley, Vice-Chair

Susan Pauley, Member

Ruth Delmonico, Secretary

Brian Burke, Associate

Ruth Banfield, Member

Rep. Kate Hogan, Associate

Stephen Dungan, Member

(COA Board meets on the 2nd Thursday of every month at 10 am at the COA)

Transportation Services

We provide van service to Stow residents 60+ and those with disabilities. Important policy reminders are highlighted below:

- **Scheduling a Van Ride:** **All van reservations must be made by calling the COA between 8 - noon at least 24 hours in advance and speaking with the Transportation Coordinator.** For example, when scheduling a ride for Monday, the call must be received by 12 noon on the Friday before.
- **Van pick-ups start at 8:30 AM, with the last pick-up to return home no later than 3:00 PM.**
- Our Service area (originating from Stow) is: Acton, Bolton, Boxboro, Concord, Harvard, Lancaster, Maynard, Marlboro, and Sudbury. Please have the exact destination with the phone number when you book rides.
- **Please be ready 15 minutes before your scheduled van pick up.**
- Our van service is **pick up** and **drop off** only.
- Our van drivers must follow their assigned schedule and are not allowed to make last-minute changes to the schedule in order to accommodate the rider's request unless authorized.
- Also, we can't provide individual shopping trips if scheduled on the same day/ time as our group shopping trip.
- Meal site, Food Pantry, COA Office: FREE
- Stow only: \$2 one-way or round trip
- Out-of-Town Rides: \$3 one-way or round trip
- Volunteers may be available for medical appointments outside service area or business hours.

Card Games

Social Bridge - all levels welcome. Tuesdays at 1 pm, COA.
FREE. Please RSVP.

Exercise Classes

Qi Gong: Instructor Carolyn McDonald
Monday, 9 am at the Community Center. Free.
Come join us for gentle movements that help with balance, breathing and energy. The Principles include upright, relaxing, tranquility and empty.

Aerobics: Instructor Terri Zaborowski
Monday, Wednesday, Friday, 10 am, at the Community Center, \$3.
Start with some rhythmic stretches and a 5 minute warm-up followed by a lively 20 minute aerobic routine, 5 minute cool down and 30 minutes of muscle toning and strengthening using hand weights. This class is for all fitness levels. Routines and exercises can be modified to individual needs. Please bring a set of weights and a water bottle to class.

Tai Chi: Instructor Eric Frost
Tuesdays, 1 pm, at the Community Center, \$3. Come learn about this Meditation in Motion, Tai Chi movements are calming and peaceful. The fluid movements can improve circulation and breathing.

Zumba Gold: Instructor Terry Kessel Myers Coney,
Tuesday and Thursday, 10 am, at the Community Center \$2.
Stop by and enjoy the fun in the Zumba Gold class, with warm-up, dance/exercise and a cool down, all to upbeat Latin and international music. You do as much or as little as you can, and we always have lots of fun.

Stretch and Smile: No instructor, Friday, 9 am at the Community Center.
Free. Come join us for stretching and gentle movement, partly as chair exercises. We work from a DVD.

Yoga: Instructor Terry Kessel Myers Coney.
Friday, 9 am at the Community Center. \$5/class or \$24/8 weeks.

Creativity Classes

Art Class: Instructor Kristen Donovan
Mondays, 10 - Noon, at Community Center. Donation requested.

Craft Class: Mondays, 12 - 4 pm class begins at 1pm - FREE
This class has reached its maximum enrollment. We will be happy to notify you when a space becomes available.

The Bee: The 1st and 3rd Wednesday 1:30 - 3:30 pm at the Union Church.
For hand spinning, quilting, knitting and textile related work. Quilters, knitters, felters, workers in any quiet fiber craft.

Outreach Services

Information and Referrals on Home Care Options, Advocacy, Home Visits, Are You OK? (daily well-being checks), Fuel Assistance, SNAP (Food Stamps), Friendly Visitors, Volunteer Drivers, Support Groups and much more! Call Sharon or Suzanne any time. We can visit right away. You may refer someone else who might need services. If you suspect elder abuse or neglect (no proof needed) make a confidential call immediately.

COMMUNITY SERVICES COORDINATOR

The Community Services Coordinator is available to provide information and make referrals to various programs and agencies. Areas of assistance include financial supports, housing options, legal assistance, disability services, mental health services, children and family resources, and caregiver resources. For more information contact: Lauren Abraham, at the Community Center, 978-897-2638,
Email: townsocialworker@stow-ma.gov.
Hours: Monday & Wednesdays 8 am – 4 pm.

VETERANS INFORMATION

*Questions regarding veterans' benefits, please call Joe Jacobs, Stow's Veterans Agent. New office hours are Tuesday's 1-3 at the Community Center. Contact info: Cell Phone 978-290-0278 (best number), Home 978-562-7359, or
E-mail jck10@verizon.net. As always, Joe will be available to meet at any time during the week.*

FREE FOOD

Stop & Shop of Wayland is generously donating food **EVERY MONDAY, WEDNESDAY & FRIDAY** to our Senior Center. Feel free to stop by **from 10 am to 3:30 pm** to see what's available. (If Monday is a Holiday, we normally get food on Tuesday instead). The Fridays that the Food Pantry is open, the food goes there first, and then after 11 am it is delivered to the COA. The Council on Aging makes every attempt to first distribute this food to the Stow Food Pantry, Stow low income housing, and Stow's most needy citizens. The remainder is distributed at the COA office for any Stow resident. Donations appreciated.

FUEL ASSISTANCE

We will be taking SMOC fuel assistance (heating) applications for low-income Stow residents (homeowners/renters) of all ages. Income limits are \$34,001 for one person and \$44,463 for two people. Income documentation is required for all family members over 18, as well as Social Security cards and photo IDs. Other documentation is also needed. Applications are taken by appointment only at the COA. Questions? Call Suzanne on Tuesdays through Thursdays 9-2 at (978) 897-1880.

FREE COMPUTER HELP

If you need computer/printer help – buying/getting one for free, set-up, tutoring, file transfer etc, please call COA. We will arrange an appointment with a computer expert who will visit you.

PODIATRY & BLOOD PRESSURE CLINICS

Day & Time: **Wednesday, December 7, 9:30 and 10 am**

The **Podiatrist** is here at the Community Center from 9:30 am -12 noon by appointment. Please make checks for \$20 payable to "Dr. Jack Luber". Home visits are \$30. Call the COA to make your appointment. The **Blood Pressure Clinic** is held in the Town Nurse office at the Community Center, 10 am to 12 noon. Walk-ins welcome.

MEDICARE OPEN ENROLLMENT ENDS ON DEC. 7

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice that outlines changes to be made to your plan for 2017: It is important to review, understand and save this information. During **Medicare Open Enrollment, which ends on December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE (Serving Health Insurance Needs of Elders) counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call the COA!

SHINE (Serving Health Insurance Needs of Everyone)

Call the COA to schedule your private one hour consultation with Jackie, our Shine Counselor every Monday morning at the COA. For immediate assistance, call Minuteman Senior Services, SHINE Department at 781-221-7029.

TOWN NURSE

If you have a medical issue or you're not feeling well and you want to discuss it with a nurse, please contact Tamara Bedard, RN from Nashoba Associated Services. She will be available Monday-Friday 8:30-4:30 by phone at 978-772-3335 X340. ***The December NurseTalk will be an open question and answer forum on December 7 at 12:15 pm.***

TOWN SOCIAL WORKER TALK COPING WITH THE HOLIDAYS

"The Holiday Blues: How to find joy during stressful times"

Monday, December 12, 10 am. Please sign up. See pg. 7 for details.

FREE REIKI CLINIC

Day & Time: **Thursday, December 15, 1-2:30 pm**

Marie Patrice Masse has generously donated her time to share her knowledge and healing energy with Stow seniors. Bring your aches and pains and experience it. FREE. Please sign up!

DURABLE MEDICAL EQUIPMENT

Try us **FREE** before you buy. Our inventory varies daily. We have gently used walkers, wheelchairs, shower chairs, canes, commodes and more.

DO YOU HAVE A COA KEY TAG?

We are using a scanner key tag system called "My Senior Center" to manage our attendance records to COA events. It eliminates having sign-up sheets for everything going on at the COA. Each time you attend a talk, class, event, or pick up food here, just use your blue tag and our computer touch screen. Your name will pop up, and then you touch the activity that you are attending and then press "done."

It is a simple process, but the records it produces are very important. It allows us to track attendance to judge the popularity of the events for future planning. The Executive Office of Elder Affairs requires annual reports that we gather from this data. It also effects the funding we receive.

Registering will give us an emergency contact person if you have a medical problem on one of our trips or events. If you don't already have one, stop by the COA and fill out the necessary form and pick up your key tag.

TRIPS/EVENTS

Policy: You can't sign up until the 1st of the month! To register you must pay if more than \$5. We will not accept phone calls to sign up for trips over \$5. Stow seniors have priority. Out-of-towners will be put on a waiting list until the deadline for the event, then called if space allows. If you cancel, your money will **NOT** be returned **unless** we can fill your seat. If you are paying by check, please make checks payable to SFCOA. We will meet at the **Union Church (blue door) parking lot for all out-of-town events.** Please park at the back of the lot near the woods. If we do not have a **minimum of 5 paid attendees**, the event will be cancelled.



WEEKLY GROCERY SHOPPING:

MONDAYS at SHAW'S at 10 am.
December 26 has been moved to Tuesday December 27

SHOP & LUNCH

FRIDAYS at 11 am

- 12/02 - Target/Solomon Pond Mall, Marlboro
- 12/09 - Wegmans/Mall/Lunch, Northboro
- 12/16 - Christmas Tree Shop, Shrewsbury
- 12/23 - Walmart/Lunch, Hudson
- 12/30 - Market Basket/Lunch, Hudson

ERRAND RUNS ETC...

If you want to go to a local store (within our transportation service area - see page 2 for details), you may call the COA by **12 noon** the day before you want to go. You do **NOT** have to wait for Friday.

DINER OF THE MONTH

DAVE'S DINER, MIDDLEBORO

Day & Time: Monday, Dec. 5, 10:30 am

Cost: \$4 for van + cost of lunch (cash)

Sign up by: 12/1 **Limit:** 20

50's décor - all kinds of eggs, omelets, pancakes, waffles! Fresh seafood!

NURSE TALK

Day & Time: Wed., Dec. 7, 12:15 pm

Cost: Free, please sign up

This month will be an open forum with Tamara Bedard, R.N. Bring your questions.

SILK SCARF PAINTING WORKSHOP

Day & Time: Thursday, Dec. 8, 1 pm

Cost: Free but you must register

Sign up by: 12/6 **Limit:** 10

Join Karen Halloran for this very popular workshop. All materials are provided. Sources for additional supplies (if you want to make more at home) will be provided. Space limited, sign up soon!

COPING WITH THE HOLIDAYS

Day & Time: Mon., Dec. 12, 10 am

Cost: Free, please sign up.

Sign up by: 12/9 **Limit:** 20

"The Holiday Blues: How to find joy during stressful times"

Do the holidays overwhelm you? Do you wonder if you're the only one dealing with sadness and anxiety this time of year? You're not alone! Social pressure can put a damper on a joyful time of year, especially if you are also caring for a loved one. Join the Community Services Coordinator to talk about mood changes related to the holidays and learn self-care strategies to set yourself up for success.



HOLIDAY LIGHT TOUR

Day & Time: Mon., Dec. 12, 4:30 pm

Cost: Free, please sign up.

Sign up by: 12/8 **Limit:** 20

Join us for a jolly ride on the van through local decorated neighborhoods full of lights.

HOLIDAY BOXWOOD TREE ARRANGEMENT

COA

Day & Time: Tuesday, Dec. 13, 1 pm

Cost: FREE, sign-up required.

Sign up by: 12/6 **Limit:** 8

Betty Sauta is generously providing her expertise and will lead a class in creating your very own holiday boxwood tree arrangement. All materials will be provided.

HOLIDAY PARTY AT POMPO

Day & Time: Wed., Dec. 14, Noon

Cost: FREE, registration required!

Sign up by: 12/12 **Limit:** 40

Celebrate the season! Please bring a donation of nonperishable food for the pantry.!

SODIUM TALK, MEAL SITE

Day & Time: Thursday, Dec. 15, 12 Noon

Cost: Free, (if no lunch), please sign up.

Sign up by: 12/13

Learn ways to limit your sodium intake from Minuteman's Registered Dietician, Denise Mercury. (If you are staying for lunch please call by 10 am on Tues. Dec. 13. There is a \$2.00 fee for lunch).

REIKI CLINIC

COA

Day & Time: Thursday, Dec. 15, 1 pm

Cost: FREE, please sign up!

For further information see page 5.

TWIN RIVER CASINO

RHODE ISLAND

Day & Time: Wed. Dec. 21, 8 am

Cost: \$10 for van

Sign up by: 12/14 **Limit:** 20

Try your luck!

CRIME & PUNISHMENT

COA

Day & Time: Thursday, Dec. 22, 1 pm

Cost: FREE, please RSVP

Bring topics for discussion. Light Refreshments

NO LUNCH & A MOVIE

It will return in January 2017.

LUNCH BUNCH

MERCHANT ROW,

COLONIAL INN, CONCORD

Day & Time: Wed., Dec. 28, 11 am

Cost: \$4 for van + cost of lunch (cash)

Sign up by: 12/21 **Limit:** 20

Charming restaurant and excellent food. For example: Yankee Pot Roast, Fish and Chips, Steaks, Burgers, Salads, or try the soup, salad and sandwich combination.

LOOKING AHEAD—>

January: World War II Museum 1/18

February: Valentine's Day Party 2/14

18		19	9 Qi Gong 10 Aerobics 10 Shaw's 10 Art 1 Crafts	20	10 Zumba 12 Mealsite 1 Tai Chi 1 Bridge	21	8 TWIN RIVER 10 Aerobics 1:30 The Bee	22	10 Zumba 12 Mealsite 1 CRIME & PUNISHMENT	23	9 Stretch 9 Yoga 10 Aerobics 11 Shop/Lunch	24	
25		26	CLOSED FOR CHRISTMAS	27	10 Zumba 10 Shaw's 12 Mealsite 1 Tai Chi 1 Bridge	28	10 Aerobics 11 LUNCH BUNCH	29	10 Zumba 12 Mealsite	30	9 Stretch 9 Yoga 10 Aerobics 11 Shop/Lunch	31	



FREE HOLIDAY MONTHLY BREAKFAST – COMMUNITY CENTER**Friday, December 16, 8 – 9 am**

Our breakfast buffet is back featuring scrambled eggs, bacon, sausage, home fries, pancakes, fruit salad, juice and coffee. Open to all! Hope to see you there!

NUTRITION TALK: SODIUM**Thursday, December 15, 12 noon, Community Center**

Learn ways to limit your sodium intake. The average American consumes 3,400 mg a day, which is more than 1,000 mg over the recommended daily allowance. Sodium levels can affect blood pressure and be contributing factors in heart disease and stroke. Processed foods and fast food restaurants are big culprits.

GUEST TABLE COMMUNITY SUPPER**First Parish Church, Fellowship Hall**

FPC serves dinner on the first Friday of each month. All are welcome. There's no charge for dinner, but donations are gratefully accepted. Dietary options available. The next meal will be **December 2, 5:30 – 6:30**, Fellowship Hall. This program is supported in part by a grant from the Stow Community Chest.

FRIENDSHIP DINNER – UNION CHURCH

On the 3rd Friday of every month, the Union Church (the church with the blue door) prepares a FREE community supper that is open to all. The next meal will be **December 16, 5-6 pm.**

STOW FOOD PANTY

Please contact the Stow Food Pantry at **978- 897-4230** to request a confidential appointment to help you and your family. Families and seniors in need automatically qualify for our services when they receive: SNAP (food stamps), WIC, Medicaid, and Disability or if their only income is from Social Security. The Pantry is located at in the basement of the First Parish Church.

RECIPE OF THE MONTH: SUNDAY RIB ROAST (serves 6)

(1) 7- lb. standing rib roast (3ribs) 1T kosher salt 1 ½ t fresh ground black pepper

Mustard Horseradish Sauce:

1 ½ c mayonnaise 1 ½ T whole grain mustard 1/3 c sour cream

3T dijon mustard 1T horseradish ¼ t salt

Directions: 2 hours before roasting, remove meat from refrigerator and allow it to come to room temperature.

Preheat oven to 500 degrees. Place oven rack on the second lowest position.

Roast for 45 minutes and then reduce to 325' for 30 min.

Increase to 450' for an additional 15-30 minutes or until the internal temperature is 125'. Let roast rest under foil for 20 minutes. Whisk together the sauce ingredients.

Carve and serve with the sauce. Ina Garten.

MEALS ON WHEELS

Are you unable to drive and cook or had a recent health set-back? You may be eligible for home delivered meals. Call the COA or Minuteman Senior Services (888-222-6171) to set it up.

MINUTEMAN SENIOR SERVICES MEALSITE MENU

The Silver Spoon - Stow's Eating Together Luncheon Site

Come join your neighbors for lunch at noon on Tuesdays & Thursdays at the First Parish Church Fellowship Hall The suggested donation is \$2 for a complete meal.

NOTE: Please call Sue Burns at 781-825-5194 to sign up.

Call Friday for Tuesday's lunch and Tuesday for Thursday's lunch.

Tuesday menu

December 6th

Cream of Broccoli Soup
Grilled Chicken w/Red Pepper Pesto
Cous Cous
Pineapple Cake

December 13th

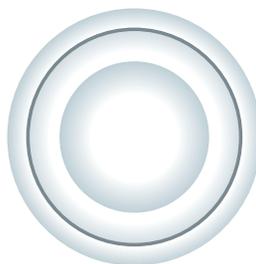
Stuffed Chicken Breast
Yams, Brussel Sprouts
Strawberry Cheesecake

December 20th

Chicken Meatballs with
Mushroom Gravy
Butternut Bisque Soup
Chantilly Potatoes
Chocolate Pudding

December 27th

Grilled Chicken Marsala
Penne Pasta
Broccoli Au Gratin
Diced Pears



Thursday menu

December 1st

Pork w/Cran-Orange Sauce
Yams
Green Peas
Almond Cookie

December 8th

Beef Stew
Broccoli, Biscuit
Diced Peaches

December 15th

American Chop Suey
Tossed Salad, Italian Bread
Applesauce

December 22nd

Chicken Parmesan
Bowtie Pasta, Tossed Salad
Chocolate Chip Cookie

December 29th

Baked Cheese Lasagna, Meat Sauce
Tossed Salad, Gingerbread

WARM HEARTS OF STOW HOLIDAY TOY FUND

Warm Hearts of Stow urges community members to contribute to its annual Holiday Toy Fund. Warm Hearts shoppers will use monetary donations to purchase gifts for children and teens whose families are experiencing financial hardship. If you can help, please send your tax-deductible contribution to:

Warm Hearts of Stow
P.O. Box 10
Stow, MA 01775

Please make your check payable to: Warm Hearts of Stow. For more information, visit us at: www.warmheartsofstow.com. Thank you, and Happy Holidays!

FIRST PARISH CHURCH OF STOW AND ACTON

Sunday, December 11, 5 pm: Transylvanian Christmas Vespers Service, featuring a piece called "Machet die Tore Welt," a baroque cantata by Johann Sartorius the Elder, for choir, strings, and organ. The piece is one of many that were hidden away during the Soviet era and are now just being rediscovered. Carols, hymns, and songs that connect with Unitarian Universalism's Transylvanian history will be included.

Saturday, December 24, 4 pm: CHRISTMAS EVE "NATIVITY IN A TRUNK" SERVICE AT FIRST PARISH CHURCH Led by FPC minister Tom Rosiello and director of religious education Michele Cote, this service will be oriented towards children. Many children will participate, as they act out the Christmas Story and create a Christmas Tableau. FPC's Junior Choir and Youth Choir will be performing, and there will be familiar carols for all to sing. The service will conclude with the traditional candle-lighting ceremony.

Saturday, December 24, 9 pm: TRADITIONAL CHRISTMAS EVE SERVICE AT FIRST PARISH CHURCH Led by FPC minister Tom Rosiello, this service will feature traditional Christmas carols and anthems, the reading of the story of the birth of Jesus from the Christian Gospels, and a candle-lighting ceremony. It will be a quieter and more traditional service than FPC's 4 pm service, with beautiful music provided by the Adult Choir, under the direction of Mike Pfitzer, organist/pianist Sanghee Kim, and talented guest musicians. An extended prelude of Christmas music will begin at 8:45 pm, so be sure to come early!

SENIOR STEALS AND DEALS

Boston Market in Marlboro informs me that they give seniors a discount of 7%.

Email your steals and deals to Suzanne at coa3@stow-ma.gov.

MASSACHUSETTS SENIOR LEGAL HELPLINE - 866-778-0939

The helpline provides FREE legal information, advice and referral services for those 60 or older.

Some areas of civil law they cover are:

- Social Security/ SSI
- Veterans
- Public Benefits
- Consumer Issue
- Guardianship
- Utilities
- Landlord/Tenants

There is also **MetroWest Legal Services 1-508-620-1830**



December 2016

Home Care in the Commonwealth

Dear Friends,

Here's wishing you a joyous holiday season. As I take time to reflect on blessings this time each year, I continue to be thankful for representing you on Beacon Hill. This December, I would also like to take the opportunity to promote home care and let you know how easily seniors in Massachusetts can access services for themselves, a friend, or a loved one.

Home care is an often invisible, but an essential and cost effective service allowing people in our communities to manage a chronic disease such as diabetes or COPD. Home health services help people recover in their own home following a hospitalization and retain their independence for as long as possible. You may have heard that this year, as a result of revenue shortfalls for Fiscal Year 2017, the Executive Office of Health and

Human Services implemented a waiting list on September 1, 2016 for residents applying for help with meal preparation. I am pleased to tell you that on September 29th the legislature engrossed a spending bill that increased home care funding—putting an end to the waiting list and ensuring that residents in need of meal preparation assistance can receive care.

For people seeking services in their home, the Commonwealth has a web-based directory called MADIL, short for Massachusetts Aging and Disability Information Locator, which is available at massdil.org. The site encompasses the state's elder services organizations that can connect people with Meals on Wheels, transportation to medical appointments, and homemaking services, among other things.

For those needing a higher level of care, MADIL also includes information from the non-profit Home Care Alliance of Massachusetts—including data on close to 200 home care agencies that provide a broad range of services, from skilled nursing or therapy care to aide and companion services. Many of these home care agencies are certified to provide Medicare and Medicaid-reimbursed care when called for, while others offer privately-paid services that can help someone prepare a meal, take a bath or shower, or even get to an important medical appointment. All kinds of information on home care, including information on how to find a job in home care, is available on thinkhomecare.org.

For those eligible for MassHealth, a number of other service options are available—from home health care and adult day health, to personal care attendants and durable medical equipment. More information on that can be accessed by calling MassHealth Customer Service at 1-800-841-2900 (TTY: 1-800-497-4648 for people with partial or total hearing loss). The Executive Office of Elder Affairs can be reached at 617-727-7750 or at 1-800-243-4636. Their website, mass.gov/elders, is a great resource for information on the home care services provided through their 26 local Aging Services Access Points (ASAPs), eligibility criteria, and payment information. For information on private home care, your Council on Aging has the 2016 guide by the Home Care Alliance of Massachusetts.

I encourage elders and their families who may be struggling not to “go it alone.” Seek out home services and support through these state resources. For any additional information, please do not hesitate to contact my office.

News from Beacon Hill

Governor Baker recently signed into law S.1984, “Resolve creating a commission to study ways to prevent bullying of tenants in public and subsidized multi-family housing.” This resolve was initiated by individuals who lived in public housing and were victims of bullying and abuse at the hands of housing managers and other residents. The commission will study the prevalence and impact of tenant bullying in public and subsidized housing, with a focus on elderly and disabled tenants. If you or a loved one is experiencing bullying in public or subsidized housing, or you want further information about this commission, please contact my office for assistance.

Hogan's Office Hours

There are no office hours in December. However, if you need assistance do not hesitate to contact my office at (617) 722-2130 or email Kate.Hogan@mahouse.gov.

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 130, Boston, MA, 02133 / Phone: 617-722-2130

Kate.Hogan@mahouse.gov

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754

Phone: 978-897-1333

Kate Hogan

STOW WOMEN'S CLUB 33RD ANNUAL BREAKFAST WITH SANTA AND SILENT AUCTION

On Saturday, December 3, 2016, the Stow Women's Club will hold its thirty-third annual Breakfast with Santa at the Church of St. Isidore, 429 Great Road, Stow, from 9 - 11 am Admission is \$4 per person with a maximum of \$15 per family. RSVP's are not required.

Key attractions include photographs with Santa Claus for only \$10, a White Elephant table with a variety of inexpensive items for sale, and our popular Silent Auction. An Usborne Books representative will also be on hand with a large selection of quality educational books for children.

BOY SCOUTS CHRISTMAS TREE HOME PICKUP SERVICE

Christmas tree pickup is \$10 per tree and checks made payable to Troop 1 Stow can be mailed to Troop 1 Stow, PO Box 75, Stow, MA 01775. Please make your tree pickup reservation by January 4th. Trees will be picked up at the end of your driveway starting January 13th. Please contact us by phone at 978-212-9175 or by email at treepickup@troop1stow.net.

UNITED WOMEN'S CLUB OF CONCORD ANNUAL FAIR

Saturday, December 3, 9:30 am to 2 pm

Harvey Wheeler Community Center, 1276 Main St, Concord

Costume, high end and bling jewelry, an eclectic collection of attic treasures, lovely quilts for cribs and beds and other handmade items. The Sweets and Treats tables feature many cakes, cookies, relishes, fudge, candies, home-baked breads.

The Cafe will serve breakfast goodies like scones, croissants, yogurt, fruit, coffee and more.

GIFT SUGGESTIONS FOR SENIORS

Many folks feel like they have enough stuff, but these things might be welcome. Fresh baked cookies or something from your garden would be tasty. A call, note or visit from your children or grandchildren would make the senior smile. Maybe an uplifting book, note cards, a favorite restaurant gift certificate or movie tickets would brighten their day. Car washes, gas cards, supermarket cards, stamps, subscriptions or cleaning help would certainly cut down on costs. Many people are well meaning, but try to think of something that will assist them as well as lift their spirits.

FANS OF FILM FINE ARTS THEATRE, MAYNARD

Tuesday, December 13

Wednesday, December 14, 7:30 pm

Celebrating the art of film-making by promoting classic films! Tickets are just \$7. This month features "Some Like it Hot." For more information go to Fans Of Film at Fine Arts Theatre on Facebook.



DECEMBER BACH'S LUNCH CONCERT

'BACH'S LUNCH' CONCERT: Indian Hill Music School presents the Vintage Vocal Quartet performing music of the 30's & 40's. TWO SHOWS - **Thursday, December 15 at 11 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. FREE admission. Reservations required for groups at (978) 486-9524 (press 0). Reservations will be accepted for the December concerts now. Please do not make reservations via email. Thank you! Learn more at www.indianhillmusic.org.

GIFT SHOP



Open Mon – Friday from 8am – 4pm

We would like to thank all of the volunteers & crafters who gave of their time and talents to help support the Gift Shop and Holiday Craft Fair this past year. Where would we be without you? All of the handmade items offered on the SFCOA Craft Tables at our 2016 Holiday Craft Fair were made by these hard working, generous people. Thank you so much!!!

DONATION REQUESTS

Craft Group	Gift Shop
	Contact information
Contact Susan Rondeau for more information.	Susan Rondeau @ (978) 897-5338 countrypickns@yahoo.com
	Donations of handcrafted gifts are always appreciated.
	Vintage & Costume Jewelry
	Handmade Baby Sweater/Hat sets

Our goal is to incorporate your donated items into the projects we make in our craft class as well as handmade items for sale in the Gift Shop. **The COA will be happy to provide you with a tax receipt for your donation. Copies of the Craft Group Schedule are available at the front desk at the COA. Thank You!**

JANUARY Newsletter

Deadline to submit: Wednesday, December 7 by 4 pm

This newsletter is made possible in conjunction with the COA staff and their volunteers, SFCOA, Advertisers, and in part by a grant from the Mass. Executive Office of Elder Affairs.

DONATIONS:

General:

William F. Byron
Edward A. Hennighausen
Alan and Patti-Jo I. Rainha
Georgie and Jack Smith
Robert and Patricia Walrath

Sponsor: Wright Touch Message

Thank You for Computer Help:

Terry Manning

Thank You to SHINE Counselor:

Liz Hackert

Van Fund: Patricia Woods

In Memory of Paula Martin:

Eleanor Beaudette

In Memory of Barbara Sipler:

Stow Garden Club

SFCOA CRAFT FAIR

A big thank you to all the shoppers, bakers and volunteers for making it a big success.

PLEASE MAKE NOTE: SFCOA HOLIDAY DECORATION SALE IS CANCELLED! SORRY FOR ANY INCONVENIENCE.

Facebook: Stow Friends of the Council on Aging

Website: <https://stowfriendsofthecoa.com/>

Thank you for your continued support!

SFCOA GIFT SHOP!

Community Center, 509 Great Rd.

Open to the public Mon-Fri 8 am – 4 pm
SPECIAL HOLIDAY HRS. SAT. 12/3 10 – 3!

We have a wonderful assortment of **STOW** items for sale as well as handcrafted items donated by volunteers at the COA, residents of Stow and beyond. The SFCOA supports and expands the work of the COA and provides services to senior residents of the Town of Stow.

All proceeds from the sales in the Gift Shop go directly to the SFCOA and their fundraising efforts.

SFCOA Board Meetings are held on the 1st Tuesday of the month at 10 am at COA.

SFCOA Board Members

Allen Wheeler, <i>President</i>	Betty French
Jean DeMilia, <i>Vice President</i>	Leslie Mileski
Werner Fritz, <i>Treasurer</i>	Kathy O'Brien
Robert Walrath, <i>Clerk</i>	Laura Orsatti
Kirsten Berg-Sonne	John "JT" Toole
Keen Cummings	Marty Wheeler

Holiday Shopping? Don't Forget



STOW FRIENDS OF THE COUNCIL ON AGING

Would you like to be a SFCOA Booster? Now is your chance to help support the COA. The Stow Friends of the COA are offering you the chance to be a Booster of the SFCOA.

NAME: _____ DATE: _____

ADDRESS: _____

\$10 \$20 \$25 Other Amount: _____

**PLEASE MAKE CHECKS PAYABLE TO: SFCOA
MAIL TO: P.O. BOX 97, STOW, MA 01775
THANK YOU FOR YOUR SUPPORT**