

WESTFORD COUNCIL ON AGING NEWSLETTER MAY-JUNE 2021

OUR MISSION: The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

20 Pleasant St., Westford, MA 978 - 692 - 5523 www.westfordma.gov/coa
<https://www.facebook.com/CameronSeniorCenter/>

Due to current COVID-19 precautions, Cameron programs may be changed, postponed or cancelled at any time. If changes do occur, you will be notified as soon as possible by your COA staff. We strongly encourage you to make your attendance decisions based on current public health guidelines. Thank you for your understanding. We can't wait to be back to normal—we have missed you!

NEWS FROM THE WESTFORD RECYCLING COMMISSION

On Saturday, May 8, the Westford Recycling Commission will hold its next [Household Hazardous Waste Collection](#) event from 9am-2pm at the Westford Highway Department, 28 North Street. **Preregistering online for the event will be required.** Details are in the flyer that arrived in residents' mailboxes in early March. To assist residents who need help with online preregistration, the Recycling Commission is partnering with the Cameron Senior Center. Please call the Cameron at 978-692-5523, leave your name and number, and a member of the Recycling Commission will call you to help you and answer any questions related to this event. Please note that there is a fee (\$30 or \$50 per car depending on volume) to bring hazardous waste to the town's collection event. We encourage residents to partner with friends and neighbors to consolidate what you have, to save both time and money.



MOTHER'S DAY MUSICAL LUNCHEON AT THE FRANCO

Friday, May 7 at 12:00pm

Enjoy a box lunch at the Franco under the Pavilion to celebrate mothers while enjoying the background music of The Boston Pops: Honoring Women. Vegetarian meal option available but please request when you RSVP. Cost is FREE for Mothers and \$5.00 for other attendees. Gift Bags will be donated to the mothers by Eastern Bank and Patti Mason, Mary Alcorn, and Angela Harkness. You must register by calling the Cameron at 978-692-5523.



DJ DOGS TAILGATE

Friday, May 21 at 12 PM at the Franco

Have a rockin' lunch with our DJ Rob who will play Oldies Music and enjoy a Hot Dog Lunch (hot dog, bag of chips, a drink and bag of cookies). Join us for an afternoon of music, food, and fun, all for just \$4. Please sign up by calling 978-692-5523.



TRIVIA RETURNS FOR FUN FRIDAY

June 11, 10am to 12pm

Ken, our trivia King, invites you to a lighter version of trivia with coffee and donuts under the tent. Fun for everyone, and a little different this time. Always a good time had by all. Sign up quickly because space will be limited. 978-692-5523.



FATHER'S DAY TAILGATE

Friday, June 18 at 12pm

In honor of Westford fathers throughout our Cameron community, our COA will offer a tailgate lunch at the Cameron. You must register by calling the Cameron at 978-692-5523. Lunch will be prepared by Brian Ryder and it will include pulled pork sandwiches, coleslaw, chips, and ice cream. Vegetarian meal option available but please state when you RSVP. Cost is FREE for fathers and \$5.00 for other attendees. Don't forget to bring your lawn chairs! Gift Bags will be donated to the fathers by Eastern Bank.



A POTPOURRI OF POEMS-A VIRTUAL CONCERT PRESENTED BY CANTABILE

Performed by Jeanne Masterman and Laurie Oliver, sopranos, and Rachel Muller, pianist. Call to sign up 978-692-5523 to receive the Youtube link to watch these timeless poems put to song. An example of the collection is *A Girls Garden* by Robert Frost, *The Grass* by Emily Dickinson, and *I Wandered Lonely as a Cloud*, by William Wordsworth.



Directors Report ...

Jennifer

Town Ballot Vote on May 4 and Town Meeting on June 12
Be present and VOTE!



Ballot Vote: New proposed Tax Exemption

This proposed means-tested exemption is intended to help seniors with low income and assets pay no more than 10% of their income to property taxes. The exemption for each applicant is capped at 50% of total property tax bill. Applicants must be residents of Westford who are 65 years of age or older, occupy the property as their primary residence, have lived in town for at least 10 years and meet income limits. Applicants also must have received the state Circuit Breaker Tax Credit to be eligible. To learn more about this exemption, please see the enclosed insert written by Paul Fassbender, of the Senior, Low Income and Disabled Tax Relief Committee.

Let's not forget about Annual Town Meeting

I know some seniors don't go to Town Meeting because you have already given your time, and the meeting is very long. However, it is important to remember you are part of the collective voice that represents the fastest growing sector of Westford's population. Let's share our voices and help our Town leaders plan for Town infrastructure, services, and affordability that will support graceful aging in Town. I want to share two items our Council on Aging Board has worked on and/or supported in preparation for this Town Meeting.

35 Town Farm Road This 35-unit mixed-use development will meet a critical need for "truly affordable housing" as well as more diverse housing options to compliment the rapidly growing housing need for ALL residents age 62 and over. Also, this project would provide a crucially needed home for the Westford Food Pantry. This wonderful volunteer organization supports the food needs of 78 plus households each month and half of those served are people age 65 and older. This Westford Food Pantry has not only served our more vulnerable population, but it also has opened its arms up to those who had not accessed a food pantry until COVID-19. **This item will be voted on as funding approval from the Community Preservation Committee.**

The COA Board has recently given its support to the concept of drive-thrus for restaurants in the Commercial Highway Zoning District. With the continued growth in our older adult population, it is important to our COA to ensure measures are in place to better support the needs of seniors. We believe the ability to utilize drive-thrus will greatly benefit those with mobility issues. These supportive steps can allow seniors to age in place, assert their independence and remain vital members of the community.



The Cameron would like to thank **James Callan, Owner of North Street Automotive Service** for diagnosing our COA/Town vehicle and ensuring our brakes were in good working order and at no cost. Thank you, James!

A big Thank You to **Jill & Dan Torrice** of Ayer who donated a brand new wheelchair and 3 tub seats for our medical supply program. Seniors have benefited; we appreciate your generosity!



The Cameron is grateful for the partnership with the Westford Housing Authority and the Health department for making available 50 vaccines for older adults and other residents through the Housing Authority's recent vaccine clinic held at the Boxboro Regency. Pictured: Front row, **Gayle Johnson, Town nurse** Second row L-R **Medical Reserve Corp Volunteer, Jeff Stephens, Health Department Director** and **Lisa Larrabee, Westford Housing Authority Director.**

A BIG thank you to our friends at Westford Cable Access Television (W-CAT) for keeping us connected! All programs air on Comcast Channel 8 and Verizon Channel 35.

Any program on Westford CAT will also be posted on our Website and our Facebook Page.

Fitness Classes with Carol Wing will air as follows:

Monday - Yoga 9am, Tuesday - Chair 9am, Wednesday - Zumba 9am,
Thursday - Chair 9am, Friday - Zumba 9am



BONE BUILDERS—Mondays and Wednesdays from 9:30-10:30am

To register please call the Cameron at 978-692-5523. Class space is limited, and an application must be completed to join the class. If you have any questions, please call Maureen Thibodeau at 978-692-7634.

CHAIR MOVEMENT CLASS WITH CAROL WING—Tuesdays at 1:30pm

To register call 978-692-5523 Class fee is \$5 for non-Westford residents. *This class is being subsidized by a grant from the Executive Office of Elder Affairs.*

TUESDAY GOLF AT QUAIL RIDGE GOLF CLUB, 354 GREAT RD, ACTON MA—Tuesdays beginning at 7:30am

Now—October Cost: \$20 walking, \$30 with cart. Call Quail Ridge at (978) 264-0399 for your tee time and for information about cart use under COVID-19 guidelines. Make sure you say you're with the Westford Group to get this special price.



WELL-BEING GROUP CONDITIONING—Tuesdays & Thursdays at 10am Eight weeks starting Thursday, May 6

Held at the Well-Being Fitness Gym at Cornerstone Plaza. A full body conditioning class focusing on core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Tap into a host of health benefits from a full-body workout around a cardio format while increasing strength and stamina. Burn, strengthen, and engage! Class size is limited. Please call to sign up at 978-692-5523. Class fee: Westford Residents- \$50 and non-Westford Residents-\$65 *This class is being subsidized by Elder Services of Merrimack Valley and Friends of the Cameron Senior Center*

ZUMBA—Wednesdays at 8:15am

Join Carol Wing for an Outdoor Zumba Class in the Cameron parking lot. If the weather is bad, class will be held virtually. Cost for non- Westford Residents is \$5 per class. Sign up at 978-692-5523.

GENTLE YOGA—Thursdays at 9am Starting Thursday May 6th for an 8 week class.

Designed for all levels of fitness, this class starts out seated in a chair, and then progresses to standing and mat poses, if possible. Your chair is always available if needed. Move your joints through their range of motion, build muscle endurance, improve your balance, and increase mental clarity. Bring your own yoga accessories if you have them - or borrow our extras. Wear comfortable clothes. Jo Crawford, RYT-200, has been teaching yoga for nearly 15 years and loves to adapt poses to newcomers and their "experienced" bodies.



PING PONG - Fridays from 9:30am-12:30pm

Under our tents in the Cameron parking lot. New and advanced players make up this dedicated group of players. It is a great time to exercise and be with other vibrant active adults. Please RSVP by calling the center 978-692-5523 so we know how many tables to set-up just for you!



SECOND ANNUAL CORN HOLE TOURNAMENT—Friday, June 29th 9:30am

This tournament will be double elimination so we can have fun together longer. Tournament sign up call 978-692-5523. A special thank you to Scott Topjian for donating our Cornhole boards and making this tournament possible.



SOCIAL SERVICES AND OUTREACH NEWS

CAREGIVER MOVIE SERIES AT CAMERON Join Annette and Alison the last Wednesday of the month from 1-4PM to watch a movie about the caregiver role in various circumstances and health conditions. After the movie, we will host a brief discussion of the movie's themes and participant impressions and experiences. We plan to host this series for 6 months and we will try to choose a variety of situations to explore through cinematic art! Here are the first four movies in the series:

May 26-Still Alice (2014)

Caring for a spouse/parent with early-onset Alzheimer's

When renowned linguistics professor Alice Howland starts to forget her beloved words, her world quickly spins with the harsh reality: early-onset Alzheimer's. The movie transparently chronicles Alice's battle to hide her neurological disease and find coping strategies. It also demonstrates the cognitive decline Alzheimer's patients experience and the challenges family caregivers must tackle daily.

June 30th-The Theory of Everything (2014)

Caring for an adult with a physical disability

After Cambridge University astrophysics student Stephen Hawking (Eddie Redmayne) is diagnosed with amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease, he turns reclusive. But literature student Jane Wilde (Felicity Jones) falls in love with him and decides to marry him when she finds out Stephen only has two years to live. Jane eventually delays her own goals to become a full-time caregiver for Stephen. Felicity Jones' role shows the emotional side of caregiving. Managing caregiver guilt, stress and exhaustion can be difficult, but it's important for caregivers to replenish before taking care of others.

July 28th-The Diving Bell and the Butterfly (2007)

Caring for a patient who has had a stroke

The film drama is a real-life account of Jean-Dominique Bauby and his indomitable spirit after a massive stroke left him paralyzed with locked-in syndrome. Unable to speak, the former French "Elle" magazine editor-in-chief composes his "The Diving Bell and the Butterfly" book with the painstaking aid of his speech and language therapist reading a list of letters and Bauby blinking his left eyelid to spell out words. The biographical movie illustrates how Bauby's children, his girlfriend, and his former wife all come together to undergird him through his unthinkable hardship. It shows that caregiving does take a village.

August 25th-Life Itself (2014)

Caring for a person with cancer

Pulitzer Prize-winning film critic Roger Ebert is one of history's most commendable social commentators and an inspiring model of a life well-lived. Although his head and neck malignancy robbed Ebert of his commanding speech, the famed historian and author never lost his voice in influencing his diverse audience. Based on Ebert's bestselling memoir "Life Itself," the documentary portrays how to combat cancer with help from a network of family and friends.

HOUSING FINANCIAL ASSISTANCE

The government has expanded financial assistance for folks who have rental or mortgage arrears or are facing eviction, loss of utilities, or other housing emergencies. New benefit amounts have been applied for RAFT (residential assistance for families in transition) and ERMA (Emergency Rental and Mortgage Assistance Program). A new Federal Emergency Rental Assistance Program (ERAP) has been started for rental arrears and overdue utilities specifically impacted by Covid-19. All of these programs can be applied for through ONE APPLICATION on the Community Teamwork website or by calling Community Teamwork at 978-654-5607 or emailing CovidResponseCTI@commteam.org. We also have our Town Covid-19 Relief fund for individuals/families facing financial challenges related to Covid-19 illness, job loss, or increased expenses.

The CDC has extended the eviction moratorium for 3 months for those who qualify and complete the paperwork for their landlords. There are also many legal and mediation resources for those who receive a Notice to Quit from their landlord. Do not assume that you need to leave your apartment! Please reach out for assistance. For questions about any housing-related assistance, call Alison at 978-399-2325.

ALZHEIMERS' ASSOCIATION OF MA/NH

Programs are now all Virtual! Knowledge is power. Attend Alzheimer's Association free education programs and learn about Alzheimer's disease and other dementias. Understanding the challenges will help you take control. They teach you strategies to manage day-to-day—as someone living with an Alzheimer's diagnosis or as a care partner. All programs are...Presented virtually, to prevent the spread of COVID-19; Presented live, to allow for personalized questions and answers; Presented at no cost. You can also view recordings of presentations at your convenience. Go to https://www.alz.org/manh/helping_you/community_family_education For more information on this or any other dementia or caregiving questions/support call Alison at 978-399-2325.

OUTREACH

What a year it has been for all of us! We've all been impacted in some way by the pandemic and hopefully putting the challenges behind us and moving forward. With the center reopening in March, warmer weather here and more folks getting vaccinated things are trending in the right direction. We truly hope to see you return to your senior center to be with friends. Socialization is so important for one's mental health and well being. If you find that you are still anxious about "reentering" life, please don't hesitate to reach out for support from Annette at 978-399-2326 or Alison, LICSW at 978-399-2325.

**COVID VACCINE UPDATES**

We are working closely with the Health Dept. to provide their information to all of you. We are trying to keep folks informed with the most up to date information when we receive it. Be sure to checkout our town website, Facebook page, and local CATV. Veterans 50+ of age can get vaccines at the VA in Bedford by calling 1-781-687-4000. The best thing to do is to keep checking the links below on a daily basis and/or preregister with the state. Beware of vaccine scams! No one should be asking you for credit card information or money for a vaccine.

mass.gov/COVIDvaccine This is the site where you "preregister" with the state for an appointment, and you will be notified when they become available. You have 24 hours to accept the appointment the state finds for you. These appointments are currently only at the super sites.

<https://vaxfinder.mass.gov/> This is a site that you can put in the Westford zip code and search for appointments close to Westford

<https://www.cvs.com/immunizations/covid-19-vaccine> This is the CVS site to find an appointment at a CVS

www.lowellgeneralvaccine.com = this is the Lowell General Site open to the public, (not just LGH patients)

HAVE HOME REPAIRS & MAINTENANCE NEEDS? – SIGN UP FOR HELP BY Friday June 4

The United Methodist Church of Westford and West Chelmsford have a mission group of youth, young adults and their adult mentors who will be offering help the week of July 11. The volunteers will be working together to complete home repair and maintenance jobs for those unable to pay for or to physically do the work themselves. Jobs are selected and completed based on greatest need. Examples of the work that can be done include, home repairs (i.e. installing railings, fixing steps, removing wood rot), painting, and yard work. You will be required to sign a release that volunteers can be on your property. If you have a project that you would like assessed, please contact Annette by June 4 at 978-399-2326.

**CRITICAL HOME REPAIR PROGRAM**

This is a program coordinated by Habitat for Humanity to help low income homeowners maintain their homes. Repairs can include roof replacement, structural walls, handicap accessibility renovations, exterior finishes, repairs to satisfy town building codes, etc. The homeowner is responsible to pay only 25% of the project value. Call Lisa Garvey at 978-692-0927 if interested in this assistance.

LIHEAP-FUEL ASSISTANCE

The application deadline was extended this year until May 28. If you have had difficulty paying your heating bills this winter, there is still time to apply and have your benefit paid to your heating vendor for costs incurred after November 1, 2020. If you need more information, call Alison or Annette at 978-399-2325.

STARTING UP! ORGANIC VEGETABLE DISTRIBUTION – Every Thursday, tentative start date, June 3rd

We are excited to continue our relationship with Gaining Grounds of Concord, as they once again offer their organic produce weekly to all Westford residents who meet income guidelines (fuel assistance criteria). To participate, sign an income attestation on the day of produce pick up. Please bring your own pen for sanitary purposes. This distribution will be held at the Westford Housing Authority, 65 Tadmuck Rd, in the community center parking lot. People are encouraged to wait in their cars or apartments and not in groups nor in the community center hallway. Because this program is so desirable people often arrive early so we will pass out disposable numbers starting at 1:00. The freshly picked and packaged vegetables will be pre-bagged and distributed at 1:30. Any questions call Annette at 978-399-2326.



LET'S CONNECT—IPADS & LAPTOPS

With the pandemic isolating us for the last year, and so much happening virtually on line, we want to be sure you all have access to technology so you don't miss out. If you are in need of an Ipad or laptop and don't have the funds to purchase one, let us know. We have obtained used ones from generous community members and would be happy to set you up. Call 978-692-5523 and ask for Annette or Bob.

**REDUCED COMCAST INTERNET RATE**

If you are eligible for Mass Health, SNAP, SSI or Housing Assistance, you may qualify for high speed internet at the affordable rate of \$9.95/month through Comcast's program Internet Essentials at www.internetessentials.com You can not be a current customer of Xfinity or Comcast in the last 90 days. Any questions you may call Annette or Alison at 978-692-5523.

WHOLE FOODS DISTRIBUTION

Mondays at 2:00pm and Thursdays at 2:00pm

Open to all residents 55+ New participants must register by calling Fran Kosenko at 978-692-0095.

2020 INCOME TAX HELP

Hal Schreiber, our volunteer tax expert, will be back this year to complete 2020 federal and state income tax returns. Dick Severyn will also be back to assist Hal. This is a free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978-692-5523 to add your name and telephone number to the list for having your tax return prepared (depending on the "virus" situation, we do not know at this time, whether appointments or drop-off will be used). Hal has all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms or instructions with you.

**TURNING PAGE ORCHESTRAL COVER BY LUKE HEITKAMP**

Friday, May 14th at 2:00pm

Luke Heitkamp is a senior at Westford Academy who has been playing the viola as his main instrument all throughout the Westford Public Schools music program starting in 3rd grade. For his senior experience project, he is creating an orchestral cover of his favorite music artist Sleeping at Last's song, *Turning Page*. He will be recording multiple tracks covering each instrument in the piece spanning violin, viola, cello, piano, guitar, and vocals. He is also incorporating a visual component to the recording to create a visual experience along with the music. The project will be viewable both in person and if you choose to request a link so you can watch it from the comfort of your own home. Please sign up by calling the front desk at 978-692-5523.

**WA CAR WASH AT THE CAMERON**

Friday, May 28 starting at 11am

Westford Academy Seniors will be doing a car wash at the Cameron. Please sign up with the Front Desk for a time slot by calling 978-692-5523.

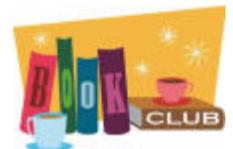
**KEYSAFE LOCK BOXES**

This program with the Fire Dept. has been a huge success with over 50 lock boxes installed at seniors homes. If you live alone, have medical issues or frequently need to call 911, you are a candidate for a key safe lock box. The heavy-duty metal box is installed on the outside of your home and it has a keypad with a code to access a key inside the box. The fire department, your neighbors, and family can have the code to prevent damaging your home to enter in an emergency. For more information call Annette at 978-399-2326.

BOOK CLUB

Tuesdays May 18 and June 15 1pm

Join us at the Cameron for great discussions each month. In May we will be reviewing the first mystery in a series, "Still Life" by Louise Penny. Chief Inspector Armand Gamache and his team of investigators are called to the scene of a suspicious death in a rural village south of Montreal. In June we will be discussing "My Sister's Keeper" by Jodi Picoult. It tells the story of thirteen-year-old Anna Fitzgerald, who sues her parents for medical emancipation when she discovers she is expected to donate a kidney to her sister. Call Annette at 978-399-2326 if you would like a book, or you may find electronic versions on Libby or Hoopla. Happy Reading!



WEEKLY BINGO**Mondays 1pm**

Join us inside at the Franco for some BINGO Fun! \$1 for a colored dobber which you get to keep. \$3 per paper BINGO sheet that has 3 BINGO boards. Sign up at 978-692-5523.

ASK THE LAWYER**Virtual one on one appointments Tuesdays, May 11 and June 22 beginning at 9:30 AM**

Free legal service provided by the office of **Attorneys Madge & Johnson** is available to all Westford seniors age 60 and over, by a virtual web meeting. Please call 978-692-5523 to reserve a timeslot.

ASK THE REALTOR**With Kathy Cunningham of Coldwell Banker, Westford****Mondays, May 10 and June 14 at 10 AM**

To speak with local realtor Kathy Cunningham about your personal real estate questions, call 978-692-5523 to schedule an appointment.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?**SHINE (Serving Health Insurance Needs of Everyone) CAN HELP!****Mondays May 10 and June 14 by appointment**

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. You may benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs. Due to the current COVID-19 pandemic, SHINE counselors are meeting by phone. To schedule a SHINE appointment or for more information call the Cameron at 978-692-5523.

BIRTHDAY LUNCH CELEBRATIONS**Tuesday, May 25 12 pm at The 99 in Westford****Tuesday, June 29 12:30 pm at Evviva Trattoria in Cornerstone**

Birthday celebrants will get a \$15 gift card towards their meal and others who sign up in advance will get a \$5.00 gift card towards lunch. Come see your friends and celebrate together. Must sign up at 978-692-5523. *This program is being subsidized by a grant through Elder Services of Merrimack Valley.*

**FILES OF LIFE**

Health has been our primary concern over the past year! With that in mind, please make it a point to fill out a **File of Life** magnetized card that goes on your fridge. If EMTs go to your home, they will look for this file that has your pertinent information on it, including emergency contacts, Doctor's name, hospital preference, medications, and allergies. If you would like a File of Life, call Annette at 978-399-2326.

CAMERON IS A SNAP SITE FOR TOWN RESIDENTS

The Cameron Social Services staff is completing new SNAP applications and state-required recertifications for all town residents. Please see the insert for more information. There is no age requirement for this benefit! Recipients must meet income guidelines which are currently \$25,520 for a household of 1, and \$34,480 for a household of 2 (gross annual amount). If you would like to see if you qualify, please call the Center 978-692-5523 and we will schedule a telephone appointment for you with either Annette or Alison. Food insecurity is a significant problem for many families, and receiving SNAP benefits can make a big difference in your family's monthly food budget.





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Westford COA, Westford, MA

06-5200

Friends Corner

The Friends of the Cameron Senior Center, a 501(c)(3) non-profit volunteer organization, provides services and fellowship to seniors throughout the local community.

We continue fundraising and assisting qualified seniors with emergency financial assistance for food, housing, utilities, medical services and transportation.

Thank you to all who participated in our annual March Friends membership drive. During a difficult year we have been able to provide much needed assistance to members of our community.

New members and volunteers are always welcome.

The Friends have a number of open slots and would love to have you as a volunteer. Our election for board members will take place the third week of May.

Please check the Friends website, where you can renew your membership, make donations and apply to volunteer. Follow our blog for the latest Friends, activities plus town and state information <https://westfordmafriendsofcameron.com/>

Thank you for your support, Barbara Upperman, President

OUR VANS ARE RUNNING WITH COVID-19 REGULATIONS

For your safety:

- All drivers and riders must wear a mask on entering and while riding our vans.
- Only 4 riders on van at one time.
- Vans, seats and touch points will be disinfected in between riders.
- Vans will be completely disinfected at end of each day.

COA TRANSPORTATION SERVICES FOR SENIORS 55+ AND THE DISABLED

Service areas and donation/fees for round trip: Westford \$3.00; Acton, Carlisle, Chelmsford, Groton, and Littleton, \$6.00; Ayer, Concord, and Lowell \$8.00

Please call Chuck at 978-399-2322 **at least 48 hours prior to your appointment** to schedule your ride.

SENIOR JOYRIDES!

Are you tired of being home? Are you feeling lonely? Would you like to see friends AND socially distance? We have the solution for you!

The Cameron senior center vans are able to drive clients to lunch, shopping, scenic rides, whatever your heart desires (within our service area.) Our vans are disinfected daily and follow all covid-19 guidelines. Mask wearing is mandatory on the van.

Give us a call at 978-399-2322 and let us know what you want to do!



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www.dolanfuneralhome.com

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Rotary
Club of Westford, MA
**Bags to Benches
Challenge!!**



The Westford Rotary Club is collecting PLASTIC BAGS and PLASTIC WRAPS to participate in the Recycling Challenge, hosted by The Trex Company

Collection Goal: 500 LBS (Minimum)

Challenge Duration: 6 MONTHS (APRIL 10, 2021 thru OCTOBER 10, 2021)

What's in it for Westford? TREX Outdoor furniture will turn the collected plastic into a bench that will be placed at the Roudenbush Community Center Playground and other places in the future. Westford saves \$\$\$\$ by keeping these plastics out of trash.

Items to Collect for this Challenge

- Single-use plastic grocery bags
- Bread bags
- Plastic overwrap for toilet paper, napkins, paper towels, & diapers
- Plastic overwrap on bulk items in cases (ex: water bottles, snacks)
- Plastic retail bags (with hard plastic and string handles removed)
- Clean, dry plastic food storage bags (ex: Ziploc bags)
- Polyethylene film labeled #2 or #4
- Stretch wrap
- Produce bags
- Dry cleaning bags
- Newspaper sleeves and bags
- Plastic cereal box liners
- Plastic shipping envelopes, bubble wrap, & air pillows (deflate and remove labels if possible)

**WESTFORD DROP OFF
LOCATIONS**

- **Roudenbush Community Center**
65 Main St (Side door)
- **Brookside Convenience Store**
Brookside Plaza 64 Brookside Rd. (Inside store)
- **Cameron Senior Center**
20 Pleasant St. (Covered Front Porch area)
- **Dollar Tree Store** Corner of Carlisle and Rt. 110. (Inside store)

**PLEASE USE
WESTFORD ROTARY
TREX BOXES ONLY**



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Wonder How to Get Your Cameron News?

- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you. If you would like to know more, please contact Martha at 978-399-2324
- If you prefer receiving a newsletter via email, please go to town website and click on "Notify Me" and type in your email to sign in. Under "Agenda Center" Click on Council on Aging
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at facebook.com/CameronSeniorCenter/

Westford Food Pantry

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information
lynnmroderick@aol.com

Hours

Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers.

MAY FOOD PANTRY HOURS:

- **Wednesdays: May 5, 12, 19, 26** from 6:00 - 8:00 p.m.
- **Fridays: May 7, 14, 21, 28** from 9:00 - 11:00 a.m.

JUNE FOOD PANTRY HOURS:

- **Wednesdays: June 2, 9, 16, 23, 30** from 6:00 - 8:00 p.m.
- **Fridays: June 4, 11, 18, 25** from 9:00 - 11:00 a.m.

www.westfordfoodpantry.org

BOARD MEETINGS

COA Board - May 19 and June 16
Friends of Cameron—May 20 and June 17

COUNCIL ON AGING STAFF

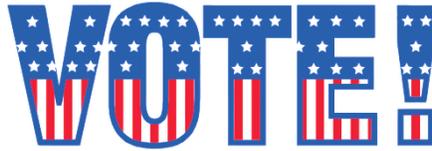
Jennifer Claro, Director of Elder Services
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Claire France, Records Supervisor
Charles Dutton, Transportation Dispatch
Christopher Mitchell, Maintenance Supervisor
John Wilson, Maintenance
Katherine Russell, Senior Assistant
Martha Brockway, Senior Assistant
Robert Rafferty, Night Supervisor
Edna MacNeil, Front Desk

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Member Emeritus
Nancy Cook, Chair
Robert Tierney, Vice Chair
Kathryn Wilson, Clerk
Patricia Holmes
Sandra Collins
Ret. Veteran's Rep. Terry Stader
Roberta McGuire

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Pat Reppucci, Vice President	Joan Greenwood
Kevin McGuire, Treasurer	Pat Leathers
Frances Kosenko, Asst. Treasurer	Don Wilt
Gail Austin	Donna Owens
Helena Crocker	



WESTFORD TOWN ELECTION

TUESDAY, MAY 4TH

POLLS OPEN 7 AM - 8 PM ★ OR ★ VOTE EARLY BY MAIL!

April 14 at 8 p.m. is the deadline to register to vote for this election.

Register to vote at the Town Clerk's office or online [here](#) or download a voter registration form [here](#) and mail or bring it to the Town Clerk's office at Town Hall, 55 Main Street.

Vote by Mail applications will **not** be sent automatically for this election. Download a Vote by Mail Early Ballot application [here](#), or email a request to townclerk@westfordma.gov, mail request to 55 Main St, or call 978-692-5515. Ballots must be received by the Town Clerk's office by 8 p.m. on May 4th.

CANDIDATES ON THE BALLOT

Board of Health	Housing Authority	Library Trustees
3-year term Vote for 1 Joanne Belanger (i)	5-year term Vote for 1 Carol Engel (i)	3-year terms Vote for 2 Marianne Fleckner (i) Alisha Hillam (i)
Planning Board	School Committee	Select Board
5-year term Vote for 1 Katherine Hollister (i)	3-year terms Vote for 3 Avery Rockwell Adam (i) Kathryn Clear Meghan O'Connell Christopher Sanders (i) Steven Wilkins Mingquan Zheng (i)	3-year terms Vote for 1 Eric Barber-Mingo John Cunningham

(i) incumbent

BALLOT QUESTION

Shall this town accept the provisions of sections one through ten of chapter three hundred and fourteen of the acts of 2020...?

If passed, this would create a small fund to provide extra property tax help to the most financially vulnerable seniors who qualify for other means-tested exemptions, and are still paying over 10% of their income for property tax.

For more information, go to lwv.westford.org



Shall Westford adopt a Means-tested Senior Property Tax Exemption?

A question on the May 4 town election ballot asks voters to adopt a new property tax exemption based on a new state law created for Westford.

Seniors who depend primarily on Social Security have seen their income rise at an average of about 1.3% for at least the last twelve years. During that period, their costs, including Westford property tax, have increased at several times that rate. Older low income seniors who retired years ago on fixed incomes and wish to continue living in their homes are increasingly at financial risk. This exemption creates a small fund to provide extra help to the most vulnerable seniors who have qualified for the Massachusetts Senior Circuit Breaker Tax Credit and other means-tested exemptions, and are still paying over 10% of their income for property tax. It targets limited funds to those who need them most.

In January, State Representative James Arciero and State Senator Edward Kennedy announced that Governor Baker has signed House Bill 4469, an Act Authorizing the Town of Westford to Establish a Means Tested Senior Citizen Property Tax Exemption. The measure was proposed by Westford's Senior, Low-income, Disabled Tax Relief Committee (SLIDTR Committee) and the Select Board in order to give some low income seniors on fixed income additional property tax relief. It was passed by Westford Town Meeting in October 2018 and filed as a home rule petition in the Massachusetts legislature. New state law had to be created to enable Westford to implement this exemption. "There now remains one more step before the adoption of this measure by the Town—it must be approved at the upcoming election in May." said Andrea Peraner-Sweet, Chair of the Westford Select Board.

The exemption will apply to residents of Westford who:

- Are 65 years of age or older
- Occupy the property as their primary residence
- Have lived in town for at least 10 years
- Pay over 10% of their income in property tax
- Have qualified for other means-tested exemptions
- Meet income and asset requirements

Several other provisions provide a limit on home value and limit exemptions to not exceed 50% of any individual's assessed taxes. The money to pay for this benefit as proposed, will be taken out of the Town's Overlay Account. Overlay is an amount of money raised each year within the levy limit that is used to provide for property tax abatements and exemptions. This method of funding does not require a tax shift or tax increase of any kind. The legislation is written to allow a trial period of 3 years for this exemption. This will permit us to evaluate the success of the program and make adjustments if necessary. The Westford Board of Assessors will administer the program if accepted by the town, as it does for other real estate tax abatement programs under Chapter 59 of the general laws of the Commonwealth.

Any questions feel free to call Annette, Outreach Coordinator at 978-399-2326 or Christine Collins, Tax Collector's Office at 978-399-2526.



Healthy Incentives Program (HIP) Extra money for local fruits and vegetables!

Do you receive SNAP benefits? If so, you've got HIP too!

FIND A HIP LOCATION NEAR YOU

Visit www.mass.gov/hip for a directory, call Project Bread's FoodSource Hotline at 1-800-645-8333, or look for the HIP logo.

How does HIP work?

1

2

3

4

You are already enrolled!
Use your SNAP dollars to buy farm-fresh fruits and vegetables at a HIP retailer.

An equal amount of money, up to your monthly limit, is instantly added back to your EBT card.

Your receipt will show the amount of additional SNAP dollars you've earned.

Spend your earned benefits anywhere that accepts SNAP.

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Earn More SNAP Dollars

SNAP → HIP

If you have SNAP, you have Healthy Incentives Program (HIP).

How much you'll get back, based on household size:

\$40

1-2 people

\$60

3-5 people

\$80

6+ people

LOCAL PARTICIPANTS

Farmer Dave's—Farmstand
4 Hunt Road, Westford MA
978 349 1952 farm@farmerdaves.net

Brookfield Farm—CSA
1 Birch Rd, Littleton MA
413 253 7991 info@brookfieldfarm.org

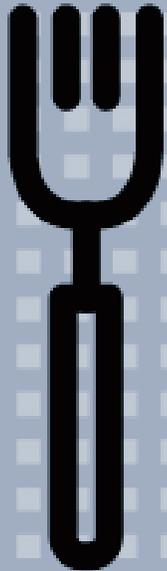
North of Boston—HIP Market
Mobile home delivery
978 873 3066 Jamie@northofboston.farm

Farmer's Markets begin in June

Westford
Tuesday Afternoons
Chelmsford
Saturday Mornings
Tyngsboro
Saturday Mornings
Acton-Boxboro
Sunday Mornings

Check www.mass.gov/hip for latest information

Westford residents—Apply for SNAP (Supplemental Nutrition Assistance Program) benefits at the Cameron Senior Center



This project has been funded at least in part with Federal funds from USDA. This institution is an equal opportunity provider.

And fill your plate!



Would you like a side salad with that? Use your HIP



Call us for more information!

What is HIP?

HIP (Healthy Incentives Program) puts money back on your EBT card when you use SNAP to buy healthy, local fruits and vegetables from HIP farm vendors

How do I sign up for HIP?

There is no special sign-up for HIP. If you live in Massachusetts and get SNAP benefits, your household is automatically able to participate in HIP.

What kind of vendors process HIP?

You can earn HIP incentives at participating Farmers' markets (where some or all vendors may participate in HIP), Farm stands, Mobile markets, & Community supported agriculture (CSA) farm share programs.