

CORRESPONDENCE

Phoebe Haberkorn

From: Allison McCarthy <allisonlovesboo17@gmail.com>
Sent: Tuesday, May 4, 2021 9:56 AM
To: selectmen
Subject: Fwd: Nan's Market Proposal

Hello Selectmen,

My husband and I moved to Stow in 2005. Before that, we lived in Natick directly abutting Rt 9. One of the things we loved about Stow was that it was rural and away from traffic noise. We loved the small town vibe and have continued to enjoy that to this day.

We have two dogs and an 8 year old boy that love to run around and enjoy our big back yard.

As far as our yard abutting The Stowaway Inn for all of those years, it was never a concern for us. Only a few times in all of the years, have they had a party where there was a tent and music. Other than that, one would never even know that there was an Inn there.

Fast forward to today, and on any given day, I am very aware of a business abutting my back yard. Back in 2015, when the plans were first drawn up for this business, our major concern was for a fence to be put in, which did happen. But even more so, we specifically stated that we did not want for the establishment to have a liquor license.

There is a time and specifically a place for alcohol consumption and I firmly believe that it should not be done outdoors in a residential area, especially one that borders my back yard. I know all too well what happens when alcohol is consumed. I am a recovering alcoholic sober for 26 years. People usually drink responsibly, but it only takes one to get super loud and rambunctious. I do NOT want this in my backyard and will do whatever it takes to stop this from happening. That is where I stand.

Allison McCarthy
155 Crescent St, Stow, MA 01775

Joyce Sampson

From: Dorothy Granat <lexifilly@icloud.com>
Sent: Tuesday, May 4, 2021 4:30 PM
To: selectmen
Cc: building
Subject: continued lack of enforcement, ignored request for update, concern for buffer at Presti property

To the Select Board/ Selectmen of Stow

I thank you for speaking with the building department regarding lack of enforcement of bylaw pertaining to internally lit signs. Craig Martin notified me that he sent a letter to the businesses, informing them of related zoning laws. I requested an update on actual enforcement measures in January. I have not yet had a response. As the select board/ selectmen are to over see the various boards, I shall address the select board/ selectmen directly, on any matter pertaining to enforcement of bylaws/zoning. I will of course include the building department on any new requests, to avoid any question of the legality of such requests. There were perhaps, two very small internally lit signs, when I first brought them to Mr. Martin's attention. It would have been an easy situation to address back in the fall of 2017.

I requested buffer enforcement at 84 Great Rd, along the conservation land in January of this year. I did not receive any notice of disagreement by the zoning officer in the required time frame, as defined in Mass Law. However, I have yet to see any effort to restore the buffer that was clear cut at the property. I would like to know what date Mr. Martin informed the property owner of the violation and what deadline the property owner was given for start of work/completion of work, before fines will be assessed. The trees, bushes etc. that were there, prior to the clear cutting, met the standards described in the buffer. Mr. Martin was in agreement with Mr. Presti's declaration that there had been no increase in use at the property. As such, beyond it being a clear violation of the bylaw requiring a 30 foot buffer between business and conservation land, there should be no need to waste the town's time/ tax payer funds on any sort of request for "relief" from this bylaw.

In addition I brought up the same issue of buffer enforcement at 118 Great Rd in my email to Mr. Martin in January. However, though 118 was in the subject line, in the body of the email I put 148 (likely due to having written about Stow House of Pizza issues). I received no question or statement regarding a lack of conservation land abutting 148, so I am sure he realized my error. However, for written record, my intent was, and remains, a request for enforcement at 118 Great Rd of the required 30 foot buffer.

Respectfully,

Dorothy Granat

Joyce Sampson

From: esturgis
Sent: Tuesday, May 4, 2021 9:37 PM
To: Joyce Sampson
Subject: Fwd: The May Stow COA Senior Scoop is out!

Will you include this in next weeks correspondence ? Thanks

Ellen Sturgis, Stow Selectboard
esturgis@stow-ma.gov

From: cmsmailer@civicplus.com <cmsmailer@civicplus.com> on behalf of Stow MA <cmsmailer@civicplus.com>
Sent: Tuesday, May 4, 2021 12:11:33 PM
To: esturgis <esturgis@stow-ma.gov>
Subject: The May Stow COA Senior Scoop is out!

The May Stow COA Senior Scoop is out!

The May Stow COA Senior Scoop is out! A copy of the Senior Scoop is included with the Action Unlimited that is mailed to every household in Stow.

The complete Senior Scoop is available on our website by clicking the "NEWSLETTER: MAY" tab in the left-hand column.

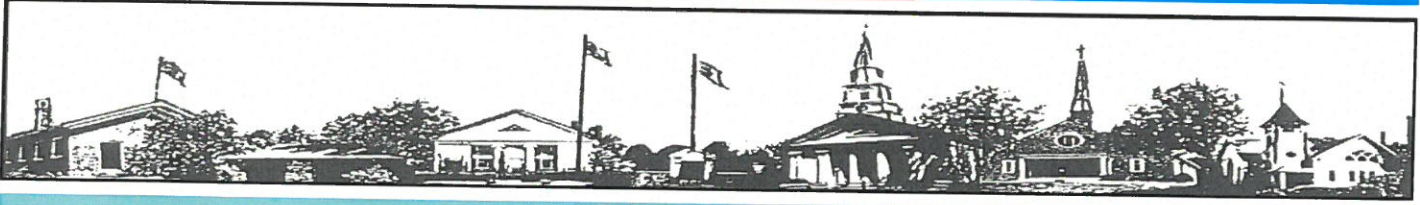
Visit us on Facebook https://www.facebook.com/StowCouncilOnAging/?view_public_for=81795696502...

Follow us on Instagram https://www.instagram.com/invites/contact/?i=z95gxuz3ebgz&utm_content=k8...

Stay well!

[Read more](#)

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HIGHLIGHTS

- ▶ NEW - Taxi Ride Program Service Available for Eligible Stow Residents, "GO STOW", p. 2 & 6
- ▶ NEW - Covid Vaccines Now Available for Stow Residents at the Courtyard Marriott, p. 3
- ▶ Join a Remote Exercise Class, p. 3
- ▶ NEW - Financial Assistance for Covid-19 Related Funeral Expenses, p. 4
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- ▶ SHINE - (Serving Health Insurance Needs of Everyone) Information, p. 5
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- ▶ "May is For M's", Staff Column by Martha Shea p. 7
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- ▶ Scam Alert – Another Scam in Stow, p. 9
- ▶ Need Food? COA Food Program - call the COA between 10 and 11 am Monday - Friday p. 10
- ▶ Check out the Recipe for this Month, p. 10
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- ▶ Town Clerk Reminder - Important Dates, p. 13
- ▶ COA Wants You! Have You Considered Volunteering? p. 13
- ▶ Electronic Recycling, Support the Stow Boy Scouts, p. 13
- ▶ Shop Local and Contact Free, Support Stow Seniors, COA Gift Shop, p. 15 & 16

Office Closed Monday, May 31st for Memorial Day

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STOW COUNCIL ON AGING

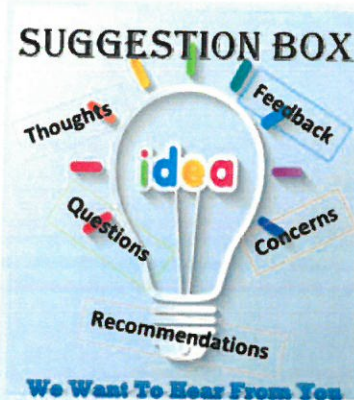
Pompositticut Community Center • 509 Great Rd. Stow, MA 01775

Hours: Monday – Friday 8 am – 3:30 pmE-mail: coa@stow-ma.gov**Tel. # 978-897-1880****Council on Aging Staff**

Alyson Toole, Executive Director
 Martha Shea, Outreach Coordinator
 Kathleen Surdan, Outreach Worker
 Gigi Lengieza, Transportation/Volunteer
 Coordinator and Office Manager
 Dave Ashman, FT Van Driver/Dispatch
 Chris Schuch, PT Van Driver
 Chet Jacobs, On call Van Driver
 Jamie Moulton, On call Van Driver

Website: www.stow-ma.gov**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.

**COA BOARD MEMBERS**

William Byron, Chair
 Ruth Delmonico, Secretary
 Charles Aaronson, New Member
 Susan Matatia, Member
 Kathy O'Brien, Member
 Susan Pauley, Member
 Vacant, Member
 Brian Burke, Associate
 Michelle Fuller, Associate
 Jeanne Genereux, New Associate Member
 Rep. Kate Hogan, Associate
 June Thall, Associate
 Ellen Sturgis, Liaison Stow Select Board

(We are always looking for new Associate Members. Please come to our next COA Board meeting and see if you are interested.)

There is a suggestion box in the Lobby of Pompositticut Community Center.

COA BOARD MEETINGS ARE ALWAYS THE 2ND THURSDAY OF THE MONTH AT 10 AM.

Transportation Services

Our Transportation Policy is available on our website. Specific questions regarding transportation services should be directed to the Transportation Coordinator at 978-897-1880 between 8 am and 12 pm Monday thru Friday. Important policy items are highlighted below:

- We provide van service to Stow residents 60+ and those with disabilities.
- All van reservations must be made by calling the COA between 8 am - NOON at least 24 business hours in advance and speaking with the Transportation Coordinator (do not leave a voice mail message). For example, when scheduling a ride for Monday, the call must be received by noon on the Friday before.
- Van pick-ups begin at 8:30 AM, with the last pick-up to return home no later than 2:30 PM Monday through Friday.
- Our service area (originating from Stow) is Acton, Bolton, Boxboro, Harvard, Hudson and Maynard, also for medical destinations in Concord, Marlborough and Sudbury.
- Clients should be ready 15 minutes before the estimated pick up time and must be able to see or hear the van when it arrives.
- Individual non-medical trips will be scheduled around medical appointments.
- Meal site, Food Pantry, COA Office: FREE
- VAN FARE: Stow only: \$2; Out-of-Stow: \$3 (Pay by check payable to the Town of Stow)
- Volunteers may be available for medical appointments outside of service area/ business hours. Advanced Notice - One week minimum required!
- Another option: "Go Stow" – transportation is available when COA is not open for eligible residents. Call the COA (978) 897-1880, ask for Gigi, Mon. – Fri. between 8 and 12 noon.



NEW - COVID VACCINES NOW AVAILABLE FOR STOW RESIDENTS

Stow residents can now register through this direct link: Go to Stow Town Website, under News and Notices, Vaccines are available to Stow residents through our new partnership with Marlborough Hospital, then click on the link or go to: <https://www.stow-ma.gov/home/news/covid-vaccines-are-available-stow-residents-through-our-new-partnership-marlborough>. Scroll down to "Click here to schedule your appointment". Check back often as clinic dates are frequently added. If you need assistance, please call the COA (978) 897-1880.

Location: Courtyard Marriott, 75 Felton Street, Marlborough. Free parking is available, and the facility is handicapped accessible. Enter through the Banquet and Ballroom Entrance and follow the signs to COVID-19 VACCINATION REGISTRATION. If for some reason you are unable to keep this appointment, we kindly ask that you call us at least 48 hours in advance so we may be of assistance in rescheduling your appointment to a date and time that is best for you. If scheduling or rescheduling an appointment by phone, please call 877-509-8838. The Scheduling Office hours are: 7 am – 8 pm (Monday- Friday) and 9 am -5 pm Saturdays.

STAY ACTIVE - JOIN A COA EXERCISE CLASS

Exercise Classes - SOME OFFERED REMOTELY, EMAIL THE COA!

NOTE: Zoom Classes FREE to Stow residents, OUT-OF-TOWNERS MUST PAY class fee. SFCOA is generously paying the instructors to teach live classes remotely during Covid19. Donations appreciated. For current info go to: <https://www.stow-ma.gov/council-aging/pages/coa-classes>. If interested in participating in any of the Zoom classes, please call the COA for access and assistance.

Qi Gong: Via Zoom, Instructor: Carolyn McDonald, Mondays, 9 am, FREE. Come join us for gentle movements that help with balance, breathing and energy. The principles include upright, relaxing, tranquility and empty.

Senior Fitness: Videos available on Stow TV & Youtube! Instructor: Terri Zaborowski Have fun as you move to the music with this safe, heart-healthy class which uses low-impact movements.

Stretch & Flex: Video of similar class on the COA website.

Zumba Gold: Via Zoom, Free to Stow residents only. Out-of-towners \$2
Instructors: Donna Johnson, Tues. 10 am & Yachun Lin, Thurs. 10 am. Enjoy the fun: warm-up, dance/exercise, cool down. All to upbeat Latin & International music.

Zumba Gold Toning: Via Zoom, Free Fri. 10 am with Yachun Lin. Enjoy Zumba dance party fun and add in light weights to enhance muscle strength, tone and endurance.

Yoga: Via Zoom, Free to Stow residents only. Out-of-towners \$3.
Instructor: Terry Kessel Myers Coney, Fri. 9 am.



FINANCIAL ASSISTANCE FOR COVID-19 RELATED FUNERAL EXPENSES

The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus. FEMA is providing financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020. To be eligible for funeral assistance, you must meet these conditions: The death must have occurred in the USA. The death certificate must indicate the death was attributed to or caused by COVID-19. The applicant must be a U.S. citizen, non-citizen national or qualified alien who incurred funeral expenses after January 20, 2020. For more information, call 1-844-684-6333 between 9 am – 9 pm Monday – Friday.

NEED FINANCIAL HELP HEATING YOUR HOME? FUEL ASSISTANCE APPLICATION DEADLINE HAS BEEN EXTENDED UNTIL MAY 28TH

We take SMOC fuel assistance applications for all low-income Stow households. Documentation of gross family income (everybody over age 18) required, as well as social security cards, photo ID's., tax bill, mortgage, and insurance bills for homeowners, and copies of all utility bills. Please call Kathleen at (978) 897-1880 for assistance.

TECHNOLOGY HELP

Is new technology driving you crazy? Want some help? The COA is here for you! Call the COA and speak with the Outreach staff to connect you with a technology volunteer.

COMMUNITY SERVICES COORDINATOR

Brian O'Sullivan, LICSW is available to provide information, make referrals to various programs, and agencies for all ages. Mon., Wed., & Thurs., call 978-897-2638 or Email: townsocialworker@stow-ma.gov.

OUTREACH SERVICES AVAILABLE BY PHONE

Information and Referrals on Home Care Options, Advocacy, Food, Fuel Assistance and much more! Call the COA at (978) 897-1880.

STOW CEMETERY INFO

Robb "GH" Gledhill, Stow Cemetery Superintendent, is available to help answer some of your Cemetery and Burial concerns at (978) 461-1403.

JOE JACOBS VETERANS AGENT AVAILABLE

Call him at 978-290-0278 or e-mail veteransoffice@Stow-MA.gov.

ARE YOU IN NEED OF ASSISTANCE? "MASSACHUSETTS 211"

24 hours a day, 7 days a week – Staffed by counselors to provide resource information, including housing & rental assistance, childcare options, and mental health resources. Just dial 211. All calls are free and confidential.



HAVE YOU RECEIVED THE COVID VACCINE YET?

COA staff will be reaching out to Stow seniors to see if they still need our help. If you have already received it, please email Gigi at coadminasst@stow-ma.gov and let her know so that we can spend our time helping folks that still need it.

SHINE

(Serving Health Insurance Needs of Everyone)

Are you on Medicare or eligible for Medicare and have questions? If so, SHINE offers one-on-one counseling and assistance to people with Medicare and their families. The SHINE program provides unbiased, accurate, up-to-date information on health benefits, including Medicare A & B covered services, prescription drug options and Medigap insurance plans. Schedule your private consultation with our Shine Counselor who is at the COA on Monday. Book your appointment between 10:30 am – 12:30 pm by calling (978) 897-1880.

ASK SHINE A QUESTION

Email it to coa2@stow-ma.gov

Question: I am 65 years old and new to Medicare. While I understand the scope of coverage for hospitalization and doctor's visits, I am unclear if preventative services are covered. Can you provide guidance?

Answer: Yes, certain preventative services are covered. Each service that is covered may have limitations. A good source to see what services are covered and the scope of coverage is: <https://www.medicare.gov/Pubs/pdf/10110-Medicare-Preventive-Services.pdf>. Your Part B coverage provides this benefit. Medicare pays for some diagnostic tests. Your doctor or other health care provider may recommend a diagnostic test. If that test goes beyond the scope of the service benefit, there may be additional charges not covered by Medicare. If a service you receive isn't covered and you think it should be, you may appeal this decision to Medicare. If you have coverage issues, work with your doctor's office, Medicare or call your local SHINE counselor at the Stow COA office.

Medicare Savings Programs (MSP)

Did you know that you can get help paying your Medicare A/B premiums, deductibles and, in some cases, co-insurance, co-payments and prescription drug premiums? The Medicare Savings Program is a federal program available to Medicare beneficiaries of all ages who meet the income and asset criteria: below. To view the application visit: <https://www.mass.gov/doc/masshealth-buy-in-for-people-who-are-eligible-for-medicare-0/download>

SHINE counselors are also available to help individuals determine if they qualify for MSP and provide application assistance. To schedule an appointment with your local SHINE counselor please call The Stow COA 978-897-1880

- Individuals with monthly incomes between \$1,396 and \$1,771 with assets less than \$15,940
- Couples with monthly incomes between \$1,888 and \$2,396 with assets less than \$23,920.

CALL FOR DURABLE MEDICAL EQUIPMENT

We have a variety of gently used equipment available to Stow residents on a first come, first served basis. To borrow (for short-term use only), return or donate, please call first (978-897-1880) to make arrangements.

TOWN NURSE

Tamara Bedard, RN from Nashoba Associated Services is available Monday through Friday 8:30-4:30 by phone at 978-772-3335 X340.

NO BLOOD PRESSURE AND PODIATRY CLINICS YET!



OUTDOOR CONCERT WITH HOWIE NEWMAN

Day: Tuesday, May 25, 2021 **Time:** 1 pm **Cost:** Free **Sign up by:** 5/21/21 **Limit:** 20 Cars

Stow Seniors Only

Please join us for the next in our series of outdoor concerts! Howie Newman will be playing guitar and singing outdoors, weather permitting, at the Pompositticut Community Center's parking lot. Bring lawn chairs if you'd like to sit outside your vehicle as you enjoy the upbeat music, a mix of songs that became popular throughout the decades. Who knows, you may even see COA staff dancing! Thank you to the Stow Cultural Council for generously sponsoring this event for our seniors.

NEW TRANSPORTATION SERVICE AVAILABLE TO ELIGIBLE STOW RESIDENTS FOR APPOINTMENTS OUTSIDE COA HOURS!



Taxi Ride Program for Eligible Residents. You must meet at least one of these requirements: Age 50 +, Mobility Impairment, Financial Need, Active Duty Military/Veteran, Essential Worker. Visit: tinyurl.com/gostowtaxi or call Gigi Lengieza – COA Transportation Coordinator at 978-897-1880 X28 between 8 am – 12 noon for more info. This program is funded with a grant from the Metropolitan Area Planning Council's (MAPC).

COA TRANSPORTATION FOR GROCERY SHOPPING AVAILABLE

If you want to go grocery shopping to Stow Shaw's, you must call and speak with the Transportation Coordinator at the COA by 12 noon the day before you want to go. We will do our best to accommodate, but keep in mind that medical appointments take priority.

LIMITED TRANSPORTATION SERVICES DURING COVID-19

Transportation services are available for essential purposes: medical, pharmacy, grocery, post office and bank only.

- When booking rides, you will be required to answer Covid screening questions including but not limited to whether or not you have experienced Covid-like symptoms within the last 48 hours or have had possible exposure to Covid.
- Van seats are taped off to physically distance riders and driver.
- Drivers wipe down all surfaces daily.
- Riders must wear masks at all times while on the van. The driver will distribute a mask to any rider who does not have one.
- The van driver has authority to not allow a passenger on the van if the driver feels the rider looks or acts sick.

VAN FEE PAYMENT

The Town of Stow is working to minimize cash transactions to avoid potential hygiene issues and improve record keeping. When at all possible, van fees (see below) should be paid by check - made payable to the "Town of Stow". These payments can be given to the driver daily, weekly or monthly. If you feel you have difficulty paying this fee, please contact a member of the COA outreach staff for a confidential discussion.

Destination	Fare
COA, Meal site or Food Pantry	Free
Stow address	\$2
Outside of Stow within our service area	\$3

STAFF COLUMN BY MARTHA SHEA

MAY IS FOR M'S

As we enter the month of May I was thinking of the topic for this article and it occurred to me how many significant events beginning with the letter M are in this month.

May Day, which is on May 1st, has been celebrated for centuries and began in the United States with the European settlers. It is the beginning of all things spring and halfway between the spring equinox and the summer solstice! I'm sure many of you like me have wonderful memories of Maypoles draped with ribbons and children dancing and making May baskets to give to friends and neighbors.

May 5th popularly known as Cinco de Mayo. In America this is a day to celebrate the Mexican heritage by enjoying their delicious cuisine of tacos, guacamole, and margaritas. The official reason for the day in Mexico celebrates the first battle of Puebla. I certainly enjoy celebrating this day!

Moving forward through the month of May we continue with two more holidays we as a nation celebrate.

Mother's Day is always on the second Sunday of the month. This year it will be celebrated on the 9th. Although this holiday is recognized internationally the US started celebrating in 1908. Mother's Day is traditionally when individuals show their love for their mother or a mother figure in their lives. It is known as a "Hallmark" holiday because of the volume of greeting cards bought and mailed. Aside from giving cards, going to church, having a family dinner and giving carnations are among the most popular ways to spend the day. The staff at the Stow Council on the Aging would like to wish all the mothers in Stow a very Happy Mother's Day.

Memorial Day last but certainly not least is celebrated on the last Monday of the month. This year it is being observed on the 31st. Many Americans see this long weekend as the official start to the summer with cookouts, family gatherings and fireworks. If you were to express a celebratory salutation on this federal holiday to a veteran or an active duty military personnel you may get a mixed reaction with the either a similar remark or a solemn look from the individual. Unlike the 4th of July where we celebrate our independence, Memorial Day is a day of memory and tears. This is a day honoring and mourning the military personnel who have died in the performance of their military duties while serving in the United States Armed Forces. American flags are placed on the gravesites of our military who sacrificed their lives for freedom and veterans who have passed since exiting the military. Parades, speeches and dedications by veterans and politicians alike occur across small towns especially here in New England to commemorate this day. So, while you are enjoying the family BBQ or watching fireworks don't forget those we have lost by a simple prayer or cheers to them.



GUEST INTERVIEW THIS MONTH'S HIGHLIGHT LAURA AND LOUIS ORSATTI

Laura and Lou Orasatti are 46-year Stow residents who raised five children here. They have ten grandchildren and one great-granddaughter. In talking with them at their home, it became clear that family is everything to them.

How has the experience of the quarantine been for you?

Lou: In February of 2020, our grandson got married the week of our 65th wedding anniversary. We had a blast.

Laura: We all stayed in a hotel, all our kids and grandkids. We had such a wonderful time celebrating.

Lou: Who knew that three weeks later, everything would be locked down.

Laura: We haven't seen our grandchildren for over a year.

Lou: We did have a grandson deliver groceries to our front steps for a month. He'd put the bags on the steps and ring the bell, then walk about 20 yards away and shout, "I got everything you wanted, Pop Pop!"

Laura: And our daughter Linda, who's a nurse, came to celebrate Lou's birthday with us. She is fully vaccinated, but she's the only one so far. She made it special even though we had to cancel the plans for the party.

What did you do to keep busy?

Lou: I still did everything I always do: my outside work, my hobbies, my shipbuilding, my courses. So really there wasn't that much of a big difference in our lifestyle. We didn't go to restaurants and gatherings.

Laura: My eyesight is poor so I can't do close work anymore. I still bake. My freezer is filled with scones and different breads. I was an avid reader. I still am, but I get audio books. I have an Echo in each room of the house, so no matter where I am, I can ask Echo to read my book!

What do you miss the most?

Lou: The sad part about it was that Laura cooks for the whole family on all the holidays. The boys all say that there's nobody that cooks like Grandmom. She starts a week ahead. That's the drastic difference, that the whole family hasn't gotten together for over a year. I think they all realize Laura's the one behind pulling this family together. It's unbelievable.

Laura: I miss that so much. We usually have 20-25 people here. We have so much fun together. Our great granddaughter is two and a half and I haven't seen her since she was a year old. That was the hard part.

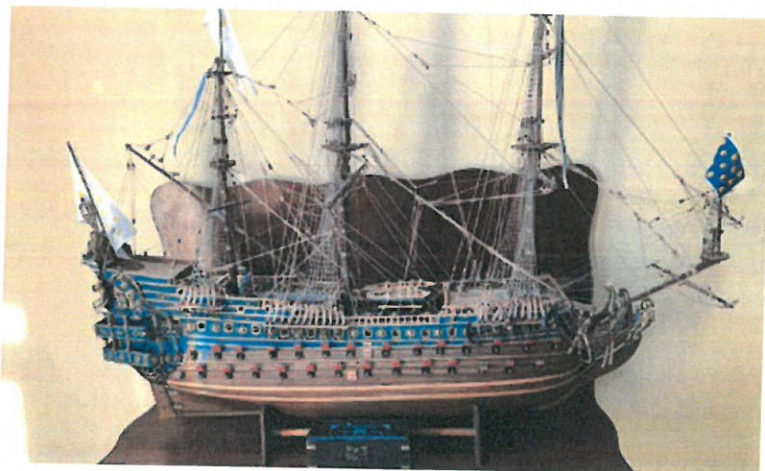
Lou: We're hoping that by Thanksgiving they'll all be vaccinated.

Have you been able to keep connected to neighbors and friends?

Laura: We belong to St. Isidore's Church. They have one Mass every Sunday; you have to register for it. So, we go to church and I meet some of my friends there. One of my friends was vaccinated, so we've been out to lunch. One of the things I miss at the Council on Aging is the Lunch Bunch. I went to that all the time.

Lou: I miss the Veterans Coffee. Once a month I used to go over there to be with my fellow veterans. I'll be glad when that is back. I haven't seen any of those guys.

If you are a Stow senior who'd like to be featured on this page, please call Kathleen at the COA to be interviewed. We all deserve our 15 minutes of fame.



SCAM ALERT

Below is an actual email conversation with an individual who emailed the COA. I have highlighted the individual who was trying to pose as a Stow senior.

From: JOHN Doe <john10@gmail.com> (This email address has been changed to protect the innocent).
 Sent: Thursday, April 15, 2021 2:09 PM To: coa2 coa2@stow-ma.gov Subject: Gotten your vaccine?
 I am just checking in. I got my first dose. (3/6) of Pfiser vaccine. I had a very sore arm, chills, and a headache. Need a little assistant from you.

On Fri, Apr 16, 2021, 4:46 PM coa2 <coa2@stow-ma.gov> wrote: Hi John, I got your email. Have you had your second dose yet? What assistance can I help you with? Martha Shea, Outreach Coordinator

From: JOHN Doe <john10@gmail.com> Sent: Friday, April 16, 2021 4:08 PM To: coa2 coa2@stow-ma.gov Subject: Re: Gotten your vaccine?
 I'm sorry for bothering you, I really do need your assistance with purchasing (GOOGLE PLAY GIFT CARDS) for my friend who is a cancer patient. I promised her a Google Play Gift card as a birthday gift but I can't do this right now because i lost a friend in a car wreck, i tried purchasing it online but unfortunately all effort to no avail. Wondering if you could get it from any store around you OR try it online? I'll pay back asap. Kindly let me know if you can handle this. Thanks

On Fri, Apr 16, 2021, 9:19 PM coa2 <coa2@stow-ma.gov> wrote:
 John, I am so very sorry to hear what you are going through. This is such a trying time for everyone. Of course, the COA wants to help you with this. Can you come pick them up at my office next week? We are closed Monday for the holiday. I really hope you have a better weekend. Stay strong, Martha

From: JOHN Doe <john10@gmail.com> Sent: Friday, April 16, 2021 6:04 PM To: coa2 coa2@stow-ma.gov< Subject: Re: Gotten your vaccine? Value on Google play gift cards \$200
 As soon as you pick up the card, CAREFULLY Scratch the back of the card revealing pin on it, then take a snapshot of the back card showing it's pin and have the photo attached and email me, so I can have it forwarded to her email address. Keep me posted, I owe you. Thanks

Hi John, Due to policies I would not be able to do this; I have to personally give the card to a recipient. John is there any way you could meet me as I would love to help you out, my heart breaks. Also how did you feel after your first dose of the vaccine and do you need assistance with getting the second dose? Take care, Martha

As of this printing, there has been no response from John. As you can see this was clearly a SCAM! The individual was being persistent, trying to get me to send gift cards or the pin located on the back of the gift card which would allow him/her to use it as if they had the gift card in hand. As always remain hypervigilant when ever someone is asking you to help them by sending either your personal information or monetary value. Please don't fall for this!



FREE FOOD AVAILABLE AT COA - FOR STOW RESIDENTS

We offer self-serve food pick-up by appointment by calling the COA between 10-11 am. A staff or volunteer will meet you at the back of the building. Only one person (unless they are living in the same household) is allowed in the building at a time. Masks must be worn. Hand sanitizer (provided at entry) must be applied prior to shopping. Each appointment is 20 minutes. Please be punctual. If you arrive late you will have less time to shop. Due to Covid the procedure may change.

NEED HELP? THE STOW FOOD PANTRY IS HERE FOR YOU!

The Stow Food Pantry is holding their next Drive-Up Food Pantry on May 15 & 16. The Food Pantry will pre-package client orders and bring them to their cars at the clients' appointment times. The Stow Food Pantry will continue to work very hard during this time of uncertainty to serve any in need of services. They will keep our community safe by following CDC guidelines for COVID-19. No referrals required. No financial questions asked. If you are unable to make it to the Drive-Up Pantry, please contact them and they can probably work something out. If you need help, please call 978-897-4230 or email: stowfoodp@gmail.com. The Stow Food Pantry is not able to accept food donations at this time.

ACTON COMMUNITY PANTRY

The Acton Community Pantry serves Stow and is open 3 weeks/month. They are located at 235 Summer Rd # 205, Boxborough, Phone: (978) 635-9295.

OPEN TABLE, MAYNARD

Need food assistance? Open Table in Maynard offers drive-thru pantry service. To find out more about its current services, visit www.opentable.org or call (978) 369-2275.

RECIPE OF THE MONTH: BARBECUED CHICKEN

Ingredients:

1 tsp. olive oil
 ¼ cup cider vinegar
 2 cups chopped onions
 2 tablespoon brown sugar
 ½ cup chopped pepper
 1 oz unsweetened chocolate
 1 can chopped mild green chiles, drained (4½ oz can)

4 cups shredded cooked chicken (about 1 ½ pounds)
 1 small clove garlic minced
 1 12½ oz bottle chili sauce
 1 to 1½ tsp cumin
 (can use 1 tsp cumin seeds instead of powder)
 1 10½ oz can chicken broth
 1 tsp ground coriander

Instructions: In Dutch oven or large saucepan, sauté onions, peppers and garlic in oil for about 5 minutes. Stir in cumin and coriander and cook for another 2 minutes. Stir in vinegar, scrapping pan to loosen brown bits.

Add chicken, brown sugar, chocolate, chili sauce and chicken broth to pan. Stirring occasionally, cook 15 to 20 minutes or until thick.

Serve over rice. Can also serve as open faced sandwich on buns/rolls. Makes 8 servings.



SERVICES BEING OFFERED AS TAKE OUT ONLY!

MEALS ON WHEELS

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

MINUTEMAN SENIOR SERVICES MEAL SITE MENU

The Silver Spoon - Stow's Eating Together Luncheon Site

Meals "To Go" are available on Tuesdays & Thursdays for pickup at 11:30 am at the Pompositticut Community Center. The suggested donation is \$2 for a complete meal. Please call 781-221-7048 to order your meal. Your order must be made by 12 pm on Thursday for Tuesday's lunch and 12 pm on Tuesday for Thursday's lunch.

Tuesday menu

May 4

- Cold Plate
- Tuna Salad
- Macaroni Salad, Coleslaw
- Wheat Dinner Roll
- Fruit Cup

May 11

- Grilled Chicken Breast
- Honey Mustard Sauce
- Potatoes O'Brien, Mixed Vegetables
- Multigrain Bread, Fresh Fruit

May 18

- Macaroni & Cheese
- Spinach, Wheat Dinner Roll
- Cookie

May 25

- Grilled Chicken Breast
- Florentine Sauce
- Brown Rice, Mixed Vegetables
- Wheat Bread
- Fresh Fruit

Thursday menu

May 6

- Beef Stew
- Mixed Vegetables
- Italian Bread
- Lorna Doones

May 13

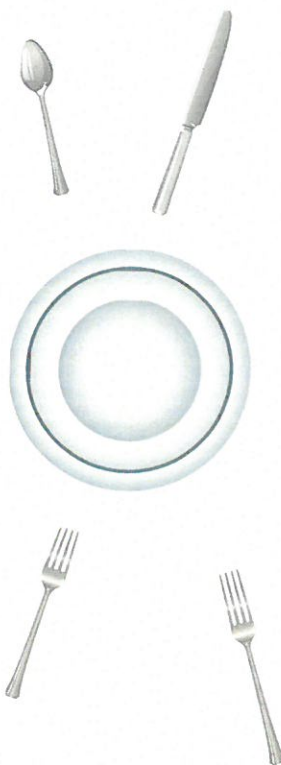
- Chicken Fajita
- Red & Green Peppers
- Corn, Flour Tortilla
- Vanilla Yogurt

May 20

- Roast Turkey
- Herb Gravy, Whipped Potatoes
- Green Beans
- Multigrain Bread
- Fruit Cup

May 27

- Roast Pork
- Cran-Orange Sauce
- Whipped Sweet Potatoes
- Brussels Sprouts
- Multigrain Bread
- Fruit Cup



FIRST PARISH CHURCH VIRTUAL SUNDAY SERVICES

Sunday services at First Parish Church of Stow & Acton (FPC) are held virtually at 10 a.m. All are welcome to these services, which can be accessed by computer or phone or by tuning in to 107.7 FM from the FPC parking lot at 353 Great Road in Stow. Computer and phone access information, as well as a link to the order of service, will be posted along the left column at fpc-stow-acton.org within 24 hours of the service. To prevent disruptive intrusions, the virtual room will be locked about 15 minutes after it begins. FPC apologizes for any inconvenience this causes. Those who tune into the service from the FPC parking lot must maintain social distancing guidelines. FPC warmly welcomes gay, lesbian, bisexual, and transgender people. For more information, call 978-897-8149 or visit fpc-stow-acton.org.

OPERA ON TAP SINGS CANCIONES PARA LA COMUNIDAD THURSDAY, MAY 6, 7:30 TO 9PM

Opera on Tap (OOT) Boston will perform Canciones Para la Comunidad (Community Songs) to benefit LATIN-19, a coalition formed to address health disparities within the Latinx community as a result of the COVID-19 pandemic. The virtual concert, hosted by First Parish Church of Stow & Acton (FPC) of Stow, will feature works from Argentina, Colombia, Cuba, Mexico, Puerto Rico, Spain, and the United States.

Opera On Tap is a national nonprofit that brings opera and classical music to bars and other unlikely venues. This evening of Latin American and Spanish art song will feature OOT Boston sopranos Luisamaria Hernandez, Sarah Joyce Cooper, and Kelley Hollis; mezzo-soprano Caitlin Felsman; and tenor David Rivera Bozón.

Canciones Para la Comunidad will take place on Thursday, May 6, from 7:30 to 9 p.m. The suggested donation is \$15. Donations will support the artists of OOT Boston as well as the ongoing work of LATIN-19. You can find out more about this and other OOT events at www.OperaOnTapBoston.com/events.

ANNUAL PLANT SALE AT FIRST PARISH CHURCH SATURDAY, MAY 15, 9 - 11 AM

First Parish Church of Stow and Acton (FPC) will hold its annual plant sale on Saturday, May 15, from 9-11 am. Precautions will be taken for your safety, with sellers engaging in social distancing and wearing masks. All attending must also maintain a distance of 6 feet from others (outside of their own family) and must wear masks. There will be a selection of perennials, ground cover, herbs, annuals, shrubs, small trees, and garden-related items. The sale will take place rain or shine in the church parking lot at 353 Great Road (at the intersection of routes 117 and 62, next to the Randall Library). Proceeds benefit the church. For more information call 978-897-8149 or visit www.fpc-stow-acton.org.

RANDALL LIBRARY NEWS

We are open Tuesday 9 am – 8 pm, Wednesday and Thursday, 9 am – 5 pm, Friday, 9 am – 1 pm, and Saturday, 9 am – 1 pm. Holds are available in the vestibule of the Library. All requests will be on tables inside the main doors for curbside pickup. The Randall Library will be hosting the following events in May:

- Monday, May 3rd at 7pm - Chef Rob Scott will be presenting "Cinco de Mayo" via Facebook Live. Spaghetti Squash Burrito Bowl, Pan Fajitas with Lime, Holy Guacamole, and Strawberry Aqua Fresca with fresh Basil will be made. Contact the Library for recipes.
- Wednesday, May 19th at 7pm. - The Library will be hosting another event in collaboration with Sustainable Stow. Topic is yet to be determined.
- Tuesday, May 25th at 6:30pm - True Crime Trivia will be hosted by Dan Barbour of Vertigo Trivia via Zoom.

Programs and events are continually added so please contact the Library at 978-897-8572 / randalllibrary@gmail.com for more information.

TOWN CLERK REMINDERS

Annual Town Election: May 8th 10 – 4 Center School, 403 Great Road.

Annual Town Meeting: May 22nd 9 am Center School

Check the town website for more info: <https://www.stow-ma.gov/town-meeting-election-information>

RABIES CLINIC - Thursday, May 6th, 6–8 pm, Highway Barn, 88 South Acton Road

This year's Board of Health Rabies Clinic will be structured differently due to COVID-19. All attendees must adhere to the points listed below: Pets and owners must remain in vehicles until instructed to enter the rabies vaccination area.

- Face coverings must be worn while outside of vehicles.
- Payment: \$20.00 per pet, cash only. No checks accepted.
- Dogs must be on leashes.
- Cats must be in carriers.
- 3-year rabies vaccinations will be administered if proof of previous vaccine provided. Owners must provide previous vaccination certificate. If not available, then a 1-year rabies vaccination will be administered.
- If you plan to bring more than 3 animals, please call the Board of Health office at 978-897-4592.
- Residents of Nashoba Boards of Health member towns may attend any of the clinics offered. For a complete list of clinics offered by the Nashoba Board of Health please visit the Board of Health webpage at www.stow-ma.gov. Clinics are very limited this year due to Covid-19.
- It is Massachusetts State Law that all dogs and cats are vaccinated for rabies.
- Dog licensing services will not be available during the clinic.

Please contact the Stow Board of Health if you have any questions at 978-897-4592 or email health@stow-ma.gov.

ELECTRONICS RECYCLING FUNDRAISING EVENT

Friends of Troop 1 Stow will be hosting their Electronics Recycling Fundraising event on Saturday, May 15th at the Bose Corporation 688 Great Road (Rte. 117) in Stow from 9 am to 2 pm. Please visit our website at <http://www.troop1stow.net> for pricing structure. We can also be contacted at 978-212-9175. The fundraising event will be held in accordance to CDC and scouting guidelines. Credit card payment only, drive up service and masks will be required. 100% of net proceeds go to supporting the Scouts of Troop 1 Stow.

ATTENTION STOW CITIZENS BANK CUSTOMERS THE BANK WILL BE TEMPORARILY CLOSED FROM JUNE 2 AT NOON UNTIL JULY 8 AT 9 AM

You may go to the Maynard branch located at 47 Nason Street

LOOKING FOR SOMETHING TO DO? COA WANTS YOU!!!

COA wants to expand the social, recreational and educational programs that we offer. We can do this by utilizing the time, talents and treasures of volunteers. Whether you have a few hours a month or a few hours a week, at home or the COA, please consider volunteering. Visit our website or contact Gigi Lengieza at coadminasst@stow-ma.gov for further information, including a copy of the volunteer application.

WANT TO KNOW WHAT'S GOING ON IN STOW? SUBSCRIBE TO TOWN OF STOW E-ALERTS

Go to the Town of Stow website <https://www.stow-ma.gov/>. Click on the "Government" tab. Click on the "Subscribe to E-Alerts" (left column). Enter your email in the first box and re-type it in the second box to confirm. Then select all the items for which you want to receive an E-Alert. At the end of the list you must answer the math question. And then finally click "Subscribe Me".

May 2021



Enjoying the Outdoors this Season

Spring has sprung! And with the new season, comes a sense of hope and renewal. I find that one of the best ways to enjoy this time of year is to spend time outdoors.

Fortunately our District has some wonderful local spaces to explore.

The Stow Conservation Commission created a downloadable brochure of local, easy land walks in Stow. It's available on the Town of Stow's website. In addition, Town Center Park is a wonderful place for families and seniors to walk that is fully accessible and has beautiful pond views, informal sitting and play areas, and more. There is a fully accessible stone dust walking path that leads down to the pond, and dedicated parking at the site.

In addition, our state parks are free to enter and enjoy and the Commonwealth offers a special parking pass for seniors. Massachusetts residents age 62 and over are eligible for a discounted lifetime parking pass that covers the cost of parking at most state parks, including nearby parks like Ashland State Park, Callahan State Park, Hopkinton State Park, the Nashua River Rail Trail, Sudbury and Wachusett Reservoirs and Whitehall State Park.

Seniors can order the pass from the Department of Conservation and Recreation (DCR) for only \$10. To do so, send a request for a Senior Parks Pass with a copy of your Massachusetts driver's license or other official proof of residency and age and a check for \$10 made out to the Commonwealth of Massachusetts. Requests can be sent to:

Central Regional Office

355 West Boylston Street, Route 110

Clinton, MA 01510

Attention: Senior Pass

There's truly something for everyone! I hope you are able to enjoy some time outdoors this season.

Contact Rep. Hogan: If you need assistance or would like to contact me, please call me at (617) 722-2199 or email me at Kate.Hogan@mahouse.gov.

Kate Hogan

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 163,, Boston, MA, 02133 / Phone: (617) 722-2199

Kate.Hogan@mahouse.gov

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

Phone: 978-897-1333

HOLIDAY DECORATION DONATIONS FOR 2021

Unfortunately, no Holiday Decoration Donations will be accepted until further notice. We have limited storage space and will update you when we can begin receiving your donations again.

DONATION REQUESTS FOR GIFT SHOP AND CRAFT GROUP

- 1. Yarn: 100% Cotton, Acrylic, Specialty Yarn and Crochet Cotton for Doilies.
- 2. Needlepoint Kits: New/unfinished. Items to be completed and sold in the Gift Shop.
- 3. Vintage & Costume Jewelry
- 4. 100% Cotton Quilting Fabric
- 5. Safety Pins in Assorted Sizes
- 6. Buttons

7. Note: Please label your donation. From: (your name) and For: Susan Rondeau

A BIG shout-out to the volunteers who continue to make items for the shop while we are closed.

Visit our Gift Shop at: <https://stowfriendsofthecoa.com/gift-shop/items-for-sale/>

GREAT BIRTHDAY/GRADUATION GIFT IDEAS FOR STOW RESIDENTS!

SHOP LOCAL - HELP SUPPORT STOW SENIORS

CHECK OUT OUR GIFT SHOP ONLINE

STOW BLANKETS: 3 designs, \$60.00 each.



Click on the Gift Shop Tab on our Webpage: <https://stowfriendsofthecoa.com> and view photos of handmade gift ideas.

Please turn to page 16 for more information on the Gift Shop & how to shop with "social distancing" in mind.

SHOPPING ONLINE? SHOP ON AMAZON SMILE! Go To: <https://smile.amazon.com>

Help Raise Money for Stow Friends of the COA!

JUNE NEWSLETTER

DEADLINE TO SUBMIT: WEDNESDAY, MAY 12TH BY 3 PM

This newsletter is made possible in conjunction with the COA staff and their volunteers, SFCOA and Advertisers of this newsletter.



DONATIONS RECEIVED:

COA Food Program: Elizabeth Ellen Michaud, Melissa Whalen

General: Theodore Tower, R. Gordon Schaubhut, Dee Glorioso, Nanae Ervin, Jon Way

In Memory of Edith DeSimone: Mary Staley, Joan Burns, Elissa Berry, Karen Kanter, Theresa Russell, Karen Hanson, Annette Kiddie, Bob and Dee Glorioso

Tax Help: Janet Carr, Joanne Petito

Thank you for your continued support!

COA GIFT SHOP - CALL COA!

509 Great Rd., Stow, MA

Shop over the phone Staff is happy to assist you with a "contact free" shopping experience!

Have questions call:

Susan Rondeau (978) 897-5338 or email: countrypickns@yahoo.com

NEW ARRIVALS IN THE SHOP

Wait until you see the variety of NEW items!

Stow blankets, Infant/Toddler Sweaters, Handmade Stow Cards, Blanket Puppets, Crocheted Market Bags and beautiful Needlepoint Pillows.

PAST TENSE - VOLUME 1 & 2!

More stories about Stow's History – Gathered by Lewis Halprin and generously donated to the COA. \$10 each (all proceeds go to the COA).

GIFT SHOP PAYMENT OPTIONS:

Cash or Checks

VISIT OUR FACEBOOK PAGE AND/OR

WEBSITE: click on the Gift Shop Tab

Facebook: Stow Friends of the COA

SFCOA BOARD MEMBERS

Rita DiStefano-French, <i>President</i>	Betty French
Louise Peacock, <i>Vice President</i>	Leslie Mileski
Werner Fritz, <i>Treasurer</i>	Laura Orsatti
Clerk (<i>unfilled at present time</i>)	John Peacock
Kirsten Berg-Sonne	John "JT" Toole
Grace DeMore	



Do you have some time to spare?
Do you like helping others?
Then become a COA volunteer!

STOW FRIENDS OF THE COUNCIL ON AGING

Would you like to support the Stow Council on Aging? Now is your chance.

NAME: _____ DATE: _____

ADDRESS: _____

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

General In Memory Of _____ Other

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

CORRESPONDENCE

Additional correspondence on file in the office:

- Conservation Commission
 - Notice of Public Hearing, May 18, 2021, 7:45pm
 - Stow Elderly Housing Corporation

- Board of Appeals Notice and Decision
 - 23-25 Hale Road Special Permit
 - 214 Red Acre Road Special Permit

- Verizon
 - 2020 New England Financials
 - Condensed Financial Statement
 - CTV Form 200 and CTV Form 400
 - FIOS TV Programming Change
 - FIOS Pricing Change