



**COA Mission Statement**

COA 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.

**Stow Council on Aging Staff**

**Tel. # 978-897-1880 Fax # 978-897-0486**

Alyson Toole, Executive Director  
 Sharon Funkhouser, Outreach/Vol.Coord.  
 Suzanne Howley, Outreach Worker

**Council on Aging Board Members**

Kristen Donovan, Chairman  
 Newton Wesley, Vice-Chair  
 Ruth Delmonico, Secretary  
 Paul Chaisson, Member  
 Alice Olsen, Member  
 Gus Stathis, Member  
 Elizabeth Tobey, Member  
 Eleanor Beaudette, Associate  
 Brian Burke, Associate  
 William Byron, Associate  
 Nancy Chaisson, Associate  
 Rep. Kate Hogan, Associate  
 Josephine Langley, Associate

**Stow Friends of the Council on Aging Board Members**

Allen Wheeler, President  
 Jean DeMilia, Vice-President  
 Keen Cummings, Treasurer  
 Robert Walrath, Clerk  
 Betty French  
 Betty Holly  
 Josephine Langley  
 Eila Makey  
 Gladys McClellan  
 Richard Mortenson  
 Laura Orsatti  
 Susan Peabody  
 Elizabeth Tobey  
 John "JT" Toole  
 Marty Wheeler

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

COA Office - Stow Town Building, Lower Level 380 Great Rd. Stow, MA 01775  
 E-mail: [coa@stow-ma.gov](mailto:coa@stow-ma.gov)  
 Website: [www.stow-ma.gov](http://www.stow-ma.gov)

**OCTOBER MEANS...**

Colored leaves in a spectrum of shades that mark the transition from summer to winter. It means crisp apples, trips to our farm stands and cheering on our favorite teams. Take time out to enjoy this amazing time of year and all the blessings our rural town has to offer.

**OCTOBER HIGHLIGHTS**

- Fall Foliage Tour, 10/6, pg. 6
- Autumn Tea, 10/12, pg. 6
- The Breakfast Club Diner, 10/17, pg. 6
- Mindfulness For Pain, 10/18, pg. 3 & 7
- Peabody Essex Museum, 10/19, pg. 7
- Foxwoods Casino, 10/24, pg. 7
- Medicare Update, 10/25, pg. 7 & 8
- Black Eagles Jazz @ Sherborn Inn, 10/26, pg.7

**COA VOLUNTEERS NEEDED!**  
 FIELD TRIP ESCORTS, TRIP PLANNERS,  
 SPECIAL EVENT ASSISTANTS, DECORATORS.  
 We welcome all ages to help out even if it's for only a few hours. Please contact Sharon (978) 897-1880.

**OFFICE CLOSED - COLUMBUS DAY, 10/10**

<i>Inside this Issue:</i>	<i>Page #</i>
<b>Activity Calendar.....</b>	<b>4&amp;5</b>
<b>Beacon Hill News .....</b>	<b>10</b>
<b>Council on Aging: Who We Are, What We Do .....</b>	<b>2</b>
<b>Focus on Health .....</b>	<b>8</b>
<b>Nutritional Programs .....</b>	<b>9</b>
<b>Other Information and Out of Town Events .....</b>	<b>11</b>
<b>Professional Services and Other Information.....</b>	<b>3</b>
<b>Stow Friends of the Council on Aging .....</b>	<b>12</b>
<b>Trips &amp; Events .....</b>	<b>6&amp;7</b>

**Please Support  
Our Sponsors!**

**Exercise Classes:**

- **Aerobics:** Mon., Wed., Fri., 10 a.m., at St. Isidore's Church \$3
- **Arthritis Stretch:** Fridays, 9 am, at COA, Free
- **Yoga:** Fri., 9 a.m., at Town Hall, \$5/class or \$24/8weeks
- **Zumba Gold:** T & Th, 10 a.m., at **UNION CHURCH**, \$2  
NOTE: THURS. 10/20 & 10/27 at ST. ISIDORES CHURCH



**Creativity Classes at the COA:**

- **Art Class:** Instructor Kristen Donovan. Mondays, 10-Noon, Donation requested.
- **Craft Class:** Led by Kathy O'Brien. Every Monday, 1-2:30 p.m. FREE. **IF YOU ARE INTERESTED IN PARTICIPATING BUT NOT AVAILABLE ON MONDAYS - PLEASE LET US KNOW WHAT DAY IS BEST FOR YOU. WE ARE CONSIDERING CHANGING THE DAY TO INCREASE PARTICIPATION.**

**Social Outings:** Cultural trips are offered to museums, theaters, festivals, restaurants and other places of interest.

**Clinics & Services:** Blood Pressure, Podiatry, Tax Preparation, Health Insurance Counseling, Computer Assistance, Medical Equipment Loans, Legal Services plus much more offered!

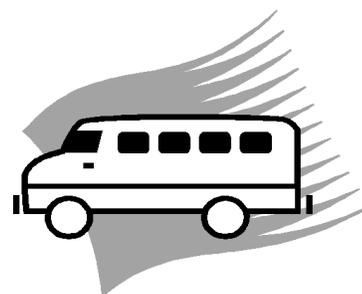
**Outreach Services:** Information and Referrals, Advocacy, Home Visits, Are You OK? (RUOK) Program - daily well being checks, Fuel Assistance, SNAP (Food Stamps), Friendly Visitors, Volunteer Drivers, Support Groups and much more! Call Sharon or Suzanne any time. We can visit right away. You may refer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

**Transportation Services:** We provide van service to Stow residents 60+ and those with disabilities. Cost of van & policy reminders are listed below:

- Meal site ride: FREE
- In-town ride: \$2 one-way or round trip
- Out-of-town rides: \$3 one-way or round trip

**Scheduling a Van Ride:** Please have exact destination with telephone number when booking rides. Call ***by 2 pm to schedule a van***

***ride for the next day.*** When scheduling a ride for Monday, the call must be received by 2 p.m. on Friday. **Don't forget, we can not provide transportation to a medical appointment that is after 2 p.m.**



**PLEASE BE READY 15 MINUTES BEFORE YOUR SCHEDULED VAN PICKUP!** 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.

**MINDFULNESS FOR PAIN****Please Support  
Our Sponsors!**

Come join us for a discussion on how Mind and Body medicine can ease the discomfort of all types of chronic pain on Tuesday, October 18th at 1 p.m., 3rd floor conference room at the Town Building. Millie Leone will share the latest findings from UCLA's Division of Geriatrics on using the powers of the mind to produce changes in the body, and will lead you through a helpful exercise that you can take home with you. Please sign up!

**BEREAVEMENT SUPPORT GROUP  
THE INN at ROBBINS BROOK, ACTON**

Everyone grieves the death of a loved one differently. This support group is facilitated by a licensed social worker. You will be offered supportive resources that you may find helpful and comforting. This group will meet on Fridays at the Inn at Robbins Brook, 10 Devon Drive (off Rt. 27) in Acton 2-3:30 beginning 10/14. Each session has an educational component interwoven in discussions. Please call Maura Capriccio at 978-264-4666 to register.

**LAWYER FOR A DAY - COA**

**Day & Time:** Wednesday, October 12, from 10 - Noon, by appointment. Attorney Daniel Tremblay has kindly offered his services to the Stow COA. If you have any questions regarding Elder Law, Trusts, Estate Planning, Mediation, Guardianship and Probate. Call to schedule your free 1/2 hour consultation.

**CHANGES TO HOMESTEAD LAW**

Secretary Galvin announced that the Homestead Protection Law has been revised and replaced as of March 16, 2011. According to the Registry of Deeds website, you do not have to refile if you have previously declared homestead. The new law creates an automatic \$125,000 protection on homes that do not have a homestead declaration. Trusts are now eligible for homestead. For more information go to the Massachusetts Registry of Deeds website at [www.sec.state.ma.us/rod/rodidx.htm](http://www.sec.state.ma.us/rod/rodidx.htm) or consult an elder law attorney.

**FREE SENIOR IN-HOME COMPUTER ASSISTANCE**

Need help with your computer? Call the COA for in-home volunteer.

**ONE-ON-ONE COMPUTER LESSONS**

Bob Mong offers private 1/2 hour computer tutoring at the COA. Call (978) 897-1880 for an appointment.

**BEWARE OF DEBIT CARD SCAMS**

If you receive a call from a bank which asks for your debit card number, **do not give it!** This is a scam being perpetrated in Massachusetts and the callers have purported to be from Eastern Bank, Sovereign Bank, and Bank of America. The calls are automated and **not** from the bank. If you receive a call, **do not** follow the instructions just hang up and call your bank.

**TRIPS/EVENTS**

**Trip policy:** You can't sign up until the 1st of the month! If the cost is more than \$5 you must pay first in order to be registered. We will not accept telephone calls to sign up for trips over \$5. Stow seniors have priority, then folks from out of town are welcome. 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 Stow Friends of the Council on Aging or 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. COA Tel. # (978) 897-1880. **ALL TRIPS LEAVE FROM THE UNION CHURCH.**

**WEEKLY SHOPPING:**

**MONDAYS AT SHAWS at 10 a.m.**

**FRIDAYS at 11 a.m.**

10/07 - Walmart/Lunch

10/14 - Market Basket/Mall/Lunch

10/21 - Walmart/Lunch

10/28 - Market Basket/Mall/Lunch

**ERRAND RUNS ETC...**

If you want to go to a local store or run an errand, you may call the COA by 2 p.m. the day before you want to go. (Sorry, no same day service). You do **NOT** have to wait for Monday or Friday to go shopping.

**FALL FOLIAGE TOUR**

**Day & Time:** Thursday, Oct 6, 10 a.m.

**Cost:** \$8 + cost of lunch

**Departure:** Union Church

**Deadline for sign up:** 10/4 **Limit:** 20

**OK TO SIGN UP EARLY!**

We will travel through beautiful scenery to Templeton to the Country Mischief for lunch followed by a stroll through their 18 room gift shops.

**PRISON LUNCH  
CONCORD**

**Day & Time:** Wednesday, Oct.12, 11:15 a.m.

**Cost:** \$5 includes van & full lunch

**Departure:** Union Church

**Deadline for sign up:** 10/6 **Limit:** 10

**Must bring photo I.D.**

Culinary program for pre-release inmates provides a delicious complete meal.

**LAURA'S AUTUMN TEA, COA**

**Day & Time:** Wednesday, Oct. 12, 1 p.m.

**Deadline for sign up:** 10/6 **LIMIT:** 20

Laura Orsatti donates a full tea to Stow seniors including a beautiful spread of tea sandwiches, home baked scones and desserts, as well as a gift for all. This is a very popular annual event so sign up early.

**JIM'S DINER TOUR****THE BREAKFAST CLUB, ALLSTON**

**Day & Time:** Mon., Oct. 17, 11:00 a.m.

**Cost:** \$5 + cost of lunch (cash, please)

**Departure:** Union Church

**Deadline for sign up:** 10/11 **Limit:** 20

Fluffy pancakes, 3-egg omelets, great coffee!

**MINDFULNESS FOR PAIN**

**Day & Time:** Tuesday, October 18, 1 p.m.  
**Cost:** Free **Deadline to sign up:** 10/14  
**Location:** Town Building, 3rd floor  
 Conference Room. More info on page 3.

**PEABODY ESSEX MUSEUM  
SALEM**

**Day & Time:** Wednesday, October 19, 9 a.m.  
**Cost:** \$20 for admission, tour & van.  
**Departure:** Union Church  
**Deadline for sign up:** 10/13 **Limit:** 20

*The American Vision* is an immersion of glorious American Landscapes, Mountains, meadows and river valleys of New England and New York. Enjoy a light lunch at the café.

**FOXWOODS CASINO, CT.**

**Day & Time:** Monday, October 24, 8 a.m.  
**Cost:** \$10 for van  
**Departure:** Union Church  
**Deadline for sign up:** 10/19 **Limit:** 20  
 Exciting gaming entertainment and dining.  
 Free Buffet and \$10 Keno.

**MEDICARE UPDATE, COA**

**Day & Time:** Tuesday, October 25, 10 a.m.  
 Please sign up. More information on page 8.

**BLACK EAGLES JAZZ LUNCH  
AT THE SHERBORN INN**

**Day & Time:** Wednesday, Oct. 26, 10:30 a.m.  
**Cost:** \$28 **Departure:** Union Church  
**Deadline to sign up:** 10/20 **Limit:** 20  
 International show, playing traditional New Orleans Jazz and much more for over 40 years. Includes show, lunch, tax, + gratuity.

**“DOGGY PET THERAPY”**

COA

**Day & Time:** Thursday, October 27, 1 p.m.  
**Cost:** Free, please register.  
 Join the fun and spend time with some of Stow’s friendliest canines. Enjoy the health benefits that dogs provide. They improve your spirits and bring out your nurturing instinct. Do you love dogs but no longer have a pet? Come and pet these lovable dogs.

**SPOOKTACULAR POT LUCK  
LUNCH & MOVIE  
“CASPER”**

**Day & Time:** Friday, Oct. 28, 11:15 a.m.  
**Cost:** Free **Deadline to sign up:** 10/26  
 Bring food to share for lunch! Wear a costume if you dare!!! All welcome.

**LUNCH BUNCH  
DAYLA’S  
BEDFORD**

**Day & Time:** Monday, Oct. 31, 11:15 a.m.  
**Cost:** \$3 for van plus cost of lunch (cash)  
**Departure:** Union Church  
**Deadline for sign up:** 10/27 **Limit:** 20  
 Rustic comfortable farmhouse with interesting décor serving American and Mediterranean cuisine.

**LOOKING AHEAD—>**

**November:** SFCOA Holiday Craft Fair  
**December:** “Holly Days” at Tower Hill  
 Botanic Garden

**Please Support  
Our Sponsors!**

## **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. 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. 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. DO NOT WAIT UNTIL IT'S TOO LATE!** Trained SHINE (**S**erving **H**ealth **I**nformation **N**eeds of **E**lders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the COA for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3, then leave your name and number. A volunteer will call you back. Medicare customer service is 1-800-MEDICARE.

### **MEDICARE UPDATE, COA**

On Tuesday, October 25, at 10 a.m. A (SHINE) HEALTH INSURANCE COUNSELOR FROM MINUTEMAN SENIOR SERVICES will discuss all the changes in Medicare. This talk is free. Bring your questions. Please sign up.

### **NURSE TALK - BONE & JOINT HEALTH**

**Day & Time:** Wednesday, October 19, at 11 a.m.

**Cost:** Free, please register at (978) 897-1880

**Location:** COA, Friendship Room

Please join Linda Cullen, Stow Town Nurse, for a discussion on bone and joint health. She will briefly discuss hips and knees and will talk about the symptoms of sciatica. Bring your questions.

### **B/P & PODIATRY CLINIC (COA, Friendship Room)**

**Note: New location for the Blood Pressure Clinic!**

Both the Podiatry and Blood Pressure Clinics are held on the 1st Wednesday of the month, October 5. The Blood Pressure Clinic is 10 a.m. to 12 noon. It is free, no appointment necessary, walk-ins are welcome. The Podiatrist will be here from 9:30 a.m. until 12 noon by appointment. The cost is \$15. Please make checks payable directly to "Dr. Jack Lubert". Home visits: \$30. Call to make an appointment.

### **FREE REIKI CLINIC, COA**

**Day & Time:** Thursday, Oct. 20, 1- 2:30 p.m., FREE, please register  
Experience the healing energy of Reiki by Marie Patrice Masse.

### **FLU CLINIC @ Hale School**

**Saturday, November 5th, 10 a.m. - 2 p.m.**

The Stow Board of Health in partnership with the Medical Reserve Corp will hold its annual Flu Clinic from 10-2. Save the date. Online registration is available at the Town of Stow website. The cost is \$10 or bring your Medicare card, Part D.

**MINUTEMAN SENIOR SERVICES**

**The Silver Spoon**

***Stow's Eating Together Luncheon Site***

Come join your neighbors for lunch at noon on Tuesdays and Thursdays, in the First Parish Church Fellowship Hall. The suggested donation is \$2.00 for a complete meal. Please call the COA at (978) 897-1880, by 10 a.m., the day before.

**Meals on Wheels** is a hot home delivered meal that can be brought to your home on Tuesdays and Thursdays if you do not drive and it has become difficult to prepare your own meals. Frozen meals are also available. Call the COA if interested.

**SNAP APPLICATIONS**

SNAP (formerly food stamps) is a low income food assistance program. We have the application forms for under age 60 or 60+ or visit the website at [mass.gov/dta](http://mass.gov/dta). We also provide referrals to the Stow Food Pantry.

**BREAKFAST - OPEN TO ALL - RSVP**

Our monthly breakfast is on Friday, Oct. 21 from 7:30 - 8:30 a.m. We have a full buffet of eggs, bacon, sausage, home-fries, biscuits/gravy, pancakes and fruit salad with juice and coffee, all for just \$3.

**THE STOW FOOD PANTRY IS HERE TO HELP!**

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

**MINUTEMAN SENIOR SERVICES CONGREGATE MENU**

**Donation: \$2.00**

**TUESDAY**

4  
Baked Fish  
W/ Dill Sauce  
Sweet Potatoes  
Brussel Sprouts  
Rye Bread  
Cinnamon Apple Muffin

11  
Beef Stew  
Green Beans  
Whole Wheat Bread  
Lemon Graham Cookie

18  
Roast Chicken  
W/ BBQ Sauce  
Red Bliss Potatoes  
California Blend  
Rye Bread  
Applesauce

25  
Portuguese Kale Soup  
Baked Fish  
w/ Herb sauce  
Mashed Potatoes  
Rye Bread

**THURSDAY**

6  
Three C Soup  
W/ Crackers  
Baked Chicken  
W/Apricot Glaze  
Mashed Potatoes  
Rye Bread  
Pears

13  
Ground Beef Burgundy  
Mashed Potatoes  
Carrots  
Dinner Roll  
Banana Pudding

20  
Chicken Parmesan  
W/Tomato Sauce  
Ziti  
Brussel Sprouts  
Italian Bread  
Orange Artic Ice

27  
**SPECIAL**  
**Butternut Squash Bisque**  
**Maple Roast Pork**  
**Cauliflower**  
**Dinner Roll**



**ANGEL FOOD MINISTRY HAS BEEN SUSPENDED UNTIL FURTHER NOTICE!**



### SENIORS in the Massachusetts Workforce

Earlier this year, the Massachusetts Executive Office of Elder Affairs (EOEA) released recommendations to increase older worker engagement in Massachusetts. As the baby boomer generation enters their 50's and 60's, the EOEA is investigating policy changes that would

allow older workers, who still wish to work, to continue doing so. This would allow skilled and knowledgeable workers to continue contributing to our economic recovery and allow this large portion of our population to continue working for years after recovery as well. The recommendations of the EOEA are outlined below:

- 1. Establish an Older Worker Employment Taskforce:** create a taskforce to coordinate and lead strategies for increasing employment of older workers and extending older worker engagement.
- 2. Highlight the Resources of One-Stop Career Center Services for Older Workers:** distribute information through EOEA networks about One-Stop Career Centers and systematically share information for assisting older workers between all the Career Centers.
- 3. Improve Community Colleges' Training of Older Workers:** encourage older workers to further their education at Community Colleges and replicate best practices identified through the American Association of Community Colleges 50 Plus Initiative, a national initiative for accommodating the learning styles and schedules of older workers.
- 4. Encourage Employers to Take Action to Prepare for an Older Workforce:** implement more flexible work schedules and facilitate employee savings and training opportunities. Encourage employers to remove disincentives for continued employment.
- 5. Individuals to Upgrade Their Work Skills throughout Their Career:** assist individual in continuing to upgrade their work skills throughout their career and develop a

financial plan for future lifestyle goals.

To receive a copy of "*Policy Recommendations to Increase Older Worker Engagement in the Massachusetts Workforce*" call Scott at 617-722-2637.

### Bill aims to extend Hospice Care to more Massachusetts Seniors

*S 1999, An Act Extending Hospice Care to the MassHealth Basic and MassHealth Essential Programs* would allow more terminally ill people covered by the state's low-income health insurance plans to be eligible for hospice coverage. Currently 300,000 individuals on MassHealth Basic and MassHealth Essentials health plans are not eligible for hospice care. This bill comes out of a year-long legislative and expert panel formed to study end-of-life care in Massachusetts. While the panel found that the life expectancy in Massachusetts is nearly two years longer than the national average, one aspect lacking is that health care providers do not routinely discuss end of life care preferences with their patients. This bill is currently in the Committee on Health Care Financing and more information is available through my office.

### Coffee with "The Rep"

Please join *your* State Representative, Kate Hogan, at the Stow COA on Friday October 14<sup>th</sup> at 10:00am for lively conversation about issues of the day. Refreshments provided. See you soon!

### Contact Information:

**State House:** Room 544, Boston, MA, 02133  
Phone: 617-722-2637

**District Office:** Maynard Town Hall  
195 Main St.

**By appointment:** Call 617-722-2637 or

**Email:** [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)

*Rep. Hogan proudly represents  
Bolton, Hudson, Maynard, and Stow*

**STOW LIONS ANNUAL FALL FLEA MARKET****Saturday, October 1, 7 a.m.** (rain date: Sunday, Oct. 2)

Admission is free. To reserve a spot, contact us for a registration form or check the *Calendar Tab* at our web site ([www.stowlions.org](http://www.stowlions.org)). We also plan to have a Golf Ball Drop event that same afternoon. If you donate \$10 to the Charity Golf Ball Drop, you could win \$1,000! We are located at the intersection of Rt. 117 & Hudson Rd. Need more info? Call Andy DeMore 978-549-9347 or email [stowlions@gmail.com](mailto:stowlions@gmail.com).

**STOW WEST SCHOOL MUSEUM PROGRAM****“Stow Knows: Skills in Our Town”****Sunday, October 2nd 2:30 - 5 p.m.**

The Stow community boasts artists, craftsmen and hobbyists with interests and avocations ranging from painting to beekeeping to quilting. Join some of Stow's most talented artists, artisans and craftsmen. Watercolorist: Kristen Donovan, Potter: Ted Carvalho, Quilter: Dorothy Sonnichsen and Spinner: Jana Colonna-Romano will demonstrate their endeavors and share their techniques with participants of all ages. This free program is sponsored by the Stow Historical Society and the Stow Historical Commission, and in part by a grant from the Stow Cultural Council. West School is located at the corner of Hiley Brook and Harvard Roads. Park across the street from the school.

**A TILE TO REMEMBER****Center School Tile Project - Painting Sessions****Dates:** Sept. 30, Oct. 28, Nov. 9 Noon - 3 & Nov. 10 9:30 am - 1:30 pm**Location:** Town Hall **Cost:** \$25 (senior citizen rate) per tile

Join the Stow community in hand painting tiles as part of a fundraiser by RECESS (Raising Extra Capital for the Elementary School in Stow). These tiles will adorn the new school building in three prominent areas. Don't feel comfortable designing your own tile? Come to a painting session and use one of the many stencils available or have others help or inspire you. Reserve your spot today by calling Claudia Dragan (978) 760-2259 or e-mail [claudia@stowrecess.org](mailto:claudia@stowrecess.org). Proceeds will help the Elementary School Building project.

**UNION CHURCH - FAIR & RUMMAGE SALE**

**FALL FAIR** - Saturday, Oct. 22, from 10am - 3pm. A bake table, the silent auction, used jewelry, crafts and lunch will be available. The highlight of the fair will be sale of the last sweaters that Carolyn Gray knitted. Come to the fair! Check out our new accessible bathroom.

**RUMMAGE SALE** - Friday, Oct. 28, & Saturday, Oct 29, from 9 -1. The sale will be open for business Friday evening, Oct. 28, with the time to be announced. Lots of inexpensive used clothing, linens, coats, shoes, books, dishes, toys, decorations for sale. If you want to make donations to the rummage sale, please bring the items to the church's Fellowship Hall, Wednesday, Oct. 26, from 10 a.m. - 8 p.m. The church (with the blue doors) is just west of the Stow Police Station. If you have questions, please call the church at 978-897-2328.

**Please Support  
Our Sponsors!**

**DONATIONS**

**Art Class:**  
Ted Perry

**Booster:**  
Mary Bagdigian  
Nancy Kyle  
Ernest Goldman

**Garden Vegetables:**  
Theresa Milak & Bob Ko

**General:**  
Got Books, Inc.  
Renaissance Electronics  
Sauta's Farm Customers  
Small Farm Customers

**Van Fund:**  
Jean Dwinells

**In Memory of Carolyn Gray:**  
Beverly Benoit

**In Memory of Deana Kohl:**  
Beverly Benoit

**In Memory of Ted Perry:**  
Eleanor Beaudette  
Keen Cummings  
Stow Fellowship Friends

**In Memory of Peter Salvie:**  
Ice Miller, LLP

**In Memory of Flavia Scalzo:**  
Eleanor Beaudette  
Beverly Benoit  
Robert and Deanne Glorioso  
Mary LaPalme  
Joanne Petito  
Sunshine Committee at Meetinghouse



**Sponsors:**  
Brian Burke Attorney at Law  
Custom Remodeling and Adaptation  
David Augusta Long Term Care Insurance  
Dunn Oil Company

Please continue to send in your generous donations, to the Stow Friends of the Council on Aging (SFCOA), P.O. Box 97 Stow, MA.

**MARK YOUR CALENDAR!**  
SFCOA HOLIDAY CRAFT FAIR  
SATURDAY, NOVEMBER 12th  
9 A.M - 3 P.M.  
ST. ISIDORES CHURCH  
CRAFTERS WANTED!

**SFCOA GIFT SHOP**  
Lower Level, Town Building  
CHECK OUT OUR NEW "STOW" ITEMS!

- COLORFUL "GYM" BAGS
- WATER BOTTLES
- GOLF SHIRTS - GREAT COLORS  
MENS & LADIES SIZES

STILL AVAILABLE ARE OUR POPULAR  
*STOW SWEATSHIRTS, TROWS & HATS*

We offer great gifts! American Girl doll clothes, things for babies and children, afghans, baby quilts and much more!

Our gift shop is open M-F, 8 a.m. - 4 p.m. Come join us for a cup of Keurig Coffee and do some early shopping for the holidays! We look forward to meeting you. Your purchases help support the Council on Aging.

November Newsletter - Deadline to submit information: Wednesday, Oct. 12, by 4 p.m.

**STOW FRIENDS OF THE COA**

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: \_\_\_\_\_

\$10.00  \$20.00  \$25.00  Other Amount: \_\_\_\_\_

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