

CHARLTON COUNCIL ON AGING
SENIOR CENTER
37 MAIN STREET
CHARLTON, MA 01507

***MISSION:** To provide social, supportive and referral services for all seniors in an effort to maintain and improve quality of life, so that they may stay in their homes as long as possible.*



FEBRUARY 2012



Charlton Seniors on the Common



Phone: 508-248-2231

Fax: 508-248-2379

WEBSITE:
townofcharlton.net



Elaine Kingston

You've got to love this weather!! Comedian Jeff Foxworthy says, "Where else can you walk around with a parker on and a pair of shorts in the middle of winter? Only in New England!!" It's true—I've seen it myself!

Welcome to **Gail Stokes**, our newest Council on Aging board member. Gail has been a volunteer here at the senior center for about a year now helping out in the kitchen, in the office, decorating and just about anything we ask her to do! She has worked for Tri-Valley Elder Services in past years as well as serving as treasurer for F.O.C.A.S. (Friends Of Charlton Animal Shelter). We're happy to begin working with her and feel she will be an asset to our board.



Gail Stokes



Charlton Senior Citizen Abatements on Sewer Bills

This memorandum is a **reminder** to senior citizens who ***did not complete*** and return an **Application for Elderly Person Sewer User Charge Abatement/Exemption Form to the Water/Sewer Commission** for the current fiscal year 2012 (July 1 – June 30). You must do so **immediately** if you want to receive a discount for our next two billings.

You must renew your application each year. The forms are available at the Water/Sewer Plant at 8A Worcester Rd, at the Senior Center, or online at: www.townofcharlton.net (search under forms). Thank you.

Carol A. Goodspeed
Department Assistant
Water & Sewer Commission



COA Board Members:

- George Butz, Chair
- Irene Langevin, Vice
- Madeleine Manfield, Secretary
- Robert Blozie
- Paul Kolesnikovas
- Patricia Lawrie
- Gail Stokes



Senior Center Staff:

- Elaine Kingston, Director
- Debra Ciesluk, Outreach
- Cathleen Kuehl, Kitchen Manager
- William Fontaine, Kitchen Asst.

This Month's Specials:

- February 6: Golden Age Club Raffle ~ *after lunch*
- February 14: Valentine/Birthday Party ~ *11:00*
- February 16: Blood Pressure Clinic ~ *10:30*
- February 16: Free Senior Legal Clinic ~ *call to sign up*
- February 20: Presidents' Day ~ *Senior Center Closed*
- February 24: Fallon Info Meeting ~ *10:00*
- February 28: Fire Safety by Charlton Fire Dept. ~ *10:30*





Charlton Silver Needles

It is February already; the daylight hours are getting longer. Can spring be far away?

Some of our knitters are still wintering in southern climates. Those "snow birds" have undoubtedly been wondering what happened to winter up here. So far, Mother Nature has treated us fairly well. We do look forward to our missing members returning and rejoining our knitting group.

Our hands have been busily creating items for donation to charities in and around our town. We recently completed lap robes for all of the residents in Charlton's local rest home. Our primary focus has been and will continue to be in this direction. There is satisfaction in being able to do for others and there is a sense of accomplishment in developing and using our creativity.



THE KNITTING GROUP STILL TAKES REQUESTS FOR MADE-TO-ORDER ITEMS.

Talk to us about a new baby coming into this world, about a special person on your gift list or for a needed item for yourself. We try to accommodate all requests.

The Friday afternoon sessions are still happening and our door remains open. Come and join us.

Keep up to date on the latest info for older adults please visit the MCOA website
[Mass Councils on Aging]
www.mcoaonline.com



SEW WHAT SEWING/QUILTING GROUP



Tuesdays at 9:00 am

Bring your own projects/Share your creativity and your talents! We also do minor repairs or small projects. There are no stated fees, but monetary donations enable us to continue our service to the community.

Hope you can join us!



FALLON MEETINGS WITH DAN AMASON



◆ February 24th @10:00 am

◆ March 23rd @ 10:00 am

MASS RELAY

"Making Telephone Communication Possible for Individuals with Hearing Loss and Speech Difficulties"

Wed, February 8th at 11:15 am

The Outreach Project Manager for MassRelay will share information about free telephone relay services available through MassRelay that allow communication between individuals who are deaf, hard of hearing, deaf-blind or have difficulty speaking and standard telephone users.

Many people think relay services only benefit people who are deaf, but actually many people benefit from relay every day. For example, Captioned Telephone is a service that is especially helpful to people who wear hearing aids or are hard of hearing and having difficulty hearing over the phone due to their hearing loss.

The MassRelay Outreach Project Manager will discuss the options for using Captioned Telephones as well as Traditional Relay Services which can greatly benefit many in need throughout the state. Information will also be shared about the Massachusetts Equipment Distribution Program which provides specialized telephone equipment at free/reduced rates to qualifying individuals.



Join Debra Ciesluk at the Housing on Meadowview Drive

Tuesday, February 21 at 10:00

Coffee and goodies will be available for you to enjoy... bring a friend!



ELDER BUS

NEED A RIDE??



- 60+ or disabled
- Medical, nutrition sites, shopping, hairdresser, bank, post office, work, Senior Center, etc.
- In-town fare: \$1.25 (each way)
- One-town-out: \$1.50 (each way)
- Call: 1-800-321-0243 for more info



Happy
Birthday

February Birthdays



Josephine Adcock * Frank Andress * Gail Audette * Caroline Baylies * Walter Baylies
 Arthur Beaudette * Barbara Boisclair * Earl Bond * Lowell Bond * Louise Bonnette
 Edith Bordeleau * Loretta Bourdeau * Carol Burlingame * Gloria Burlingame * Everett Bumpus
 Jeanette Casey * Lorraine Charest * Theresa Comptois * Mary Connor * Frances Cummings
 Robert Ducharme * Don Engstrom * Marie Ferree * Michael Forrest * Rose Fournier
 Frank Gard * Teresa Gauthier * Richard Gion * Donald Guertin * Barbara Guy Larry Hafer
 Ralph Harris Sr. * Shirley Harris * Stephen Harris * James Howard * Dot Ireland
 Claire Johnson * Pauline Kindler * Barbara Lataille * Howard Oliver * Philip Phillips
 Anna Pynnonen * Chester Scarborough * Betsey Stevens * Wesley Stevens
 Paula Willis * Carol Wiggin * Barbara Wilson



Valentine / Birthday Party

Tribute to Neil Diamond



Please join us on **Tuesday, February 14, 2012 at 11:00**

to enjoy the music of Neil Diamond starring Singer Michael Anthony

We will celebrate Valentine's Day and our February Birthday folks too!

Enjoy a delicious Pot Roast lunch and of course Birthday cake for dessert.

So, put on your favorite red shirt/pants/hat/boa and have fun with your friends!

Lunch is \$3.50 - Entertainment is paid for by the Charlton Cultural Council

Sign up at the center or call 508-248-2231 to make your reservation



Be Mine



Old Fashioned Valentine Cards

KIDS DEFINE LOVE

♥ "Love is what makes you smile when you're tired." Terri - age 4



♥ "Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that. They look gross when they kiss" Emily - age 8

♥ "When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love." Rebecca- age 8




CHARLTON CHAPTER
P.O. Box 793
Charlton, MA 01507

If you need energy assistance, or know someone who does call 508-434-4402 or go to our website at: www.reascharlton.org to download the application.

You must be a Charlton resident and 60+ years of age to qualify.

If you'd like to donate, please make check payable to: REAS Foundation and send to P.O. Box 793, Charlton, MA 01507

Thank you for your support! 

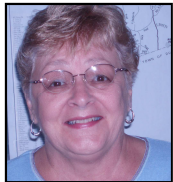
Fire Safety



The Charlton Fire Department

Tuesday - Feb. 28th at 10:30

Join Firefighter/Medic Danielle Robertson as she talks about the importance of carbon monoxide (CO) and fire safety in your home with the Keep Warm / Keep Safe Program.



Carolyn Gauthier

TRIPS - 2012

Saint Patrick's Show and Fest - March 14, 2012

\$62.00 Live Irish Musical Show featuring Trooper Dan Clark and a delicious family style feast. Your first stop will be at the Vanity Fair Outlets for a coffee break and a view of the latest fashions. The fest at White's of Westport will include Corn Beef and Cabbage and Roast Turkey and all the trimmings. We will leave at 8:00am and return late afternoon full and happy.

Vick Lawrence at Foxwood - May 2, 2012

\$72.00 pp. The Emmy Award winning comedienne is one of the most beloved television personalities of her generation, will be doing stand up comedy, music and her observations about real life. After the show we will spend the afternoon at Foxwood to enjoy lunch and gaming. A casino package is included, buffet, and keno play.

Mainly Moose Fun Tour - June 2012

\$189. Ppdbl oc 2 days 1 night at the Grand Summit Hotel, includes 3 meals. Lobster bake at Foster's Downeast on the way up. Grafton Notch State Park, Screw Auger Falls and Umbagog Lake. Include a Chondola ride to the top of North Peak.

More info and date are to be announced.

Tall Ships and Opsail - July 5, 2012

\$62.00pp. On arrival in Boston you will board the Provincetown II cruise vessel for an exciting 1 1/2 hour narrated Boston Harbor Cruise to view the world, largest and grandest sailing ships. Returning to dockside you will now be able to view ships docked. After a visit to Quincy Market and the beautiful Rose Kennedy Greenway we will return home at 5:00 the

The Osmond Brothers at Foxwoods - Sept. 19, 2012

\$72.00pp. The boys have been at it for 50 years and have sold over 80 million albums. The Osmond Brothers will have you dancing and singing along. After the show you will have time for your complimentary buffet ticket and keno play as well as time to play in the casino.

All pick ups at St Joseph's Church in Charlton. Call Carolyn Gauthier for more info at 508-248-4795



FREE TAX-AIDE



Sponsored by AARP

Available dates:

- ◆ February 7 & 21
- ◆ March 6 & 20
- ◆ April 3

Please sign up asap! Time slots are filling up fast.

Call Elaine or Deb at
508-248-2231

What you need to know: The AARP Foundation Tax-Aide Program is a volunteer-run, free tax-preparation and assistance service offered to low- and middle-income taxpayers with special attention to those age 60 and older. Our volunteers are trained and IRS-certified to understand individual federal-tax issues. Our volunteers provide tax assistance as a public service and cannot guarantee the accuracy of the information provided.

AARP may not complete returns with:

- ◆ AGI over \$60,000 (refer to 2010 return)
- ◆ Rental Income (Schedule E) unless owner occupied / No depreciation
- ◆ Business Income with expenses over \$10,000 or with a net loss
- ◆ If sale of home, especially by foreclosure / “short sale” - have client contact counselor first



What to bring:

1. Tax Documents

- W-2 (Salary & wages)
- SSA-1099 (Social Security Payments Received) **OR** SS Cards (self, spouse, dependents)
- 1099-INT (Interest Received)
- 1099-DIV (Dividends Received)
- Broker’s Statements (Sale of Stocks / Mutual Funds)
- W-2G (Gambling / Lottery Winnings)
- Unemployment Compensation
- Any other forms marked “For 2011 Taxes”



2. Last Year’s (2010) Tax Return

3. Real Estate Tax bills for Calendar 2011 (3-4 Quarter FY 2011, 1-2 Quarter FY 2012)

- For Senior Circuit Breaker

4. Proof of Health Insurance (Taxpayer & Spouse)

- Mass 1099-HC (if received)
- Health Insurance Cards





Veterans Honor Wall - Some of you have your service picture up on our honor wall here at the senior center. We are working on a project to update the wall and make it worthy of the Veteran's photos. If you would like your service photo on our wall, (or your loved-one's service photo), please bring an 8x10 service photo to me, or bring in your original (no matter what size) and I will scan it into my computer and resize it to an 8x10.

The photos will be placed into frames and hung on the wall properly. We are hoping to have this project done by our annual Veteran's Luncheon in November. Your cooperation is very much appreciated.



- ◆ *This nation will remain the land of the free only so long as it is the home of the brave. - E. Davis*
- ◆ *It is easy to take liberty for granted, when you have never had it taken from you. - Unknown*

S.A.L.T. Council = Seniors And Law-enforcement Together

The Charlton/Southbridge SALT Council meets every month (except December) alternating between the Charlton Senior Center and the Southbridge Senior Center.

The SALT Council is a collaboration between the representatives from the Charlton Council on Aging the Charlton Police Department, the Southbridge Council on Aging, the Southbridge Police Department, the Worcester County Sheriff's Office, Southbridge Savings Bank, Savers Bank, Webster First Federal Credit Union, Country Bank, the Better Business Bureau, Summit Elder Care, Overlook VNA and local residents who are interested and concerned about senior safety issues.



All programs are free of charge:

- ◆ Beacon of Light — a flashing emergency light for your residence
- ◆ E 911 Cell Phone - an emergency cell phone that only dials 911
- ◆ House Numbering — hand-made house numbers that have reflective painting for your home and/or at the end of a long driveway
- ◆ File of Life — a magnetic file that is filled out with your emergency medical information and is placed on your refrigerator for easy access to emergency personnel
 - ◆ Disability Indicator — for those who have a disability such as Life Support System, Mobility Impairment, Blind, Deaf or Hard of Hearing, communicate using a TTY, Speech Impairment, Cognitive Impairment. Must have a land-line phone.

For more information on our programs, or if you're interested in joining the SALT Council please call Elaine Kingston at 508-248-2231 or Mike Trombley at 508-764-5436.

Next SALT Council Meeting: *Thursday, February 9, 2012 at 10:00 am at the Southbridge Senior Center*

SENIOR LEGAL CLINIC

By Attorney Paul Kolesnikovas



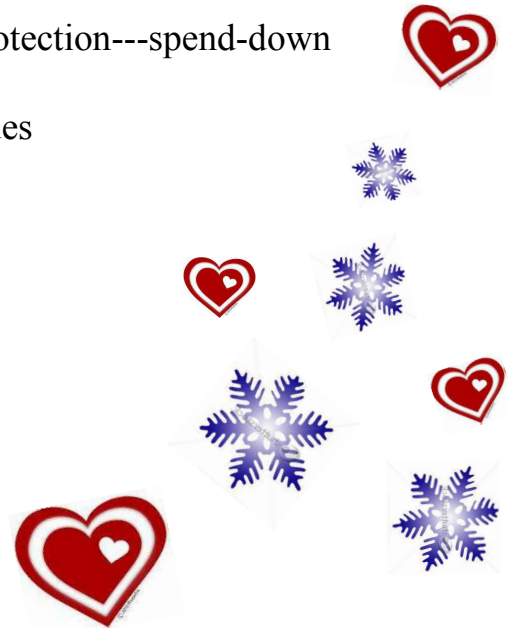
Thursday - February 16, 2012

1:00 - 3:00 PM

The **Charlton Senior Center** will host a **FREE Senior Legal Clinic** on a monthly basis. The clinic will consist of a 30 minute consultation with Attorney Paul Kolesnikovas. There will be four (4) thirty minute time slots each month. During the consult Attorney Kolesnikovas will answer questions and provide general legal advise in areas of law effecting the legal needs of seniors.

Topics which can be covered include but are not limited to:


- Medicare, Medicaid and health care concerns
- Long term care issues—qualification--- asset protection---spend-down
- Gifting--- tax issues, Medicaid Mass Health issues
- Estate Planning---- Wills--- Trusts---Annuities
- Powers of Attorney
- Advance directives
- Guardianship
- Social Security



*The Consult is **PRIVATE** and **CONFIDENTIAL** and is provided as a tool for Seniors. It does not constitute an attorney-client relationship. Participants are under no obligation to retain the services of Attorney Kolesnikovas and are free to follow up with an Attorney of their choice.*

Attorney Paul Kolesnikovas has a local office in Charlton. He is an experienced elder law attorney and a member of the National Academy of Elder Law Attorneys and the National Elder Care Matters Alliance. Attorney Kolesnikovas serves as a Board Member of the Charlton Council on Aging.


***See Elaine or Deb to sign up or call 508-248-2231**



Supplement Your Retirement Income with a Fixed Annuity

For more information please contact:
Peter J. Kaslauskas
Investment Executive
 508-765-7302

Located at



www.saversbank.com

Investment and insurance products and services are offered through INFINEX INVESTMENTS, INC., Member FINRA/SIPC. Savers Financial Services is a trade name of the bank. Inflix and the bank are not affiliated. Products and services made available through Inflix are not insured by the FDIC or any other agency of the United States and are not deposits or obligations of nor guaranteed or insured by any bank or bank affiliate. These products are subject to investment risk, including the possible loss of value.


Ted's Liquor & Wines



Ted's Citgo 


27 & 28 Worcester Rd. - Rt. 20
 Charlton City

508-248-5538 * 508-248-4700



think First.

For over 80 years Webster First has proudly served and supported the people and businesses of Worcester County. When it comes to your finances choose someone you can trust, think Webster First.



WebsterFirst.com | 800.962.4452

Auburn | Charlton | Douglas | Dudley | Fitchburg | Saugus | Spencer
 Webster | West Boylston | Whitinsville | Winthrop | Worcester

Serving the Community Since 1850




Personal Banking. Business Banking. Online Banking. School Banking.

Country Bank

Our Home is Your Home.

1-800-322-8233 ♦ 413-967-6221

www.countrybank.com




Member FDIC ~ Member DIF

Belchertown • Brimfield • Charlton • Leicester • Ludlow • Palmer • Paxton • Ware • West Brookfield • Wilbraham

O'BRIENS

PAINTING & POWER WASHING

- ♦ Interior/Exterior
- ♦ Carpentry Work
- ♦ Free Estimates
- ♦ Fully Insured



28 Years Experience

508-248-7314



The Oldest Bank In Charlton
Where the Community Banks.

Southbridge Savings Bank
 63 North Main Street

Mon.-Tues.-Wed.: 9:00 AM to 4:00 PM
 Thursday & Friday: 9:00 AM to 7:00 PM
 Saturday: 9:00 AM to 1:00 PM
 Drive-up Mon.-Fri.: 7:30 AM to Closing
 Drive-up Saturday: 8:30 AM to Closing



1-800-939-9103 ♦ **www.southbridgesavingsbank.com**



CHARLTON OPTICAL



Peter Maly - R.D.O.

109-6 Masonic Home Rd.

508-248-1188

GOOD FOOD EAT GOOD FOOD



NOW OPEN!

HOURS: M - F 6:00 am - 2:00 pm
 Sat. 7:00 am - 2:00 pm / Sun. 7:30 am - 2:00 pm

Plouffe's Yankee Diner

Route 2016 Worcester Rd., Charlton, MA
 508-434-0900

Try our new "Brunch Burger"
 It's a cheeseburger w/bacon on a French-toasted bulkie with our special sweetened ketchup! ~ YUM!

Tuesdays Senior Citizens 10% Discount!

\$2.00 off any Purchase of \$10 or more.
 One coupon, per person, per visit.
Not to be combined with any other offers. Expires 3/1/12

Please note that the printing and postage for our newsletter is funded by a grant from the Executive Office of Elder Affairs and local sponsors

