

## Newsletter

For the  
Harvard Council on Aging  
978-456-4120  
Monday through Friday, 9 am to 3 pm

MAY 2024

### Director's Message

Check out all the great programs we have coming up this month. We are always figuring out ways to support our seniors with events, programs, and services to make your lives easier. If you need help with something and don't know who to ask, give us a call and we will do our best to help.

*Debbie*



### Harvey Leonard Wednesday, May 15, 1pm

Come meet Harvey Leonard, WCVB Channel 5's chief meteorologist emeritus. After a fifty-year career in meteorology, with more than forty-five of those years forecasting weather in New England and twenty of those at WCVB, Harvey retired from the helm of StormTeam 5 in May 2022 and transitioned into his emeritus role. In this new position, Harvey continues to serve the community with important information as a periodic contributor to StormTeam 5 coverage and engage in community speaking appearances.

Widely regarded as The Dean of Boston Meteorologists, Harvey has received numerous awards throughout his luminous career. He is also credited as the first meteorologist to correctly predict the impact and intensity of the infamous Blizzard of '78. Don't miss this incredible opportunity to learn about the career of one of Massachusetts most beloved weathermen. You must call to sign up 978-456-4120

### Frances Perkins, The Unsung Heroine Behind the New Deal Part 2 Presented by Janet Parnes Tuesday, May 7, 1pm






The one person in his administration FDR said he could trust was the only woman in his cabinet: Frances Perkins. The first woman to serve in the US Cabinet, Frances returns to the senior center on May 7. Come hear stories of her trials, trip-ups, and triumphs in the FDR administration during the tumultuous years that encompassed the Depression, New Deal, and World War 2. Discover the stories behind topics that include the list of demands she presented to FDR before accepting the Secretary of Labor appointment, Frances' role in developing and pushing through New Deal programs and her near impeachment, professional and personal repercussions of The Depression, World War 2, the anti-immigrant movement, and gender bias as well as bedeviling troubles with her husband and daughter. You will come to understand the reasons Frances Perkins is referred to as one of the most influential women of the first half of the 20<sup>th</sup> century.

This is a follow-up to Part 1 of the Frances Perkins series and you can enjoy Part 2 without having seen part 1. Call to sign up. 978-456-4120.

*This program is supported by a grant from the Harvard Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*

This COA Newsletter is supported by the Friends of Harvard Council on Aging

# MAY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Call the COA to reserve your spot for zoom classes and events</b> <b>978-456-4120</b>		<b>1</b> 9 Men's Coffee 9 Aerobics 12:30 Afternoon Bridge	<b>2</b> 9 Tai Chi 12 Lunch 1 Fiber Arts <b>1 Movie Day</b> 1 Mahjong	<b>3</b> 10 Women's Coffee 10:30 MB Shopping <b>3 Men's Bridge</b>	<b>4</b>
<b>5</b>	<b>6</b> 9 Aerobics 10:15 Line Dancing	<b>7</b> 9:30 Yoga <b>10:30 Singing</b> 12 Lunch <b>1 Frances Perkins Part 2</b> <b>4:30 Zumba Gold</b>	<b>8</b> 9 Men's Coffee 9 Aerobics <b>10 Foraging Walk</b> <b>10:30 Memory Café</b> 12:30 Afternoon Bridge <b>1:30 Reiki</b>	<b>9</b> 9 Tai Chi <b>10:30 Bingo</b> 12 Lunch 1 Fiber Arts 1 Mahjong	<b>10</b> 10 Women's Coffee 10:30 MB Shopping <b>3 Men's Bridge</b>	<b>11</b> HPL Book Sale
<b>12</b> Book Sale 	<b>13</b> 9 Aerobics 10:15 Line Dancing <b>2 Grief Support</b>	<b>14</b> 9 Vet Café 9:30 Yoga <b>10:30 Singing</b> 12 Lunch <b>1 Elder Law</b> <b>4:30 Zumba Gold</b>	<b>15</b> 9 Men's Coffee 9 Aerobics <b>No Afternoon Bridge</b> <b>1 Harvey Leonard</b>	<b>16</b> 9 Tai Chi <b>10 SOS</b> 12 Lunch 1 Fiber Arts 1 Mahjong	<b>17</b> 10 Women's Coffee 10:30 MB Shopping <b>11:30 Fourth &amp; Field</b> <b>3 Men's Bridge</b>	<b>18</b> Garden Club Plant Sale
<b>19</b>	<b>20</b> 9 Aerobics 10:15 Line Dancing	<b>21</b> 9:30 Yoga <b>10:30 Singing</b> 12 Lunch <b>12:30 BP Clinic</b> <b>1 Green Burial</b> <b>4:30 Zumba Gold</b>	<b>22</b> 9 Men's Coffee 9 Aerobics <b>9:30 Addison Gallery</b> 12:30 Afternoon Bridge <b>1:30 Reiki</b>	<b>23</b> 9 Tai Chi <b>10:30 Bingo</b> 12 Lunch 1 Fiber Arts 1 Mahjong	<b>24</b> 10 Women's Coffee 10:30 MB Shopping <b>11 Box Planting</b> <b>3 Men's Bridge</b>	<b>25</b>
<b>26</b>	<b>27</b> <b>No Aerobics or Line Dancing</b>  <b>COA CLOSED</b>	<b>28</b> 9:30 Yoga <b>10:30 Singing</b> 12 Lunch <b>1 Jack Whelan</b> <b>4:30 Zumba Gold</b>	<b>29</b> 9 Men's Coffee 9 Aerobics 12:30 Afternoon Bridge	<b>30</b> 9 Tai Chi 12 Lunch 1 Fiber Arts 1 Mahjong <b>1 Malnutrition Awareness</b>	<b>31</b> <b>9-1 Podiatry</b> 10 Women's Coffee 10:30 MB Shopping <b>3 Men's Bridge</b>	

## Events and Information

Sign up for ALL PROGRAMS

Make sure you sign up !



**Men's Coffee**  
**Wednesdays 9am**

**Women's Coffee**  
**Fridays 10am**

**Vet Café 2nd Tuesday**  
**9-10am**



**Mahjong Thursdays 1pm**



**Fiber Arts/Knitting**  
**Thursdays 1pm**



**Bingo 2nd & 4th**  
**Thursday 10:30am**



**Afternoon Bridge**  
**Wednesdays 12:30-**  
**3:30pm**



**Men's Bridge**  
**Fridays 3pm**

**NEW TIME!!**



**Reiki with Rama**  
**Wednesday, May 8 & 22**  
**1:30pm**

### **Conversation on Aging and Green Burial** **Making your Wishes Known** **Presenter: Alan MacKinnon CCE** **Tuesday, May 21, 1pm**

Have you thought of an alternative burial, one that would minimize your impact on the environment? Join us as we learn the ins and outs of planning a "green burial".

For those who are mindful of the cyclical nature of life, green burial is a spiritually fulfilling alternative.

Following are five principles of green burial:

No Embalming

Direct Earth Burial

Ecologically Sound

Communal Memorialization

Optimal Land Use

Call 978-456-4120 to sign up

#### **Conversation on Aging** **Making Your Wishes Known**

*A discussion about End of Life Planning  
Including Green and Natural Burial*

**Presenter: Alan J. MacKinnon CCE**  
Certified Cemetery Executive

### **Movies for Grownups** **at Harvard Public Library** **Monday, May 20, 1pm**



This month's library movie for grownups is **The Miracle Club**. There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends get their ticket of a lifetime.

Starring Kathy Bates, Laura Linney, and Maggie Smith.

### **Weekly Grocery Shopping Friday**

**10am pickup time**

Call the COA at **978-456-4120** to reserve a place on the van for grocery shopping.

There is a \$2 fee per person.

We go to Market Basket in Littleton.

Van is disinfected daily and between rides.



**For Your Mind, Body, and Soul**  
***Make sure you sign up for classes!***

**Fitness classes are being offered  
online via Zoom and in person**

**Aerobics/ Weight Strengthening**  
**Monday and Wednesday**  
**9-10am Zoom**

Instructor: **Katrina Rotondi**  
 Fee \$36 per 12 class session

**Line Dancing**  
**Mondays 10:15am Zoom**

Instructor: **Katrina Rotondi**  
 Fee \$4 per class

**Zumba Gold Tuesday, 4:30pm**  
**Senior Center - 16 Lancaster Cty. Rd**

Instructor: **Deb Oliva In-person**  
 Fee \$5 per class

**Yoga for Everybody**  
**Tuesday 9:30am Zoom and In-person**  
**at Congregational Church**

Instructor: **Nancy Webber**  
 Fee \$48/6 class session, \$10 drop-in

**Tai Chi Thursday 9am**  
**at Congregational Church**

Instructor: **Jeff Cote**  
 Fee \$25/month, \$7/class

**Please contact the COA to find out more  
about our fitness classes.**

**978-456-4120**



***Call 978-456-4120 to sign up 24 hours in  
advance for congregate meals at  
12 noon Tuesdays and Thursdays at  
The Harvard Senior Center***  
**Meals include bread, milk, and dessert**  
*Meals on wheels lunch delivered between  
11:30-12:30*

**Tuesday**

7th Raviolis, squash blend, whole wheat bread

14th Turkey w/gravy, mashed potatoes, carrots,  
wheat bread

21st Mediterranean cod, roasted potatoes, creamed  
spinach, whole wheat dinner roll

28th Stuffed shells, broccoli, dinner roll

**Thursday**

2nd Potato crunch fish/ whole wheat roll, rice pilaf,  
Brussels sprouts

9th Asparagus-cheese crustless quiche, au gratin  
potatoes, glazed carrots, fruit salad

16th BBQ pulled pork on bun, sweet potato tots,  
corn

23rd Egg salad, oat bread, Italian pasta salad,  
garden salad

30th Meatloaf w/gravy, mashed potatoes, peas, oat  
bread





## Notes from the Outreach Office

***Maria Holland & Jen Schoenberg - Outreach Coordinators***

### **Jack Whelan Discusses Molst Forms Tuesday, May 28, 1pm**



What is a MOLST form? A MOLST form is a medical order form that relays instructions between health professionals about a patient's care. MOLST is based on an individual's right to accept or refuse medical treatment, including treatment that might extend life.

Our own Jack Whelan, RN, CDP, will go over the importance of having this document prepared and kept up to date because it is always better to be prepared. You owe it to yourself and your family in the event you can't speak for yourself. Call 978-456-4120 to sign up.

### **Memory Café at Harvard COA Wednesday, May 8, 10:30am-12pm**



Memory cafés are designed to give clients with dementia and their caregivers an opportunity to socialize in a safe environment. Each café has the same goal: to help guests feel comfortable and to know they are not alone. Call 978-456-4120 to sign up. We meet the **2nd Wednesday** of each month.

***Special thanks to Rollstone Bank for their donation to help us continue to offer our Memory Café!***

### **Did you know? You May Be Eligible for Benefits There's a Way to Know for Sure**

One website that you can view is [BenefitsCheckUp.org](https://BenefitsCheckUp.org). This website connects older adults and people with disabilities to benefits. The site makes it easy to see if you may be eligible and then it helps you find out where to apply online or how to get help from a benefits counselor.

### **It's Worth a Shot and Could Change Your Life for the Better**

This tool could make a big difference in your life and remove the stress of having to decide between everyday needs.

### **Malnutrition Awareness Minuteman Senior Services Thursday, May 30, 1pm**

In celebration of Older American's month, Minuteman Senior Services will be offering a free Malnutrition Awareness Presentation at the Senior Center, Thursday, May 30, at 1pm. It will start with an educational presentation, they will offer individual screenings, and healthy diet information. Free snacks will be provided as well. Call 978-456-4120.



**Grief Support Group  
Monday, May 13, 2pm**  
with Karen Campbell, MSMHC

### **S.O.S. Sisters of Support Support Group Thursday, May 16, 10-11:30am**

This is a **new** peer-led group at the Senior Center that can be an opportunity for women to redefine their lives after loss. After a loss, some women have difficulty redefining themselves as their own person. If you have experienced loss, join us on the third Thursday of the month. 978-456-4120.



### **Box Container Planting Friday, May 24, 11-1**

Join us as we get together to do some planting in containers. Container gardening gives us control of the sun and water needs for our flowers and herbs, so we can enjoy watching them grow. This program is free, but you **MUST sign up** so we have enough supplies. Call 978-456-4120.

**Program Coordinator, *Pamela McInnis*.**

**Remember to SIGN UP FOR ALL programs, classes and trips 978-456-4120**



**Singing Group NEW DAY!!**  
**Every TUESDAY, 10:30am**

Whether you have a great voice, or just like to sing in the shower, this group is for you! Join this fun sing-a-long with your friends and neighbors, led by Peter McArdle. Call 978-456-4120.



**Fourth & Field Restaurant**  
**Friday, May 17, 11:30am**

Set on hundreds of acres of endless land, and an excitingly active airfield, Fourth & Field at the Stow airport welcomes guests with its warm and welcoming atmosphere. Utilizing many of the local organic farm ingredients, this establishment is home to authentic farm-to-plate comfort food. Come check out this new local treasure. Van fee is \$2. Call to sign up.

**Movie Day**  
**Thursday, May 2, 1pm**



Come enjoy a movie on our big screen tv the 1<sup>st</sup> Thursday of every month. Lunch is served at 12pm and the movie will follow at 1pm. May's movie will be **The Heiress** starring **Olivia DeHavilland, Montgomery Clift, and Ralph Richardson**.

**Elder Law**  
**How to protect your home and assets**  
**Tuesday, May 14, 1pm**



Join us as we hear from Attorney Nancy Catalini Chew about important information on what we need to do legally and financially to protect our homes and assets.

This event is part of the statewide Elder Law Education Program presented by the Massachusetts Bar Association (MBA). Call 978-456-4120 to sign up.

**Foraging Walk**  
**Wednesday, May 8, 10am**



Harvard's own Kerry Evans from The Goose & Hen Farm will lead this educational foraging walk around the grounds of the senior center and Charlie Waite Field. She will start by discussing safety with foraging, and then you will take a leisurely walk and stop frequently to discuss the plants found. Most plants of interest grow on perimeters -- the edges of roads, parking lots, woods, and fields. Not too many plants of interest grow in the woods or in the middle of a lawn or field (although there are some). She will discuss plant identification, use, and anything in season you can sample. Kerry will also bring some prepared food samples to share to show you that the foods talked about are actually tasty! Good mobility is required for this 1.5-2 hour walk. Call 978-456-4120.

**The Addison Gallery**  
**Of American Art**  
**Wednesday, May 22, 9:30am**



The Addison Gallery of American Art, located on the campus of Phillips Academy in Andover, has a collection of over 22,000 works in all media, including painting, sculpture, photography, drawings, prints, and decorative arts from the eighteenth century to the present.

It also has a collection of models of American ships, including the *Half Moon*, *Mayflower*, and the yacht *Wanderer*. After, we will head across the street to enjoy some classic New England fare at Samuel's Restaurant located inside the Andover Inn with a menu featuring wonderful local and seasonal ingredients. The museum is free, van fee is \$5, and bring money for lunch! Call 978-456-4120 to sign up.

**Computers at the Senior Center**

Adam and Doug are here to help, so if you need one-on-one computer training , just want to chat about anything computer/tech related, or use our computer for personal use, please do not hesitate to call the senior center. Call for an appointment, and feel free to browse through their online computer resource center located: [sites.google.com/view/hcoa-lab](https://sites.google.com/view/hcoa-lab)



**EDTA**  
**Elderly and Disabled Tax Aid Committee**  
**Applications due by May 20th**



The EDTA is set up to assist elderly and disabled residents defray the costs of their property taxes. The funds consist totally of private donations. They are distributed in accordance with established guidelines and are designed to support those who are unable to pay their taxes without hardships.

The funds are disbursed based on need, and vary from year to year. Applications are available through the Harvard town website, the COA, or the town treasurer's office. [www.harvard-ma.gov](http://www.harvard-ma.gov).

**Applications for FY 2025 are DUE TO THE  
 TREASURER'S OFFICE BY THURSDAY MAY 20TH.**

Donations are accepted at any time during the year and are tax-deductible. If you have questions or need help filling out the form, feel free to call the COA at 978-456-4120 and speak to Debbie, or the treasurer at 978-456-4100, X318, and speak to Lindsay.

**COA to Offer Help Getting**  
**Transfer stickers**  
**May and June 2024**

If you need help getting your transfer sticker applications, let the COA help! We have volunteers who will help walk you through the entire process.

To get your sticker you will need to bring your car registration and your checkbook for payment to the Town of Harvard. We can help you fill out the application, make a copy of your registration for you, and provide you with a self-addressed stamped envelope.

Don't let this process cause any anxiety, we are here to help!

Give us a call and schedule a time to see one of our volunteers to help you through the process. 978-456-4120.

**COA VAN TRANSPORTATION GUIDELINES**

There is a nominal fee for the use of the van. Fee is expected at time of ride and please use exact change. To schedule COA van rides call: 978-456-4120. Please give the COA at least 48 hours notice for any ride.

The van is disinfected daily and between riders.

**When four or more riders are on the van, masks are RECOMMENDED.**

Unscheduled stops are not allowed. Please schedule any stops you need when you call. If you are having a procedure that requires sedation or dilation of eyes, etc. please make sure you have a friend or family member escort you home. The driver is not allowed to leave the van and enter a doctor's office, or a client's home.

**REMEMBER** Pick up your newsletter at: **General Store, Town Library, Town Hall, Carlson's, and the COA.** If the newsletter is gone, call us at 978-456-4120.

### **Friends of the Harvard Council on Aging**

Friends of the Harvard Council on Aging (FHCOA) is the fundraising arm of the COA. We are a 501(c)(3) organization. Any donations made to the Friends are tax-deductible. As you look into your charitable giving plans, please consider making a cash, stock, or mutual funds donation to the FHCOA.



**Friends Board of Directors: Co-Chairs:** Sue Barber and Heidi Siegrist

**Treasurer:** Hank Fitek

**Members:** Mina Femino, Barbara Cerva, Bruce Dolimount, Carol Lee Tonge, Sheila Simollardes, and Sharon Briggs

***Make a difference! Join the Friends of the Harvard Council on Aging***

**Watch future newsletters for some fun Spring plans to celebrate the warm weather...**

### **COA in the Media!**



Don't miss our series "**Senior Spotlight**" every morning at 9:30am on Channel 192. Enjoy the show with a cup of coffee before you start your day. You can also watch programs offered by the COA on HCTV Channel 192. For the schedule, go to [www.harvardcabletv.com](http://www.harvardcabletv.com). You can find us on Facebook at: [www.facebook.com/harvardcoa](https://www.facebook.com/harvardcoa)

### **HARVARD COA MISSION STATEMENT**

The mission of the Council on Aging is to enhance the lives of Harvard residents age 60 and above. The Council identifies and addresses the ongoing social, recreational, educational, vocational, financial, transportation, and therapeutic needs of Harvard's senior population. This is accomplished through program development, advocacy, legislative awareness and involvement, and community linkages.

#### **COUNCIL ON AGING STAFF**

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#### **COUNCIL ON AGING VAN DRIVERS**

Peter Tenneson, Wayne Dwyer,  
Connie Woolcock, Dennis Bradley

**Phone: 978-456-4120**

16 Lancaster County Road

Mailing Address: 13 Ayer Rd., Harvard MA

Hours 9am-3pm

#### **Council on Aging BOARD OF DIRECTORS**

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