



HIGHLIGHT OF UPCOMING EVENTS:

- Stow Town Forest Walk, Oct. 4, p. 6
- Medicare Open Enrollment Talk, Oct. 6, p. 6
- Fall Foliage Trip, Oct. 12, p. 6
- Foxwood Casino, Oct. 19, p. 6
- Reiki Clinic, Oct. 20, p. 5+7
- Salem Diner, Oct. 24, p. 7
- Assabet Valley R.T. H.S. Oktoberfest, Oct. 26, p. 7
- Blue Stove Restaurant, Oct. 31, p. 7



MARK YOUR CALENDAR!

Postal Food Drive, October 3-8, to benefit Stow Food Pantry

**UPDATE ON MOVING TO THE NEW COMMUNITY CENTER
EVENTS AND CLASSES WILL BEGIN IN NOVEMBER, STAY TUNED...**

The office will be closed on Monday, October 10 in observation of Columbus Day.

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STOW COUNCIL ON AGING

Town Building, Lower Level, Friendship Room,
380 Great Rd. Stow, MA 01775

Monday - Friday 8am - 4pm

E-mail: coa@stow-ma.gov

Website: 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 Union Church.
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 St. Isidore's Church \$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 Ethereal Arts Self Defense, 118 Great Road. (Front Door is the Bank of America ATM) \$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 St Isidore's, \$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 3rd floor Conference Room, Town Building. 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 Town Hall, \$5/class or \$24/8 weeks.

Creativity Classes

Art Class: Instructor Kristen Donovan. Mondays, 10 - Noon, at Kristen Donovan Art Studio, 16 Gleasondale Road. Donation requested.

Craft Class: Mondays, COA, room is open 12-4; project starts at 1pm - FREE.

Instructors – Sally Howell, Louise Peacock, Susan Rondeau, Colleen Cosentino, Judy Faford & Paula Gaudet. Guest Instructors are welcome to contact us to discuss the possibility of teaching a class in the future.
Contact Information: (978) 897-5338 or countrypickns@yahoo.com.

This class has reached its maximum enrollment.

We will be happy to notify you when a space becomes available.

PLEASE NOTE: NO CLASS ON OCT. 24 AND 31 DUE TO MOVE!

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, Town Building 3rd Floor, 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. Contact info: Cell Phone 978-290-0278 (best number), Home 978-562-7359, or E-mail jcck10@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 starting Oct. 1. 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.

STOW FLU CLINIC, OCT. 15, 10-1 at HALE SCHOOL (see page 12 for details)

PODIATRY & BLOOD PRESSURE CLINICS

Day & Time: **Wednesday, October 5, 9:30 and 10 am**

The **Podiatrist** is here at the COA in the Friendship Room 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 on the 3rd floor, (Town Nurse office) 10 am to 12 noon. Walk-ins welcome.

DON'T DISCARD YOUR MEDICARE ENROLLMENT MAIL

It's that time of year again. If you have a Medicare Prescription Drug Plan or HMO, you should receive new information by the end of September explaining the changes for 2017. During the open enrollment period, (October 15- December 7) the SHINE Program can help you understand your options. See our talk on page 6 or schedule an appointment with our Counselor at 978-897-1880. OPEN ENROLLMENT TALK, 10/6 @ 1pm

SHINE (Serving Health Insurance Needs of Elders)

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. DON'T FORGET MEDICARE TALK on October 6, 1pm at COA.

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. **There will be no October nurse talk due to the flu clinic.**

FREE REIKI CLINIC, COA

Day & Time: **Thursday, October 20, 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!

IT'S TIME TO CHANGE YOUR BATTERIES!

In conjunction with the Massachusetts Senior Safe Grant, the Stow Fire Department will be conducting free smoke detector battery change and home safety walk thru for fire prevention tips. If you don't have a smoke detector or CO2 detector, please call. Schedule your visit today by calling, 978-897-4537.

DURABLE MEDICAL EQUIPMENT

Try us **FREE** before you buy. Check out our inventory (varies daily). We have a variety of gently used walkers, wheelchairs, shower chairs, canes, commodes, crutches socks, pads, etc.

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 SHAWS at 10 am.
October 10 has been moved to
Tuesday October 11.

SHOP & LUNCH

FRIDAYS at 11 am

- 10/7 - Walmart/Lunch, Hudson
- 10/14 - Wegmans/Mall/Lunch, Northboro
- 10/21 -Market Basket/Mall/Lunch, Leominster
- 10/28 -Target/Solomon Pond Mall/Marlboro

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.

STOW TOWN FOREST WALK

Day & Time: Tues., October 4, 10 am

Cost: FREE

Sign up by: 10/4 **Limit:** 20

You may sign up early for this event as it falls in the beginning of the month. 2.3 miles on the blue trail is a bit rugged and rooted but nice comfortable walk through one of our conservation areas.

MEDICARE OPEN ENROLLMENT TALK

COA

Day & Time: Thursday, Oct. 6, 1 pm

Cost: FREE

Sign up by: 10/5

Limit: 30

Learn all the changes with Medicare from the experts. Review your options for coverage. Is it still the best plan for your needs? For more information see page 5.



FALL FOLIAGE TRIP MOUNT WACHUSETT

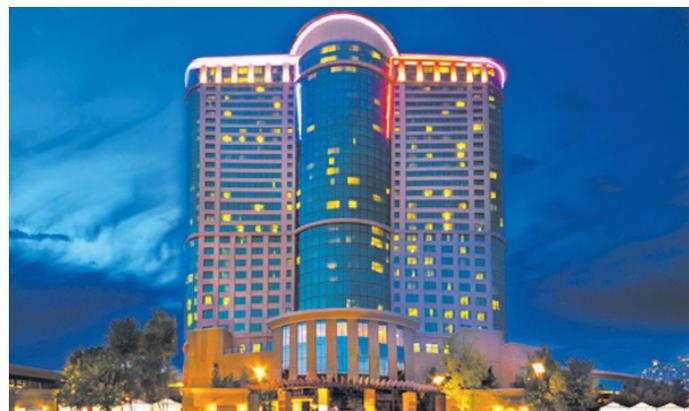
Day & Time: Wednesday, Oct. 12, 10 am

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

Sign up by: 10/7

Limit: 20

We will drive to the top of Mount Wachusett (2006 ft.) to enjoy the view, and then have lunch at the Old Mill.



FOXWOODS CASINO

CT

Day & Time: Wednesday, Oct. 19, 8 am

Cost: \$10 for van

Sign up by: 10/7

Limit: 20

Try your luck at this premier gaming facility. Enjoy the free lunch buffet.

NURSE TALK

There will be no nurse talk in October due to the flu clinic.

REIKI CLINIC

COA FRIENDSHIP ROOM

Day & Time: Thursday, October 20, 1 pm

Cost: FREE, please sign up!

For further information see page 5.



DINER OF THE MONTH

SALEM DINER

Day & Time: Monday, Oct. 24, 10 am

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

Sign up by: 10/17

Limit: 20

Come to spooky Salem for a drive through of the town and stop at the diner. It is an historic Sterling Streamliner continuously serving Salem since the 40's. Classic menu at affordable prices.



ASSABET VALLEY REGIONAL TECHNICAL HIGH SCHOOL OCTOBERFEST AT THE EPICURIAN ROOM

Day & Time: Weds. Oct. 26, 10:30 am

Cost: \$12 for van & buffet

Sign up by: 10/21

Limit: 20

Themed for the season, their buffets included meats, vegetables, starch and beverages.

CRIME & PUNISHMENT

There will be no Crime and Punishment this month due to the move.

LUNCH & A MOVIE

There will be no lunch and movie this month due to the move.



LUNCH BUNCH

BLUE STOVE, BURLINGTON

Day & Time: Monday, October 31, 11 am

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

Sign up by: 10/24

Limit: 20

Stylish yet casual focused on bold tastes through a variety of small plates located at Nordstrom's.



LOOKING AHEAD—>

November: Edward M. Kennedy Institute

11/9, Tower Hill Botanic 11/30

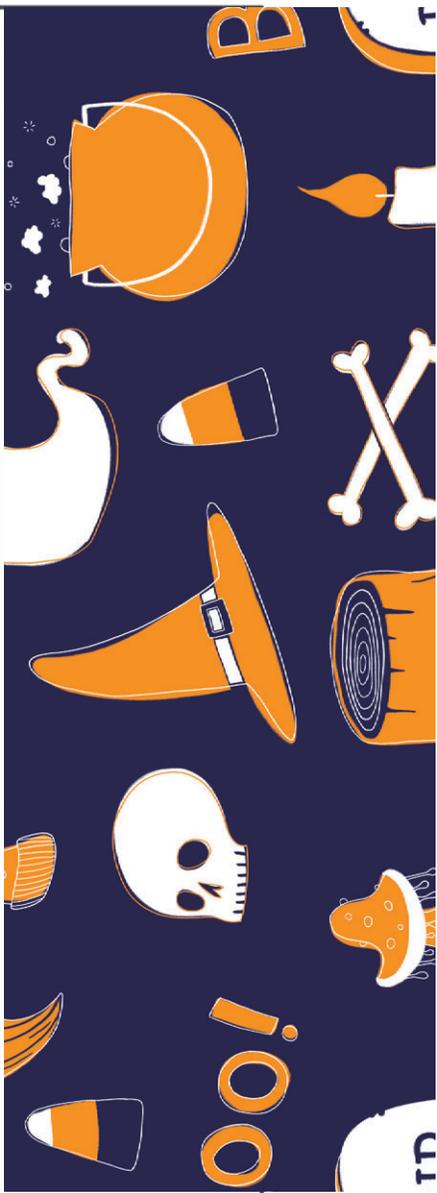
December: Holiday Party 12/14

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	9 Qi Gong 10 Aerobics 10 Shaw's 10 Art 1 Crafts	4 10 SFCOA MEETING 10 Zumba 10 WALK 12 Mealsite 1 Tai Chi 1 Bridge	5 9:30 PODIATRY 10 BLOOD PRESSURE 10 Aerobics 1:30 The Bee	6 10 Zumba 12 Mealsite 1 MEDICARE TALK	7 9 Stretch 9 Yoga 10 Aerobics 11 Shop/Lunch	8 8-2 LION'S CLUB FLEA MARKET
9	10	11	12	13	14	15
	COLUMBUS DAY CLOSED	10 Zumba 10 Shaw's 12 Mealsite 1 Tai Chi 1 Bridge	12 10 FOLIAGE TRIP 10 Aerobics	13 10 COA BOARD MEETING 10 Zumba 12 Mealsite	14 9 Stretch 9 Yoga 10 Aerobics 11 Shop/Lunch	15 10-1 FLU CLINIC @ HALE

Sep 2016						
S	M	T	W	T	F	S
		1	2	3	4	5
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Nov 2016						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

16	17	18	19	20	21	22
	9 Qi Gong 10 Aerobics 10 Shaw's 10 Art 1 Crafts	10 Zumba 12 Mealsite 1 Tai Chi 1 Bridge	8 FOXWOOD CASINO 10 Aerobics 1:30 The Bee	10 Zumba 12 Mealsite 1 REIKI	9 Stretch 9 Yoga 10 Aerobics 11 Shop/Lunch	
23	24	25	26	27	28	29
	9 Qi Gong 10 DINER TOUR 10 Aerobics 10 Shaw's 10 Art	10 Zumba 12 Mealsite 1 Tai Chi 1 Bridge	10 Aerobics 10:30 OCTOBERFEST BUFFET	10 Zumba 12 Mealsite	9 Stretch 9 Yoga 10 Aerobics 11 Shop/Lunch	
30	31					
	9 Qi Gong 10 Aerobics 10 Shaw's 10 Art 11 LUNCH BUNCH					



MONTHLY BREAKFAST

is cancelled due to our upcoming move.

GUEST TABLE COMMUNITY SUPPER

FIRST PARISH CHURCH, FELLOWSHIP HALL

October 7, 5:30 – 6:30 pm

Guest Table at FPC serves dinner on the first Friday of each month. All are welcome, in or out of Stow. There's no charge for dinner, but donations are gratefully accepted. Dinners will be nut free, with gluten-free and dairy-free options available. Wheelchair accessible. For more information, contact fpcguesttable@fpc-stow-acton.org. 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 October 21, 5-6 pm.

THE STOW FOOD PANTRY IS HERE TO HELP!

POSTAL PANTRY, OCTOBER 3-8

Please put one nonperishable item of food per day in your mailbox and your carrier will pick it up.

Items needed: pasta, sauce, tuna, peanut butter, soup, beans, crackers, cookies, canned fruit, vegetables, coffee, tea, soap, deodorant, shampoo, toothpaste, laundry detergent, toilet paper. Monetary donations too.

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 in the basement of the First Parish Church.

RECIPE OF THE MONTH

Apple Cake – 1 bowl

2 eggs	6 medium gala or fuji apples
1 cup sugar	2 cup flour
2 heaping tsp cinnamon	2 tsp baking soda
½ cup oil	

Directions

Preheat oven to 350 degrees. Mix eggs, sugar, cinnamon and oil. Peel and slice apples, add to mix, coating them so they will not turn brown. Fold flour and soda into the batter.

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

October 4th

Chicken & White Bean Chili
White Rice, Italian Blend Veg
Whole Wheat Bread

October 11th

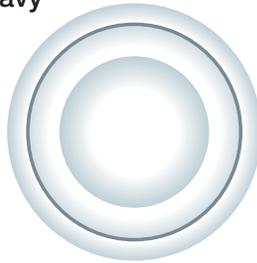
Salisbury Steak with Jardiniere Gravy
Sour Cream/Chive
Potato, Tossed Salad
Rye Bread
Butterscotch Pudding

October 18th

Chicken Drumstick with
Hawaiian Sauce
Brown Rice, Cauliflower
Multigrain bread
Almond Cookie
Diet: Gingerboy

October 25th

White Vegetable Lasagna
Carrots, Italian Bread
Mandarin Oranges



Thursday menu

October 6th

Minestrone Soup,
Breaded Pollock Filet, Tartar Sauce
Cous Cous
Whole Wheat Bread
Fresh Fruit w/ C

October 13th

Chicken Meatball with Marinara Sauce
Cavatappi Pasta
Au Gratin Broccoli, Italian Bread
Escalloped Apples

October 20th

Butternut Bisque
Roast Pork with Cran Orange Sauce
Whipped Potatoes
Italian Bread
Lemon Pudding

October 27th

Roast Beef w/ Au Jus
Sour Cream/Chive Potato,
Tossed Salad, Dinner Roll
Chocolate Brownie

STOW LIONS ANNUAL FALL FLEA MARKET**Saturday, October 1**

Free parking, doors open at 8:00. Stow Lions Field is located at the Intersection of Route 117 and Hudson Road, in Stow MA 01775. Serving coffee & donuts early, and plenty of hamburgers, hot dogs, fries, and drinks during the day. This year look for the Christmas table with lots of good stuff! The Stow Lions Golf Ball Drop will be held @ 3:00, be sure to get your ticket.

**147TH HARVEST FAIR - FIRST PARISH CHURCH
OF STOW & ACTON****Saturday, Oct. 1, 9:30 am – 3 pm**

The 147th annual Harvest Fair takes place on Saturday, Oct. 1, at the First Parish Church of Stow & Acton in Stow. A full lunch and snacks will be available, as well as FPC's famous apple pies and all types of homemade baked goods and preserves. A large variety of CDs, books, and retro jewelry will be for sale. This year gently used toys and games will be sold as well.

Children can enjoy jumping in the moon bounce, navigating the ninja obstacle course, making crafts, and playing their choice of about a dozen games with small prizes. Live music will be playing from 10 am to 2:30 pm, including FPC's Parish Jazz Band, choir and Uketerians. Proceeds benefit the church. Admission is free. The church is located at 353 Great Rd., Stow (at the intersection of Routes 117 and 62). There is free parking and the event will be held rain or shine. Contact the church at 978-897-8149 or visit www.fpc-stow-acton.org for more information.

RUMMAGE SALE, UNION CHURCH**Friday, October 7, 9-1 & 5-7 pm and Saturday, October 8, 9-1**

Bargains galore can be found at the Union Church Rummage sale. Household goods, clothing and much more for the whole family.

STOW FLU CLINIC**Saturday, October 15, 10-1, Hale School**

Once again, the Medical Reserve Corps volunteers, under the direction of the Board of Health, are prepared to administer vaccines in their annual preparation for a town wide emergency. Skilled nurses as well as non-medical staff walk you through this fast and easy process. Individuals age 3 and up are welcome. Cost for vaccination will be covered by insurance and/or Medicare, so bring your cards or a copy of your cards (front and back). Save time by printing and completing a registration form and questionnaire from the Board of Health page on the Town of Stow website: www.stow-ma.gov or by picking one up at the COA office. If you have questions, you can contact the Board of Health by calling 978-897-4592 or by sending an email to health@stow-ma.gov. Transportation will be provided to those seniors in need by calling Sharon at the COA, (978-897-1880).

WANT TO HELP PEOPLE IN STOW? VOLUNTEERS WANTED!

If you would like to join the Medical Reserve Corp., please contact the Stow Board of Health at (978) 897-4592 or email: health@stow-ma.gov. For more information, please see page 14.

SENIOR STEALS AND DEALS

The Outback Steakhouse in Leominster offers 15% off to veterans every day. Bring proof of service. Email your steals and deals to Suzanne at coa3@stow-ma.gov.



October 2016

Happy autumn, friends! Around this time each year I like to share with you some state programs that can help with home heating assistance and savings on energy bills:

- **Low Income Home Energy Assistance Program (LIHEAP)** – LIHEAP helps low-income individuals and seniors pay their heating bills during the winter. Eligible recipients can either own or rent their home and cannot have an income greater than \$34,001 for a single person or \$44,463 for a two-person home. For more information, please call the Massachusetts Heat Line toll-free at 1-800-632-8175 or visit tinyurl.com/MassHeat. Inquire about fuel assistance at your Council on Aging,

- **Citizens Energy** – Citizens Energy Corporation has two programs that provide home heat assistance. (1) The Oil Heat Program offers free heating oil to people in need and (2) the Natural Gas Heat Assistance Program gives a \$150 utility bill credit to eligible households who heat with natural gas. To apply, please visit citizensenergy.com or call 1-877-JOE-4-OIL.

households who heat with natural gas. To apply, please visit citizensenergy.com or call 1-877-JOE-4-OIL.

- **Weatherization** – The Low Income Weatherization Assistance Program (WAP) provides eligible households with full-scale home energy efficiency services to help homeowners and renters lower their energy costs. WAP is funded by an annual grant from the U.S. Department of Energy and administered by a network of local agencies; you can receive WAP services if you are eligible for LIHEAP or if someone in your household receives SSI or TAFDC. For more information, please call the Massachusetts Heat Line toll-free at 1-800-632-8175 or visit tinyurl.com/lowincomeweatherization.

- **MassSave** – MassSave offers Massachusetts homeowners and renters energy tips and information about free home energy assessments, energy-saving products, and loans, rebates, and other incentives for energy-saving home improvements. Low-income residents may qualify for programs to help manage energy costs. For more information, please visit www.MassSave.com or call 1-866-527-7283.

All-Electronic Tolling

The Massachusetts Department of Transportation (MassDOT) is transitioning to an all-electronic tolling system on October 28th. Toll gantries along the Massachusetts Turnpike will replace exit tollbooths and drivers will be charged when they pass underneath the gantries. To ensure residents pay the lowest possible toll rates under the new system, MassDOT is encouraging residents to obtain a free E-ZPass transponder as soon as possible by signing up online at ezpassma.com or by visiting certain RMV branches, AAA locations, or E-ZPass customer service centers; locations can be found by visiting mass.gov/ezpassma.

I will also host a MassDOT van at this year's MAYNARD FEST, where a MassDOT employee will be available to help you sign up for an E-ZPass transponder. MAYNARD FEST will be held on October 1st from 9 a.m. - 3:30 p.m. in downtown Maynard. Look for the purple van!

Should you have any questions about All-Electronic Tolling or need any assistance obtaining an E-ZPass transponder, please feel free to contact my office.

Hogan's Office Hours

- **Stow Office Hours** will be held on Thursday, October 13th from 6-7 p.m. at the Randall Library, 19 Crescent Street, Stow.
- **Bolton Office Hours** will be held on Tuesday, October 25th from 5:30-6:30 p.m. at the Bolton Public Library, 738 Main Street, Bolton.

Please bring any questions, ideas or concerns you may have. If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2130 to schedule an appointment with me.

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

FARMER'S MARKET

- Maynard** Saturdays, 9 am to 1 pm, rain or shine! - Thru first Saturday in October.
Mill Pond Parking Lot, Clock Tower Place, Main St. (Rt. 62.), Plenty of free parking.
<http://www.localharvest.org/maynard-community-farmers-market-M2347>
- Harvard** Saturdays thru October 29. 27 Mass Ave, Harvard.
- W. Acton** Sundays, 10-1 thru October 23, Pearl Street <http://www.abfarmersmarket.org/>

FANS OF FILM - FINE ARTS THEATRE, MAYNARD

Tuesday, October 11th & Wednesday, October 12th, 7:30 pm

Celebrating the art of film-making by promoting classic films! Tickets are just \$7. This month features "Rear Window". For more info go to: Fans of Film at Fine Arts Theatre, Maynard on Facebook.

1942 - HOW PREPARATIONS FOR WWII CHANGED STOW

Stow Historical Society - Saturday, October 22, 2016 at 7 pm, Stow Town Hall

By December 9, 1941, U.S. newspapers were headlining Japan at War with U.S. Congress to Act. Pearl Harbor had become part of history, as civilians across the US stepped up their recycling and rationing for the war effort. NOT ONLY did the citizens of Stow recycle metal and tires, shop with ration coupons, buy War Bonds, and send their young men and women to the frontline, they witnessed the Federal Government's quiet and forceful takeover of 3100 acres of land in Stow, Maynard, Sudbury and Hudson. Nearly half of this land was within Stow's boundaries. Some families had ten days to vacate their property, their homes and their farms! Step back into 1942 and meet two of Stow's multi-generational families who had their farms taken by eminent domain, as the Federal Government scrambled to build up the country's defenses. For Stow, it was the construction of the Army's Ammunition Depot off White Pond and Sudbury Roads. Using maps, photos and family stories, learn about the Urgaitis/Wickey family and the Suikko/Wanhatalo family (Stow's Sylvia Estabrook and Maynard's Vivian Dean). Plus, hear brief stories about the Paakki/Sippo and Parker families.

Stow's Jim Sauta will narrate his experience of the air raid drills, the black outs, the secret trains running at night, and of touring the secure military compound as a young teenager. This area is now the Assabet River National Wildlife Refuge. All welcome - desserts will be served after the event.

HALLOWEEN SYMPHONIC CONCERT

Sunday October 30th at 3 pm

The Nashoba Symphonic Band will be performing its first concert at the Nashoba Regional High School Auditorium. The concert will include Halloween-themed favorites featuring Saint-Saens' **Danse Macabre** and **The Carnival of the Animals** as well as **Incantation and Dance** by John Barnes Chance. No admission is charged (good will donations are gratefully accepted). The concerts are family-friendly and the afternoon performance time should allow you to get home well before the witching hour! The Nashoba High School is located on 117 in Bolton (gps address 12 Green Road). For more information, please go to www.nashobamusic.com and click on the Nashoba Symphonic Band tab.

VOLUNTEER OPPORTUNITY - MRC!

Have you ever gotten a Flu shot from the Town of Stow? If so, you have experienced some of the services that the Stow Medical Reserve Corps helps with. The Medical Reserve Corps or MRC, is a volunteer organization, sponsored by the Surgeon General of The United States. Most towns in Massachusetts have their own chapter. In Stow, we work under the Board of Health, and with the Police and Fire Departments and Highway, to help residents during a catastrophic event like a hurricane, flood, severe winter weather, or whatever else may happen. We have volunteers from all backgrounds who want to help others. No medical training is necessary. We instruct people how to prepare themselves and their families prior to an emergency and help others during an emergency. We help set up a warming center or a shelter for people and pets. We have supplies and equipment that can be used in an emergency sheltering situation. A background check is done for all our volunteers, and we provide training and conduct drills to practice skills that will be needed when we are asked to help. Does this sound like a good way to help people in Stow? We welcome volunteers. If you would like to join us, contact Cyndie Colosi at the Stow Board of Health - 978-897-4592 or health@stow-ma.gov.

GIFT SHOP



NEW ITEMS:

- The Fall Season is finally here and the Gift Shop is bursting with “**new**” things for sale. Wait until you see the fall items that Karen Jacobs made for the shop. Everything from Halloween wreaths to decorated Witches Hats. Karen makes one-of-a-kind items and puts a lot of detail into her work.
- The SFCOA **Holiday Fair** will be held on **November 5th** this year.
- All of the items we sell at the fair have been handmade by various volunteers in our community.
- **Appreciated: Handmade Items for the upcoming Holiday Fair. Thank You.**

DONATION REQUESTS

Craft Group	Gift Shop
	Contact information
Needle Felting Supplies. Foam, needles, patterns and Roving Wool.	Susan Rondeau @ (978) 897-5338 countrypickns@yahoo.com
Wanted: Volunteer Craft Teachers. Share your love of crafting with the ladies in our craft group. We’re always looking for new ideas. This is a short term commitment at no cost to you.	Donations of handcrafted gifts are always appreciated.
Contact Susan Rondeau for more information.	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!**

NOVEMBER Newsletter
Deadline to submit: Wednesday, October 12 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:

Booster: Janet Rydin

General:

Therese Bryce, Jeffrey O'Connor,
Alan Rainha, Sauta Farm Customers
Sauta Farm Plant Sale
Small Farm Customers, Mary Yungman

In Honor of Betty Holly's Birthday:

Darci Mikus & the Horowitz Family

In Memory of Rose Coughlin:

Carol Toomey

In Memory of Robert "Bob" DeMilia:

Richard Bonetti, Richard Crear, Jo & David
Crowell, Ruth Delmonico, Carol Dudley,
Susan Holmes & Sanford Squires, Arnold
and Judy Johnson, Carolyn Johnson, Arthur
Larson, Dawn Levy, Kathleen McLinden &
Laura Orsatti.

In Memory of Gertrude McKenna:

Betty & Jim Sauta

In Memory of Barbara Sipler:

Darci Mikus & Kelsey Horowitz
Betty & Jim Sauta
Dorothy Sonnichsen

In Memory of Jean Zdanowicz:

Dorothy Sonnichsen

Sponsor: Safely Home

SFCOA GIFT SHOP!

**Open to the public Mon-Fri 8am-4pm
Town Building, Lower Level,
380 Great Rd. Stow, MA 01775**

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. Our Stow items are really popular. Many of these items are bought as gifts and sent around the US and beyond. A local church purchased some of our blankets to bring on their Mission Trip this year. Our handcrafted gifts have been receiving rave reviews. One of our patrons went on to say, "I shop here first, and always find something unique." All Proceeds from our sales go directly to the Stow Friends of The Council on Aging.

Facebook: Stow Friends of the Council on Aging

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

Donations Request: See page 15

Thank you for your continued support!

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

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**